



the art and craft of the cold kitchen

garde manger

FOURTH EDITION

the culinary institute of america

GARDE MANGER

garde



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CONTENTS

preface xii

- 1 the professional garde manger 1
- 2 cold sauces and cold soups 15
- 3 salads 85
- 4 sandwiches 159
- 5 cured and smoked foods 201
- 6 sausage 251
- 7 terrines, pâtés, galantines, and roulades 299
- 8 cheese 365
- 9 appetizers and hors d'oeuvre 443
- 10 condiments, crackers, and pickles 573
- 11 buffet presentation 611
- 12 basic recipes 637

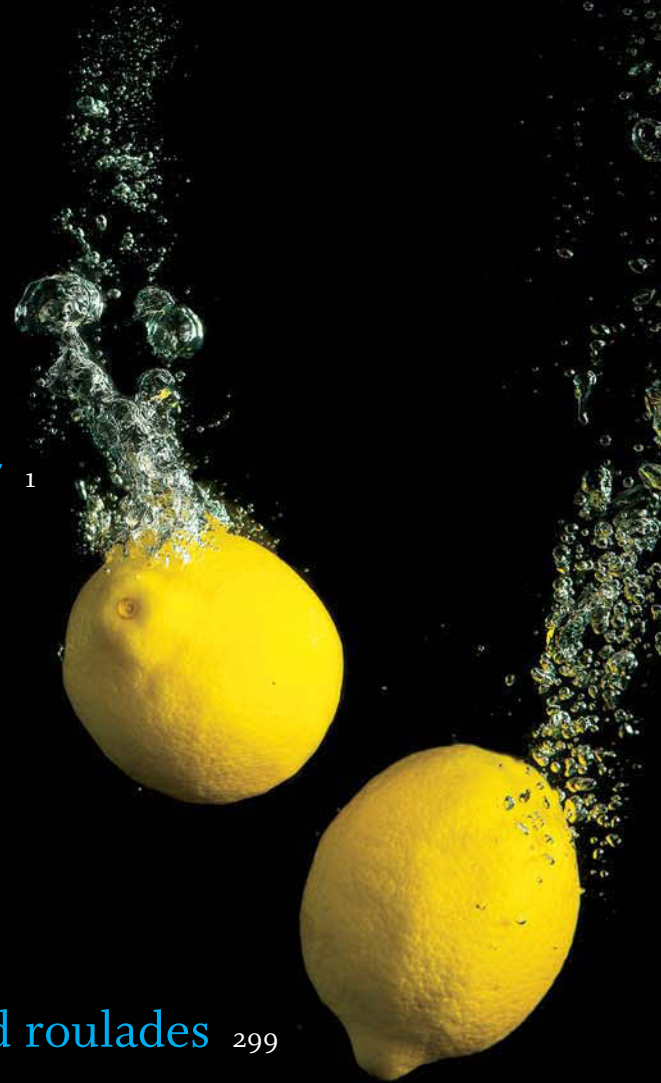
glossary 667

bibliography and recommended reading 680

resources 684

recipe index 685

subject index 700



RECIPE CONTENTS

2 cold sauces and cold soups

vinaigrettes

- Basic Red Wine Vinaigrette 27
- Balsamic Vinaigrette 27
- Truffle Vinaigrette 28
- Vinaigrette Gourmande 28
- Lemon Parsley Vinaigrette 29
- Apple Cider Vinaigrette 29
- Curry Vinaigrette 30
- Mustard-Walnut Vinaigrette 30
- Chipotle-Sherry Vinaigrette 31
- Roasted Shallot Vinaigrette 32
- Cherry Tomato Vinaigrette 32
- Tomato Vinaigrette 33
- Beet Vinaigrette 33
- Tangerine-Pineapple Vinaigrette 34
- Guava-Curry Vinaigrette 34
- Almond-Fig Vinaigrette 35
- Grapefruit Emulsion 35

dairy-based and egg-based dressings

- Basic Mayonnaise 36
- Aïoli 36
- Rémoulade Sauce 37
- Russian Dressing 37
- Green Goddess Dressing 38
- Creole Honey-Mustard Sauce 38
- Creamy Black Pepper Dressing 39
- Roquefort Dressing 39
- Ranch Dressing (Reduced-Fat) 40
- Maytag Blue Cheese Dressing (Reduced-Fat) 40
- Yogurt Cucumber Sauce 41
- Tahini Sauce 41

salsas

- Salsa Verde 42
- Mango-Lime Salsa 43
- Papaya and Black Bean Salsa 43
- Salsa Fresca 45
- Chipotle Pico de Gallo 45
- Pickled Ginger Salsa 46
- Grapefruit Salsa 46
- Smoked Poblano Salsa 47

coulis, purées, and other sauces

- Artichoke Caponata 48
- Eggplant Caponata 49
- Peperonato 50
- Piperrada 51
- Sofrito 51
- Pesto 52
- Mint Pesto Sauce 52
- Sun-Dried Tomato Pesto 53
- Cocktail Sauce 53
- Asian-Style Dipping Sauce 54
- Cumberland Sauce 54
- Peanut Sauce 55
- Guacamole 56
- Baba Ghanoush 57
- Cervelle de Canut 59
- Hummus 60
- Tapenade 60
- Muhammara 62
- Hazelnut Romesco Sauce 63
- Garlic and Parsley Compound Butter 63
- Red Pepper Coulis 64
- Huckleberry Sauce 64
- Apricot-Ancho Barbecue Sauce 65
- Southwestern Barbecue Sauce 66
- Aspic 67
- Chaud-Froid Sauce 67

soups

- Gazpacho Andalusia 68
- Chilled Cucumber Soup with Dill, Leeks, and Shrimp 69
- Faux Caviar 70
- Cold Roasted Tomato and Basil Soup 72
- Cold Carrot Soup 73
- Vichyssoise 75
- Chilled Edamame Soup 76
- Fresh Spring Pea Purée with Mint 78
- Chilled Cantaloupe and Champagne Soup 79
- Chilled Morello Cherry Soup 80
- Caribbean Coconut and Pineapple Bisque 81
- Chilled Clear Borscht 82

3 salads

green salads

- Parson's Garden Salad 107
- Spring Herb Salad 108
- Apple-Endive Salad Wrapped in Prosciutto 109
- Georgia Peanut Salad 110
- Baby Spinach, Avocado, and Grapefruit Salad 111
- Greek Salad with Feta Cheese and Whole Wheat Pita 113
- Caesar Salad 114

vegetable salads

- Lobster and Mâche with Potato Salad and Vegetable Juice 116
- Roasted Beet Salad 118
- Roasted Potato and Shaved Fennel Salad 119
- Marinated Roasted Pepper Salad 120
- Hearts of Artichoke Salad 121
- Haricots Verts with Prosciutto and Gruyère 122
- Shaved Fennel Salad 123
- Roasted Corn and Tomato Salad 125
- Coleslaw 126
- Marinated Tomato Salad 127

potato salads; pasta, grain, and legume salads; and fruit salads

- Mediterranean Potato Salad 128
- German Potato Salad 130
- Tabbouleh Salad 131
- Lentil and Walnut Salad 131
- Israeli Couscous and Heirloom Grains 132
- Corona Bean Salad with Basil 133
- Mixed Bean and Grain Salad 134
- Fattoush 135
- Fall Panzanella Salad 136
- Soba Noodle Salad 139
- Couscous and Curried Vegetable Salad 140
- Black Bean Salad 142
- Thai-Style Green Papaya Salad 143

composed salads and warm salads

- Crème Fraîche Chicken Salad 143
- Salad of Crab and Avocado 144
- Baked Goat Cheese with Garden Lettuces, Roasted Figs, Pears, and Toasted Almonds 147
- Avocado, Tomato, and Corn Salad 148
- Buffalo Chicken Salad 149
- Corona Bean and Grilled Baby Octopus Salad 150

Lobster Salad with Grapefruit Emulsion and Tarragon Oil 152

Peekytoe Crab Salad with Yuzu Gelée 154

Warm Salad of Hearty Greens, Blood Oranges, and Tangerine-Pineapple Vinaigrette 155

Smoked Duck and Malfatti Salad 156

Southern Fried Chicken Salad 157

4 sandwiches

hot sandwiches

Mini Bacon-Crusted Scallop Burgers 164

Mini Hamburgers 165

Mini Mushroom Burgers with Caramelized Onions 166

Croque Monsieur 167

Soft-Shell Crab Sandwich 168

Eggplant and Prosciutto Panini 171

Marinated Eggplant Filling 172

Reuben Sandwich 173

Braised Sauerkraut 173

Falafel in Pita Pockets 175

Duck Confit with Apples and Brie on a Baguette 176

Lentil-Barley Mini Burgers with Fiery Fruit Salsa 178

Grilled Chicken Sandwich with Pancetta and Arugula on Focaccia 180

Turkey Club Sandwich 181

New England Lobster Roll 182

Pan Bagnat 185

cold sandwiches

Bahn Saigon (Saigon Subs) 186

Muffuletta 188

Mediterranean Salad Sandwich 189

Curried Chicken Salad Open-Faced Sandwich 189

tea sandwiches and crostini

Bruschetta with Oven-Roasted Tomatoes and Fontina 190

Fig and Walnut Bruschetta 191

Egg Salad Tea Sandwich 192

Smoked Salmon Tea Sandwich 192

Roquefort Butter and Red Pear Tea Sandwiches 193

Watercress Tea Sandwich 194

Cucumber Tea Sandwich 194

Marinated Salmon with Fennel, Capers, and Crème Fraîche on Pumpnickel Bread 196

Roast Beef, Brie, and Caramelized Onion Sandwiches 197
Avocado, Brie, Sprouts, and Country Bacon on Croissant 198
Cucumber, Watercress, and Brie with Apricot Chutney on Walnut Bread 199

5 cured and smoked foods

cured foods

Basic Poultry Brine 214
Basic Meat Brine (Beef and Pork) 214
Basic Seafood Brine 214
Basic Fish Brine 215
Gravlax 215
Norwegian Beet and Horseradish Cure 216
Pastrami-Cured Salmon 218

cold-smoked foods

Smoked Shrimp 219
Smoked Salmon 220
Fennel-Cured Salmon 222
Southwest-Style Smoked Salmon 223
Beef Jerky 224
Chile-Rubbed Tenderloin 226

hot-smoked foods

Citrus-Scented Hot-Smoked Sturgeon 227
Hot-Smoked Rainbow Trout 228
Smoked Turkey Breast 230
Smoked Duck 231
Asian-Style Tea-Smoked Moulard Duck Breasts 232
Smoked Ham Hocks 233
Basic Bacon 234
Smoked Pork Loin 235
Tasso (Cajun-Style Smoked Pork) 236
Smoked Whole Ham 237
Smoke-Roasted Sirloin of Beef 238
Carolina Barbecued Pork Butt 239

dried foods and foods preserved in fat

Pancetta 240
Roman-Style Air-Dried Beef 241
Cured Sardines 242
Duck Confit 244
Pecan-Crusted Duck Confit with Bread Pudding and Baby Spinach Salad with Shallot-Garlic Vinaigrette 246

Bacon and Grape Confit 248
Pork Rillettes 249

6 sausage

basic grind sausages

Breakfast Sausage 268
Green Chile Sausage 269
Venison Sausage 270
Sweet Italian Sausage 271
German Bratwurst 272
Merguez 273
Szechwan-Style Sausage 274

cold-smoked and hot-smoked sausages

Kassler Liverwurst 275
Spicy Lamb Sausage 276
Summer Sausage 277
Landjäger 278
Smoked Duck Sausage 280
Cajun Andouille Sausage 281
Colombian Chorizo 282
Frankfurter 283
Bologna 284
Kielbasa Krakowska 285

poached sausages

French Garlic Sausage 286
Fine Swiss Bratwurst 287
Mortadella 288
Chicken and Vegetable Sausage 290
Braunschweiger 291
Seafood Sausage 293
Apple and Blood Sausage 294
Duck and Foie Gras Sausage 295
Garlic Sausage 296

dried sausages and fermented sausages

Dried Chorizo 297

7 terrines, pâtés, galantines, and roulades

terrines

Pâté Grand-Mère 320
Pâté de Campagne 321
Chicken Liver Pâté 322
Smørrebrød Leverpostej 323

Duck and Smoked Ham Terrine 324
 Smoked Shrimp and Lentil Terrine 325
 Smoked Salmon and Smoked Salmon Mousse
 Terrine 329
 Duck, Pistachios, and Dried Cherry Terrine 330
 Lobster and Summer Vegetable Terrine 333
 Shrimp Terrine with Noodle Salad 334
 Mediterranean Seafood Terrine 336
 Chicken and Crayfish Terrine 337
 Shellfish Essence 338
 Venison Terrine 339
 Chicken and Foie Gras Terrine in Gelée 340
 Seared Lamb, Artichoke, and Mushroom
 Terrine 342
 Grilled Portobello Mushroom Terrine 344
 Mushroom Terrine 347
 Terrine of Roasted Pheasant 348
 Poached Chicken Terrine 349
 Poached Salmon and Lemon Terrine 350
 Roasted Vegetable and Goat Cheese Terrine 352
 Mozzarella, Prosciutto, and Roasted Tomato
 Terrine 353
 Foie Gras Terrine 354
 Country-Style Terrine 356
 Sweetbread and Foie Gras Terrine 357

pâtés en croute

Turkey Pâté en Croûte 358

galantines and roulades

Roasted Asian Duck Galantine 360
 Pork Tenderloin Roulade 361
 Chicken Galantine 363

8 cheese

Ricotta 386
 Fromage Blanc 388
 Crème Fraîche 389
 Mascarpone 390
 Camembert 390
 Farmhouse Aged Cheese 392
 Semi-Lactic-Set Fresh Goat's Milk Cheese 393
 Mozzarella 394
 Tomme-Style Cheese 396
 Alpine-Style Cheese 398

9 appetizers and hors d'oeuvre

appetizers

Herbed Goat Cheese in Phyllo Dough 455
 Beef Carpaccio 456
 Salsa Cruda di Tonno 458
 Escabèche of Tuna 459
 Fennel and Chorizo Strudel 460
 Seafood Strudel with Lobster-Infused Oil 462
 Pork and Pepper Empanada 464
 Grilled Vegetable Appetizer with Balsamic
 Vinaigrette 465
 Marinated Tomatoes with Mozzarella 466
 Smoked Breast of Duck Niçoise-Style 467
 Duck Confit with Frisée and Roasted Shallot
 Vinaigrette 468
 Smoked Duck Tart 469
 Crispy Braised Pork Belly with French Lentils and
 Aged Balsamic Vinegar 470
 Gnocchi di Ricotta 471
 Shrimp and Avocado Quesadillas 473
 Shrimp Cakes with Rémoulade Sauce 474
 Crabmeat Rolls with Infused Pepper Oils, Fried
 Ginger, and Tamari-Glazed Mushrooms 476
 Seared Sea Scallops with Artichokes and
 Peperonato 477
 Lobster and Truffle Salad 478
 Foie Gras Roulade with Roasted Beet Salad and
 Smoked Duck Breast 479
 Watermelon Gelée, Crab, and Avocado Napoleon
 with Tomato Vinaigrette 481
 Roasted Shallot Custard 482
 Sage and Fava Bean Custard with Shaved Asparagus
 and Meyer Lemon with Crispy Egg 485

savory sorbets and granités

Cucumber Granité 487
 Celery Granité 487
 Tomato-Basil Sorbet 489
 Lime Granité 489

hors d'oeuvre

Gougères 490
 Parmesan and Prosciutto Palmiers 492
 Cheese Sticks 492
 Profiteroles 493
 Asparagus, Prosciutto, and Parmesan Phyllo
 Rolls 495
 Yorkshire Pudding with Duck Ragoût 496

Duck Confit and White Bean Hash Cake with Cipollini Onion Marmalade 498
 Cipollini Onion Marmalade 499
 Duck Rillettes in Profiteroles 500
 Smoked Salmon Mousse Barquettes 500
 Creamed Wild Mushroom Tartlets 501
 BLT Hors d'Oeuvre 502
 Steak Tartare Canapé 503
 Barbecued Shrimp and Bacon 503
 Sun-Dried Tomato and Goat Cheese Tartlets 504
 Asparagus and Prosciutto Canapés 505
 Prosciutto and Melon Canapé 507
 Fig and Prosciutto Canapés 508
 Pancetta-Wrapped Dates Stuffed with Manchego Cheese and Mint 511
 Blue Cheese Mousse 512
 Smoked Trout Mousse 512
 Meatballs with Chili Dipping Sauce 513
 Beef Negimaki 515
 Lamb Brochettes with Mint Pesto 516
 Beef Saté 518
Pinchon Moruno (Moorish-Style Shish Kabobs) 519
 Mini Pizzas 520
 Pissaladière 522
 Small Seared Lobster and Vegetable Quesadillas 523
 Pork Picadillo Empanadas 524
 Fried Wontons 526
 Chinese Skewered Bites 528
 Steamed Wontons with Shrimp 529
 Shrimp Tempura 530
 Risotto Croquettes 531
 Risotto and Pancetta Cakes with Sun-Dried Tomato Pesto 532
 Mini Stilton Popovers 533
 Camembert Crisps 533
 Camembert, Dried Apple, and Fig Phyllo Triangles 534
 Spanakopita 536
 Stuffed Grape Leaves 537
 Wrapped Shrimp with Asian Barbecue Sauce 539
 Potato Crêpes with Crème Fraîche and Caviar 540
 Tuna with Capers and Olive Oil 541
 Pickled Shrimp 541
 Grapes Rolled in Bleu de Bresse 542
 Scallop Seviche in Cucumber Cups 543
 Sushi Maki—*Maguro* (Tuna) Roll 544
 Inari 544

Nigiri 546
 Sushi Rice 548
 Hand Vinegar (*Tezu*) 548
 Crab Cakes 549
 Croquetas 550
 Dim Sum with Chili Sauce 551
 Chili Sauce 551
 Mango Curry Shrimp Salad in Wonton Cups 552
 Shot Glass with Tomato Gelée and Crayfish 555
 Tuna Tartare with Avocado Mousse and Chilled Tomato Soup 556
 Mexican Seafood Cocktail 559
 Spoon of Quail Eggs and Lobster Medallion in Champagne Emulsion 560
 Spoon of Kumamoto Oysters and Apple Mint Gelée 563
 Foie Gras Mousse and Rhubarb Compote Barquettes 564
 Parmesan Crisps and Truffled Goat Cheese 565
 Hot and Crunchy Chicken Cones 566
Mejillones al Estilo de Laredo (Mussels with Olives) 568
Gambas al Ajillo (Shrimp with Garlic) 569
 Spiced Mixed Nuts 569
 Chili-Roasted Peanuts with Dried Cherries 570
 Spicy Curried Cashews 570
 Candied Pecans 571
 Toasted Almonds 571

10 condiments, crackers, and pickles

mustards

Southwestern Spicy Green Chile Mustard 580
 Heywood's Mustard 580
 Dried Cranberry Mustard 582
 Beer Mustard with Caraway Seeds 582
 Swedish Mustard Sauce 583

ketchups

Tomato Ketchup 583
 Yellow Pepper Ketchup 584

chutneys

Spicy Mango Chutney 584
 Red Chili Chutney 585
 Apricot-Cherry Chutney 585
 Beet Chutney 586

Apple Chutney 587
Papaya Chutney 588

relish

Cranberry Relish 589
Dried Apricot Relish 589
Curried Onion Relish 590
Red Onion Confiture 591

compotes

Rhubarb Compote 591
Roasted Red Pepper Compote 592
Quince Compote 592

other condiments

Harissa 593

pickles

Sweet Pickle Chips 593
Half-Sour Pickles 594
Pickled Vegetables 594
Pickled Grapes or Cherries 595
Pickled Red Onions 595
Dill Pickles (Fresh-Pack Dill Pickles) 596
Pickles 597
Pickled Ginger 597
Acar Jawa (Javanese Pickled Vegetables) 598
Sweet and Sour Onions 600

chips and crackers

Assorted Vegetable Chips 601
Pepper Jack and Oregano Crackers 602
Sesame Crackers 603
Cheddar and Walnut Icebox Crackers 604
Potato Crisps 606

oils

Basil Oil (Basic Herb Oil) 607
Cinnamon Oil (Basic Spice Oil) 608
Tomato Oil 608

vinegars

Raspberry and Thyme Vinegar (Basic Flavored Vinegar) 609
Rosemary-Garlic Vinegar 609

12 basic recipes

spice blends

Chinese Five-Spice Powder 638
Barbecue Spice Mix 638

Quatre Épices 639
Cajun Spice Blend 639
Curry Powder 640
Fines Herbes 640
Pâté Spice 641
Hot Italian Sausage Blend 641
Herbes de Provence 642

stocks and broths

Vegetable Stock 642
Chicken Stock 643
Brown Veal Stock 644
Shellfish Stock 645
Court Bouillon 645

sauces

Tomato Sauce 646
Anchovy Butter 647
Horseradish Butter 647
Lobster-Infused Oil 648

doughs

Basic Pâté Dough 649
Tomato Cilantro Pâté Dough 650
Saffron Pâté Dough 650
Sweet Potato Pâté Dough 651
Tart Dough 651
Blitz Puff Pastry 652
Pasta Dough 653
Focaccia 654
Brioche Dough 656
Whole Wheat Pita Bread 657

basic cooking preparations

Simple Syrup 657
Roasting Garlic and Shallots 658
Oven-Roasted Tomatoes 659
Roasting Peppers 660
Preparing Artichokes 661
Preparing Leeks 662
Plumping Dried Fruits and Vegetables 662
Toasting Nuts, Seeds, and Spices 663
Rendering Fats 664
Parmesan Crisp 664
Bread Crumbs 665
Standard Breading Procedure 665
Plain Croutons 666
Shelling Cooked Lobster 666

PREFACE

IN WRITING THE FOURTH EDITION OF *Garde Manger: The Art and Craft of the Cold Kitchen*, WE HAVE DRAWN WIDELY FROM WITHIN THE CONTEMPORARY PRACTICE OF GARDE MANGER, PUTTING THOSE SKILLS AND TECHNIQUES INTO WORDS, PICTURES, AND RECIPES AND GATHERING THEM INTO A SINGLE VOLUME. THIS BOOK IS GEARED TO MEET THE NEEDS OF STUDENTS AND SEASONED PRACTITIONERS ALIKE, GIVING NOT ONLY THE BASICS OF TECHNIQUE BUT ALSO THE SOUND PRINCIPLES THAT RESULT IN THE HIGHEST QUALITY FOODS. WE HAVE INTRODUCED NEW SECTIONS IN VIRTUALLY EVERY CHAPTER TO ENCOMPASS SUBJECTS RANGING FROM ESPUMAS TO FERMENTED SAUSAGE AND EXPANDED THE BOOK TO INCLUDE MORE INFORMATION ON ICE CARVING AND THE PROLIFERATION OF THE ARTISAN AMERICAN CHEESE MAKER.

The book begins with a basic overview of the history of the garde manger and the charcuterie. An understanding of how garde manger has moved from its origins to become the vibrant and exciting work it is today is especially relevant when you intend to make this work your career. Today's garde manger has a wide range of career options, some harking directly back to the traditional methods for preparing sausages, pâtés, and cheeses. Others look to more contemporary ways and may find their ultimate career path in banquets, catering, or event management. Throughout this book, the work of the garde manger is explored with an eye toward basic methods, safe food handling techniques and procedures, and cutting-edge approaches to combining flavors, colors, and textures in the foods prepared on the cold side of kitchens in restaurants, hotels, banquet halls, and specialty food producers.

Beginning with cold sauces and soups, both traditional and newer adaptations of cold emulsion sauces (such as vinaigrettes and mayonnaise) and cold soups are explained and illustrated. The recipes were selected not only to give a practical means of putting those techniques to use but also to provide recipes for a cross section of cold sauces and soups found on menus worldwide. Cold sauces and soups are followed by salads. The salad chapter contains an extensive identification section and discusses the proper selection of ingredients and their care, as well as fundamental rules for preparing and presenting salads. Often, the care and handling of salad greens, herbs, and other salad components is the first assignment given to novice kitchen workers, regardless of whether they have their eyes set on the goal of becoming a line cook on the hot side or pursuing a career dedicated to all that the cold side encompasses.

Sandwiches were not always the popular menu item that they are today. However, an increasing interest in healthful, satisfying, and unusual fare has prompted the garde manger to look beyond deli and diner specialties to embrace a variety of breads, fillings, and garnishes that make sandwich making more intriguing and challenging. Methods and practical advice for preparing sandwiches for an à la carte menu as well as for teas and receptions are provided. Recipes from classics to less widely known sandwiches drawn from the global scene are also included.

Sausages, pâtés, terrines, and cured and smoked foods were once the province of professionals known as charcutières. The foods produced by the charcutières of days gone by are still familiar to us—from classic andouille sausage and sugar-cured bacon to gravlax and duck confit. These foods are appreciated today for their satisfying flavors and textures. Chefs are finding that a thorough understanding of the how's and why's of curing and preserving meats, fish, and poultry is indispensable in the quest for healthier, lighter, and more contemporary approaches to these ancient practices. It is in these foods and their safe, wholesome preparation that the cold kitchen most clearly retains its original intent and purpose.

Cheeses have always had a place in the cold kitchen. Like other cured and preserved foods, cheeses are a time-honored practical solution to the problem of keeping a constant supply of wholesome, nutritious foods on hand throughout the year. They are also the showcase for the talents and originality of their producers. Local and artisan cheeses are once more in the lime-light, and the garde manger is faced with the challenge of learning to select, maintain, and present these complex and fascinating foods to an increasingly sophisticated audience. This chapter reviews the basics of cheese making, describes various cheese families, and provides guidelines for putting together a cheese selection. In addition, the basics of preparing fresh cheeses as well as special preparations featuring those cheeses are included.

Hors d'oeuvre and appetizers represent an opportunity for the garde manger to pull together all the various skills and preparations of the entire discipline in a high-impact way. Just as hors d'oeuvre set the tone for a reception or banquet, so can a well-executed appetizer selection on a menu set the tone for the entire dining experience. There are a few classic standards to guide you in preparing and presenting appetizers and hors d'oeuvre. Many of the elements of these composed dishes are typically drawn from the chapters that precede this one. A perfect cold sauce provides the counterpoint to a plated appetizer. A flourish of baby greens offers texture and color contrast to a luxurious slice of smoked salmon or pâté and so forth.

Relishes, compotes, pickles, chutneys, mustards, ketchups, and crackers provide the little something that takes the presentation from run of the mill to memorable. These finishing touches, offered as condiments and garnishes to bring out all the flavors and textures of a dish, are gathered together in a chapter that explores another time-honored realm of the cold kitchen: garnishing. In the in-depth chapter about buffet presentation, you will find information about developing the concept or theme for a buffet, establishing prices and controlling costs, using basic design principles for platter layout, and contemporary solutions to setting up a buffet to maximize flow, interactivity, and international flavors and themes, as well as management concerns for buffets.

The book concludes with a chapter containing a variety of basic preparations, from stocks and aspics to marinades and spice rubs. The glossary provides thumbnail descriptions of a wide range of cooking terms and tools. The instructions, photographs, and recipes in this book are meant to help you, whatever your current challenge may be. Perhaps you will choose to use them as a resource and teaching tool. You may want to use them as a foundation that you can modify to your particular needs by adjusting the seasoning and garnishes to create signature dishes, or scaling recipes up or down to match your production needs. One thing is certain: the continued appreciation on the part of the diners and chefs everywhere for the foods that are prepared by today's garde manger makes this one of the most fascinating and exciting areas of the professional culinary arts.





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THE PROFESSIONAL GARDE MANGER



The term garde manger WAS ORIGINALLY USED TO IDENTIFY A COOL FOOD STORAGE AREA. PRESERVED FOODS SUCH AS HAMS, SAUSAGES, PICKLES, AND CHEESES WERE HELD THERE. COLD FOODS WERE PREPARED AND ARRANGED FOR BANQUETS THERE AS WELL. OVER TIME, GARDE MANGER HAS EVOLVED TO MEAN MORE THAN JUST A STORAGE AREA OR LARDER. IT ALSO INDICATES THE STATION IN A PROFESSIONAL KITCHEN RESPONSIBLE FOR PREPARING COLD FOODS, THE COOKS AND CHEFS WHO PREPARE THESE COLD FOODS, AND NOWADAYS ALSO AN AREA OF SPECIALIZATION IN PROFESSIONAL CULINARY ARTS. MEMBERS OF TODAY'S GARDE MANGER SHARE IN A LONG CULINARY AND SOCIAL TRADITION, ONE THAT STRETCHES BACK TO WELL BEFORE THE DAWN OF RECORDED HISTORY.

THE EUROPEAN GARDE MANGER TRADITION

As our ancestors became herdsmen and farmers, they developed the practical skills necessary to ensure a relatively steady food supply. This meant learning not only to domesticate animals and raise crops but also how to preserve those foods. The first preserved fish were most likely produced by accident. Fish were “brined” in seawater and left to dry on the shore, where they either fermented or dried. Meats were hung off the ground and near the fire. This kept them out of the reach of scavenging animals and insects. The smoky bath surrounding them darkened, flavored, dried, and preserved the meats to keep them from spoiling.

Historical evidence shows that the Greeks had been producing and consuming salted fish for many years before passing their knowledge on to the Romans. In 63 B.C.E.,

the Greek writer Strabo detailed the importance of fish-salting centers in Spain and the existence of salt producers in the Crimea. Salt cod, made in the same basic way as Strabo described, is still an important food in cuisines around the world.

Food preservation skills and the necessary ingredients, including salt, sugar, and spices, were greatly valued. Cities such as modern-day Rome and Salzburg were founded near a ready source of salt. As the Romans extended their empire, they conquered lands rich in a variety of resources, including foodstuffs. They brought with them their own recipes and formulas for a variety of preserved meats, fish, and cheeses. As is the way of all such invasions, the invaders brought their taste for familiar foods from home. But the culinary exchange was never in one direction. The



LE GARDE-MANGER. U FROID.

An example of a historical garde manger kitchen.

conquering forces also learned to appreciate the local specialties. The Gauls, in what became France, were credited as highly successful hog domesticators and became renowned for their preserved hams and bacon. These products were regularly sent from Gaul to Rome and served at the Romans' legendary banquets. After the fall of the Roman Empire, the great houses of the Church and the nobility throughout Europe kept alive both local food traditions and those learned from the invaders.

Into the twelfth century, approximately 80 to 90 percent of the world's population still fell into the category of rural peasants. These peasants worked the nobles' lands to raise crops and farm animals. One of the most important activities of the year occurred at the end of the growing season. Vegetables, fruits, and grains were harvested and preserved by drying or by placing them into cold storage, along with pickles, jellies, and cheeses. Cows, sheep, and other animals were butchered and the meat preserved by a variety of means: pickling, salting, brining, curing, drying, packing in fat, or smoking. Once the foods had been prepared, they could be held in storage.

The right to collect and keep these foods, as well as to trade and tax them, provided a visible symbol of power, wealth, and rank. During the Middle Ages, this privilege belonged to kings, dukes, lords, and other nobility, as well as the monasteries and convents of the Catholic Church. The castles and manor houses of the nobility each had an area devoted to food storage. It was typically located in an area below ground level to keep the foods cool. *Garde manger* (literally "keep to eat") was the term used to identify this storage area. It is still used to indicate a larder or pantry—a place for cold food storage. The member of the household staff known as the *officier de la bouche*, or steward, was responsible for managing this storeroom, dispensing foods as necessary.

THE GROWTH OF THE GUILDS

Some of these special items, such as hams and cheeses, became part of the commerce and trade between towns and states. Along with livestock, buildings, servants, and jewels, they were included as dowries and tributes, as well as being used as a kind of currency to acquire other goods. Eventually rules were established governing how merchants prepared and sold these goods and services, to prevent

monopolies and pricing abuses. The work itself was clearly defined and assigned to various groups known as guilds. The guilds developed training systems for their members, taking them from an apprenticeship to the journeyman stage and finally conferring the status of master. Each individual guild was granted a charter, giving it some specific rights.

By the end of the sixteenth century, there were approximately two dozen guilds dedicated specifically to food. Guilds fell into two groups—those that provided raw materials and those that provided prepared foods. For example, the guild of charcutiers prepared and sold cooked items made from the pig (the word *charcuterie* is derived from French root words meaning “cooked flesh”). This guild kept the practical work of preserving meats alive and thriving, making bacons, hams, sausages, and pâtés.

There were numerous strategies to get around restrictions imposed on any given guild, and the charcutiers were no exception. One of their tactics led to the development of terrines. Charcutiers were not permitted to sell foods baked in pastries, so making and selling pâté en croûte, forcemeat loaves baked in pastry, would not have been allowed according to a strict reading of the charcutiers’ charter. Rather than stop making pâté, the charcutiers baked the forcemeat in an earthenware mold (a terrine) instead of pastry—and so pâté en terrine was created.

RESTAURANTS AND THE ROLE OF THE GARDE MANGER

The more essential the food, the more closely it was regulated. The more lucrative a guild’s activities, the more likely it was that one guild might be tempted to infringe on another. Each guild fought to protect its individual rights. There were several cases brought before judges to determine if one guild’s activities had crossed the line into another’s.

When the French Revolution began in 1789, the upheaval in noble households was enormous. Noblemen left France to escape the guillotine, leaving their household staffs to look out for themselves. The garde manger, as well as chefs and cooks, were household employees, and as such did not have a formal guild of their own. These workers found their way into restaurants in increasing numbers throughout Europe and the British Isles.

At first there was no widely recognized structure for kitchen workers. There were no established duties or areas of specialization.

It took several years before a serious attempt was made to organize kitchen workers. Eventually the brigade system, recorded by Auguste Escoffier, detailed a logical chain of command that brought order to the unruly working arrangements of his day. We still use the brigade system and refer to the various “stations” in the kitchen with the names assigned by Escoffier: saucier, rôtiisseur, pâtisier, and garde manger.

When the guild system was officially abolished in 1791, some members of the charcutiers’ guild also joined the ranks of restaurant and hotel kitchen garde manger staffs. Others continued to operate their businesses as before. The positions of charcutier and garde manger have always been closely linked, since they are both founded on cold preserved foods. When the term *garde manger* is used today, it is often understood to include the work of the charcutier as well.

TODAY'S GARDE MANGER

The position of garde manger, recast in a restaurant setting, has retained its traditions of preparing a variety of preserved and cold foods. It has also expanded its scope to include appetizers, hors d'oeuvre, salads, sandwiches, and the accompanying cold sauces and condiments. The garde manger is involved in à la carte service as well as banquets, receptions, buffets, and off-site catering.

The techniques required to prepare pâtés, terrines, sausages, and fresh cheeses are the particular domain of the garde manger. However, becoming a skilled garde manger also means learning a broad base of culinary skills, those directly related to handling basic cold food preparations as well as those required to prepare hot foods: roasting, poaching, simmering, and sautéing meats, fish, poultry, vegetables, grains, and legumes.

It is precisely because the skills and responsibilities are so broad that many of today's most highly regarded chefs got their start in the garde manger as apprentices or commis. In addition, recent years have seen a rebirth of the more traditional practices of charcuterie and cheese making by purveyors with retail shops and wholesale businesses. Handcrafted foods such as country-style hams, sausages, pâtés, and fresh and aged cheeses are increasingly available to both the restaurant chef and the home cook.

establishments

Hotels, full-service restaurants, and private clubs that offer à la carte menus may have one or more people working exclusively in the area of garde manger, though the specific name of this area varies from place to place. Some operations refer to it as the pantry, others may call it the salad station, still others the cold side, and so on. The specific duties of this station can include cold sauces and soups, salads, hors d'oeuvre, and canapés.

During à la carte service, the garde manger typically plates salads and cold appetizers, and may also be responsible for plating desserts. The breakfast, lunch, and brunch menus often rely heavily upon the garde manger as well.

Cooks and chefs working in banquet and catering operations practice all the same basic



An example of a contemporary garde manger kitchen.

cooking skills as the garde manger in an à la carte restaurant. However, the approach to work is slightly different. This work is so stimulating and challenging that many professionals choose it as a lifelong career path. Here, where the goal is to produce and serve flavorful, attractive food to large numbers of individuals simultaneously, you learn to use the special equipment and cooking techniques of volume production. The chef not only develops a menu but also handles all the planning necessary to come up with scaled recipes, accurate and timely orders for food and other items, and food costs. Presentation is often a significant component of banquets and receptions. Decor, appropriate and effective garnishes for plates, platters, and other food displays, and concerns for food quality and customer safety are considered. The nature of large events often involves a certain level of risk, and always calls for the ability to think under pressure and come up with a creative solution to a crisis. To learn more about the development and management of a buffet, read Chapter 11, “Buffet Presentation.”

Delicatessens, charcuteries, and shops selling prepared foods of all types offer yet more options for the professional garde manger. Their goods may be sold through a retail shop or exclusively to those in the restaurant trade. Large companies, including hotel and restaurant chains and food manufacturers, look to those with strong skills in garde manger to undertake projects such as the development of a new line of sauces, condiments, spice rubs, or salad blends.

types of work

Both employers and schools recognize that formal education on its own is not enough to ensure excellence. Garde manger is a practical art. To succeed, you need to work. Whether you work for yourself or for someone else, you must make choices about your work carefully.

It is tempting to make a decision based on salary, location, or some similar immediately tangible consideration. However, if you consider each job as an investment in your future, it is far easier to evaluate the long-lasting rewards.

Making wise career choices is complicated, so take the time to evaluate any career move. Develop your own plan for the future as specifically as you can so that you can determine the type of establishment and the type of work that will set you up to attain the next level in your career.

Look for work environments where each person has a stake in getting things done correctly. When all personnel have the opportunity to help make decisions and have the tools they need to perform at their best, everyone succeeds. If you want to do a job well, you need to know the quality standards. Objective evaluations, constructive criticism, and additional training are part of any good working situation.

entry level

Work at the entry level includes cleaning and cutting produce, making vinaigrettes and compound butters, and following simple standard recipes under supervision. It is important to ask questions and follow advice, watch carefully what goes on around you, and supplement what you see and hear by reading. Taste foods that are both familiar and unfamiliar to you, and keep accurate notes and records. Begin compiling a foundation of knowledge by assembling a library of books and subscriptions, as well as important contact numbers and URLs.

Effectively juggling multiple projects over time is impossible without the ability to accurately evaluate your time, space, and resources. Since many tasks in the garde manger kitchen can span weeks or even months, organizational skills are of utmost importance. You can develop these skills by observing your more organized coworkers

and supplementing those observations with readings.

You should also learn the necessary skills to handle special equipment safely and efficiently. Slicers, mixers, grinders, blenders, food processors, thermometers, sous vide machines, smokers, sausage stuffers, and salometers are just a few of the specialized pieces of equipment used in the garde manger and smokehouse.

advanced level

As your skills improve, you move from entry-level positions into positions of more responsibility. You take on more advanced and challenging work, and your title may advance to lead or executive chef. At this level you have more responsibility for conceiving new menu items, recording standard recipes, costing, and developing and maintaining a budget. You will train kitchen and dining room staff in the proper presentation of new and standard menu items. You are responsible for keeping food costs down and improving quality in all areas of your work.

Banquet and buffet chefs develop menus—both standard and custom—and go through a process of scaling and costing each menu item. Staffing and scheduling responsibilities for the banquet chef include maintaining and training a relatively large pool of talent, often working directly with the dining-room manager. One special aspect of this work involves coordinating with other service providers, such as florists, musicians, and photographers.

Entrepreneurs develop handcrafted specialty items that are produced on both small and large scales. Their work focuses more on the development of a product or line of products for sale. They must be concerned with a variety of regulations, certifications, and inspections in order to be sure that foods prepared for sale meet all necessary legal requirements. Food quality and cost remain as important as ever, and additional business concerns accrue. To grow a company from something small and local into something large, some key factors that should be focused on in order to sell and distribute items include consistency, timeliness, packaging, labeling, and general appeal.

THE PRACTICE OF A PROFESSION

Any profession has a great many sides, and the culinary vocation is no different. A culinary professional is an artist, a businessperson, a scientist, and a cultural explorer, among other attributes. Acquiring the skills and knowledge necessary to succeed in this profession is a lifelong journey.

education and training

Employers today look for both experience and education when they hire at virtually all levels above entry level. At the most prestigious shops, even entry-level positions may demand

a degree or some sort of formal training. Employees look for jobs that offer the opportunity to use the skills and education they already possess and, at the same time, the chance to learn new skills.

formal education

The increasing emphasis on formal education goes hand in hand with the emergence of a number of programs dedicated exclusively to the culinary arts. Employers rely upon the general and specific skills of the craft taught by these schools to establish a common

ground of ability. This saves them hours of on-the-job training. The demand for graduates continues to grow each year, and so has the number of programs specializing in the culinary arts. The best education couples hands-on practice with coursework devoted to product and equipment knowledge. In addition, a well-rounded program provides study in important aspects of culinary arts as a business: customer service, math, food and menu costing, team building, and organizational skills.

Programs that are recognized in the industry attract high-quality instructors and offer opportunities for students to network, join clubs and organizations, compete, and do advanced studies in an area of specialization. Their graduates receive plenty of hands-on experience and develop confidence and control in all areas of culinary arts. Industry leaders look to graduates of those programs to staff their companies because they bring with them a solid foundation.

Even garde manger chefs who already have achieved significant success in their careers take advantage of the many opportunities offered through continuing education. Classes that are tailored to a specific topic give professionals exposure to new techniques and methods and new equipment and ingredients.

food knowledge

The ingredients that the garde manger uses on a daily basis run the gamut from the mundane and utilitarian, such as calves' heads and pigs' feet, to the costly and exotic, including saffron, foie gras, caviar, and truffles.

When you know what an ingredient looks like, tastes like, and acts like, you can use that knowledge to be more creative, more adaptable, and more efficient. At first you may rely solely upon the recipe or formula to tell you what to use. As long as everything required by the recipe is on hand, things should work

out. Take the extra minute or two required to really examine the ingredient and make note of what it looks like, how it smells or feels, its shape, and its color.

Classes, workshops, or demonstrations that offer comparison tastings are excellent learning opportunities. You can also arrange your own blind tastings. This information is invaluable, whether your responsibility is using ingredients appropriately or buying them to maintain quality and profit.

Beyond knowing the color, taste, and cost of an ingredient, however, today's garde manger chefs typically find themselves facing an increasing number of special concerns about the manner in which foods are grown, harvested, and processed. A safe and wholesome food supply is a growing concern of both the public and the profession. Topics such as sustainable agriculture, bioengineering, genetically modified organisms (GMOs), organics, and the support of local and regional growers all factor into the decisions you and your business must make.

equipment knowledge

It is true that the foods made by the garde manger and charcuterie are not beyond the technical skill of any good cook, and many individuals enjoy making their own sausages, bacon, or smoked trout. However, acquiring the tools and ingredients, as well as the skills required to use them, can be time-consuming and somewhat expensive. To produce some items, you need not only the correct equipment and ingredients but also the appropriate storage space—one you can keep at the correct temperature and humidity. In addition to working with knives, pots, and pans, the garde manger must be well versed in the use of equipment such as meat slicers and grinders, food processors, smokehouses, brining tubs and salometers, and, for some practitioners, ice-carving tools.

Learn to use important business tools; computers, the Internet, budgets, accounting systems, and inventory control systems all play a role. Many organizations, from the largest chains to the smallest one-person catering company, rely upon software systems that allow them to efficiently administer a number of areas: inventory, purchases, losses, sales, profits, food costs, customer complaints, reservations, payroll, schedules, and budgets. If you are not using a system capable of tracking all this information and more, you cannot be as effective as you need to be.

communication skills

A well-written résumé can sell you to a potential employer as well as facilitate interaction with coworkers. Your own mission statement, if properly worded, keeps you on track and helps you make the best possible career moves. A precise and specific plan for an event can keep it on track and on budget. A thorough and fair interview can unearth the perfect employee or business partner. Each of these activities demands good communication skills. Today's garde manger must communicate using a wider variety of media than ever before, from written memos and letters to e-mails, reports, videoconferencing, and interactive learning. A good education program addresses the general and specific communication needs of its students and offers courses, workshops, and tutoring or labs in a wide range of communication skills.

continuing education

Your education and your experience combine to form the most important source for your personal professional development. Every career choice or move that you make is part of your lifelong education. If you have a long-term plan, you can choose jobs that give you the opportunity to learn new skills and

take on greater responsibility as you advance toward your goals.

Keeping current with basic skills and new trends is a lifelong task. Once initial training has been completed, continuing education is equally important, as the industry is constantly evolving.

Evaluate your career, both as it is right now and as you would like it to be in the future, and then take the appropriate steps to keep on top of the latest information in the areas in which you are most interested. Attend classes and workshops, hone your skills in specialized areas, keep up with new ingredients or equipment, learn new management strategies, or strengthen your skills in team building, writing and communication, marketing, and promotion.

Some of the courses or seminars you attend can earn you credits (CEUs, or continuing education units). They may be necessary to achieve certain certifications or advancements. Continuing education and professional development programs are available through a wide range of colleges and universities, in both traditional and online learning environments.

Not all continuing education occurs in a classroom or over an Internet hookup. Magazines, television programming, newsletters, Web sites, government publications, and books are all excellent sources. Directed travel programs can open up a completely new way of seeing the profession by exposing you to a new cuisine, a new part of the world, a new ingredient, or a new contact.

networking

The old saying "It's who you know" has a great deal of truth. The group of professionals you know is called a network. A solid network is an indispensable tool for the professional and should include members of your industry from as many areas as possible. Knowing someone in

a niche not obviously related to your own can turn up unexpected opportunities.

Creating a professional network is a task that should be taken seriously. Working with other professionals to share information and knowledge is an important avenue of growth, both professional and personal. Networks can be formal or informal. The way to begin is simply to introduce yourself to others in your field. Have business cards with you when you go out to other restaurants or to trade shows. Write letters to individuals whose work you have seen and admired.

Join professional organizations to expand your network. Well-run groups typically have a variety of meetings and forums to allow members to come in contact with each other. Take advantage of local and national meetings and conventions to learn more about your profession.

When you make a good contact, follow up with a phone call or a note. The communication that you develop with your peers will keep your own work fresh and contemporary,

and an established network makes it much easier for you to find a new job or an employee.

competition

Contests and competitions offer you a chance to really stretch yourself. Professional magazines, journals, newsletters, chef's associations, and Web sites have information about contests on the local, national, and international levels. Whenever you submit your work to the scrutiny of a panel of judges, you learn. Critical review provides you a means to keep improving in a way that your daily production work never can. Practice, research, and the stress of competition exercise your professional muscles, just as competing in a sporting event strengthens an athlete. Even if you are not entered in the competition, attend the judging if you can so that you can benefit from the experience.

THE GARDE MANGER AS BUSINESSPERSON

managing physical assets

Physical assets are the equipment and supplies needed to do business. In the case of a restaurant, these might include food and beverage inventory, tables, chairs, linens, china, flatware, glassware, computers and point-of-sale systems, cash registers, kitchen equipment, cleaning supplies, and ware-washing machines. When we talk about managing physical assets, we are considering how anything that you must purchase affects your ability to do business well.

The first step in bringing the expenses associated with your physical assets under control is to know what your expenses actually are. Then you can begin the process of making the adjustments and instituting the

control systems that will keep your organization operating at maximum efficiency.

One of the biggest expenses for any restaurant will always be food and beverage costs. You or your purchasing agent will have to work hard to develop and sustain a good purchasing system. Because each operation has different needs, there are no hard-and-fast rules, just principles that you will apply to your own situation. Maintaining quality is of course the highest priority.

managing time

It may seem that no matter how hard you work or how much planning you do, the days aren't long enough. Learning new skills, so

that you can make the best possible use of the time you have, certainly ought to be an ongoing part of your career development. If you look over your operation, you will see where time is wasted. In most operations, the top five time-wasters are: (1) no clear priorities for tasks, (2) poor staff training, (3) poor communication, (4) poor organization, and (5) missing or inadequate tools. To combat these time-wasters, use the following strategies.

invest time in reviewing daily operations

Consider the way you, your coworkers, and your staff spend the day. Does everyone have a basic understanding of which tasks are most important? Do they know when to begin a particular task in order to bring it to completion on time? It can be an eye-opening experience to take a hard look at where the workday goes. Once you see that you and your staff need to walk too far to gather basic items or that the person who washes the dishes is sitting idle for the first two hours of the shift, you can take steps to rectify the problem. You can try to reorganize storage space. You may decide to train the dishwasher to do some prep work, or you can rewrite the schedule so that the shift begins two hours later. Until you are objective about what needs to be done and in what order, you can't begin the process of saving time.

invest time in training others

If you expect someone to do a job properly, take enough time to explain the task carefully. Walk yourself and your staff through the jobs that must be done, and be sure that everyone understands how to do the work, where to find necessary items, how far each person's responsibility extends, and what to do in case a question or emergency comes up. Give your staff the quality standards they need to evaluate the job and determine if they have done

what was requested, in the appropriate fashion, and on time. If you don't invest this time up front, you may find yourself squandering precious time following your workers around, picking up the slack, and handling work that shouldn't be taking up your day.

learn to communicate clearly

Whether you are training a new employee, introducing a new menu item, or ordering a piece of equipment, clear communication is important. Be specific, use the most concise language you can, and be as brief as possible without leaving out necessary information. If tasks are handled by a number of people, be sure to write each task out, from the first step to the last. Encourage people to ask questions if they don't understand. If you need help learning communication skills, consider taking a workshop or seminar to strengthen any weak areas.

take steps to create an orderly work environment

If you have to dig through five shelves to find the lid to the storage container you just put the stock in, you haven't been using your time wisely. Planning work areas carefully, thinking about all the tools, ingredients, and equipment you need for preparation and throughout service, and grouping like activities together are all techniques that can help you organize your work better. Poor placement of large and small tools is a great time-waster. Use adequate, easy-to-access storage space for common items such as whips, spoons, ladles, and tongs. Electrical outlets for small equipment ought to be within reach of everyone. While you may be forced to work within the limits of your existing floor plan, be on the lookout for products or storage strategies that can turn a bad arrangement into one that works smoothly.

purchase, replace, and maintain all necessary tools

A well-equipped kitchen will have enough of all the tools necessary to prepare every item on the menu. If you can't purchase new equipment, then think about restructuring the menu to even out the workload. If you can't remove a menu item, then invest in the tools you need to prevent a slowdown during service.

managing information

The garde manger is part of the much larger world. Read about all areas that might affect your career and your industry: business and economics, arts and entertainment, society and politics. Popular culture has a curious way of influencing your work. Your customers and clients do not live in a vacuum, and neither should you.

There are numerous print and online sources devoted to the specifics of new or unusual ingredients, unfamiliar dishes or equipment, and more. Information gathering can become a full-time task on its own. To make use of the information available, you must be able to analyze and evaluate carefully to sift out the important material from useless data and use all sorts of media and technology effectively.

Learn more about the profession's history, not just because it is interesting but also because it gives relevance and ballast to the decisions you make.

managing people

Restaurant operations rely directly on the work and dedication of a number of people, from executives and administrators to line cooks, wait staff, and maintenance and cleaning staff. No matter how large or small your

staff may be, the ability to engage all your workers in a team effort is one of the major factors in determining whether you will succeed or not.

Most people prefer to work in an environment where everyone can make a distinct and measurable contribution. The first task in creating such an environment is a properly written job description. Training is another key component. To do a job well, the employee needs to know the quality standards and have those standards consistently reinforced with clear, objective evaluations, feedback, constructive criticism, and, when necessary, additional training or disciplinary measures.

Everyone has the right to work in an environment that is free from physical hazards. This means that, as an employer, you must provide a workspace that is well lit, properly ventilated, and free from obvious dangers, such as improperly maintained equipment. Employees must have access to potable water and bathroom facilities. Beyond this bare minimum, you may offer a locker room, a laundry facility that provides clean uniforms and aprons, or other such amenities.

Workers' compensation, unemployment insurance, and disability insurance are also your responsibility. You are required to make all legal deductions from an employee's paycheck and to report all earnings properly to state and federal agencies. Liability insurance (to cover any harm to your facility, employees, or guests) must be kept up to date and at adequate levels.

Employers may choose to offer additional forms of assistance as part of an employee benefits package. Life insurance, medical and dental insurance, assistance with such things as dependent care, adult literacy training, and enrollment in and support for those enrolled in substance abuse programs are examples of the support an employer can provide for employees.

key qualities of a professional

Every member of a profession is responsible for the profession's image. Those who have made the greatest impact in their fields know that the cardinal virtues of the culinary profession are an open and inquiring mind, an appreciation of and dedication to quality wherever it is found, and a sense of responsibility. Success also depends on several character traits, some of which are inherent, some of which are diligently cultivated throughout a career.

a commitment to service

The food-service industry is predicated on service; therefore, a culinary professional should never lose sight of what that word implies. Good service includes (but is not limited to) providing quality food that is properly and safely cooked, appropriately seasoned, and attractively presented in a pleasant environment—in short, making the customer happy. The degree to which an operation can offer satisfaction in these areas is the degree to which it will succeed in providing good (and, ideally, excellent) service. The customer must always come first.

a sense of responsibility

A culinary professional's responsibility is four-fold: to him- or herself, to coworkers, to the restaurant, and to the guest. This should include respecting not just the customer and his or her needs but also staff, food, equipment, and the facility itself. Waste, recklessness, disregard for others, and misuse or abuse of any commodity are unacceptable. Abusive language, harassment, ethnic slurs, and profanity do not have a place in the professional kitchen. When employees feel that their needs are given due consideration, their self-esteem will increase and their attitude toward the establishment will improve; both will increase productivity and reduce absenteeism.

judgment

Although it is not easy to learn, good judgment is a prerequisite for becoming a professional. An ability to judge what is right and appropriate is acquired throughout a lifetime of experience. Good judgment is never completely mastered; rather, it is a goal toward which one should continually strive.





two

COLD SAUCES AND COLD SOUPS



Sauces and soups ARE AMONG THE FIRST TRUE TESTS OF A CHEF'S SKILL. FOR THE GARDE MANGER, THE ABILITY TO PRODUCE PERFECTLY BALANCED VINAIGRETTES, SUBTLY FLAVORED AND CREAMY MAYONNAISE-BASED SAUCES, A WIDE RANGE OF SPECIAL SAUCES, AND COLD SOUPS OF ALL VARIETIES IS A SKILL THAT SHOULD BE CONSTANTLY HONED THROUGHOUT A CAREER.

COLD SAUCES

The successful pairing of a sauce with any food demonstrates an understanding of the food and an ability to judge and evaluate a dish's flavors, textures, and colors. Evaluating why some combinations work well while others are less successful offers valuable lessons in composing a dish. What does the sauce bring to the dish? How does it function in the total composition? Does it contrast with or lift up a dish? How does it taste? Sauces are not just an after-thought. They add flavor, color, texture, sheen, and moisture to a dish. In the cold kitchen, the chef's sauce repertoire includes:

- » Cold emulsion sauces: vinaigrettes and mayonnaise
- » Dairy-based sauces
- » Contemporary sauces
- » Salsas
- » Coulis and purées
- » Coating sauces
- » Miscellaneous cold sauces such as horseradish and mignonette

cold emulsion sauces

Vinaigrettes and mayonnaise are made by combining two ingredients that would not otherwise blend homogeneously. In order to understand how these sauces are prepared, we will first discuss what an emulsion is and how it is formed.

An emulsion consists of two phases, the dispersed phase and the continuous phase. When making vinaigrette, for example, the dispersed phase is the oil, meaning that the oil has been handled in such a way that it is broken up into very small droplets. Each oil droplet is suspended throughout the continuous phase, in this case the vinegar.

Temporary emulsions, such as vinaigrettes, form quickly and require only the mechanical action of whipping, shaking, or stirring. To make an emulsion stable enough to keep the oil in suspension, additional ingredients known as stabilizers are necessary. Stabilizers used to make cold sauces include mustard, honey, and dry spices. Starches such as those in garlic or modified starches such as cornstarch or arrowroot are also used. These stabilizers are able to attract and hold both the oil and liquid in suspension so that the mixture does not separate into its two phases. In some instances, the molecules of the emulsifiers surround the molecules in the

dispersed phase and prevent them from joining back together again.

Stable emulsions, such as mayonnaise, are made by very carefully controlling the rate at which the oil is added to the egg yolks. Egg yolks provide a special emulsifier known as lecithin that holds the oil droplets in suspension. The oil is added very gradually at first so that the droplets can be made extremely fine. The more oil that is added to the yolks, the thicker the sauce will become. If the oil is added too rapidly, the emulsion cannot start to form properly. And if the emulsion becomes too thick early in the mixing process, the full amount of oil cannot be added unless the sauce is thinned with a little water or an acid such as vinegar or lemon juice.

vinaigrettes

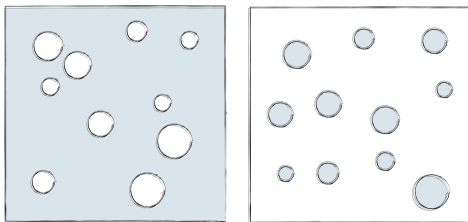
Vinaigrettes are closely associated with green salads, but they are also used in other applications: as a marinade for grilled or broiled foods, and to dress salads made from pastas and vegetables. Nowadays they are even served warm. It is interesting to note that while oil is the largest component by volume and weight of a vinaigrette, the sauce is most often named for the acid—red wine vinaigrette, balsamic vinaigrette, lemon vinaigrette, or tomato vinaigrette. The flavor of the acid dominates that of the oil. When an oil has a distinctive enough flavor, however, the vinaigrette may be called by the oil's name.

MAKING A BASIC VINAIGRETTE The challenge of making a good vinaigrette lies in achieving what chefs refer to as “balance,” a point at which the acidity of the vinegar or juice is tempered but not dominated by the richness of the oil.

Many chefs know the standard vinaigrette ratio of 3 parts oil to 1 part acid. This works well as a starting point, but it is important to taste and evaluate the vinaigrette whenever a change is made in the type of oil, acid, or specific flavoring ingredients. Some vinaigrette formulas may call either for a quantity of water to dilute very acidic vinegars or for a bit of sugar to soften the acidity instead of additional oil.

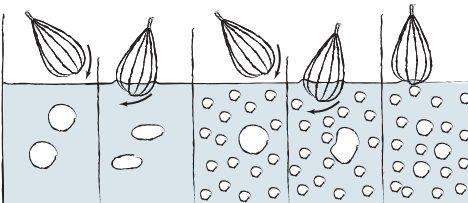
A basic vinaigrette is a temporary emulsion, made by blending the measured ingredients until they form a homogeneous sauce. The sauce remains an emulsion for only a short time, quickly separating back into oil and vinegar again. To keep the sauce well balanced, stir or whisk the vinaigrette each time it is served.

The best way to check for flavor and balance in a vinaigrette is to dip a piece of lettuce into it, shake off the excess, and then evaluate the taste of the sauce on the lettuce.



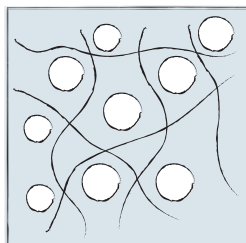
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1. An oil-in-water emulsion (left) disperses oil droplets in water, while a water-in-oil emulsion (right) disperses water droplets in oil. Examples of an oil-in-water emulsion include mayonnaise and vinaigrette, while an example of a water-in-oil emulsion is butter.



2

2. Temporary emulsions are created through mechanical agitation, which breaks molecules up into smaller sizes and disperses them throughout the continuous phase. If the emulsion is left to sit, however, its lack of stabilizer will cause it to separate eventually.



3

3. Emulsifiers stabilize an emulsion by creating a network, usually of proteins or starch, that keeps the dispersed molecules from coming into contact with each other and combining into larger molecules, which would break the emulsion.

MAKING AN EMULSIFIED VINAIGRETTE

The ratio for an emulsified vinaigrette is the same as for a basic vinaigrette. To make these sauces, egg yolks, mustard, garlic, fruit or vegetable purées, or *glace de viande* is included in the formula, both to add flavor and to help stabilize the sauce.

1. **Combine the vinegar and all of the seasoning ingredients at room temperature.** Add the salt, pepper, herbs, mustard, or other ingredients to the vinegar to be sure that they are evenly dispersed throughout the sauce. Note: Fresh herbs give vinaigrettes a wonderful flavor and color. However, if they are added too far in advance, the vinegar can start to discolor them and break down their lively flavors. When preparing a large batch of vinaigrette intended to last through several service periods, it may be preferable to add the fresh

herbs to the vinaigrette just before it is served.

2. **Add the oil gradually.** Slowly add a few droplets of oil at a time into the bowl, whisking constantly. Once the emulsion has started to form, pour or ladle the oil in a fine stream while whisking the sauce. Another way to create a stable vinaigrette is to use a blender, immersion blender, standing mixer with a whip, or food processor. Vinaigrettes made this way can hold their emulsion longer than those that are simply whisked together.
3. **Add any garnish and check the seasonings at this point.** Fresh or dried fruits and vegetables, crumbled cheese, or other garnishes can be added, if desired. Review the previous section for information about how to check the seasoning and serve this sauce.



1. Begin the vinaigrette by incorporating the emulsifier, in this case mustard, into the vinegar base.

2. Whisking steadily, stream the oil into the vinegar base until fully incorporated.

REDUCED-FAT VINAIGRETTES The total amount of oil in a vinaigrette can be greatly reduced by replacing up to two-thirds of the oil with a lightly thickened stock or juice. Add enough diluted arrowroot to simmering stock or juice so that it will mimic the consistency of a salad oil once cooled.

Purées of fruits and vegetables can also be used in place of part of a vinaigrette's oil. Naturally thick purées such as tomato or red pepper purées may not need to be thickened further. Tomato Vinaigrette (page 33) is one such vinaigrette. Store reduced-fat vinaigrettes as you would basic or emulsified vinaigrettes and follow the appropriate steps for recombining and adjusting seasoning before service.

mayonnaise

Mayonnaise and dressings made with mayonnaise as a base can be used to dress salads, as a dip or spread, and to produce a coating sauce. This sauce is made by combining egg yolks with oil so that a stable emulsion forms. Unlike vinaigrettes, this cold sauce should not break as it sits. Mayonnaise is a sauce that requires skill and finesse to prepare correctly. It also requires careful handling to avoid contamination.

1. **Select and prepare the ingredients for the mayonnaise.** Classic recipes for mayonnaise-style dressing call for 6 to 8 fl oz/180 to 240 mL oil to each egg yolk. To avoid any possible food-borne illness (such as salmonella), professional chefs should use pasteurized egg yolks. Since mayonnaise is often intended as a base sauce that can be used for a variety of purposes, it is usually best to choose an oil that does not have a pronounced flavor of its own. There are exceptions to this general rule. For example, a mayonnaise made with extra-virgin olive oil or a nut oil would be appropriate to serve as a dip with a platter of grilled vegetables or crudités. Various acids

may be used to prepare a mayonnaise, including lemon juice, wine vinegar, or cider vinegars. The acid is used both to give the sauce flavor and, along with water, to adjust its consistency. To successfully form a mayonnaise, it is essential that all ingredients have the same temperature.

2. **Blend the yolks with a bit of water.** Whisk the yolks and water together to loosen the eggs and make it easier for them to absorb the oil. You may also wish to include lemon juice or vinegar at this point, if your formula calls for those ingredients.
3. **Add the oil a little at a time, whisking in the oil completely.** It is important to proceed cautiously when the oil is first being added. The oil must be whipped into the egg yolks so that it is broken up into very fine droplets. This stage is where the emulsion first starts to form. If the oil is added too quickly, the droplets will be too large to blend into the yolks, and the sauce will appear broken. Adding the oil slowly allows eggs to absorb the oil properly, and the sauce will start to thicken. Once about one-fourth to one-third of the oil has been properly blended into the egg mixture, you may start to increase the amount you add. When preparing a mayonnaise in a mixer, add the oil in a thin stream as the machine runs. It is still true that the oil should be added more slowly at the beginning than at the end.
4. **Adjust the thickness and flavor of the sauce by adding a bit more acid or water as you incorporate the oil.** Additional lemon juice, or vinegar, or a little water is added once the eggs have absorbed enough of the oil to become very thick. If this step is neglected, the sauce will become too thick to absorb

any more oil. Continue adding oil until the amount specified in the recipe has been added. A finished mayonnaise should be thick enough to hold soft peaks. However, depending upon its intended use, you may wish to thin the sauce with additional water to make it more pourable.

5. **Add any additional flavoring or garnish ingredients at the point indicated in the recipe.** Aioli (page 36), a garlic-flavored mayonnaise, calls for a good quantity of garlic to be included from the earliest stages of mixing. Other ingredients, such as vegetable purées or pastes, fresh herbs, chopped pickles, and so forth, may be blended into the sauce once the oil is fully incorporated. Green Mayonnaise (Sauce Verte) (page 36) and Rémyoulade Sauce (page 37) are two such variations.

WHEN MAYONNAISE BREAKS Mayonnaise and similarly prepared emulsified dressings may break for a number of reasons: the oil was added too rapidly for the egg yolk to absorb it, the sauce was allowed to become too thick, or the sauce became either too cold or too warm as it was being prepared. A broken mayonnaise can be corrected as follows:

1. **Beat a pasteurized egg yolk until foamy.**
2. **Gradually incorporate the broken mayonnaise, whisking constantly.** The mayonnaise should recombine into a homogeneous sauce. Be sure to taste and season it appropriately before serving.

STORING MAYONNAISE Mayonnaise should be kept refrigerated at all times once it is prepared. Transfer it to a storage container, cover it carefully, and label it with a date. Before using mayonnaise that has been stored, stir it gently and check the seasoning carefully. If the sauce needs to be thinned, add a bit of water.



1. *During the beginning stages of the emulsion, the oil must be added slowly and steadily to properly disperse the fat in the liquid.*
2. *When finished, the mayonnaise should be thick and hold a soft peak.*

dairy-based sauces

Dairy-based sauces are used as salad dressings or dips. They are made from soft cheeses such as quark, mascarpone, or cream cheese; cultured milks such as sour cream, crème fraîche, or buttermilk; cream; or low- or reduced-fat versions of ricotta, sour cream, or cottage cheese. These dressings are generally white or ivory, so they can take on the color of purées or coulis of herbs, fruits, or vegetables.

Some typical additions to dairy-based dressings include cheeses (especially blue cheese, Parmesan, or feta cheese), fresh lemon, black pepper, and minced or puréed herbs. Diced, minced, or grated vegetables, pickles, capers, or olives add texture as well as flavor.

Creamy sauces can be prepared in a range of textures, from a relatively stiff sauce to serve as a dip or spread to a pourable sauce that easily dresses a green salad. For a very light, almost mousselike texture, whipped cream can be folded into the sauce at the last moment.

salsas

Salsas are typically made from uncooked fruits or vegetables. They often include an acid, such as citrus juice, vinegar, or wine, to add a sharp flavor. Spices, chiles, and herbs are sometimes added to these sauces to give them a potent flavor and a higher-than-average level of “heat.”

Sauces made from vegetables and fruits have become increasingly popular. Both fresh (or raw) and cooked versions of salsas, chutneys, relishes, and compotes are found in cuisines from Mexico to India. While there will always be distinctions made by aficionados about when the term *salsa* is correctly used—versus *chutney*, *relish*, or even *compote*—in practical terms, the differences between them have more to do with their country or cuisine of origin than preparation method. The recipes for a variety of chutneys, relishes, and compotes can be found in Chapter 10.

coulis and purées

The classical definition of a coulis, written by Escoffier in *Le Guide Culinaire*, states that a coulis is the “well reduced, highly concentrated essential flavours of a food, in either purée or liquid form.”

In the modern cold kitchen, coulis are made by puréeing raw or cooked fruits or vegetables to a saucelike consistency. The term *purée* is frequently used interchangeably with *coulis*. The texture of these sauces can range from very light and smooth to coarse. They may be served as is, or they may be adjusted by adding stock, wine, an infusion, oil, or cream.

Coulis or purées may begin to weep a clear liquid as they sit. To prevent this, bring the sauce to a simmer and add a small amount of diluted arrowroot. This is a helpful practice whenever advance plating is required, as might be the case for a banquet or reception.

coating sauces: aspic

Although these sauces are not as popular as they once were, they still have several applications for the garde manger. They can be used to coat canapés and other hors d’oeuvres, to prepare platters for display and service, and to coat various timbales and other appetizers.

Chaud-froids are made by adding gelatin to a warm sauce, such as demi-glace, béchamel, or velouté. Techniques for working with gelatin are illustrated on page 24. The term *chaud-froid* means “hot and cold,” a name that reflects the way in which the sauce is prepared for use. It is warmed over a hot water bath to the point at which it flows easily. Next, it is cooled over an ice water bath to the point at which the gelatin has thickened and the sauce starts to cling to the sides of the bowl. The sauce is then used to coat a variety of items, from platters to ballotines. A quickly prepared substitute for chaud-froid is made by thickening heavy cream and/or sour cream

with an appropriate amount of gelatin to produce a coating consistency.

Clear coating sauces, known as aspics, are made by clarifying stocks, juices, or essences and adding enough gelatin to achieve the desired strength. After making the aspic, temper the mixture by stirring it constantly over an ice bath with a rubber spatula to cool it to the proper temperature. Once it just begins to thicken, ladle or pour the aspic over the desired application. Aspic is one of the more versatile coating sauces used in garde manger.

It can be used to seal a platter, giving it an almost mirror-like finish. To add to the presentation of the platter, items such as herb leaves, grape slices, or vegetables cut into a variety of shapes can be inlaid into the aspic before it congeals. Aspic can be cut into shapes and used as a flavorful, decorative garnish. It is also utilized frequently to seal an edible item, such as *pâté en croûte*, both after it is baked, to fill in the air gaps, and after it is sliced.

ratios for aspic

RATIO PER GALLON	RATIO PER PINT	GEL STRENGTH	POSSIBLE USES
2 oz/57 g	1/4 oz/7 g	Delicate gel	When slicing is not required; individual portions of meat, vegetable, or fish bound by gelatin; jellied consommés
4 oz/113 g	1/2 oz/14 g	Coating gel	Edible <i>chaud-froid</i> ; coating individual items
6 to 8 oz/170 to 227 g	1 oz/28 g	Sliceable gel	When product is to be sliced; filling <i>pâté en croûte</i> , head cheese
10 to 12 oz/284 to 340 g	1 1/4 to 1 1/2 oz/35 to 43 g	Firm gel	Coating platters with underlayment for food shows or competitions
16 oz/454 g	2 oz/57 g	Mousse strength	When product must retain shape after unmolding; production of a mousse

1. Before using aspic, it must be cooled slightly over an ice water bath to thicken the solution.

2. Two layers of aspic can be used to seal a garnish into a platter, preparing it for presentation.

3. If cast and allowed to set, aspic can be portioned into an edible garnish.

4. Edible items, such as these slices of *pâté en croûte*, can be sealed with aspic before serving, giving them a glossy sheen.





1. Before use, powdered gelatin must be bloomed in cold water.

2. Powdered gelatin is properly bloomed once all of the granules have absorbed the liquid, causing them to swell and become translucent.

working with powdered gelatin

In order to achieve the correct results when preparing aspic or any other item including gelatin, you must be able to handle gelatin properly and incorporate it correctly. Ratios for producing aspic in a variety of strengths can be found in the table on page 22.

- 1. Weigh the gelatin carefully.** Granulated or powdered gelatin, gelatin sheets (see information on page 25), and instant gelatin can be used interchangeably. Measure the liquid.
- 2. Sprinkle or “rain” the gelatin powder evenly over a room temperature liquid.** If the liquid is warm or hot, the gelatin cannot soften properly before melting. Scattering the gelatin over the liquid’s surface prevents the gelatin from forming clumps.
- 3. Bloom the gelatin.** As the gelatin absorbs the liquid, each granule becomes enlarged as the proteins denature; this is known as blooming.

- 4. Melt the gelatin enough to dissolve the granules.** Bloomed gelatin (or gelatin solution) can be dissolved in one of two ways: add it directly to a warm liquid (100° to 110°F/38° to 43°C), or warm the mixture over a hot water bath. As the softened gelatin warms, the mixture will clear and become liquid enough to pour easily. Combine the gelatin thoroughly with the base liquid to be sure that it gels evenly. Note: In some kitchens, chefs prefer to have some of this bloomed softened gelatin on hand at all times, and refer to it as a gelatin solution. This mixture can be held for several weeks and used as required to prepare aspics or other jellied sauces or soups.
- 5. Test the gelatin strength.** To test the strength of both aspics and reduced stocks, chill a plate in the freezer. Ladle a small amount of the aspic or reduced stock on the plate, and chill in the refrigerator until it gels. Adjust the strength by rewarming the aspic and then adding more gelatin or more base liquid as necessary.

working with sheet gelatin

Another form of gelatin that is becoming readily available to professional kitchens is sheet gelatin. After extraction and drying, the gelatin is formed into thin sheets, which you place in large volumes of cool water to bloom. Sheet gelatin is sold in different bloom strengths, or gauges, but as there is no universal standard of identification, the strengths of different gauges may vary depending on the manufacturer. One advantage of sheet gelatin is that it introduces less air into the base and so the finished product is somewhat clearer than one that uses powdered gelatin. The process for using sheet gelatin is similar to that for powdered gelatin in that you must first bloom and then melt the gelatin. Place the sheets in a large volume of water. When sheet gelatin is fully bloomed, it should soften

dramatically. The sheet gelatin can then be added directly to the base and melted, as opposed to powdered gelatin, which must be bloomed in a measured amount of water before it is melted.

miscellaneous sauces

In addition to the sauces discussed above, the garde manger may be called on to prepare some special sauces that do not necessarily fit into a single category. Cocktail, Cumberland, Oxford, mint, and horseradish sauces are included in the basic repertoire of the cold kitchen. Dipping sauces, such as those served with saté and tempura, are also considered cold sauces. Consult specific recipes for information about preparing and serving these sauces.

1. *Before use, bloom sheet gelatin in enough cool water to completely submerge it.*

2. *Once properly bloomed, sheet gelatin becomes hydrated and takes on a more plastic consistency.*



COLD SOUPS

Soups prepared by the garde manger are generally served chilled. They are found as first-course offerings, appetizer courses, hors d'oeuvre, or desserts. They may be presented in a variety of ways—in chilled stemware, in traditional soup plates or cups, or in tiny tasting portions served at stand-up receptions. Cold soups refresh the palate, regardless of when in the meal they are served. Whenever you intend to serve any food chilled, be sure to taste it carefully at the correct service temperature. Remember to allow soups sufficient time to develop their flavor; some soups are at their best and ready to serve as soon as they are prepared, while others will develop a more complex and satisfying flavor if they are allowed to mellow (under refrigeration) for several hours or overnight.

Cold soups may be prepared in one of three ways, depending on their type. Vegetable or fruit soups are made by puréeing or chopping fruits and vegetables finely enough to form a souplike consistency; cream soups are made from a thickened base such as a velouté, béchamel, or potato purée; and clear soups are made by clarifying and fortifying a rich broth and, if desired, thickening the base with a little gelatin.

vegetable and fruit soups

Cold vegetable and fruit soups are popular hot-weather offerings around the world. Many cuisines have special cold soups that feature a seasonal food, such as cherries, melons, tomatoes, peppers, or cucumbers.

Vegetable or fruit soups range in texture from the appealingly coarse texture of a gazpacho to the velvety smoothness of a chilled melon soup. A broth or juice is often added to the fruits or vegetables to loosen the purée enough to create a good soup consistency. Other ingredients, such as cream, milk,

buttermilk, garnish items, or granités, may also be included in the soup for additional interest.

cream-style soups

Cold cream soups should have the same velvety smooth texture as any hot cream soup. Taste and evaluate the flavor carefully, and give equal attention to the texture and consistency. Cold soups may thicken as they cool, so be certain that you have adjusted the consistency to make a soup that is creamy but not stiff. Good cold soups should not leave your mouth feeling coated with fat.

Vichyssoise is a classic example of a cream-style soup. It is made by preparing a purée of potato and leek. Other cold soups are made by preparing a velouté. They are typically finished by adding chilled cream, yogurt, or crème fraîche. The Chilled Edamame Soup on page 76 is a good example.

clear cold soups

Clear soups must have a deep and satisfying flavor in order to be successful. The body of the soup can be adjusted by adding gelatin or another gelling agent, if you prefer to serve it jellied. (To review the information about working with gelatin, see pages 24–25.) Not all clear soups are jellied, however, and some of the recipes included here are based on a delicious broth garnished or left plain according to your intended presentation.

Clear cold soups require a rich, full-bodied, clarified broth or juice. Infusions, essences, or well-strained purées are often used to create the special character of the soup. Traditional clear cold soups, such as jellied consommés, are made by adding enough bloomed and dissolved gelatin to the soup to make it gel. Jellied clear soups should barely hold their shape and should melt in the mouth instantly.

basic red wine vinaigrette

yield: 32 FL OZ/960 mL

8 fl oz/240 mL red wine vinegar	2 tsp/8 g sugar, honey, or agave nectar (optional)
2 tsp/10 g mustard (optional)	2 tsp/6.50 g salt, or as needed
2 shallots, minced	1/2 tsp/1 g coarse-ground black pepper, or as needed
16 fl oz/480 mL mild olive oil or canola oil	3 tbsp/9 g minced herbs, such as chives, parsley, or tarragon (optional)
8 fl oz/240 mL extra-virgin olive oil or canola oil	

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1. Combine the vinegar, mustard if desired, and shallots.
 2. Whisk in the oils gradually.
 3. Season with sugar, if desired, salt, and pepper. Add the fresh herbs if desired. Serve immediately or cover and refrigerate until needed.

» **CHEF'S NOTE** This vinaigrette can easily be adapted for a variety of situations by substituting a different flavored vinegar or oil for the red wine vinegar or canola oil.

balsamic vinaigrette

yield: 32 FL OZ/960 mL

4 fl oz/120 mL red wine vinegar	2 tsp/6.50 g salt
4 fl oz/120 mL balsamic vinegar	1/2 tsp/1 g ground black pepper
2 tsp/10 g mustard (optional)	3 tbsp/9 g minced herbs, such as chives, parsley, or tarragon (optional)
16 fl oz/480 mL mild olive oil or canola oil	
8 fl oz/240 mL extra-virgin olive oil or canola oil	

-
1. Combine the vinegars and mustard if desired.
 2. Whisk in the oils gradually.
 3. Season with salt and pepper. Add the fresh herbs if desired. Serve immediately or cover and refrigerate until needed.

» **VARIATION** PORT BALSAMIC VINAIGRETTE: Substitute 2 fl oz/60 mL ruby port for the red wine vinegar.

truffle vinaigrette

yield: 32 FL OZ/960 ML

12 fl oz/360 mL red wine vinegar	5 fl oz/150 mL extra-virgin olive oil
4 fl oz/120 mL balsamic vinegar	3 tbsp/45 mL truffle oil
2 fl oz/60 mL water	2 tsp/8 g sugar
2 tsp/10 g Dijon mustard	2 tsp/6.50 g salt
2 shallots, minced	1/2 tsp/1 g ground black pepper
9 fl oz/270 mL mild olive oil	1 black or white truffle, chopped (optional)

-
1. Mix together the vinegars, water, mustard, and shallots.
 2. Whisk in the oils gradually.
 3. Season with sugar, salt, and pepper. Add the truffles just before serving if desired. Serve immediately or cover and refrigerate until needed.

» **CHEF'S NOTE** Truffle oil is very potent, and this vinaigrette should be tasted frequently as it is made so that the amount of truffle oil can be adjusted as needed.

vinaigrette gourmande

yield: 32 FL OZ/960 ML

4 fl oz/120 mL sherry vinegar	16 fl oz/480 mL olive oil
3 fl oz/90 mL lemon juice	10 fl oz/300 mL extra-virgin olive oil
2 tsp/6.50 g salt	1 oz/28 g minced Fines Herbes (page 640)
1/2 tsp/1 g coarse-ground black pepper	

-
1. Combine vinegar and lemon juice with salt and pepper.
 2. Whisk in the oils gradually.
 3. Add the herbs; adjust seasoning with salt and pepper, if necessary. Serve immediately or cover and refrigerate until needed.

» **VARIATION** WALNUT AND RED WINE VINAIGRETTE: Substitute walnut oil for the olive oils and red wine vinegar for the sherry vinegar. Substitute parsley and chives for Fines Herbes (page 640).

lemon parsley vinaigrette

yield: 32 FL OZ/960 ML

6 fl oz/180 mL lemon juice	1 tbsp/6 g fennel seeds, crushed
2 fl oz/60 mL Champagne vinegar	1 1/2 tsp/3 g red pepper flakes
2 tsp/28 g Dijon mustard	8 fl oz/240 mL olive oil
1/2 oz/14 g minced garlic	4 fl oz/120 mL extra-virgin olive oil
1 1/4 oz/35 g minced shallots	1 oz/28 g chopped flat-leaf parsley
Salt, as needed	1/2 oz/14 g chopped oregano
Coarse-ground black pepper, as needed	

1. Combine the lemon juice, vinegar, mustard, garlic, shallots, salt, pepper, fennel seeds, and red pepper flakes.
2. Whisk in the oils and reserve.
3. Whisk in the parsley and oregano just before service. Adjust seasoning with salt and pepper, if necessary. Serve immediately or cover and refrigerate until needed.

» **CHEF'S NOTE** This versatile dressing can be used not only on green salads but also as a dressing for grain or legume salads. The spices can be adapted to suit a variety of regional flavor profiles.

apple cider vinaigrette

yield: 32 FL OZ/960 ML

16 fl oz/480 mL apple cider	8 fl oz/240 mL extra-virgin olive oil
6 fl oz/180 mL cider vinegar	2 tbsp/6 g chopped tarragon
1 Granny Smith apple, peeled, cored, and cut into brunoise	2 tsp/6.50 g salt
16 fl oz/480 mL vegetable oil	1/4 tsp/0.50 g ground white pepper
	1/2 tsp/2 g sugar

1. Reduce the cider in a small saucepan over medium high heat to 6 fl oz/180 mL. Combine the cider reduction, the vinegar, and the apple.
2. Whisk in the oils gradually.
3. Add the tarragon and season with salt, pepper, and sugar. Serve immediately or cover and refrigerate until needed.

» **CHEF'S NOTE** Use hard cider to replace the apple cider for a deeper, more complex flavor in the finished dressing.

curry vinaigrette

yield: 32 FL OZ/960 ML

6 fl oz/180 mL cider vinegar	1 oz/28 g minced lemongrass
4 fl oz/120 mL orange juice	18 fl oz/540 mL Curry Oil (page 608)
2 fl oz/60 mL lemon juice	2 tsp/6.50 g salt
1 1/2 oz/43 g honey	2 tsp/4 g coarse-ground black pepper
1 oz/28 g minced ginger	

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1. Combine the vinegar, orange and lemon juices, honey, ginger, and lemongrass.
 2. Whisk in the oil gradually.
 3. Season with salt and pepper. Serve immediately or cover and refrigerate until needed.

» **PRESENTATION IDEA** Substitute this dressing for the dressing used on the Roasted Beet Salad on page 118.

mustard-walnut vinaigrette

yield: 32 FL OZ/960 ML

8 fl oz/240 mL Champagne vinegar	1/2 oz/14 g chopped dill
2 oz/57 g spicy brown mustard	1/2 oz/14 g chopped flat-leaf parsley
1/2 oz/14 g sugar	2 tbsp/6 g minced chives
4 shallots, minced	Salt, as needed
20 fl oz/600 mL mild olive oil	Coarse-ground black pepper, as needed
4 fl oz/120 mL walnut oil	

-
1. Combine the vinegar, mustard, sugar, and shallots.
 2. Whisk in the oils gradually.
 3. Add the herbs and season with salt and pepper. Serve immediately or cover and refrigerate until needed.

» **VARIATION** HAZELNUT-OREGANO VINAIGRETTE: Substitute hazelnut oil for the walnut oil. Replace the dill and parsley with 1 oz/28 g chopped oregano. Eliminate the chives if desired.

chipotle-sherry vinaigrette

yield: 32 FL OZ/960 mL

7 fl oz/210 mL sherry vinegar
2 tbsp/30 mL lime juice
4 chipotles in adobo sauce, minced
2 shallots, minced
2 garlic cloves, minced
16 fl oz/480 mL olive oil

8 fl oz/240 mL extra-virgin olive oil
1 oz/28 g chopped Fines Herbes (page 640)
2 tbsp/30 mL maple syrup
1 tsp/3 g salt
1/2 tsp/1 g coarse-ground black pepper

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1. Combine the vinegar, lime juice, chipotles, shallots, and garlic.
 2. Whisk in the oils gradually.
 3. Add the herbs just before service, and season with maple syrup, salt, and pepper. Serve immediately or cover and refrigerate until needed.

» **CHEF'S NOTE** Chipotles in adobo sauce are dried, smoked jalapeños packed into a red sauce typically made up of ground chiles, vinegar, and herbs. Adjust the amount used in the vinaigrette depending on the level of spiciness and the brand that you prefer.

roasted shallot vinaigrette

yield: 32 FL OZ/960 ML

8 shallots	2 tsp/2 g chopped thyme
4 garlic heads	2 tbsp/30 mL honey
18 fl oz/540 mL extra-virgin olive oil	2 tsp/6.50 g salt
3 fl oz/90 mL balsamic vinegar	1 tsp/2 g cracked black pepper
2 tsp/2 g chopped rosemary	

1. Peel the shallots and garlic and remove the cores. Place them in a small ovenproof saucepan and completely submerge them in the oil. Cover the pan with foil and place in a 350°F/177°C oven for 2 hours, or until both the shallots and the garlic are extremely tender, almost to the point of falling apart, and light golden.
2. Remove the pan from the oven and allow the mixture to cool to room temperature. Separate the shallots and garlic from the oil and reserve both.
3. Place the vinegar, herbs, honey, shallots, and garlic in a blender and blend on high until smooth. With the blender on low, slowly drizzle in the reserved oil, then season with salt and pepper. Serve immediately or cover and refrigerate until needed.

» **PRESENTATION IDEA** Try this dressing as a substitute for the Balsamic Vinaigrette in the Marinated Roasted Pepper Salad (page 120).

cherry tomato vinaigrette

yield: 16 FL OZ/480 ML

1 lb 8 oz/680 g cherry tomatoes, cut into quarters	2 fl oz/60 mL olive oil
1 ¼ tsp/4 g salt	2 tbsp/30 mL white wine vinegar
½ oz/14 g sun-dried tomatoes	¼ tsp/1 mL xanthan gum

1. Rough chop the tomatoes and combine with the salt. Allow to sit for 6 hours.
2. Purée the tomatoes and their juice with the sun-dried tomatoes and strain, pressing the purée against the strainer to remove all of the juice.
3. Whisk in the oil and vinegar to combine.
4. Sprinkle in the xanthan gum and whisk gently for 3 to 4 minutes to combine.
5. Refrigerate to store.

tomato vinaigrette

yield: 32 FL OZ/960 ML

1 lb/454 g ripe tomatoes, seeded	2 fl oz/60 mL lime juice
4 fl oz/120 mL red wine vinegar	2 tbsp/6 g chopped basil
1 oz/28 g egg yolks	1 tbsp/3 g chopped tarragon
5 fl oz/150 mL mild olive oil	1 oz/28 g minced shallots
3 fl oz/90 mL extra-virgin olive oil	2 tsp/6.50 g salt
2 fl oz/60 mL lemon juice	1 tsp/2 g ground white pepper

1. Purée the tomatoes, vinegar, and egg yolks in a blender or food processor. With the blender running, add the oils slowly to form a thick sauce.

2. Add the juices, herbs, and shallots, and season with salt and pepper. Serve immediately or cover and refrigerate until needed.

- » **VARIATION** FIRE-ROASTED TOMATO VINAIGRETTE: Char the tomatoes over an open flame and allow them to cool before puréeing them. Season the vinaigrette with Tabasco as needed.
- » **PRESENTATION IDEA** This nontraditional, juice-based vinaigrette may be served with vegetable terrines or the Poached Salmon and Lemon Terrine on page 350.

beet vinaigrette

yield: 32 FL OZ/960 ML

2 lb/907 g beets	1 3/4 oz/50 g chopped dill
12 fl oz/360 mL cider vinegar	2 tsp/6.5 g salt
6 fl oz/180 mL extra-virgin olive oil	1 tsp/2 g coarse-ground black pepper

1. Simmer the beets in acidulated water until tender. When the beets are cool enough to handle, peel and chop.

2. Place the beets and vinegar in a blender and purée until smooth. Whisk in the oil and season with the dill, salt, and pepper. Serve immediately or cover and refrigerate until needed.

- » **CHEF'S NOTES** For more intense color and flavor, use a juicer to juice the raw beets. Combine the juice and vinegar, whisk in the oil, and season with dill, salt, and pepper.
Acidulated water is made by combining 1 gal/3.84 L water with 2 tbsp/30 mL lemon juice or vinegar.

tangerine-pineapple vinaigrette

yield: 32 FL OZ/960 ML

10 fl oz/300 mL tangerine juice
5 1/2 fl oz/165 mL pineapple juice
2 tbsp/30 mL lemon juice
2 tsp/10 mL balsamic vinegar
2 tsp/10 g prepared Creole mustard

10 fl oz/300 mL vegetable oil
5 1/2 fl oz/165 mL olive oil
2 tsp/6.50 g salt
1/2 tsp/1 g coarse-ground black pepper

-
1. Combine the juices, vinegar, and mustard.
 2. Whisk in the oils gradually.
 3. Season with salt and pepper. Serve immediately or cover and refrigerate until needed.

- » **VARIATIONS** ORANGE (OR BLOOD ORANGE) VINAIGRETTE: Substitute 16 fl oz/480 mL orange (or blood orange) juice for the tangerine and pineapple juice. Reduce lemon juice to 1 tbsp/15 mL.
LEMON VINAIGRETTE: Substitute 12 fl oz/360 mL lemon juice and 8 fl oz/240 mL water for the tangerine and pineapple juice. Eliminate the mustard.

guava-curry vinaigrette

yield: 32 FL OZ/960 ML

4 oz/113 g guava paste
8 fl oz/240 mL red wine vinegar
2 tbsp/12 g curry powder
4 fl oz/120 mL lime juice
1 Scotch Bonnet chile, seeded, minced

Salt, as needed
Ground pepper, as needed
16 fl oz/480 mL olive oil
8 fl oz/240 mL extra-virgin olive oil
3 tbsp/9 g chopped cilantro

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1. Combine the guava paste, vinegar, and curry powder in a small saucepan and warm slightly until the guava paste is melted. Allow the mixture to cool.
 2. Combine the guava mixture with lime juice, chile, salt, and pepper. Gradually whisk in the oils.
 3. Stir in the cilantro and adjust the seasoning with salt and pepper, if necessary.
 4. Serve immediately or cover and refrigerate until needed.

- » **CHEF'S NOTE** Most any variety of chile may be substituted for the Scotch Bonnet to achieve a vinaigrette that is less spicy.

almond-fig vinaigrette

yield: 32 FL OZ/960 ML

4 fl oz/120 mL balsamic vinegar	12 fl oz/360 mL almond oil
4 fl oz/120 mL red wine, such as Zinfandel or Merlot	16 fl oz/480 mL olive oil
4 shallots, minced	5 1/4 oz/149 g chopped dried figs
4 oz/113 g roasted and chopped almonds	2 fl oz/60 mL lemon juice
Salt, as needed	Tabasco, as needed
Ground black pepper, as needed	

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1. Combine the vinegar, wine, shallots, almonds, salt, and pepper. Gradually whisk in the oils.
 2. Stir in the chopped figs and adjust seasoning with lemon juice, Tabasco, salt, and pepper.
 3. Serve immediately or cover and refrigerate until needed.

» **PRESENTATION IDEA** Dress a simple green salad with this fruity, slightly spicy vinaigrette and serve it with crostini that is topped with goat cheese and caramelized onions.

grapefruit emulsion

yield: 10 FL OZ/300 ML

30 fl oz/900 mL grapefruit juice	1/4 oz/7 g grapefruit zest, finely grated, blanched and shocked 2 or 3 times
4 fl oz/120 mL olive oil	
2 fl oz/60 mL extra-virgin olive oil	

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1. Reduce the grapefruit juice down to 3 fl oz/90 mL. Cool to room temperature. Combine the grapefruit juice, oils, and zest in a blender. Blend on high speed until emulsified, about 2 minutes. Strain the oil through cheesecloth into a clean container.
 2. Serve immediately or cover and refrigerate until needed. Blend briefly to reemulsify before service if necessary.

» **PRESENTATION IDEA** In addition to using this emulsion in the Lobster Salad (page 152), try it as a dressing for a spinach salad with citrus segments or use it to add a layer of flavor as an accompaniment for crab cakes.

basic mayonnaise

yield: 32 FL OZ/960 mL

3 oz/85 g pasteurized egg yolks
2 tbsp/30 mL white vinegar
2 1/4 tsp/4.50 g dry mustard
24 fl oz/720 mL vegetable oil

2 1/4 tsp/7.50 g salt
1/2 tsp/1 g ground white pepper, or as needed
2 tbsp/30 mL lemon juice, or as needed

1. Whisk the yolks, vinegar, and mustard until slightly foamy.
2. Add the oil gradually in a thin stream, whisking constantly, until all the oil is incorporated and the mayonnaise is thick.
3. Season with salt, pepper, and lemon juice, as needed. Cover and refrigerate immediately.

» **VARIATION** GREEN MAYONNAISE (SAUCE VERTE): Finely chop 1 oz/28 g cooked spinach. Squeeze it in a cheesecloth to extract the juice. Add the juice to the finished mayonnaise. Add other chopped herbs as needed, such as parsley, basil, chives, or dill.

aioli

yield: 32 FL OZ/960 mL

6 oz/170 g pasteurized egg yolks
1 tbsp/10 g garlic paste
24 fl oz/720 mL vegetable oil

8 fl oz/240 mL extra-virgin olive oil
1 1/2 tsp/7.50 mL white wine vinegar
Salt, as needed

Prepare as for Basic Mayonnaise (above), adding the garlic to the egg yolk mixture. Cover and refrigerate immediately.

» **VARIATIONS** ROUILLE: Reduce 6 oz/170 g Red Pepper Coulis (page 64) to about 4 oz/113 g. Add cayenne as needed. This sauce should have noticeable heat. Fold the reduced coulis into the aioli.
SAFFRON AIOLI: Infuse 1/2 tsp/1 g lightly crushed saffron threads in 2 tbsp/30 mL boiling water. Add this infusion to the eggs along with the garlic paste.

rémoulade sauce

yield: 32 FL OZ/960 ML

24 fl oz/720 mL Basic Mayonnaise (page 36)	1 tbsp/15 g Dijon mustard
2 oz/57 g capers, drained, rinsed, and chopped	1 tsp/5 g anchovy paste
2 oz/57 g chopped cornichons	Salt, as needed
3 tbsp/9 g chopped chives	Worcestershire sauce, as needed
3 tbsp/9 g chopped chervil	2 to 3 dashes Tabasco
3 tbsp/9 g chopped tarragon	

Combine all ingredients thoroughly. Adjust seasonings as needed. Cover and refrigerate immediately.

- » **CHEF'S NOTE** Rémoulade sauce is a classic accompaniment for a variety of seafood dishes such as crab cakes, shrimp, grilled salmon, and cold meats.

russian dressing

yield: 32 FL OZ/960 ML

20 fl oz/600 mL Basic Mayonnaise (page 36)	1 tbsp/15 mL Worcestershire sauce
7 fl oz/210 mL prepared chili sauce	2 tsp/6.50 g salt
2 oz/57 g prepared horseradish	1 tsp/2 g ground black pepper

Combine all ingredients thoroughly. Adjust seasoning as needed. Cover and refrigerate immediately.

- » **VARIATION** THOUSAND ISLAND DRESSING: Add 4 oz/113 g pickle relish and 2 oz/57 g chopped hard-cooked egg to Russian Dressing.

green goddess dressing

yield: 32 FL OZ/960 ML

24 fl oz/720 mL Basic Mayonnaise (page 36)	2 tsp/6.5 g salt
2 fl oz/60 mL tarragon vinegar	1 tsp/5 g anchovy paste (or 1 or 2 fillets, mashed to a paste)
1 oz/28 g chopped flat-leaf parsley	1 tsp/2 g coarse-ground black pepper
4 tsp/4 g chopped chives	
3 tbsp/9 g chopped tarragon	

Combine all ingredients thoroughly. Adjust the seasoning as needed. This dressing may be puréed in a food processor if desired. Cover and refrigerate immediately.

- » **CHEF'S NOTE** If tarragon vinegar is unavailable, substitute white wine vinegar and add an additional 2 tbsp/6 g chopped tarragon.

creole honey-mustard sauce

yield: 32 FL OZ/960 ML

1 oz/28 g minced shallots	2 oz/57 g Dijon mustard
3/4 oz/21 g crushed green peppercorns (brine-packed)	6 oz/170 g Creole mustard
1 tbsp/15 mL vegetable oil	8 fl oz/240 mL Basic Mayonnaise (page 36)
6 fl oz/180 mL dry white wine	8 1/2 fl oz/255 mL sour cream
1 tbsp/6 g cracked black pepper	1 1/2 oz/43 g honey
	Salt, as needed

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1. Sweat the shallots and peppercorns in the oil; do not brown.
 2. Add the white wine and reduce until the wine has almost completely evaporated. Cool.
 3. Add the remaining ingredients; mix well and adjust seasoning as needed. Cover and refrigerate immediately.

- » **PRESENTATION IDEA** Try this sauce as the spread for the Soft-Shell Crab Sandwich on page 168.

creamy black pepper dressing

yield: 32 FL OZ/960 ML

2 fl oz/60 mL lemon juice	1 tbsp/10 g salt
3 oz/85 g egg yolks	12 fl oz/360 mL olive oil
1 oz/28 g Dijon mustard	12 fl oz/360 mL vegetable oil
1/2 oz/14 g anchovy paste (or 3 or 4 fillets, mashed to a paste)	2 1/2 oz/71 g grated Parmesan
2 tsp/6 g minced garlic	1 tbsp/6 g coarse-ground black pepper

1. Whisk together the lemon juice, eggs, mustard, anchovy paste, garlic, and salt.
2. Add the oils gradually, whisking constantly.
3. Add the remaining ingredients and mix well. Adjust seasoning as needed. Cover and refrigerate immediately.

» **CHEF'S NOTE** Try this dressing for a spicy alternative to the traditional Caesar dressing on a Caesar salad.

roquefort dressing

yield: 32 FL OZ/960 ML

6 oz/170 g crumbled Roquefort cheese	2 tsp/10 mL Worcestershire sauce
16 fl oz/480 mL Basic Mayonnaise (page 36)	2 tsp/6.50 g salt
4 1/2 fl oz/135 mL sour cream	1 tsp/2 g ground black pepper
6 fl oz/180 mL buttermilk, or as needed	1 tbsp/3 g chopped flat-leaf parsley
1 tbsp/15 mL lemon juice	

1. Mix Roquefort, mayonnaise, sour cream, and buttermilk well.
2. Season with lemon juice, Worcestershire sauce, salt, pepper, and parsley. To thin, add more buttermilk. Adjust seasoning as needed. Cover and refrigerate immediately.

» **CHEF'S NOTE** For a thicker sauce to use as a dip, add half of the cheese and purée the dressing until smooth. Fold in the remaining crumbled cheese.

ranch dressing *reduced-fat*

yield: 32 FL OZ/960 ML

12 oz/340 g part-skim ricotta cheese	1/2 oz/14 g Dijon mustard
8 fl oz/240 mL nonfat yogurt	1/2 tsp/1 g celery seed
12 fl oz/360 mL buttermilk	1 tbsp/10 g salt
2 tbsp/30 mL lemon juice	1 tsp/2 g ground black pepper
2 tbsp/30 mL red wine vinegar	2 tbsp/30 mL Worcestershire sauce
1 tsp/3 g minced garlic	2 tsp/2 g chopped flat-leaf parsley
1 oz/28 g minced shallots	1 tsp/1 g chopped chives

1. Combine the cheese, yogurt, buttermilk, lemon juice, vinegar, garlic, shallots, mustard, celery seed, salt, pepper, and Worcestershire sauce. Purée in a food processor until smooth.
2. Mix in the parsley and chives and adjust seasoning. Cover and refrigerate immediately.

» **CHEF'S NOTE** This versatile dressing can be used as a flavorful dip for vegetable crudité as well as a dressing on greens for a sandwich or a wrap.

maytag blue cheese dressing *reduced-fat*

yield: 32 FL OZ/960 ML

3 1/2 oz/99 g Maytag blue cheese	1/2 tsp/1.50 g roasted garlic (see page 658)
12 oz/340 g part-skim ricotta cheese	2 tsp/6.50 g salt
12 fl oz/360 mL buttermilk	2 tbsp/6 g chopped chives
2 fl oz/60 mL cider vinegar	1 1/2 tsp/3 g cracked black pepper
1 tbsp/15 mL Worcestershire sauce	

1. Combine the cheeses, buttermilk, vinegar, Worcestershire sauce, garlic, and salt and purée in a food processor until smooth.
2. Stir in the chives and pepper and adjust seasoning. Serve immediately or cover and refrigerate until needed.

» **CHEF'S NOTE** This dressing can be made with other blue-veined cheeses such as Roquefort, Danish blue, or Gorgonzola.

yogurt cucumber sauce

yield: 32 FL OZ/960 ML

32 fl oz/960 mL yogurt
2 tbsp/30 mL lemon juice
2 tsp/6.50 g salt

1 garlic clove, crushed
8 oz/227 g cucumber, peeled, seeded, cut
into 1/4-in/6-mm dice, salted, and drained

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1. Combine the yogurt, lemon juice, and salt until smooth and well blended. Place the mixture in a bowl and add the garlic. Fold in the diced cucumber.
 2. Cover and refrigerate for at least 1 hour and up to 24 hours before use. Remove the garlic before serving. Adjust seasoning with salt and additional lemon juice as desired. Cover and refrigerate immediately.

» **CHEF'S NOTE** To create a thicker sauce, drain the yogurt overnight through cheesecloth before combining with the remaining ingredients.

tahini sauce

yield: 32 FL OZ/960 ML

32 fl oz/960 mL yogurt
4 oz/113 g tahini

3 fl oz/90 mL lemon juice
2 tsp/6.50 g salt

Place all the ingredients in the bowl of a food processor fitted with a blade attachment. Pulse until the mixture is smooth and homogeneous. Adjust seasoning with salt. Cover and refrigerate immediately.

» **CHEF'S NOTE** Tahini is paste made from ground sesame seeds. It can be used to flavor sauces, hummus, falafel, or baba ghanoush.

salsa verde

yield: 32 FL OZ/960 ML

1 lb 8 oz/680 g tomatillos, husked and washed
4 serranos, stemmed and seeded
3/4 oz/21 g chopped cilantro
12 oz/340 g chopped onion

2 garlic cloves, roughly chopped
1/2 oz/14 g lard
24 fl oz/720 mL Chicken Stock (page 643)
Salt, as needed

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1. Boil the tomatillos and serranos in salted water to cover until tender, 10 to 15 minutes. Drain.
 2. Place the tomatillos and serranos in a blender along with the cilantro, onion, and garlic. Process until almost smooth.
 3. Heat the lard in a medium skillet over medium-high heat. When the skillet is hot, pour in the purée and stir constantly until the purée is darker and thicker, 4 to 5 minutes. Add the stock, bring the sauce to a boil, reduce the heat to medium, and simmer until thick enough to coat a spoon, about 20 minutes. Season with salt.
 4. Serve immediately or cover and refrigerate until needed.

» **CHEF'S NOTE** To make a vegetarian salsa verde, substitute vegetable oil for the lard and water or vegetable stock for the chicken stock.

mango-lime salsa

yield: 32 FL OZ/960 ML

1 lb/454 g small-dice mango	3 tbsp/9 g chopped basil
3 oz/85 g small-dice red onion	2 tsp/6 g finely chopped lime zest
2 tsp/10 g minced jalapeños, or as needed	Salt, as needed
2 fl oz/60 mL lime juice	Coarse-ground black pepper, as needed
2 fl oz/60 mL extra-virgin olive oil	

1. Combine all the ingredients.
2. Allow to sit under refrigeration for 1 hour before serving. Adjust seasoning with salt, pepper, or lime juice, if necessary.

» **PRESENTATION IDEA** Serve this salsa alongside the Salsa Fresca (page 45) and the Papaya and Black Bean Salsa (below) and pair it with a variety of chips and crisps (pages 601 and 606).

papaya and black bean salsa

yield: 32 FL OZ/960 ML

6 1/2 oz/184 g cooked black beans	2 tsp/4 g dried Mexican oregano
1 papaya, cut into small dice	2 tbsp/18 g minced ginger
5 1/4 oz/149 g small-dice red pepper	2 fl oz/60 mL olive oil
3 1/4 oz/92 g small-dice red onion	2 fl oz/60 mL lime juice
2 jalapeños, seeded and minced	1 tsp/2 g coarse-ground black pepper
3 tbsp/9 g chopped cilantro	2 tsp/6.50 g salt

Combine all the ingredients and adjust seasoning. Serve immediately or cover and refrigerate until needed.

- » **CHEF'S NOTES** The papaya in this recipe must be ripe in order to provide the appropriate texture and sweetness to the salsa.
- Use a reamer to extract the freshest juice possible from the limes.



Salsa Fresca

salsa fresca

yield: 32 FL OZ/960 ML

1 lb 1 1/2 oz/496 g seeded and diced tomatoes	2 fl oz/60 mL lime juice
3 1/4 oz/92 g minced onion	1 jalapeño, minced
2 3/4 oz/78 g diced green pepper	2 tbsp/30 mL olive oil
2 garlic cloves, minced	1/4 tsp/0.50 g ground black pepper
1 tbsp/3 g chopped cilantro	2 tsp/6.50 g salt
1 tsp/1 g chopped oregano	

Combine all the ingredients and adjust seasoning. Cover and refrigerate immediately.

» **PRESENTATION IDEA** Try this salsa with the Pork Picadillo Empanadas (page 524).

chipotle pico de gallo

yield: 32 FL OZ/960 ML

1 lb 2 oz/510 g plum tomatoes, seeded, chopped	2 tsp/7 g chipotle in adobo, mashed to a paste
3 oz/85 g red onion, chopped	Salt, as needed
2 fl oz/60 mL lime juice	Ground black pepper, as needed
1 1/2 tsp/4.50 g garlic, minced to a paste	1 oz/28 g chopped cilantro

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1. Combine the tomatoes, onion, lime juice, garlic, and chipotle. Adjust seasoning with salt and pepper.
 2. Cover and refrigerate at least 4 hours and up to 24 hours before serving.
 3. Fold the cilantro into the pico de gallo just before serving.

» **CHEF'S NOTE** If desired, fold some chopped avocado or cucumber into the salsa to cut some of the heat from the chipotle.

pickled ginger salsa

yield: 32 FL OZ/960 ML

6 fl oz/180 mL pickled ginger, minced	4 fl oz/120 mL lime juice
8 fl oz/240 mL jícama, peeled and minced	2 fl oz/60 mL olive oil
8 fl oz/240 mL peeled, seeded, and minced cucumber	4 tsp/20 mL Tabasco
8 fl oz/240 mL minced red onion	Salt, as needed
2 fl oz/60 mL rice wine vinegar	Ground black pepper, as needed
2 fl oz/60 mL mirin	

1. Combine all of the ingredients. Mix well and adjust seasoning with salt and pepper as needed. Cover and refrigerate until needed.

» **CHEF'S NOTE** This salsa is better when prepared with freshly pickled ginger, but it can be made with prepared pickled ginger.

grapefruit salsa

yield: 32 FL OZ/960 ML

2 fl oz/60 mL olive oil	2 tsp/2 g chopped flat-leaf parsley
1 tbsp/3 g chopped cilantro	4 Ruby Red grapefruits, cut into suprêmes
4 oz/113 g finely diced red onion, rinsed	Salt, as needed
1/4 to 1/2 tsp/0.75 to 1.50 g seeded and minced Scotch Bonnet chile	

1. Combine the oil, cilantro, onion, chile, and parsley and mix well.

2. Just before service, add the grapefruit. Season with salt. Serve immediately or cover and refrigerate until needed.

» **VARIATION** ORANGE SALSA: If a slightly sweeter salsa is desired, substitute orange segments for half of the grapefruit segments.

smoked poblano salsa

yield: 32 FL OZ/960 ML

6 poblano chiles	3 fl oz/90 mL lime juice
12 oz/340 g tomatillos, husked and hulled	Salt, as needed
2 tbsp/30 mL olive oil	Coarse-ground black pepper, as needed
1 1/2 onions, minced	3 tbsp/9 g coarsely chopped cilantro
1/4 oz/7 g garlic cloves, minced	3 tbsp/9 g coarsely chopped oregano
3 tbsp/45 mL rice wine vinegar	3 tbsp/45 mL extra-virgin olive oil
3 jalapeños, seeded and minced	

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1. Char the poblanos over an open fire on all sides, 3 to 4 minutes. Cover with plastic wrap and let stand for half an hour. When cool, peel and remove the seeds. Leave the chiles in large pieces at this point.
 2. Cold smoke the poblanos at 70°F/21°C using two hotel pans, a half roasting rack, and hickory chips until lightly smoked, about 30 minutes. Cut into small dice.
 3. Wash the tomatillos and cut them in half. Toss the tomatillos with 1 tbsp/15 mL olive oil. Grill the tomatillos over medium-high heat until they have definite grill marks and are tender, about 3 to 5 minutes. They should not be mushy. Roughly chop the tomatillos into small dice and reserve.
 4. Heat 1 tbsp/15 mL olive oil over medium heat and add onion and garlic. Cook gently for 2 to 3 minutes or until the onion is translucent and the raw flavor of the garlic is gone.
 5. Deglaze pan with rice wine vinegar and remove from heat. Chill.
 6. Combine the onion mixture with the tomatillos, poblanos, jalapeños, lime juice, salt, pepper, cilantro, oregano, and extra-virgin olive oil. Mix well and adjust seasonings, if necessary. Cover and refrigerate, if necessary, but this sauce is best served the day it is made.

» **PRESENTATION IDEA** This can be used as a sauce for raw oysters instead of or in addition to the traditional mignonette sauce.

artichoke caponata

yield: 1 LB/454 g

14 baby artichokes	3/4 tsp/2 g ground black pepper
1 oz/28 g small-dice celery	5 mint leaves, chiffonade
4 fl oz/120 mL extra-virgin olive oil	1 fl oz/30 mL white wine vinegar
1/2 oz/14 g coarsely chopped garlic	1 oz/28 g pine nuts, toasted
1 oz/28 g raisins, plumped in warm water for 15 minutes	1 tsp/3 g salt

1. Clean the artichokes and boil in acidulated water until al dente.
2. Bring a pot of salted water to a boil. Add the celery, cook until al dente, and drain.
3. Heat the oil in a pan over medium heat and sweat the garlic. Add the celery and sauté until soft. Add the artichokes, raisins, pepper, and mint. Cook, stirring constantly, until the mixture is heated through.
4. Splash with the vinegar and allow it to evaporate. Sprinkle with pine nuts, season with salt, and serve immediately or cover and refrigerate until needed.

» **CHEF'S NOTE** Acidulated water is made by combining 1 gal/3.84 L water with 2 tbsp/30 mL lemon juice or vinegar.

eggplant caponata

Yield: 3 LB 14 oz/1.75 kg

2 lb 8 oz/1.13 kg small-dice eggplant	1 oz/28 g raisins
2 tbs/20 g salt, plus as needed	3/4 oz/21 g capers
12 oz/340 g onion, cut into medium dice	3/4 oz/21 g green olives, cut into filets
8 oz/227 g celery, cut into medium dice	3/4 oz/21 g chopped basil
1 fl oz/30 mL extra-virgin olive oil	1/2 oz/14 g sugar
12 fl oz/360 mL Tomato Sauce (page 646)	3 tbs/45 mL red wine vinegar
1 oz/28 g pine nuts, toasted	

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1. Generously sprinkle the diced eggplant with salt and let it rest at least 1 hour in a large colander to drain. Rinse off the excess salt from the eggplant and pat dry.
 2. Sweat the eggplant, onions, and celery in the oil over medium-low heat in a large rondeau until translucent and tender. Add the tomato sauce, toss to coat the vegetables, and continue to cook for 5 minutes.
 3. Remove the pan from the heat and add pine nuts, raisins, capers, olives, and basil to the eggplant mixture.
 4. In a separate pot, bring the sugar and vinegar to a boil. Add the vinegar to the caponata, stir to incorporate, and adjust seasoning with salt. Serve warm.

peperonato

yield: 2 LB/907 G

2 fl oz/60 mL extra-virgin olive oil
7 1/4 oz/204 g onion, diced
1 1/4 oz/34 g garlic cloves, thinly sliced
Dried oregano, as needed
Red pepper flakes, as needed
1 lb/454 g yellow peppers, diced

1 lb/454 g green peppers, diced
1/2 oz/14 g chopped flat-leaf parsley
1 sprig thyme
Salt, as needed
Ground black pepper, as needed

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1. Heat the oil in a sauté pan over medium heat. Add the onion and sauté, stirring occasionally, until tender and translucent, about 8 minutes. Add the garlic, oregano, and red pepper flakes, and sauté until aromatic, about 1 minute. Add the yellow and green peppers, and continue to cook, stirring occasionally, until the peppers are soft and tender, 5 to 6 minutes more. Add the parsley and thyme. Taste and adjust seasoning with salt and pepper.
 2. Simmer the mixture over low heat until flavorful, stirring as necessary to avoid browning, about 15 minutes. Remove the sprig of thyme.
 3. Serve immediately or cover and refrigerate until needed.

piperrada

yield: 12 oz/340 g

3 red peppers	1/4 tsp/1.25 g sweet pimentón
2 fl oz/60 mL extra-virgin olive oil	1 bay leaf
4 oz/113 g onion, cut into small dice	1/2 tsp/2 g sugar
3 garlic cloves, sliced	Salt, as needed
3/4 oz/21 g finely chopped canned plum tomatoes	

1. Roast the peppers until the skin blisters. Place in a bowl and cover with plastic wrap to steam. Drain the peppers of their juices and reserve. Peel the peppers and julienne into 1/4-inch strips.
2. Heat the olive oil in a sauté pan over medium heat. Add the onion and sauté until translucent. Add the garlic and sauté until the vegetables are fully cooked and their juices rendered.
3. Stir in the tomatoes, pimentón, peppers with their juices, bay leaf, sugar, and salt. Bring the mixture to a boil, then immediately turn down the heat to establish a simmer. Simmer for 15 minutes or until the desired consistency is reached. Serve warm.

sofrito

yield: 32 FL OZ/960 mL

16 fl oz/480 mL extra-virgin olive oil	4 lb/1.81 kg ripe tomatoes, chopped
4 lb/1.81 kg onion, diced	Salt, as needed
4 large garlic cloves	

1. Combine the olive oil, onion, and garlic in a heavy-bottomed pan over medium heat and cook until the vegetables are soft and a light golden color.
2. Add the tomatoes and continue to cook until the moisture from the tomatoes has completely evaporated. Season with salt.
3. Transfer the sofrito to a chinois and strain to remove excess liquid. Serve warm.

pesto

yield: 32 FL OZ/960 ML

5 oz/142 g toasted pine nuts

1 oz/28 g minced garlic

12 oz/340 g basil leaves

7 oz/198 g grated Parmesan

6 fl oz/180 mL olive oil

2 tsp/6.50 g salt

2 tsp/4 g ground black pepper

-
1. Combine the pine nuts, garlic, basil, and Parmesan in a food processor fitted with the metal chopping blade. Process to blend.
 2. Add the olive oil with the processor running and process until smooth. Adjust seasoning with salt and pepper. Cover and refrigerate until needed.

» **PRESENTATION IDEA** Try Pesto instead of Aioli as the spread on the Grilled Chicken Sandwich with Pancetta and Arugula on Focaccia (page 180).

mint pesto sauce

yield: 32 FL OZ/960 ML

2 1/2 oz/71 g mint leaves

1 3/4 oz/50 g chopped parsley

3 oz/85 g grated Parmesan

4 fl oz/120 mL extra-virgin olive oil

2 1/4 oz/64 g pine nuts or walnuts

2 tbsp/30 mL lemon juice

4 garlic cloves, chopped

1/2 tsp/1.50 g salt

1/4 tsp/0.50 g ground black pepper

4 1/4 fl oz/128 mL sour cream

-
1. In a food processor or blender, combine mint, parsley, Parmesan, oil, nuts, lemon juice, garlic, salt, and pepper.
 2. Process until a coarse paste forms. Add sour cream and mix until blended.
 3. Serve immediately or cover and refrigerate until needed.

» **PRESENTATION IDEA** Serve with the Lamb Brochettes (page 516).

sun-dried tomato pesto

yield: 32 FL OZ/960 mL

1 oz/28 g basil leaves	2 oz/57 g toasted pine nuts
6 oz/170 g sun-dried tomatoes in oil, drained, chopped	12 fl oz/360 mL olive oil
6 garlic cloves	Salt, as needed
2 oz/57 g grated Parmesan	Ground black pepper, as needed

1. Combine the basil, tomatoes, garlic, Parmesan, and pine nuts in a food processor and pulse until the ingredients are evenly chopped.
2. With the processor running, add the olive oil and purée to an even-textured paste. Adjust seasoning as needed with salt and pepper. Serve immediately or cover and refrigerate until needed.

» **PRESENTATION IDEA** In addition to being popular as a pasta sauce, this pesto can also be added to softened butter to make a spread for canapés.

cocktail sauce

yield: 32 FL OZ/960 mL

16 fl oz/480mL prepared chili sauce	2 tsp/10 mL Tabasco
16 fl oz/480mL ketchup	2 tsp/10 mL Worcestershire sauce
2 fl oz/60 mL lemon juice	2 1/4 oz/64 g prepared horseradish
1 oz/28 g sugar	

Combine all ingredients thoroughly. Serve immediately or cover and refrigerate until needed. Stir the sauce and adjust seasoning if necessary before serving.

» **CHEF'S NOTE** This sauce is classically used as an accompaniment for shrimp cocktail.

asian-style dipping sauce

yield: 32 FL OZ/960 ML

16 fl oz/480 mL low-sodium soy sauce	1 oz/28 g minced ginger
8 fl oz/240 mL white vinegar	2 tsp/4 g dry mustard
8 fl oz/240 mL water	1 tsp/5 g hot bean paste
4 garlic cloves, minced	3 oz/85 g honey
4 green onions, minced	

Combine all ingredients thoroughly. Serve immediately, or cover and refrigerate until needed. Stir the dressing and adjust seasoning if necessary before serving.

» **PRESENTATION IDEA** Serve this dipping sauce with the Chinese Skewered Bites (page 528) or Beef Negimaki (page 515).

cumberland sauce

yield: 32 FL OZ/960 ML

2 oranges	12 fl oz/360 mL ruby port
2 lemons	1 tsp/3 g salt
1 oz/28 g minced shallots	Pinch cayenne
1 lb 10 3/4 oz/758 g currant jelly	Pinch ground ginger
1 tbs/6 g dry mustard	

-
1. Remove the zest from the oranges and lemons and cut into fine julienne. Juice the oranges and lemons.
 2. Blanch the shallots and zest in boiling water; allow the water to return to a boil and strain immediately.
 3. Combine all of the ingredients in a small saucepan over medium heat. Simmer for 15 to 20 minutes, until reduced by one-third. Refrigerate immediately.

peanut sauce

yield: 48 FL OZ/1.44 L

1 lb/454 g peanut butter	8 fl oz/240 mL lime juice
1 1/2 oz/43 g jalapeño, seeded and minced	8 fl oz/240 mL soy sauce
2 oz/57 g garlic, minced	8 fl oz/240 mL peanut oil
1 oz/28 g sugar	8 fl oz/240 mL water
1/4 tsp/0.50 g cayenne	1 oz/28 g chopped cilantro

1. Combine the peanut butter, jalapeño, garlic, sugar, cayenne, lime juice, soy sauce, peanut oil, and water in a small saucepan. Heat over medium heat, stirring frequently, until the sauce comes to a boil.

2. Reduce the heat to low and simmer for 2 to 3 minutes. Adjust the consistency with water. Remove from heat and stir in the cilantro. Serve immediately or cover and refrigerate until needed.

» **PRESENTATION IDEA** Serve warm with Beef Saté (page 518) and garnish with chopped toasted peanuts.

guacamole

yield: 32 FL OZ/960 ML

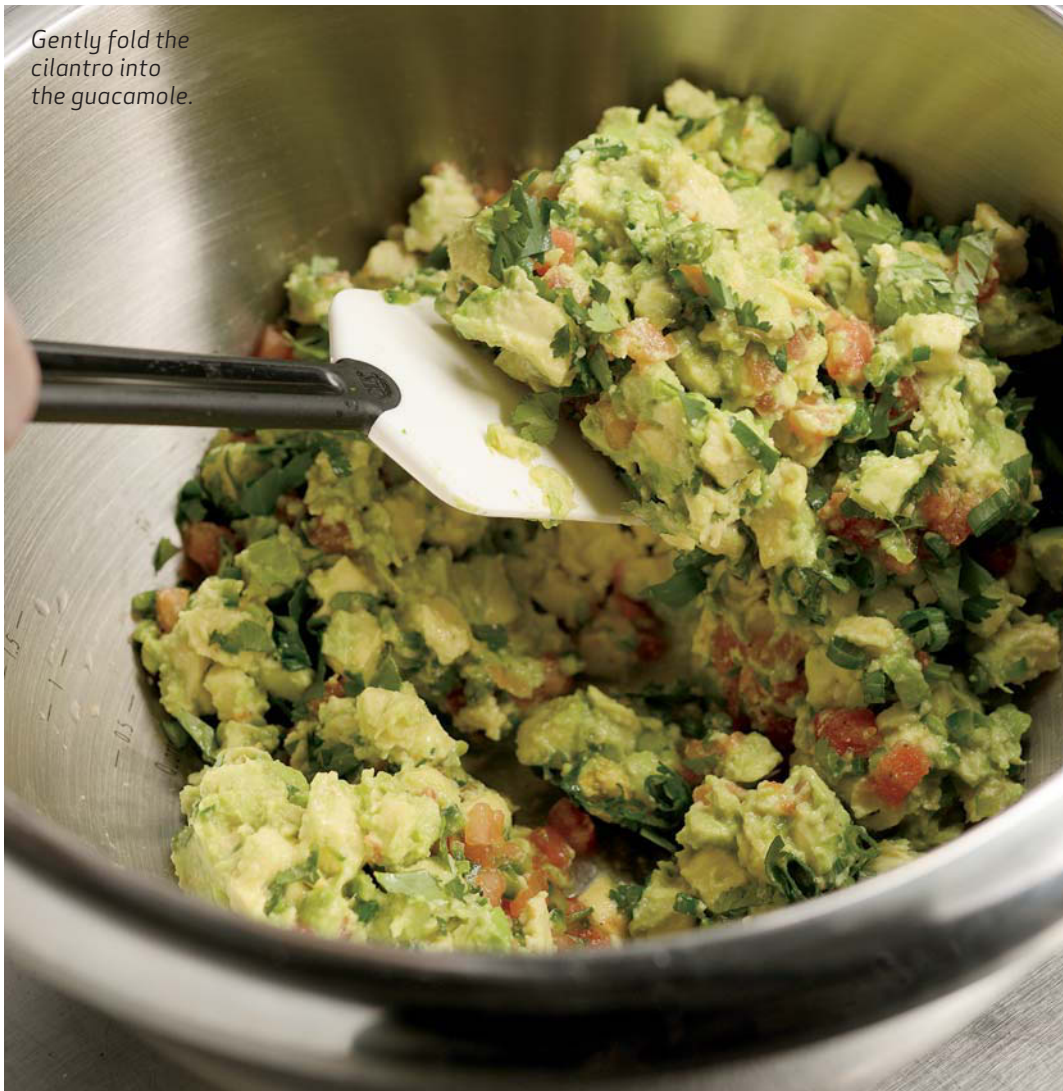
10 avocados, halved, pitted, and peeled
2 fl oz/60 mL lime juice
7 oz/198 g diced tomato (optional)
1 jalapeño, seeded and minced (optional)
1 bunch green onions, sliced

3 tbsp/9 g chopped cilantro
1 tsp/5 mL Tabasco
Salt, as needed
Ground black pepper, as needed

1. Push the avocados through a medium-coarse screen or coarsely chop.
2. Combine all ingredients thoroughly. Adjust seasoning with lime juice, salt, and pepper.
3. Cover tightly and refrigerate until needed. It is best to make guacamole the same day it is to be served.

» **CHEF'S NOTE** The original Aztec name for the avocado, the primary ingredient in guacamole, was *ahuacatl*.

Gently fold the
cilantro into
the guacamole.



baba ghanoush

yield: 32 FL OZ/960 ML

4 lb/1.81 kg eggplants, cut in half
Salt, as needed
Ground black pepper, as needed
2 fl oz/60 mL olive oil
3 shallots, minced
3 fl oz/90 mL lemon juice

4 oz/113 g tahini
1 oz/28 g chopped flat-leaf parsley
1/2 oz/14 g chopped mint
2 garlic cloves, minced
Harissa (page 593), as needed

-
1. Season the eggplant with salt and pepper and lightly coat the cut faces with some of the oil. Roast cut side down on a sheet pan in a preheated 375°F/191°C oven until soft, about 30 to 40 minutes. Cool to room temperature; scoop out flesh and discard seeds.
 2. While the eggplant is roasting, macerate the shallots in the lemon juice with ¼ tsp/0.75 g salt.
 3. Combine the roasted eggplant with the remaining oil, macerated shallots, tahini, and parsley.
 4. Season with mint, garlic, salt, pepper, and harissa. Rough chop the dip by hand or purée smooth. Serve immediately or cover and refrigerate until needed. See photo on page 61.

» **CHEF'S NOTE** This dip is traditionally served with pita or flatbread and can be topped with a drizzle of olive oil and sea salt.



cervelle de canut

yield 3 LB 13 oz/1.73 KG

2 lb 4 oz/1.02 kg fromage blanc
1 bunch chervil, chopped
1 bunch chives, chopped
1 bunch parsley, chopped
2 shallots, cut into small dice
Salt, as needed

Ground black pepper, as needed
10 fl oz/300 mL heavy cream
3 1/2 fl oz/105 mL olive oil
3 tbsp/45 mL white wine vinegar
10.53 oz/300 g heavy cream, whipped

1. Mix the fromage blanc, herbs, shallots, salt, pepper, liquid cream, oil, and vinegar until homogeneous.

2. Fold in the whipped cream.

3. Serve chilled as a dip or spread.

» **CHEF'S NOTE** This herb cheese spread is said to have once been a significant food for the silk industry workers in Lyon. It is generally enjoyed as a component of a light lunch or with a spoon as a snack.

hummus

yield: 32 FL OZ/960 ML

1 lb 8 oz/680 g drained, cooked chickpeas
4 oz/113 g tahini
3 tbsp/45 mL lemon juice, or as needed
2 fl oz/60 mL extra-virgin olive oil

4 garlic cloves, minced, or as needed
1 tbsp/10 g salt
Ground black pepper, as needed

Combine all ingredients. Purée in food processor (in batches if necessary), adding water to thin if needed. Adjust seasoning with lemon juice and garlic. Cover and refrigerate until needed.

» **CHEF'S NOTE** Hummus can be passed through a drum sieve for a very smooth texture.

tapenade

yield: 32 FL OZ/960 ML

12 oz/340 g Niçoise olives, pitted
8 oz/227 g black olives, pitted
4 oz/113 g salt-packed anchovy fillets, rinsed and dried
3 oz/85 g capers, rinsed

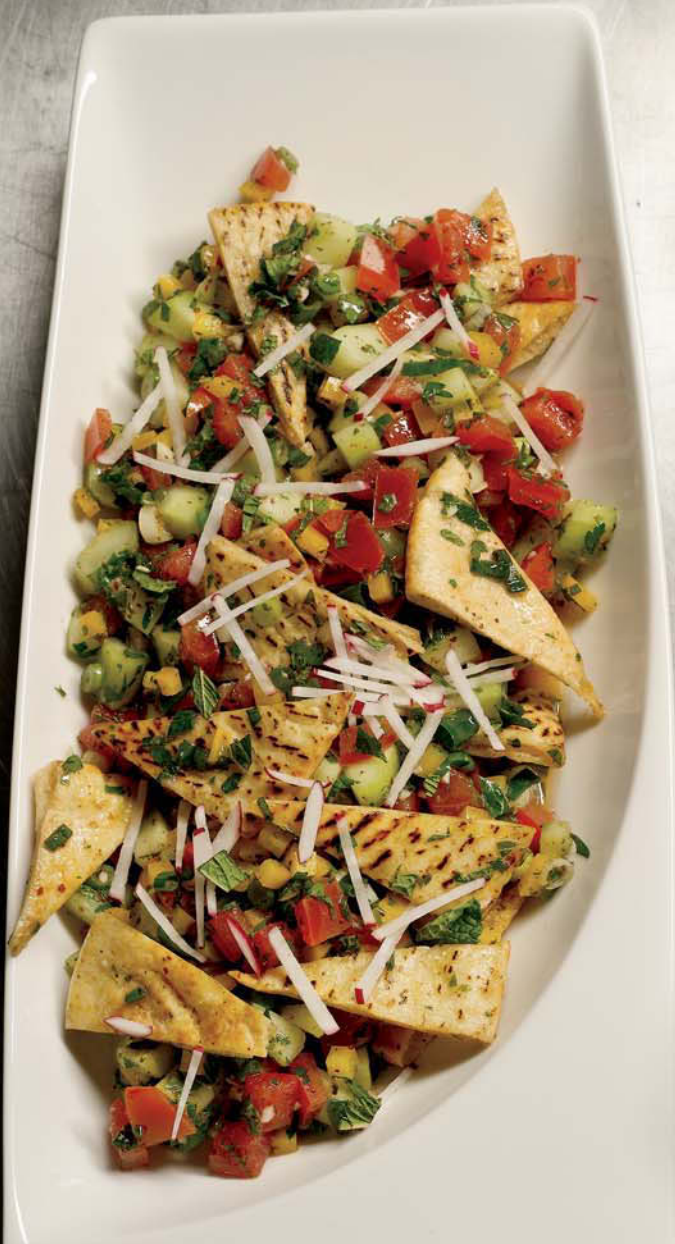
2 oz/57 g minced garlic
Ground black pepper, as needed
Lemon juice, as needed
Extra-virgin olive oil, as needed
Chopped herbs, such as oregano or basil, as needed

1. In food processor, combine the olives, anchovies, capers, garlic, and pepper. Incorporate the lemon juice and oil slowly. Blend until chunky and easily spread. Do not overmix; the tapenade should have texture and identifiable bits of olive.

2. Adjust seasoning and finish with herbs. Cover and refrigerate until needed.

» **CHEF'S NOTE** This spread hails from Provence, France, and can be used as a spread for sandwiches, as a dip, or as part of a stuffing for meats.

Clockwise from top left: *Fattoush* (page 135), *Whole Wheat Pita* (page 657), *Baba Ghanoush* (page 57), and *Hummus*



muhammara

yield: 32 FL OZ/960 ML

1 lb 8 oz/680 g red peppers	1/4 tsp/1 g prepared red chili paste
1 1/2 oz/43 g coarse-ground walnuts	Salt, as needed
1/2 oz/14 g fresh white bread crumbs	1 tbsp/15 mL olive oil
2 fl oz/60 mL lemon juice	1/4 tsp/0.50 g ground cumin
1 oz/28 g pomegranate molasses	

1. Roast the peppers, then peel, seed, and set aside to drain in a colander.
2. Process the walnuts and bread crumbs until finely ground. Add the peppers, lemon juice, and molasses; purée until smooth and creamy. Add the chili paste and salt as needed. Cover and refrigerate at least overnight before serving.
3. When ready to serve, drizzle with oil and dust with cumin.

» **CHEF'S NOTE** This spicy-hot sauce, made with peppers, walnuts, and pomegranate molasses, originated in Aleppo, Syria. Pomegranate molasses is produced by cooking ripe pomegranates and sugar to a thick, jamlike consistency. Muhammara is best when made 4 to 5 days in advance and then covered and refrigerated, to allow the flavor to develop fully.

hazelnut romesco sauce

yield: 32 FL OZ/960 ML

4 ancho chiles	3/4 oz/21 g spicy pimentón
4 Marinated Roasted Peppers (page 120)	1/4 tsp/0.50 g cayenne
10 fl oz/300 mL olive oil	4 oz/113 g tomato paste
6 garlic cloves, minced	1 lb/454 g ground hazelnuts
2 fl oz/60 mL red wine vinegar	Salt, as needed

1. Put the ancho chiles in a small saucepan and cover with water. Bring to a boil, then turn off the heat and let steep for 20 minutes.
2. Combine the drained chiles with the peppers, olive oil, garlic, vinegar, pimentón, cayenne, tomato paste, and hazelnuts, and purée to a smooth consistency. Allow to rest overnight to develop full flavor. Adjust seasoning with salt before serving.

- » **CHEF'S NOTES** Hazelnut Romesco Sauce should be made the day before it is needed. This rich and flavorful sauce can be used with a variety of foods, including fish, lamb chops, and such vegetables as beets, potatoes, asparagus, green beans, and green onions.

garlic and parsley compound butter

yield: 1 LB/454 G

1 oz/28 g garlic, roughly chopped	1 tsp/3 g salt
1 1/2 bunches parsley, without stems	1 lb/454 g butter, cold, cut into small dice

1. Place the garlic, parsley, and salt in a food processor fitted with a blade attachment and pulse until evenly minced and mixture is well blended.
2. Combine the garlic-parsley mixture and the butter in a mixer fitted with a paddle attachment. Mix on medium speed until butter is softened and mixture is well blended and light green in color.
3. Compound butter may be placed in a ramekin or shaped into a log. Cover or wrap, and refrigerate or freeze until needed.

- » **CHEF'S NOTE** Compound butters can be made by combining butter with any number of herbs, spices, pastes, zests, diced vegetables, or chopped nuts. They can be either sweet or savory, and can be used as a spread on a sandwich or canapé or to top meats, poultry, fish, or vegetables.

red pepper coulis

yield: 32 FL OZ/960 ML

4 to 4 lb 8 oz/1.81 to 2.04 kg red peppers, diced

2 oz/57 g minced shallots

4 fl oz/120 mL olive oil

12 fl oz/360 mL dry white wine

12 fl oz/360 mL Chicken Stock (page 643)

Salt, as needed

-
1. Sauté the peppers and shallots in the oil until they are tender.
 2. Deglaze with white wine.
 3. Add the stock and reduce to approximately half the original volume.
 4. Place the mixture in a food processor and purée until smooth. Season with salt. Serve immediately or cover and refrigerate until needed.

» **VARIATION** ROASTED RED PEPPER COULIS: Roast, peel, and seed the peppers before preparing the coulis.

huckleberry sauce

yield: 32 FL OZ/960 ML

9 oz/255 g sugar

6 fl oz/180 mL water

12 fl oz/360 mL balsamic vinegar

2 lb 7 oz/1.10 kg huckleberries

1/2 oz/14 g minced ginger

1/2 oz/14 g grated orange zest

24 fl oz/720 mL Sauternes

-
1. Combine the sugar and water in a small sauce pot and simmer gently until the sugar turns amber in color. Wash down the sides of the pot frequently with a pastry brush dampened in water; add the vinegar and reduce by one-third.
 2. Add the remaining ingredients and simmer until a syrupy consistency is achieved. Strain and press through a fine-mesh strainer. Cover and refrigerate until needed.

» **CHEF'S NOTE** This sauce uses a gastrique, which is a reduction of caramelized sugar and vinegar, to achieve a rich, flavorful fruit sauce that is not too sweet and pairs well with roasted and grilled meat, poultry, and fish.

apricot-anchó barbecue sauce

yield: 32 FL OZ/960 mL

6 oz/170 g bacon, diced	6 oz/170 g dark brown sugar
6 oz/170 g onion, diced	2 ancho chiles, diced
1 garlic clove, minced	1 tsp/2 g paprika
4 oz/113 g dried apricots	1 tsp/2 g dry mustard
7 oz/198 g ketchup	1 tsp/5 mL Tabasco
2 fl oz/60 mL malt vinegar	1 tsp/2 g cayenne
2 fl oz/60 mL orange juice	

-
1. Sauté the bacon until almost crisp. Add the onion and sauté until browned. Add the garlic and sauté another minute.
 2. Add remaining ingredients. Simmer until the apricots are soft.
 3. Purée in a blender; reheat and adjust seasoning as needed with salt and pepper. Serve immediately or cover and refrigerate until needed.

» **CHEF'S NOTE** This barbecue sauce can be used cold or warm and can be stored, covered and refrigerated, up to 1 week.

southwestern barbecue sauce

yield: 32 FL OZ/960 ML

2 fl oz/60 mL vegetable oil	2 chipotles in adobo sauce
4 oz/113 g onion, finely diced	1 lb 8 oz/680 g plum tomatoes, seeded and coarsely chopped
1 tbsp/9 g garlic, minced to a paste	10 oz/284 g ketchup
1 tbsp/6 g dry mustard	4 fl oz/120 mL Chicken Stock (page 643)
1 oz/28 g dark chili powder	1 oz/28 g molasses
2 tbsp/12 g ground cumin	2 tbsp/30 mL sherry vinegar
2 tbsp/12 g ground coriander	2 tbsp/30 mL Worcestershire sauce
1 tbsp/6 g dried Mexican oregano	

1. Heat the oil in a saucepan over medium-high heat. Add the onion and sauté, stirring from time to time, until lightly caramelized and tender, 5 to 6 minutes. Add the garlic and sauté until aromatic, about 1 minute.
2. Add the mustard, chili powder, cumin, coriander, and oregano and sauté briefly.
3. Add the chipotles, tomatoes, ketchup, stock, molasses, vinegar, and Worcestershire sauce. Bring to a simmer over medium heat. Adjust the heat as necessary and simmer until flavorful, 1 hour. Stir and skim the sauce as it simmers. Strain.
4. The sauce is ready to use at this point or it may be cooled, covered, and refrigerated for up to 1 week.

aspic

yield: 32 FL OZ/960 mL

clarification

4 oz/113 g mirepoix
12 oz/340 g ground beef
3 egg whites, beaten
3 oz/85 g tomato concassé

32 fl oz/960 mL white beef stock (see Chef's Note)
1/4 standard sachet d'épices
1/4 tsp/1 g salt
Ground white pepper, as needed
Gelatin powder (See table, page 22), as needed

1. Mix the ingredients for the clarification and blend with the stock. Mix well.
2. Bring the mixture to a slow simmer, stirring frequently until raft forms.
3. Add the sachet d'épices and simmer until the appropriate flavor and clarity are achieved, about 45 minutes. Baste raft occasionally.
4. Strain the consommé; adjust the seasoning with salt and pepper as needed.
5. Soften the gelatin in cold water, then melt over simmering water. Add to the clarified stock. Cover and refrigerate until needed. Warm as necessary for use.

- » **CHEF'S NOTE** Choose a stock and clarification appropriate to the intended use. For example, if the aspic is to be used to coat a seafood item, prepare a lobster stock and use ground fish for the clarification.
- » **VARIATION** RUBY PORT GELÉE: Replace half of the stock with ruby port.

chaud-froid sauce

yield: 32 FL OZ/960 mL

16 fl oz/480 mL velouté
12 fl oz/360 mL Aspic (above),
warmed to 110°F/43°C

4 fl oz/120 mL heavy cream
2 tsp/6.5 g salt
1/4 tsp/0.50 g ground white pepper

1. Bring the velouté to a simmer and combine with aspic.
2. Add the cream, salt, and pepper. Strain into a bowl set over an ice bath.
3. Cool to coating consistency and use as required.

- » **CHEF'S NOTE** Béchamel may be substituted for the velouté.

gazpacho andalusia

yield: 1 GAL/3.84 L OR 20 SERVINGS (6 FL OZ/180 mL EACH)

1 lb 8 oz/680 g tomatoes, cored, diced	4 garlic cloves, mashed to a paste
1 lb 4 oz/567 g cucumbers, peeled, diced	1/2 tsp/150 g minced jalapeño
10 oz/284 g green peppers, seeded, diced	2 1/2 fl oz/75 mL olive oil
10 oz/284 g red peppers, seeded, diced	3 fl oz/90 mL white wine vinegar
1 lb/454 g onion, sliced	2 tsp/6.50 g salt
1 lb 4 oz/567 g crustless white bread, diced	1 tsp/2 g ground black pepper
24 fl oz/720 mL tomato juice	4 oz/113 g Garlic-Flavored Croutons (page 666)
2 fl oz/60 mL tomato purée	

-
1. Reserve about 2 tbsp/30 mL each of the tomatoes, cucumbers, peppers, and onion for garnish.
 2. Soak the bread cubes in the tomato juice.
 3. Purée the soaked bread with the diced vegetables, tomato purée, garlic, jalapeño, olive oil, and vinegar.
 4. Adjust seasoning with salt and pepper; cover and refrigerate until needed.
 5. Serve with a garnish of the reserved diced vegetables and croutons on the side.

» **PRESENTATION IDEA** For an hors d'oeuvre presentation, portion the soup into shot glasses and serve the garnishes buffet style on the side.

chilled cucumber soup with dill, leeks, and shrimp

yield: 1 GAL/3.84 L OR 20 SERVINGS (6 FL OZ/180 mL EACH)

1 lb 4 oz/567 g shrimp (26/30 count)
64 fl oz/1.92 L Shellfish Stock (page 645)

soup base

1 lb/454 g diced onion
1 lb/454 g diced celery
2 oz/57 g butter

6 lb/2.72 kg cucumbers, peeled, seeded, and diced
1 oz/28 g arrowroot
24 fl oz/720 mL sour cream

8 fl oz/240 mL heavy cream
1 bunch dill, chopped
1/2 oz/14 g salt
1 tsp/2 g ground white pepper
Tabasco, as needed
6 fl oz/180 mL lemon juice, or as needed

garnish

2 cucumbers, peeled, seeded, and finely diced
4 oz/113 g leeks, julienned and fried until crisp
1/4 bunch dill sprigs

-
1. Poach the shrimp in the stock. Cut in half lengthwise and reserve for garnish. Reserve the stock.
 2. Sauté the onion and celery in the butter until translucent.
 3. Add the cucumbers and reserved stock and simmer 30 minutes.
 4. Purée in a blender and strain through a sieve. Thicken with arrowroot. Bring back to a boil. Remove and cool to 40°F/4°C.
 5. To finish the soup, blend 16 fl oz/480 mL soup base with the sour cream, heavy cream, and dill. Add this to the remaining soup base. Season with salt, pepper, Tabasco, and lemon juice.
 6. Garnish individual servings of the soup with the reserved shrimp, diced cucumbers, fried leeks, and dill sprigs.

» **PRESENTATION IDEAS** Top the soup with a brunoise of tomato concassé, chiffonade of mint leaves, and a drizzle of Curry Oil (page 608).

Top the cucumber soup with 1 tsp/5 mL of Faux Caviar (page 70).

faux caviar

yield: 10 SERVINGS

16 fl oz/480 mL base liquid (such as wine, fruit juice, or vegetable juice)

1 tsp/5 mL sodium alginate
1 tsp/5 mL calcium chloride

1. Blend half of base liquid with sodium alginate in blender until completely dissolved.
2. Strain through a fine mesh strainer and place the mixture over an ice bath until cool and all bubbles have subsided.
3. Dissolve calcium chloride in 32 fl oz/960 mL water.
4. Fill syringe with base mixture and add mixture one drop at a time into calcium chloride solution. “Cook” pearls for thirty seconds, strain, and cool in ice bath. Serve immediately.

» **CHEF'S NOTE** For the Chilled Cucumber Soup garnish on page 69, the base liquid used was cucumber juice.



1. Use the syringe to drop the base mixture into the calcium chloride solution one drop at a time.
2. Let the pearls set for 30 seconds, then remove them from the calcium chloride solution. The outside surface will be set.

*Green onion, carrot,
and beet caviars*



cold roasted tomato and basil soup

yield: 1 GAL/3.84 L OR 20 SERVINGS (6 FL OZ/180 ML EACH)

4 oz/113 g minced garlic

2 tbsp/30 mL olive oil

1 lb/454 g celery, chopped

1 lb 8 oz/680 g onion, chopped

4 3/4 oz/135 g leeks, white part only, chopped

3 lb/1.36 kg Oven-Roasted Plum Tomatoes (page 659)

64 fl oz/1.92 L Vegetable Stock (page 642) or
Tomato Water (see steps 1 and 2, page 555)

4 oz/113 g basil

2 bay leaves

1 tsp/3 g salt

1/4 tsp/0.50 g ground black pepper

garnish

1 lb/454 g yellow tomatoes, diced

1 oz/28 g basil, chiffonade

-
1. Lightly sauté garlic in oil.
 2. Add celery, onion, and leeks, and continue to sauté until fragrant.
 3. Add roasted tomatoes, stock, basil, and bay leaves. Simmer 40 minutes or until vegetables are tender.
 4. Remove the bay leaves and purée the soup in a blender; season with salt and pepper. Cover and refrigerate until needed.
 5. Adjust seasoning before service if necessary. Garnish with yellow tomatoes and basil.

» **CHEF'S NOTE** You can pan smoke the tomatoes instead of roasting them to give the soup a deeper, richer flavor.

cold carrot soup

yield: 1 GAL/3.84 L OR 20 SERVINGS (6 FL OZ/180 mL EACH)

1 oz/28 g minced shallots	2 fl oz/60 mL white wine
2 garlic cloves, minced	1/2 tsp/1 g ground cardamom
3/4 oz/21 g minced ginger, or as needed	32 fl oz/960 mL orange juice
4 oz/113 g minced onion	7 fl oz/210 mL yogurt
1 1/2 oz/43 g butter	16 fl oz/480 mL carrot juice
3 lb 8 oz/1.59 kg carrots, thinly sliced	1/2 oz/14 g salt, or as needed
80 fl oz/2.40 L vegetable stock	

-
1. Sauté shallots, garlic, ginger, and onion in the butter.
 2. Add carrots, stock, wine, cardamom, and orange juice; simmer until carrots are tender, about 30 minutes.
 3. Place the mixture in a food processor and purée to a smooth texture; chill.
 4. Finish with yogurt. Thin with carrot juice. Cover and refrigerate until needed. Adjust seasoning with salt before service.

» **CHEF'S NOTE** Soup can be garnished with dollop of whipped cream, chives, and carrot chips. Fried ginger chips also make a spicy garnish.



vichyssoise

yield: 1 GAL/3.84 L OR 20 SERVINGS (6 FL OZ/180 ML EACH)

1 lb 4 oz/567 g leeks, light green and white part only, finely chopped
1 onion, minced
3 tbsp/45 mL vegetable oil
2 lb 8 oz/1.13 kg diced potatoes

80 fl oz/2.4 L Chicken Stock (page 643)
1 bunch chives, snipped
2 tsp/6.5 g salt
1/4 tsp/0.50 g ground white pepper

-
1. Sweat the leeks and onion in the oil until tender and translucent.
 2. Add the potatoes, and stock. Bring to a full boil, then reduce heat and simmer until the potatoes begin to fall apart.
 3. Purée the soup. Cool rapidly. Cover and refrigerate until needed.
 4. To finish the soup for service, fold in the chives, and adjust seasoning as needed with salt and pepper.

» **VARIATION** CHILLED POTATO-HERB SOUP WITH LOBSTER: Substitute the following garnish for the chives: 1 lb/454 g medium-diced cooked lobster, 2 oz/57 g chopped chives, 1/2 oz/14 g chopped tarragon, 2 oz/57 g chopped chervil, and 1/2 oz/14 g chopped parsley.

chilled edamame soup

yield: 1 GAL/3.84 L OR 20 SERVINGS (6 FL OZ/180 mL EACH)

2 lb 4 oz/1.02 kg edamame, pods removed
3 tbsp/45 mL vegetable oil
9 oz/255 g leeks, mostly white part, cut into small dice
9 oz/255 g Spanish onion, minced
12 oz/340 g green leaf lettuce, shredded
72 fl oz/2.16 L vegetable stock

1 sachet d'épices
Salt, as needed
Ground white pepper, as needed
6 fl oz/180 mL mirin
3 1/2 fl oz/105 mL crème fraîche
20 chervil pluches

-
1. Reserve 60 edamame for garnish.
 2. Heat a 1 gal 64 fl oz/5.76 L sauce pot over medium heat and add vegetable oil. Sweat leeks and onion until almost translucent, 4 to 5 minutes.
 3. Add edamame and shredded lettuce and continue to sweat until the lettuce wilts and the ingredients combine, 2 to 4 minutes.
 4. Add the stock and sachet; bring to a boil and then reduce the heat to bring the mixture to a simmer. Move the pot halfway off the burner to create a convection simmer. Simmer until beans are tender, 15 to 20 minutes.
 5. Season with salt and white pepper.
 6. Purée the mixture with the mirin in a blender and pass through a fine tamis.
 7. Chill completely. Cover and refrigerate until needed. Serve in chilled cups.
 8. Garnish with 1 tbsp/5 mL crème fraîche, 3 edamame beans, and a chervil pluche.

» **CHEF'S NOTE** Edamame can usually be found frozen if fresh is not available.



fresh spring pea purée with mint

yield: 1 GAL/3.84 L OR 20 SERVINGS (6 FL OZ/180 mL EACH)

8 oz/227 g minced leeks	10 to 12 fl oz/300 to 360 mL light cream or half-and-half
8 oz/227 g minced onion	1 tbsp/10 g salt
2 tbsp/30 mL vegetable oil	1/4 tsp/0.50 g ground white pepper
14 oz/397 g green leaf lettuce, shredded	2 tbsp/6 g fine mint chiffonade (or 20 chervil pluches)
2 lb 12 oz/1.25 kg fresh peas	
80 fl oz/2.40 L vegetable stock	
1 sachet containing 6 chervil stems, 6 parsley stems, and 6 white peppercorns	

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1. Sauté leeks and onion in oil.
 2. Add lettuce and peas and smother briefly.
 3. Add stock and sachet; bring to a boil.
 4. Reduce heat and simmer until all ingredients are just tender; do not overcook.
 5. Remove and discard sachet. Purée mixture in a blender until smooth. Cover and refrigerate until needed.
 6. To finish for service, add chilled cream to cold soup. Adjust seasoning as needed with salt and pepper. Fold in mint chiffonade, or garnish each serving with a chervil pluche.

» **CHEF'S NOTES** This soup has a delicate texture and flavor, making it suitable for elegant menus in the spring and summer.

Be sure to cook the soup just until the peas are tender; if overcooked, the finished soup will not be a vibrant green color.

chilled cantaloupe and champagne soup

yield: 1 GAL/3.84 L OR 20 SERVINGS (6 FL OZ/180 ML EACH)

lime granité

64 fl oz/1.92 L dry white wine
(preferably Chardonnay)
2 lb/907 g sugar
8 fl oz/240 mL lime juice
2 fl oz/60 mL Midori liqueur
1 oz/28 g lime zest

8 fl oz/240 mL good-quality Champagne
3 fl oz/90 mL lemon juice, plus as needed
96 fl oz/2.88 L sparkling water
2 oz/57 g grated orange zest
2 oz/57 g grated lemon zest
10 oz/284 g sugar, or as needed
1 lb 8 oz/680 g small cantaloupe balls for
garnish (or other melon, if desired)

soup

2 cantaloupes, diced
12 to 16 fl oz/360 to 480 g orange juice
2 1/2 oz/71 g cornstarch

-
1. For the granité: Combine all the ingredients in a shallow pan and freeze for 3 hours, stirring every 30 minutes with a fork until a slushy consistency is created. Reserve until needed.
 2. For the soup: Purée the diced melon and orange juice in a blender on medium high until smooth. Refrigerate.
 3. Make a cornstarch slurry with the cornstarch and 1 tbsp/15 mL Champagne.
 4. Bring lemon juice, sparkling water, and orange and lemon zests to a boil in a small saucepan and thicken with cornstarch slurry, then chill. Refrigerate until cool and the mixture has thickened.
 5. Add melon purée and adjust seasoning with sugar and lemon juice, or as needed.
 6. Add remaining Champagne to the mixture.
 7. Serve 8 oz/240 mL soup with 2 oz/57 g lime granité in a soup bowl 10 in/25 cm in diameter. Garnish with melon balls.

» **CHEF'S NOTE** This soup is a refreshing alternative on hot summer days. It may be too sweet as a main course, but it makes for a great appetizer or finish to a meal.

chilled morello cherry soup

yield: 1 GAL/3.84 L OR 20 SERVINGS (6 FL OZ/180 mL EACH)

2 lb 5 oz/1.05 kg Morello cherries

36 fl oz/1.08 L water

5 or 6 cloves

1 cinnamon stick

8 fl oz/240 mL dry red wine

1 1/2 lemons, juiced and strained

8 fl oz/240 mL superfine sugar

Pinch salt

1 1/2 tbsp/13.50 g arrowroot

3 fl oz/90 mL light cream

-
1. Wash the cherries, pit them, and place them in a 64 fl oz/1.92 L stockpot with their own juices and the water.
 2. Make a sachet with the cloves and cinnamon stick and place it in the stockpot.
 3. Add the red wine, lemon juice, sugar, and salt to the soup.
 4. Simmer the soup over medium heat until the cherries are tender, 15 to 30 minutes.
 5. Remove about half of the cherries from the pot and reserve them for garnish on the finished soup.
 6. Remove the sachet from the pot and discard it. Purée the remaining soup in a blender until smooth.
 7. Return the soup to the pot. Make an arrowroot slurry using the cream and lié the soup with it.
 8. Cool the soup and stir in the reserved cherries.

» **CHEF'S NOTE** Morello cherries are a variety of sour cherry with dark red skin and flesh. Their sour nature makes them ideal for cooking but not necessarily for eating raw. They are difficult to find fresh, though they can generally be found frozen. If using frozen, there is no need to wash them before placing in the stockpot.

caribbean coconut and pineapple bisque

yield: 1 GAL/3.84 L OR 20 SERVINGS (6 FL OZ/180 ML EACH)

48 fl oz/1.44 L coconut milk
32 fl oz/960 mL milk
16 fl oz/480 mL light cream or half-and-half

liaison

16 fl oz/480 mL half-and-half
6 egg yolks
3/4 oz/21 g arrowroot

48 fl oz/1.44 L pineapple juice
4 fl oz/120 mL Simple Syrup (page 657), or as needed
2 tbsp/30 mL lime juice, or as needed
13 oz/369 g diced pineapple
2 fl oz/60 mL light rum

-
1. Bring the coconut milk, milk, and cream or half-and-half to a simmer.
 2. Combine the liaison ingredients and temper into the soup base. Continue to cook over low heat until thickened, 4 to 5 minutes. Chill thoroughly.
 3. Add pineapple juice, then adjust flavor with simple syrup and lime juice.
 4. Macerate the pineapple in the rum and garnish the soup at service.

» **CHEF'S NOTE** The rum may be reduced or omitted as desired.

» **PRESENTATION IDEAS** Garnish with Plantain Chips (page 601) that have been fried or baked. Serve in a glass dish on shaved ice with a skewer of pineapple chunks alternating with sliced bananas rolled in toasted coconut.

chilled clear borscht

yield: 1 GAL/3.84 L OR 20 SERVINGS (6 FL OZ/180 mL EACH)

8 lb/3.63 kg beets, peeled and grated or chopped

1 gal 32 fl oz/4.8 L White Duck Stock (page 643), Chicken Stock (page 643), or Vegetable Stock (page 642)

2 1/2 fl oz/75 mL red wine vinegar

1/2 oz/14 g sugar, or as needed

32 fl oz/960 mL sweet white wine, such as Riesling, or as needed

2 tbsp/20 g salt, or as needed

1 tsp/0.50 g ground white pepper, or as needed

garnish

8 oz/227 g cooked beets, julienned

4 oz/113 g radishes, julienned

1/4 bunch dill sprigs

-
1. Simmer the beets gently in the stock and vinegar for 1 hour.
 2. Strain through doubled cheesecloth or a paper coffee filter; add sugar, wine, salt, and pepper as needed. Chill.
 3. Garnish with julienned beets and radishes, and dill sprigs at service.

» **PRESENTATION IDEA** Garnish the soup with 4 oz/113 g julienned smoked duck, smoked ham, or diced hard-boiled egg.





three

SALADS



Salads APPEAR ON THE MENU IN SO MANY DIFFERENT GUISES AND ARE EMBRACED BY TODAY'S GARDE MANGER WITH SUCH ENTHUSIASM THAT ONE MIGHT IMAGINE SALADS WERE INVENTED BY THIS GENERATION OF CHEFS. IN FACT, SALADS HAVE PLAYED A KEY ROLE THROUGHOUT CULINARY HISTORY. FRESH CONCOCTIONS OF SEASONED HERBS AND LETTUCES, KNOWN AS *HERBA SALATA*, WERE ENJOYED BY THE ANCIENT GREEKS AND ROMANS ALIKE.

We are indebted to the Romans for our word *salad*, derived from their word for salt. according to legend, the Greek philosopher Aristotle was so obsessed with freshness that while the lettuce was still growing he would sprinkle it with vinegar and honey the night before he planned to prepare a salad.

The early European settlers of America also valued salad greens. Thomas Jefferson recorded that the markets of his day supplied the cook with a variety of lettuces, endive, sorrel, corn salad (*mâche*), and cress. After a long absence

from the American market, the greens Jefferson favored are again appearing in salads served as appetizers, entrées, accompaniments to other items, or intermezzos. This chapter will discuss three major salad categories:

- » Green salads
- » Side salads, made from vegetables, potatoes, grains, pastas, legumes, and fruits
- » Composed salads

GREEN SALADS

By selecting the appropriate greens and pairing them with properly chosen dressings, a wide range of salads can be created to suit different menu needs, from a delicate first-course salad of butterhead with a light lemon vinaigrette to an appetizer salad of bitter greens, walnuts, and blue cheese with a sherry vinaigrette.

salad greens

Commercially prepared salad blends are now available, but chefs can also create their own

by combining lettuces from within one category or by selecting from among two or more categories. The greens that are selected will determine the character of the salad. Today's garde manger can choose from:

- » Mild greens
- » Bitter greens or chicories
- » Spicy greens
- » Prepared mixes of greens
- » Herbs and flowers
- » Micro greens

mild greens

One of the biggest categories of mild greens is lettuce. Each of the thousands of lettuce varieties can be classified into one of the following categories: butterhead, crisphead, or leaf.

Select lettuce that is crisp, never wilted or bruised. Lettuce should only be washed in cold water (but never under running water, because of its fragile nature) and cut or preferably torn into bite-size pieces when it is ready to be served. Store lettuce in the refrigerator, covered with a lid or loosely covered with damp absorbent paper towels and plastic wrap. As with most greens, it is very impor-

tant to thoroughly wash lettuce, as dirt and grit tend to hide between the leaves. Never submerge lettuce in water for an extended amount of time, and be sure that it is dried well after washing (a salad spinner is great for this). The following table describes several varieties of lettuce.

In addition to the lettuces described above, the mild greens also include mâche (a.k.a. corn salad or lamb's lettuce), some of the spicy greens when they are still young or immature, and baby varieties of various cooking greens and cabbages.



Mild greens: 1. green leaf, 2. red leaf, 3. romaine, 4. Boston, and 5. iceberg

lettuces

TYPE	DESCRIPTION	COMMON CULINARY USES
BUTTERHEAD		
Bibb	Smaller than Boston; loosely formed heads; soft, very tender leaves; vibrant green color; mild, sweet, delicate flavor	In salads; braised
Boston	Loosely formed heads; soft, very tender leaves; vibrant green color; mild, sweet, delicate flavor	In salads; braised
CRISPHEAD		
Iceberg	Tight heading lettuce with pale green leaves; very mild flavor	In salads (shredded or served as a wedge)
Romaine (a.k.a. Cos)	Long, cylindrical head; outer leaves are ribbed; dark green leaves, becoming lighter on the interior; outer leaves are slightly bitter, inner leaves are mild and sweet. The name Cos derives from the Greek island of the same name, where some believe this lettuce to have originated.	In salads, especially Caesar salad; braised
LEAF		
Green or red leaf	May be green or red-tipped; loose heading lettuce; tender, crisp leaves; mild flavor, becoming bitter with age	In salads
Oak leaf	Scalloping on leaves; loose heading lettuce; tender, crisp leaves; nutty flavor	In salads

bitter greens and chicories

Bitter salad greens are those that are tender enough to be eaten in salads but which may also be sautéed, steamed, grilled, or braised. There are many varieties that fit into this category, from green leafy watercress to crimson heads of radicchio. Selection criteria and handling practices for bitter salad greens are similar to those for lettuce. Added sparingly to any salad, bitter greens stimulate saliva production and thus support the digestive

system. Chicories are heading or leafy greens characterized by a distinctive bittersweet flavor. When young, they may be used in salads. More mature chicories are considered cooking greens. The table on page 90 describes several varieties of bitter salad greens and chicories. Many bitter greens also have spicy green characteristics and so some greens can fall into both categories.

Bitter greens: 1. escarole, 2. frisée lettuce, 3. arugula, 4. watercress, 5. mâche, 6. radicchio, and 7. Belgian endive



bitter greens and chicories

TYPE	DESCRIPTION	COMMON CULINARY USES
Arugula (a.k.a. rocket, roquette)	Tender leaves; rounded “teeth” on the ends of the leaves; vibrant green color; peppery flavor	In salads, pesto, and soups; sautéed
Belgian endive	Tight, oblong head; white leaves with yellowish green or red at tips; crisp leaves; mildly bitter flavor	In salads; grilled; roasted; braised
Curly endive	Narrow leaves with deeply ridged edges, and an assertive flavor and texture. When very young it may be sold as frisée lettuce.	In salads
Dandelion, beet, and collard greens	Distinctly bitter varieties with dark green, long, narrow leaves, some with white or red ribs. If they are overly mature, they may give salads an unpleasant flavor. Beet greens have a tendency to bleed when combined with a dressing.	In salads; sautéed; braised
Escarole	Large heads of greenish yellow, slightly crumpled leaves are succulent and slightly nutty. Slightly less bitter in flavor than frisée lettuce or chicory.	In salads and soups; sautéed
Frisée lettuce	Thin, curly leaves; white with yellowish green tips; mildly bitter flavor	In salads, lettuce mixes such as mesclun
Mâche (a.k.a. lamb’s lettuce, corn salad)	Loose bunches; thin, rounded leaves; dark green; very tender; nutty flavor	In salads; steamed
Radicchio	Round or oblong heads; firm, deep red to purple leaves, white veining; bitter flavor	In salads; grilled; sautéed; baked; braised
Tat-soi	Flat black cabbage with round leaves that form an open rosette; faint but pleasant cabbage-like taste; used in its very young stages	In salads; sandwiches; soups; as a garnish
Treviso radicchio	Resembles an elongated loose Belgian endive with red streaks or tips; succulent texture; flavor similar to heading radicchio	In salads and soups
Watercress	One of the oldest-known leafy greens consumed. Small, scalloped leaves; dark green color; crisp texture; mustard-like, peppery flavor	In salads; soups; sandwiches

spicy greens

Spicy greens have a distinct pepperiness or assertive flavor but are still delicate enough to eat in salads. The younger they are, the less spicy they will be. The table on page 92

describes a variety of spicy greens. Many spicy greens also have bitter green characteristics and so some greens can fall into both categories.



Spicy greens: 1. mizuna, 2. curly cress, 3. tat-soi, 4. mustard greens, and 5. watercress

spicy greens

TYPE	DESCRIPTION	COMMON CULINARY USES
Amaranth	Spinach-like in flavor; varies in color from green to purple to red; blooms from late spring to early fall	In salads; stir-fried; sautéed
Arugula (a.k.a. rocket or roquette)	Taste ranges from mild and nutty to peppery and pungent. When leaves are small and narrow, arugula usually has a more pronounced peppery flavor.	In salads; sautéed; in sauces; baked (on pizza); pesto
Mizuna	A Japanese mustard green, mizuna has a mildly spicy flavor. Choose crisp green leaves and avoid those that are brown or wilted.	In salads; sandwiches; soups
Mustard greens	The leaves of the mustard plant, providing a pungent, peppery green; can have a crumpled or flat texture	In salads; soups
Tat-soi	Flat black cabbage with round leaves that form an open rosette; faint but pleasant cabbage-like taste; used in its very young stages	In salads; sandwiches; soups; as a garnish
Watercress	One of the oldest-known leafy greens consumed; dark green, crisp, scalloped small leaves with a mustard-like peppery flavor	In salads; soups; sandwiches

prepared mixes of greens

The market also provides a number of specialty items for salad making. Among the most popular of these items are convenient prewashed and trimmed mixes of greens. Their ready availability and ease of use have

made them very popular, even to the point of indiscriminate use. Discoloration on the ends or stems of the greens indicates a lack of freshness. The table on page 94 describes the three most commonly available mixes.



One example of mesclun mix:
1. prizehead lettuce, 2. red giant mustard greens, 3. rouge d'hiver, 4. red salad bowl lettuce, 5. baby fern leaf dill, 6. chervil, 7. green salad bowl lettuce, 8. hon tsai tai, 9. Detroit red beet greens, 10. Greens are combined to form mesclun mix.

prepared mixes of greens

TYPE	DESCRIPTION	COMMON CULINARY USES
Baby mix (BMX)	A generic term for mixes of very young leaves of several varieties, colors, and textures, this is sold both as heads and as prewashed leaves. A typical combination may include lola rosa, tango, baby red oak lettuce, baby romaine, and baby green oak lettuce.	In salads; garnishing plates
Mesclun mix	Often found in combination with herbs or flowers. Commercially available mesclun mixes may contain blends of various mild, sweet, and peppery greens, with or without a flower or herb component.	In salads; sandwiches
Oriental mix (OMX)	A combination of some or all of the following: tat-soi, lola rosa, red oak lettuce, arugula, beet greens, Swiss chard, sorrel, amaranth, dill, purslane, mizuna, red mustard, bok choy, red shiso, red fire, sierra, and shungi ku.	In salads

herbs

Herbs are the leaves of aromatic plants and are used primarily to add flavor to foods. Aroma is a good indicator of quality in both fresh and dried herbs; a weak or stale aroma indicates old and less potent herbs. Fresh herbs may also be judged by appearance. They should have good color (usually green), healthy-looking leaves and stems, and no wilting, brown spots, sunburn, or pest damage. Herbs can range

from pungent to lightly fragrant, and they can add a wonderful accent to a special dish. Some varieties of herbs may also be used in salads. Herbs that have a naturally tender texture or soft leaves—young basil, chives, small mint leaves, pluches of chervil or flat-leaf parsley—are the ones to choose for salads. The following table describes a selection of herbs.



Herbs: 1. curly parsley, 2. flat-leaf parsley, 3. purple basil, 4. mint, 5. basil, 6. chervil, 7. sorrel, 8. cilantro, and 9. Thai basil

herbs

TYPE	DESCRIPTION	COMMON CULINARY USES
Basil	Small to large oval, pointed leaves; green color (though purple varieties are available); delicate leaves; pungent, licorice-like flavor; varieties include opal, lemon, and Thai basil	Flavoring for sauces, dressings, infused oils and vinegars; pesto sauce; popular in Mediterranean cuisine. Also available dried.
Bay leaf (a.k.a. laurel leaf)	Smooth, oval leaves; green color; aromatic	Flavoring for soups, stews, stocks, sauces, and grain dishes. Most commonly available dried.

TYPE	DESCRIPTION	COMMON CULINARY USES
Chervil	Small, curly, leaves; green color; delicate texture; anise flavor	Component of fines herbes; garnish. Also available dried.
Chives	Long, thin; bright green color; mild onion flavor	Flavoring for salads and cream cheese; garnish; component of fines herbes
Cilantro (a.k.a. Chinese parsley, coriander)	Similar leaf shape to flat-leaf parsley; green color; delicate leaves; fresh, clean flavor	Flavoring for salsa and uncooked sauces; popular in Asian, Caribbean, and Latin American cuisines
Dill	Long, feather-like leaves; green color; distinct flavor	Flavoring for salads, sauces, stews, braises; popular in Central and Eastern European cuisines. Also available dried.
Marjoram	Small oval leaves; pale green color; mild flavor, similar to oregano	Flavoring for lamb and vegetable dishes; popular in Greek, Italian, and Mexican cuisines. Commonly available dried.
Mint	Pointed, textured leaves; pale green to bright green color; leaf size and strength of flavor vary with type; varieties include peppermint, spearmint, and chocolate mint	Flavoring sweet dishes, sauces, and beverages; garnish for desserts. Mint jelly is a common accompaniment to lamb.
Oregano (a.k.a. wild marjoram)	Small oval leaves; pale green color; pungent flavor; Mexican and Mediterranean varieties are available	Flavoring for tomato-based dishes; popular in Mediterranean and Mexican cuisines
Parsley	Curly or flat leaves; pointed, scalloped edges; bright green color; clean-tasting. Flat-leaf parsley is also known as Italian parsley.	Flavoring for sauces, stocks, soups, dressings, and other dishes; component of fines herbes; garnish; stems are used in bouquet garni and sachet d'épices. Commonly available dried.
Rosemary	Pine-needle-shaped leaves, woody stem; grayish, deep green color; strong pine aroma and flavor	Flavoring for grilled goods (lamb) and marinades; popular in Mediterranean cuisine; branchlike stems are used as skewers. Commonly available dried.
Sage	Thin, oval, velvety leaves; grayish-green color; musty flavor; varieties include pineapple sage	Flavoring for stuffing, sausage, and stews. Commonly available dried, both crumbled and ground.

TYPE	DESCRIPTION	COMMON CULINARY USES
Savory	Oblong leaves; dark green; soft, fuzzy texture	Flavoring for pâtés, stuffing; used to make poultry seasoning. Commonly available dried.
Tarragon	Thin, pointed leaves; dark green color; delicate texture; anise flavor	Flavoring for béarnaise sauce and other dishes; component of fines herbes. Commonly available dried.
Thyme	Very small leaves; woody stem; deep green color; varieties include garden thyme and wild thyme	Flavoring for soups, stocks, sauces, stews, braises, and roasted items; used in bouquet garni and sachet d'épices. Commonly available dried.



Aromatic herbs: 1. chives, 2. rosemary, 3. curry leaves, 4. lemongrass, 5. tarragon, 6. lemon thyme, 7. sage, 8. oregano, 9. thyme, 10. dill, and 11. marjoram

flowers

Flowers can turn an ordinary salad into something quite unique and beautiful, as long as they are not overused. In addition, select only flowers designated as suitable for human consumption, because they are not treated with chemicals and are non-toxic. It is also important to note the size and flavor of the

flower. Taste the flower to see how strongly it is flavored. If it is pungent, it may be necessary to use only a few petals rather than the whole flower. Edible flowers are normally divided into two groups: garden flowers and herb flowers.



flowers

TYPE	DESCRIPTION	COMMON CULINARY USES
GARDEN FLOWERS		
Bachelor's buttons	Bright violet, silky petals with four or five crownlike points at the end of each petal. Petals radiate like spokes on a wheel from a center disc of florets.	In salads and tea; as a garnish
Calendula (a.k.a. marigolds)	Small flower with bright petals ranging from pale yellow to gold to orange; slightly spicy aroma	In salads; as a garnish
Carnation	Flower with somewhat densely packed frilly edged petals; come in a wide variety of colors. Carnations have a spicy aroma and are indigenous to the Mediterranean.	In salads; as a garnish
Dianthus	Genus of flowers that includes the carnations. Typically have frilly edged petals and can range in color from white to yellow to purple.	In salads; candied, pickled
Johnny jump-ups	Small flowers that are purple, blue, yellow, or white. Predecessor of the modern pansy.	In salads; as a garnish
Nasturtiums	Delicate, intensely colored flower with rounded petals and a funnel-shaped back; slight peppery flavor akin to watercress	In salads; as a garnish
Pansies	Member of the violet family; asymmetrical flower with four fan-shaped petals (two on each side) and one lobe-shaped petal at the bottom of the flower that points down. Flowers are usually multicolored.	In salads; candied
Popcorn shoots	Creamy yellow 3- to 4-in/8- to 10-cm thin shoot with three or four oval petals; slightly sweet flavor	In salads, desserts; as a garnish
Roses	Colors range from white to yellow to red, and the tips of the petals can be tinged with a variety of colors; slightly sweet flavor and a strong aroma. Trim the bitter white base off the petal.	In salads, stuffings, desserts, syrups, tea, and confectionery

TYPE	DESCRIPTION	COMMON CULINARY USES
Snapdragons	Flower resembles the open mouth of a dragon; generally white, yellow, red, orange, or crimson	In salads; as a garnish
Violets	Genus of flowers that includes pansies. Colors can range from purple to yellow to white and cream. Flavor is slightly sweet and wintergreen.	In salads, stuffings, desserts; candied
HERB FLOWERS		
Anise hyssop	Fuzzy, mauve, finger-size flowers with slight anise flavor	In salads
Chive	Flowers are a pink-lavender color and bloom in June. They have a mild onion flavor.	In salads, egg dishes, vegetable preparations, soups, sauces, compound butters; as a garnish
Lavender	Small purple flowers with a very floral aroma and slight citrus flavor	In salads, desserts, confectionery, sauces, compound butters, jellies, and bread; as a garnish
Mustard	Small bright yellow flower with pungent flavor	In salads, sauces, sautés; as a garnish
Oregano	Small white and red flowers with a relatively strong flavor	In salads, sauces, sautés; as a garnish
Rosemary	White, pink, purple, or blue flowers	In salads, sauces; as a garnish
Sage	Purple flowers with a fairly pungent flavor of sage	In salads, stuffings; as a garnish
Thyme	Tiny flowers with thyme flavor	In salads, compound butters; with fruit

micro greens

Micro greens are seedlings of various herbs, greens, and vegetables. They have been cultivated for many years, but their popularity has recently grown rapidly. As a result, they have become much more affordable and the number of varieties available has increased. Most micro greens are grown hydroponically

in plug flats and are snipped as they grow. It is possible to grow one's own micro greens, but the plug flats are difficult to seed (typically, they are done by machine), so such greens are generally purchased.

Their flavors are similar to their fully grown counterparts but milder. They are usually too

expensive to be used as the primary mix for a salad, but they can be used as part of a salad mix or a composed salad as well as a garnish. Their price is high because the growing process is labor-intensive; however, a small amount goes a long way, especially when they are used as a garnish. They are typically not cooked and,

sometimes, not even washed because they are grown without pesticides in extremely clean, enclosed environments. Since they are grown in greenhouses, they are available year-round. They generally last for up to a week, but it is best to use them within three days. The table on page 102 describes a variety of micro greens.



Micro greens: 1. pink orach, 2. red garnet amaranth, 3. beet tops, 4. red mustard, 5. celery, 6. cilantro, 7. arugula, 8. pea shoots, 9. radish, and 10. red cabbage

micro greens

TYPE	DESCRIPTION	COMMON CULINARY USES
Arugula	Sharp, slightly spicy flavor and light green color	In salads; as a garnish
Beet top (a.k.a. bull's blood)	Green leaves with pink underside and veining; light beet flavor	In salads; as a garnish
Celery	Tiny, slightly frilly bright green leaves with a mild celery flavor	In salads; as a garnish
Cilantro	Elongated bright green leaves and a flavor similar to fully grown cilantro	In salads; as a garnish
Mustard	Tangy flavor. Green and red mustard micro greens available. Red mustard has light green leaves with purple-red tinges.	In salads; as a garnish
Pea shoot	Light green shoot with mild grassy flavor	In salads; as a garnish
Purple or pink orach	Purple and pink stems or leaves with arrowhead-shaped leaves and a mild spinach flavor	In salads; as a garnish
Radish	Available in varieties such as daikon and purple radish. Can have white stem and green leaves or purple leaves.	In salads; as a garnish
Red garnet amaranth	Striking fuchsia stems with small light green leaves and a light spinach flavor	In salads; as a garnish
Red cabbage	Dark green leaves with purple veins and a light cabbage aroma and flavor	In salads; as a garnish

caring for salad greens

Nothing is worse than a gritty salad. Careful and thorough washing of salad greens is integral to providing high quality in both the look and palatability of the salad greens when you serve them. Salad greens should be kept properly chilled from the time they arrive until they are ready to be plated. The following guidelines should also be observed when handling salad greens.

1. **Wash greens thoroughly in plenty of cool water to remove all traces of dirt and sand.** Sturdy greens may be able to hold up to a spray, but delicate greens, herbs, and flowers should be gently plunged into and lifted out of

the water repeatedly to remove dirt or sand. The water should be changed as often as necessary until there is absolutely no trace of dirt, grit, or sand in the rinsing water. Never try to drain the water off the greens (rather than removing the greens from the water), as sand will stick to the greens.

2. **Dry greens completely.** Salad dressings cling best to well-dried greens. In addition, greens that are carefully dried before they are stored will last longer. Spinners are the most effective tools to use, either large-scale electric spinners for volume salad making or hand-operated baskets for smaller quantities. Spinners should be cleaned and sanitized carefully after each use.
3. **Store cleaned greens in tubs or other containers.** The greens should not be stacked too deep, as their own weight could bruise the leaves. They should be loosely wrapped or covered with dampened toweling and plastic wrap or a lid to prevent them from wilting rapidly. Once greens have been cleaned, they should be used within a day or two.
4. **Cut or tear the lettuce into bite-size pieces.** Traditional salad-making manuals have always called for lettuces to be torn to avoid discoloring, bruising, or crushing the leaf. This also provides a natural look to the final greens. Today's knives are not likely to discolor the leaves and there is no reason to believe that properly sharpened knives could bruise the lettuce more than tearing, although some delicate greens oxidize faster than others. This is still a matter of personal style and preference, of course.



dressing the salad

Place the greens (about 2 oz/57 g, or 6 fl oz/180 mL, per serving) in a bowl, season with salt and pepper, and ladle a serving of salad dressing over them ($\frac{1}{2}$ to $\frac{3}{4}$ fl oz/15 to 22.50 mL per serving). Use a lifting motion to toss the greens and dressing. Tongs, spoons, or, where appropriate, gloved hands can all be used to toss the salad. Each piece of lettuce should be coated completely but lightly with the dressing. There should be just enough dressing for the greens; if the dressing pools on the plate, there is too much. Vinaigrette recipes and reduced-fat vinaigrettes can be found on pages 27–35.

Creamy-style salad dressings can be used successfully with green salads.

garnishing the salad

Choose from a variety of vegetable garnishes according to the season and your desired presentation: slices or wedges of tomatoes, cucumbers, carrots, radishes, jícama, mushrooms (raw or marinated), olives,

peppers, and so forth. In addition to these vegetable garnishes, the chef may also opt to use more unusual garnishes: raw or very lightly blanched asparagus, green peas or green beans, pea shoots, or sprouts of all sorts. These ingredients may either be tossed along with the greens as they are being dressed or be marinated separately in a little vinaigrette and used to top the salad.

Adding a crisp component to the salad gives another level of interest, in terms of both flavor and texture. There are several recipes included throughout the book, such as the following: Assorted Vegetable Chips, page 601; Pepper Jack and Oregano Crackers, page 602; Cheddar and Walnut Icebox Crackers, page 604; Toasted Almonds, page 571, and Parmesan Crisps, page 664.

Breads and breadsticks can be served with simple green salads to make them more interesting and satisfying as well. Try Focaccia or Grissini, page 654. Sliced peasant-style breads can be served along with the salad, spread with a bit of Tapenade, page 60, or drizzled with one of the flavored oils found on pages 607–608.

SIDE SALADS

vegetable salads

Vegetables for vegetable salads are prepared as required by the specific recipes. Some are simply rinsed and trimmed; others may need to be peeled, seeded, and cut to the appropriate shape. Some vegetables may require an initial blanching to set colors and textures, while others must be fully cooked.

If the salad is to be served raw, the prepared vegetables are simply combined with a vinaigrette or other dressing and allowed to rest long enough for the flavors to marry. When the vegetables are partially or fully cooked, there are two options for applying the

dressing. In the first option, the vegetables are drained and combined with the dressing while they are still warm, for faster flavor absorption. This works well for root vegetables such as carrots, beets, and parsnips, as well as leeks, onions, and potatoes. Some vegetables (especially green vegetables such as broccoli or green beans) may discolor if they are combined with an acid in advance; in that case, the vegetables should be refreshed and chilled before being added to the dressing. Either way, the vegetables should be thoroughly drained and blotted dry to avoid watering down the dressing.

potato salads

Potatoes should be cooked completely but not overcooked. Waxy potatoes (Yukon Golds or Yellow Finns) hold their shape better after cooking than starchy potatoes (russets or baking potatoes).

The classic American potato salad is a creamy salad, typically dressed with mayonnaise. Other potato salads enjoyed around the world are often dressed with a vinaigrette. In some traditional European-style recipes, the dressing may be based on bacon fat, olive oil, stock, or a combination of these ingredients. The key to success with this style of potato salad is to combine the potatoes and dressing while the potatoes are still warm so that they absorb the flavor. For the best finished flavor, the dressing is typically brought to a simmer before the potatoes are added.

pasta and grain salads

Grains and pastas for salads should be fully cooked with no bite or resistance to the teeth, but care should be taken to avoid overcooking. Grains and pasta will still be able to absorb some of the liquid in the dressing and can quickly become soggy.

If a pasta or grain salad is held for later service, be especially careful to check it for seasoning before it is served, because these salads have a tendency to go flat as they sit. Salt and pepper are important seasonings, of course, but others, such as vinegars, herbs, or citrus juices, can give a brighter flavor.

legume salads

Dried beans should be cooked until they are tender to the bite and then allowed to cool in

their own cooking liquid. The center should be soft and creamy, and it is even possible that the skins may break open slightly. If a salad is made from a variety of dried beans, it is important that beans with different cooking times be cooked separately to the correct doneness.

Beans will not soften any further as they sit in a dressing. In fact, the acid in salad dressings will make the beans tougher, even if they are fully cooked. Bean salads, therefore, should not be dressed and allowed to rest for extended periods. If the salad is used within four hours of preparation, however, there is little significant texture change.

fruit salads

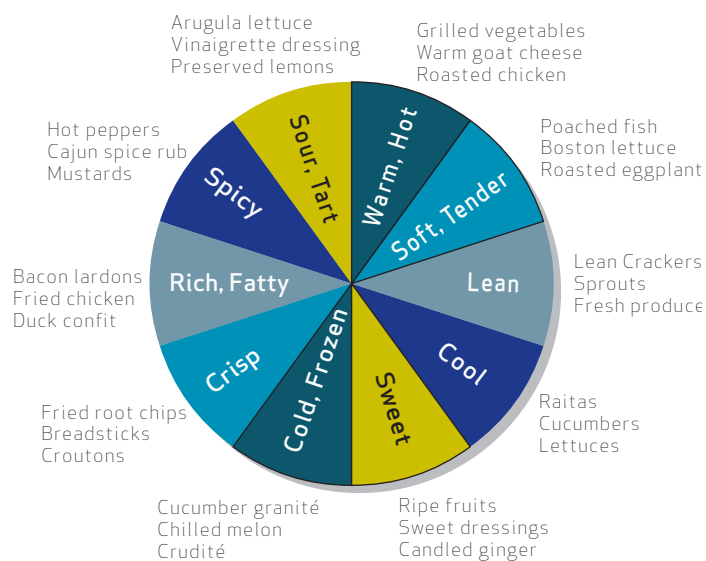
Fruits have a variety of characteristics, making some fruit salads fairly sturdy, while others lose quality very rapidly. Fruits that turn brown (apples, pears, and bananas) can be treated with fruit juice to keep them from oxidizing, as long as the flavor of the juice doesn't compete with the other ingredients in the salad. Dilute acidic juices, such as lime, with water.

Mixed fruit salads that include highly perishable fruits can be produced for volume operations by preparing the base from the least perishable fruits, such as cantaloupe, honeydew, or pineapple. The more perishable items, such as raspberries, strawberries, or bananas, can then be combined with smaller batches or individual servings at the last moment, or they can be added as a garnish.

Fresh herbs such as mint, tarragon, basil, or lemon thyme may be added to fruit salads as a garnish. Experiment to determine which herbs work best with the fruits selected for the salad.

COMPOSED SALADS

Composed salads are made by carefully arranging items on a plate, rather than tossing them together. A main item, such as grilled chicken or shrimp, a serving of cheese or grilled vegetables, and so forth, is often set on a bed of greens. The salad is garnished and dressed. Some composed salads feature foods that have contrasting colors, flavors, texture, heights, and temperatures. Others are based on a single motif that holds the plate's elements together.



A balance of flavors and textures should be considered when preparing a composed salad.

WARM SALADS

Warm salads are made by tossing the salad ingredients in a warm dressing, working over moderate to low heat. The salad should be just

Although there are no specific rules governing the requirements for a composed salad, the following principles should be kept in mind:

- » Consider how well each of the elements combine. Contrasting flavors are intriguing. Conflicting flavors are a disaster.
- » Repetition of a color or flavor can be successful if it contributes to the overall dish. But generally, too much of a good thing is simply too much.
- » All of the components on the plate should be capable of standing alone; however, the composition should be such that each part is enhanced by being in combination with the others. This produces a more intriguing eating experience than when one of the components is eaten alone.
- » Components should be arranged in such a way that the textures and colors of the foods are most attractive to the eye. The appearance of the plate should be given careful thought.

parson's garden salad

yield: 10 APPETIZER SERVINGS

salad

5 oz/142 g mâche
5 oz/142 g frisée
5 oz/142 g radicchio
5 oz/142 g watercress leaves
6 1/2 oz/184 g soybean sprouts, blanched and chilled
6 oz/170 g shelled peas, blanched and chilled
2 tbsp/6 g chopped chives
2 tbsp/6 g chopped parsley

garnish

16 fl oz/480 mL olive oil
2 garlic cloves, crushed
8 whole black peppercorns
8 1/2 oz/241 g julienned carrots
6 oz/170 g julienned celeriac
Salt, as needed
10 fl oz/300 mL Vinaigrette Gourmande (page 28)
5 oz/142 g slab bacon, cut into medium dice, cooked crisp
30 quail eggs, poached (see Chef's Note)

1. Clean and thoroughly dry all the lettuces. Combine all the greens. Portion as necessary for single servings or larger batch salads. Refrigerate until ready to serve.

2. Up to 2 hours before service, heat the oil, garlic, and peppercorns to 325°F/163°C. Add the carrots and celeriac and fry slowly until very crisp. Drain on absorbent paper towels and hold warm. Season with salt if desired.

3. Just before serving, whisk the vinaigrette vigorously and reseason. For each serving, toss 2 oz/57 g mixed greens with 2 tbsp/30 mL vinaigrette. Arrange on chilled plates; top with bacon and fried vegetables. Add 3 warm poached quail eggs. Serve immediately.

» **CHEF'S NOTE** To poach quail eggs, combine 32 fl oz/960 mL white table wine, 32 fl oz/960 mL water, and a pinch of salt. Bring to 200°F/93°C. Carefully crack eggs into cups and add to poaching liquid. Reduce heat to 170°F/77°C and cook until eggs are set, 2 to 3 minutes. Remove with a perforated spoon and blot dry before adding to salads. Refrigerate until ready to serve.

spring herb salad

yield: 10 APPETIZER OR SIDE SALAD SERVINGS

mixed greens

10 oz/284 g baby arugula
5 oz/142 g mizuna
5 oz/142 g baby tat-soi
1/2 head radicchio, cut into chiffonade
1 bunch flat-leaf parsley, leaves only
2 bunches chervil, separated into pluches
1 bunch chives, sliced 1/2 in/1 cm long

garnish

10 fl oz/300 mL Truffle Vinaigrette (page 28)
Salt, as needed
Coarse-ground black pepper, as needed
Shaved truffle, as needed (optional)

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1. Clean and thoroughly dry the mixed greens. Portion as necessary for single servings or larger batch salads. Refrigerate until ready to serve.
 2. Just before serving, whisk the vinaigrette vigorously and reseason. For each serving, toss 2 oz/57 g mixed greens with 2 tbsp/30 mL vinaigrette. Arrange on chilled plates, top with shaved truffles if desired, and season with salt and pepper. Serve immediately.

» **CHEF'S NOTE** Other herbs, such as dill, fennel, and tarragon, may be used in place of or in addition to the herbs listed.

apple-endive salad wrapped in prosciutto

yield: 15 SERVINGS

9 fl oz/270 mL olive oil	1 1/2 radicchio, julienned into 2- to 3-inch lengths
2 1/2 fl oz/75 mL apple juice	1 head frisée lettuce, cored and separated
2 1/2 fl oz/75 mL raspberry vinegar	1 lb/454 g prosciutto, thinly sliced
Salt, as needed	2 1/2 fl oz/75 mL reduced balsamic vinegar
Ground black pepper, as needed	15 oz/425 g crumbled blue cheese
5 Granny Smith apples, peeled, cored, and julienned	4 1/2 oz/128 g pine nuts, toasted
5 Belgian endives, julienned into 2- to 3-inch lengths	

-
1. In a bowl, combine the olive oil, apple juice, raspberry vinegar, salt, and pepper.
 2. Add the apple, endive, radicchio, and frisée, and toss to coat.
 3. To plate, place a 3-in/8-cm ring mold in the center of a plate, firmly pack the apple mixture into the mold, and then remove the mold. Repeat with remaining plates.
 4. Wrap each molded salad mixture with two slices of prosciutto.
 5. Drizzle each salad with 1 tsp reduced balsamic vinegar and sprinkle with 1 oz/28 g blue cheese and 1/4 oz/7 g pine nuts.

georgia peanut salad

yield: 10 SERVINGS

dressing

3 garlic cloves, minced
1 tbsp/3 g finely chopped tarragon
1 tbsp/3 g finely chopped chives
1 tbsp/3 g finely chopped parsley
1/2 tsp/1 g ground black pepper
1 oz/28 g brown sugar
3 fl oz/90 mL malt vinegar
6 fl oz/180 mL peanut oil
2 fl oz/60 mL salad oil
1 oz/28 g peanut butter
1/4 tsp/1 g salt
3 splashes Tabasco

salad

5 oz/142 g multigrain bread, cut into small cubes
3 tbsp/45 mL olive oil
1/2 tsp/1 g finely minced garlic
1/2 tsp/1.50 g salt
1/4 tsp/0.50 g ground black pepper
12 1/2 oz/354 g baby greens
10 oz/284 g peanuts, toasted
10 oz/284 g red seedless grapes, halved

1. Combine dressing ingredients thoroughly and adjust seasoning if necessary. Reserve.

2. Toss the bread cubes with the oil, garlic, salt, and pepper.

3. Toast in a 325°F/163°C oven until golden brown, 10 to 15 minutes, turning the croutons once.

4. For each serving, toss 1/4 oz/35 g greens with approximately 2 tbsp/30 mL of the dressing. Arrange the mixed greens on a salad plate. Garnish with croutons, toasted peanuts, and grapes.

» **PRESENTATION IDEA** Top the salad with grilled chicken to create a delicious light lunch out of this salad.

baby spinach, avocado, and grapefruit salad

yield: 10 SERVINGS

1 1/2 avocados, peeled, pitted, and sliced
3 grapefruits, cut into suprêmes
1 lb/454 g baby spinach

5 fl oz/150 mL Balsamic Vinaigrette (page 27)
Salt, as needed
Ground black pepper, as needed

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1. For each serving, combine 1/4 oz/35 g avocado with 1/2 oz/43 g grapefruit segments (about 3).
 2. Toss 1/2 oz/43 g spinach with 1 tbsp/15 mL vinaigrette for each serving. Season with salt and pepper as needed.
 3. Arrange the spinach on chilled plates. Top it with the avocados and grapefruit. Serve immediately.

» **CHEF'S NOTE** To add a crunchy texture to the plate, top the finished salad with a few toasted pecans or pine nuts.



greek salad with feta cheese and whole wheat pita

yield: 10 SERVINGS

10 oz/284 g Kalamata olives	1 lb 4 oz/567 g cherry tomatoes, halved
16 fl oz/480 mL Lemon Parsley Vinaigrette (page 29)	10 oz/284 g yellow peppers, julienned
2 lb 4 oz/1.02 kg romaine lettuce	10 oz/284 g red onion, peeled, sliced 1/8 in/3 mm thick
10 whole wheat pitas, cut into 8 wedges each	15 oz/425 g feta cheese, crumbled
1 lb 4 oz/567 g seedless cucumbers, peeled, sliced 1/8 in/3 mm thick	

1. Drain the olives and mix with 4 fl oz/120 mL of the vinaigrette and allow to marinate overnight.

2. To clean the romaine lettuce, remove about a third of the stem. Wash and spin dry. Tear into bite-size pieces.

3. Just before serving, whisk the vinaigrette vigorously and reseason. Toss 3½ oz/99 g of the romaine lettuce with 2 tbsp/30 mL of the vinaigrette for each serving.

4. Arrange the wedges of one pita around the rim of a chilled plate. Place the dressed romaine lettuce in the center of the plate and top with 2 oz/57 g sliced cucumber, 2 oz/57 g tomatoes, 1 oz/28 g peppers, onion, and olives, and 1½ oz/43 g feta cheese.

» **PRESENTATION IDEA** Serve each salad with two Stuffed Grape Leaves (page 537), as pictured here.

caesar salad

yield: 10 APPETIZER SERVINGS

salad

1 lb 4 oz/567 g romaine lettuce
12 oz/340 g Garlic-Flavored or Plain Croutons (page 666)

dressing

1 tbsp/9 g minced garlic
5 anchovy fillets

3/4 tsp/2.5 g salt, or as needed
1/2 tsp/1 g ground black pepper, or as needed
2 fl oz/60 mL egg yolks
2 fl oz/60 mL lemon juice, or as needed
10 fl oz/300 mL extra-virgin olive oil
6 oz/170 g finely grated Parmesan, or as needed

-
1. Separate the romaine into leaves. Clean and dry thoroughly. Tear or cut into pieces if necessary. Refrigerate until ready to serve.
 2. Prepare croutons and hold at room temperature until ready to serve.
 3. To prepare the dressing, mash together the garlic, anchovy fillets, salt, and pepper in a bowl to form a relatively smooth paste. Add the egg yolks and the lemon juice and blend well. Gradually add the olive oil, whisking as it is added to form a thick emulsion. Stir in the Parmesan. Adjust seasoning with salt and pepper if necessary.
 4. For each serving, combine 2 oz/57 g greens with 2 tbsp/30 mL dressing, tossing gently until evenly coated. Garnish with a few croutons.

- » **CHEF'S NOTE** According to culinary lore, this salad was created by Caesar Cardini in 1924 at his restaurant in Tijuana, Mexico. Today, Caesar salads may be served as a salad buffet item, a plated first course, or a main course salad garnished with seafood, sliced grilled chicken, or duck breast.
- » **PRESENTATION IDEA** Keep the leaves whole and lightly coat them with the Caesar dressing. Garnish the plate with croutons and shaved curls of Parmesan cheese over the top of the salad.



lobster and mâche with potato salad and vegetable juice

yield: 5 SERVINGS

vegetable juice

Olive oil, as needed
2 1/2 oz/71 g red pepper, sliced
2 1/2 oz/71 g leek, white parts only, sliced
2 1/2 oz/71 g celeriac, sliced
2 1/2 oz/71 g fennel, sliced
2 1/2 oz/71 g zucchini, sliced
2 1/2 oz/71 g carrot
3 garlic cloves
2 1/2 oz/71 g onion, sliced
1 sprig thyme
1 bay leaf
3 sprigs parsley
Salt, as needed
Ground black pepper, as needed
48 fl oz/1.44 L water

potato salad

1 sprig thyme
1 garlic clove
1 bay leaf
5 purple potatoes, washed well
5 small fingerling potatoes, washed well
Salt, as needed
1 1/2 tbsp/22.5 mL olive oil
1 1/2 tbsp/22.5 mL peanut oil
1 1/2 tbsp/22.5 mL Dijon mustard
1 1/2 tbsp/22.5 mL wine vinegar
Ground black pepper, as needed

5 live lobsters, about 1 lb/454 g each
2 tsp/10 mL red wine vinegar
2 1/2 tbsp/37.5 mL olive oil
10 oz/284 g mâche or mesclun mix,
washed and drained well
Ground black pepper, as needed

1. To make the vegetable juice, heat the olive oil in a pan over medium heat. Add the red pepper, leek, celeriac, fennel, zucchini, carrots, garlic, and onion and sauté until soft and translucent, about 5 minutes. Add the thyme, bay leaf, and parsley and season with salt and pepper.
2. Add water and cook over high heat for 45 minutes to reduce. Strain through cheesecloth or a fine-mesh sieve. Taste and adjust the seasoning if needed. If desired, reserve the vegetables for another use.
3. To cook the potatoes, bring a pot of salted water to a boil. Add the thyme, garlic, and bay leaf. Add the unpeeled potatoes and cook until fork-tender. Remove the potatoes from the water and peel while still warm. Slice them 1/4 inch/6 mm thick.
4. To finish the potato salad, combine the olive oil, peanut oil, mustard, and vinegar and season with salt and pepper. Add the sliced potatoes and mix gently.
5. To prepare the lobsters, drop the live lobsters in salted water at a full boil and cook for 8 to 10 minutes. Remove the lobsters from the water and allow to cool. Remove the meat from the lobster's tail and the claws, and hold it at room temperature.

6. Combine the vegetable juice with the red wine vinegar and olive oil. Use one-third of this mixture to dress the mâche.

7. Slice the lobster meat and gently combine it with the mâche salad.

8. To serve, mount each plate with 1 oz/28 g of the remaining dressing and sprinkle with pepper. Divide the mâche and lobster mixture among the five plates, placing it in the pool of dressing, and surround with the potato salad, dividing it evenly among the five portions.



roasted beet salad

yield: 10 SERVINGS

4 beets (about 2 lb/907 g), greens
trimmed to 1 in/3 cm

Salt, as needed

1 1/4 fl oz/37.50 mL extra-virgin olive oil

1 tbsp/15 mL red wine vinegar

1 tbsp/15 mL lemon juice

Pinch cayenne

-
1. Arrange the beets in a 2-in/5-cm deep half-hotel pan; add water just to cover the bottom of the pan. Season with salt. Cover with foil and roast in a 375°F/191°C oven until fork-tender, approximately 1 hour.
 2. While the beets are roasting, combine the olive oil, vinegar, lemon juice, and cayenne to make a dressing.
 3. Trim the roasted beets, slip off the skin, and slice into 1/4-in/6-mm rounds. The slices should also be halved or quartered as needed to provide a uniform size. Add to the dressing while still warm.
 4. Let rest at room temperature for at least 30 minutes before serving or cooling for storage.

» **PRESENTATION IDEAS** Use either red or golden beets for this salad.

The beets are roasted in this recipe, but they could also be boiled or steamed.

For a special presentation, alternate the sliced beets with orange slices, but be sure to assemble this at the last minute or the beets will bleed onto the oranges.

roasted potato and shaved fennel salad

yield: 1½ QT/1.440 L

2 oz/57 g flat-leaf parsley, chopped	2 shallots, minced
3 ½ fl oz/105 mL extra-virgin olive oil	2 garlic cloves, minced
½ oz/14 g chives, thinly sliced	Salt, as needed
2 ½ oz/ 71 g capers, drained, rinsed, chopped	Ground black pepper, as needed
2 fl oz/60 mL fresh orange juice	2 fennel bulbs (about 1 lb 4 oz/567 g)
2 tbsp/30 mL white wine vinegar	
2 tsp/6 g orange zest, finely grated	2 lb/907 g roasted bliss potatoes, cut into medium dice
2 tsp/3 g chopped fresh thyme	

-
1. In a medium bowl, combine the parsley, oil, chives, capers, juice, vinegar, zest, thyme, shallots, and garlic to make a salsa verde. Season with salt and pepper.
 2. Cut off the top and bottom of the fennel bulbs. Cut the fennel bulbs in half from top to bottom. Lay each half flat on its cut surface and slice each half crosswise as thinly as possible. Stop slicing when you hit the bulb's core. Discard the remainder or reserve for other use.
 3. Combine the salsa verde with the shaved fennel and add the roasted potatoes. Toss well to coat, season with salt and pepper, and serve.

marinated roasted pepper salad

yield: 10 SERVINGS

salad

8 oz/227 g roasted red peppers, peeled and seeded
8 oz/227 g roasted green peppers, peeled and seeded
8 oz/227 g roasted yellow peppers, peeled and seeded
4 3/4 oz/135 g tomatoes, peeled and seeded
1 oz/28 g golden raisins
3 tbsp/45 mL dry sherry

dressing

7 fl oz/210 mL Balsamic Vinaigrette (page 27)
4 oz/113 g red onion, julienned
2 oz/57 g black olives (about 20), cut into strips
1/2 oz/14 g chopped cilantro
1/2 jalapeño, minced
1 garlic clove, minced

garnish

3/4 oz/21 g Parmesan
3/4 oz/21 g toasted pine nuts

-
1. Cut the roasted peppers and tomatoes into 1/2-in/1-cm strips. Plump the raisins in the sherry.
 2. Combine the dressing ingredients and pour over the peppers, tomatoes, and drained raisins.
 3. Toss to combine. Let the salad rest at room temperature for 30 to 45 minutes before serving at room temperature, or refrigerate for later service.
 4. Just before serving, shave Parmesan curls over each serving and top with toasted pine nuts.

» **VARIATIONS** MARINATED ROASTED PEPPERS: Omit the tomatoes and plumped raisins. Dress with a plain balsamic vinaigrette, omitting olives, onion, cilantro, jalapeño, and garlic. Use as required in other recipes (see Hazelnut Romesco Sauce, page 63).

MARINATED PEPPERS AND MUSHROOMS: Add 8 oz/227 g julienned shiitake or white mushrooms to the pepper and tomato mixture.

hearts of artichoke salad

yield: 10 SERVINGS

artichokes

10 artichokes or 30 baby artichokes
2 lemons, halved

cuisson

2 fl oz/60 mL lemon juice
4 cloves
1 bouquet garni
2 tsp/6.50 g salt

dressing

9 fl oz/270 mL olive oil
3 fl oz/90 mL balsamic vinegar
Salt, as needed
Ground white pepper, as needed
1/2 bunch flat-leaf parsley, leaves only
6 1/2 oz/184 g Kalamata olives (about 30), pitted
1 red onion, sliced into thin rings or julienned
4 lb/1.81 kg plum tomatoes, peeled, seeded, and quartered

1. Cut the ends off the artichokes and trim off the outer leaves. Scoop out the chokes. Quarter each heart and rub with the halved lemons. Hold in acidulated water.
2. To prepare the cuisson, combine 1 gal/3.84 L water with the lemon juice, cloves, bouquet garni, and salt. Bring the mixture to a simmer. Add the artichoke hearts and simmer until tender, 8 to 12 minutes. Drain and let dry on absorbent paper towels while preparing the dressing.
3. Whisk together the oil, vinegar, salt, pepper, and parsley. Add the artichoke hearts, olives, onion, and tomatoes.
4. Let rest at room temperature for at least 30 minutes before serving or cooling for storage.

1. To clean an artichoke, cut off the ends at the widest point and trim off the tough outer leaves.

2. Once the bottom of the artichoke has been trimmed, scoop out the thistly choke from the center.



haricots verts with prosciutto and gruyère

yield LD: 10 SERVINGS

salad

1 lb 4 oz/567 g haricots verts
5 oz/142 g prosciutto
5 oz/142 g Gruyère

dressing

2 tbsp/30 mL lemon juice, or as needed
1 tbsp/15 mL white wine vinegar
1/2 tsp/1.50 g salt
1/4 tsp/0.50 g ground white pepper
1/2 oz/14 g minced shallots
3 fl oz/90 mL vegetable oil

1. Trim the haricots verts and rinse. Cut the prosciutto and Gruyère into fine julienne.

2. Combine the lemon juice, vinegar, salt, pepper, and shallots. Gradually whisk in the oil to make a dressing.

3. Blanch the haricots verts in salted boiling water until barely tender to the bite. Refresh in cold water. Drain and blot dry.

4. Add the haricots verts, prosciutto, and Gruyère to the dressing. Toss to combine and let rest at room temperature for at least 30 minutes before serving or storing.

- » **CHEF'S NOTE** This salad could be featured as a side salad for a pâté, terrine, or galantine. Or it could be served on its own or as part of a salad sampler appetizer plate. If haricots verts are unavailable, this salad is equally good prepared with regular green beans, asparagus, or leeks.
- » **VARIATION** HARICOTS VERTS WITH WALNUT AND RED WINE VINAIGRETTE (page 27): Paul Bocuse, the famous chef of Lyon, France, combines 12 oz/340 g haricots verts, 8 oz/227 g sliced white mushrooms, a few slivers of truffle, and a dressing made with walnut oil and Beaujolais wine vinegar for a simple but elegant salad.

shaved fennel salad

yield: 10 SERVINGS

salad

1 lb 4 oz/567 g fennel bulbs (about 2 large bulbs)
4 to 6 fl oz/120 to 180 mL extra-virgin olive oil
2 fl oz/60 mL lemon juice
Salt, as needed
Freshly ground pepper, as needed
1/2 oz/14 g chopped flat-leaf parsley
10 oz/284 g cèpes, sliced thin (optional)

garnish

3 oz/85 g Parmesan
1/2 to 2 tbsp/7.50 mL white truffle oil or hazelnut oil

1. Cut off the top and bottom of the fennel bulbs. Cut the fennel bulbs in half from top to bottom. Lay each half flat on its cut surface and slice each half crosswise as thinly as possible. Stop slicing when you hit the bulb's core. Discard the remainder or reserve for other use.

2. Combine the olive oil, lemon juice, salt, and pepper thoroughly. Add the fennel, parsley, and sliced cèpes, if using; toss to coat evenly. Refrigerate until needed.

3. For each serving, arrange 2½ oz/71 g salad on a chilled plate. Shave about ¼ oz/7 g Parmesan over the salad and drizzle with a little truffle or hazelnut oil.

- » **VARIATIONS** FENNEL AND PERSIMMON SALAD: Prepare the salad through step 2. Garnish with shaved fuyu persimmon and finish with a few drops of balsamic vinegar.
- ARTICHOKE AND FENNEL SALAD: Replace half the fennel with cooked artichoke hearts (see page 121 for cooking instructions). Dress and finish as above.
- GRILLED FENNEL SALAD: Slice the fennel ¼ in/6 mm thick, brush with a little of the dressing, and grill until tender. Cool the fennel before combining with the remaining dressing in step 2.



roasted corn and tomato salad

yield: 10 SERVINGS

dressing

5 ¹/₃ fl oz/160 mL olive oil
4 fl oz/120 mL white wine vinegar
1 ¹/₂ tsp/4.50 g roasted garlic paste
1 tsp/3 g salt
¹/₂ tsp/1 g coarse-ground black pepper

salad

1 lb 4 oz/567 g roasted corn kernels (see Chef's Note)
1 lb 1 oz/482 g tomato concassé
³/₄ oz/21 g sliced green onions
1 tbsp/3 g chopped cilantro
1 tbsp/3 g chopped flat-leaf parsley

1. Blend the oil, vinegar, and garlic paste. Season with salt and pepper.

2. Add the corn, tomato concassé, green onions, and herbs. Toss to coat evenly. Adjust seasoning, if necessary. Serve immediately or cover and refrigerate until serving.

» **CHEF'S NOTE** To roast corn, cut the kernels off the cob, toss with olive oil, salt, and pepper, and spread in a single layer on a sheet pan. Roast at 350°F/177°C until some of the moisture has evaporated from the kernels and they have turned a dark golden color with light brown tinges.

coleslaw

yield: 10 SERVINGS

salad

1 lb 2 oz/510 g green cabbage, chiffonade
5¹/₄ oz/149 g red cabbage, chiffonade
1 3/4 oz/50 g carrots, julienned
1 3/4 oz/50 g red and yellow peppers, julienned
1 3/4 oz/50 g red onion, julienned

dressing

1/2 oz/14 g sugar
2 tsp/4 g dry mustard

1 tsp/2 g celery seed
3¹/₃ fl oz/100 mL Basic Mayonnaise (page 36)
3¹/₃ fl oz/100 mL sour cream
2 tbsp/30 mL cider vinegar
2 tsp/11 g prepared horseradish (optional)
1 tsp/5 g mild brown mustard
Salt, as needed
Ground white pepper, as needed
Tabasco, as needed

-
1. Combine the cabbages, carrots, peppers, and onion.
 2. Stir together the sugar, mustard, and celery seed to work out lumps. Add the remaining dressing ingredients and stir to combine.
 3. Fold the cabbages, carrots, peppers, and onion into the dressing. Serve immediately or cover and refrigerate until serving.

» **CHEF'S NOTE** A mixture of cabbages, peppers, carrots, and onion makes a colorful variation on the classic coleslaw. For a more traditional slaw, omit the peppers and onion.

marinated tomato salad

yield: 10 SERVINGS

4 oz/113 g minced red onion
2 garlic cloves, minced
2 fl oz/60 mL sherry vinegar
4 fl oz/120 mL extra-virgin olive oil
1 bunch flat-leaf parsley, chiffonade
2 bunches opal basil, chiffonade

1 lb 13 oz/822 g peeled, seeded,
and diced heirloom tomatoes
1 lb 9 oz/709 g halved currant tomatoes
Salt, as needed
Ground black pepper, as needed

-
1. Combine the onion, garlic, and sherry vinegar and allow to macerate for 15 minutes.
 2. Drizzle in the olive oil, then stir in the parsley and opal basil.
 3. Add the tomatoes and marinate for 1 hour under refrigeration.
 4. Season with salt and pepper and serve immediately or refrigerate until needed.

mediterranean potato salad

yield: 10 SERVINGS

2 lb 8 oz/1.13 kg waxy potatoes (such as Yellow Finn or Yukon Gold)

dressing

7 fl oz/210 mL extra-virgin olive oil

3 fl oz/90 mL red wine vinegar

2 tbs/30 mL balsamic vinegar

1 oz/28 g coarsely chopped flat-leaf parsley

1 1/2 oz/43 g chopped capers

1/2 oz/14 g chopped anchovy fillets

1 tsp/3 g minced garlic

1 tsp/3 g salt

1/4 tsp/0.50 g ground white pepper

-
1. Simmer the potatoes in salted water until just cooked through.
 2. While the potatoes are cooking, mix the dressing ingredients.
 3. Drain the potatoes and dry briefly to remove any excess moisture. Peel and cut into medium dice while still very hot and place in a bowl.
 4. Whisk dressing to recombine and pour over the potatoes. Let rest at room temperature for at least 30 minutes before serving or cooling for storage.

- » **CHEF'S NOTE** This salad can be served either warm or cold. If the salad is to be served warm or at room temperature, it should be made just prior to service and held no longer than 3 hours. If the salad is to be held or served cold, chill it in the refrigerator once the potato salad has rested at room temperature for 30 minutes.
- » **VARIATION** MEDITERRANEAN POTATO SALAD WITH MUSSELS: Steam or poach mussels until just cooked through. If the salad is being served warm, poach the seafood just before serving and fold into the salad while still warm. For a cold presentation, steam or poach the mussels, chill well, and add to the cooled salad. Store as described above. Other shellfish, such as clams, can be used as well.



german potato salad

yield: 10 SERVINGS

2 lb 4 oz/1.02 kg waxy potatoes (such as Yellow Finn or Yukon Gold)
20 fl oz/600 mL Chicken Stock (page 643)
2 fl oz/60 mL white wine vinegar
4 oz/113 g diced onion
1 tsp/3 g salt, or as needed

1 tsp/4 g sugar, or as needed
Ground white pepper, as needed
2 oz/57 g diced bacon
2 fl oz/60 mL vegetable oil
2 tbsp/28 g mild brown mustard
1/2 bunch chives, snipped

-
1. Cook the potatoes in simmering salted water until just tender. Drain and dry. While the potatoes are still hot, remove the peels and slice the potatoes 1/8 in/3 mm thick.
 2. Combine the chicken stock, vinegar, onion, salt, sugar, and pepper, and bring to a boil. Pour the boiling stock mixture over the potatoes.
 3. Render the bacon, remove it from the pan with a slotted spoon, and keep it warm.
 4. Combine the oil, rendered bacon fat, and mustard with the warm potatoes. Add the rendered bacon and chives; toss the salad gently.
 5. The salad may be served warm or at room temperature.

» **CHEF'S NOTE** It is important to use waxy potatoes so that the warm salad will retain its structure when served.

tabbouleh salad

yield: 10 SERVINGS

salad

1 lb/454 g bulgur
2 1/2 oz/71 g chopped flat-leaf parsley
14 oz/397 g diced tomatoes
1 oz/28 g finely sliced green onions, white part only
1/2 oz/14 g chopped mint

dressing

8 fl oz/240 mL extra-virgin olive oil
4 fl oz/120 mL lemon juice
Salt, as needed
Ground black pepper, as needed

1. Place the bulgur in a bowl and cover with warm water. Soak for 30 minutes and drain well.
2. In a large mixing bowl, combine the bulgur with the parsley, tomatoes, green onions, and mint.
3. Whisk together the dressing ingredients, pour over the salad, and toss to coat evenly. Serve immediately or cover and refrigerate until serving.

lentil and walnut salad

yield: 10 SERVINGS

10 2/3 oz/302 g French lentils
1 carrot, cut into brunoise, blanched
2/3 stalk celery, peeled, cut into brunoise, blanched
1/3 leek, white part only, cut into small dice, blanched

5 1/3 oz/151 g toasted walnuts, skins removed
3 1/3 fl oz/100 mL Mustard-Walnut Vinaigrette (page 30)

1. Simmer the lentils in water until they are tender. Refresh in cold water and drain well. Rinse until cold and drain well again.
2. Combine the lentils, carrot, celery, leek, and walnuts. Refrigerate until ready to serve.
3. Up to 4 hours before serving, combine the lentil mixture with the vinaigrette. Serve at room temperature or chilled. Adjust seasoning before serving if necessary.

» **CHEF'S NOTE** Legumes will toughen if they are left in contact with an acid, such as this vinaigrette, for extended periods. As with all bean salads, this salad is best when prepared and consumed on the same day.

israeli couscous and heirloom grains

yield: 10 SERVINGS

2 oz/57 g kamut-rice blend

3 3/4 oz/106 g green lentils

5 1/2 oz/156 g Israeli couscous

9 1/2 oz/269 g seedless cucumber, cut into small dice

3 1/2 oz/99 g medium-dice savoy cabbage

1 1/2 oz/43 g green onion, thinly cut on bias

8 fl oz/240 mL Lemon Parsley Vinaigrette (page 29)

-
1. Cook the kamut-rice blend and green lentils separately and allow them to cool to room temperature.
 2. Cook the Israeli couscous and allow it to cool to room temperature.
 3. Mix the cooled grains together in a large bowl. Add the cucumber, cabbage, and green onion to the grains and mix to combine.
 4. Fold in the vinaigrette.
 5. Serve about 6 fl oz/80 mL per person, or refrigerate until needed.

» **CHEF'S NOTE** Israeli couscous is a large granular pasta and should be cooked briefly in a large pot of boiling water, as you would cook pasta. It may be necessary to shock the couscous to help it cool to room temperature.

corona bean salad with basil

yield: 10 SERVINGS

1 lb/454 g corona beans, sorted, rinsed, and soaked 12 to 24 hours in advance	Salt, as needed
2 fl oz/60 mL olive oil	2 1/2 oz/71 g celery hearts (including leaves), chopped
3 oz/85 g carrot, peeled and left whole	1/2 oz/14 g lemon zest chiffonade, blanched
3 oz/85 g celery, halved	2 tbsp/6 g flat-leaf parsley leaves
1/4 oz/7 g garlic cloves, crushed	2 tbsp/6 g basil chiffonade
2 rosemary sprigs	1/4 oz/7 g garlic cloves, thinly sliced
2 thyme sprigs	2 fl oz/60 mL extra-virgin olive oil
1 bay leaf	1 1/2 tsp/7 mL white balsamic vinegar
2 oz/57 g pancetta (optional)	Ground black pepper, as needed
3 1/2 oz/99 g red onions, fine julienne or small dice	

1. Combine the beans, oil, carrot, celery halves, crushed garlic, rosemary, thyme, and bay leaf (and pancetta, if desired) in a saucepot. Add enough fresh cold water to cover the mixture by 4 in/10 cm and bring to a full boil. Reduce the heat to a simmer and cook the beans until tender, 60 to 90 minutes. Stir occasionally to prevent scorching and add more water as necessary to keep the beans covered by about 2 in/5 cm.

2. Add salt to season the beans. Remove and discard the celery, carrot, garlic, and herbs. Cool in the cooking liquid. Cover and keep refrigerated until ready to prepare the salad.

3. Drain the beans. Combine the red onions, celery hearts, lemon zest, parsley, basil, and garlic slices. Drizzle with the extra-virgin olive oil and vinegar, season with 1 tsp/3 g salt and 1/4 tsp/0.50 g pepper, toss to combine, and set aside.

4. Add the drained beans and toss to combine. Taste and season with salt and pepper. Cover the salad and allow to rest for at least 30 minutes and up to 3 hours before serving.

» **VARIATION:** RED BORLOTTI BEAN SALAD WITH ROSEMARY: Substitute red borlotti beans for the corona beans, adjusting the cooking time as necessary. Replace the basil chiffonade with 2 tsp/4 g minced rosemary leaves..

mixed bean and grain salad

yield: 10 SERVINGS

salad

6 oz/170 g chickpeas, soaked overnight

6 oz/170 g green lentils

3 oz/85 g acini de pepe pasta

6 oz/170 g bulgur

dressing

5 ¹/₃ fl oz/160 mL Hazelnut-Oregano
Vinaigrette (page 30)

3 sun-dried tomatoes, minced

Salt, as needed

Coarse-ground black pepper, as needed

1. Cook the chickpeas, lentils, and pasta separately in salted water. Refresh in cold water and drain well. Combine gently in a bowl.
2. Place the bulgur in a bowl and cover with warm water. Soak for 30 minutes and drain well. Combine with the chickpea mixture.
3. Whisk together the dressing ingredients, pour over the salad, and toss to coat evenly. Serve immediately, or cover and refrigerate until ready to serve.

» **PRESENTATION IDEA** Serve the salad with skewers of grilled lamb and red and yellow peppers.



fattoush

yield: 10 TO 12 SERVINGS

pitas

6 pitas
3 tbsp/45 mL extra-virgin olive oil
Salt, as needed
Ground black pepper, as needed

dressing

2 fl oz/60 mL lemon juice
1 tbsp/15 mL white wine vinegar
1 tbsp/15 g ground sumac
2 garlic cloves, minced
4 fl oz/120 mL extra-virgin olive oil

Salt, as needed
Ground black pepper, as needed
2 tbsp/6 g chopped thyme
1/2 tsp/1 g cayenne
2 tsp/8 g sugar

vegetables

1 bunch green onions, chopped
1 oz/28 g chopped flat-leaf parsley
6 plum tomatoes, seeded, cut into medium dice
1 seedless cucumber, peeled, cut into medium dice
8 oz/227 g radishes, cut into brunoise or sliced thin
1 yellow pepper, seeded, cut into small dice

1. Cut the pitas into small wedges. Toss with the oil, salt, and black pepper. Bake on a sheet pan in a 300°F/149°C oven for about 15 minutes, turning half-way through the baking. The pita should be crisp but not crumbly.
2. Combine dressing ingredients thoroughly and adjust seasoning if necessary.
3. Combine the vegetables with the dressing and toss until coated. Fold in the pita wedges. Adjust seasoning with salt and pepper. If the salad is too dry, sprinkle with a little water to moisten.

» **CHEF'S NOTE** Sumac is a favored seasoning in Syrian, Lebanese, and other Middle Eastern cuisines. It is made from the berries of the sumac tree and has a tart, slightly bitter flavor.

fall panzanella salad

yield: 10 SERVINGS

2 lb 4 oz/1.02 kg butternut squash,
peeled and cut into medium dice
2 fl oz/60 mL olive oil
1/2 oz/14 g salt, plus as needed
2 tsp/4 g ground black pepper, plus as needed
8 oz/227 g dried cranberries

14 oz/397 g sourdough bread
4 oz/113 g walnuts, toasted and roughly chopped
3 tbsp/9 g sage chiffonade
16 fl oz/480 mL Roasted Shallot
Vinaigrette (page 32)

1. Lightly coat the diced squash with some of the olive oil and season with salt and pepper. Spread the squash out on a parchment-lined sheet pan and bake in a 350°F/177°C oven until it is tender yet still holds its shape, about 30 minutes. Allow to cool to room temperature.

2. Rehydrate the cranberries in hot water for 5 to 10 minutes; discard water.

3. Cut the sourdough down the center lengthwise and brush the insides very lightly with the remaining olive oil. Grill the bread, cut side down, over medium heat to dry out and get marks. Rotate the bread halfway through to get crosshatch marks, if desired. Cool and cut the bread into large dice. If needed, bake the cubes in the oven to dry further. The cubes should be crisp on the outside but still slightly tender and chewy on the inside. They should not be completely dried out like croutons.

4. Once the squash and bread are cool, combine them with the cranberries, walnuts, sage, and vinaigrette and fold very gently to keep the shape of the squash. (Note: The amount of dressing needed may vary depending on the bread used.)

5. Taste and adjust seasoning as needed with salt and pepper.

» **CHEF'S NOTE** This salad is best if made the day before serving and is a thrifty way to use bread that has become too dry for slicing and eating. The squash can be roasted and the bread can be grilled ahead of time before tossing the salad ingredients together.





soba noodle salad

yield: 10 SERVINGS

1 lb 4 oz/567 g soba noodles
2 tbsp/30 mL rice vinegar
4 fl oz/120 mL tamari
1 1/2 tsp/7 g light miso
4 fl oz/120 mL sesame oil
3/4 oz/21 g unhulled sesame seeds

1/2 tsp/1 g red pepper flakes
6 oz/170 g carrots, cut into fine julienne
4 oz/113 g green onions, thinly sliced on the bias
Salt, as needed
Ground black pepper, as needed

-
1. Cook the noodles in boiling salted water until al dente. Rinse with cold water, drain, and dry.
 2. To prepare the dressing, stir together the rice vinegar, tamari, and miso. Whisk in the sesame oil, sesame seeds, and red pepper flakes.
 3. Toss the carrots and green onions in the dressing.
 4. Pour the dressing over the pasta, toss, and adjust seasoning with salt and pepper.

» **CHEF'S NOTE** Soba noodles are made from buckwheat and wheat flours and have a brownish gray color when cooked.

couscous and curried vegetable salad

yield: 10 SERVINGS

1 lb 8 oz/680 g asparagus, trimmed and cut on the bias 2 in/5 cm long
12 oz/340 g cauliflower florets
12 oz/340 g fennel, julienned
6 oz/170 g cooked chickpeas, drained and rinsed
8 fl oz/240 mL Curry Vinaigrette (page 30)
Salt, as needed
Ground black pepper, as needed

1 lb 8 oz/680 g couscous
1 cinnamon stick
1 oz/28 g flat-leaf parsley leaves, whole or chiffonade
3 oz/85 g slivered almonds, toasted
2 oz/57 g dry currants, plumped in warm water
1 lb/454 g grape or cherry tomatoes
2 tbsp/30 mL Harissa (page 593)

-
1. Steam or boil the vegetables separately until tender; drain well. Combine the vegetables and the chickpeas with the vinaigrette while the vegetables are still hot. Season with salt and pepper. Cover and refrigerate for at least 2 and up to 12 hours.
 2. Steam the couscous with the cinnamon stick until hot, fluffy, and tender. Fluff the couscous to break up any lumps and fold in the parsley, almonds, and currants. Taste and season with salt and pepper. Top with the marinated vegetables and tomatoes. Drizzle a few drops of harissa on the salad.

» **CHEF'S NOTE** Quartered artichoke bottoms or hearts can be included with the vegetables as they marinate.



black bean salad

yield: 10 SERVINGS

8 oz/227 g dried black beans

7 oz/198 g white rice

4 oz/113 g diced red peppers

5 oz/142 g diced onion

1 tbsp/9 g minced garlic

2 fl oz/60 mL olive oil

2 tsp/6.50 g salt, or as needed

2 tbsp/30 mL lime juice

3 tbsp/9 g chopped cilantro

8 oz/227 g queso blanco, crumbled

-
1. Soak the black beans overnight. Discard soaking water.
 2. Place the soaked beans in a medium saucepan and cover with fresh cold water. Bring to a boil, cover, and cook over medium-high heat until tender, 1½ to 2 hours. As the beans are cooking, watch the liquid level and add water as needed to prevent scorching. When beans are fully cooked, drain well and cool slightly.
 3. Cook the white rice in abundant rapidly boiling salted water just until tender, about 10 minutes for white medium-grain rice, then drain well and cool slightly.
 4. Sauté the red pepper, onion, and garlic in 2 tbsp/30 mL olive oil. Season lightly with salt and cool slightly.
 5. Fold the red pepper mixture into the cooked and cooled beans.
 6. Make a vinaigrette using the remaining olive oil, lime juice, cilantro, and salt. Pour over bean mixture and gently fold, coating the salad.
 7. Gently fold in the rice.
 8. Gently fold the crumbled queso blanco into the salad. Adjust seasoning with salt. Cool completely; cover and refrigerate until serving.

» **CHEF'S NOTE** Queso blanco is a fresh, soft, white cheese that is originally from Mexico, and it is very simple to make.

thai-style green papaya salad

yield: 10 SERVINGS

8 garlic cloves, roughly chopped	8 oz/227 g long beans, cut into 1½-in/4-cm lengths
3 Thai chiles, roughly chopped	2 lb 8 oz/1.13 kg green papaya, julienned
½ oz/14 g dried shrimp, chopped	4 oz/113 g carrot, julienned
2 fl oz/60 mL tamarind pulp	4 oz/113 g toasted peanuts, roughly chopped
2 fl oz/60 mL lime juice	10 cherry tomatoes, halved
3 fl oz/90 mL fish sauce	10 green cabbage leaves
1½ oz/43 g palm sugar	2 lb 8 oz/1.13 kg steamed sticky rice

1. Combine the garlic, chiles, and dried shrimp.
2. Add the tamarind, lime juice, fish sauce, and sugar. Stir to mix, then add the long beans. Pound the mixture a few times to bruise the beans. Add the papaya, carrots, and peanuts.
3. Stir in the tomato halves and bruise lightly. Adjust seasoning with lime juice, fish sauce, and palm sugar, if necessary.
4. Serve the salad in a cabbage leaf with the steamed sticky rice on the side.

crème fraîche chicken salad

yield: 10 SERVINGS

3 qt/2.88 L Chicken Stock (page 643)	6 oz/170 g grapes, halved
Salt, as needed	2 tbsp/6 g finely chopped marjoram
1½ oz/43 g crushed garlic cloves (optional)	3 tbsp/9 g finely chopped chervil
2 lb 8 oz/1.13 kg boneless and skinless chicken breasts	3 tbsp/9 g finely chopped tarragon
6 fl oz/180 mL crème fraîche	2 tbsp/6 g finely chopped oregano
6 fl oz/180 mL mayonnaise	Salt, as needed
4 oz/113 g roughly chopped pecans	Ground black pepper, as needed

1. Season the stock with salt and add the garlic if desired. Poach the chicken breasts in the stock over medium heat in a sauce pot until it is fork-tender and fully cooked, 30 to 35 minutes.
2. Allow the chicken to cool to room temperature. Cut it into medium dice.
3. Combine the chicken with the remaining ingredients and adjust seasoning with salt and pepper.
4. Serve immediately or refrigerate for later service.

salad of crab and avocado

yield: 10 SERVINGS

1 lb/454 g red peppers	3 tbsp/9 g chopped cilantro
1 lb/454 g yellow peppers	1 jalapeño, seeded, finely diced
2 fl oz/60 mL olive oil	10 oz/284 g avocado, ripe, cut into 1/4-in/6-mm dice
1 1/2 tsp/5 g salt	2 tbsp/30 mL lime juice
1 tsp/2 g ground black pepper	1 lb 4 oz/567 g crabmeat, picked over
10 oz/284 g tomato concassé	4 fl oz/120 mL crème fraîche
1 1/2 oz/43 g red onion, finely chopped	10 cilantro sprigs
1 tbsp/9 g minced garlic	

1. Rub peppers with about 2 tbsp/30 mL olive oil.
2. Roast the peppers on a rack in a 375° to 400°F/191° to 204°C oven until the skin becomes loose, 35 to 45 minutes. Do not allow the peppers to gain color. Remove the skin and the seeds from the peppers.
3. Cool the peppers. Purée each color separately in a food processor, and pass each through a fine-mesh strainer. Season each with approximately 1/2 tsp/1.50 g salt and a pinch of pepper and put into squeeze bottles.
4. One hour before molding, mix the tomato, onion, garlic, chopped cilantro, and jalapeño to form a salsa.
5. Combine the avocado, lime juice, 1/2 tsp/1.50 g salt, and a pinch of pepper.
6. In a 2 1/2-in/6-cm-diameter by 1 1/4-in/3-cm-high ring mold, layer 1 1/2 oz/43 g avocado mixture, 1 1/2 oz/43 g tomato salsa, and 3 oz/85 g crabmeat. Press each layer into the mold gently and make sure that the last layer is pressed firmly into the ring mold.
7. Spoon approximately 1 tbsp/15 mL crème fraîche on top of the crab and smooth it even with the rim of the ring mold, using a small offset spatula.
8. Transfer the filled ring to the center of a plate 8 in/20 cm in diameter and carefully lift off the ring mold. Place a cilantro sprig on top of the crème fraîche.
9. Use the squeeze bottles to create two concentric circles of sauce around the crab salad.

» **PRESENTATION IDEA** Layer the salsa, avocado, and crab in a clear glass and top with the crème fraîche and cilantro, if desired.





baked goat cheese with garden lettuces, roasted figs, pears, and toasted almonds

yield: 10 APPETIZER SERVINGS

1 lb 4 oz/567 g marinated fresh goat cheese	15 fl oz/450 mL Balsamic Vinaigrette (page 27)
8 oz/227 g dry bread crumbs	Salt, as needed
10 roasted figs (see Chef's Note), halved	Ground black pepper, as needed
1 lb 14 oz/850 g mesclun mix	2 1/2 oz/71 g Toasted Almonds (page 663)
2 pears, cored and sliced into thin wedges	

1. Drain the marinated cheese of excess oil. Slice into 20 rounds. Gently dip the cheese into the bread crumbs and place on sheet pans. Refrigerate at least 2 hours and up to overnight.

2. For each serving, bake 2 rounds of cheese in a 450°F/232°C oven until lightly browned, about 10 minutes. Let the cheese cool while lightly grilling the figs. Toss 3 oz/85 g mesclun mix and 3 or 4 pear slices with 2 tbsp/30 mL vinaigrette; season with salt and pepper. Mound on a chilled plate. Top with goat cheese rounds, figs, and a few almonds.

» **CHEF'S NOTE** To roast figs for this salad, remove the top portion of the stem. Season with salt and pepper, and put into a 2-in/5-cm-deep hotel pan. Add enough chicken stock to cover the figs halfway. Add a bay leaf and thyme sprig. Cover and roast in a 350°F/177°C oven until tender and plump, about 20 minutes. Warm skin side down on a grill just before service, if desired.

avocado, tomato, and corn salad

yield: 10 ENTRÉE SERVINGS

3 red beefsteak tomatoes, sliced thin	15 fl oz/450 mL Chipotle-Sherry Vinaigrette (page 31)
3 yellow beefsteak tomatoes, sliced thin	5 ripe avocados, peeled, pitted
5 1/4 oz/149 g cherry tomatoes, halved lengthwise	10 oz/284 g aged Vermont cheddar, crumbled
5 oz/142 g pear tomatoes, halved lengthwise	1 red onion, thinly sliced and separated into rings
5 oz/142 g currant tomatoes	Coarse-ground black pepper, as needed
5 ears corn	
1 lb 4 oz/567 g mesclun mix, rinsed and dried	

1. Portion the tomatoes for each salad as follows: 2 slices each red and yellow tomatoes, 1½ oz/43 g combined cherry, pear, and currant tomatoes.
2. Roast the corn (see page 125) and cut the kernels away; you will use about ½ ear per salad.
3. For each serving, toss 2 oz/57 g mesclun mix with 2 tbsp/30 mL vinaigrette. Mound on a chilled plate. Slice or dice half an avocado and scatter over salad. Top with tomatoes, corn, Cheddar, and red onion. Drizzle with an additional 1 tbsp/15 mL of vinaigrette. Grind black pepper over salad. Serve immediately.

» **CHEF'S NOTE** This salad features one of Vermont's famous culinary resources, aged Cheddar cheese, along with a variety of ripe tomatoes. It makes an excellent appetizer salad or a meatless main course for lunch menus.

buffalo chicken salad

yield: 10 ENTRÉE SERVINGS

2 lb 8 oz/1.13 kg chicken wings,
tips removed, disjointed
8 oz/227 g flour, seasoned with salt and
ground black pepper as needed

hot sauce

8 fl oz/240 mL Frank's Hot Sauce
1 oz/28 g butter
Tabasco, as needed
Ground cayenne, as needed
Lemon juice, as needed

salad

1 lb 4 oz/567 g mixed greens,
washed, dried, and chilled
10 fl oz/300 mL Basic Red Wine
Vinaigrette (page 27)
1/2 bunch celery, cut into 4-in/10-cm allumettes
12 oz/340 g carrots, cut into 4-in/10-cm allumettes
1 seedless cucumber, peeled and sliced
20 Celeriac Crisps (page 606) (optional)
15 fl oz/450 mL Roquefort Dressing (page 39)

1. Dredge the chicken wings in the flour and deep fry in 350°F/177°C oil until golden brown and crisp, about 12 minutes. Drain well.

2. Simmer the ingredients for the hot sauce. Pour over the warm chicken wings; hold the wings in the sauce.

3. For each serving, warm 4 oz/113 g chicken wings, if necessary. Toss 2 oz/57 g mixed greens with 2 tbsp/30 mL vinaigrette. Arrange the mixed greens in a soup plate or salad bowl and top with the wings. Garnish with the celery, carrots, cucumbers, and celeriac crisps. Serve with 3 tbsp/45 mL Roquefort Dressing.

» **CHEF'S NOTE** This salad is a variation on the popular appetizer Buffalo Chicken Wings, created in 1964 at the Anchor Bar in Buffalo, New York, by owner Teresa Bellissimo.

corona bean and grilled baby octopus salad

yield: 10 SERVINGS

octopus

1 tbsp/15 mL olive oil
2 oz/57 g onion, cut into medium dice
2 oz/57 g carrots, cut into medium dice
1 oz/28 g celery, cut into medium dice
3 garlic cloves, crushed
2 lb/907 g baby octopus, cleaned and cut into portions
4 fl oz/120 mL dry white wine
12 fl oz/360 mL water
8 fl oz/240 mL tomato juice
4 thyme sprigs
2 rosemary sprigs
2 bay leaves
1/2 tsp/1.50 g salt
1/4 tsp/0.50 g ground black pepper

marinade

4 fl oz/120 mL olive oil
1/2 oz/14 g thyme leaves
1/2 oz/14 g rosemary leaves
2 garlic cloves, crushed
Salt, as needed
Ground black pepper, as needed
2 lb/907 g Corona Bean Salad with Basil (page 133)
20 lemon wedges
2 1/2 oz/71 g flat-leaf parsley, leaves only
1 oz/28 g fennel fronds
5 oz/142 g frisée lettuce, white heart only
2 oz/57 g celery heart leaves
Basil Oil (page 607), as needed
Extra-virgin olive oil, as needed
Sea salt, as needed
Ground black pepper, as needed

1. For the octopus: Heat the olive oil in a saucepot over medium heat. Add the onion, carrot, and celery; sweat, stirring occasionally, until tender and translucent, 5 minutes. Add the garlic and sweat until aromatic. Add the octopus and continue to cook, turning the octopus occasionally, until it is stiff on all sides, 2 to 3 minutes.
2. Add the white wine, stirring to deglaze the pan, and continue to simmer until wine is reduced to one-third its original volume. Add the water, tomato juice, thyme, rosemary, bay leaves, salt, and pepper. Braise the octopus over very low heat, uncovered, until tender, about 1 hour. Remove and discard the bay leaves and herb sprigs. Adjust the seasoning with salt and pepper. Cool and reserve the octopus in the braising liquid until ready to grill.
3. For the marinade: Combine the oil, thyme, rosemary, and garlic. Season with salt and pepper and reserve.
4. For each serving, mound 3 oz/85 g of the bean salad on a plate. Remove 3 oz/85 g octopus from the braising liquid, draining well. Brush or roll the octopus in the marinade and grill over a hot fire until marked and very hot, 1 to 2 minutes per side. Arrange the grilled octopus on the salad and season with a squeeze of lemon juice. Garnish the plate with an additional lemon

wedge, parsley, fennel fronds, frisée, and celery leaves. Drizzle with a little basil oil and extra-virgin olive oil. Scatter with salt and pepper.

- » **CHEF'S NOTE** If baby octopus is unavailable, substitute squid for the octopus. Other seafood and shellfish can be substituted, such as shrimp or scallops, but they should be cooked quickly and not braised.



lobster salad with grapefruit emulsion and tarragon oil

yield: 10 SERVINGS

lobster salad

4 gal/15.36 L water
16 fl oz/480 mL white wine vinegar
5 oz/142 g salt
5 lobsters (1 lb 8 oz/680 g each)
1 lb 8 oz/680 g butter, melted
2 tsp/6 g minced shallots
1/2 oz/14 g celeriac, cut into small dice
1 oz/28 g avocado, cut into small dice
1 tbsp/15 mL lemon juice

1 oz/28 g butter, softened
3 tbsp/45 mL mayonnaise
Salt, as needed
Ground black pepper, as needed

garnish

20 fl oz/600 mL Grapefruit Emulsion (page 35)
2 fl oz/60 mL Tarragon Oil (page 607)
20 fried lotus root chips or fried wonton skins
10 chives, cut on the bias into 1-in/2.5-cm lengths
3/4 cup/180 mL micro celery sprouts, washed

1. Combine the water, vinegar, and salt in a pot and bring to a boil over high heat.
2. Place the lobsters in a 4-in/10-cm hotel pan and pour the water mixture over the lobsters. Steep them for 5 to 8 minutes, just long enough to set the lobster meat so you can take it out of the shell.
3. Transfer the lobsters to a cutting board; remove the tails, claws, and knuckle meat. Discard the shells or reserve for other kitchen applications.
4. Place the lobster meat in the melted butter (the butter should just cover the lobster) and gently simmer until the meat is just cooked through, about 10 minutes. Take care not to overcook it.
5. Reserve the claw meat in a whole piece. Cut the tail and knuckle meat into small dice and reserve.
6. In a bowl, combine the reserved tail and knuckle meat with the shallots, celeriac, avocado, lemon juice, butter, and mayonnaise and mix well.
7. Season with salt and pepper and set aside in the refrigerator.
8. For each serving, place a 2-in/5-cm ring mold in the center of a soup bowl 8 in/20 cm in diameter. Fill the ring to the top with salad, using about 1/3 cup/80 mL.
9. Remove the mold and top the salad with a lobster claw.
10. Spoon 2 fl oz/60 mL grapefruit emulsion around the dish and drizzle with 1 to 2 tsp/5 to 10 mL tarragon oil.
11. Place a lotus root chip or fried wonton chip on top. Garnish with 2 to 3 chive pieces and 1 tbsp/15 mL micro celery sprouts.



peekytoe crab salad with yuzu gelée

yield: 8 SERVINGS

crab cakes

3 tbsp/45 mL extra-virgin olive oil
1 tbsp/15 mL fresh lemon juice
Salt, as needed
Ground white pepper, as needed
1 lb/454 g Maine peekytoe crabmeat, picked over

cucumber

1 lb/454 g whole cucumbers
1 oz/28 g gelatin
8 oz/227 g seedless cucumber, peeled and cut into 1/4-in/6-mm dice for garnish

apple chips

8 fl oz/240 mL water
14 oz/397 g sugar
1 Granny Smith apple

espuma

5 1/2 tsp/17 g gelatin
8 fl oz/240 mL yuzu juice (about 5 to 6 yuzus)
Salt, as needed
2 nitrogen cartridges

garnish

6 oz/170 g micro beet tops

-
1. For the crab cakes: Combine oil, lemon juice, salt, and pepper in a bowl.
 2. Add to crabmeat and combine.
 3. Form 3-oz/85-g cakes and place in 6-fl-oz/180-mL martini glasses, or scoop 3 oz/85 g directly into the martini glass, and refrigerate.
 4. For the cucumber: Juice the whole cucumbers and strain the juice.
 5. Measure out 8 fl oz/240 mL cucumber juice and bloom gelatin in the juice.
 6. Heat mixture in bain-marie until gelatin is dissolved. Cool to room temperature, but be sure that the mixture remains liquid enough to pour.
 7. Pour 2 tbsp/30 mL around crab mixture in martini glass.
 8. Immediately add 1 oz/28 g diced cucumber garnish and allow to set. Refrigerate until needed.
 9. For the apple chips: Heat water and sugar over low heat until syrupy, 10 to 12 minutes.
 10. Peel the apple and slice paper thin.
 11. Poach apple slices for about 10 minutes in syrup, or until translucent.
 12. Remove the slices and lay on Silpat-covered sheet pan; cover with parchment paper and another sheet pan.
 13. Place in 275°F/135°C oven for 30 minutes or until dry. Reserve at room temperature until needed.
 14. For the espuma: Bloom gelatin in half of the yuzu juice.

15. Heat in bain-marie over a water bath until the gelatin is dissolved.
16. When the mixture is melted, add remaining yuzu juice and salt.
17. Put gelatin mixture into a cylinder or whipped cream canister and inject with the nitrogen cartridges. Shake thoroughly just before serving.
18. Spray 2 tbsp/30 mL of yuzu espuma on top of the crab mold for garnish.
19. Stick one apple chip opposite the espuma and top with a few micro beet tops to finish.

» **CHEF'S NOTE** Peekytoe crabs are Atlantic rock crabs that are sought after by chefs for their slightly sweet, delicate flavor. If this crabmeat is unavailable, substitute the meat of other rock crabs, Dungeness crabs, or stone crabs.

warm salad of hearty greens, blood oranges, and tangerine- pineapple vinaigrette

yield: 10 SERVINGS

6 1/2 oz/184 g frisée lettuce, washed and dried
 6 1/2 oz/184 g radicchio, washed and dried
 4 1/2 oz/128 g arugula, washed and dried
 5 oz/142 g baby spinach, washed and dried

8 fl oz/240 mL Tangerine-Pineapple
 Vinaigrette (page 34), warm
 1 lb 9 oz/709 g blood oranges, cut into suprêmes
 5 oz/142 g slivered almonds, toasted
 1 pomegranate, seeds removed

1. Tear or cut greens into bite-size pieces. Combine all of the greens and refrigerate until needed.
2. For each serving, toss 2 1/4 oz/64 g mixed greens with 1 1/2 tbsp/22.50 mL warm vinaigrette and place in the center of a warm plate. Garnish with 5 to 6 blood orange suprêmes, 1/2 oz/14 g almonds, and a few pomegranate seeds.

smoked duck and malfatti salad

yield: 10 ENTRÉE SERVINGS

8 oz/227 g Malfatti Pasta (page 653)

1 lb 4 oz/567 g mixed bitter greens (such as arugula, frisée lettuce, and radicchio), washed and dried

10 oz/284 g chanterelles, halved or quartered if necessary

2 to 3 fl oz/60 to 90 mL olive oil, as needed

1 lb/454 g Smoked Duck (page 231), breast only, cut into strips across the grain

15 fl oz/450 mL Roasted Shallot Vinaigrette (page 32)

Salt, as needed

Ground black pepper, as needed

3 oz/85 g shaved Parmesan

-
1. Cook the pasta in boiling salted water until al dente. Refresh in cold water; drain and dry. Toss with oil if cooked in advance.
 2. Wash and dry the greens; tear or cut into bite-size pieces. Refrigerate until needed.
 3. For each serving, sauté 1 oz/28 g mushrooms in 2 tsp/10 mL olive oil until tender. Add about 2 oz/57 g cooked pasta and 1½ oz/43 g duck. Toss over high heat until hot. Add 2 oz/57 g mixed greens and 2 tbsp/30 mL vinaigrette to the pan. Toss briskly and mound on a warm plate once the ingredients are just warmed through. Drizzle with an additional 1 tbsp/15 mL dressing. Season with salt and pepper and garnish with shaved Parmesan and some of the shallots from the dressing. Serve while still warm.

» **CHEF'S NOTES** This salad is best made in a nonstick pan in small batches at the very last minute before being served. Be certain to distribute shallots evenly over the salad.

Malfatti means something that is poorly made or irregularly shaped, so when making the pasta for this salad, exact dimensions are not important. This warm salad combines several flavors and textures that may appear to be unusual, but when this salad is executed properly, it is hard to find a more pleasing dish.

southern fried chicken salad

yield: 10 ENTRÉE SERVINGS

2 lb/907 g chicken breasts (about 7)	12 fl oz/360 mL peanut oil
8 fl oz/240 mL buttermilk	3 3/4 oz/106 g white mushrooms, cleaned and sliced
5 heads butterhead lettuce (such as Boston, Bibb, or Kentucky limestone)	1 1/2 oz/43 g drained capers
30 cherry tomatoes	3/4 oz/21 g minced shallots
2 Vidalia onions	2 1/2 fl oz/75 mL white wine vinegar
4 oz/113 g flour, seasoned with salt and ground black pepper as needed	4 1/2 tbsp/68 g Dijon mustard
	1 1/4 oz/35 g chopped tarragon

1. Trim chicken breasts and cut into 1/2-oz/14-g strips. Pour buttermilk over chicken, cover, and refrigerate until ready to assemble the salad.
2. Separate the lettuce into leaves; wash and dry. Core and quarter the tomatoes. Slice the Vidalia onions thinly and separate into rings. Cover and refrigerate ingredients separately.
3. For each serving, remove 6 pieces of chicken from the buttermilk and dredge in the seasoned flour. Pan-fry in 3 tbsp/45 mL peanut oil. Remove and drain on absorbent paper towels while finishing the dressing.
4. Add 2 1/2 oz/71 g sliced mushrooms to the peanut oil along with 1 tsp/9 g capers and 1/2 tsp/1.50 g shallots; sauté until the mushrooms are tender. Add 1 tbsp/15 mL vinegar and 1 1/2 tsp/8 g mustard. Heat through, remove from heat, and stir in 1 tbsp/3 g tarragon.
5. Arrange 2 oz/57 g lettuce on a chilled plate. Top with the chicken, tomato, and Vidalia onion. Pour the warm sauce over the salad and serve immediately.

» **CHEF'S NOTE** Be sure to have the mise en place portioned out properly for each serving so that both the chicken and the dressing can be served warm with this salad.





four

SANDWICHES



Sandwiches HAVE BEEN A PART OF VIRTUALLY EVERY CUISINE SINCE WELL BEFORE ANY WRITTEN RECORDS WERE KEPT, THOUGH THEY HAVE NOT ALWAYS BEEN CALLED SANDWICHES. THE HONOR OF NAMING THIS FAVORITE LUNCHEON ITEM GOES TO THE INFAMOUS GAMBLER JOHN MONTAGUE, THE FOURTH EARL OF SANDWICH. ACCORDING TO LEGEND, THIS GENTLEMAN REFUSED TO LEAVE THE GAMING TABLES BECAUSE HE DIDN'T WANT TO BREAK HIS WINNING STREAK. HE ASKED THAT SOME BREAD FILLED WITH MEAT BE BROUGHT TO HIM, AND THE RAGE FOR SANDWICHES WAS ON.

Louis P. De Gouy published *Sandwich Manual for Professionals* in 1940. His approach to the assembly of sandwiches, based upon his work as the chef at New York's famous Waldorf-Astoria Hotel, detailed hundreds of sandwiches organized into specific categories. This classic work has stood the test of time and is still a valuable resource of practical information and inspiration.

Sandwiches can range from delicate finger and tea sandwiches served on doilies to pan bagnat, traditionally served wrapped in plain paper from stalls in the open markets of southern France. It may be an elegant bite-size morsel of foie gras served on toasted brioche as an amuse-gueule (also known as amuse-bouche) or a grilled Reuben on rye served with potato salad and a pickle. You can select from diverse culinary traditions, from Scandinavian smørrebrød to American regional favorites such as the po'boy, Italian bruschetta and panini to Mexican tacos and burritos. What unifies the concept of the sandwich in all instances is a tasty filling served on or in bread or a similar wrapper.

In this chapter you will learn about handling and preparing ingredients to make the following styles:

- » Hot sandwiches, including grilled sandwiches
- » Cold sandwiches
- » Finger and tea sandwiches

Hot sandwiches may feature a hot filling, such as hamburgers or pastrami. Others are grilled, such as a Reuben sandwich. In some cases, such as a barbecued pulled pork sandwich, a hot filling is mounded on the bread and the sandwich is topped with a hot sauce.

Cold sandwiches include standard deli-style versions made from sliced meats or mayonnaise-dressed salads. Club sandwiches, also known as triple-decker sandwiches, could be included in this category as well.

Finger and tea sandwiches are delicate items made on fine-grained bread, trimmed of their crusts, and precisely cut into shapes and sizes that can be eaten in about two average bites.

SANDWICH ELEMENTS

The garde manger may be called upon to prepare sandwiches for receptions and teas, for lunch and bistro menus, for special appetizers, and for picnics. In order to produce high-quality sandwiches, it is important to understand how basic filling, cutting, and holding techniques contribute to the overall quality of sandwiches.

bread

Breads for making sandwiches run a fairly wide gamut, including many ethnic specialties. Sliced Pullman loaves are used to make many cold sandwiches. The tight crumb of a Pullman makes it a good choice for delicate

tea and finger sandwiches, since the bread must be sliced thinly without crumbling. Whole-grain and peasant-style breads are not always as easy to slice thinly.

Specific breads, buns, rolls, and wrappers are used to make specific sandwiches. The characteristics of the bread and how they will fit in with the fillings should be considered. Bread should be firm enough and thick enough to hold the filling, but not so thick that the sandwich is too dry to enjoy.

Most bread can be sliced in advance of sandwich preparation as long as it is carefully covered to prevent drying. Some sandwiches call for toasted bread, which should be done immediately before assembling the sandwich.

Bread choices include:

- » Pullman loaves of white, wheat, or rye
- » Peasant-style breads such as sourdough, baguettes, and other artisan breads
- » Flatbreads, including focaccia, pita, ciabatta, and lavash
- » Rolls, including hard, soft, and Kaiser rolls
- » Wrappers such as crêpes, rice paper, and egg roll wrappers
- » Flour and corn tortillas

spreads

Many sandwiches call for a spread that is applied directly to the bread. This element acts as a barrier to keep the bread from getting soggy. Spreads also add moisture to the sandwich and help it to stay together as it is held and eaten. Some sandwich fillings may include a spread directly in the filling mixture (for example, a mayonnaise-dressed tuna salad), so there is no need to add a separate one when assembling the sandwich.

Spreads can be very simple and subtly flavored, or they may themselves bring a special



An established workflow eases and streamlines the assembly of sandwiches.

flavor and texture to the sandwich. The following list of spread options includes some classic choices as well as some that may not immediately spring to mind as sandwich spreads.

- » Mayonnaise (plain or flavored, such as aioli or rouille) or creamy salad dressings
- » Plain or compound butters
- » Mustard or ketchup
- » Spreadable cheeses, such as ricotta, cream cheese, or mascarpone
- » Tahini, olive, or herb spreads (hummus, tapenade, or pesto, for example)
- » Nut butters
- » Jellies, jams, compotes, chutneys, or other fruit preserves
- » Mashed avocado or guacamole
- » Oils or vinaigrettes

fillings

Sandwich fillings may be cold or hot, substantial or minimal. In all cases, they are the focus of the sandwich. It is as important to roast and slice turkey properly for club sandwiches as it is to be certain that the watercress for tea sandwiches is perfectly fresh and completely rinsed and dried.

The filling should determine how all the other elements of the sandwich are selected and prepared. Choices for fillings include:

- » Sliced roasted or simmered meats (beef, corned beef, pastrami, turkey, ham, pâtés, and sausages)
- » Sliced cheeses
- » Grilled, roasted, or fresh vegetables
- » Grilled, pan-fried, or broiled burgers, sausages, fish, or poultry
- » Salads of meats, poultry, eggs, fish, and/or vegetables

garnishes

Lettuce, slices of tomato or cheese, onion slices, or sprouts can be used to garnish many sandwiches. These garnishes become part of the sandwich's overall structure.

When sandwiches are plated, a variety of side garnishes may also be included:

- » Green or side salads
- » Lettuces or sprouts
- » Sliced fresh vegetables
- » Pickle spears or olives
- » Dips, spreads, or relishes
- » Sliced fruits

presentation styles

A sandwich constructed with a top and a bottom slice of bread is known as a closed sandwich. Club sandwiches are closed sandwiches that have a third slice of bread. Still other sandwiches have only one slice of bread, acting as a base; these are open-faced sandwiches.

Finger and tea sandwiches are cut into special shapes. To prepare them, the loaf of bread is sliced lengthwise so that the greatest possible surface area is available. The bread is coated with a spread, filled, garnished if desired, then closed if desired, and the crust is removed. The sandwich is then cut to shape and served at once.

Straight-edged shapes give the best yield with the lowest food cost. These shapes are created by cutting with a sandwich knife or bread knife into squares, rectangles, diamonds, or triangles. Cutters in various shapes may be used to cut rounds, ovals, and other special shapes. The yield is generally lower when preparing these shapes, making them slightly more expensive to produce, but shapes offer a more interesting presentation.

Time should be taken to cut shapes in an exacting and uniform fashion so that they will look their best when set in straight rows on platters or arranged on plates. It is best to cut tea sandwiches as close to service as possible. If these sandwiches must be prepared ahead of time, they can be held for a few hours, covered in airtight containers.



Sandwiches can be finished in a variety of shapes, as shown by the square, rectangle, triangle, and circle cuts of these tea sandwiches.

sandwiches around the globe

Sandwiches are an approachable meal and have been adopted by nearly every country worldwide. Each country features its own regional ingredients for the breads, spreads, fillings, and garnishes in its sandwiches. French sandwiches include classics such as the Croque Monsieur (a grilled cheese sandwich with Gruyère, ham, and mustard; see page 167), Croque Madame (a Croque Monsieur with an egg on top; see page 167), and tartines, which are open-faced sandwiches that can be topped with a variety of fillings and garnishes. These are similar to the Italian crostini or crostone, which feature a slice of toasted bread and a wide choice of toppings. Other Italian sandwiches that have gained popularity are panini. These closed sandwiches are grilled in a panini press, which uses two grill plates to grill the top and the bottom slices of bread simultaneously. The result is a hot, crispy, delicious sandwich. The Italian version of the tea sandwich, tremezzini, features white bread with a tight crumb and a variety of fillings. It is usually cut into four triangles and served at a café.

In Germany, slices of pumpernickel are buttered and filled with regional cured meats and sausages. Spain's version of a canapé or crostini is a montadito. This sandwich involves topping a slice of toasted bread with a filling, usually consisting of meat, and is often served as a tapa. One sandwich that features an interesting combination of flavors and influences is the Bahn Saigon (see page 187), a Vietnamese specialty. It uses a French baguette for the bread and a cinnamon-flavored pâté and green papaya salad for the filling. All of the layers create a fantastic combination of sweet, salty, and spicy flavors and a variety of textures. Many of these sandwiches have become popular in the United States as people's desire to broaden their horizons and their palates expands.

mini bacon-crusteD scallop burgers

yield: 18 MINI BURGERS

scallop burgers

15 oz/425 g scallops
1 egg
6 1/2 fl oz/195 mL heavy cream
7 oz/198 g bacon, thinly sliced
1 tsp/3 g salt
Ground black pepper, as needed
2 tbsp/30 mL olive oil
Salt, as needed

avocado spread

3 garlic cloves, roasted
3 tbsp/45 mL lime juice
2 ripe avocados, mashed
3 tbsp/9 g chopped cilantro
Salt, as needed
Ground black pepper, as needed

18 mini burger buns
1 1/2 oz/43 g alfalfa sprouts

1. Place the scallops in a strainer over a mixing bowl to allow any excess moisture to drain off. Cover and refrigerate the scallops, egg, and heavy cream so that they are all well chilled before beginning.
2. Place the scallops in a food processor with a sharp blade. Process for about 5 seconds, until the scallops are ground. Scrape the bowl. Add the egg and salt and process until just incorporated, about 5 seconds. Scrape the bowl.
3. Processing no longer than 15 seconds more, add the cream in a steady stream. Scrape the sides of the bowl every 5 seconds during this process to ensure even mixing.
4. Remove the mousseline from the food processor and force it through a drum sieve. Reserve in a covered bowl in the refrigerator.
5. Place the bacon slices in a single layer on a half sheet pan fitted with a rack. Cook the bacon in a 350°F/177°C oven until it is firm and crisp but not darkened, about 15 to 20 minutes. Remove from the oven and allow to cool. Mince the cooked bacon and reserve.
6. Line a sheet tray with parchment paper and spray lightly with cooking spray. Spray a 2-inch ring mold with cooking spray and place on the parchment paper. Place 2-in/5-cm bacon into the mold and top with 1/2 tbsp mousseline. Press the mousseline down onto the bacon with a oiled gloved hand. Add another 2 tsp bacon to the top of the patty and press it gently into the mousseline. Unmold the patty. Repeat the process until the bacon and mousseline are all used.
7. Heat oil in a small sauté pan over medium heat. Season the mousseline patties with salt and pepper and gently place them in the sauté pan using a metal spatula. Cook the patties until they are golden brown and the bacon is crisp, about 2 to 3 minutes per side. Once cooked, remove from the pan and place on absorbent paper towels.

8. Mix all ingredients for the avocado spread in a mixing bowl until the mixture is smooth and spreads easily.
9. To assemble the sandwiches, cut the buns in half, spread 1½ tsp avocado spread onto the top half of each bun, and top with 1 tbsp alfalfa sprouts. Place the scallop burgers on the bottom half of the buns and sandwich together. Serve the sandwiches immediately.

mini hamburgers

yield: 20 MINI BURGERS

hamburger patties

12 oz/340 g finely ground lean beef
4 oz/113 g finely chopped shallots or small onions
3 garlic cloves, minced
1 red chile, seeded, finely chopped
1 egg, beaten
½ oz/14 g panko bread crumbs

Salt, as needed

Ground black pepper, as needed

20 mini burger buns

Prepared chili sauce or barbecue sauce, as desired

10 oz/284 g small tomatoes, thinly sliced

4 cipollini or baby onions, sliced into thin rings

5 oz/142 g baby greens

20 baby gherkins/cornichons (optional)

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1. Mix beef, shallots or onion, garlic, chile, egg, bread crumbs, salt, and pepper. Shape tablespoonfuls of the mixture into round, flat patties, repeating until all the mixture is used.
 2. Sauté the patties until cooked through, about 3 minutes on each side.
 3. Slice the buns in half. Spread the top of each bun with chili or barbecue sauce and place 1 slice of tomato, 1 slice of onion, and ¼ oz/7 g greens on top. Place a hamburger patty on the bottom bun and sandwich the buns together. Secure each sandwich with a toothpick skewered with a baby gherkin.

mini mushroom burgers with caramelized onions

yield: 30 MINI BURGERS

mushroom patties

1 lb 14 1/2 oz/865 g cremini mushrooms
3 fl oz/90 mL olive oil
6 oz/170 g minced shallots
3 garlic cloves, roasted
Salt, as needed
4 fl oz/120 mL white wine
Ground black pepper, as needed
2 tbsp/6 g chopped parsley
2 tbsp/6 g chopped chives
2 oz/57 g grated Parmesan

1 oz/28 g grated Gruyère
3 oz/85 g panko bread crumbs
3 eggs, beaten

caramelized onions

1 fl oz/30 mL vegetable oil
1 large sweet onion, sliced 1/8 inch thick
2 tbsp/30 mL brandy
1 1/2 tsp/7.50 mL reduced balsamic vinegar

30 mini burger buns
2 red peppers, roasted, peeled, seeded, and julienned

1. Clean the mushrooms and trim off any bad stems. Working in batches, quarter the mushrooms and place them in a food processor. Pulse in the food processor until the mushrooms are minced but not wet or pasty.
2. In a medium sauté pan, heat 2 tbsp/30 mL olive oil over medium heat. Add the shallots and sauté until translucent, about 5 minutes.
3. Crush the roasted garlic with the flat edge of a knife and work into a paste. Add the garlic paste to the shallots and sauté 1 minute longer.
4. Add the minced mushrooms and season with salt. Sauté the mixture until the mushrooms release their liquid, and then continue to reduce until the mixture is dry.
5. Deglaze the pan with the wine and reduce until the mixture is dry again. Season as needed with salt and pepper. Remove from the heat and allow to cool.
6. Add the remaining olive oil, parsley, chives, cheeses, bread crumbs, and eggs to the mushroom mixture and allow to rest for about 15 minutes, until the bread crumbs have absorbed all excess moisture.
7. In a medium sauté pan, heat the vegetable oil over medium-high heat. Add the sliced onion and cook, stirring frequently, until the onion is a deep caramel color. Deglaze the pan with brandy and continue to cook until the liquid evaporates. Remove the onion from the heat and allow to cool. Add the balsamic reduction to the onion and mix well.

8. Form the mushroom mixture into patties, using about 1 oz/28 g per patty. Season the patties lightly with salt and pepper. Heat the remaining oil in a sauté pan over medium heat. Cook the patties until they have formed a golden brown crust, 2 to 3 minutes per side.

9. Slice the buns in half. Place some roasted red pepper on the bottom bun, followed by a patty topped with a small stack of onion slices. Sandwich together with the top bun. Serve the sandwiches warm.

croque monsieur

yield: 10 SANDWICHES

20 slices Pullman bread (about 1 loaf)

10 oz/284 g Dijon mustard (optional)

8 oz/227 g aged Gruyère or
Emmentaler (10 thin slices)

1 lb 4 oz/567 g boiled ham (10 slices)

4 oz/113 g butter, soft, or as needed

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1. Spread one side of the bread slices with mustard if using.
 2. On 10 of the bread slices, layer 1 slice each of Gruyère or Emmentaler and ham over the mustard.
 3. Top the sandwiches with the remaining bread slices.
 4. Griddle both sides of the sandwiches on a lightly buttered 325°F/163°C griddle until the bread is golden, the cheese is melted, and the sandwich is heated through.
 5. Cut the sandwiches on the diagonal and serve immediately.

» **VARIATIONS** CROQUE MADAME: Some recipes simply add a fried egg to the croque monsieur. In the United States and England, the ham is usually replaced with sliced chicken breast. Use Emmentaler rather than Gruyère. Grill as directed above.

MONTE CRISTO: Dip any of the variations in beaten egg and grill as you would French toast.

soft-shell crab sandwich

YIELD: 10 SANDWICHES

8 oz/227 g all-purpose flour	16 fl oz/480 mL milk
1 tbsp/6 g Old Bay seasoning	10 soft sandwich rolls, split
1 tbsp/6 g dry mustard	16 fl oz/480 mL Rémoulade Sauce (page 37)
2 tsp/6.50 g salt	20 lettuce leaves, shredded
1/4 tsp/0.50 g cayenne	2 lemons, cut into wedges
32 fl oz/960 mL peanut oil, or as needed	
10 jumbo soft-shell crabs, cleaned	

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1. Combine the flour, Old Bay, mustard, salt, and cayenne.
 2. Heat 1 in/2 cm peanut oil in a rondeau to 375°F/191°C.
 3. For each sandwich, dip a crab into the milk and dredge it in the seasoned flour. Pan fry the crab in the hot peanut oil until golden on both sides, 4 to 5 minutes total cooking time. Drain on absorbent paper towels.
 4. Toast a roll and spread with 1 to 2 tbsp/15 to 30 mL rémoulade sauce. Layer it with lettuce. Top with the crab and close the sandwich with the top of the bun. Serve immediately with lemon wedges.
- » **CHEF'S NOTE** The soft-shelled crabs may also be breaded using the standard breading procedure (see page 665) and deep fried before assembling the sandwiches.





eggplant and prosciutto panini

yield: 10 SANDWICHES

8 3/4 oz/248 g Ricotta (page 386)	1/2 tsp/1.50 g salt
2 tsp/2 g chopped basil	10 Italian hard rolls
1 tsp/2 g coarse-ground black pepper	5 fl oz/150 mL oil from marinated eggplant
1 tsp/1 g chopped oregano	1 lb 4 oz/567 g Marinated Eggplant Filling (page 172)
1 tsp/1 g chopped flat-leaf parsley	1 lb 4 oz/567 g prosciutto, sliced thin

1. In a bowl, combine ricotta, basil, black pepper, oregano, parsley, and salt. Mix well. Cover and refrigerate overnight.

2. For each sandwich, split a roll lengthwise and brush the inside with oil from the marinated eggplant. Spread 1 oz/28 g herbed ricotta mixture on half of the roll and top with 2 oz/57 g each eggplant and prosciutto. Top with the other half of the roll.

3. Grill each sandwich, under a panini press if possible, until the bread is marked and the filling is warmed through.

» **VARIATION** Portobello mushrooms may be substituted for eggplant in the Marinated Eggplant Filling and then topped with arugula before grilling to create a hearty variation for this sandwich. If using mushrooms, it is not necessary to salt and drain them.

marinated eggplant filling

yield: APPROXIMATELY 1 LB/454 G

1 lb/454 g Italian eggplant	2 tbsp/12 g dried oregano
1 tbsp/10 g salt	1 tbsp/6 g dried basil
16 fl oz/480 mL extra-virgin olive oil	1 tbsp/6 g coarse-ground black pepper
3 garlic cloves, crushed	Pinch red pepper flakes
1 1/2 fl oz/45 mL red wine vinegar	

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1. Cut the eggplant into slices $\frac{1}{8}$ in/3 mm thick. Layer the slices in a colander, salting each layer liberally. Let sit at room temperature 1 hour.
 2. Rinse off the bitter liquid and blot the slices dry with absorbent paper towels.
 3. Mix the remaining ingredients.
 4. Toss the eggplant slices in the marinade; cover and refrigerate for 3 to 4 days. Stir every day.

» **CHEF'S NOTE** The eggplant in this recipe is not cooked, so it needs approximately 3 days to marinate. This allows the eggplant to completely denature and take on an almost-cooked texture and flavor. The eggplant is ready when the flesh has become relatively translucent and no longer tastes raw.

reuben sandwich

yield: 10 SANDWICHES

6 oz/170 g butter, soft
20 slices rye bread
15 oz/425 g Swiss cheese, sliced thin

2 lb 8 oz/1.13 kg corned beef brisket, sliced thin
1 lb 4 oz/567 g Braised Sauerkraut (recipe follows)
5 fl oz/150 mL Russian Dressing (page 37), optional

1. Butter each slice of bread. Lay slices butter side down on a sheet pan and top with a slice of cheese.
2. Place 2 oz/57 g beef on each bread slice. Top 10 sandwich halves with 2 oz/57 g sauerkraut, adding 1 tbsp/15 mL Russian dressing if desired.
3. Preheat a sandwich griddle or frying pan to medium heat.
4. For each sandwich, transfer two sandwich halves (one with sauerkraut, one without) and griddle, butter side down, until golden brown and the cheese is melted.
5. Invert the sandwich half without sauerkraut on top of the half with sauerkraut.
6. The sandwich may be placed in a 350°F/177°C oven to heat through if needed. Cut sandwich diagonally in half and serve.

» **PRESENTATION IDEA** Mini open-faced versions of this sandwich make great hors d'oeuvre.

braised sauerkraut

yield: 1 LB 8 oz/680 g

6 oz/170 g minced onion
2 tbsp/30 mL bacon, goose, duck, or chicken fat
1 lb 8 oz/680 g prepared sauerkraut,
rinsed and drained well
1 sachet of caraway seeds, juniper
berries, cloves, and bay leaves

4 fl oz/120 mL white wine
Salt, as needed
Ground white pepper, as needed

1. Sauté the onion in the fat over low heat until tender and translucent. Add the sauerkraut, sachet, wine, salt, and pepper.
2. Simmer until most of the liquid has been absorbed by the sauerkraut, 30 to 40 minutes.
3. Adjust seasoning if necessary. Serve immediately or cover and refrigerate.



falafel in pita pockets

yield: 10 SANDWICHES

1 lb/454 g dried fava beans	1 tbsp/10 g salt
8 1/2 oz/241 g onion, roughly chopped	16 fl oz/480 mL vegetable oil
1 tbsp/9 g minced garlic	5 pitas, halved
1/2 bunch cilantro, large stems removed	10 oz/284 g shredded lettuce
1 tbsp/6 g ground coriander	10 oz/284 g chopped plum tomatoes, drained (optional)
4 tsp/8 g ground cumin	20 fl oz/600 mL Tahini Sauce (page 41)
1/2 tsp/1 g cayenne	

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1. Sort dried fava beans and remove any stones. Rinse and drain. Cover with fresh cold water and soak overnight, up to 24 hours. Drain. Rinse with fresh water and drain thoroughly.
 2. Working in batches, place the fava beans in a food processor fitted with a blade attachment and process until finely ground. Remove and place in a large bowl.
 3. Place the onion, garlic, cilantro, coriander, cumin, cayenne, and salt in the food processor and pulse until the onion, cilantro, and garlic are evenly minced and well blended with the spices. Stir the onion mixture into the ground favas.
 4. Form 30 small patties, approximately 1 1/4 oz/35 g each, about 1 1/2 in/4 cm in diameter.
 5. Heat half the oil in a large frying pan until very hot, but not to the smoking point. Gently lay half of the patties in the hot oil. Fry, browning the first side, about 5 minutes. Lower the heat to medium-low, flip patties, and cook slowly to cook the fava bean mixture all the way through. Remove to a rack or sheet pan lined with absorbent paper towels, drain, and keep warm. Repeat with the remaining oil and fava bean mixture.
 6. Put 1 oz/28 g lettuce in the pita, add 3 falafel patties and 1 oz/28 g tomatoes, if using, and top with 2 fl oz/60 mL tahini sauce. Serve immediately.

duck confit with apples and brie on a baguette

yield: 10 SANDWICHES

6 oz/170 g duck fat (from confit), or as needed	3 tbsp/45 mL white wine vinegar
12 oz/340 g onion, julienned	3 fl oz/90 mL olive oil
1 lb/454 g Granny Smith apples (about 3 apples), peeled, cut into small dice	2 lb/907 g shredded Duck Confit meat (page 244)
Salt, as needed	10 oz/284 g frisée lettuce, cleaned
Ground black pepper, as needed	2 baguettes, 20 in/51 cm each, cut into 4-in/10-cm lengths and split
1 tbsp/15 g Dijon mustard	1 lb 14 oz/851 g Brie, sliced into 1-oz/28-g slices

1. Heat 1 oz/28 g duck fat in a large skillet over high heat. Add the onion and apple and sauté, stirring frequently, until pale golden, about 10 minutes. Season with salt and pepper. Cool and reserve.
2. Whisk together the mustard and vinegar. Slowly drizzle in the olive oil, whisking constantly. Season with salt and pepper. Set aside. (Before using, whisk to recombine.)
3. To assemble each sandwich, heat ½ oz/14 g duck fat in a medium sauté pan. Add 3½ oz/99 g duck meat and 2 oz/57 g onion mixture and toss to coat in the fat and heat through, about 1 minute.
4. Remove the pan from the heat and add 1 tbsp/15 mL vinaigrette and 1 oz/28 g frisée. Toss to combine ingredients in the pan and immediately spoon onto a split baguette.
5. Top the mixture with three slices Brie. Place the sandwich in a 450°F/232°C oven to crisp the bread and melt the cheese, about 2 minutes. Serve immediately.



lentil-barley mini burgers with fiery fruit salsa

yield: 48 BURGERS

fiery fruit salsa

1 3/4 oz/50 g pineapple, cut into small dice
1 1/2 oz/43 g mango, cut into small dice
1 3/4 oz/51 g tomatillo, cut into small dice
1 1/2 oz/43 g grape tomatoes, halved
1 1/2 tbsp/22.5 mL lime juice
2 serranos, minced, or as needed

burgers

3 1/2 oz/99 g green lentils
Cooking spray, as needed
6 oz/170 g chopped onion
1 oz/28 g grated carrots
1 tbsp/9 g minced garlic
2 tbsp/33 g tomato paste

4 1/2 tsp/9 g ground cumin
2 tsp/4 g dried oregano
2 tsp/4 g chili powder
2 tsp/4 g garam masala
1 1/2 tsp/5 g salt
5 1/2 oz/150 g cooked pearl barley
1 1/2 oz/43 g panko bread crumbs
1/2 oz/14 g chopped parsley
1/2 tsp/1 g ground black pepper
2 egg whites
1 egg
3 tbsp/45 mL canola oil

48 hamburger buns, sliced

1. To make the salsa, place the pineapple, mango, tomatillo, tomatoes, lime juice, and chiles in a bowl and stir to combine. Cover and reserve in the refrigerator until ready to use.
2. In a sauce pot over high heat, combine 1 1/2 cups/360 mL water with the lentils and bring to a boil. Cover, reduce the heat to establish a simmer, and cook until the lentils are tender, 20 to 25 minutes.
3. Drain the lentils. Place half of the lentils in a bowl. Place remaining lentils in a food processor and purée until the mixture is fine but still a little coarse. Mix the puréed lentils with the whole cooked lentils and stir to combine.
4. Heat a large nonstick skillet over medium heat. Coat the pan with cooking spray and add the onion and carrots. Sauté, stirring occasionally, until the vegetables are tender, about 6 minutes. Add garlic and cook 1 minute longer, stirring constantly. Add the tomato paste, cumin, oregano, chili powder, garam masala, and 1/2 tsp/1.50 g salt. Cook for about 1 minute longer, or until the tomato paste turns a rust color, stirring constantly.
5. Remove the onion mixture from the heat and add to the lentils. Add the remaining 1 tsp/1.50 g salt, barley, panko, parsley, pepper, egg whites, and whole egg. Stir well to combine. Cover and refrigerate 1 hour or until firm.
6. Form the mixture into patties 1/2 by 2 in/1 by 5 cm thick by 2 inches in diameter.



7. Heat $1\frac{1}{2}$ tbsp/22.50 mL oil in a nonstick sauté pan over medium heat. Place four patties in the pan and cook until golden brown, 3 to 4 minutes per side. Repeat with the remaining canola oil and patties, replenishing the oil as needed.

8. To serve, place one patty on each bottom bun, top with 1 tsp/5 mL of salsa, and close the sandwich with a top bun.

grilled chicken sandwich *with pancetta and arugula on focaccia*

yield: 10 SANDWICHES

2 1/2 fl oz/75 mL olive oil

2 1/2 oz/71 g garlic, sliced

1 tbsp/3 g thyme

3 tbsp/27 g lemon zest

Salt, as needed

Ground black pepper, as needed

10 boneless chicken breasts (4 oz/113 g each)

30 slices Pancetta (page 240), 1/8 in/3 mm thick

20 slices Focaccia (page 654)

10 fl oz/300 mL Aioli (page 36)

6 oz/170 g arugula (1 to 2 bunches), washed and dried

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1. Combine the oil, garlic, thyme, lemon zest, salt, and pepper.
 2. Pound the chicken breasts to an even thickness and marinate in the oil mixture, covered and refrigerated overnight.
 3. Lay the pancetta on a sheet pan and bake in a 350°F/177°C oven until crisp.
 4. For each sandwich, lightly brush 2 slices of bread with the olive oil mixture and grill over medium heat until golden and crispy on the outside but soft on the inside. Reserve. Grill a chicken breast until cooked through.
 5. Spread some aioli on the grilled bread. Place a few leaves of arugula, 3 slices of crispy pancetta, and the chicken breast on one side of the bread. Top with the other slice of bread, slice diagonally, and serve immediately.

turkey club sandwich

yield: 10 SANDWICHES

30 slices white Pullman bread

8 fl oz/240 mL Basic Mayonnaise (page 36)

20 green leaf lettuce leaves, washed and dried

2 lb 8 oz/1.13 kg roast turkey breast, sliced thin

4 tomatoes, cut into 20 slices

15 strips Basic Bacon (page 234), cut in half, cooked

1. For each sandwich, toast 3 pieces of toast and spread with mayonnaise. Top one piece of toast with a lettuce leaf and 2 oz/57 g turkey. Cover with a second piece of toast.

2. Top with 1 lettuce leaf, 2 tomato slices, and 3 half strips of bacon. Top with remaining toast, secure with 4 club frill picks, and cut into four triangles.

» **CHEF'S NOTE** If desired, substitute 1 lb 4 oz/567 g thinly sliced smoked ham for half of the turkey.

new england lobster roll

yield: 10 SANDWICHES

3 Maine lobsters (1 lb 8 oz/680 g each), cooked (page 478)
6 oz/170 g small-dice celery
10 fl oz/300 mL Basic Mayonnaise (page 36)
1 tbsp/15 g Dijon mustard

2 tsp/10 mL lemon juice
Pinch salt
Pinch ground white pepper
10 small brioche rolls, 3 in/8 cm long

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1. Remove lobster meat from the shells and dice into ½-in/1-cm pieces.
 2. Combine lobster meat, celery, mayonnaise, mustard, lemon juice, salt, and pepper in a mixing bowl. Adjust seasoning.
 3. For each sandwich, open a roll and toast on a griddle until golden brown. Fill with some of the lobster salad and serve immediately.





pan bagnat

yield: 10 SANDWICHES

dressing

3 fl oz/90 mL red wine vinegar

1/2 oz/14 g chopped basil

1 1/2 oz/43 g rough-chopped flat-leaf parsley

4 anchovy fillets

1 jalapeño, roasted, peeled,
seeded, and finely chopped

8 fl oz/240 mL extra-virgin olive oil

10 hard rolls

1 lb/454 g drained oil-packed tuna, flaked

10 oz/284 g tomato concassé

15 oz/425 g Marinated Roasted Peppers (page 120)

3 oz/85 g rough-chopped pitted black olives

1 cucumber, peeled, seeded, and chopped

2 1/2 oz/71 g minced red onion

2 hard-cooked eggs, chopped

1 oz/28 g capers

4 tsp/12 g minced garlic

Salt, as needed

Ground black pepper, as needed

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1. Purée the vinegar, basil, parsley, anchovies, and jalapeño in a blender. With blender running, slowly pour in oil to emulsify.
 2. Cut rolls in half lengthwise and scoop out insides, leaving a shell 1/2 in/1 cm thick.
 3. Crumble the removed bread and combine it with the tuna, tomatoes, peppers, olives, cucumber, onion, eggs, capers, and garlic. Add enough dressing to moisten and bind the filling. Season as needed with salt and pepper.
 4. For each sandwich, brush the cut surfaces of a roll with some of the remaining dressing. Fill the roll with 5 oz/142 g of the filling and firmly press the sandwich closed. Wrap each sandwich tightly with deli paper. Let sandwiches rest at room temperature at least 1 hour before serving.

bahn saigon saigon subs

yield: 10 SANDWICHES

vietnamese cinnamon pork pâté

3/4 oz/21 g cornstarch
5 oz/142 g fish sauce
2 1/2 oz/71 g lemongrass, white parts only, minced
4 oz/113 g galangal, peeled and minced
3/4 oz/21 g sugar
4 tsp/8 g ground black pepper
4 tsp/8 g ground cinnamon
2 1/2 fl oz/75 mL light soy sauce
2 lb 8 oz/1.13 kg pork shoulder, ground through a 1/2-in/1-cm die

green papaya salad

1 lb 10 oz/737 g green papayas, finely julienned
7 1/2 oz/213 g peanuts, toasted and coarsely chopped
6 fl oz/180 mL lime juice
2 1/2 oz/71 g coconut, grated
3 3/4 oz/106 g palm sugar
1 1/4 oz/35 g cilantro, chiffonade
1 oz/28 g green jalapeños, julienned
1 oz/28 g red jalapeños, julienned

3 baguettes, cut into 6-in/15-cm lengths
8 oz/227 g butter, melted

1. For the pâté: Combine the cornstarch, fish sauce, lemongrass, galangal, sugar, pepper, cinnamon, and soy sauce with 1 tbsp/15 mL water to make a marinade.
2. Toss the spice mixture with the ground pork. Cover and refrigerate 1 hour.
3. Grease a terrine mold or loaf pan 4 in/10 cm deep. Bring 32 fl oz/960 mL water to a boil.
4. Add 2 tbsp/30 mL ice-cold water to the meat and mix thoroughly. Spoon the mixture into the greased mold and spread in an even layer.
5. Place the mold in a baking pan in a 350°F/177°C oven. Pour water into the baking pan until it comes halfway up the mold. Be careful not to get any water into the mold with the meat.
6. Bake until meat reaches an internal temperature of 150°F/66°C, 20 to 25 minutes.
7. Remove the mold from the water bath and cool to room temperature. Wrap the mold in plastic wrap and refrigerate overnight.
8. For the salad: Combine the papaya, peanuts, lime juice, coconut, sugar, cilantro, and jalapeños and marinate for 30 minutes to blend the flavors.
9. Cut the baguettes in half lengthwise and brush the insides of the baguettes with melted butter.
10. On a griddle, toast the baguettes, buttered side down, over medium-high heat until golden brown, about 2 minutes.



11. Slice the pâté into pieces $\frac{1}{4}$ in/6 mm thick. Place 5 oz/142 g pâté on half of each baguette and 3 oz/85 g salad on the other side. Put the two halves together, secure with toothpicks, and slice in half on the diagonal. Serve immediately.

muffuletta

yield: 12 SANDWICHES

6 oz/170 g Picholine olives, pitted and chopped	1 tsp/2 g dried oregano
8 oz/227 g Kalamata olives, pitted	2 focaccia (1 lb 8 oz/680 g each)
4 fl oz/120 mL extra-virgin olive oil	20 romaine lettuce leaves (about 10 oz/284 g), trimmed, cleaned, and left whole
3 oz/85 g flat-leaf parsley, chopped	12 oz/340 g mortadella, sliced thin
5 oz/142 g piquillo peppers, roasted, chopped	12 oz/340 g provolone, sliced thin
2 anchovy fillets	12 oz/340 g sopressata, sliced thin
1 tbsp/15 mL red wine vinegar	
1 tbsp/15 mL lemon juice	

1. Combine olives, olive oil, parsley, peppers, anchovies, vinegar, lemon juice, and oregano in the bowl of a food processor fitted with a blade attachment. Pulse until combined and homogeneous. Cover and refrigerate for several hours before using.
2. Cut loaves in half lengthwise. Hollow out top and bottom of loaf slightly to make room for filling. Line hollows with romaine leaves. Spread olive mixture evenly over romaine on both sides.
3. Place mortadella over olive spread, cheese over mortadella, and sopressata over the cheese. Top with other half of bread, which is already lined with lettuce and olive spread. Cut loaf into 6 wedges and serve each wedge as one serving.

mediterranean salad sandwich

yield: 10 SANDWICHES

10 pitas	2 tbsp/30 mL lemon juice
10 oz/284 g mesclun mix, chopped	1/2 tsp/1.50 g sea salt
4 oz/113 g red onion, sliced thin	1/4 tsp/0.50 g ground black pepper
10 oz/284 g seedless cucumber, diced	10 oz/284 g feta cheese, crumbled
10 oz/284 g tomato, diced	5 oz/142 g pitted Kalamata olives, whole
2 fl oz/60 mL extra-virgin olive oil	15 oz/425 g Hummus (page 60)

1. Warm the pitas slightly in a 300°F/149°C oven for 10 minutes or individually in a dry pan over medium heat, 3 to 4 minutes. Hold under a clean dampened linen towel, so that they stay moist and pliable.
2. Place the salad greens, onion, cucumber, and tomato in a large bowl. Season with olive oil, lemon juice, salt, and black pepper. Toss gently. Add the feta cheese and olives and toss to combine.
3. Cut off the top quarter of the pita so that it creates a large pocket. Spread 1½ oz/43 g hummus inside one side of the pita. Place about 8 fl oz/240 mL of the seasoned salad inside the pita.

curried chicken salad open-faced sandwich

yield: 30 OPEN-FACED SANDWICHES

1 lb/454 g cooked chicken meat, cut into small dice	1 head Bibb or Boston lettuce, washed and dried
4 oz/113 g celery, cut into small dice	4 oz/113 g butter, whipped
12 fl oz/360 mL Basic Mayonnaise (page 36)	30 bias-cut slices baguette, 1/4 in/6 mm thick
2 tbsp/12 g curry powder	8 oz/227 g cashews, toasted
Salt, as needed	2 Red Delicious apples, peeled, cored, and sliced thin
Ground white pepper, as needed	

1. Combine chicken, celery, mayonnaise, and curry powder; mix well. Season as needed with salt and pepper.
2. Cut the lettuce leaves to fit the bread slices.
3. Spread butter on the bread slices. Top with a piece of lettuce and 1½ oz/43 g chicken salad. Garnish with a cashew and 2 apple slices. Serve immediately.

bruschetta with oven-roasted tomatoes and fontina

yield: 30 SANDWICHES

30 bias-cut slices baguette, 1/4 in/6 mm thick	3/4 tsp/1.50 g ground black pepper
4 1/2 fl oz/135 mL olive oil	3 tbsp/45 mL balsamic vinegar
15 plum tomatoes	2 tsp/2 g chopped marjoram
2 tsp/6.50 g salt	15 oz/425 g Fontina, grated

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1. Brush the sliced bread with olive oil and toast in a 375°F/191°C oven for about 10 minutes or until crisp and lightly golden along the edges.
 2. Blanch and peel the tomatoes.
 3. Slice the tomatoes in half lengthwise and scoop out seeds. Place the tomatoes cut side up on a wire rack and place the rack on a parchment-lined sheet pan.
 4. Season the tomatoes with salt and pepper, drizzle with olive oil and vinegar, and finish by sprinkling with the chopped marjoram. Turn the tomatoes cut side down on the rack. Season the opposite side with salt, pepper and a small drizzle of olive oil.
 5. Roast the tomatoes in a 325°F/163°C oven until moisture in the tomatoes is reduced by half, about 1 hour.
 6. Top each toast with 1/2 oz/14 g of grated Fontina.
 7. Top cheese with a tomato half and heat in a 375°F/191°C oven until the cheese has melted and begun to brown, 7 to 10 minutes.

fig and walnut bruschetta

yield: 30 SANDWICHES

4 oz/113 g dried figs, stems removed, cut into small dice
1 1/4 oz/35 g shelled walnut halves
10 to 12 oil-packed anchovy fillets, drained
4 garlic cloves
Salt, as needed

2 1/2 fl oz/75 mL extra-virgin olive oil
1 tbsp/15 mL brandy or cognac
Ground black pepper, as needed
30 bias-cut slices baguette, 1/2 in/1 cm thick
1 1/2 tbsp/22.50 mL olive oil
60 shavings Parmesan or Manchego

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1. Place the figs, walnuts, anchovies, garlic, and 1/4 tsp/1 g salt in a food processor. Pulse until finely chopped.
 2. Add the extra-virgin olive oil, brandy or cognac, and pepper to the food processor in a stream and pulse until a coarse paste is formed.
 3. Cover and refrigerate until needed. The spread may need to be taken out of the refrigerator 15 to 30 minutes in advance to soften.
 4. Preheat a grill to medium high.
 5. Lightly brush the bread slices on both sides with olive oil. Grill the bread evenly on both sides until grill marks are achieved, 1 to 2 minutes.
 6. Spread 1/2 oz/14 g fig and walnut mixture evenly over each piece of the grilled bread and top with two cheese shavings. Serve immediately.

» **PRESENTATION IDEA** Garnish the platter with ripe fig halves and toasted walnuts.

egg salad tea sandwich

yield: 32 TEA SANDWICHES

10 hard-cooked eggs, chopped	6 fl oz/180 mL Basic Mayonnaise (page 36)
2 oz/57 g chopped celery	Salt, as needed
1/2 oz/14 g green onions, thinly sliced	Ground white pepper, as needed
2 tbsp/30 mL cider vinegar	16 slices pumpernickel bread, crusts removed

1. Combine the eggs, celery, green onions, vinegar, and mayonnaise. Add salt and pepper as needed; mix well.
2. Spread the egg salad over half of the bread slices. Top with the remaining bread slices and slice each sandwich into 4 smaller square tea sandwiches.

smoked salmon tea sandwich

yield: 32 TEA SANDWICHES

6 1/2 fl oz/195 mL crème fraîche	12 oz/340 g Smoked Salmon (page 220), cut into thin slices
3 tbsp/6.75 g chopped chives	
16 slices seedless rye bread, 1/4 in/6 mm thick	

1. Combine the crème fraîche and chives.
 2. Spread each slice of bread with the crème fraîche. Lay salmon slices over half of the bread slices and top each with the remaining bread. Using a cutter 1 1/2 in/4 cm in diameter, cut 4 rounds from each sandwich.
- » **CHEF'S NOTE:** If desired, serve the sandwiches open face by spreading the crème fraîche on the rye rounds and topping with a folded slice of smoked salmon and a small dill sprig.
- » **VARIATION:** SMOKED SHRIMP CANAPÉ: Combine 3 oz/85 g softened butter, 3 oz/85 g softened cream cheese, 1 tsp/5 mL prepared horseradish, 1 tsp/5 mL Dijon mustard, and Worcestershire sauce and Tabasco to taste for the spread. Spread 32 toasted pumpernickel canapé rounds with the mixture and top with about 1 tbsp/15 mL Coleslaw (page 126). Place one Smoked Shrimp (page 325) on top of each round and garnish with a small dill sprig.

roquefort butter and red pear tea sandwiches

yield: 24 TEA SANDWICHES

2 tbsp/30 mL lemon juice
1 red pear, cored and very thinly sliced
4 oz/113 g Roquefort, crumbled

4 oz/113 g unsalted butter, soft
Ground black pepper, as needed
16 thin slices white bread, crusts removed

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1. In a small bowl, combine the lemon juice with 2 tbsp/30 mL water and add the pear slices. Keep the pear slices immersed until ready to use.
 2. Place the Roquefort, butter, and pepper in a bowl and gently stir to just combine, leaving small bits of cheese whole. Do not overmix.
 3. Just before assembling the sandwiches, drain the pear slices and blot dry with paper towels. Lay out the slices of bread on a work surface. Spread the top side of each slice with a thin layer of Roquefort butter. Cover 8 slices with pears, shingling the slices so that they overlap slightly. Top each with a remaining bread slice, buttered side down.
 4. Cut each sandwich into 3 rectangles, each 1 by 3 in/3 by 8 cm. Arrange the rectangles on a platter and keep covered with a damp paper towel until ready to serve.

watercress tea sandwich

yield: 30 TEA SANDWICHES

4 fl oz/120 mL crème fraîche
20 slices white Pullman bread,
1/4 in/6 mm thick, crusts removed

3 bunches watercress

Spread a thin layer of crème fraîche on one side of the bread slices. Place sprigs of watercress over half of the bread slices. Top with remaining bread and slice each sandwich into 3 smaller rectangular tea sandwiches.

cucumber tea sandwich

yield: 32 TEA SANDWICHES

6 1/2 fl oz/195 mL crème fraîche
6 3/4 tsp/6.75 g chopped dill
16 slices white Pullman bread, 1/4
in/6 mm thick, crusts removed

3 seedless cucumbers, peeled, cut
into 1/8-in/3-mm slices

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1. Combine the crème fraîche and dill.
 2. Spread one side of each bread slice with the dilled crème fraîche. Layer the cucumber slices over half of the bread slices. Top with the remaining bread and slice each sandwich into 4 smaller triangular tea sandwiches.

» **CHEF'S NOTE:** Watermelon radishes may be substituted for the cucumbers in this recipe for the tea sandwich pictured on page 195.

Clockwise from top left: Watercress Tea Sandwich, Egg Salad Tea Sandwich (page 192), Smoked Salmon Tea Sandwich (page 192), Smoked Shrimp Canapé (page 192), Cucumber Tea Sandwich, and Watermelon Radish Tea Sandwiches.



marinated salmon with fennel, capers, and crème fraîche on pumpernickel bread

yield: 32 TEA SANDWICHES

8 fl oz/240 mL crème fraîche

16 slices pumpernickel bread, crusts removed

1 lb/454 g fennel bulb, cored and sliced paper thin on mandoline

10 oz/284 g Gravlox (page 215) (8 to 10 slices)

2 1/4 oz/64 g capers, roughly chopped

4 to 6 oz/113 to 170 g red onion, sliced paper thin on a mandoline

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1. Spread a thin layer of crème fraîche (approximately 1 tbsp/15 mL per slice) on one side of each slice of bread.
 2. Top half of the bread slices with the fennel, gravlox, capers, and onion.
 3. Top with another slice of bread.
 4. Cut the sandwiches to desired shape.

roast beef, brie, and caramelized onion sandwiches

yield: 30 TEA SANDWICHES

4 oz/113 g Basic Mayonnaise (page 36)	40 slices cocktail bread (2 1/2-in/6.50-cm squares)
1 tbsp/3 g minced chives	5 oz/142 g Brie, thinly sliced
2 tsp/10 mL lemon juice	1/2 bunch watercress, trimmed, leaves and tender stems only
2 tbsp/30 mL olive oil	6 oz/170 g sliced roast beef
1 large sweet onion, sliced 1/8 in/3 mm thick	Ground black pepper, as needed
2 tbsp/30 mL brandy	

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1. Combine the mayonnaise, chives, and lemon juice in a small bowl. Set aside.
 2. Heat the olive oil in a small sauté pan over medium-high heat. Add the sliced onion and allow to cook without stirring for about 15 seconds. Stir the onion and cook until it reaches a deep caramel color, about 15 minutes. Deglaze the pan with the brandy, scraping the fond from the bottom of the pan. Remove the pan from the heat and let cool.
 3. Lay the slices of bread on a work surface and spread the top side of each slice with a thin layer of the mayonnaise mixture. Top half of the slices with enough Brie slices to cover, then repeat with enough watercress leaves to completely cover the bread. (It is nice if some of the leaves extend slightly over the edge of the slice of bread to give color contrast when the sandwiches are presented.)
 4. Top the watercress with one slice of the roast beef. Season the roast beef lightly with pepper and close each sandwich with a second slice of bread. Serve immediately, or place the sandwiches in an airtight container and refrigerate until ready to serve.

avocado, brie, sprouts, and country bacon on croissant

yield: 30 SANDWICHES

30 mini croissants

8 fl oz/240 mL Basic Mayonnaise (page 36)

3 tbsp/9 g chives, finely minced

3 Haas avocados, sliced into wedges $\frac{1}{8}$ in/3 mm thick

12 oz/340 g Brie, cut into slices $\frac{1}{4}$ in/6 mm thick

12 oz/340 g applewood-smoked bacon, cooked, drained, and cut in half

8 oz/227 g micro sprouts

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1. Slice the croissants in half lengthwise.
 2. Combine the mayonnaise and the chives.
 3. Spread each side of the croissant with $\frac{1}{2}$ tsp/2.50 mL chive mayonnaise.
 4. Place 2 wedges of avocado, 1 to 2 slices of Brie, 1 slice of bacon, and a pinch of sprouts on the bottom half of each croissant. Place the top half of each croissant on top of the sandwiches.

cucumber, watercress, and brie with apricot chutney on walnut bread

yield: 32 TEA SANDWICHES

apricot chutney

8 oz/227 g red onion, sliced paper thin on a mandoline
1 1/2 oz/43 g minced ginger
2 oz/57 g butter
8 fl oz/240 mL verjus
6 oz/170 g honey
16 fl oz/480 mL orange juice
2 tbsp/18 g orange zest
32 fl oz/960 mL water
2 tbsp/30 mL lemon juice
2 tsp/6 g lemon zest
1/2 tsp/1 g ground cloves
1/2 tsp/1 g ground cardamom

1/2 tsp/1 g ground cinnamon
2 tbsp/12 g green peppercorns
1 lb/454 g dried apricots, brunoise

sandwich

4 oz/113 g unsalted butter, room temperature
1 lb/454 g Brie (rind optional)
10 oz/284 g Granny Smith apple, peeled, cored, and quartered
16 fl oz/480 mL orange juice
16 slices walnut bread or other bread with fairly dense crumb
10 oz/284 g seedless cucumber, peeled, cut into quarters, and finely sliced lengthwise
12 oz/340 g watercress, washed, leaves only

1. For the chutney: Sweat onion and ginger in the butter in a medium sauce pot over medium heat until translucent, about 2 minutes.
2. Add verjus, honey, orange juice, orange zest, water, lemon juice, lemon zest, ground spices, peppercorns, and apricots and bring to a boil over high heat.
3. Reduce the heat and simmer until apricots are tender and the chutney has a consistency to similar to a marmalade or relish, about 20 minutes.
4. Cover and refrigerate until needed.
5. For the sandwich: Whip butter using the paddle attachment of an electric mixer on medium speed until light and fluffy, 4 to 5 minutes.
6. Finely cut Brie into slices 1/8 in/3 mm thick.
7. Cut the apples into slices 1/6 in/1.50 mm thick. Reserve apples in orange juice to prevent oxidation. Drain the apples before use.
8. Spread a thin layer of butter on one side of half of the bread slices.
9. Top the butter with the cucumber, apples, watercress, and Brie.
10. Spread a thin layer of chutney on one side of the remaining slices of bread. Top the sandwiches with the second slice of bread.
11. Remove the crust from the sandwiches and cut them into the desired shape.

» **CHEF'S NOTE** The apricot chutney may be made up to a week in advance.





five

CURED AND SMOKED
FOODS

The first preserved foods WERE MOST LIKELY PRODUCED BY ACCIDENT. IN FISHING COMMUNITIES, FISH WERE “BRINED” IN SEAWATER AND LEFT ON THE SHORE TO EITHER FERMENT OR DRY. HUNTING COMMUNITIES AND TRIBES HUNG MEATS NEAR THE FIRE TO KEEP THEM AWAY FROM SCAVENGING ANIMALS, WHERE THEY BECAME SMOKED AND DRIED. SALTED, DRIED, OR SMOKED FOODS ADDED MUCH-NEEDED PROTEINS AND MINERALS TO A DIET THAT COULD OTHERWISE HAVE BEEN WOEFULLY INADEQUATE.

Preserved foods differ from fresh in various ways. They are saltier and drier, and have sharper flavors. All of these attributes stem from the judicious application of some key ingredients: salt, curing agents, sweeteners, and spices.

Food preservation techniques from the most ancient to the most high-tech are all intended to control the effects of a wide range of microbes, eliminating some and encouraging the growth of others. This is accomplished by controlling the food’s water content, temperature, acidity level, and exposure to oxygen.

Today’s garde manger may be less responsible for ensuring a steady source of food intended to last throughout the year, but the

practical craft and science of preserving foods remains important, if only because we have learned to savor and enjoy hams, bacons, gravlax, confits, and rillettes. Many of the techniques used to produce these items are also employed in the production of sausages (Chapter 6) and cheeses (Chapter 8).

This chapter explains the ingredients and methods for the following preservation techniques:

- » Curing and brining
- » Smoking
- » Drying
- » Preserving in fat

THE INGREDIENTS FOR PRESERVING FOODS

salt

The basic ingredient used by the garde manger to preserve foods is salt. This common seasoning, found in virtually every kitchen and on every table, meant the difference

between life and death to our ancestors, and it is still important to us from both physiological and culinary points of view. Salt changes foods by drawing out water, blood, and other impurities. In so doing, it preserves them,

making them less susceptible to spoilage and rot. The basic processes in which salt plays an important role are:

- » Osmosis
- » Dehydration
- » Fermentation
- » Denaturing proteins

osmosis

Osmosis happens without human intervention all the time, but to make use of osmosis for preserving foods, it is helpful to have a basic idea of how the process occurs. A simple definition states that osmosis is the movement of a solvent (typically water) through a semipermeable membrane (the cell walls) in order to equalize the concentration of a solute (typically salt) on both sides of the membrane. In other words, when you apply salt to a piece of meat, the fluids inside the cell travel across the cell membrane in an effort to dilute the salt on the other side of the membrane. Once there is more fluid outside the cell than in, the fluids return to the cell's interior, taking with them the dissolved salt. Getting the salt inside the cell, where it can kill off harmful pathogens, is the essence of salt-curing foods.

dehydration

The presence of “free” water is one of the indicators of a food's relative susceptibility to spoilage through microbial action. In order to keep foods safe and appealing to eat for long periods of time, it is important to remove as much excess water as possible. Applying salt to foods can dry them effectively, since the salt tends to attract the free water, making it unavailable to microbes. Exposure to air or heat for controlled periods allows the water to evaporate, reducing the overall volume and weight of the food.

fermentation

Substances known as enzymes feed on the compounds found in energy-rich foods, such as meats and grains. They ferment the food by breaking down the compounds in these foods into gases and organic compounds. The gases may be trapped, producing an effervescent quality in beverages, holes in cheeses, or the light texture of yeast-raised breads, or they may simply disperse, leaving behind organic acid, as occurs when preparing sauerkraut or other pickles.

By increasing the acid levels in the food, enzymes also help to preserve foods, since most harmful pathogens can thrive only when the levels of acids are within a specific pH range. Of course, a higher acid level means that the food's flavor changes as well, becoming sharper and tarter.

Left unchecked, the process of fermentation would completely break down the food. Salt is important to act as a control on this process, since it affects how much water is available to the enzymes. Like bacteria and other microbes, enzymes cannot live without water. Salt “uses up” the water and thereby prevents fermentation from getting out of hand.

denaturing proteins

Whenever you preserve foods, you will inevitably change the structure of the proteins found in the food. This change, known as denaturing the protein, involves the application of heat, acids, alkalis, or ultraviolet radiation. Simply put, the strands that make up the protein are encouraged to lengthen or coil, open or close, recombine or dissolve in such a way that foods that were once soft may become firm, smooth foods may become grainy, translucent foods may become cloudy, and firm foods may soften and even become liquid. Examples of these changes include preparing a seiche from raw fish, blooming gelatin, and cooking meats.

curing salts: nitrates and nitrites

For thousands of years humans have been eating meat cured with unrefined salt, and those meats took on a deep reddish color. The reason for the color change was discovered at the turn of the twentieth century, when German scientists unlocked the mystery of how nitrates and nitrites—compounds already present in unrefined salts—cause cured meats to redden. Saltpeter, or potassium nitrate, the first curing agent to be identified as such, did not produce consistent results; the color of the meat did not always set properly and the amount of residual nitrates was unpredictable. The use of saltpeter has been limited since 1975, when it was banned as a curing agent in commercially prepared cured meats.

Nitrates (NO_3) take longer to break down in cured foods than nitrites do. For that reason, foods that undergo lengthy curing and drying periods must include the correct level of

nitrates. Nitrites (NO_2) break down faster, making them appropriate for use in any cured item that will later be fully cooked. Neither nitrates nor nitrites should ever be premixed with ingredients such as paprika or pepper in a spice blend; if you are using only a portion of the spice blend, it is impossible to determine how much of the nitrates or nitrites make it into the final product. The ingredients should be stored separately. Once combined, the mixture must be used immediately.

the nitrosamine controversy

Today, we know that sodium nitrate and sodium nitrite are important elements in preventing botulism, an illness caused by bacterial toxins in spoiled meats. But we also know that when nitrates and nitrites break down in the presence of extreme heat (specifically, when bacon is cooked), potentially dangerous substances known as nitrosamines may form in the food.

usda regulations for recommended nitrite/nitrate levels in various meats

PRODUCT	INGOING NITRITE LEVEL (PPM)*	INGOING NITRATE LEVEL (PPM)*
Bacon, pumped	120 (with 550 ppm ascorbate or sodium erythorbate)	None
Bacon, immersion cured	200 (2 lb/907 g to 100 gal/384 L brine)	None
Cooked sausage	156 ($\frac{1}{4}$ oz/7 g to 100 lb/45.36 kg meat)	None
Dry and semidry sausage	625 (1 oz/28 g to 100 lb/45.36 kg meat dry cured)	1,719 (2 $\frac{3}{4}$ oz/78 g to 100 lb/45.36 kg meat)
Dry cured meats	156 ($\frac{1}{4}$ oz/7 g to 100 lb/45.36 kg meat)	2,188 (2 lb/907 g to 100 gal/384 L brine at 10% pump)

*parts per million

The presence of nitrosamines in cured products has been a concern since 1956, when they were discovered to be carcinogenic. The amount of nitrosamine in any individual, like his or her cholesterol level, is influenced not only by the foods he or she eats but also by the amount of nitrosamine produced by the salivary glands and in the intestinal tract.

Although more than seven hundred substances have been tested as possible nitrate replacements, none has been identified as effective. Nitrites do pose some serious health threats when they form nitrosamines. There is little doubt that without nitrites, however, deaths from botulism would increase significantly and pose a more serious risk than the dangers associated with nitrosamines. The use of nitrates and nitrites is closely regulated.

insta-cure

A blend of agents, known simply as Insta-cure #1, combines 94 percent sodium chloride (salt) and 6 percent sodium nitrite. It is tinted pink (by adding FD&C #3) to make it easily identifiable and thus help avoid its accidental use. When used at the recommended ratio of 4 oz/113 g Insta-cure #1 to 100 lb/45.36 kg meat (or 0.25 percent of the total weight of meat), the meat is treated with only 6.84 g of pure nitrite, or slightly less than ¼ oz.

Insta-cure #2 contains salt, sodium nitrite, sodium nitrate, and pink coloring. It is used to make dry and dry-fermented products. The longer curing and drying periods require the presence of the nitrate in order to cure the meats safely.

cure accelerators: sodium erythorbate and ascorbate

Both sodium erythorbate and ascorbate are cure accelerators and work together with nitrite to enhance color development and flavor retention in cured foods. They have also been shown to inhibit nitrosamine formation in cooked bacon. Since the 1950s federal regulations

have permitted a measured amount of either ascorbic acid, sodium ascorbate, or sodium erythorbate to be included in commercially prepared cured meat.

These cure accelerators do have some of the same reddening effects as nitrites and nitrates, though the effect is temporary. More important, they cannot be used to substitute for nitrites or nitrates when those ingredients are called for in order to properly preserve or cure foods.

seasoning and flavoring ingredients

Salt-cured foods have a harsh flavor unless some additional ingredients are added to the cure. Sugar and other sweeteners, spices, aromatics, and wines have all been used over time to create regional adaptations of hams, bacons, and preserved fish and poultry.

sugar (sweeteners)

Sweeteners—including dextrose, sugar, corn syrup, honey, and maple syrup—can be used interchangeably in most recipes. Some sweeteners have very distinct flavors, so be certain the one you choose will add the taste you intend. Dextrose is often called for in cures because it has the same ability to mellow the harsh salt and increase moisture as other sweeteners without adding an extremely sweet flavor of its own. Sweeteners can:

- » Help overcome the harshness of the salt in the cure
- » Balance the overall flavor palette
- » Counteract bitterness in liver products
- » Help stabilize color in cured meats
- » Increase water retention (moisture) in finished products
- » Provide a good nutrient source for fermentation

spices and herbs

A variety of spices and herbs are used in curing and brining processes to enhance a product's flavor and give it a particular character. Traditionally many of the sweet spices have been used, such as cinnamon, allspice, nutmeg, mace, and cardamom. These spices and spice blends are still used in many classic recipes.

In addition, ingredients such as dry and fresh chiles, infusions or essences, wines, fruit juices, or vinegars can be incorporated to give a contemporary appeal to cured meats, fish, and poultry. When you change a classic seasoning mix, make several tests to determine the best combinations and levels of intensity before putting anything new on your menu.

CURING AND BRINING

Cure is the generic term used to indicate brines, pickling or corning solutions, or dry cures. When salt, in the form of a dry cure or brine, is applied to a food, the food is referred to as cured, brined, pickled, or corned. The term corned is less familiar now, but derives from the fact that the grains of salt used to cure meats and other foods were likened to cereal grains, or corn, because of their size and shape. Salt brines may also be known as pickles; this is true whether or not vinegar is added to the brine.

Although unrefined salt or seawater were most likely the original cures or brines, we have learned more over time about how the individual components of cures and brines work. Refined and purified salts, sugar, and curing ingredients (nitrates and nitrites) have made it possible to regulate the process more accurately. This means we can now produce high-quality, wholesome products with the best texture and taste.

dry cures

A dry cure can be as simple as salt alone, but more often the cure is a mixture of salt, a sweetener of some sort, flavorings, and, if indicated or desired, a commercially or individually prepared curing blend. This mixture is then packed or rubbed over the surface of



Dry cures are applied thoroughly and evenly to items in order to ensure proper curing.

dry cure time for meats

ITEM TO BE CURED	APPROXIMATE CURING TIME
1/4 in/6 mm thick, approximate	1 to 2 hours
1 in/3 cm thick, approximate (lean meat)	3 to 8 hours
1 1/2 in/4 cm thick pork belly	7 to 10 days
Ham, bone-in (15 to 18 lb/6.80 to 8.16 kg)	40 to 45 days

the food. It may be necessary to wear gloves as you apply the dry cure, as the salt might dehydrate your skin.

When curing meat, you will use 8 oz/227 g of cure for every 10 lb/4.54 kg of meat. Keeping the food in direct contact with the cure helps to ensure an evenly preserved product. Some foods may be wrapped in cheesecloth or food-grade paper; others may be packed in bins or curing tubs with cure scattered around them and in between layers. They should be turned or rotated every other day until they cure. This process is known as overhauling. Larger items such as hams may be rubbed repeatedly with some additional cure mixture over a period of days. (See the table above for a chart of dry curing times.) If there is an exposed bone in the item, it is important to rub the cure around and over the exposed area to cure it properly.

brines

When a dry cure is dissolved in water, it is known as a wet cure, or a brine. As you make the brine, you may opt to use hot water, or even to bring the brine to a simmer to infuse it with spices or other aromatics. However, the brine must be thoroughly chilled before you use it to cure foods. This technique is used primarily for moisture retention but

can also add some flavor to the foods that are brined.

The brine may be applied in two different ways, depending upon the size and composition of the food you are brining. For small items such as quail, chicken breasts, or ham hocks, it is usually enough to submerge the food in the brine, a process sometimes referred to as brine soaking. These foods are placed in enough brine to completely cover the food, topped with a weight to keep them submerged as they cure, and allowed to rest in the solution for the required number of days (consult specific recipes for information).

Larger items, such as turkeys or hams, are injected with brine to ensure that the brine penetrates completely and evenly in a shorter period of time. An amount of brine equivalent to 10 percent of the item's weight is injected into the meat. A turkey weighing 12 lb/5.44 kg, for example, requires 1 lb 3 oz/539 g brine. Once the brine is injected, the product is generally submerged in a brine bath throughout the curing period. See the table on page 209 for a chart of brining times.

A number of tools are used to inject brine. Syringes and continuous-feed pumps are the most popular tools for small operations.

Commercial operations use a variety of high-production systems. In some, vacuum pressure is used to force brine into the meat.

Another process, known as artery pumping, was first introduced by a New Zealand undertaker named Kramlich in 1973. In this method, brine is injected through the arterial system. Stitch pumps inject brine by inserting a single needle into the meat at specific points. Multiple-needle pumps rapidly inject meats through a large number of evenly spaced offset needles.

Recently, the basic formula for brine has changed because the purpose of brining has evolved. In recent years, meat has begun to be bred leaner to address health concerns throughout the country. Brines are now used primarily to add moisture and flavor to meat rather than to preserve it for long periods of time. Brines are also now commonly made



1

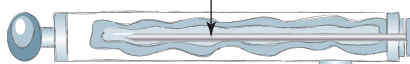


2

1. When brining, completely submerge the meat, in this case quail, in the brine and weigh it down to maintain submersion.

2. For larger cuts of meat, in this case a ham, brine is injected using a syringe-like pump to ensure complete and even brining in a shorter amount of time.

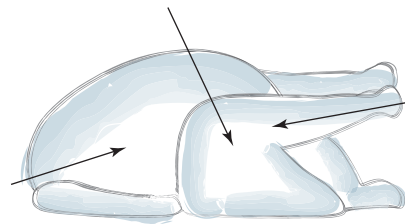
The Continuous-Feed Brine Pump
Brine pump with needle properly stored



Plunger Cylinder Needle

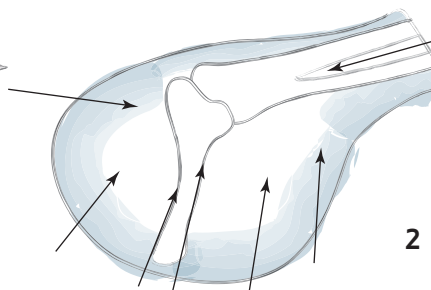
Strainer Hose

1



1. Injection pump.

2. When injecting brine, the areas noted by the arrows indicate points of injection that will ensure thorough brining.



2

brining time for meats

ITEM TO BE BRINED	NOT PUMPED	PUMPED (10% OF WEIGHT)
Chicken or duck breast	24 to 36 hours	Not recommended
Chicken, whole	24 to 36 hours	12 to 16 hours
Pork butt or loin (boneless)	5 to 6 days	2 1/2 to 3 days
Turkey, whole, 10 to 12 lb/4.54 to 5.44 kg	5 to 6 days	3 days
Corned brisket	7 to 8 days	3 to 5 days
Ham, boneless	6 days	4 days
Ham, bone-in	20 to 24 days	6 to 7 days

without Insta-cure or other curing agents because meats are not brined for very long and they are cooked very soon after they are brined. The omission of Insta-cure in the brines reduces the risk of nitrosamines (see pages 204–205) and makes for a more natural brine. See the basic formula for brine on page 207. This can be adapted for a variety of meats

and flavor profiles by adding spices or changing the type of sweetener. The possibilities are nearly endless. Also, the size of the meat determines how long it stays in the brine: for example, turkey is brined for 36 hours, pork loin for 24 hours, chicken for 12 to 24 hours depending on the size, and duck breast for 12 hours.

SMOKING

Smoke has been intentionally applied to foods since it was first recognized that holding meats and other provisions off the ground near smoky fires did more than dry them more quickly or prevent animals from getting to them. The hanging foods, treated to a smoke bath, took on new and enticing flavors.

Today we enjoy smoked foods for their special flavors. By manipulating the smoking process, it is possible to create a range of products, both traditional and nontraditional. Besides such perennial favorites as smoked salmon, hams, bacon, and sausages, many

unique smoked products are being featured on contemporary menus: smoked chicken salad, smoked tomato broth, even smoked cheeses, fruits, and vegetables.

Several types of smokers are available. The basic features shared by each type of smoker are a smoke source, a smoke chamber where the food is exposed, circulation, and ventilation.

Hardwoods such as hickory, oak, cherry, walnut, chestnut, apple, alder, mesquite, and wood from citrus trees are good choices for smoking. They produce a rich, aromatic

smoke with proportionately few of the particles that make smoked foods taste sooty or bitter. Soft woods, such as pine, burn hot and fast with too much tar, making them unsuitable for smoking foods.

In addition to various hardwoods, other flammable materials can be used. Grapevine clippings, corn husks, and peanut shells can be added to the smoker to give a distinctive flavor. A special smoking mixture is used to prepare Asian-Style Tea-Smoked Moulard Duck Breasts (page 232).

Wood for smoking can be purchased as chunks, chips, or sawdust. If you use a wood-burning oven to create smoke-roasted specialties, you can use larger pieces of wood, available for purchase by the bundle, truckload, or cord. Make the effort to purchase woods from a reputable source. You should be certain that the wood is free of contaminants

such as oil or chemicals. Never use pressure-treated wood under any circumstances—it is deadly poisonous.

pellicle formation

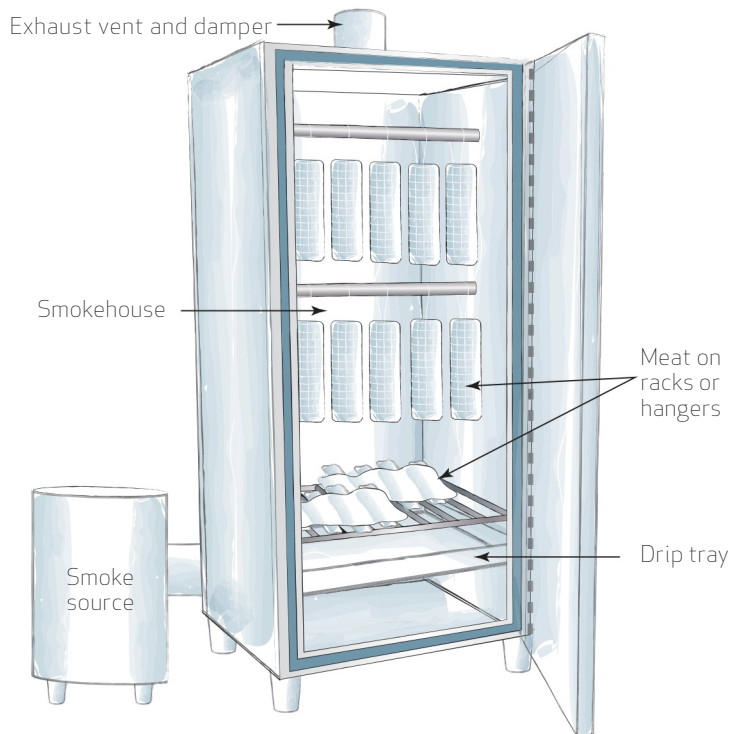
Before cured foods are smoked, they should be allowed to air-dry long enough to form a tacky skin, known as a pellicle. The pellicle plays a key role in producing excellent smoked items. It acts as a kind of protective barrier for the food, helping to retain the natural moisture of the food and keeping the fats locked inside the flesh. (If these fats rise to the surface of the food, they can promote spoilage.) The pellicle also plays an important role in capturing the smoke's flavor and color.

Most foods can be properly dried by placing them on racks or by hanging them on hooks or sticks. It is important that air be able to flow around all sides. They should be air-dried uncovered, in the refrigerator or a cool room. To encourage pellicle formation, you can place the foods so that a fan blows air over them. The exterior of the item must be sufficiently dry if the smoke is to adhere.

cold smoking

Some of the basic criteria used to determine which foods are suitable for cold smoking include the type and duration of the cure and whether or not the food will be air-dried after smoking. Smithfield hams, for example, are cold smoked for one week; after that, they are air-dried for six months to a year. But cold smoking need not be reserved just for hams that will be air-dried or salmon that has been rendered safe by virtue of a salt cure. It can also be used to prepare foods that will be cooked by another means before they are served.

Cold smoking can be used as a flavor enhancer for items such as pork chops, beef steaks, chicken breasts, or scallops. The item can be cold smoked for a short period of time,



Smokers will vary in style and construction but will always utilize a smoke source, smoke chamber, and mechanisms for circulation and ventilation.

1. A properly formed pellicle should make foods tacky and give their surface a glossy appearance.

2. The pellicle allows the smoke to adhere to foods during the smoking process.



just enough to give a touch of flavor. They are ready to be finished to order by such cooking methods as grilling, sautéing, baking, or roasting, or they may be hot smoked to the appropriate doneness for an even deeper smoked flavor.

Cheeses, vegetables, and fruits can be cold smoked for a unique flavor. Typically a very small measure of smoke is best for these foods, just enough to produce a subtle change in the food's color and flavor.

Smokehouse temperatures for cold smoking should be maintained below 70°-100°F/21°-38°C. (Some processors keep their smokehouses below 40°F/4°C to keep foods safely out of the danger zone.) In this temperature range, foods take on a rich smoky flavor, develop a deep mahogany color, and tend to retain a relatively moist texture. They are not cooked as a result of the smoking process, however.

Keeping the smokehouse temperature below 100°F/38°C prevents the protein structure of meats, fish, or poultry from denaturing.

At higher temperatures, proteins change and take on a more crumbly texture. The difference is easy to imagine: think of the difference in texture between smoked and baked salmon fillets.

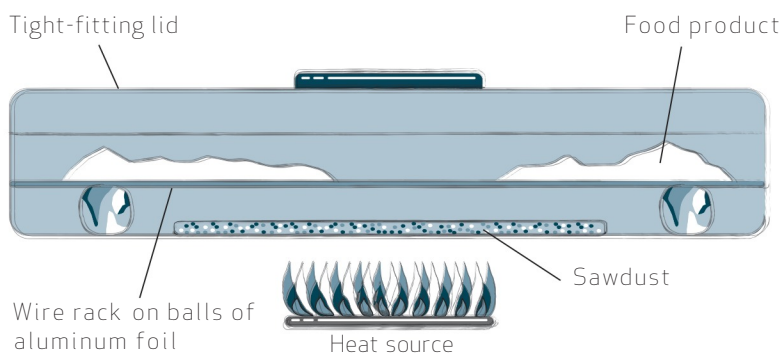
hot smoking

Hot smoking exposes foods to smoke and heat in a controlled environment. Although we often reheat or cook foods that have been hot smoked, they are typically safe to eat without any further cooking. Hams and ham hocks are fully cooked once they have been properly smoked.

Hot smoking occurs within the range of 185°-250°F/85°-121°C. Within this temperature range, foods are fully cooked, moist, and flavorful. If the internal temperature of the product is allowed to get hotter than 185°F/85°C, smoked foods will shrink excessively, buckle, or even split. Smoking at high temperatures will also reduce the yield, since both moisture and fat will be cooked away.

smoke roasting

Smoke roasting refers to any process that has the attributes of both roasting and smoking. This smoking method is sometimes referred to as barbecuing or pit roasting. It may be done in a smoke roaster, closed wood-fired oven or barbecue pit, any smoker that can reach a temperature above 250°F/121°C, or a conventional oven (one that you don't mind having smoky all the time) by placing a pan filled with hardwood chips on the floor of the oven so that the chips can smolder and produce a smoke bath.



A pan smoker can be easily assembled using two pans, a rack, sawdust or wood chips, and a heat source.

pan smoking

It is possible to produce smoked foods even if you don't have a smoker or smokehouse. Pan smoking is a simple and inexpensive method to give a smoke-enhanced flavor to foods in a relatively quick time. Pan smoking requires two disposable aluminum pans, a rack, and some sawdust or woodchips. The drawback of pan smoking is that it is hard to control the smoke and products tend to get a flavor that is too intense and may be bitter.



In lieu of a smoker or smokehouse, a pan smoker can be used to achieve the same effect, in this case with whole ducks.

DRYING

In addition to drying items before they are smoked to form a pellicle, you may also need to air-dry certain items in lieu of or in addition to smoking them. Air-drying requires a careful balance of temperature and humidity control. It is important to place foods in an area where you can monitor both temperature and humidity, since dried hams may take weeks, months, or more to cure and dry properly. Be sure to learn and follow all the safe food-handling precautions for foods that undergo extended drying periods.

Several world-famous hams, including Serrano ham from Spain, Smithfield ham from the United States, and prosciutto crudo di Parma from Italy, are cured, cold smoked, and then dried for an extended period, making them safe to store at room temperature and eat without further cooking. Other products, including Roman-Style Air-Dried Beef (page 241), bresaola, and Beef Jerky (page 224), are also preserved by drying.

PRESERVING IN FAT: CONFITS AND RILLETTES

Confits and rillettes are classic methods of preserving foods. To prepare a confit of poultry or other small game animals such as rabbit and hare, the legs and other portions of the bird or animal are cured and then gently simmered in rendered fat, ideally fat from the animal itself. After this long cooking process is complete, the pieces are packed in crocks and completely covered with the fat. The fat acts as a seal, preventing the meat from being exposed to the air. Traditionally, the meat was salted for two to three days so that it could be stored in the fat for up to four months. Now that the confit process is used as a cooking method and the meat is not necessarily stored for such long periods, the curing time for the meat can be cut dramatically. For most cuts of meat, one day of curing time is sufficient. After the meat is cooked and stored in the fat, it is important to allow the meat to age in the fat for one week before serving. This allows the proteins in the meat to soften slightly, creating a more tender product.

Duck or goose confit is a traditional component of cassoulet and other long-simmered dishes based on beans. Today's chef has adapted this traditional dish to suit contemporary tastes. You will find confit prepared not only from ducks, geese, and rabbits but also from tuna or red onions, which are allowed to stew gently in butter or oil to a rich, jamlike consistency.

Rillettes are made by stewing boned meats in broth or fat with vegetables and aromatics. The thoroughly cooked meat is blended with fat to form a paste. This mixture is typically stored in crocks or pots, covered with a layer of fat to act as a seal, and served with bread or as a topping or filling for canapés and profiteroles.

basic poultry brine

yield: 3 GAL/11.52 L

1 lb 8 oz/680 g salt	1 1/2 tbsp/9 g onion powder (optional)
12 oz/340 g dextrose, honey, sugar, or brown sugar	7 oz/198 g Insta-cure #1
1 tbsp/6 g garlic powder (optional)	3 gal/11.52 L warm water

Stir together the salt, sugar, garlic and onion powders, if desired, and Insta-cure #. Add the water and stir until the dry ingredients are dissolved. Cool this brine completely.

basic meat brine *beef and pork*

yield: 3 GAL/11.52 L

3 gal/11.52 L warm water	1 lb 8 oz/680 g dextrose (optional)
2 lb/907 g salt	7 oz/198 g Insta-cure #1

Stir together the water, salt, and corn syrup, if desired, and Insta-cure #. Stir until the dry ingredients are dissolved. Cool this brine completely.

basic seafood brine

yield: 64 FL OZ/1.92 L

3 1/2 oz/99 g salt	1/2 tsp/1 g onion powder
2 1/4 oz/64 g sugar	1 tbsp/15 mL lemon juice
1/2 tsp/1 g garlic powder	64 fl oz/1.92 L hot water

Stir together the salt, sugar, garlic and onion powders, and lemon juice. Add the hot water and stir until the dry ingredients are dissolved. Cool.

basic fish brine

yield: 2 GAL/7.68 L

2 gal/7.68 L water	1/3 cup/80 mL lemon juice
1 lb 8 oz/680 g salt	1/2 cup pickling spice
1 lb/454 g granulated sugar	1 garlic clove, minced

Combine all of the ingredients in a stockpot. Bring to a boil. Cool the brine to room temperature before using.

gravlax

yield: 2 LB 12 OZ/1.25 KG; 12 TO 14 SERVINGS

1 salmon fillet, skin on (approximately 3 lb/1.36 kg)	cure mix
2 fl oz/60 mL lemon juice	6 oz/170 g salt
1 fl oz/30 mL aquavit or gin	6 to 9 oz/170 to 255 g sugar (see Chef's Note)
3 to 4 bunches fresh dill, coarsely chopped	1/2 oz/14 g cracked black pepper

1. Remove the pin bones from the salmon and score the skin. Center it skin side down on a large piece of cheesecloth. Brush lemon juice and aquavit or gin over the salmon.
2. Mix the cure ingredients and pack evenly over the salmon. (The layer should be slightly thinner where the fillet tapers to the tail.) Cover with chopped dill.
3. Wrap the salmon loosely in cheesecloth and place it in a perforated hotel pan set in a regular hotel pan. Top with a second hotel pan and press with a 2-lb/907-g weight.
4. Refrigerate the salmon for 3 days to cure. After the third day, gently scrape off the cure and dill. Slice and serve the salmon immediately, or wrap and refrigerate for up to 5 days.

- » **CHEF'S NOTE** Ratios of salt to sugar may vary: two parts salt to one part sugar, equal parts of each, or relatively sweet cures made with one part salt to one and a half to two parts sugar. Adding more sugar to any dry cure lends a moister texture and a sweeter flavor.
- » **VARIATION** SOUTHWESTERN-STYLE GRAVLAX: Substitute lime juice for the lemon juice and 1 fl oz/30 mL tequila for the aquavit or gin. Replace the dill with an equal amount of chopped fresh cilantro. This version can be served with Papaya and Black Bean Salsa (page 43).

norwegian beet and horseradish cure

yield: 2 LB 12 OZ/1.25 KG; 12 TO 14 SERVINGS

1 salmon fillet, skin on (approximately 3 lb/1.36 kg)

6 oz/170 g sugar

cure mix

6 oz/170 g salt

12 oz/340 g finely chopped or grated raw beets

1/2 oz/14 g cracked black pepper

1 lb/454 g fresh horseradish

-
1. Remove the pin bones from the salmon and score the skin. Center it skin side down on a large piece of cheesecloth or plastic wrap.
 2. Mix the cure ingredients and pack evenly over the salmon. (The layer should be slightly thinner where the fillet tapers to the tail.)
 3. Wrap the salmon loosely in the cheesecloth or plastic wrap and place it in a hotel pan.
 4. Refrigerate for 3 days to cure. After the third day, gently scrape off the cure.
 5. Slice and serve the gravlax immediately, or wrap and refrigerate for up to 1 week.

» **CHEF'S NOTE** This is a vibrant, magenta-colored, spicy version of basic smoked salmon with a sweet-hot flavor. Try it as an alternative for smoked salmon served with traditional accompaniments.



pastrami-cured salmon

yield: 2 LB 12 OZ/1.25 KG; 12 TO 14 SERVINGS

1 salmon fillet, skin on (approximately 3 lb/1.36 kg)	4 oz/113 g minced shallots
2 fl oz/60 mL lemon juice	3 fl oz/90 mL molasses
cure mix	1/2 tsp/1 g cayenne
6 oz/170 g salt	5 bay leaves, crushed
3 to 6 oz/85 to 170 g sugar	2 tsp/4 g crushed coriander seed
1/2 oz/14 g cracked black pepper	2 tsp/4 g paprika
	2 tsp/4 g ground black pepper
1 bunch cilantro, coarsely chopped	
1 bunch parsley, coarsely chopped	

1. Remove the pin bones from the salmon and score the skin. Center it skin side down on a large piece of cheesecloth. Brush with lemon juice.
2. Mix the cure ingredients and pack evenly over the salmon. Combine the cilantro, parsley, and shallots; pack evenly over the salmon.
3. Wrap the salmon loosely in the cheesecloth and place it in a hotel pan. Refrigerate for 3 days to cure. After the third day, gently scrape off the cure.
4. Bring the molasses, cayenne, and bay leaves to a simmer; remove from heat and cool. Brush evenly over the salmon. Blend the coriander, paprika, and black pepper. Press evenly over the salmon.
5. Refrigerate uncovered for at least 12 hours before serving. The salmon may be wrapped and refrigerated for up to 1 week.

» **CHEF'S NOTE** The salmon pairs very well with spices that are typically used for pastrami, and the molasses imparts a slight sweetness to the fish. Cold smoke the cured salmon to create a more intense flavor.

smoked shrimp

yield: 3 LB 8 oz/1.59 kg

5 lb/2.27 kg shrimp

64 fl oz/1.92 L Basic Seafood Brine (page 214)

-
1. Peel and devein the shrimp. Place in a plastic or stainless-steel container.
 2. Pour enough brine over the shrimp to completely submerge them. Use a plate or plastic wrap to keep them completely below the surface. Cure at room temperature for 30 minutes.
 3. Remove the shrimp from the brine, rinse with cool water, and blot dry. Cold smoke below 100°F/38°C for 45 minutes to 1 hour.
 4. Grill, sauté, poach, stew in a sauce, or prepare the shrimp according to other needs immediately, or wrap and refrigerate for up to 1 week.

» **CHEF'S NOTES** To prepare the shrimp for smoking, completely remove the shells, the tail section, and the veins. Even though it has been standard practice to leave the tails on, removing them is more easily accomplished during kitchen preparation than by your guest. It is safer too, since there is no chance that someone might accidentally swallow a bit of shell.

This brine can be doubled or tripled and used according to need. It can be covered and refrigerated for up to 2 weeks. If preferred, the seafood may be pan smoked to an internal temperature of 145°F/63°C, about 6 to 8 minutes, and served hot, warm, or cold. This brine is also suitable for mussels, oysters, and eel.

» **VARIATION** SMOKED SCALLOPS: 4 lb/1.81 kg scallops may be substituted for the shrimp. The tough muscle tab should be removed before smoking.

smoked salmon

yield: 2 LB 12 OZ/1.25 KG; 12 TO 14 SERVINGS

1 salmon fillet, skin on (about 3 lb/1.36 kg)

dry cure

8 oz/227 g salt

4 oz/113 g sugar

2 tsp/4 g onion powder

3/4 tsp/1.50 g ground cloves

3/4 tsp/1.50 g ground or crushed bay leaf

3/4 tsp/1.50 g ground mace

3/4 tsp/1.50 g ground allspice

1/8 tsp/0.60 g Insta-cure #1 (optional)

1. Remove the pin bones from the salmon and score the skin.
2. Mix the cure ingredients thoroughly and sprinkle some of the dry cure over a large piece of cheesecloth. Center the salmon skin side down on the cheesecloth and pack the remaining cure evenly over the salmon. (The layer should be slightly thinner where the fillet tapers to the tail.)
3. Wrap the salmon loosely in the cheesecloth and place it in a hotel pan.
4. Refrigerate the salmon 12 hours to cure. Gently rinse off the cure with room-temperature water and blot dry.
5. Refrigerate, uncovered, on a rack overnight to air-dry and form a pellicle.
6. Cold smoke at 100°F/38°C or less for 4 to 6 hours.
7. Slice and serve the smoked salmon immediately, or wrap and refrigerate for up to 1 week.

» **CHEF'S NOTES** The dry cure can be doubled or tripled, if desired. Store, tightly covered, in a cool, dry area until ready to use.

For additional flavor dimensions, brush salmon with a liquor such as brandy, vodka, or tequila before it is air-dried.

Trim or end pieces can be used for rillettes, mousse, or cream cheese-based spreads for canapés, tea sandwiches, or bagels.

» **PRESENTATION IDEAS** Smoked salmon is an ideal carving item for a buffet or reception and can be served on brioche or pumpernickel croutons with a dollop of crème fraîche. Traditional accompaniments include capers, finely chopped onions, hard-cooked eggs, and parsley. Basic Mayonnaise (page 36) or sour cream-based sauces flavored with caviar, mustard, or horseradish are often served with smoked salmon.

1. Apply the cure evenly over the salmon, packing it slightly thinner where the fillet tapers to the tail.

2. Wrap the salmon in the cheesecloth and allow it to cure under refrigeration.

3. Once air-dried in the refrigerator, a pellicle will form on the surface of the fillet.

4. After it is smoked, slice the salmon into paper-thin pieces with a slicing knife.



fennel-cured salmon

yield: 2 LB 8 OZ TO 3 LB/1.13 TO 1.36 KG

1 salmon fillet (approx 3 lb/1.36 kg), skin on

dry cure

14 oz/397 g sugar

13 1/4 oz/376 g fine sea salt

1 1/2 tsp/3 g coriander seeds, toasted and cracked

1 1/2 tsp/3 g black peppercorns, toasted and cracked

1 tsp/3 g grated lime zest

2 1/2 tsp/7.50 g grated lemon zest

1 1/2 tbsp/13.50 g grated orange zest

2 cups/480 mL chopped fennel fronds

1 1/2-in/4-cm piece ginger, finely chopped

1 1/2-in/4-cm piece lemongrass, finely chopped

4 fl oz/120 mL gin

1. Remove the pin bones from the salmon and score the skin.
2. In a bowl, mix the sugar, salt, coriander, pepper, and lime, lemon, and orange zests to make the cure mix. In a separate bowl, mix the fennel fronds, ginger, and lemongrass.
3. Brush the flesh side of the salmon fillet with a little bit of gin. Pour the remainder of the gin into the cure mixture and mix well. Place a large piece of cheesecloth on a sheet pan. Spread some of the cure on the cheesecloth. Center the salmon fillet on top of the cheesecloth and cure mixture. Spread half of the remaining cure mix evenly over the salmon fillet. (The layer should be slightly thinner where the fillet tapers to the tail).
4. Pack the fennel frond mixture evenly over the fillet.
5. Spread the remaining cure mix on top of the fillet.
6. Wrap the fillet in the cheesecloth and cure for 12 hours under refrigeration, at 40°F/4°C.
7. Rinse off the cure in warm water. Air-dry on a rack on a sheet pan, placed where there is a lot of air movement, for 6 to 8 hours under refrigeration to form a pellicle. Wrap and store for up to 1 week under refrigeration.
8. The salmon may be served as is, sliced thinly on the bias.

» **CHEF'S NOTE** The salmon may be cold smoked for 2 hours following air-drying. Cold smoke under 70°F/21°C for about 2 hours at a medium smoke intensity. If you can cold smoke at a temperature under 40°F/4°C, this would be ideal. Cool, wrap, and store in the refrigerator for up to 1 week.

southwest-style smoked salmon

yield: 2 LB 12 OZ/1.25 KG; 12 TO 14 SERVINGS

1 salmon fillet, skin on (about 3 lb/1.36 kg)

southwest-style dry cure

8 oz/227 g salt

3 oz/85 g brown sugar

1 tbsp/6 g dry mustard

2 tsp/4 g ground cumin

2 tbsp/12 g dried oregano

1/2 tsp/1 g ground allspice

1/2 tsp/1 g ground ginger

1/2 tsp/1 g ground nutmeg

1/2 oz/14 g mild red chili powder

1 tbsp/6 g paprika

2 tsp/4 g ground white pepper

1 oz/28 g chopped cilantro

2 tsp/4 g onion powder

1 tsp/2 g garlic powder

1/2 tsp/1 g cayenne

1/4 tsp/1.25 g Insta-cure #1 (optional)

2 fl oz/60 mL tequila

1. Remove the pin bones from the salmon and score the skin.
2. In a bowl, mix the sugar, salt, coriander, pepper, and lime, lemon, and orange zests to make the cure mix. In a separate bowl, mix the fennel fronds, ginger, and lemongrass.
3. Brush the flesh side of the salmon fillet with a little bit of gin. Pour the remainder of the gin into the cure mixture and mix well. Place a large piece of cheesecloth on a sheet pan. Spread some of the cure on the cheesecloth. Center the salmon fillet on top of the cheesecloth and cure mixture. Spread half of the remaining cure mix evenly over the salmon fillet. (The layer should be slightly thinner where the fillet tapers to the tail.)
4. Pack the fennel frond mixture evenly over the fillet.
5. Prepare the salmon and apply the cure as in steps 1 through 4 for Smoked Salmon (page 220).
6. Brush the salmon with tequila.
7. Air-dry and smoke as in steps 5 and 6 for Smoked Salmon. Air-dry on a rack on a sheet pan, placed where there is a lot of air movement, for 6 to 8 hours under refrigeration to form a pellicle. Wrap and store for up to 1 week under refrigeration.
8. The salmon may be served as is, sliced thinly on the bias.

beef jerky

yield: 1 LB 8 oz/680 g

3 lb/1.36 kg beef top round

dry cure

1 lb 4 oz/567 g salt

3 1/2 oz/99 g brown sugar

2 tsp/4 g pickling spice, ground

1 tsp/2 g celery seed, crushed

1 tsp/2 g coarse-ground black pepper

1 tsp/2 g yellow mustard seed

1 tsp/2 g onion powder

1 tsp/2 g garlic powder

1/2 tsp/1 g cayenne

2 2/3 fl oz/80 mL soy sauce

2 2/3 fl oz/80 mL Worcestershire sauce

1. Cut the beef across the grain into thin strips about 2 by 8 by 1/4 in/5 cm by 20 cm by 6 mm.
2. In a mixing bowl, combine the salt, sugar, pickling spice, celery seed, pepper, mustard seed, onion and garlic powders, and cayenne to make the cure mix.
3. Rub the cure mix well into both sides of the meat strips. Place the meat on a rack and let cure for 3 hours under refrigeration.
4. Rinse the meat strips and lightly blot them dry with absorbent paper towels.



1. Beef jerky can be brined or cured.
2. The finished jerky will have a smoky flavor and a chewy texture.

5. In a mixing bowl, combine the soy sauce and Worcestershire sauce. Add the meat strips and coat with the sauce mixture.
6. Place the meat in a single layer on lightly oiled racks over sheet pans and air-dry in a refrigerator where there is a lot of air movement. Dry the meat overnight, or until a pellicle forms.
7. Place the meat in a 200°F/93°C oven for about 1 hour. It should be 90 percent done. Take a piece of meat and break it or taste it. It should be dry with a slight amount of moisture. You want to avoid its being very dry.
8. Cold smoke the meat for 1 to 2 hours at 100°F/38°C or lower. Hickory wood or sawdust is a good choice, but any type of hardwood will do, depending on the flavor you wish to attain. Smoke intensity should be about medium, so that you get a light smoke flavor on the product. If a stronger flavor of smoke is desired, keep the meat in the smoker longer.
9. Place the meat in a well-ventilated area at room temperature to dry for 4 to 5 hours.
10. Remove the meat from the racks and transfer to a plastic container with a tight-fitting lid. The beef jerky may be stored for 2 to 4 weeks in a refrigerator or frozen for later use.

chile-rubbed tenderloin

yield: 3 LB 8 oz/1.59 kg

chile paste

2 oz/57 g ancho chiles

1 1/2 tbsp/9 g ground cumin, toasted

1 1/2 tsp/4.50 g minced garlic

1/2 tsp/1 g chili powder

Pinch cayenne

Salt, as needed

4 lb/1.81 kg beef or pork tenderloin

Vegetable oil, as needed

1. Remove the seeds and stems from the chiles and put them in a bowl. Pour enough hot water over them to barely cover. Soak until the chiles are soft, about 30 minutes. Alternatively, toast the chiles on a flattop until soft. Using a slotted spoon, transfer the chiles to a blender or food processor. Add the cumin, garlic, chili powder, cayenne, and salt. Purée to a smooth paste, adding some of the soaking liquid from the chiles if necessary to adjust the consistency; it should spread over the beef evenly.

2. Trim the tenderloin and tie to even the shape of the meat. Rub the chile paste evenly over all surfaces of the beef. Refrigerate at least 4 hours and up to 24 hours to marinate.

3. Prepare a smoker and place the beef on a rack in the smoker. Cold smoke at 80°F/27°C until flavored, no more than 2 hours. Any more time in the smoker might allow botulism spores to germinate.

4. Remove the beef from the smoker. Sear the tenderloin in very hot oil over high heat until browned, turning to color all sides. Transfer to a rack in a roasting pan and roast at 350°F/177°C to an internal temperature of 130°F/54°C for medium rare, about 40 minutes.

5. Let the tenderloin rest for at least 10 minutes before untying and slicing. The meat will slice more easily for use on platters, canapés, and similar cold presentations if it is refrigerated at least 4 and up to 24 hours before slicing and serving.

» **CHEF'S NOTE** For use with canapés, bruschetta, sandwiches, and composed salads, portioned as appropriate. Also appropriate for use at a carving/action station on a buffet line.

citrus-scented hot-smoked sturgeon

yield: 4 LB 8 OZ/2.04 KG; 24 TO 30 SERVINGS

1 sturgeon fillet, skin on (approximately 5 lb/2.27 kg) 1 1/2 oz/43 g minced lime zest
citrus dry cure 1 1/2 oz/43 g minced lemon zest
1 lb/454 g salt
10 oz/284 g brown sugar

1. Remove the pin bones from the sturgeon and score the skin.
2. Mix the cure ingredients thoroughly and sprinkle some of the dry cure over a large piece of cheesecloth. Center the sturgeon skin side down on the cheesecloth and pack the remaining cure evenly over the sturgeon. (The layer should be slightly thinner where the fillet tapers to the tail.)
3. Wrap the sturgeon loosely in the cheesecloth and place it in a hotel pan.
4. Refrigerate the sturgeon overnight to cure. Gently rinse off the cure with room-temperature water and blot dry.
5. Refrigerate uncovered on a rack overnight to air-dry and form a pellicle.
6. Hot smoke at 160°F/71°C to an internal temperature of 145°F/63°C, about 1 hour.
7. Slice and serve the smoked sturgeon immediately, or wrap and refrigerate for up to 1 week.

» **CHEF'S NOTE** This sturgeon tastes great served warm right out of the smoker or at room temperature as a component of an appetizer or hors d'oeuvre. Sturgeon can be sliced thin and served warm or cold.

If desired, combine the dry rub with yuzu juice to make a brine.

hot-smoked rainbow trout

yield: 30 WHOLE TROUT (6 1/2 oz/184 g EACH AFTER SMOKING)

30 rainbow trout, pan-dressed (8 oz/227 g each)

brine

2 gal/7.68 L water

2 lb 8 oz/1.13 kg salt

4 oz/113 g dark brown sugar

1 1/2 tsp/3 g garlic powder

1 tbsp/6 g onion powder

1 1/2 oz/43 g pickling spice

3 oz/85 g honey

-
1. Place the trout in a deep plastic or stainless-steel container.
 2. Combine the brine ingredients.
 3. Pour enough brine over the trout to submerge them. Use a plate or plastic wrap to keep them completely below the surface. Refrigerate the trout for 8 hours to cure.
 4. Rinse the trout in slightly warm water and soak in fresh water for 10 minutes. Blot them dry with absorbent paper towels.
 5. Hot smoke at 215°F/102°C to an internal temperature of 145°F/63°C, about 2 hours.
 6. Cool the trout completely before serving. Smoked trout can be covered and refrigerated for up to 2 weeks.
- » **PRESENTATION IDEAS** Fish should be filleted and boned, with 1 fillet per serving. Smoked trout fillets can be served whole as a cold appetizer with Swedish Mustard Sauce (page 583), or can be flaked into bite-size pieces for tea sandwiches or canapés with Horseradish Butter (page 647).
If desired, substitute yuzu juice for the water in the brine.



smoked turkey breast

yield: 7 LB/3.18 KG USABLE MEAT

2 turkey breasts, bone-in (12 lb/5.44 kg each)

3 gal/11.52 L Basic Poultry Brine (page 214)

1. Trim any excess fat from the turkey.
 2. Weigh the turkey breasts individually and pump 10 percent of the weight in brine evenly throughout each breast.
 3. Place the breasts in a deep plastic or stainless-steel container. Pour enough brine over the turkey breasts to submerge them. Use a plate or plastic wrap to keep them completely below the surface. Brine, refrigerated, 2 to 3 days.
 4. Remove the turkey from the brine, rinse with room-temperature water, and blot dry. Refrigerate, uncovered, overnight to air-dry and form a pellicle.
 5. Hot smoke at 185°F/85°C to an internal temperature of 165°F/74°C, about 4 hours.
 6. Cool the turkey completely before serving. Smoked turkey breast can be covered and refrigerated for up to 2 weeks.
- » **CHEF'S NOTE** Instead of hot smoking, you can opt to pan smoke the turkey breast for approximately 1 hour and finish roasting the turkey in a 275°F/135°C oven to an internal temperature of 165°F/74°C, about 30 minutes.
- » **VARIATION** BOURBON-SMOKED TURKEY BREAST: Prepare Smoked Turkey Breast as directed above, pan smoking the turkey for 1 hour as directed in the Chef's Note. Bring to a simmer 8 fl oz/240 mL bourbon, 4 fl oz/120 mL pure maple syrup, and 2 oz/57 g brown sugar. Keep warm. Brush the turkey with this glaze 2 or 3 times during the final 30 minutes of roasting.
- » **PRESENTATION IDEAS** Smoked turkey makes a great presentation on a buffet, especially if it is sliced to order in front of guests. It can also be sliced and arranged on a buffet platter with Cranberry Relish (page 589). Slice it for sandwiches or cube the meat for smoked turkey salad or Cobb salad.

smoked duck

yield: 6 DUCKS

6 Pekin or Long Island ducks (4 to 6 lb/1.81 to 2.72 kg each)

duck brine

12 fl oz/360 mL Madeira

6 bay leaves

1 1/2 tsp/1.50 g thyme leaves

1 1/2 tsp/1.50 g chopped sage

1 1/2 tsp/1.50 g juniper berries

3 gal/11.52 L Basic Poultry Brine (page 214)

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1. Trim excess fat from the ducks.
 2. Combine the Madeira, herbs, and juniper berries with the basic brine.
 3. Weigh each duck individually and inject with brine equal to 10 percent of its weight. Place in a deep plastic or stainless-steel container. Pour enough brine over the ducks to submerge them. Use a plate or plastic wrap to keep them completely below the surface. Refrigerate the ducks for 12 hours to cure.
 4. Rinse the ducks in room-temperature water and soak in fresh water for 1 hour; blot dry. Refrigerate uncovered for at least 8 hours or overnight to air-dry and form a pellicle.
 5. Hot smoke at 185°F/85°C to an internal temperature of 165°F/74°C, about 4½ to 5 hours.
 6. Cool the ducks completely before serving. Smoked duck can be covered and refrigerated for up to 2 weeks.
- » **PRESENTATION IDEAS** Smoked duck can be used in numerous dishes, including hors d'oeuvre, salads, and main courses. It is featured in the Smoked Duck and Malfatti Salad (page 156), Foie Gras Roulade with Roasted Beet Salad and Smoked Duck Breast (page 479), and Smoked Breast of Duck Niçoise-Style (page 467).

asian-style tea-smoked moulard duck breasts

yield: 6 BREASTS

6 boneless moulard duck breasts (3 lb
8 oz/1.59 kg per double breast)
3 gal/11.52 L Basic Poultry Brine (page 214)

smoking mixture

1 1/2 oz/43 g black tea leaves

4 oz/113 g brown sugar
1 3/4 oz/50 g raw jasmine rice
1 tbsp/6 g Szechwan peppercorns
2 whole cinnamon sticks, crushed
1/4 oz/7 g orange zest

1. Submerge the duck breasts in the brine and refrigerate for 12 hours to cure. Rinse and dry the breasts.
2. Combine the smoking mixture in the bottom of a disposable roasting pan. Set a rack over the smoking mixture, place the cured breasts on the rack, and cover the pan tightly with a second roasting pan. Smoke for 8 minutes.
3. Roast in a 275°F/135°C oven to an internal temperature of 145°F/63°C, 30 to 40 minutes.
4. Cool the duck completely before serving. Smoked duck breasts can be covered and refrigerated for up to 2 weeks.

- » **CHEF'S NOTE** The skin can be slowly rendered in a sauté pan with a few drops of water to help give a crispier finished product. For a lower-fat version, remove skin completely before smoking and reserve. Lay the reserved skin over the top during the final roasting to keep the duck from drying out.
- » **PRESENTATION IDEA** This style of duck can be served as part of an Asian-style appetizer platter, or with Soba Noodle Salad (page 139).

smoked ham hocks

yield: 35 LB/15.88 KG

45 lb/20.41 kg ham hocks

3 gal/11.52 L Basic Meat Brine (page 214)

1. Place the ham hocks in a deep plastic or stainless-steel container.
2. Pour enough brine over the hocks to submerge them. Use a plate or plastic wrap to keep them completely below the surface. Refrigerate the hocks for 3 days to cure.
3. Rinse the hocks in cool water and soak in fresh water for 1 hour; drain. Refrigerate, uncovered, overnight to air-dry and form a pellicle.
4. Hot smoke at 185°F/85°C to an internal temperature of 150°F/66°C, about 4 hours.
5. Cool the hocks completely before storing. Smoked ham hocks can be covered and refrigerated for up to 6 weeks.

» **CHEF'S NOTE** Smoked ham hocks are a staple in many kitchens and are a concentrated source of flavor for stews, soups, beans, braised greens, and sauerkraut.

basic bacon

yield: 18 LB/9.16 KG

2 fresh pork bellies, skin on (10 lb/4.54 kg each)

basic dry cure

8 oz/227 g salt

5 1/2 oz/156 g sugar

1.6 oz/45 g Insta-cure #1

1. Weigh the pork bellies.
2. Mix the cure ingredients thoroughly. Measure the amount of cure needed, using a ratio of 8 oz/227 g dry cure for every 10-lb/4.54-kg fresh belly.
3. Rub the cure mix over the bellies, making sure to cover all areas. Stack skin side down in plastic or stainless-steel tubs.
4. Refrigerate for 7 to 10 days to cure, overhauling them every other day.
5. Rinse the bellies in slightly warm water. Soak in fresh water for 30 minutes and blot dry. Hang them on hooks and refrigerate 18 hours to air-dry and form a pellicle.
6. Hot smoke at 185°F/85°C to reach an internal temperature of 155°F/68°C, about 3½ hours; cool. Remove rind.
7. Slice or cut the bacon immediately as required for baking, sautéing, or griddling, or for use as a flavoring in other dishes, or wrap and refrigerate for up to 2 weeks.



1. During curing, water will seep out of the pork belly, slightly firming its texture. Be sure to overhaul the pork bellies every other day.

2. Once smoked, the bacon shrinks slightly and takes on a darker color.

- » **CHEF'S NOTES** Bacon is an example of a fully cooked smoked item that first undergoes a conventional dry-curing method, based upon a standard ratio of 2 parts salt to 1 part sugar.
A cured belly will lose 7 to 8 percent of its water volume throughout curing and smoking.
- » **VARIATIONS** HONEY-CURED BACON: Substitute 1 lb 8 oz/680 g honey for the sugar in Basic Dry Cure (page 234).
BROWN SUGAR-CURED BACON: Substitute brown sugar for the sugar in Basic Dry Cure (page 234), and adjust salt-to-sugar ratio to 10 parts salt to 8 parts sugar.
MAPLE-CURED BACON: Substitute maple sugar for the granulated sugar and reduce salt amount to 7 oz/198 g.

smoked pork loin

yield: 16 LB/7.26 KG

3 boneless pork loins (about 7 lb/3.18 kg each)

3 gal/11.52 L Basic Meat Brine (page 214)

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1. Cut the roasts in half if desired; tie or net them.
 2. Weigh each pork loin roast individually and inject with brine equal to 10 percent of its weight. Place the roasts in a plastic or stainless-steel container.
 3. Pour enough brine over the pork loin roasts to submerge them. Use a plate or plastic wrap to keep them completely below the surface. Refrigerate the pork for 3 days to cure.
 4. Rinse the pork loin roasts in slightly warm water and soak in fresh water for 1 hour; blot dry. Refrigerate uncovered for at least 16 hours to air-dry and form a pellicle.
 5. Hot smoke at 185°F/85°C to an internal temperature of 155°F/68°C, about 4 hours, or until the meat gets slightly pink from the nitrite.
 6. Slice and serve the pork loins immediately, or they can be covered and refrigerated for up to 2 weeks.
- » **VARIATION** CANADIAN BACON: Trim the roasts down to the eye muscle. Cut the roasts in half if desired and tie or net them. Pump with brine and cure, submerged in brine, for 2 days. Smoke and store as for smoked pork loin.
 - » **PRESENTATION IDEAS** Carve the pork loin to order at a buffet station and offer it with an assortment of chutneys and relishes (see pages 584–590). It is also excellent in sandwiches and salads. Edible trim can be added to pâtés, terrines, soups, and stews.

tasso cajun-style smoked pork

yield: 4 LB 8 oz/2.04 kg

1 pork butt (about 5 lb/2.27 kg)

4 oz/113 g Basic Dry Cure (page 234)

seasoning mix

1/2 oz/14 g ground white pepper

1 1/2 tbsp/9 g cayenne

1/2 oz/14 g ground marjoram

1/2 oz/14 g ground allspice

1/2 oz/14 g ground mace

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1. Cut the pork across the grain into slices 1 in/3 cm thick.
 2. Press the pork slices into the dry cure; cure for 3 hours at room temperature.
 3. Rinse off the cure in cool water, drain the meat well, and blot dry.
 4. Combine the ingredients for the seasoning mix, dredge the meat in it on all sides, and refrigerate, uncovered, overnight to air-dry and form a pellicle.
 5. Hot smoke at 185°F/85°C until the internal temperature reaches 155°F/68°C and the color is set, about 2 hours.
 6. Use the tasso immediately, or wrap and refrigerate for up to 2 weeks.
- » **CHEF'S NOTE** Tasso is a spicy cured and smoked pork product used primarily as a flavoring ingredient in Cajun dishes, such as gumbo and jambalaya.

smoked whole ham

yield: 1 SMOKED HAM

1 fresh ham (pork leg roast,
bone-in, about 20 lb/9.07 kg)

1 recipe Basic Meat Brine (page 214)

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1. Trim the ham, leaving 6 in/15 cm skin around the shank. Remove the aitch-bone and weigh the ham; inject with brine equal to 10 percent of its weight at the injection points on page 208. Place the ham in a plastic or stainless-steel container.
 2. Pour enough brine over the ham to submerge it. Use a plate or plastic wrap to keep it completely below the surface. Refrigerate the ham for 7 days to cure.
 3. Rinse the ham in cool water and soak in fresh water for at least 1 hour or overnight; blot dry. Refrigerate, uncovered, for 16 hours to air-dry and form a pellicle.
 4. Hot smoke at 185°F/85°C to an internal temperature of 150°F/66°C, about 12 hours.
 5. Slice the ham for cold preparations, or reheat, slice, and serve hot immediately, or cover and refrigerate up to 2 weeks.

» **PRESENTATION IDEAS** Smoked hams can be used in any number of ways. They can be carved on buffet lines hot, or wrapped in a brioche dough and baked for a more elegant presentation. Use smoked ham in any pâté or terrine recipes that call for ham, either as a liner or an internal garnish. The trim can be used in a variety of sandwiches and salads or used to flavor pasta dishes or soups.

smoke-roasted sirloin of beef

yield: 3 LB/1.36 KG

3 lb 4 oz/1.47 kg strip loin roast,
oven-ready, tail removed

herb mixture

3 garlic cloves, minced

1 tbsp/3 g chopped rosemary

1 tbsp/3 g chopped thyme

2 tsp/6.50 g salt

1 tbsp/6 g ground black pepper

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1. Trim the fat cover to $\frac{1}{8}$ in/3 mm; remove backstrap. Tie the roast to give it a uniform shape.
 2. Combine the ingredients for the herb mixture and spread evenly over the beef. Refrigerate uncovered overnight.
 3. Smoke roast at 185°F/85°C to a final internal temperature of 140°F/60°C, $3\frac{1}{2}$ to 4 hours.
 4. Smoke roasting enhances the flavor of the meat and gives it char-grilled flavor. It can be served as an entrée or cooled and sliced as a buffet item.

» **CHEF'S NOTE** This dish can be pan smoked if desired. Review the information about a pan-smoking setup on page 212. Pan smoke the beef for 20 to 30 minutes. Remove from the pan smoker and finish roasting at 275°F/135°C and remove at an internal temperature of 130°F/54°C to reach a final temperature of 140°F/60°C. Since this preparation does not actually cure the meat, it should be used within 3 to 4 days.

carolina barbecued pork butt

yield: 8 TO 9 LB/3.63 TO 4.08 KG PULLED MEAT

2 pork butts (5 to 6 lb/2.27 to 2.72 kg each)

barbecue dry rub

2 oz/57 g sweet paprika

1 oz/28 g chili powder

2 tbsp/20 g salt

1 tbsp/6 g ground cumin

1 oz/28 g sugar

1 tbsp/6 g dry mustard

2 tsp/4 g ground black pepper

2 tbsp/12 g dried thyme

2 tbsp/12 g dried oregano

1 tsp/2 g cayenne

-
1. Trim the pork butts of excess fat, leaving approximately $\frac{1}{16}$ in/1.50 mm fat on the meat. Score the remaining fat in a crisscross pattern to allow spices to penetrate.
 2. Combine the dry rub ingredients and rub well over all surfaces of the pork. Refrigerate overnight. Place on roasting racks.
 3. Hot smoke at 185°F/85°C to an internal temperature of 155°F/68°C, 2 to 3 hours.
 4. Pull meat off the pork bone and shred by hand. Remove any excess fat.
 5. Use the pork immediately, or cool, wrap, and refrigerate for up to 7 days.
- » **CHEF'S NOTE** The barbecue rub given here can be used for other cuts of pork, including spare ribs, loin roasts, and cottage butts.

pancetta

yield: 18 LB/9.16 KG

2 fresh pork bellies, skin on (10 lb/4.54 kg each)

dry cure

1 lb/454 g salt

4 oz/113 g brown sugar

4 oz/113 g cracked black pepper

2 oz/57 g juniper berries, crushed

8 bay leaves, crushed

2 tsp/4 g grated nutmeg

2 tbsp/6 g thyme leaves

8 garlic cloves, mashed to a paste

1 oz/28 g Insta-cure #1

1. Weigh the pork bellies.
2. Combine the cure ingredients in a bowl and mix well. Measure the amount of dry cure needed, using a ratio of 8 oz/227 g dry cure for every 10 lb/4.54 kg fresh belly.
3. Cure the bellies as for Basic Bacon (page 234) through step 4.
4. Rinse the bellies in cool water. Remove the skin.
5. Roll up into a cylinder and tie tightly if desired. Hang the pancetta and allow to air-dry for 2 to 3 weeks in a dry, cool area.
6. Slice the pancetta as desired for sautéing or other preparations, or wrap well and refrigerate for 2 to 3 weeks.

» **CHEF'S NOTE** Pancetta can be prepared in a natural shape, known as a *stresa*, or it may be rolled into a cylinder and tied before air-drying, a shape referred to as an *arrotoleta*.



1. Secure the pancetta by tying it with butcher's twine to maintain the shape.

2. Once given time to air-dry, pancetta can be prepared and served as desired.

roman-style air-dried beef

yield: 4 LB/1.81 KG

5 lb 8 oz/2.49 kg beef eye round or top round

marinade

96 fl oz/2.88 L dry red wine, or
as needed to cover beef

4 oz/113 g salt

1 tbsp/6 g cracked black pepper

1 tsp/2 g red pepper flakes

2 bay leaves

1 sprig rosemary

1 oz/28 g Insta-cure #2

7 garlic cloves, mashed to a paste

-
1. Trim the beef and place it in a deep hotel pan or other suitable container.
 2. Combine the marinade ingredients.
 3. Pour enough marinade over the beef to submerge it. Use a plate or plastic wrap to keep it completely below the surface. Refrigerate the beef for 8 days to cure. Overhaul the beef at least once a day as it cures.
 4. Remove the beef from the marinade, blot dry, wrap in clean cheesecloth, and hang to dry in a cool, dry room for 4 to 5 days.
 5. Slice thinly and serve immediately, or wrap and refrigerate until needed. (Consult local health authorities if you have any concern about food safety and the service of this item to your guests.)

» **PRESENTATION IDEA** This air-dried beef makes a great component of an antipasto or can be served alone with crusty bread and good olive oil.

cured sardines

yield: 3 LB/1.36 KG

Salt, as needed

1 lb 8 oz/680 g fresh sardine fillets, skin on

20 fl oz/600 mL white vinegar

Zest of 2 lemons

3 garlic cloves, minced

2 tsp/2 g thyme leaves

2 tsp /2 g parsley, chopped

Salt, as needed

Ground black pepper, as needed

32 fl oz/960 mL extra-virgin olive oil, plus as needed

-
1. Spread the salt in an even $\frac{1}{8}$ -in/3-mm layer on a plastic sheet pan. Lay the sardine fillets skin side up on the salt. Cover the fillets with another $\frac{1}{8}$ -in/3-mm layer of salt. Allow to cure for 15 minutes.
 2. The sardine skin is fragile, so brush the salt off the fillets very gently. Move the fillets to a hotel pan and cover with the vinegar. Allow the fillets to cure for 20 minutes.
 3. Very gently rinse the fillets with cold water. Drain on several layers of absorbent paper towels, skin side up.
 4. Combine the lemon zest, garlic, and herbs. Layer the mixture into the bottom of a hotel pan and sprinkle with salt and pepper. Arrange the fillets in a single layer on top and cover with the olive oil. Refrigerate for 24 hours.
 5. Very gently remove the fillets from the hotel pan. Serve with lemon juice or with bread and a green salad. May also be served as bruschetta with marinated tomatoes.



duck confit

yield: 3 LB/1.36 KG

5 to 6 lb/2.27 to 2.72 kg moulard duck legs

cure mix

2 to 3 oz/57 to 85 g salt

2 oz/57 g brown sugar

1 tbs/6 g Quatre Épices (page 639) (optional)

2 tsp/2 g thyme leaves

3 garlic cloves, minced

10 black peppercorns

2 tsp/2 g chopped rosemary

72 fl oz/1.92 L duck fat

1. Disjoint the duck legs and trim the excess fat. Reserve any trim for stock or a similar use.

2. Combine the cure mix ingredients. Rub the duck pieces well with the cure mixture.

3. Place the duck in a stainless-steel pan, cover, and press with a weight. Refrigerate the duck for 1 to 2 days to cure.

4. On the second or third day, rinse any remaining cure from the duck pieces and blot dry.

5. Bring the duck fat to a simmer; add the duck pieces, and simmer for 3 hours, or until fork-tender.

6. Allow the duck confit to cool to room temperature in the duck fat. Cover the duck and refrigerate in the fat. Remove it from the fat as needed and use as directed in other recipes.

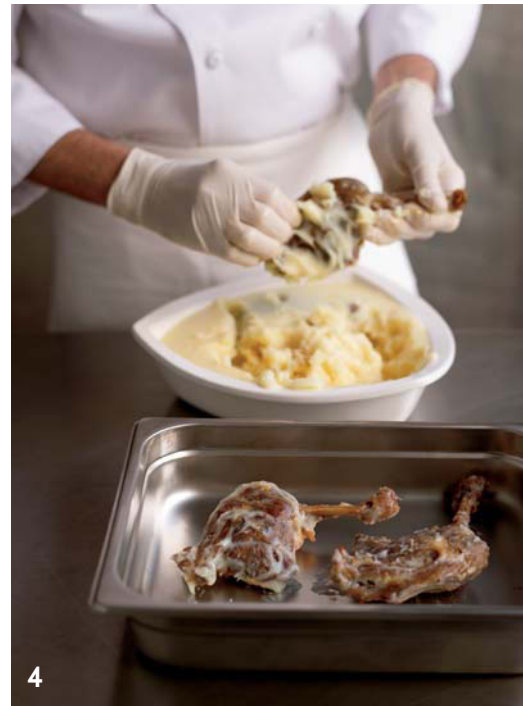
» **CHEF'S NOTE** The duck fat for this recipe can be the fat reserved from ducks, including the fatty skin, or you can purchase duck fat. Be sure to properly strain the duck fat so that it can be reused to make a second batch of confit.

1. Trim the excess fat from the duck leg and reserve it for later use.

2. Once the duck has cured under refrigeration, rinse off the excess cure and blot the leg dry.

3. The leg is finished simmering when it is fork-tender when tested.

4. Cool and store the finished legs in the fat they were simmered in until ready for use.



pecan-crusted duck confit with bread pudding and baby spinach salad with shallot-garlic vinaigrette

yield: 10 PORTIONS

pecan crust

7 oz/198 g pecans
6 oz/170 g all-purpose flour
Salt, as needed
Ground black pepper, as needed
3 eggs, beaten
2 fl oz/60 mL milk
2 fl oz/60 mL olive oil

3 lb/1.36 kg Duck Confit legs (10 each) (page 244)

bread pudding

8 oz/227 g foie gras, cubed
1/2 oz/14 g butter
6 oz/170 g sliced onions
2 1/2 tbs/25 g salt, or as needed
Cayenne, as needed

Ground black pepper, as needed
1 garlic clove
4 eggs
12 fl oz/360 mL heavy cream
Green Tabasco, as needed
1 tsp/5 mL Worcestershire sauce
4 cups/960 mL white bread cubes, without crusts
Finely grated Parmesan, as needed

baby spinach salad

10 oz/284 g shallots, cut into 1/8-in/3-mm pieces
1 1/2 oz/43 g garlic, minced
4 1/2 oz/128 g onion, finely chopped
8 fl oz/240 mL balsamic vinegar
16 fl oz/480 mL olive oil
Salt and ground black pepper, as needed
1 red onion, thinly sliced
1 lb/454 g baby spinach or other greens

1. To make the pecan crust, combine the pecans with the flour in a food processor. Pulse until pecans are finely ground, being careful not to overprocess the mixture into a paste. Season the mixture with salt and pepper. Stir in the eggs, milk, and olive oil and mix until combined.
2. Place the duck confit legs in a hotel pan. Spread a 1/2-in/1-cm thick layer of the pecan mixture on top of the confit legs. Bake in a 350°F/177°C oven until golden brown. Keep warm.
3. Grease a 2-qt/1.92-L oven-safe mold with cooking spray.
4. To make the bread pudding, preheat a large sauté pan over medium-high heat. Add foie gras cubes and cook, stirring gently with a wooden spoon, for about 30 seconds per batch. Remove the cubes and drain on absorbent paper towels, leaving the fat in the pan. Add the butter to the pan, add the onions, and sauté until translucent, about 5 minutes. Add salt, cayenne, and black pepper. Add the garlic and sauté 1 minute longer. Remove the mixture from the heat and allow it to cool.

5. In a large mixing bowl, whisk the eggs for 30 seconds. Add the heavy cream, and season with salt, cayenne, Tabasco, and Worcestershire sauce. Whisk until the mixture is well blended. Stir in the onion mixture. Add the bread cubes and mix to combine well. Fold in the seared foie gras cubes. Pour the mixture into the prepared mold and sprinkle with cheese. Bake at 350°F/177°C until the pudding is set, 45 to 55 minutes. If the top begins to brown during baking, cover with aluminum foil. Remove the pudding from the oven and allow it to cool.

6. To make the salad, combine the shallots, garlic, onion, and balsamic vinegar. Whisk in the olive oil and season with salt and pepper to make a vinaigrette. Combine the red onion and spinach and toss with the dressing.

7. Divide the salad between 10 chilled plates. Cut a 2-in/5-cm square of the bread pudding and place to the side of the salad. Lean a crusted duck confit leg on top of the spinach salad.



bacon and grape confit

yield: 1 lb 5 oz/595 g

1 lb/454 g slab bacon

1 lb 4 oz/567 g red seedless grapes

1. If necessary, remove the skin from the slab bacon. Cut the bacon into thick lardoons by cutting the bacon once lengthwise, then in ¼-in/6-mm slices.
2. In a cold, dry saucepan start cooking the bacon over low heat. Stir the bacon every few minutes until it is crispy and dark, about 1½ hours. A thick, dense foam will appear on top, and the bacon will be dark red-brown and the bits that have broken off will appear almost black.
3. Add the grapes and continue to cook on low until the fruit breaks down, 25 to 30 minutes. To release the remaining juices, smash the grapes against the side of the pot with a wooden spoon.
4. Place the confit in a container that is taller than it is wide, and chill to allow all the fat to rise to the surface. Remove the fat, heat, and serve.

pork rillettes

yield: 5 LB/2.27 KG

5 lb/2.27 kg very fatty pork butt, cubed	2 tbsp/20 g salt, or as needed
1 lb/454 g mirepoix, large dice	2 tsp/4 g ground black pepper, or as needed
1 standard sachet d'épices	
96 fl oz/2.88 L White Beef Stock (page 643), as needed	

1. Place the pork, mirepoix, and sachet in a heavy saucepan. Add stock almost to cover.
2. Simmer, covered, very slowly on the stove, or braise in a 350°F/177°C oven until meat is cooked and very tender, at least 2 hours.
3. Lift out the pork, reserving stock and rendered fat. Discard the mirepoix and sachet. Let the meat cool slightly.
4. Transfer the meat to a chilled mixer bowl. Add the salt and pepper. Mix on low speed until meat breaks into pieces. Test for appropriate seasoning and consistency. Adjust consistency by adding back some of the fat and stock (the consistency should be spreadable, not runny or dry). Make any adjustments before filling the mold.
5. Divide the rillettes among earthenware molds no larger than 32 fl oz/960 mL. Ladle some reserved fat over them and allow to cool before serving. (The fat can be scored for a decorative effect.) Rillettes can be refrigerated for 2 to 3 weeks.

» **VARIATIONS** SMOKED CHICKEN RILLETTES: Substitute 3 lb/1.36 kg cured, cold-smoked chicken leg meat and 2 lb/907 g pork butt for the pork.

DUCK RILLETTES: Substitute duck meat for the pork and add a small sprig of rosemary to the sachet.



six

SAUSAGE



The word sausage COMES FROM THE LATIN WORD *SALSUS*, MEANING “SALTED,” AND IT WAS IN ANCIENT ROME AND GREECE THAT SOME OF THE EARLIEST SAUSAGES WERE CREATED—FROM JUST ABOUT EVERYTHING AVAILABLE.

Lucanica sausages, produced in a part of Italy known today as Basilicata, traveled with the conquering Romans into ancient France and whetted the Gauls’ appetites for this versatile and useful food. These same long, nonsegmented, spicy smoked sausages are still eaten today, and have found a place in other cuisines as well. They are known in Portugal and Brazil as *linguiça*, in Spain as *longaniza*, and in Greece as *loukanika*.

By the Middle Ages, regional forms of sausage had begun to evolve into definite and unique forms all over Europe. Spices and herbs changed from region to region, as did the choice to smoke or dry the sausage or leave it fresh. Grains and potatoes were often added to extend expensive or scarce meat supplies, and some devout Christians made sausage from fish to enjoy on meatless fasting days. Even the variety of wood used to smoke sausages and other foods changed from area to area and gave subtle flavor characteristics.

Nearby cultures further influenced this important foodstuff. French- and German-influenced cuisines feature blood sausages, the addition of apples, and traditional sweet spices such as mace, allspice, and coriander. The

sausages of the Mediterranean are more likely to be made from either pork or lamb and are flavored with fennel, rosemary, and oregano.

There are three basic categories of sausages.

Fresh sausages are raw sausages that are typically pan fried, broiled, grilled, baked, or braised before serving.

Cooked sausages are poached or steamed after they are shaped; they may be sliced and served cold or prepared by grilling, baking, or pan frying.

Smoked and dried sausages are cold or hot smoked, then allowed to air-dry in a curing room to the desired texture; they may be prepared for service in the same way as cooked sausages.

Sausages that are not fully cooked during smoking or are not fully dried must be fully cooked before serving. When smoking sausages until they are fully cooked, sometimes it is advantageous to gradually raise the temperatures of the smokehouse while smoking. Start by smoking the sausages in a 120°F/49°C environment for 2 hours, then raise the temperature to 130°F/54°C for 2 hours before finishing the hot-smoking process at 180°F/82°C.

SAUSAGE INGREDIENTS

Sausages are made by grinding raw meats along with salt and spices. This mixture is then stuffed into the natural or synthetic casings. The original “containers” were formed

from intestines, stomachs, and other animal parts. In fact, the Italian word for sausages, *insaccati*, literally means “encased.”

certified pork temperatures and time

MINIMUM TEMPERATURE	MINIMUM FREEZING AND HOLDING TIME
5°F/-15°C	20 days
-10°F/-23°C	12 days
-20°F/-29°C	6 days

main ingredient

Traditionally, sausages have been made from the tougher cuts of meat from the leg or shoulder. The more exercised the muscle, the more highly developed the flavor. Any tendency toward toughness is eliminated by grinding the meat.

Meats for sausages should be trimmed, if necessary, and diced or cut into strips. The seasonings and/or cure mix are tossed together with the meat before grinding.

certified pork

Pork sausages that undergo lengthy smoking or drying procedures but aren't cooked must be made with certified pork, because it has been treated in a way that destroys the pathogens responsible for trichinosis. You can purchase certified pork or prepare it yourself.



For optimal texture in prepared sausages, use an approximate ratio of 70% meat to 30% fat by weight.

To prepare the pork yourself, pack the pork in containers to a depth of 6 in/15 cm, freeze, and hold frozen for the amount of time listed in the table above.

fat

Fat is an integral part of any delicious sausage. While the percentage of fat considered appropriate for a forcemeat might have been as high as 50 percent in earlier formulations, today an average of 25 to 30 percent is generally preferred.

Reducing the amount of fat in a formula any further does require some additional understanding of the role each ingredient plays in a forcemeat, as well as a careful analysis of the reduced-fat version to be sure that it will fulfill your expectations.

Although all types of animal fat have been used at one time or another in sausage production, you will find that most contemporary forcemeat recipes call for pork fat (jowl fat or fatback) or heavy cream.

seasonings and cure mixes

The sausages in this chapter can be successfully prepared using ordinary table salt, but you can substitute other salts, such as kosher or sea salt. Be sure to weigh salt, since different salts have differing volume-to-weight relationships.

Sausages that are dried or cold smoked must include either nitrate or a nitrite-nitrate combination in order to fully and safely cure the sausage. One such curing blend is available for purchase under the brand name of Prague Powder II. Hot-smoked sausages and fresh sausages do not require nitrite.

Sugar, dextrose, honey, and various syrups are added to the curing mixture to mellow the sausage's flavor and make the finished product moister. For more information about the role of sweeteners and curing agents, see pages 205 to 209.

spices

Spices are added to sausage ground, as whole toasted seeds, or in special blends. Whole spices should be ground before use. When making large batches of spice blends, store them in airtight cans or jars, away from heat, light, and moisture. See Chapter 12 for spice blend recipes.

herbs

Sausage formulas often call for dried herbs. They should be handled in the same way as

dried spices. When fresh herbs are necessary, be sure to rinse and dry them well before chopping. You may substitute fresh herbs for dried herbs, but the taste will be different and you must taste the sample carefully. As a general rule, you will need about two to three times more fresh herbs compared to dried herbs.

aromatics

Many types of aromatic ingredients may be included in sausage recipes, including vegetables, wines, and citrus zests.

Vegetables, though they may be left raw for some special formulas, are most often cooked. The cooking method and the degree of cooking have an impact on the finished flavor of the dish. Be sure to allow any cooked ingredient to cool completely before incorporating it into the sausage.

Additional aromatic flavorings and seasonings added to sausages include prepared sauces (such as Tabasco and Worcestershire), powdered onions and garlic, and stock. Highly acidic ingredients such as vinegars should be added with care; too much can give the finished sausage a grainy texture.

EQUIPMENT SELECTION, CARE, AND USE

Use the following guidelines for equipment preparation:

- 1. Make sure the equipment is in excellent condition.** Evaluate any machinery you use in the kitchen and consider its functionality and safety as part of a standard checklist. Are the blades sharp? Are all the safety features fully functional? Are the cords and plugs in good repair?
- 2. Make sure the equipment is scrupulously clean before getting to work.** Every part of the equipment must be thoroughly cleaned and sanitized between uses. Cross contamination is a serious problem, especially for foods as highly processed and handled as sausages.
- 3. Chill any part of the machine that comes into direct contact with the sausage ingredients.** Place parts in the freezer or refrigerator, or chill equipment rapidly by placing it in a sink or container of ice water. Remember that if your sausage mixture becomes warm during production, you may need to cool both the mixture and the equipment before continuing.

4. **Choose the right tool for the job. Do not overload your equipment.** If you do not have equipment large enough to handle bulk recipes, then break the formula down into batches that your equipment can handle without straining.

5. **Assemble the grinder correctly.** Be certain that the blade is sitting flush against the die. This cuts the food neatly, rather than tearing or shredding it. Make sure the power is disconnected before assembling or disassembling the grinder.



1. The parts of a meat grinder, from left to right: grinder housing or grinder body, worm, blade, different sizes of plates, collar.

2. Before grinding any meat, submerge all pieces of equipment that will come in direct contact with the meat in ice water to thoroughly chill them.

3. Insert the blade of the grinder with the flat side facing the die so that the meat is properly ground.

progressive grinding

Some sausages and other forcemeat recipes require that the meat and/or fat be ground through a succession of increasingly smaller plates. This is known as progressive grinding. The plates used for progressive grinding usually consist of the $\frac{3}{8}$ -in/9-mm plate, the $\frac{1}{4}$ -in/6-mm plate, and the $\frac{1}{8}$ -in/3-mm plate. Progressive grinding gives a fine, even texture to the forcemeat and makes it easier for the grinder to process the meat down to a fine grind. The meat and/or fat should be near 28° to 30°F/-2° to -1°C so that the meat grinds properly. It may be necessary to chill the meat and/or fat between each plate when they are progressively ground.



Progressively ground meats, from top to bottom: coarse die, medium-coarse die, small die.

BASIC GRIND SAUSAGES

Sausages produced using the basic grind method have a medium to coarse texture. When left loose, they are referred to as bulk sausages. Fresh, cooked, smoked, and dried sausages are all produced using the basic grind method.

- 1. Grind chilled and diced meats, as well as other ingredients as required by recipe, to the desired texture.** Meat should ideally be between 28° and 30°F/-2° and -1°C when it is ground. Meat or other foods should be cut into a size and shape that fits the feed tube. You should not have to force foods through the tube with a tamper. When they are correctly cut, the worm will pull them evenly along without requiring you to exert undue pressure. If you have cut your food properly and it is still sticking to the sides of the feed tube, you may need to “coax” the pieces along.

If you discover that the products are not flowing smoothly through the

grinder, stop immediately. This is a sign that the meat is being squeezed and torn, rather than cut cleanly. Disassemble the grinder unit, remove any obstructions, and reassemble the grinder properly.

- 2. Mix the ground sausage meat(s) on low speed for 1 minute, then on medium speed for 15 to 30 seconds, or until it becomes homogeneous.** Once the sausage is properly ground, it should be mixed just long enough to evenly distribute the fat and lean components, as well as the spices and other seasonings. The process of mixing also continues to draw out the myosin, water-soluble proteins responsible for the finished texture of the sausage. Do not allow the finished forcemeat to sit for more than a few minutes after grinding and mixing or it will not fill the casings properly and will have too many air pockets under the surface of the casing.

Mixing may be done by hand with a wooden spoon. An ice bath under the mixing bowl helps keep the sausage properly chilled as you work. Add any liquids gradually, making sure that they are very cold when added.

If you are using an electric mixer, be certain that the parts that come into contact with the sausage are properly chilled. Do not overload the bowl; it is more efficient both in the short and in the long run to work in smaller batches.

Overloading the machine could cause an uneven mix, as well as unnecessary friction that will overheat the sausage. Depending upon the quantity of forcemeat being mixed, total mixing time should be about one to three minutes. The sausage is properly mixed when the ingredients become more homogeneous. Look for a tacky appearance and a slightly sticky texture.

3. **The sausage mixture is now ready to test, garnish, and shape** (pages 261–267).

DRY AND SEMIDRY FERMENTED SAUSAGES

Fermented sausages have been around for hundreds of years, and their distinctive flavor and appearance still appeal to people around the world. Their inherent tangy flavor is due to the lactic acid that is produced during fermentation. Semidry sausages are usually cooked; however, they are fairly shelf stable because of the acidity produced during fermentation and, if they are smoked, the smoke compounds that are present. They are sometimes cold smoked. They generally take just one to two weeks to produce. Examples of semidry sausages are summer sausages, Lebanon bologna, and cervelats. One of the most well-known dry sausages is salami. Dry sausages require quite a bit of care and attention because of the length of time they are aged. Their manufacture requires the most pristine production processes as well as attention to their environment while they age.

ingredients

Fermented sausages are typically made from beef or pork, water (60 to 70 percent of the weight of the meat), salt, curing agents such as nitrate and nitrite, and sugars such as dextrose and sucrose. Often a starter is added to the mixture (especially in semidry

sausage) in order to increase the amount of friendly bacteria present that will carry out the fermentation process in the meat. It is imperative to use pork that is labeled certified pork (see page 253) to be certain that it is trichinosis-free. The meat should not have a lot of connective tissue; since the sausages are not cooked before they are eaten, it will not break down. It is also important to maintain a proper moisture ratio in the sausage because excess water promotes an environment in which spoilage-causing bacteria can grow. The salt acts to help break down the proteins and add flavor, and has antimicrobial properties, but if there is too much added, it will slow fermentation. The sugar acts as food for the organisms required for fermentation.

production

During the production of fermented sausage, it is vital to inhibit or eliminate the growth of bacteria that can cause spoilage. Some ingredients that have antimicrobial properties are salt, curing agents, garlic, cloves, cinnamon, and, to a lesser extent, crushed red pepper, sage, and oregano. When mixing the meat with the salt and curing agents, it is key to mix the meat very well to get even distribution of the salt



1. Meat for fermented sausages must be cured for two to three days before grinding.
2. Once the meat is ground, stuff it into the prepared casing, taking care not to over- or understuff.
3. As the sausage dries, moisture evaporates from its surface and is pulled out from its interior, which tightens the casing and firms up the texture.
4. Once fully dried, the finished sausage should be brightly colored with a smooth, slightly chewy texture.



and curing agents. The meat should be cured for two to three days before adding the remaining seasonings and grinding the meat.

It is essential to keep the meat extremely cold, if not nearly frozen. The meat should be between 28° and 30°F/-2° and -1°C and the fat should be between 5° and 10°F/-15° and -23°C. After grinding, the only step left is to stuff and smoke the sausage if desired. However, the sausages must be stuffed properly. Understuffing the sausages will produce air

pockets, and overstuffing the sausages may cause ruptures.

While they age, keep the sausages in a climate-controlled environment. It is crucial to maintain a proper humidity level. As the sausages dry, the water evaporates from the surface of the sausage and moisture is then drawn from the inside of the sausage to maintain an equilibrium of moisture content in the cells.

If the humidity is too low, the surface of the sausage dries out faster than the moisture can be drawn from within the sausage and the casing effectively forms a hard shell through which no moisture can escape (this is called case hardening). If the humidity is too high, the moisture will not evaporate from the surface of the sausage. The humidity should be decreased as the sausage ages in order to maintain a constant rate of evaporation. As a general guideline, the sausage should not lose more than 1 percent of its weight per day. The sausages will begin to firm up as they dry because the lactic acid is denaturing the proteins.

finished sausage

The fermentation during the drying process produces lactic acid and acetic acid, which

lower the pH level to between 4.6 and 5.2 for semidry sausages and to between 5.0 and 5.3 for dry sausages. Semidry sausages may lose 15 percent of their original weight as they age, and dry sausage could lose up to 30 percent. The combined factors of reduced moisture content and lower pH extend the shelf life of these products by creating an environment hostile to the growth of bacteria. The finished product should be brightly colored and have a slight yeast flavor and a smooth, slightly chewy texture.

Occasionally, dry sausages will accumulate a white mold (mycelium) on the surface of the sausages, but this is not harmful. The finished sausages can be sliced thinly and simply served with cheeses, cornichons, and slices of baguette.

EMULSION SAUSAGES

Emulsion sausages such as frankfurters and mortadella are made from a basic mixture referred to as 5-4-3 forcemeat, which reflects the ratio of ingredients: 5 parts trimmed raw meat to 4 parts fat (pork jowl fat) to 3 parts water (in the form of ice) by weight. Many emulsion-style sausages are poached before smoking. Once finished, the sausages should be properly packaged, wrapped, and refrigerated. If your production needs demand it, you can freeze uncooked emulsion-style sausages very successfully.

To make emulsion sausages:

1. **Cure the meat and then grind through the fine die.** Meats should be trimmed of any gristle, sinew, or connective tissue. Add the cure mix, tossing to coat the meat evenly. The cured meat is ground through the fine plate of the meat grinder and must be kept very cold while grinding the fat. The meat and the fat should be kept separate at this point.
2. **Grind the chilled fatback through the fine die.** The fat (jowl fat is typical) may be partially frozen after it is cubed. Grind it through a fine grinder plate and keep the ground fat well chilled until needed.
3. **Chop together the ground meat and crushed ice and process until the temperature drops to below 30°F/-1°C.** Place the meat in the bowl of a high-speed chopper or processor. If the chopper or processor is not powerful enough, a proper emulsion will not form. Add the ice on top of the meat and start to process the mixture. Process until the temperature first drops below 30°F/-1°C and then begins to climb up.
4. **Add the ground fat to the meat when the temperature reaches 40°F/4°C.** Check the temperature frequently to be sure that the mixture is within the desired temperature range. The fat is added just



1. Working over ice, grind the chilled meat and fatback separately through the fine die of a meat grinder.
2. Combine the meat and ice and blend continuously until the mixture drops below 30°F/-1°C.
3. Once the meat and ice mixture has risen up to 40°F/4°C after continuous mixing, add the ground fatback and continue mixing.
4. The finished emulsion sausage will have a homogeneous and almost spongy texture.



at this point to form a good emulsion with the lean meat. The mechanical mixing action, as well as the friction created by the coarse ice and the effect of the salt, produces a light, almost spongy texture.

5. **Add the nonfat dry milk (and any remaining seasonings) when the temperature reaches 45° to 50°F/7° to 10°C.** Continue to process the forcemeat until it reaches 58°F/14°C. This process

requires the sausage to reach a higher temperature than other sausages and forcemeats so that the fat will liquefy enough to blend very evenly with the lean meat. The texture of an emulsion sausage must be very even. To ensure the best results, scrape down the bowl as the sausage is mixed.

proper internal temperatures for emulsion sausages

Fish	145°F/63°C
Pork	150°F/66°C
Beef and veal	150°F/66°C
Lamb	150°F/66°C
Game	150°F/66°C
Poultry (including poultry liver)	165°F/74°C

Make a test and evaluate the forcemeat before garnishing, shaping, and finishing the sausage. This important step takes some time to do properly, but it can save you time and money. To make a test, wrap a 1-oz/28-g

GARNISHING

Some sausage recipes may call for a garnish. Usually the garnish item is diced and added to the forcemeat after it has been tested and adjusted. Cheeses, vegetables, cured or smoked meats, nuts, and dried fruits are all examples

SAUSAGE SHAPING

Sausage meat may be used in bulk (loose) form, made into patties, or stuffed into natural or synthetic casings and then formed into links, loops, spirals, or other special shapes.

loose or bulk sausages

To shape bulk sausage into a roll, place about 1 lb/454 g sausage on a square of plastic wrap.



Test prepared forcemeats for seasoning before stuffing them into casings by poaching a small portion in plastic wrap until it feels done to the touch.

portion of the forcemeat in plastic wrap and poach it to the appropriate internal temperature. Cool the forcemeat to the correct service temperature before you taste it. You will be checking for flavor, seasoning, and consistency.

of garnishes that can be added to sausages. Add the garnish by folding it into the base mixture in the electric mixer, if desired, or working by hand over an ice bath.

Roll it up, and twist the ends to form a solid log. Once rolled, the sausage can be sliced into patties. Bulk sausage can also be shaped into patties and wrapped in caul fat if desired.

sausages in casings

Various types of casings, both natural and synthetic, are available today. Synthetic

casings are impermeable casings that may be made from a variety of food-grade materials (including collagen, plastic, paper, and wood pulp), some edible and some not. They may be colored, lined with herbs, or netted. They offer the advantage of a gas and moisture barrier while maintaining the appearance of an uncoated fibrous casing. One advantage to synthetic casing for commercial use is that a standard amount is required to fill each one; therefore the sausage-stuffing process is more uniform and efficient. Sausages made with artificial casings also have a longer shelf life, decreased product moisture loss, and increased microbiological protection compared to those made with natural casings.

Natural casings are made from the intestines and stomach of sheep, hogs, and

cattle. Natural casings used for fresh sausage are washed, scraped, treated, and graded for size and condition, then salted, packaged, and shipped in brine or propylene glycol for preservation. Although they are less uniform in size than synthetic casings, natural casings are more traditional in appearance and texture—they provide that special snap and tender bite that is highly demanded by today's knowledgeable consumers.

Beef casings are made from various parts of the intestines: middle, round, and bung. The diameter of each type of casing varies. Individual links are typically made from lamb, sheep, or hog casings. Larger sausages are made using beef middles or bungs. (See Casing Chart on page 265.)



1. Natural casings, clockwise from upper right: beef bung, beef middle, beef round, sheep, and hog.

2. Synthetic casings, left to right: nonporous and nonedible synthetic casing, porous and edible synthetic casing.

preparing natural casings

- 1. Rewind the casings and store covered in salt.** Lay out the casings and remove any knots. Form into bundles of the required length. If you will be holding the casings for a few days, store them covered with salt.
- 2. Before using the casings, rinse them thoroughly in cool water.** Force the water through the casing to flush out the salt. Repeat this step as often as necessary to remove all traces of salt and any other impurities.
- 3. Cut the casing into lengths if necessary (consult specific recipes).** Tie a bubble knot in one end of the casing.

1. Natural casings should be rewound from their original groups to make smaller bundles that are easier to handle.

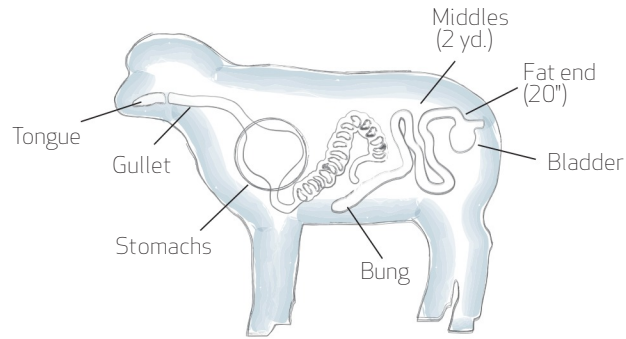
2. If not being used immediately, rewound casings should be packed in salt and refrigerated until needed.

3. To prepare the casings for use, flush them through with cool water to remove all of the residual salt and impurities.

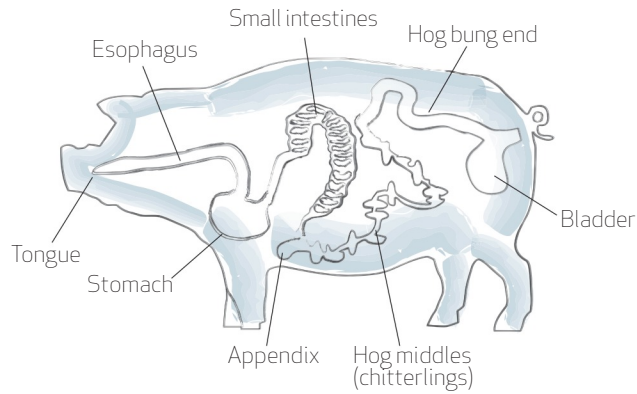
4. Seal the cleaned casings by using butcher's twine to tie a bubble knot on one end.



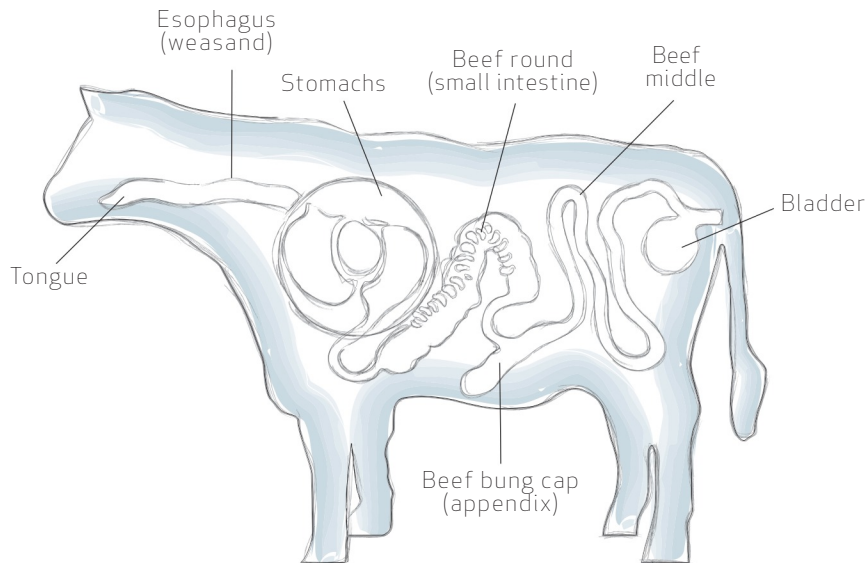
Sheep casings
(30 yd approx.)



Hog casings



Beef casings



casing chart

SHEEP CASINGS				
ITEMS	SIZE	LENGTH	CAPACITY	COMMENTS/USES
Sheep casing	0.7 in/18 mm and less	100 yd/91 m per hank	38 to 41 lb/17.23 to 18.59 kg	Cocktail franks
Sheep casing	0.95 to 1.02 in/24 to 26 mm (4 ft per lb)	100 yd/91 m per hank	60 to 64 lb/27.21 to 29.04 kg	Pork sausage, frankfurters, andouille
Sheep casing	1.1 in/28 mm and up	100 yd/91 m per hank	65 to 70 lb/29.48 to 31.75 kg	Hot dogs, wieners, Italian country sausage
HOG CASINGS				
Hog casing (small intestine)	1.26 to 1.38 in/32 to 35 mm (2 ft. per lb)	100 yd/91 m per hank	105 to 115 lb /47.63 to 52.16 kg	Country-style and pork sausage, large frankfurters, pepperoni
Hog middles (middle of intestine)	4 in/10 cm	13 ft/3.3 m (27 ft/6.9 m per set)	100 to 125 lb/45.35 to 56.69 kg	Blood sausages, sopressata
Hog bung (end)	2 in/5 cm and up	4 ft/1.2 m long	4 to 8 lb/1.8 kg to 3.62 kg	Liver sausage, Braunschweiger
Sewed hog bungs	4 in/10 cm	36 in/91 cm long	8½ to 9½ lb/3.86 to 4.31 kg	Salami, liverwurst
BEEF CASINGS				
Beef round (tight curl)	1.68 to 1.81 in/43 to 46 mm	100 ft/33.52 m per set	75 to 80 lb/34.02 to 36.28 kg (15 feet per lb)	Ring liver, ring bologna, kielbasa sausage, blood sausage, Mettwurst Holsteiner
Beef middle (large intestine)	2.36 to 2.56 in/60 to 65 mm	57 ft/17.37 m per set	70 to 80 lb (9 feet per lb)	Lyoner-style sausages and other types of bologna, dry and semidry cervelats, dry and cooked salami, kishka (stuffed derma), veal sausage
Beef bung	4.72 in/120 mm	23 to 27 in/58 to 69 cm	17 to 20 lb/7.71 to 9.07 kg	Capocollo, large bologna, Lebanon bologna, cooked salami

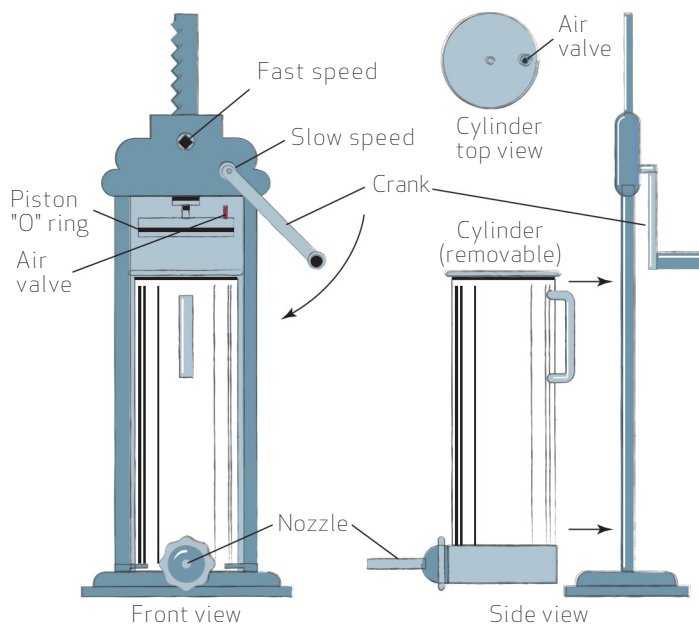
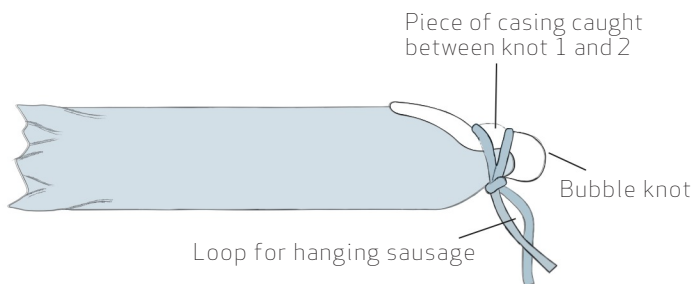


Diagram of a sausage stuffer.



To properly tie a bubble knot, secure the casing at one end with a simple knot, then fold the overhanging casing back over the knot and secure it in place with another knot.

stuffing the casing

The following describes the procedure for filling sausage casings using a sausage-stuffing machine.

1. **Assemble and fill the sausage stuffer properly.** Keep the nozzle of your stuffer as well as the worktable lubricated with a bit of water to prevent the casing from sticking and tearing as you work. Be sure that all parts of the sausage stuffer that will come in contact with the forcemeat are clean and chilled. Fill the stuffer with the sausage meat, tamping it down well to remove any air pockets.
2. **Press the sausage into the prepared casing.** Gather the open end of the casing over the nozzle of the sausage stuffer. Press the sausage into the casing (if you are using a hand stuffer or piping the sausage into the casing, slide the open end over the nozzle of the hand stuffer or over the tip of the pastry bag). Support the casing as the forcemeat is expressed through the nozzle and into the casing.
3. **Twist or tie the sausage into the appropriate shape.** If the sausage is to be made into links, use either of the following methods: press the casing into links at the desired intervals and then twist the link in alternating directions for each link, or tie the casing with twine at the desired intervals. Larger sausages should be secured with a second bubble knot, to allow the sausage to expand as it cooks.

After the sausage has been formed into links, loops, or other shapes, pierce the casing with a teasing needle, sausage maker's knife, or similar tool to allow the air bubbles to escape.

1. Having fitted the casings onto the end of the feeder tube, begin stuffing them by slowly drawing the casing off the feeder tube as the forcemeat is extruded.

2. Once the casings have been completely filled and tied off, section off the links by rolling segments and securing them with butcher's twine.

3. Inspect the links for any air bubbles trapped inside the casing and remove them with a teasing needle.

4. The size of a casing will vary depending on what animal it comes from; pictured clockwise from top, mortadella stuffed in beef bung, kielbasa stuffed in beef middle, smoked turkey and apple breakfast sausage stuffed in sheep casing, and chorizo stuffed in hog casing.



breakfast sausage

yield: 11 LB/4.99 KG BULK; 85 LINKS (2 OZ/57 G EACH)

10 lb/4.54 kg boneless pork butt,
cubed (70% lean, 30% fat)

16 fl oz/480 mL ice-cold water

seasonings

1 3/4 oz/50 g salt

3/4 oz/21 g ground white pepper

2 1/2 tbsp/9 g poultry seasoning

42 ft/12.80 m sheep casings, rinsed (optional)

1. Toss the pork butt with the combined seasonings. Chill well, until nearly frozen.
2. Grind through the medium plate (1/4 in/6 mm) of a meat grinder into a mixing bowl over an ice bath.
3. Mix on low speed with mixer's paddle attachment for 1 minute, gradually adding water.
4. Mix on medium speed for 15 to 20 seconds, or until the sausage mixture is sticky to the touch.
5. Make a test. Adjust seasoning and consistency before shaping into patties, cylinders, or filling casings and shaping into individual links 5 in/13 cm long.
6. Pan fry, bake, grill, or broil the sausage to an internal temperature of 150°F/66°C, or refrigerate for up to 3 days.



green chile sausage

yield: 11 LB 8 OZ/5.22 KG BULK; 46 LINKS OR PATTIES (4 OZ/113 G EACH)

10 lb/4.54 kg boneless pork butt,
cubed (70% lean, 30% fat)

seasonings

3 1/2 oz/99 g salt

1 1/2 oz /43 g chili powder

5 tsp/10 g cumin

5 tsp/10 g sweet pimentón

5 tsp/10 g chopped oregano

5 tsp/10 g chopped basil

1 1/2 tsp/3 g onion powder

6 garlic cloves, minced

5 tsp/25 mL Tabasco

12 oz/340 g poblano chiles, roasted, seeded,
peeled, and cut into 1/8-in/3-mm dice

3 jalapeños, seeded and minced

12 fl oz/360 mL ice-cold water

21 ft/6.40 m hog casings, rinsed

-
1. Toss the pork butt with the combined seasonings. Chill well, until nearly frozen.
 2. Grind through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath.
 3. Mix on low speed for 1 minute, gradually adding poblanos, jalapeños, and ice water. Mix on medium speed for 15 to 20 seconds, or until the sausage mixture is sticky to the touch. Make a test. Adjust seasoning and consistency before filling the prepared casings and shaping into links 4 in/10 cm long.
 4. Pan fry, bake, grill, or broil the sausage to an internal temperature of 150°F/66°C, or cover and refrigerate for up to 3 days.

venison sausage

yield: 11 LB/4.99 KG; 85 LINKS (2 OZ/57 G EACH)

5 lb/2.27 kg boneless venison shoulder, cubed

2 lb 8 oz/1.13 kg boneless pork butt, cubed

2 lb 8 oz/1.13 kg fatback, cubed

seasonings

3 3/4 oz/106 g salt

1 1/2 oz/43 g dextrose

4 1/2 oz/128 g onion powder

2 tsp/4 g ground black pepper

2 1/2 tsp/4 g crushed juniper berries

1/2 tsp/1 g garlic powder

2 1/2 tbsp/7.50 g minced sage

14 2/3 fl oz/440 mL White Beef Stock (page 643) or Venison Stock (page 644), cold

40 ft/12.80 m sheep casings, rinsed

1. Toss the venison, pork butt, and fatback with the combined seasonings. Chill well, until nearly frozen.

2. Grind through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath.

3. Mix on low speed for 1 minute, gradually adding cold white beef or venison stock a little at a time. Mix on medium speed for 15 to 20 seconds, or until the sausage mixture is sticky to the touch. Make a test. Adjust seasoning and consistency before filling the prepared casings and shaping into links 5 in/13 cm long.

4. Pan fry, bake, grill, or broil the sausage to an internal temperature of 150°F/66°C, or cover and refrigerate for up to 3 days.

» **CHEF'S NOTE** Venison sausage makes excellent use of less tender cuts and trim from the shoulder or leg. These sausages can be used to add another dimension to a main course featuring prime cuts such as loin or chops.

sweet italian sausage

yield: 11 LB/4.99 KG BULK; 44 LINKS (4 OZ/113 G EACH)

10 lb/4.54 kg boneless pork butt,
cubed (70% lean, 30% fat)

seasonings

3 1/2 oz/99 g salt

1 oz/28 g dextrose

1 oz/28 g coarse-ground black pepper

1 oz/28 g whole fennel seeds

1/4 oz/7 g sweet pimentón

16 fl oz/480 mL ice-cold water

23 ft/7.01 m hog casings, rinsed

1. Toss the pork butt with the combined seasonings. Chill well, until nearly frozen.
2. Grind through the coarse plate (3/8 in/9 mm) of a meat grinder into a mixing bowl over an ice bath.
3. Mix on low speed for 1 minute, gradually adding water.
4. Mix on medium speed for 15 to 20 seconds, or until the sausage mixture is sticky to the touch. Make a test. Adjust seasoning and consistency before shaping into links.
5. Stuff into prepared casings and twist into links 5 in/13 cm long. Cut into individual links.
6. Pan fry, bake, grill, or broil the sausage to an internal temperature of 150°F/66°C, or wrap and refrigerate for up to 3 days.

» **VARIATIONS** HOT ITALIAN SAUSAGE: Replace the fennel seeds and sweet pimentón with 4 oz/113 g of the Hot Italian Sausage Blend (page 641).

ITALIAN SAUSAGE WITH CHEESE: Grind 2 lb/907 g cubed provolone cheese, 1 lb/454 g cubed Parmesan cheese, and 2 oz/57 g chopped parsley along with the pork in step 2. This recipe makes approximately 50 links weighing 4 oz/128 g each. Or cut the casings into 15-in/38-cm lengths and coil into a spiral as shown on page 267. Secure the spiral with a skewer 6 in/15 cm long and bake or broil.

LOW-FAT ITALIAN SAUSAGE: Trim all the exterior fat from the pork butt. Grind 2 lb/907 g of well-cooked rice pilaf along with the pork in step 2. This sausage may be seasoned as desired with sweet or hot spice blends.

german bratwurst

yield: 11 LB/4.99 KG BULK; 44 LINKS (4 OZ/113 G EACH)

10 lb/4.54 kg boneless pork butt,
cubed (70% lean, 30% fat)

seasonings

3 oz/85 g salt

1/2 oz/14 g rubbed sage

3/4 oz/21 g ground white pepper

1/2 tsp/1 g ground celery seed

1/2 tsp/1 g ground mace

16 fl oz/480 mL ice-cold water

22 ft/6.70 m hog casings, rinsed and tied at one end

-
1. Toss the pork with the combined seasonings. Chill well, until nearly frozen.
 2. Grind the pork through the fine plate (1/8 in/3 mm) of a meat grinder into a chilled mixing bowl.
 3. Mix on low speed for 1 minute, gradually adding water. Mix on medium speed for 15 to 20 seconds, or until the sausage mixture is sticky to the touch. Make a test. Adjust seasoning and consistency before shaping.
 4. Stuff into prepared casings and twist into links 5 in/13 cm long.
 5. Poach the sausages in simmering water (165°F/74°C) to an internal temperature of 150°F/66°C (15 to 18 minutes), then shock in an ice water bath to an internal temperature of 60°F/16°C.
 6. Sauté, grill, broil, or bake the sausage just until hot, or wrap and refrigerate for up to 7 days.
- » **CHEF'S NOTE** Smaller bratwurst may be made using sheep casings and twisting the sausages into links 4 in/10 cm long.

merguez

yield: 10 LB/4.54 KG BULK; 27 LINKS (6 OZ/170 G EACH)

7 lb/3.18 kg lean lamb trim, cubed

12 fl oz/360 mL red wine

2 tsp/9 g Insta-cure #1

3 1/2 oz/99 g salt

2 tbs/24 g sugar

2 lb/907 g beef fat from the plate, cubed

seasonings

1 1/2 oz/43 g paprika

1 1/2 oz/43 g ground cumin

1 lb/459 g red peppers, roasted, skinned and seeded

1 tbs/9 g crushed chile peppers

3 oz/85 g Harissa (page 593)

1 1/2 tsp/3 g Quatre Épices (page 639)

1 1/2 oz/43 g minced garlic

38 ft/11.58 m sheep casings, rinsed

-
1. Combine lamb trim, red wine, Insta-cure #1, salt, and sugar and marinate for at least 1 hour.
 2. Add the beef fat and combined seasonings and mix thoroughly. Chill well, until nearly frozen.
 3. Grind through a medium plate (1/4 in/6 mm) of a meat grinder into a chilled mixing bowl.
 4. Mix on low speed for 1 minute and then on medium speed for 15 to 20 seconds, or until the mixture is sticky to the touch.
 5. Make a test. Adjust seasoning and consistency before shaping.
 6. Stuff into prepared sheep casings, and twist into links 15 in/38 cm long. Cut into individual links. Make a spiral with each link and secure with a skewer 6 in/15 cm long.
 7. Pan fry, bake, grill, or broil the sausage to an internal temperature of 150°F/66°C, or wrap and refrigerate for up to 7 days.

szechwan-style sausage

yield: 11 LB/4.99 KG BULK; 44 LINKS (4 OZ/113 G EACH)

15 lb/6.80 kg boneless pork butt,
cubed (70% lean, 30% fat)

seasonings

2 3/4 oz/78 g salt

1 1/2 oz/43 g Prague Powder II

5 1/2 oz/156 g sugar

2 3/4 oz/78 g chili powder

1 1/2 tsp/3 g ground white pepper

1/2 oz/14 g Chinese Five-Spice Powder (page 638)

1 1/2 tbsp/9 g Szechwan peppercorn powder

5 1/2 fl oz/165 mL soy sauce

3 1/2 fl oz/105 mL white liquor (baijiu) or vodka

32 ft/9.75 m hog casings, rinsed and tied at one end

-
1. Toss the pork butt with the combined seasonings, soy sauce, and liquor. Chill well, until nearly frozen.
 2. Grind through the medium plate (1/4 in/6 mm) of a meat grinder into a mixing bowl over an ice bath.
 3. Mix on low speed for 1 minute, then mix on medium speed for 15 to 20 seconds, or until the sausage mixture is sticky to the touch. Make a test. Adjust seasoning and consistency before shaping.
 4. Stuff into prepared casings and twist into links 8 in/20 cm long.
 5. Dry for 3 days.
 6. Poke small holes in the casing. Steam to an internal temperature of 150°F/66°C, about 15 minutes. Sauté, grill, broil, or bake sausage just until hot, or wrap and refrigerate up to 7 days.

kassler liverwurst

yield: 16 SAUSAGES (1 LB/454 G EACH)

5 lb/2.27 kg boneless pork butt, cubed
4 lb/1.81 kg pork liver
3 lb/1.36 kg jowl fat, cubed, or skinless pork bellies

seasonings

4 oz/113 g salt
1/2 tsp/2 g Insta-cure #1
2 tsp/4 g ground white pepper
2 tsp/4 g Pâté Spice (page 641)

4 oz/113 g onion, minced

12 oz/340 g potato starch

8 fl oz/240 mL dry white wine
12 whole eggs

1 lb/454 g small-dice boiled ham
4 1/2 oz/128 g pistachio nuts,
blanched, peeled, and halved
16 pieces beef middle casings, rinsed, cut in
12-in/30-cm lengths and tied at one end

-
1. Combine pork, liver, and jowl fat with the combined seasonings.
 2. Progressively grind from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath.
 3. Blend the meat mixture with the onion and potato starch in a mixer on low speed, about 1 minute.
 4. Add the wine and eggs and mix on low speed for 1 minute, or until relatively homogeneous. Mix on medium speed for 15 to 20 seconds, or until the sausage mixture is sticky to the touch. Make a test. Adjust seasoning and consistency before garnishing and shaping.
 5. Fold the ham and pistachio nuts into the forcemeat by hand over an ice bath.
 6. Stuff into prepared casings and tie ends with a bubble knot.
 7. Poach at 165°F/74°C to an internal temperature of 155°F/68°C, then shock and blot dry.
 8. Cold smoke at 80°F/27°C until desired color, for 2 to 4 hours.
 9. Poach, sauté, grill, or bake the sausage just until hot, or wrap and refrigerate up to 1 week.

spicy lamb sausage

yield: 10 LB/4.54 KG BULK

7 lb/3.18 kg lamb shoulder, cut into 1-in/3-cm cubes

2 lb/907 g jowl fat, cut into 1-in/3-cm cubes

1 lb/454 g pancetta, cut into 1/2-in/1-cm cubes

seasonings

1 oz/28 g minced garlic

4 oz/113 g minced shallots

2 oz/57 g salt

1 tsp/2 g ground black pepper

1 1/4 tsp/2.50 g red pepper flakes

1 1/2 tsp/3 g pimentón

2 tsp/4 g ground coriander

1 tsp/5 g Insta-cure #1

1 oz/28 g honey

2 tbsp/6 g coarsely minced thyme

1/2 cup/24 g chopped flat-leaf parsley

2 tsp/2 g coarsely chopped rosemary

6 fl oz/180 mL Chicken Stock, ice cold (page 643)

24 ft/7.32 m hog casings, flushed and rinsed

-
1. Combine the lamb meat, jowl fat, and pancetta; mix with the combined seasonings. Chill well, until nearly frozen.
 2. Progressively grind from the coarse plate (3/8 in/9 mm) through the medium plate (1/4 in/6 mm) of a meat grinder into a mixing bowl over an ice bath.
 3. Mix the forcemeat with a paddle attachment on low speed for one minute, gradually adding the stock. Mix on medium speed for 15 to 20 seconds, or until the mixture is sticky to the touch.
 4. Prepare a poach test and adjust seasonings as necessary. Stuff into prepared casings and twist into links 5 in/13 cm long.
 5. Refrigerate overnight, uncovered, on a wire rack on a sheet pan to air-dry and form a pellicle.
 6. Cold smoke for 2 hours at 80°F/27°C.
 7. The sausage may be poached, grilled, or sautéed to an internal temperature of 150°F/66°C.

summer sausage

yield: 11 LB/4.99 KG BULK; 10 LB/4.54 KG

5 lb 8 oz/2.50 kg boneless beef shoulder
clod, cubed (70% lean, 30% fat)

4 lb 12 oz/2.14 kg boneless pork butt,
cubed (70% lean, 30% fat)

seasonings

3 oz/85 g salt

4 3/4 oz/135 g Fermento

2 3/4 tsp/13 g Insta-cure #1

2 oz/57 g dextrose

4 tsp/8 g ground black pepper

1 1/2 tbsp/9 g ground coriander

5 tsp/10 g ground mustard

1 1/2 tsp/3 g garlic powder

10 pieces beef middle casings, rinsed, cut in 10-in/
25-cm lengths and tied in a double-knot at one end

-
1. Grind the beef through the medium plate (1/4 in/6 mm) of a meat grinder. Chill if necessary.
 2. Toss the beef and pork with the combined seasonings and mix thoroughly. Transfer to a container, cover with plastic wrap, and refrigerate at 38°F/3°C to 40°F/4°C for 2 to 3 days to cure.
 3. Progressively grind meat from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/ 3 mm) of a meat grinder into a mixing bowl over an ice bath. Mix on low speed for 1 minute. Mix on medium speed for 15 to 20 seconds, or until the sausage mixture is sticky to the touch. Make a test. Adjust seasoning and consistency before shaping.
 4. Stuff into casings, tying with bubble knot. Refrigerate uncovered overnight to air-dry and form a pellicle.
 5. Cold smoke at 80°F/27°C for 12 to 14 hours. Hot smoke at 160°F/71°C to an internal temperature of 155°F/68°C. Dry 1 to 2 hours in a smoker.
 6. Slice and serve the sausage immediately, or wrap and refrigerate for up to 2 weeks.

» **PRESENTATION IDEA** Summer sausage can be sliced and used to top stuffing or served inside potatoes.

landjäger

yield: 12 LB 8 OZ/5.67 KG, THIRTY TO THIRTY-FIVE 6-IN/15-CM LINKS

7 lb 8 oz/3.40 kg boneless beef shoulder,
cleaned, cut into 1-in/3-cm cubes
5 lb/2.27 kg boneless lean pork, certified (see
Chef's Notes), cleaned, cut into 1-in/3-cm cubes
1/2 oz/14 g Insta-cure #2

seasonings

1 1/2 tsp/3 g garlic powder
5 fl oz/150 mL ice-cold water

2 tsp/4 g ground caraway seeds
1 oz/28 g dextrose
4 1/2 oz/128 g salt
3 oz/85 g Fermento
3/4 tsp/1.50 g finely ground black pepper

8 to 10 ft/2.44 to 3.05 m prepared
hog casings, or as needed

1. In a mixing bowl, combine the beef, pork, and Insta-cure. Place in resealable plastic bags, press out all the air, and partially freeze.
2. Progressively grind the meats from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) into a mixing bowl over an ice bath.
3. Transfer the ground meats to a mixer with a paddle attachment and add the combined seasonings. Mix on low speed until the meat feels sticky, about 1 minute.
4. Make a taste tester and adjust the seasoning as needed.
5. Place the mixture into a sausage stuffer, making sure there are no air pockets. Stuff into the prepared casings and press the sausages in a landjäger mold (see Chef's Notes).
6. Place the mold on a plastic sheet tray. Cover the mold with plastic wrap and weight the sausages by setting two wooden cutting boards on top of the press. Remove the sausages from the mold and place in a refrigerator at 38° to 40°F/3° to 4°C for 2 to 4 days, so they will hold their square shape.
7. Cold-smoke the sausages at 70°F/21°C or less, using hickory or a hard wood of your choice, for 12 to 24 hours.
8. Dry at 65°F/18°C with a relative humidity of 60 percent for 3 to 4 days, until the desired firmness is reached.
9. The sausage may be stored for up to 2 weeks under refrigeration or can be frozen for 1 to 2 months.

» **CHEF'S NOTES** This is a dry-type sausage and is not cooked, so the pork used must be certified to prevent trichinosis. Certified pork may be purchased, or you can certify it yourself by freezing the pork at the appropriate temperature for a prescribed period (see page 253).

A landjäger press is used to shape the sausage. The press is typically made of hardwood and is approximately

18 to 20 in/46 to 51 cm long. There is a rectangular well in the center of the mold, about 1 in/3 cm wide and 3/4 in/2 cm deep. Once the sausage is stuffed into the casing, the links are laid into the mold and then covered with plastic wrap. Weight the sausages by setting 2 wooden cutting boards on top of the press. This creates the typical rectangular shape of landjäger sausages.



smoked duck sausage

yield: 5 LB/2.26 KG

3 lb 8 oz/1.59 kg duck meat, cut into 1-in/3-cm cubes, chilled

1 lb 8 oz/680 g jowl fat, cut into 1-in/3-cm cubes, chilled

seasonings

1 1/2 oz/43 g salt

1/4 tsp/0.50 g ground black pepper

1/2 tsp/2 g Insta-cure #1

1/2 oz/14 g honey

1 1/2 oz/43 g thyme, finely chopped

2 tsp/2 g coarsely chopped rosemary

4 tsp/4 g coarsely chopped sage

2 oz/57 g minced garlic

4 oz/113 g minced shallots

2 oz/57 g rendered duck fat

12 ft/3.66 m hog casings, flushed and rinsed

1. Combine the duck meat and jowl fat; mix with the salt, pepper, Insta-cure #1, honey, and herbs.
 2. Sweat the garlic and shallots in a small sauté pan over low heat in the duck fat until tender, about 2 to 3 minutes. Drain off excess fat and refrigerate until completely cooled.
 3. When cool, add garlic and shallots to the meat. Chill well, until nearly frozen.
 4. Grind the meat through a medium plate (1/4 in/6 mm) of a meat grinder and place in a mixing bowl over ice.
 5. Mix the forcemeat with a paddle attachment on low speed for 15 to 20 seconds, or until the mixture is sticky to the touch.
 6. Prepare poach test and adjust seasonings as necessary.
 7. Stuff into prepared casings and twist into links 5 in/13 cm long.
 8. Refrigerate overnight, uncovered, on a wire rack over a sheet pan to air-dry and form a pellicle.
 9. Cold smoke at 80°F/27°C for 2 hours.
 10. The sausage may be poached, grilled, or sautéed to an internal temperature of 165°F/74°C.
- » **CHEF'S NOTE:** If desired, add water or stock to the sausage mixture using a ratio of 1 lb/454 g water to every 10 lb/4.54 kg meat. Additional liquid can replace some of the moisture lost during mixing, dissolve the seasonings into the sausage, and help to emulsify the sausage. Evaluate the sausage during the taste test and add liquid if necessary.

cajun andouille sausage

yield: 12 LB/5.44 KG

cajun spice mix

2 1/2 oz/71 g salt
1 tsp/2 g cayenne
1 tsp/2 g ground black pepper
1/2 tsp/1 g ground white pepper
1 oz/28 g paprika
1 1/2 tsp/3 g onion powder
1 1/2 tsp/3 g garlic powder

sausage

10 lb/4.54 kg pork butt (80% lean, 20% fat)
2 1/2 tsp/12 g Insta-cure #1
1/2 oz/14 g sugar
3 oz/85 g nonfat dry milk
4 oz/113 g Cajun spice mix
1/2 tsp/1 g cayenne
16 fl oz/480 mL water

16 ft/4.88 m hog casings, rinsed

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1. Prepare the Cajun spice mix by combining all of the spices. Reserve until needed.
 2. Trim the pork butt and cut it into 1-in/3-cm cubes. Combine with the Insta-cure #1, sugar, milk powder, spice mix, cayenne, and water. Mix well. Chill well, until nearly frozen.
 3. Grind the meat through a medium die (1/4 in/6 mm) and then through a fine die (1/8 in/3 mm) of a meat grinder into a chilled mixing bowl. Mix the meat together until it is tacky.
 4. Make a test of the forcemeat to assess flavor and texture. After the poaching test, the sausage should be homogeneous and some moisture should come out when it is squeezed. Adjust seasoning as necessary.
 5. Stuff into the prepared casings and twist into links 5 to 6 in/13 to 15 cm long.
 6. Hang the sausages overnight in a place with low humidity and good airflow to air-dry and form a pellicle.
 7. Cold smoke at 40° to 70°F/4° to 21°C for 4 to 5 hours. Cook as desired, or wrap and refrigerate for 1 week or freeze for up to 6 months.

colombian chorizo

yield: 10 LB 8 oz/4.76 kg

5 lb/2.27 kg pork butt, cut into 1-in/3-cm cubes
2 lb/907 g beef shoulder or plate, trimmed and cut into 1-in/3-cm cubes with no visible fat
2 lb/907 g fatback, skinned

seasonings

3 1/4 oz/92 g salt
5 1/2 oz/156 g nonfat dry milk
1/2 oz/14 g dextrose

2 tsp/9 g Insta-cure #1
2 1/2 tsp/5 g ground white pepper
3/4 oz/21 g ground cumin
1 oz/28 g pimentón

6 oz/170 g green onions, cut into 1/4-in/6-mm dice
5 fl oz/150 mL ice-cold water
21 ft/6.40 m hog casings

1. Chill the equipment and mix the pork, beef, and fatback with the combined seasonings, except for the green onions. Chill well, until nearly frozen.
2. Grind meat through a coarse die (3/8 in/9 mm) of a meat grinder into a chilled mixing bowl.
3. Freeze the fatback. Grind fatback through a medium die (1/4 in/6 mm).
4. Place ground meats and fatback in the mixer and add green onions and water. Mix on low speed for 1 minute and on medium speed for 10 to 20 seconds, or until tacky.
5. Prepare taste test; adjust seasoning if needed.
6. Stuff into prepared hog casings, measure, and pinch into 5-in/13-cm lengths. Tie with thin string. Do not cut.
7. Hang the sausages in the refrigerator overnight, uncovered, to air-dry and form a pellicle.
8. Cold smoke for 12 to 14 hours, or until the sausages are smoked to taste. Dry an additional 12 hours if necessary. Dry the sausage for an additional 1 to 3 days, if desired, to concentrate the flavor by further removing moisture.

» **CHEF'S NOTE** This can be made as fresh sausage if Insta-cure #1 is omitted.

frankfurter

yield: 11 LB/4.99 KG BULK; 70 LINKS (2¹/₂ OZ/71 G EACH)

4 lb 6 oz/1.98 kg lean boneless
beef shoulder clod, cubed
3 lb 8 oz/1.59 kg jowl fat, cubed, partially frozen
2 lb 10 oz/1.20 kg crushed ice

cure mix

2 3/4 oz/78 g salt
1 3/4 tsp/8 g Insta-cure #1
1 oz/28 g dextrose

spice blend

1/2 oz/14 g onion powder
1/4 oz/7 g ground white pepper
1/4 oz/7 g ground coriander
1/4 oz/7 g ground nutmeg
1/2 tsp/1 g garlic powder

6 3/4 oz/189 g nonfat dry milk
44 ft/13.41 m sheep casings, rinsed

1. Toss the beef with the cure mix. Chill well, until nearly frozen. Progressively grind from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath. Place in freezer and again chill well, until nearly frozen.

2. Progressively grind the jowl fat from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath; reserve. Transfer the ground beef to a chilled high-speed chopper or processor bowl. Add the ice and the spice blend on top of the ground beef. Process the ingredients until the mixture drops to a temperature of 30°F/-1°C. Continue running the machine until the mixture's temperature rises to 40°F/4°C.

3. Add the jowl fat and process until the mixture reaches 45°F/7°C. Add the nonfat dry milk and continue processing until the mixture reaches 58°F/14°C. Make a test. Adjust seasoning and consistency before shaping.

4. Stuff into prepared casings, twist, and tie into 6-in/15-cm links. Hang uncovered overnight in refrigerator to air-dry and form a pellicle.

5. Hot smoke at 160°F/71°C until desired color is achieved, approximately 45 minutes. Poach in water at 165°F/73°C to an internal temperature of 155°F/68°C, about 10 to 20 minutes, then shock in ice water to an internal temperature of 60°F/16°C. Blot dry.

6. Sauté, grill, broil, or bake the sausage just until hot, or wrap and refrigerate for up to 7 days.

» **VARIATION** REDUCED-FAT FRANKFURTER: For lower-fat frankfurters, increase the amount of meat by 2 lb/907 g and decrease the amount of fat by 2 lb/907 g. If desired, other combinations of pork, veal, or beef may be used.

bologna

yield: 11 LB/4.99 KG BULK; 14 LINKS

4 lb 6 oz/1.98 kg boneless beef shoulder clod, cubed
3 lb 8 oz/1.59 kg jowl fat, cubed, partially frozen
2 lb 10 oz/1.19 kg crushed ice

cure mix

2 3/4 oz/78 g salt
1 3/4 tsp/8 g Insta-cure #1
1 oz/28 g dextrose

spice blend

1 1/3 oz/37 g onion powder
1/2 oz/14 g ground white pepper
1 3/4 tsp/3.50 g ground caraway seeds
1 3/4 tsp/3.50 g ground nutmeg

6 3/4 oz/191 g nonfat dry milk
1 piece beef bung, or 8 pieces beef middle casings, cut into 6-in/15-cm lengths, tied at one end with a bubble knot

1. Toss the beef with the cure mix. Chill well, until nearly frozen. Progressively grind from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath. Place in freezer and again chill well, until nearly frozen.

2. Progressively grind the jowl fat from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath; reserve. Transfer the ground beef to a chilled high-speed chopper or processor bowl. Add the ice and the spice blend on top of the ground beef. Process the ingredients until the mixture drops to a temperature of 30°F/-1°C. Continue running the machine until the mixture's temperature rises to 40°F/4°C.

3. Add the jowl fat and process until the mixture reaches 45°F/7°C. Add the nonfat dry milk and continue processing until the mixture reaches 58°F/14°C. Make a test. Adjust seasoning and consistency before shaping.

4. Stuff into prepared casings and tie each end with a bubble knot. Hang uncovered in refrigerator overnight to air-dry and form a pellicle.

5. Hot smoke at 160°F/71°C until desired color is achieved, approximately 1 to 2 hours. Poach in water at 165°F/74°C to an internal temperature of 155°F/68°C (10 to 30 minutes for beef round, 1 to 3 hours for beef bung), then shock in ice water to an internal temperature of 60°F/16°C. Blot dry.

6. Slice and serve the bologna, or wrap and refrigerate for up to 2 weeks.

» **VARIATION** HAM BOLOGNA: Add 3 lb 8 oz/1.59 kg cured pork, cut into 3/4- to 1-in/2- to 3-cm cubes, to the mixture. This variation will produce 10 sausages of 14 in/35 cm each using beef casing (casings should be precut into pieces 16 in/40 cm long and tied) or 1 sausage weighing 14 lb 8 oz/6.58 kg if using beef bung.

kielbasa krakowska

yield: 15 LB/6.8 KG

10 lb/4.54 kg fresh ham, boneless, cut into 1/2-in/1-cm dice and chilled until nearly frozen
3 lb/1.36 kg pork butt, cut into 1/2- to 1-in/1- to 3-cm dice and chilled until nearly frozen
2 lb/907 g pork fatback, cut into 1/2- to 1-in/1- to 3-cm dice and chilled until nearly frozen
32 fl oz/960 mL ice-cold water
2 1/4 oz/64 g salt
2 tsp/9 g Insta-cure #1

2 tbsp/12 g dextrose
3 1/2 tbsp/21 g garlic powder
1 1/4 tsp/2.50 g ground white pepper
1 tsp/2 g ground coriander
2 tbsp/12 g dry mustard
1/2 tsp/1 g marjoram, chopped coarsely

8 to 10 ft/2.44 to 3.05 m beef middle casings

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1. Grind half of the fresh ham through the coarse die of a meat grinder (3/8 in/9 mm). Reserve the remaining ham for garnish.
 2. Progressively grind the pork butt from the coarse die (3/8 in/9 mm) through the fine die (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath.
 3. Progressively grind the fatback from the coarse die (3/8 in/9 mm) through the fine die (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath.
 4. Place meats and fatback in mixing bowl and add all of the remaining ingredients except for the casings.
 5. Mix on low speed for 1 minute and on medium speed for 10 to 20 seconds, making sure all spices are mixed evenly.
 6. Stuff into the prepared casings and twist into links 24 in/61 cm long.
 7. Hang the sausages uncovered in the refrigerator overnight to air-dry and form a pellicle.
 8. Hot smoke at 130°F/54°C for about 1 hour.
 9. Apply a heavy smoke and increase smoke temperature to 160° to 165°F/71° to 74°C.
 10. Keep sausages in smoker until they reach an internal temperature of 152°F/67°C, 2 to 3 hours, depending on the smoker.
 11. When sausage is cooked, place in cold water to shock to internal temperature of 60°F/16°C.
 12. Refrigerate overnight.

french garlic sausage

yield: 11 LB/4.99 KG BULK; 7 LINKS

5 lb 4 oz/2.38 kg boneless pork butt, diced into 1/4- to 1/2-in/6-mm to 1-cm cubes
2 lb 4 oz/1.02 kg lean beef shoulder clod, diced into 1/4- to 1/2-in/6-mm to 1-cm cubes
1 lb 12 oz/794 g jowl fat, diced into 1/4- to 1/2-in/6-mm to 1-cm cubes and partially frozen
1 lb 5 oz/595 g crushed ice

cure mix

3 oz/85 g salt
1 tbsp/14 g Insta-cure #1

1 oz/28 g dextrose

spice blend

2 tbsp/18 g chopped garlic
1/2 oz/14 g ground white pepper
3 1/2 tsp/7 g dry mustard

3 1/2 oz/99 g nonfat dry milk
8.36 ft/2.55 m beef middle casings, rinsed, cut into 14-in/36-cm lengths and tied at one end

1. Toss the pork with half the cure mix. Chill well and reserve for garnish.
2. Toss the beef with the remaining cure mix and the spice blend. Chill well until nearly frozen. Progressively grind from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath. Place in freezer until semi-frozen (just beginning to freeze but not solid).
3. Progressively grind the jowl fat from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath; reserve.
4. Transfer the ground beef to a chilled high-speed chopper or processor bowl. Add the ice to the ground beef. Process the ingredients until the mixture drops to a temperature of 30°F/-1°C. Continue running the machine until the mixture's temperature rises to 40°F/4°C.
5. Add jowl fat and process until the mixture reaches 45°F/7°C. Add the nonfat dry milk and continue processing until the mixture reaches 58°F/14°C. Make a test. Adjust seasoning and consistency before shaping.
6. Fold the pork garnish into the sausage in a mixer or by hand over an ice bath. Stuff into prepared casings and tie each end with a bubble knot. Hang uncovered in the refrigerator overnight to air-dry and form a pellicle.
7. Poach in water at 165°F/74°C to an internal temperature of 150°F/66°C, then shock in ice water to an internal temperature of 60°F/16°C. Blot dry. Slice and serve the sausage immediately, or wrap and refrigerate for up to 7 days.

- » **CHEF'S NOTE** For more smoke color, cold smoke at 80°F/27°C for up to 12 hours, then finish cooking by poaching, as described in step 7 above.
- » **VARIATION** DUCK SAUSAGE: Substitute duck meat for all meats. Instead of beef casings, substitute hog casings, cut into 5-in/13-cm lengths. Follow the same method as above.

fine swiss bratwurst

yield: 11 LB/4.99 KG BULK; 88 LINKS (2 OZ/57 G EACH)

3 lb 5 1/2 oz/1.52 kg boneless veal top or bottom round, cut into cubes and partially frozen

3 lb 5 1/2 oz/1.52 kg jowl fat, cut into cubes and partially frozen

3 lb/1.36 kg crushed ice

cure mix

3 1/4 oz/92 g salt

3/4 oz/21 g dextrose

spice blend

3 1/2 tsp/7 g ground white pepper

5 tsp/9 g dry mustard

1 1/2 tsp/3 g ground mace

1 tsp/2 g ground ginger

6 3/4 oz/191 g nonfat dry milk

44 ft/13.42 m sheep casings, rinsed

1. Toss the veal with the cure mix. Chill well, until nearly frozen. Progressively grind from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath. Progressively grind the jowl fat from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath; reserve separately. Place in freezer and again chill well, until nearly frozen.

2. Transfer the ground veal to a chilled high-speed chopper or processor bowl. Add the crushed ice and the spice blend on top of the ground veal.

3. Process the ingredients until the mixture reaches a temperature of 30°F/-1°C. Continue running the machine until the mixture's temperature rises to 40°F/4°C.

4. Add the fat and process until the mixture reaches 45°F/7°C. Add the nonfat dry milk and continue processing until the mixture reaches 58°F/14°C. Make a test. Adjust seasoning and consistency before shaping.

5. Stuff into prepared casings, twist, and tie into links 5 in/13 cm long.

6. Poach in water at 165°F/73°C to an internal temperature of 150°F/66°C, 10 to 20 minutes, then shock in ice water to an internal temperature of 60°F/16°C. Blot dry.

7. Sauté, grill, broil, or bake the sausage just until hot, or wrap and refrigerate for up to 7 days.

» **VARIATIONS** CHIPOLATA: Prepare as directed above, stuffing the sausage into sheep casings and shaping into links 3 in/8 cm long.

WEISSWURST: Omit the ginger and mustard. Add finely chopped lemon zest as needed.

mortadella

yield: 11 LB/4.99 KG BULK; 11 LINKS (1 LB/454 G EACH)

3 lb 14 oz/1.76 kg boneless pork butt,
cut into cubes and partially frozen

3 lb 2 oz/1.42 kg jowl fat, cut into
cubes and partially frozen

2 lb 5 oz/1.05 kg crushed ice

cure mix

2 1/2 oz/71 g salt

1/2 oz/14 g dextrose

1 1/2 oz/43 g Insta-cure #1

2 3/4 fl oz/83 mL dry white wine

spice blend

4 tsp/8 g ground white pepper

1 tbsp/6 g ground mace

2 1/4 tsp/4.50 g sweet pimentón

2 1/2 tsp/5 g ground nutmeg

2 3/4 tsp/5.50 g ground coriander

3/4 tsp/1.50 g ground cloves

3/4 tsp/1.50 g ground bay leaves

3/8 tsp/0.75 g garlic powder

6 oz/170 g nonfat dry milk

garnish

13 oz/369 g pork fat, diced, blanched, cooled

5 1/2 oz/156 g pistachios, blanched and peeled

11 pieces beef middles, rinsed, cut in

10-in/25-cm lengths and tied at one end

1. Toss the pork with the cure mix. Chill well, until nearly frozen. Progressively grind from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath. Place in freezer until semi-frozen (just beginning to freeze but not solid).
2. Progressively grind the jowl fat from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath; reserve.
3. Transfer the ground pork to a chilled chopper bowl. Add the crushed ice and spice blend on top of the ground pork. Run the machine and process the ingredients until the mixture reaches a temperature of 30°F/-1°C. Continue running the machine until the mixture's temperature rises to 40°F/4°C.
4. Add the fat and process until the mixture reaches 45°F/7°C. Add the nonfat dry milk and continue processing until the mixture reaches 58°F/14°C. Make a test. Adjust seasoning and consistency before shaping.
5. Working over an ice bath, stir in the garnish ingredients. Stuff into prepared casings and tie with a bubble knot.
6. Hang uncovered in the refrigerator overnight to air-dry and form a pellicle.
7. Poach at 165°F/74°C to an internal temperature of 150°F/65°C, 2 1/2 to 3 hours, then shock in ice water to an internal temperature of 60°F/16°C. Blot dry.

8. Refrigerate uncovered overnight on trays lined with absorbent paper towels, to form a pellicle.

9. If desired, cold smoke at 80°F/26°C for 1 to 2 hours. Slice and serve the sausage immediately, or wrap and refrigerate for up to 3 weeks.

» **PRESENTATION IDEA** For a nontraditional garnish, add 13 oz/369 g pork fat, cut into 1/4-in/6-mm dice, blanched and cooled, and 1 1/4 oz/35 g whole black peppercorns, soaked in hot water and drained.

chicken and vegetable sausage

yield: 11 LB/4.99 KG BULK; 88 LINKS (2 OZ/57 G EACH)

4 lb 13 oz/2.18 kg chicken thigh meat, diced
2 lb 1 oz/936 g crushed ice

cure mix

2 1/4 oz/64 g salt
3/4 oz/21 g dextrose

garnish

5 1/2 oz/156 g small-dice carrots
5 1/2 oz/156 g small-dice celery
11 oz/312 g small-dice onions
1 1/2 tbsp/22.50 mL vegetable oil

1 lb 6 oz/624 g small-dice mushrooms
5 1/2 fl oz/165 mL dry white wine
1 1/2 tbsp/4.50 g chopped flat-leaf parsley

spice blend

1/2 oz/14 g ground white pepper
2 1/2 tsp/5 g poultry seasoning
3/4 tsp/1.50 g powdered thyme

5 1/2 oz/156 g nonfat dry milk
34 1/2 ft/10.52 m sheep casings,
rinsed and tied at one end

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1. Toss the chicken with the cure mix. Progressively grind from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath. Place in freezer until semi-frozen (just beginning to freeze but not solid).
 2. Sauté the carrots, celery, and onions in oil until cooked. Add the mushrooms and sauté until mushrooms release water, then add wine and reduce until almost dry. Chill.
 3. Transfer the ground chicken to a chilled high-speed chopper or processor bowl. Add the crushed ice and the spice blend on top of the ground chicken. Run the machine and process the ingredients until the mixture reaches a temperature of 30°F/-1°C. Continue running the machine until the mixture's temperature rises to 45°F/7°C.
 4. Add the nonfat dry milk and continue processing until the mixture reaches 58°F/14°C. Transfer to a bowl. Stir in the garnish, working over an ice bath. Make a test. Adjust seasoning and consistency before shaping.
 5. Stuff into prepared casings and tie off into links 5 in/13 cm long. Poach in water at 170°F/77°C to an internal temperature of 165°F/74°C, then shock in ice water to an internal temperature of 60°F/16°C and blot dry.
 6. Sauté, grill, or broil the sausage just until hot, or wrap and refrigerate for up to 3 days.

braunschweiger

yield: 11 LB/4.99 BULK; 11 SAUSAGES (1 LB/454 G EACH)

4 lb 9 oz/2.07 kg pork liver, cubed
1 lb 13 oz/822 g boneless pork butt, cubed
2 lb 12 oz/1.25 kg slab bacon, cubed
1 lb 1/2 oz/468 g crushed ice

cure mix

3 1/4 oz/92 g salt
1 3/4 tsp/8 g Insta-cure #1
1 oz/28 g dextrose

spice blend

1/2 oz/14 g onion powder

1 tbsp/6 g ground white pepper
1/2 tsp/1 g ground allspice
1/2 tsp/1 g ground cloves
1/2 tsp/0.50 g rubbed sage
1/2 tsp/1 g ground marjoram
1/2 tsp/1 g ground nutmeg
1/2 tsp/1 g ground ginger

7 1/3 oz/208 g nonfat dry milk

11 ft/3.35 m beef middles, rinsed, cut into
10-in/25-cm lengths and tied in a bubble knot

1. Toss the liver and pork butt with the cure mix. Chill well, until nearly frozen. Progressively grind from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath. Place in freezer and again chill well, until nearly frozen.
2. Grind the bacon through the fine plate (1/8 in/3 mm); reserve separately.
3. Transfer the ground liver and pork to a chilled high-speed chopper or processor bowl. Add the crushed ice and the spice blend on top of the ground pork. Process the ingredients until the mixture drops to a temperature of 30°F/-1°C. Continue running the machine until the mixture's temperature rises to 40°F/4°C.
4. Add the ground bacon and process until the mixture reaches 45°F/7°C. Add the nonfat dry milk and continue processing until the mixture reaches 58°F/14°C. Make a test. Adjust seasoning and consistency before shaping.
5. Stuff into prepared casings and tie closed with a bubble knot. Hang uncovered overnight in the refrigerator to air-dry and form a pellicle.
6. Hot smoke at 160°F/71°C until desired color is achieved, 1 1/2 to 2 hours.
7. Poach in water at 165°F/74°C to an internal temperature of 150°F/66°C, then shock in ice water to an internal temperature of 60°F/16°C. Blot dry. Slice and serve immediately, or wrap and refrigerate for up to 2 weeks.



seafood sausage

yield: 11 LB/4.99 KG BULK; 88 LINKS (2 OZ/57 G EACH)

mousseline

3 lb 5 1/2 oz/1.52 kg sole fillet, diced
3 lb 5 1/2 oz/1.52 kg sea scallops,
muscle tabs removed
1/2 oz/14 g salt
1 oz/28 g Old Bay seasoning
3 1/2 oz/99 g fresh white bread crumbs
44 fl oz/1.32 L heavy cream, cold
6 egg whites

garnish

1 lb 2 oz/510 g shrimp, peeled and
deveined, cut into 1/4-in/6-mm dice
1 lb 2 oz/510 g crab or lobster meat, diced (from
three 1 1/4-lb/567-g blanched lobsters)
1 lb 2 oz/510 g salmon meat, cut
into 1/4-in/6-mm dice
1 lb 2 oz/510 g bay scallops, muscle tabs removed
2 tbsp/6 g chopped fresh parsley

39.6 ft/12.08 m sheep casings, rinsed,
or 20 ft/ hog casings, rinsed

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1. Combine the sole, sea scallops, salt, and Old Bay seasoning. Grind through the fine plate (1/8 in/3 mm) of a meat grinder. Chill in freezer 15 minutes.
 2. Soak bread crumbs in half of the heavy cream to make a panada.
 3. Purée the seafood in food processor as smooth as possible. Add the egg whites and panada. Pulse in the remaining cream. Make a test. Adjust seasoning and consistency before shaping.
 4. Fold in the garnish ingredients until evenly distributed; cover the mixture and refrigerate.
 5. Stuff into prepared casings and twist and tie into 5-in/13-cm links.
 6. Poach in water at 165°F/74°C to an internal temperature of 145°F/63°C. Shock in ice water to an internal temperature of 60°F/16°C. Blot dry.
 7. To serve immediately, remove the casings and either sauté the sausage in clarified butter until golden brown or reheat in a 350°F/177°C oven for 10 to 12 minutes. Alternatively, wrap and refrigerate for up to 3 days.

» **CHEF'S NOTE** The sausages can be twisted into links 3 in/8 cm long for an appetizer-sized sausage. The sausage is shown here with fingerling potatoes.

apple and blood sausage

yield: 11 LB/4.99 KG BULK; 44 LINKS (4 OZ/113 G EACH)

2 3/4 oz/78 g fresh white bread crumbs

22 fl oz/660 mL heavy cream

88 fl oz/2.64 L beef blood

1 1/4 oz/35 g salt

1 tsp/2 g Quatre Épices (page 639)

1 oz/28 g brown sugar

3 lb 10 3/4 oz/1.67 kg fatback, cut into small dice

2 lb 12 oz/1.25 kg small-dice onions

2 lb 4 oz/1.02 kg cored and peeled apples, sautéed and puréed

44 ft/13.41 m hog casings, cut into 24-in/
61-cm lengths and tied at one end

-
1. Soak the bread crumbs in the heavy cream to make a panada. Knead gently to moisten evenly.
 2. Mix the blood with the salt, quatre épices, and brown sugar.
 3. Render 14 oz/397 g fatback in a heavy sautoir.
 4. Add the onions and sweat until translucent but not brown.
 5. Stir in the rest of the diced fatback, the apples, panada, and seasoned blood.
 6. Gently heat, stirring until mixture reaches about 100°F/38°C. Remove from heat.
 7. Fill the casings with the help of a funnel, making sure all the components are distributed evenly. Take care not to overstuff to prevent them from bursting when cooking.
 8. Poach the sausages in 165°F/74°C water and cook for 20 minutes, then prick with a teasing needle. If brown liquid comes out, they are done; if blood comes out, let cook a few more minutes and check again.
 9. When cooked, shock sausages in ice water for 5 minutes, drain them, blot them with absorbent paper towels, lay them on a pan, and brush them with melted lard or duck fat. Refrigerate to finish cooling.
- » **CHEF'S NOTE** Unlike other sausages, the blood sausage mixture is loose enough to pour through a funnel into the prepared casings.
- » **PRESENTATION IDEA** To serve, cut the sausages into lengths, prick them all over with a fork, and sauté or grill them. Traditional accompaniments are mashed or home-fried potatoes, fried apple rings, and sauerkraut.

duck and foie gras sausage

yield: 8 LB/3.63 KG

2 lb/907 g duck meat from a whole duck	28 to 32 fl oz/840 mL to 960 mL heavy cream
1 lb 8 oz/680 g chicken leg meat	2 oz/57 g salt
4 oz/113 g minced shallots	1/2 tsp/1 g ground white pepper
2 oz/57 g butter	2 oz/57 g truffles, coarsely chopped
1 lb 8 oz/680 g foie gras, B grade; only remove large vein	2 bunches chives, minced
2 tsp/9 g Insta-cure #1	2 bunches chervil, coarsely chopped
2 fl oz/60 mL brandy	30 ft/9.14 m sheep casings, rinsed
2 oz/57 g salt	

-
1. Cube the duck and chicken into 1/2-in/1-cm cubes. Chill or partially freeze. Grind the meat through a medium plate (1/4 in/6 mm) of a meat grinder. Combine the shallots and butter. Sweat in a small pan over low heat until tender, 6 to 8 minutes. Drain off excess butter and cool under refrigeration. Dice the foie gras into rough 1/3-in/8-mm cubes.
 2. Combine the ground duck, chicken, foie gras, shallots, Insta-cure #1, brandy, and salt. Place in chilled food processor bowl, pulse for 5 seconds, and scrape down sides with a rubber spatula. Repeat this step 3 or 4 more times or until the mixture becomes partially smooth.
 3. Add the cream in four additions, scraping down the sides after each addition, until a smooth, homogeneous mixture is formed. Pass through a tamis.
 4. Season the forcemeat with salt and pepper; add the truffles and herbs.
 5. Prepare a poach test to check flavor and consistency.
 6. Stuff into the sheep casings and twist into links 2 in/5 cm long. Pierce with a teasing needle.
 7. Poach the sausages in 165°F/74°C water until an internal temperature of 165°F/74°C is reached; drain and cool in an ice bath. The sausage may be finished by poaching, sautéing, or grilling.

garlic sausage

yield: 7 LB/3.18 KG (4 SAUSAGES, 10 IN/25 CM EACH)

5 lb/2.27 kg pork butt, cut into 1/2 - to 1-in/1- to 3-cm cubes, partially frozen
1 lb/454 g jowl fat, cut into 1/2- to 1-in / 1- to 3-cm cubes, partially frozen
10 fl oz/300 mL ice-cold water
1 1/2 oz/43 g salt
1/2 oz/14 g sugar
1 1/2 tsp/9 g coarse-ground black pepper

3/4 oz/21 g garlic, mashed to a paste
Pinch cayenne
1 tsp/2 g garlic powder
1 tsp/5 g Insta-cure #1

8 ft 9 in/2.66 m beef round casing, cut into 15-in/38-cm lengths, tied at one end

-
1. Grind pork and fat separately through a coarse plate ($\frac{3}{8}$ in/9 mm) of a meat grinder.
 2. Mix meat and fat in mixer with the paddle attachment on low speed. Add water and the remaining ingredients except the casings and mix until the ingredients are combined, about 1 minute.
 3. Place the mixer on medium and mix for 30 to 40 seconds, or until the mixture emulsified.
 4. Make a test and adjust seasoning as needed.
 5. Stuff into casings, leaving enough extra string to tie both bubble knots together, and leaving enough string so they can be hung.
 6. Hang the sausages uncovered overnight in the refrigerator to air-dry and form a pellicle.
 7. Cold smoke sausages at 70°F/21°C until the sausages achieve a rosy mahogany color, about 6 hours.
 8. Place sausages in 170°F/77°C water, reduce heat to low, and poach slowly to an internal temperature of 155°F/68°C, about 25 minutes. Refrigerate until needed.
 9. These sausages are intended to be served cold or only slightly room temperature, as with lukewarm potato salad.

dried chorizo

yield: 10 LB/4.54 KG

10 lb/4.54 g pork butt (90% lean, 10% fat), cut into cubes and chilled
2 1/2 oz/71 g salt
8 fl oz/240 mL white vinegar
1 oz/28 g pimentón
3 tbs/18 g cayenne
3 tbs/32 g granulated garlic powder
3 tbs/18 g dried oregano

2 tsp/4 g ground black pepper
2 tsp/9 g Insta-cure #2
3 tbs/61 g corn syrup solids
12 fl oz/360 mL Fermento
8 fl oz/240 mL ice-cold water

20 ft/6.10 m hog casings, 13 1/2 to 15 in/35 to 38 cm

-
1. Grind chilled meat (32° to 34°F/0 to 2°C) through a coarse plate (3/8 in/9 mm) of a meat grinder.
 2. Add all the remaining ingredients except casings to meat and mix well by hand. Transfer meat to a container and press air out. Cover with a tight-fitting lid and refrigerate at 34° to 36°F/1° to 3°C overnight to cure.
 3. Before stuffing, re grind meat through a medium or coarse plate.
 4. Stuff into the prepared casings and twist into links 5 to 6 in/13 to 15 cm long.
 5. Place sausage on smoke sticks, spaced 3 to 4 in/8 to 10 cm apart, and allow to ripen 3 days at 70° to 75°F/21° to 24°C, with humidity of 70 to 80%. After that, dry for 15 days at 50° to 55°F/10° to 13°C, with humidity of 60 to 70%. The sausage should be crumbly and have about a 10% moisture loss.
 6. Sausage may be placed in containers that are then filled with lard.

» **CHEF'S NOTE** Chorizo can be made using any combination of lean meats or 100% pork butt.





seven

TERRINES, PÂTÉS, GALANTINES, AND ROULADES



The French are famous FOR THEIR CONTRIBUTIONS TO THE WORLD OF TERRINES, PÂTÉS, AND OTHER FORCEMEAT SPECIALTIES. FROM THE RUSTIC APPEAL OF A PEASANT-STYLE PÂTÉ GRAND-MÈRE TO A LUXURIOUS FOIE GRAS AND TRUFFLE PÂTÉ, THESE DISHES ARE PART OF THE WORLDWIDE TRADITION OF CLASSIC COLD DISHES. THIS CHAPTER LOOKS AT THE METHODS FOR PREPARING FOUR BASIC FORCEMEAT STYLES (STRAIGHT, COUNTRY, GRATIN, AND MOUSSELINE) AND THE SHAPING METHODS TO PRODUCE ITEMS FROM FORCEMEATS (TERRINES, PÂTÉS EN CROÛTE, GALANTINES, AND ROULADES), AS WELL AS A SPECIAL COMMODITY FEATURED IN THE COLD KITCHEN (FOIE GRAS). IN ADDITION, THERE ARE SEVERAL EXAMPLES OF NONTRADITIONAL TERRINES MADE WITHOUT FORCEMEATS.

FORCEMEATS

One of the basic components of charcuterie and garde manger items is a preparation known as a forcemeat. A forcemeat is a lean meat and fat emulsion that is established when the ingredients are processed together by grinding, sieving, or puréeing. Depending on the grinding and emulsifying methods and the intended use, the forcemeat may have a smooth consistency or may be heavily textured and coarse. The result must not be just a mixture but an emulsion, so that it will hold together properly when sliced. Forcemeats should have a rich and pleasant taste and feel in the mouth.

Forcemeats may be used for quenelles, sausages, pâtés, terrines, roulades, and galantines, as well as to prepare stuffings for other items (a salmon forcemeat may be used to fill a paupiette of sole, for example). Each forcemeat style will have a particular texture. The four basic forcemeat styles are:

- » **Straight forcemeats.** These combine pork and pork fat with a dominant meat in equal parts, through a process of progressive grinding and emulsification. The meats and fat are cut into cubes, seasoned, cured, rested, ground, and processed.
- » **Country-style forcemeats.** These are rather coarse in texture. They are traditionally made from pork and pork fat, often with a percentage of liver and other garnish ingredients.
- » **Gratin forcemeats.** In these, some portion of the dominant meat is sautéed and cooled before it is ground. The term *gratin* is loosely translated from the word *gratiné*, meaning “browned.”
- » **Mousselines.** These very light forcemeats are based on tender, lean white

meats such as veal, poultry, fish, or shellfish. The inclusion of cream and eggs gives mousselines their characteristic light texture and consistency.

main ingredients

Forcemeats, like sausages, are made from raw products, with the exception of the gratin forcemeat. When selecting cuts of red and white meat, opt for well-exercised cuts, since

they have a richer flavor than very tender cuts, such as the tenderloin or loin. However, meats to be used as garnishes can easily be the more delicate portions: tenderloin of lamb, rabbit, or pork, or poultry breasts, for example. Often, recipes for shrimp or scallop mousseline call for a quantity of pike to ensure a good primary bind.

An adequate amount of fat is also important. Fatback is considered to have a neutral flavor and can be paired with most meats.

1. When shaped into quenelles and poached, forcemeats can be used as a garnish.
2. Prepared forcemeats can be used to fill tortellini and other filled pastas.
3. Forcemeats can be shaped into a roulade and poached for service.
4. When portioned into a terrine, forcemeats can be cooked and served as large slices.



Mousselines made from delicate white meats, fish, or shellfish generally call for heavy cream.

To prepare the meat and fatback for a forcemeat, it should first be trimmed of any gristle, sinew, or skin. The meat is then diced to a size that can drop easily through the feed tube of a grinder or be quickly processed to a paste in a food processor.

salt and seasonings

Salt plays a vital role in producing good forcemeats. The salt acts to draw out the proteins

in the meat (these proteins are the primary source of the forcemeat's "bind"), and it also adds its own unique flavor. Classic recipes often call for ground spices such as *quatre épices*, which is a combination of pepper, nutmeg, cinnamon, and cloves. Seasoning or marinating meat prior to grinding will further enhance its flavor.

Herbs, aromatic vegetables such as onions or mushrooms, wines, cognacs, grain-based spirits, or vinegars may also be added. In some cases, a reduction of garlic or shallots, herbs, wines, *glace de viande* or *volaille*, and other flavoring ingredients may be made. This reduction should be thoroughly chilled before adding it to the meats.

It is always important to follow basic formulas carefully as you are learning to make forcemeats, and to properly test and taste forcemeats each time you make them.

secondary binders

The proteins in meats and fish fat, and water, are the basic source of the forcemeat's structure, texture, and bind. In some special cases, however, you may need to add a secondary binder, which is generally required for country-style and gratin forcemeats. There are three basic types of secondary binders: eggs, nonfat dry milk powder, and panadas. Panadas are made from starchy (farinaceous) items—well-cooked, puréed rice or potatoes, bread soaked in milk, or *pâte à choux*, which is a dough made from flour, water, butter, and eggs.

garnish ingredients

Garnishes give the chef an opportunity to add color, flavor, and texture to a basic formula. The quantity of garnish added to a forcemeat can range from a few chopped nuts scattered throughout a *pâté* to a terrine in which there is a predominant garnish bound together with a small amount of forcemeat or aspic.



Secondary binders, clockwise from top left: eggs, nonfat dry milk powder, cooked puréed potato, bread soaked in milk, cooked puréed rice, pâte à choux.

1. Folding or stirring garnishes into a prepared forcemeat produces a random dispersion.

2. Lay garnish into a terrine as it is being filled to produce a centered, or inlay, dispersion.



You can add garnishes to a forcemeat in two ways. They can be simply folded into the forcemeat; in that case they are known as random garnishes. The second means of introducing the garnish is to place it in the forcemeat as you are filling the mold or laying it out for a roulade or galantine. These garnishes are known as inlays, though you may also hear them called centered garnishes. Care should be taken to shape and place the garnish so that each slice will have a uniform, consistent appearance, whether the slice comes from the end or the center of the pâté.

If you are preparing forcemeat items for display or competition, you may want to dust garnish items very lightly with a bit of powdered gelatin or albumen (dried and powdered egg whites) or a combination of these two items, to glue them into place. This will improve the adherence of the forcemeat to the garnish, making it less likely that they will separate when the item is cut into slices.

making forcemeats

chilling ingredients and equipment

Maintaining the ingredients and equipment at the proper temperature is imperative when

preparing forcemeat. Keeping the forcemeat below 40°F/4°C keeps the food out of the danger zone, reducing the risk of food-borne illness. Temperature control is also the key to achieving the best results. When forcemeats are kept well chilled throughout processing, mixing, and cooking, they require less fat, yet still have a smooth texture and an appealing mouthfeel. The flavor of the forcemeat itself is generally better as well.

grinding

The most common piece of equipment for grinding the meats for straight, country-style, and gratin forcemeats is a meat grinder. Review all the cautions and instructions found on pages 254 to 255 in Chapter 6.

Some forcemeat formulas will call for some or all of the meats and fat to be ground using a method called progressive grinding (see page 256). Review the recipe to determine if you will need one or more grinding plates. Grind the meat directly into a well-chilled mixing bowl set over ice.

Mousseline forcemeats are typically made from start to finish in a food processor, although some chefs prefer to grind the meat or fish before placing it in the bowl of the food processor.

mixing and processing

Once ground, the forcemeat is mixed in order to blend any seasonings, panadas, or other ingredients thoroughly and evenly. More importantly, an adequate mixing period is crucial to the development of the correct texture.

Mixing can be done by beating the forcemeat with a rubber spatula or wooden spoon over an ice bath, in a mixer, or in a food processor. Care should be taken not to overmix, especially when you use a machine. Be careful not to overload the bowl. Depending on the amount of product, one to three minutes at the lowest speed should be sufficient. The forcemeat's color and texture will change slightly when it is properly mixed.

Mixing in a food processor is very fast and provides a smoother texture. Most food processors handle relatively small batches. It is critical to keep an eye on the forcemeat as it processes. Your forcemeat can go from properly processed to overworked in a matter of seconds. This can cause pockets or bubbles to form in the item you are preparing, a distraction on a plated item presented to a guest and grounds for losing points in competition work.

testing a forcemeat

Forcemeats are poached directly in a liquid (as for galantines, roulades, or quenelles), cooked in a water bath (terrines), or baked in a crust (pâté en croûte). You can only be sure of the quality of the forcemeat after it is cooked, and the method below for testing a forcemeat will give you an opportunity to evaluate the quality, seasoning, and texture.

The test portion itself will not taste or feel exactly the same as the finished product, since it is a general practice to allow the forcemeat items to rest two or three days before they are served. However, with experience, you can train your palate to recognize the evidence of quality or to detect a flaw in a forcemeat.

If the texture is poor, evaluate just what kind of problem you have. Rubbery forcemeat can be improved by adding more fat and cream. Loose forcemeat, on the other hand, may be improved by adding egg whites or a bit of panada. However, take into account whether or not the item will be pressed or coated with aspic before you make a dramatic change.



1. A combination of ground meat and any desired seasonings.

2. Once thoroughly mixed, the meat and seasonings should be homogeneously dispersed and the forcemeat should be slightly tacky.

straight forcemeat

This basic forcemeat is used to prepare pâtés, terrines, and galantines. It is generally made by grinding the meat and fat through a medium plate, then further processing it in a mixer or food processor.

Process the ground meat with any additional ingredients. An egg may be added to the forcemeat to give a better bind. A quantity of heavy cream may also be included in some recipes to give the forcemeat a smooth texture and a richer flavor, if desired.

Once the forcemeat is tested and any adjustments to seasoning or consistency have been made, you may add garnish ingredients. This may be done in the mixer or by hand, working over an ice bath to keep the forcemeat properly chilled.

Straight forcemeats may be used to fill a pâté en croûte, or to prepare terrines and galantines. (For more information on preparing pâté en croûte, terrines, and galantines, see pages 308 to 318.)

country-style forcemeat

Country-style forcemeats are less refined in texture and heartier in flavor than others and are traditionally made from pork and pork liver.

The texture of this forcemeat is achieved by grinding the pork through a coarse die, then reserving most of this coarse grind. If desired, a portion of the ground meat may be ground again through a medium die before the forcemeat is blended with its panada and processed as for a straight forcemeat.

The coarsely ground meat as well as the processed forcemeat is then combined. Because at least part of the forcemeat is left as a coarse grind, a panada is almost always included to help the finished product hold together after cooking.

gratin forcemeat

A gratin forcemeat is similar to a straight forcemeat, with the exception of the way in

1. Country-style forcemeats are characterized by the inclusion of two different grinds of meat, often with the addition of a panada.

2. The prepared forcemeat will have a sticky texture and retain a somewhat coarse texture from the different grinds of meat.



which the main meat is prepared. The meat is very quickly seared—just enough to enhance the flavor and color, but not enough to cook it through. The meat is changed enough by the searing that a panada is required to help produce the desired texture.

The first step is to sear the meat. Get the pan or grill very hot, sear the meat on all sides as quickly as possible, and just as quickly cool it down. The best way to accomplish this is to work in small batches and to avoid crowding the meat in the pan. Remove it to a sheet pan, and cool it quickly in the refrigerator or freezer. An optional step is to prepare an aromatic reduction to flavor the forcemeat.

Follow the same procedure for grinding as for a straight forcemeat, and process it with a panada and any additional ingredients as suggested or required by the recipe. Be sure to test the forcemeat properly before continuing to add the garnish ingredients. Gratin forcemeats can be used in the same general applications as straight forcemeats.

mousseline forcemeat

Although individual recipes will differ, the formula shown below for a mousseline forcemeat works as an excellent starting point. The amount of cream indicated will produce a good texture for terrines and other forcemeat items that will be sliced. If the mousseline will be used to prepare a timbale or other similar applications, the quantity of cream can be increased by nearly double the amount indicated below:

- » Lean white meat or fish—1 lb/454 g
- » Salt—1 tsp/3 g
- » Egg (or egg white)—1 large
- » Cream—8 fl oz/240 mL

When preparing a mousseline forcemeat, you may simply dice the main ingredients and proceed to grind them in the food processor, or you may wish to grind the main ingredient through a coarse or medium plate before



1. Gratin forcemeat gets its flavor from searing the main meat before processing.

2. Prepared gratin forcemeat, like straight forcemeat, will have a homogeneous and slightly tacky texture.

1. Finish mousselines with cream to give them a silky texture and mouthfeel.

2. Once mixed, mousselines may be passed through a drum sieve or tamis to ensure a very fine texture.



processing it with an egg white. When using shellfish, it is important to keep in mind that some types of shellfish, such as lobster and wet-pack sea scallops, retain more moisture than others and therefore require less cream than the standard ratio indicates.

Process the meat and salt just long enough to develop a paste with an even texture. Add the egg white, followed by the cream.

In order to blend the mousseline properly, it is important to scrape down the bowl. Continue processing only until the forcemeat is smooth and homogeneous, generally around thirty seconds.

Optionally, for a very light mousseline, you may prefer to work the cream in by hand. This is more time-consuming and exacting than using a food processor, but the results

are worth the extra effort. Both the base mixture and the cream must be very cold in order to add the cream in higher proportions than those suggested in the basic formula above. Work over an ice bath for the best results.

Fine forcemeats may be passed through a drum sieve (tamis) to be sure that a very delicate texture is achieved. Be sure that the forcemeat is very cold as you work, and work in small batches to prevent the forcemeat from heating up as you work.

Mousseline forcemeats are often featured as appetizers, fillings, or stuffings, or to coat or wrap poached fish or poultry suprêmes. Another interesting way to use this forcemeat is to layer mousselines with different colors to create a special effect in a terrine.

TERRINES

Terrines, the shortened name of a dish known classically as *pâté en terrine*, are traditionally understood to be forcemeat mixtures baked in an earthenware mold with a tight-fitting lid. This preparation gets its name from its association with the material used to make the mold, once exclusively earthenware of unglazed clay, or terra-cotta. Today, terrine molds are

produced from materials such as stainless steel, aluminum, ceramic, enameled cast iron, ovenproof plastic, or glazed earthenware. These materials are more durable and more sanitary than the unglazed earthenware once favored by charcutiers. Terrine molds also come in any number of shapes, including triangular, half-cylindrical, and trapezoidal.



1



2



3



4

Slices of 1. straight, 2. country-style, 3. gratin, and 4. mousseline forcemeats exhibit the differences in color and texture of each finished product.



Terrine molds: 1. pâté en croûte mold, 2. trapezoidal terrine mold, 3. triangular terrine mold, 4. half-cylindrical terrine mold, 5. 2-pound enameled cast-iron terrine mold, and 6. 3-pound enameled cast-iron terrine mold.

It is becoming more common to make terrines in smaller molds that are one-half to one-third the size of traditional molds. The smaller terrines require more time and precision and are more difficult to execute, so they can demonstrate the skill level of a chef. Smaller sizing also lends itself to more beautiful presentation for appetizers, as the chef can arrange two to three pieces rather than having only one large piece of a terrine to work with for presentation. Another advantage of the smaller size of terrine is that the smaller pieces might encourage someone who might not regularly eat terrines to try them. The smaller pieces make it easier to control the portion size of the terrines, which can sometimes be rich. These materials and shapes offer the garde manger chef an effective way to impress the guest.

Traditionally, terrines were served directly from the mold. Now it is more common to present terrines in slices. This improves the chef's ability to control both the presentation and the portioning of the dish. This is clearly in the best interest of both the guest and the chef. In some special cases, however, terrines are still served in their molds. A terrine of foie gras, for instance, may be presented in a small decorative mold, accompanied by toasted brioche. Guests use a special service spoon or knife to serve themselves.

Today, some nontraditional terrines are also made by binding items such as roasted meats or poultry, roasted or grilled vegetables, poached salmon, or seared lamb loins with a little aspic, making them similar to a head cheese. One example from among the recipes in this chapter is Seared Lamb, Artichoke, and Mushroom Terrine (page 342). Terrines made from layered vegetables can be bound with a custard or cheese. Roasted Vegetable and Goat Cheese Terrine (page 352) and Mozzarella, Prosciutto, and Roasted Tomato Terrine (page 353) are two examples.

making forcemeat terrines

- 1. Prepare the terrine mold by lining it.** Terrine molds were traditionally lined with fatback, then filled with a forcemeat and any garnish called for by the recipe. This liner, also referred to as a chemise or jacket, is still used today, but fatback may be replaced today with prosciutto, bacon, caul fat, crêpes, leeks, spinach, or even seaweed. A liner is not always required, and may be replaced with plastic wrap; this makes it easy to remove the terrine neatly from the mold.
- 2. Fill the prepared mold with forcemeat and any garnish required.** Use a spatula to work the forcemeat into all corners and remove any air pockets. Fold the liner over the forcemeat to completely encase it, and cover the terrine with a lid or foil. Firmly tap the assembled terrine on the countertop to further eliminate air pockets.
- 3. Cook the terrine gently in a water bath (bain-marie).** Terrines must be properly cooked at a carefully regulated temperature. A water bath can insulate the terrine from temperature extremes. Set the filled, covered terrine mold in a baking pan on a clean side towel or several layers of absorbent paper towels, if desired. Add enough simmering water to come about two-thirds to three-quarters of the way up the mold's sides. Monitor the water bath's temperature; it should be at a constant 160°F/71°C to 170°F/77°C. An oven temperature of approximately 300°F/149°C should keep the water bath's temperature where it belongs, but if necessary, adjust the oven temperature.
- 4. Cook to the correct internal temperature.** Cook fish, shellfish, and pork-based forcemeats to 145°F/63°C. Cook

beef, venison, veal, and lamb forcemeat to 155°F/68°C. Cook poultry forcemeats to 165°F/74°C. Check for doneness by measuring the terrine's internal temperature with an instant-read thermometer. Remember to allow for carryover cooking when deciding whether the terrine is ready. The amount of carryover cooking

will vary, depending upon the material used to make the mold, the forcemeat, and the overall shape and size of the mold.

5. **Cool, press, and store the terrine until ready to serve.** Remove the fully cooked terrine from the water bath and allow it to rest at room temperature until the internal temperature drops to 90°F/32°C.

1. After lining a terrine mold with plastic wrap and a desired liner, in this case ham, fill it with prepared forcemeat, smoothing over the top.

2. Bake the terrine in a water bath to regulate its temperature while in the oven.

3. Once given a chance to cool after baking, press the terrine with a press plate and weights overnight under refrigeration.

4. If desired, a terrine can be coated with melted aspic once completely cooled.



Set a press plate on the terrine. You can create a press plate by cutting Styrofoam, Plexiglas, or wood to the inside dimensions of the mold. Wrap the press plate in plastic wrap or foil to lengthen its useful life. Place a 2-lb/907-g mold or weight on top of the press plate. Set this assembly in a hotel pan and refrigerate the terrine for at least two to three days to mellow and mature the flavor.

If desired, coat the terrine with melted aspic. Techniques and ratios for aspic can be found on page 22.

aspic-bound terrines

To produce high-quality aspic-bound terrines, you should, of course, season and prepare the main ingredients with care; they are the



1. When preparing an aspic-bound terrine, only use enough aspic as is appropriate to bind the main ingredients without overpowering them.

2. Working over ice, assemble the terrine in layers of aspic-bound fillings and lay-in garnishes, allowing each layer of aspic to set slightly before applying the garnish.

3. Once the terrine is completely assembled and wrapped, apply a press plate and weight to it until it is completely set.

4. Unmold the finished terrine by inverting it on a cutting board, anchoring the plastic wrap that hangs over the edge, and pulling the mold away from the terrine.

foundation of the terrine. The aspic, though an important part of the dish, should be added only as needed to bind the major flavoring ingredients properly. Still, it is important to take the time to select a rich, full-flavored base liquid. Clear stocks, broths, consommés, juices, or wines can be used singly or in combination to prepare an aspic of slicing strength. An alternative to an aspic is a reduced stock, *glace de viande*, or essence. The action of cooking the stock down drives off the water but leaves the gelatinous proteins in place.

The aspic can be prepared in advance and refrigerated. To use it, warm the aspic over a hot water bath just enough to melt it. It should be incorporated while still warm, so that it will blend properly with the ingredients. The ingredients should not be too cold or the aspic will set up upon contact with them.

pâté en croûte

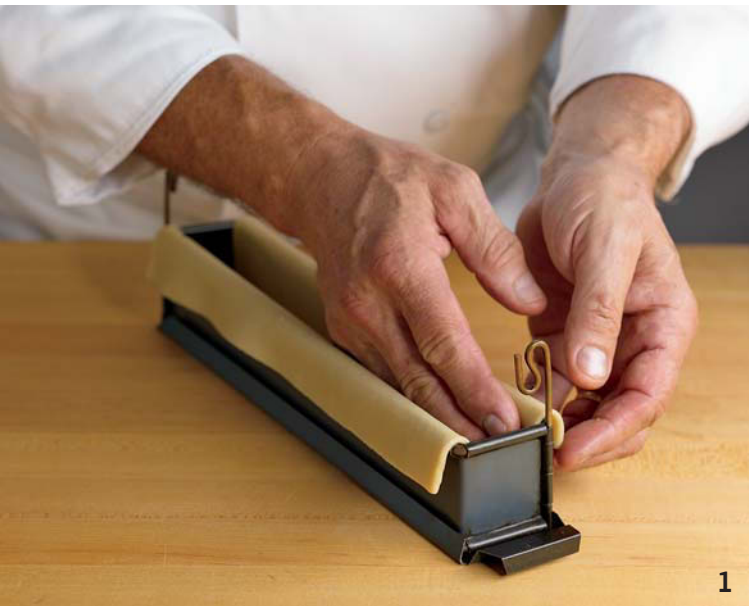
making pâté en croûte

Today, pâtés en croûte are often made in rectangular molds. The advantage of these molds is that they have regular dimensions and straight sides. This encourages even baking and helps reduce the chances of undercooking the dough. Another reason to choose a rectangular mold is the ability to make uniform slices. However, an oval pâté en croûte may be a more dramatic presentation if it is being served whole on a buffet or being displayed uncut as a retail item for sale.

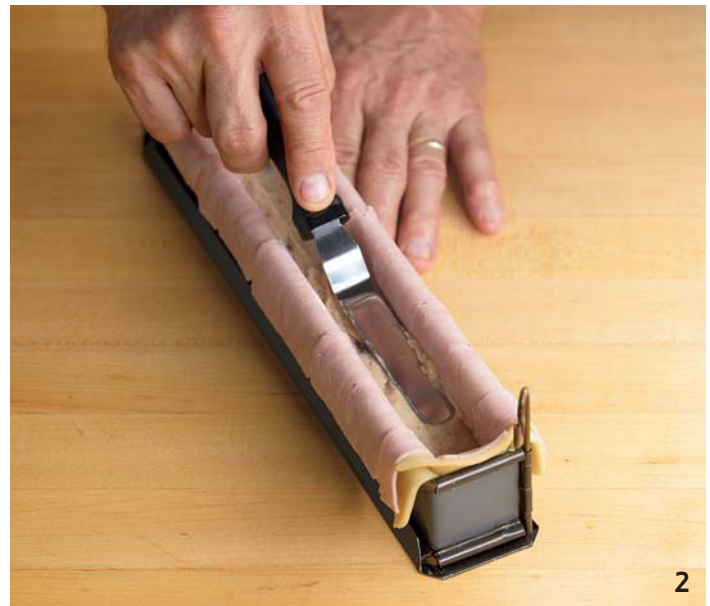
1. **Line the pâté mold with dough.** First, roll out sheets of dough to a thickness of approximately $\frac{1}{8}$ to $\frac{1}{4}$ in/ $\frac{3}{8}$ to 6 mm. It is important to roll the dough evenly and to handle it gently to avoid tearing or stretching the dough as you line the mold.

2. **Mark the dough by pressing all sides of the mold very lightly into the dough.** This will produce the appropriate pattern for the interior of the mold. To line a straight-edged terrine mold, allow an overhang of $\frac{1}{2}$ in/ $\frac{1}{2}$ cm on one side piece as well as enough to fold over the mold's opening, plus $\frac{1}{2}$ in/ $\frac{1}{2}$ cm to secure it into the sides. Allow an overhang of about 1 to $1\frac{1}{2}$ in/ 2.5 to 3.75 cm for oval or round molds.
3. **The excess dough in the corners should be cut out before the dough is transferred to the mold.** Reserve the excess dough to make the reinforcements for the vent holes you will cut in the top of the pâté, as well as any decorations you may wish to apply.
4. **Set the dough in the mold so that the overhang on one side of the mold is enough to completely cover the top of the mold and extend down into the mold on the opposite side at least $\frac{1}{2}$ in/ $\frac{1}{2}$ cm.** The overhang on the other side will be about $\frac{1}{2}$ in/ $\frac{1}{2}$ cm. Use egg wash to "glue" the pastry together in the corners and pinch the seams.
5. **If you wish, a second liner may be added at this time.** Prosciutto and other thinly sliced cooked meats can be used to create a special effect.
6. **At this point, the mold should be filled with the forcemeat and any inlay garnish.**
7. **Fold the liner and then the excess dough over the top of the forcemeat.** Pinch the edges of the overlapping dough slightly so that when the dough is overlapped, it has the same thickness as the other three sides.

9. **A top crust, or cap, is the traditional way to finish enclosing the forcemeat in pastry.** Straight-sided pâtés can be prepared without a separate cap piece as follows: remove the pins of the mold, place the bottom of the mold on the top of the pâté, reinsert the pins, and invert the entire assembly. This will give a smooth, neat top piece, without any extra layers of dough. It also allows the weight of the pâté and mold to hold the seams along the edges of the mold, preventing them from blowing out as the pâté bakes.
9. **Oval pâtés or other shapes should have a separate cap piece.** Cut a piece of dough large enough to completely cover the mold. Trim away any excess and tuck the edges down into the mold.
10. **Bake the pâté, adding the chimney and any additional dough garnishes as desired.** The top crust of the pâté should be vented by cutting a hole in the top to permit steam to escape during baking. If the vent is not cut, the pressure will cause the dough to burst. Be sure that the cut extends completely through every layer of dough and liner. Reinforce the vent's opening by gluing a ring of dough around the hole into place with some egg wash. Insert a cylinder of rolled aluminum foil, known as a chimney, to keep the hole from closing as the pâté bakes.
11. **Any decorations made from dough scraps can be added now.** Egg wash should be brushed over the entire surface for color and sheen, as well as to secure the reinforcing ring of dough and any decorations to the top crust.
12. **An alternative method is to cover the pâté with foil and partially bake** at 450°F/232°C for 15 minutes, or until the dough has a dry and light brown appearance. Remove the foil, use round cutters to make one or two holes in the top piece, and brush with egg wash.
13. **Secure any additional decorative pieces to the cap piece, gluing them in place with egg wash.** Finally, brush the entire top of the pâté with egg wash. Return the uncovered pâté to the oven and finish baking at 350°F/177°C to the appropriate internal temperature.
14. **Cool the pâté en croûte and finish with aspic.** Let the pâté cool to 90° to 100°F/32° to 38°C. Insert a funnel into the foil chimney and ladle in melted warm aspic.
15. **Refrigerate the pâté at least twenty-four hours and up to three days before slicing and serving the pâté.** Once a pâté en croûte is shaped, baked, and finished with aspic, it may be held for approximately five to seven days.



1



2



3



4

1. Using sections of dough that have been cut to the size of each side, line the mold with the dough, sealing the seams where the sections of dough meet.

2. After lining the dough, evenly spread a prepared forcemeat into the mold.

3. After enclosing the forcemeat by overlapping the overhanging sections of dough, cut a small hole in the top of the dough and adhere a chimney ring to the top of the cutout.

4. Once baked and cooled, seal the *pâté en croûte* by pouring or funneling melted aspic through the chimney.

GALANTINES AND ROULADES

Galantines, as we know them, have been popular since the time of the French Revolution (1789–1799). The chef from the house of Marquis de Brancas, a M. Prévost, began producing the savory cold dish, made from boned poultry, sewn back into the bird's skin, poached in a rich stock, and preserved in the natural jelly. The origin of the dish appears relatively straightforward. The origins of the word, however, are less obvious.

According to *Larousse Gastronomique*, the term derives primarily from an old French word for chicken: *geline* or *galine*. According to this source, the association with chicken is so specific, in fact, that all by itself, *galantine* presumes chicken unless specified otherwise in the title. Other experts have promoted the idea that *galantine* more likely comes from the word *gelatin*, with the current spelling gradually superseding other forms of the word, such as *galentyne*, *galyntyne*, *galandyne*, and *galendine*.

Two additional terms, *ballotine* and *dodine*, are occasionally used in the same way as *galantine*. *Ballotines* may be served hot or cold. *Dodines*, also normally made from poultry, especially duck and goose, are quite similar to galantines except that they are roasted rather than poached, and they are always served hot.

Roulades differ from galantines in that they are rolled in cheesecloth or plastic wrap, not in the natural skin “casing” featured in galantines. Another distinction between the two items is that while galantines are firmly associated with poultry, roulades have no such identity. Instead, roulades are made from a wide range of base products, including foie gras or mousseline forcemeats made of fish or poultry.

making galantines and roulades

1. **Carefully remove the skin and bone the bird for a galantine.** The first step in preparing a galantine is to carefully

remove the skin from the bird. Make an incision along the backbone, and carefully pull and cut away the skin from the meat. Keep the skin in a single piece and trim it to an even rectangle.

You may wish to save the breast portion or tenderloin to use as a garnish. These choice parts can be seared or cured, if desired. They may be placed as a center garnish or flattened to form the exterior of the galantine.

2. **Fill and roll the galantine or roulade.**

Lay out plastic wrap and/or cheesecloth, which should be several inches larger than the skin's dimensions. If you are using cheesecloth, remember to rinse it well and wring it dry; it should be damp but not dripping wet.

Lay out the skin on the cheesecloth or plastic wrap and fill it with the forcemeat and any garnish. The chicken breast may be pounded and laid on the skin with the forcemeat in the middle, or the forcemeat can be spread on the skin and the chicken breast can be used as a garnish. Roll the galantine or roulade carefully around the forcemeat. The skin should just overlap itself by about 1/2 in/1 cm, forming a seam. A roulade can be rolled like a jelly roll to create a spiral effect, or as you would for a galantine to keep a centered garnish in place. Secure the galantine or roulade by crimping each end and smoothing the forcemeat away from the ends. You may need a pair of extra hands to maintain a compact shape while you tie the ends.

3. **Prepare the galantine or roulade by poaching or roasting.** Galantines and roulades are commonly poached. Lower the galantine or roulade into a simmering pot of stock (water is fine if the roulade has been wrapped in plastic wrap rather than cheesecloth).

1. Remove the skin from the chicken, reserving it as one whole piece.
2. Layer a garnish, in this case whole chicken breasts, and prepared forcemeat over the reserved skin.
3. After rolling up the galantine, secure it by tightly tying off both ends with butcher's twine and securing the middle with two bands of cheesecloth.
4. Finish the galantine by poaching it in chicken stock.



1. Galantines can also be rolled up in plastic wrap, but they still need to be tightly secured.
2. A ballotine is a galantine that is wrapped in aluminum foil and roasted on a rack, then seared to provide additional color.



To keep the galantine submerged, weight it with small plates. This helps to cook the galantine evenly. A roasted ballotine is placed on a bed of mirepoix or a rack and cooked, uncovered, to the appropriate internal temperature. Another method for roasting a ballotine is to wrap the galantine in foil and roast it in the oven until it is cooked, then unwrap it and searing the skin to create a mahogany color on the outside. This

method allows the filling to set during cooking so that the cylindrical shape of the ballotine is maintained.

Once properly cooked (check the internal temperature for accurate results), galantines should be completely cooled. They may be cooled directly in the cooking liquid; roulades are generally removed from the poaching liquid and cooled. Galantines and roulades should be rewrapped to produce an even, appealing texture.

FOIE GRAS

Foie gras is one of the world's great luxury items. The earliest records of foie gras go back to 5000 B.C.E. The tombs dedicated to Ti, an Egyptian counselor to the pharaoh, show scenes of Egyptians hand-feeding figs to geese.

The first published recipe for pâté de foie gras appeared in *Le Cuisinier Gascon*, a cookbook published in 1740. Jean-Pierre Clause developed another classic preparation in Strasbourg. He took a foie gras and truffles, wrapped them in a pastry case, and baked the dish. Escoffier included a version of this same dish, Pâté Strasbourgeois, in *Le Guide Culinaire*.

Today, foie gras is produced from both geese and ducks. Fresh foie gras is finally available to chefs in the United States. Izzy Yanay, an Israeli who moved to the United States in 1981, is currently producing domestic foie gras from the moulard duck, a hybrid breed resulting from crossbreeding Muscovy (or Barbary) and Pekin ducks.

working with foie gras grades

Foie gras may be graded A, B, or C, based on the size, appearance, and texture of the liver.

To be labeled grade A, a liver must weigh at least 1 lb 8 oz/680 g. It should be round and

firm, with no blemishes. These livers are used for terrines and pâtés.

Grade B foie gras weighs between 1 lb/454 g and 1 lb 3 oz/539 g. It should have a good texture but is not necessarily as round in shape as grade A foie gras. This is a good choice for roasting or sautéing.

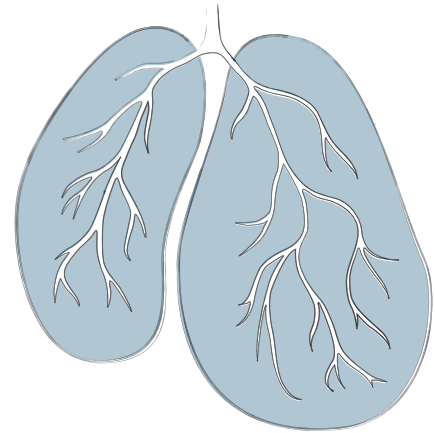
Foie gras that weighs less than 1 lb/454 g, is slightly flattened, and has some visual imperfections will be categorized as grade C. These livers may have some soft spots. They are used primarily for mousses.

upon arrival

1. **Inspect the foie gras.** This is an expensive product, whatever grade you buy. So take the time to be certain that you are getting the quality you are paying for. First, look to be certain that the packaging is still intact. Any rips or punctures may have damaged the foie gras. Weigh the foie gras yourself, and inspect it carefully for any unexpected imperfections.
2. **Prepare the foie gras for refrigerated storage.** Set the foie gras on a bed of crushed ice in a perforated hotel pan set inside a standard hotel pan. Pack more ice around the liver and keep this assembly in the refrigerator until you are ready to prepare the foie gras.



Grades of foie gras, from left to right: A, B, C.



Vein network of foie gras.

3. **Hold the foie gras at room temperature for at least two hours.** This will temper the foie gras, making it easier to manipulate as you remove the veins. Inspect the surface and remove visible bruises, blemishes, or traces of green bile with a sharp paring knife.
4. **Separate the foie gras into lobes and remove the veins.** Holding the liver in both hands, gently pull the two lobes apart at their natural seam. Cut about one-third of the way into the lobe. Using a combination of pulling and loosening, expose the vein network. Start from the top of the lobe, where the veins are thickest, and pull out the veins using tweezers, the tip of a knife, and/or your fingertips. Try to remove as much of the vein network in one piece as possible. Once the small vessels break, they are very hard to grip. Work carefully but quickly, to avoid overhandling the foie gras. You want to keep the lobes as intact as possible. This procedure takes practice, but once mastered it should take only a few minutes to complete.
5. **Soak the foie gras in salt water with ice for at least two hours.** This process, called degorger, removes excessive blood and mellows the liver flavor. Remove from the salt water and blot dry.

If you are not ready to proceed with a recipe, be sure to store the cleaned foie gras, well wrapped in plastic, at approximately 34°F/1°C. It is important to keep the foie gras as cold as possible, both to keep it safe and wholesome and to keep it firm enough to slice or dice neatly.

marinating foie gras

Foie gras terrines, pâtés, and roulades typically call for marinated foie gras. Place the cleaned foie gras in a suitable container and add seasonings as indicated by the recipe. Sauternes, port, cognac, and Armagnac are among the classic marinade ingredients. You may also wish to incorporate additional flavorings, such as quatre épices, cinnamon, or allspice, to give the finished dish a special flavor. Turn the foie gras to coat it evenly with the marinade, and let it rest, covered and refrigerated, for at least twelve and up to twenty-four hours.

Pâtés, roulades, and terrines of foie gras are still made according to time-honored methods. Today they may be presented to the guest still in their ceramic crock, cut into slices, or shaped into quenelles. A classic presentation, made famous by Fernand Point, features foie gras baked in brioche. Foie gras mousse is another popular item, and has been used with great effect to make special canapés and appetizers (see page 564).

pâté grand-mère

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS (2¹/₂ OZ/71 G EACH)

1 lb 4 oz/567 g chicken livers, sinew removed
1 tbsp/15 mL vegetable oil, as needed
1 oz/28 g shallots, minced
2 tbsp/30 mL brandy

seasonings

1 1/2 tbsp/15 g salt
1 tsp/5 g Insta-cure #1
1 tsp/2 g coarse-ground black pepper,
plus as needed for liner
1/2 tsp/1 g ground thyme
1/4 tsp/0.50 g ground bay leaf

1 lb 1 oz/482 g pork butt, cubed
1 tbsp/3 g chopped flat-leaf parsley

panada

2 1/2 oz/71 g crustless white
bread, cut into small dice
5 fl oz/150 mL milk, warm
2 eggs
3 fl oz/90 mL heavy cream
1/4 tsp/0.50 g ground white pepper
Pinch grated nutmeg

8 slices fatback (1/16 in/1.50 mm
thick), or as needed for liner

6 to 8 fl oz/180 to 240 mL Aspic
(page 67), melted (optional)

1. Sear the livers briefly in hot oil; remove them from the pan and chill. Sauté the shallots in the same pan; deglaze with the brandy and add to the livers. Mix in seasonings. Chill thoroughly.
2. Progressively grind the pork butt, liver and shallot mixture, and parsley from the coarse plate (3/8 in/9 mm) to the fine plate (1/8 in/3 mm) of a meat grinder into a mixer bowl set over an ice bath.
3. Combine the bread and milk; let soak to form a panada. Add the eggs, heavy cream, pepper, and nutmeg. Mix with the ground meats on medium speed until homogeneous, about 1 minute. Test the forcemeat and adjust seasoning if necessary before proceeding.
4. Line a terrine mold with plastic wrap and then the fatback slices, leaving an overhang. Sprinkle the fatback with more ground pepper, pack the forcemeat into the mold, and fold over the liners. Refrigerate overnight to cure. Cover the terrine and bake in a 170°F/77°C water bath in a 300°F/150°C oven to an internal temperature of 165°F/74°C, about 60 to 75 minutes.
5. Remove the terrine from the water bath and allow it to cool to an internal temperature of 90° to 100°F/32° to 38°C. Apply a press plate and a 2-lb/907-g weight and press overnight. Alternately, pour off the juices from the terrine, add enough aspic to coat and cover the terrine, and refrigerate for 2 days. The terrine is now ready to slice and serve, or wrap and refrigerate for up to 10 days.

pâté de campagne

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

1 lb 8 oz/680 g pork butt, trimmed of excess fat

seasonings

2 oz/57 g shallots, minced

3/4 oz/21 g salt

4 juniper berries, finely crushed

3 garlic cloves, minced

2 tbsp/6 g chopped flat-leaf parsley

2 tsp/4 g thyme, chopped

2 tsp/4 g dried cèpes, ground into powder

1/2 tsp/2 g Insta-cure #1

1/4 tsp/0.50 g coarsely ground black pepper

1/8 tsp/0.25 g Pâté Spice (page 641)

8 oz/227 g chicken livers or foie gras, cut into 1/2-in/1-cm dice

4 oz/113 g pork fatback, skin off, cut into 1/2-in/1-cm cubes

panada

2 fl oz/60 mL heavy cream

1 egg

1 1/2 oz/43 g fresh white bread crumbs

1 tbsp/15 mL Calvados

garnish

1 oz/28 g black truffles, cut into 1/4-in/5-mm dice

3 oz/85 g pork fatback, cut into 3/16-in/5-mm dice and blanched

1 tsp/2 g green peppercorns

1 1/2 oz/43 g pistachios, blanched, peeled

1 lb/454 g smoked ham, thinly sliced

1. Cut 8 oz/227 g pork butt into 3/16-in/5-mm dice and reserve for garnish. Dice the remaining 16 oz/454 g of pork and toss together with the seasonings. Progressively grind the mixture along with the chicken livers or foie gras and fatback from a 1/4-in/6-mm die to a 1/8-in/3-mm die. Combine the panada ingredients in a bowl and whisk together until smooth. Add to the ground meat mixture along with the diced pork butt.
2. Prepare a poach test and adjust seasoning as necessary.
3. Combine the truffles, blanched fatback, peppercorns, and pistachios and add to the forcemeat.
4. Line desired mold with plastic wrap followed by the thin slices of ham, leaving an overhang on both. Pack the forcemeat into the terrine and fold over the ham and plastic wrap.
5. Bake the terrine in a 170°F/77°C water bath in a 300°F/149°C degree oven until a finished internal temperature of 165°F/74°C (if using chicken livers) or 145°F/63°C (if using foie gras) is reached. (This does not take into consideration carryover cooking.)
6. Apply a press plate and a 1-lb/454-g weight and refrigerate at least 24 hours. Cut into slices approximately 1/4 in/6 mm thick.

» **CHEF'S NOTE** You can substitute for the ham 2 lb/907 g fatback that is pounded to flatten the bottom, frozen, and sliced thin.

chicken liver pâté

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

2 lb 4 oz/1.02 kg chicken livers, cleaned, sinew removed	3/4 tsp/1.50 g ground allspice
24 fl oz/720 mL milk, or as needed for soaking	3/4 tsp/1.50 g dry mustard
3/4 oz/21 g salt	2 oz/57 g fresh white bread crumbs
1/4 tsp/1 g Insta-cure #1	3 tbsp/45 mL sherry
12 oz/340 g fatback, cut into medium dice	4 1/2 oz/128 g bread flour
2 1/2 oz/71 g minced shallots	1 tbsp/9 g powdered gelatin
3 garlic cloves, minced	5 eggs
2 tsp/4 g ground white pepper	9 fl oz/270 mL heavy cream

1. Soak the chicken livers in the milk with 2 1/4 tsp/7.50 g salt and the Insta-cure for 12 to 24 hours. When ready to use, drain well and pat dry with absorbent paper towels.
2. Purée all the remaining ingredients except the cream in a blender to a smooth, loose paste.
3. Pass through a wire-mesh strainer into a stainless-steel bowl.
4. Stir in the cream.
5. Refrigerate the mixture for 2 hours.
6. Pour into a terrine mold lined with plastic wrap, cover, and poach in a 170°F/77°C water bath in a 300°F/149°C oven to an internal temperature of 165°F/74°C, 45 minutes to 1 hour.
7. Remove from the oven and let cool at room temperature for 30 minutes.
8. Apply a press plate and a 1-lb/454-g weight and refrigerate overnight before unmolding and slicing.

» **VARIATION** SMOKED CHICKEN LIVER PÂTÉ: Cut 12 oz/340 g livers into medium dice and pan smoke (see page 212) for a flavorful contrasting garnish. For even more flavor, the terrine can also be lined with sliced ham.

smørrebrød leverpostej

yield 1 TERRINE, 2 LB 5 OZ/1.05 G; 18 TO 20 SERVINGS

1 lb 8 oz/680 g well-trimmed chicken livers, cleaned, finely ground
8 oz/227 g bacon, finely ground
1 egg
1 tsp/3 g salt
2 tsp/4 g ground black pepper
2 tsp/4 g ground allspice
2 anchovy fillets, mashed
1/2 oz/14 g butter
1 tbsp/9 g all-purpose flour
8 fl oz/240 mL milk

2 onions, finely chopped
2 garlic cloves, finely chopped

spiced beet garnish

2 tbsp/30 mL white vinegar
4 lb/1.81 kg baby beets
3 cinnamon sticks, broken
2 tsp/4 g whole cloves
10 fl oz/300 mL white wine vinegar
3 oz/85 g sugar
18 slices dark rye bread

1. Mix the ground liver and bacon with the egg, salt, pepper, allspice and anchovies, and reserve in the refrigerator.
2. Melt the butter in a small saucepan over medium heat, stir in the flour and cook for 1 minute. Gradually whisk in the milk and simmer until the mixture thickens. Allow the mixture to cool completely.
3. Stir in the onions and garlic, and combine with the chilled liver mixture.
4. Heat water in a saucepan to make a water bath. Transfer the liver mixture to an 8- by 1½- by 2¼-in/20- by 3- by 5-cm terrine mold, and cover with foil and a lid. Place the mold in a hotel pan and fill the pan with the hot water until it reaches all the way up the sides but not over the top of the terrine mold. Bake in a 400°F/204°C oven until the terrine reaches an internal temperature of 165°F/74°C, about 60 minutes. Remove the foil and lid. Cool to room temperature, then refrigerate until cold.
5. To make the garnish, fill a small saucepan over medium heat with cool water and add the white vinegar. Add the beets and simmer until tender.
6. Peel the beets and cut the tops and bottoms off while they are still hot. Slice the beets thinly crosswise and place the slices in a bowl. Add the cinnamon and cloves.
7. Heat the white wine vinegar with the sugar until the sugar is completely dissolved, pour over the beets, and refrigerate until needed.
8. To serve, drain the beets. Remove the chilled terrine from the mold and cut into 1½-oz/43-g slices. Lay each slice of terrine on a slice of dark rye bread and top with 2 oz/57 g of the beets.

duck and smoked ham terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

1 lb 3 oz/539 g duck leg and thigh
meat, skinned and boned

9 3/4 oz/276 g fatback

garnish

1 1/4 oz/35 g butter

1 1/4 skinless duck breasts, cut into 1/2-in/1-cm dice

15 oz/425 g smoked ham, cut into 1/2-in/1-cm dice

1 oz/28 g minced shallots

1 1/4 tsp/3.75 g minced garlic

2 1/2 fl oz/75 mL port

1 1/4 tbsp/9 g all-purpose flour

1/4 tsp/1 g Insta-cure #1

1/2 oz/14 g salt

1 egg

4 3/4 fl oz/143 mL heavy cream

1 1/4 tsp/2.50 g coarse-ground black pepper

3/4 tsp/1.50 g poultry seasoning

1. Cut the leg and thigh meat and the fatback into 1/2-in/1-cm dice. Reserve.
2. To prepare the garnish, melt the butter in a sauté pan. Brown the duck breast and ham; remove and chill. Sweat the shallots and garlic. Add the port and reduce to a thick syrup; chill well.
3. Combine the leg meat mixture with the flour, Insta-cure, and salt; toss to coat evenly. Progressively grind from the coarse plate (3/8 in/9 mm) through the fine plate (1/8 in/3 mm) of a meat grinder into a mixing bowl over an ice bath.
4. Transfer the ground meats to a chilled mixing bowl. Add the egg and heavy cream. Mix on medium speed for 1 minute, until homogeneous. Add the black pepper and poultry seasoning; mix to incorporate.
5. Test the forcemeat and adjust seasoning if necessary before proceeding.
6. Fold the garnish mixture into the forcemeat by hand over an ice bath.
7. Line a terrine mold with plastic wrap, leaving an overhang. Pack the forcemeat into the mold and fold over the liner. Cover the terrine and bake in a 170°F/77°C water bath in a 300°F/149°C oven to an internal temperature of 165°F/74°C, about 60 to 75 minutes.
8. Remove the terrine from the water bath and allow it to cool to an internal temperature of 90° to 100°F/32° to 38°C. Apply a press plate and a 2-lb/907-g weight and press overnight in the refrigerator. Alternatively, pour off the juices from the terrine, add enough aspic to coat and cover the terrine, and refrigerate for 2 days. The terrine is now ready to slice and serve, or wrap and refrigerate for up to 5 days.

smoked shrimp and lentil terrine

yield 1 TERRINE, 2 LB/907 G; 16 TO 18 SERVINGS

4 oz/113 g shrimp

brine

24 fl oz/720 g water

1 oz/28 g salt

1 oz/28 g sugar

8 oz/227 g ice

5 oz/142 g green lentils

32 fl oz/960 mL Chicken Stock
(page 643), plus as needed

1 sachet d'épices

1 tsp/2 g cumin

1 tsp/2 g coriander

1 tsp/2 g chili powder

1 1/2 oz/43 g small-dice cucumbers

1 1/2 oz/43 g small-dice roasted red peppers

1 1/2 oz/43 g sliced green onions

1 1/2 oz/43 g small-dice peeled and seeded tomato

1 oz/28 g powdered gelatin

4 carrots, sliced lengthwise 1/8 in/3 mm thick

6 to 8 fl oz/180 to 240 mL Aspic (page 67), melted

garnish

2 fl oz/60 mL lime juice

2 fl oz/60 mL olive oil

1 tsp/3 g salt

1/8 tsp/.25 g cayenne

1 jícama, julienned

1/2 red pepper, julienned

1/2 yellow pepper, julienned

1/2 carrot, julienned

Peel of 1 zucchini, julienned

1. Skewer the shrimp through the spine, shell side down. Combine all the ingredients for the brine, add the skewered shrimp, and brine overnight. Remove the shrimp from the brine, pat dry with absorbent paper towels, and arrange in a single layer on a half sheet tray fitted with a roasting rack. Place the tray in the refrigerator next to the fan until the shrimp are dried, about 40 minutes to 1 hour. Cold smoke the shrimp for 1 hour.

2. Cook the smoked shrimp on the skewer in a 300°F/149°C oven until they reach an internal temperature of 145°F/63°C, about 15 minutes. Peel and clean the shrimp, cut in half lengthwise, and reserve.

3. Cook the lentils in the chicken stock seasoned with the sachet d'épices, cumin, coriander, and chili powder until tender, about 1 hour. Drain the lentils, reserving the cooking liquid. Allow the lentils to cool, then add the cucumber, roasted red pepper, green onions, and tomato. Adjust seasoning if necessary.

4. Add enough chicken stock to the reserved cooking liquid to make 19 fl oz/570 mL and place in a medium mixing bowl. Sprinkle the gelatin on top of the liquid and allow to bloom for 10 to 15 minutes.

5. Bring some water to boil in a medium sauce pot and place the bowl of stock over the sauce pot to make a double boiler. Stir the gelatin mixture until all of the gelatin is dissolved and the liquid feels warm to the touch, about 100°F/38°C. Reserve.

continued

6. In a sauce pot, cook the carrots in simmering salted water until tender. Shock in an ice bath and drain on absorbent paper towels.
7. To assemble the terrine, first line a terrine mold with plastic wrap. Lay the carrots across the mold and press them down gently into the tip of the mold using a rubber spatula. Cut off any excess carrot that hangs over the edge of the mold. Add enough lentils to fill the terrine about halfway full, then pour the gelatin over the lentils until they are covered. Arrange a layer of shrimp on top of the lentils so that they form a continuous row from one side of the terrine to the other. Add another layer of lentils and cover with gelatin. Top with two more rows of shrimp.
8. Fill the remainder of the mold with lentils, packing them in lightly, and mounding them slightly over the top of the mold. Pour in enough aspic to cover the lentils, then cover the top with a layer of carrots, carefully fitting them to lay across the terrine. Refrigerate until ready to serve.
9. To prepare the garnish, place the lime juice, olive oil, salt, and cayenne and stir to combine. Add all the julienned vegetables and toss to coat with the dressing.
10. To serve, slice the terrine into 1-oz/28-g slices. Arrange the terrine slices on a platter with the vegetable garnish on the side.



Smoked Shrimp and Lentil Terrine



smoked salmon and smoked salmon mousse terrine

yield 1 TERRINE, SERVES 10

6 to 10 thin slices smoked salmon, pounded
5 oz/142 g smoked salmon pieces
6 fl oz/180 mL fish velouté
1 oz/28 g powdered gelatin, mousse strength, bloomed, warmed

4 fl oz/120 mL heavy cream, whipped to soft peaks
1/4 tsp/1.25 mL Tabasco
Salt, as needed
Ground black pepper, as needed

-
1. Line a terrine mold with plastic wrap with enough excess plastic wrap overhanging the edge of the mold to cover the finished terrine. Arrange slices of smoked salmon in an even, single layer to cover the interior of the mold, reserving the remaining for layering in the terrine.
 2. To make the mousse, purée the smoked salmon pieces and velouté together in a food processor until smooth. Place the purée in a bowl over a warm water bath, add the bloomed gelatin, and mix well. Place the purée mixture over an ice bath and cool, constantly stirring so that the gelatin will not set, until the temperature reaches 70°F/21°C. Fold in one-third of the whipped cream. Gently fold in the remaining two-thirds of the whipped cream. When the mousse is just combined, gently fold in the Tabasco, salt, and pepper.
 3. Pipe half of the mousse into the terrine mold. Cover with a second layer of sliced smoked salmon. Pipe another layer of mousse to fill the mold.
 4. Fold the plastic wrap over to cover the terrine, and refrigerate for 30 minutes. Apply a press plate and a 2-lb/907-g weight and press in the refrigerator until fully set.
 5. Unmold the terrine and cut into slices approximately 1/4 in/6 mm thick before serving.

duck, pistachios, and dried cherry terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

1 lb 12 oz/794 g duck meat, trimmed and diced
(from a 4- to 5-lb/1.81- to 2.27-kg bird)

8 oz/227 g fatback

seasonings

1 tbsp/10 g salt

2 tbsp/6 g chopped sage

1 tsp/2.25 g white pepper

1 tbsp/3 g chopped flat-leaf parsley

1/4 tsp/1 g Insta-cure #1

garnish

4 oz/113 g ham, cut into small dice

3 oz/85 g roasted and peeled pistachios

2 1/2 oz/71 g dried cherries

8 thin slices ham (1/16 in/1.50 mm), or as needed for liner

-
1. Combine 1 lb/454 g of the duck meat, the fatback, and the seasonings, and grind through the medium plate (1/4 in/6 mm) and then the fine plate (1/8 in/3 mm) of a meat grinder.
 2. Sear the remaining diced duck and the diced ham; let cool.
 3. Test the forcemeat and adjust seasoning before adding garnish.
 4. Fold in the seared duck, ham, pistachios, and cherries, working over an ice bath.
 5. Line a terrine mold with plastic wrap and ham slices, leaving an overhang, then pack with the forcemeat. Fold the liners over the terrine and cover the mold. Bake in a 170°F/77°C water bath in a 300°F/149°C oven to an internal temperature of 165°F/74°C, about 50 to 60 minutes.
 6. Let the terrine rest for 1 hour. Apply a press plate and a 2-lb/907-g weight and refrigerate overnight or up to 3 days. Slice and serve immediately, or wrap and refrigerate for up to 7 days.





lobster and summer vegetable terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

6 oz/170 g diced scallops

6 oz/170 g diced shrimp

seasonings

1 1/2 tbsp/22.50 mL Pernod

1 1/2 tsp/7.50 mL lemon juice

1 1/2 tsp/5 g salt

1 tsp/2 g ground white pepper

3/4 tsp/2.25 g grated lemon zest

Pinch cayenne

2 egg whites

7 1/2 fl oz/225 mL heavy cream, chilled

garnish

15 oz/425 g assorted vegetables, cut into 1/4-in/6-mm dice, cooked, cooled, and drained (see Chef's Note)

15 oz/425 g lobster meat, poached and cut into medium dice

1. Make a mousseline forcemeat by grinding the scallops, shrimp, and seasonings in the bowl of a food processor. Process to a relatively smooth paste. Add the egg whites. With the machine running, add the heavy cream and process just to incorporate. Pass the forcemeat through a drum sieve if desired.
 2. Test the forcemeat and adjust seasoning if necessary before proceeding.
 3. Fold in the garnish by hand, working over an ice bath.
 4. Oil a terrine mold and line it with plastic wrap, leaving an overhang. Pack the forcemeat into the lined mold, making sure to remove any air pockets. Fold the liner over the forcemeat to completely encase the terrine, and cover.
 5. Bake the terrine in a 170°F/77°C water bath in a 300°F/149°C oven to an internal temperature of 145°F/63°C, 60 to 75 minutes.
 6. Remove the terrine from the water bath and allow it to cool to 90°F/32°C. Apply a press plate and a 2-lb/907-g weight and press overnight or up to 3 days in the refrigerator. Slice and serve immediately, or wrap and refrigerate for up to 7 days.
- » **CHEF'S NOTE** For vegetable garnish, choose from broccoli, carrots, zucchini, squash, and shiitake or other mushrooms.
- » **PRESENTATION IDEA** Serve with Basic Mayonnaise (page 36) flavored with chopped basil, and tomato concassé garnish.

shrimp terrine with noodle salad

yield 1 TERRINE, SERVES 12

shrimp mousseline forcemeat

9 1/2 oz/269 g shrimp (26/30 count),
peeled, deveined, ground
1 tsp/3 g salt
1 egg
5 1/2 fl oz/165 mL heavy cream

seasonings

2 green onions, minced
1 tbsp/3 g minced chives
3 tbsp/9 g chopped basil
1 tbsp/15 mL dry sherry
1 tbsp/15 mL light soy sauce
1/2 oz/14 g hot bean paste (*nam prik pow*)
Ground black pepper, as needed

6 oz/170g shrimp (16–20 count),
peeled, deveined, medium diced

terrine

8 oz/240 g spinach, cleaned
20 shrimp (16/20 count), peeled, deveined
1 tbsp/9 g powdered gelatin
1 tbsp/5 g powdered egg whites
1 lb 1 1/2 oz/496 g Shrimp Mousseline
Forcemeat (above)

asian noodle salad

1 lb/454 g cellophane noodles
1 tbsp/15 mL sesame oil, plus as needed

6 small shiitake mushrooms
1 carrot, julienned
1/2 red pepper, seeded, julienned
4 green onions, sliced thin on the bias

dressing

2 fl oz/60 mL rice wine vinegar
2 tbsp/30 mL soy sauce
1 tbsp/15 mL mirin
2 tsp/6 g hot bean paste (*nam prik pow*)
1 tsp/3 g lemongrass, inner stalk only, minced
1 garlic clove, minced
Salt, as needed
Ground black pepper, as needed
5 fl oz/150 mL vegetable oil
2 tsp/10 mL sesame oil

ginger salsa

2 yellow tomatoes or yellow peppers
2 red tomatoes or red peppers
1 tbsp/9 g minced ginger
2 green onions, minced
1 tbsp/15 mL soy sauce
Juice of 1 lime
1 tbsp/15 mL peanut oil
1 tsp/3 g salt
Ground black pepper, as needed

1. To make the mousseline, place the ground shrimp and salt in a food processor with a sharp blade and process for 10 seconds, scraping the sides twice. Add the egg and process for 10 more seconds. Scrape down the sides. Add the cream in a steady stream, processing only 5 more seconds and stopping once to scrape the sides. Transfer the forcemeat to a bowl and add the seasonings. Test the forcemeat and adjust the seasoning if necessary.

2. Fold the remaining ingredients into the mousseline until just incorporated. Hold the mousseline until ready to assemble the terrine.

3. Blanch the spinach very lightly, for about 5 seconds. Do not overcook. Shock immediately, then lay the individual spinach leaves in a single layer on absorbent paper towels to drain. Reserve.
4. To assemble the terrine, first line a gutter mold with plastic wrap. Arrange a layer of the whole shrimp inside the mold. Sprinkle the layer of shrimp with the gelatin and powdered egg whites. Top with a layer of spinach. Pipe the mousseline on top of the spinach to fill the mold. If any of the shrimp and/or spinach overhang the rim of the mold, fold the excess over the top of the forcemeat.
5. Bake the terrine in a 160°F/71°C water bath in a 300°F/149°C oven until the terrine reaches an internal temperature of 140°F/60°C, about 30 minutes.
6. Allow the terrine to cool to 90° to 100°F/32° to 38°C. Apply a press plate and a 2-lb/907-g weight and press overnight in the refrigerator.
7. Remove the terrine from the mold, remove the plastic wrap, and tightly rewrap the terrine with several layers of plastic wrap. Slice into ½-in/1-cm slices. To hold, lay them sequentially on a plastic-lined sheet tray and refrigerate.
8. To make the noodle salad, place the noodles in a mixing bowl and cover with boiling water. Allow them to sit in the hot water until softened, 2 to 3 minutes. As soon as they have softened, drain, shock in cold water, and drain again. Rough-cut the noodles so that they are not too long. Toss the noodles with the sesame oil and refrigerate until needed.
9. Remove the stems from the shiitakes and cut into slices ⅛-in/3-mm thick. Sauté the sliced shiitakes in a small amount of sesame oil. Reserve in the refrigerator with the other prepared vegetables for the salad.
10. To make the dressing, combine all the ingredients except for the oils and mix well. Whisk in the oils, taste, and season if necessary. Just before serving, toss the salad ingredients in the dressing to coat.
11. To make the salsa, peel and seed all the tomatoes and cut into a uniform medium dice. Separate the diced tomatoes by color into two bowls. Divide the remainder of the ingredients in half and disperse between the two bowls. Adjust the seasoning if necessary.
12. To serve, place 2 oz/57 g of noodle salad at the center of each plate. Shingle three slices of terrine beside each salad and garnish with 1 oz/28 g of red salsa and 1 oz/28 g of yellow salsa.

mediterranean seafood terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

mousseline

10 oz/284 g scallops, diced
4 oz/113 g shrimp, peeled, deveined, and diced
2 tsp/6.50 g salt
1/2 tsp/1 g ground white pepper
2 egg whites
5 fl oz/150 mL heavy cream, infused with saffron and chilled (see Chef's Note)

garnish

8 oz/227 g shrimp (16/20 count), split and cut into eighths
8 oz/227 g sea scallops, quartered
1 tbsp/3 g chopped parsley
2 tsp/2 g chopped basil

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1. Prepare a mousseline-style forcemeat by processing the scallops, shrimp, salt, pepper, egg whites, and saffron-infused cream until smooth.
 2. Test the forcemeat and adjust if necessary before proceeding.
 3. Fold the garnish ingredients into the forcemeat, working over an ice bath.
 4. Line a terrine mold with plastic wrap, leaving an overhang, and fill it with the forcemeat. Fold over the plastic and cover the terrine.
 5. Bake the terrine in a 170°F/77°C water bath in a 300°F/149°C oven to an internal temperature of 140°F/60°C, about 20 to 25 minutes.
 6. Remove the terrine from the water bath and allow it to cool to an internal temperature of 90° to 100°F/32° to 38°C. Let the terrine rest, refrigerated, overnight. Slice and serve immediately, or wrap and refrigerate for up to 3 days.
- » **CHEF'S NOTE** To make saffron-infused cream, heat 5 fl oz/150 mL heavy cream to 160°F/71°C. Add a pinch of crushed saffron and allow the saffron to steep in the cream away from the heat until it turns a brilliant yellow-gold color. Chill the cream well before using in the mousseline.
- » **PRESENTATION IDEA** This terrine can be served with Red Pepper Coulis (page 64).

chicken and crayfish terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

mousseline

1 lb 8 oz/680 g ground chicken breast
3 egg whites
1 tbs/10 g salt
3/4 tsp/1.50 g ground black pepper
9 fl oz/270 mL Shellfish Essence, chilled (page 338)
3 fl oz/90 mL heavy cream, chilled

garnish

12 oz/340 g cooked crayfish tails,
shelled and deveined
1 1/2 chipotles in adobo sauce, minced
9 shiitake mushrooms, cut into medium
dice, sautéed, and chilled
3 tbs/9 g chopped cilantro
1 1/2 tbs/4.50 g chopped dill

1. To make a mousseline forcemeat, process the ground chicken, egg whites, salt, and pepper. Add the shellfish essence and heavy cream with the machine running, and process just to incorporate. Pass the forcemeat through a drum sieve if desired.
2. Test the forcemeat and adjust seasoning if necessary before proceeding.
3. Fold in the crayfish tails, chipotles, mushrooms, cilantro, and dill, working over an ice bath.
4. Oil a terrine mold and line it with plastic wrap, leaving an overhang. Pack the forcemeat into the lined mold, making sure to remove any air pockets. Fold the liner over the forcemeat to completely encase the terrine; cover.
5. Bake the terrine in a 170°F/77°C water bath in a 300°F/149°C oven to an internal temperature of 165°F/74°C, about 60 to 75 minutes.
6. Remove the terrine from the water bath and allow it to cool to 90°F/32°C. Apply a press plate and a 2-lb/907-g weight to the terrine and refrigerate at least overnight and up to 3 days. Slice and serve, or wrap and refrigerate for up to 7 days.

» **CHEF'S NOTE** The Shellfish Essence can be prepared using the shells reserved from this recipe or from other uses. Be sure to freeze the shells if they cannot be used within 12 hours.

shellfish essence

yield 9 FL OZ/270 ML

1 lb 8 oz/680 g crayfish, shrimp, or lobster shells

1 1/2 tbsp/22.50 mL vegetable oil

3 shallots, minced

3 garlic cloves, minced

18 fl oz/540 mL heavy cream

5 bay leaves

1 1/2 tbsp/9 g chili powder

1 tbsp/6 g poultry seasoning

3 tbsp/45 mL Glace de Volaille or
Viande (pages 643 and 644)

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1. Sauté the shells in the vegetable oil until bright red. Add the shallots and garlic; sauté until aromatic.
 2. Add the heavy cream, bay leaves, chili powder, and poultry seasoning; reduce to half of original volume. Add the glace and squeeze through cheesecloth (final volume should be 9 fl oz/270 mL); chill to below 40°F/4°C.

venison terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS (2¹/₂ OZ/71 G EACH)

2 lb/907 g venison shoulder or leg meat
1 lb/454 g fatback

seasonings

2 fl oz/60 mL red wine
1/2 tsp/1 g ground cloves
1 tsp/2 g crushed black peppercorns
1 tsp/5 g Insta-cure #1
1 oz/28 g minced onion, sautéed and cooled
1 1/2 tbsp/15 g salt
2 tsp/4 g ground black pepper
1 oz/28 g dried cèpes or morels, ground to powder

3 eggs

6 fl oz/180 mL heavy cream
1 tbsp/3 g chopped tarragon
1 tbsp/3 g chopped flat-leaf parsley

garnish

2 oz/57 g golden raisins, plumped in
4 fl oz/120 mL brandy and drained
4 oz/113 g mushrooms, diced, sautéed, and cooled
8 thin slices ham (1 1/16 in/1.50 mm), or as needed for liner

1. Dice venison and fatback into 1-in/2-cm cubes. Marinate them with the seasonings and refrigerate overnight.
2. Prepare a straight forcemeat by grinding the marinated venison and fatback into a chilled mixing bowl. Mix in the eggs, heavy cream, tarragon, and parsley on medium speed until homogeneous, about 1 minute. Fold the raisins and mushrooms into the forcemeat.
3. Line a terrine mold with plastic wrap, then with the ham, leaving an overhang. Pack the forcemeat into the terrine mold and fold over the ham and plastic. Cover the terrine.
4. Bake forcemeat in a 170°F/77°C water bath in a 300°F/149°C oven to an internal temperature of 150°F/66°C, about 60 to 70 minutes.
5. Remove the terrine from the water bath and allow it to cool to an internal temperature of 90° to 100°F/32° to 38°C. Apply a press plate and a 2-lb/907-g weight and press overnight in the refrigerator. The terrine is now ready to slice and serve, or wrap and refrigerate for up to 10 days.

chicken and foie gras terrine in gelée

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

terrine

1 lb 8 oz/680 g foie gras, cleaned
2 tsp/10 g Insta-cure #1
2 tsp/4 g sugar
1 whole chicken
1 lb/454 g carrots, rough chop
12 oz/340 g celeriac, rough chop
1 1/2 gal/6 L Chicken Stock (page 643)
1 bouquet garni

18 gelatin sheets
Chopped parsley, as needed

sauce ravigote

8 fl oz/240 mL red wine vinegar
6 fl oz/180 mL balsamic vinegar
8 fl oz/240 mL peanut oil
Finely chopped shallots, as needed
1 bunch chives, chopped
4 tomatoes, concassé

1. Marinate the foie gras with the Insta-cure #1 and sugar, cover, and refrigerate overnight.
2. Remove the foie gras from the marinade and cook for 45 minutes in a 300°F/149°C oven. Remove from the oven and allow to cool.
3. In a pot, boil the chicken, carrots, and celeriac in the stock with the bouquet garni. Cook until the chicken reaches an internal temperature of 180°F/82°C. Remove the chicken, allow the stock to cool, and strain the vegetables out of the stock. Season, if necessary, and reduce the stock to measure 64 fl oz/1.92 L of liquid.
4. Bloom the gelatin in cold water and add to the chicken stock.
5. Bone the chicken, removing all the skin and fat, and shred the meat and dice.
6. To assemble the terrine, first line a terrine mold with plastic wrap. Arrange a layer of the chicken to cover the inside of the mold. Add a layer of parsley and top with a layer of foie gras. Continue to layer until terrine is filled. Add the reduced chicken stock with gelatin. Apply a press plate and a 2-lb/907-g weight and press overnight in the refrigerator.
7. To make the sauce, combine the vinegars, oil, shallots, chives, and tomato concassé. Slice the terrine into 1/4-in/6-mm slices and serve with the sauce.



seared lamb, artichoke, and mushroom terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

3 lb/136 g whole lamb loin, bone-in

seasonings

2 1/4 tsp/4.50 g curry powder

2 1/4 tsp/4.50 g celery seed

2 1/2 tbsp/15 g whole coriander seeds

1 1/2 tbsp/9 g fennel seed

1 1/2 tbsp/9 g ground za'atar (see Chef's Notes)

3 tbsp/30 g salt

3 tbsp/18 g cumin seed

1 1/2 tsp/3 g anise seed

Olive oil, as needed

4 1/2 oz/128 g cèpes or other suitable mushroom, quartered

Salt, as needed

Ground white pepper, as needed

aspic

1 1/2 oz/43 g tomato paste

12 oz/340 g mirepoix

24 fl oz/720 mL Chicken Stock (page 643)

1 oz/28 g powdered gelatin

4 1/2 artichoke bottoms, cooked and quartered

3 tbsp/9 g chopped tarragon

3 tbsp/9 g chopped parsley

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1. Bone the loin, reserving the loins and tenderloins separately. Reserve the bones to prepare a stock.
 2. Cut the lamb loins lengthwise into two pieces, making 4 loin strips plus 2 tenderloin pieces.
 3. Toast the seasonings; grind and rub over the lamb. Marinate for 4 hours.
 4. Sear the lamb to medium rare in a very hot sauté pan in oil. Cool and reserve.
 5. Sauté the cèpes in hot oil, season with salt and pepper, and cook through. Cool and reserve.
 6. Brown the lamb bones in a preheated 450°F/232°C oven. Add the tomato paste and mirepoix to the pan with the bones and roast until brown. Transfer the bones and the mirepoix to the saucepan; add the chicken stock. Bring to a simmer and reduce by one-third.
 7. Pour through a cheesecloth to strain and cool over an ice bath. When cool, add the gelatin and allow it to bloom, about 15 minutes, and heat to clear. Heat the aspic to 120°F/49°C.

8. Oil a terrine mold and line it with plastic wrap, leaving an overhang. Mix the lamb, cèpes, artichokes, tarragon, and parsley. Mix in all but 6 fl oz/180 mL of the aspic thoroughly and pack into the terrine mold. Pour the remaining aspic on top, spreading it over the entire length of the terrine. Use more stock if necessary.

9. Fold over liner and apply a press plate and a 2-lb/907-g weight. Refrigerate at least 24 hours before slicing and serving, or wrap and refrigerate for up to 10 days.

» **CHEF'S NOTES** One average bone-in lamb loin will yield approximately 1 lb/454 g loin and tenderloin meat.

Za'atar is a Middle Eastern spice blend made of ground sumac and thyme. It can be purchased or made as needed.

» **PRESENTATION IDEA** Serve this terrine with Hummus (page 60) and pita triangles.

grilled portobello mushroom terrine

yield 1 TERRINE, 2 LB 8 OZ/1.13 KG; 14 TO 16 SERVINGS

grilled portobello mushrooms

6 lb/2.72 kg portobello mushrooms
5 fl oz/150 mL olive oil
3 tbs/27 g finely minced garlic
1 tbs/3 g thyme, coarsely minced
1 tbs/3 g rosemary, coarsely minced
Salt, as needed
Ground black pepper, as needed
4 fl oz/120 mL Chicken Stock (page 643), hot

artichokes

24 fl oz/720 mL water
Juice of 1 lemon
Salt, as needed
3 artichokes, trimmed

oven-dried tomatoes

6 plum tomatoes, cored, cut in half lengthwise
1 tsp/1 g thyme leaves
1 tsp/1 g minced oregano
1 tsp/1 g chopped basil
Salt, as needed
Sugar, as needed
1 tbs/15 mL extra-virgin olive oil

balsamic vinaigrette

4 fl oz/120 mL balsamic vinegar
4 fl oz/120 mL water
1/2 oz/14 g powdered gelatin
1 garlic clove, minced
2 shallots, minced
Salt, as needed
Ground black pepper, as needed
1/2 oz/14 g honey
2 tbs/6 g thyme, chopped

4 tsp/4 g marjoram, chopped
6 fl oz/180 mL extra-virgin olive oil
3 fl oz/90 mL vegetable oil

16 garlic cloves, roasted in olive oil, cooled
2 yellow peppers, roasted, peeled, seeded
2 red peppers, roasted, peeled, seeded

tomato oil

3 tbs/45 mL olive oil
2 garlic cloves, minced
1 oz/28 g minced onion
1 oz/28 g finely chopped carrot
8 fl oz/240 mL canned plum tomatoes, seeded
2 tbs/6 g basil, chiffonade
8 fl oz/240 mL extra-virgin olive oil
Salt, as needed

whipped feta with ancho chile

16 dried ancho chiles, seeded
4 plum tomatoes, quartered
7 garlic cloves
16 fl oz/480 mL white wine
32 fl oz/960 mL vegetable stock
2 Spanish onions, peeled, quartered
1 lb 8 oz/680 g feta cheese
2 fl oz/60 mL extra-virgin olive oil
Ground black pepper, as needed

garnish

15 Kalamata olives
15 Picholine olives
15 Niçoise olives
15 caper berries, halved
3 sprigs chervil

1. To prepare the grilled mushrooms, remove the stems and gills from the portobellos and discard. Combine the caps with the oil, garlic, thyme, rosemary, salt, and pepper.
2. Place the mushrooms cap side down on a grill heated to medium-high and cook about 3 minutes per side. Remove from the grill and place in a hotel pan,

add the hot stock, and cover with foil. Bake in a 350°F/177°C oven until the mushrooms are tender. Allow to cool, and reserve in the refrigerator.

3. To prepare the artichokes, combine the water, lemon juice, and salt in a sauce pot over medium-high heat. Add the artichokes and cook until tender. Cool the artichokes in the liquid and reserve.

4. To prepare the oven-dried tomatoes, place the tomatoes cut side up on a sheet pan fitted with a rack. Sprinkle the tomatoes with the thyme, oregano, basil, salt, and sugar, and drizzle with the olive oil. Bake in a 225°F/107°C convection oven until the tomatoes are more than halfway dried, about 2 hours. Remove from the oven, cool in the refrigerator, and reserve.

5. To prepare the balsamic vinaigrette, combine the balsamic vinegar with 4 fl oz/120 mL room-temperature water. Evenly sprinkle the gelatin over the liquid and allow to bloom for 5 minutes, then heat the mixture in a double boiler until the gelatin is completely dissolved.

6. Combine the vinegar mixture with the garlic, shallots, salt, pepper, honey, thyme, and marjoram and mix well. Whisk in the oils and adjust the seasoning if necessary. Reserve.

7. To assemble the terrine, line a triangular terrine mold with plastic wrap. Brush the grilled portobellos with the balsamic vinaigrette, and line the inside of the mold with an overlapping layer of approximately half of the mushrooms. Arrange the roasted garlic cloves over the mushrooms in a row and brush generously with vinaigrette. Remove the artichokes from the cooking liquid, arrange them in a layer over the garlic, and generously brush with vinaigrette. Add oven-dried tomatoes as the next layer and generously brush with vinaigrette. Arrange a layer of roasted yellow peppers and generously brush with vinaigrette. Arrange a layer of roasted red peppers and generously brush with vinaigrette. Top with the remaining portobellos and lightly brush with vinaigrette.

8. Cover the terrine mold tightly with plastic wrap. Apply a press plate and a 2-lb/907-g weight and press overnight in the refrigerator. Unmold and reserve in the refrigerator until ready to serve.

9. To make the tomato oil, heat the olive oil in a saucepan over medium heat. Add the garlic, onions, and carrot and sweat until tender, about 3 minutes; do not brown. Add the tomatoes and gently simmer for 10 minutes. Remove from the heat and add basil.

10. Purée the tomato mixture in a food processor for 30 seconds. Place the tomato purée back into the saucepan and add the olive oil. Bring the mixture to a simmer and cook for 30 minutes. Remove from the heat and strain through a chinois. Season with salt, if necessary, and reserve.

11. Combine the ancho chiles, plum tomatoes, garlic, wine, stock, and Spanish onions in a saucepan over medium heat and simmer for 1 hour. Transfer the mixture to a blender or food processor and purée until smooth. Transfer to

continued

12. a saucepan over low heat and allow the purée to reduce until it is a thick paste with a dark purple color. Remove from the heat, allow to cool, and re-serve in the refrigerator.

13. To finish the whipped feta with ancho chile, combine 4 fl oz/120 mL of the ancho purée with the cheese, oil, and pepper in a food processor and purée until completely combined and smooth. The mixture should be bright orange in color. Chill for 30 minutes, then form into small quenelles.

14. To serve, cut the terrine into 1-in/3-cm slices, and arrange the slices down the center of an appetizer platter so that the top of the terrine is at 12 o'clock. Place quenelles of whipped feta and the olives, capers, and sprigs of chervil on the platter around the terrine. Generously sprinkle the platter with balsamic vinaigrette and tomato oil. Serve immediately.

Grilled Portobello Mushroom Terrine



mushroom terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

2 lb 4 oz/1.02 kg assorted mushrooms, sliced	3 tbsp/9 g chopped flat-leaf parsley
3 shallots, minced, sautéed, and cooled	3 tbsp/45 mL Glace de Volaille (page 643), melted
4 1/2 garlic cloves, minced, sautéed, and cooled	1 tbsp/10 g salt
3 tbsp/45 mL vegetable oil	3/4 tsp/1.50 g ground white pepper
6 fl oz/180 mL Madeira	1 lb 2 oz/510 g boneless, skinless chicken breast, diced
3 fl oz/90 mL brandy	2 eggs
3 tbsp/9 g minced tarragon	12 fl oz/360 mL heavy cream
3 tbsp/9 g minced chives	

1. Sauté the mushrooms, shallots, and garlic in the oil.
2. Add the Madeira and brandy and reduce until 1½ tbsp/22.50 mL liquid remains. Transfer to a bowl and add the tarragon, chives, parsley, glace, and half the salt and pepper. Chill.
3. Make a mousseline-style forcemeat by processing the chicken, the remaining salt and pepper, eggs, and cream until smooth.
4. Test the forcemeat and adjust seasoning if necessary before proceeding.
5. Fold in the mushroom and herb mixture, working over an ice bath.
6. Oil a terrine mold and line it with plastic wrap, leaving an overhang. Pack the forcemeat into the lined mold, making sure to remove any air pockets. Fold the liner over the forcemeat to completely encase the terrine, and cover.
7. Poach the terrine in a 170°F/77°C water bath in a 300°F/149°C oven until an internal temperature of 150°F/66°C is reached, about 45 to 60 minutes.
8. Remove the terrine from the water bath and allow it to cool to an internal temperature of 90° to 100°F/32° to 38°C. Apply a press plate and a 2-lb/907-g weight and press overnight in the refrigerator. Slice and serve immediately, or refrigerate for up to 3 days.

» **CHEF'S NOTE** Scallops or salmon fillet can be substituted for the chicken.

terraine of roasted pheasant

yield 1 TERRINE, 2 LB 8 OZ/1.13 KG; 14 TO 16 SERVINGS

1 pheasant, about 3 lb/1.36 kg	1/2 oz/14 g whole black peppercorns
64 fl oz/1.92 L Basic Poultry Brine (page 214), chilled	4 oz/113 g baby braising greens, blanched and rough chopped
aspic	2 tbsp/6 g chopped flat-leaf parsley
32 fl oz/960 mL Chicken Stock (page 643)	2 tsp/6.5 g salt
1/2 bunch parsley stems	1/2 tsp/1 g coarse-ground black pepper
4 thyme sprigs	1 tsp/2 g Old Bay seasoning
2 tsp/4 g crushed juniper berries	
4 fl oz/120 mL Madeira	

1. Cover the pheasant with the brine and weight with a plate to be sure it is completely submerged. Cure overnight. Remove the pheasant and rinse thoroughly.
2. Roast the pheasant to an internal temperature of 165°F/74°C, 35 to 45 minutes. Remove the pheasant from the oven and allow to cool.
3. Pull the meat from the bones. Reserve the bones and discard the skin. Shred the meat coarsely, cover, and refrigerate until ready to assemble the terraine.
4. Place the bones in a large pot and cover with the chicken stock. Bring to a slow, even simmer. Add the parsley stems, thyme, juniper, Madeira, and peppercorns; continue to simmer until the stock has a good flavor, at least 2 hours.
5. Strain the stock through a fine-mesh strainer, return it to the stove, and reduce it to 1 cup. Keep warm.
6. Line a terraine mold with plastic wrap, leaving an overhang. Combine the pheasant with the aspic, braising greens, chopped parsley, salt, pepper, and Old Bay. Pack into the mold. Fold over the liner.
7. Let the terraine rest, refrigerated, for at least 24 hours and up to 2 days. Slice and serve immediately, or wrap and refrigerate for up to 7 days.

» **CHEF'S NOTE** Do not use red beet greens or red Swiss chard; they will discolor the terraine. A julienne of vegetables can also be added.

poached chicken terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

3 lb/1.36 kg chicken breast	12 oz/340 g yellow squash
1 1/2 gal/5.76 L Chicken Stock (page 643)	1 lb 14 oz/851 g spinach, cleaned, seasoned, and blanched
1 sachet d'épices	1 1/2 oz/43 g minced Fines Herbes (page 640)
1 1/2 tsp/5 g salt	12 oz/340 g carrots, cut into small dice and fully cooked
3/4 tsp/1.50 g ground white pepper	
1 1/2 oz/43 g gelatin powder	
12 oz/340 g zucchini	

1. Skin the chicken and simmer in the chicken stock with the sachet d'épices until chicken is tender.
 2. Shred the chicken meat into thick strips (about 1/4 by 3 in/6 mm by 8 cm).
 3. Degrease and strain the stock; return to heat and reduce to approximately 36 fl oz/1.08 L. Season with the salt and pepper. Cool. Sprinkle gelatin on top of stock. Let bloom 10 minutes. Melt over double boiler until clear.
 4. Remove the seeds from the zucchini and yellow squash. Cut into small dice and blanch.
 5. Lay the spinach leaves out on a piece of plastic wrap 8 by 12 in/20 by 30 cm so that each leaf slightly overlaps the previous one. Cover with another piece of plastic wrap and roll over with a rolling pin to flatten.
 6. Lay the spinach in the plastic wrap in the mold. Remove the top piece of plastic and paint the spinach leaves with a small amount of reduced stock. Sprinkle a thin layer of fines herbes over the painted spinach. Gently line a terrine mold with the spinach, leaving an overhang.
 7. Mix the chicken and vegetables and any remaining fines herbes. Place this mixture in the mold. Pour in the stock. Fold over the liner.
 8. Cover the terrine with plastic wrap and refrigerate overnight. Slice and serve immediately, or wrap and refrigerate for up to 7 days.
- » **CHEF'S NOTE** The vegetables should be blanched separately to ensure even coloring and to prevent color transfer.
- » **PRESENTATION IDEA** Serve two thin slices of the terrine with 2 oz/57 g Papaya and Black Bean Salsa (page 43) or Mango-Lime Salsa (page 43), or serve with Mustard-Walnut Vinaigrette (page 30).

poached salmon and lemon terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

2 lb/907 g salmon fillet
64 fl oz/1.92 L Court Bouillon (page 645),
or as needed
25 fl oz/750 mL Aspic (page 67), made with fish stock
Salt, as needed

garnish

3 egg whites, poached, cut into small dice
4 lemons, sectioned and seeded
1/2 oz/14 g lemon zest, blanched and finely chopped
6 oz/170 g roasted red pepper, peeled,
seeded, and cut into small dice
2 tbsp/6 g rough-chopped flat-leaf parsley
1 tbsp/3 g rough-chopped tarragon
1 oz/28 g finely diced shallots
1/2 tsp/1 g ground white pepper

-
1. Cut the salmon fillet into 5 strips the length of the terrine mold and about 3/4 in/2 cm square. Poach in the court bouillon until barely cooked, about 10 minutes. Drain and chill well.
 2. Season the gelée with salt. Line a terrine with plastic wrap, leaving an overhang, then brush the sides and bottom with a thin layer of the gelée.
 3. Working over an ice bath, fit the salmon and the combined garnish ingredients into the mold, covering each layer with fish aspic gelée. Make sure the garnish is evenly distributed from end to end.
 4. Fold over the plastic wrap, cover, and refrigerate at least 24 hours. Slice and serve immediately, or wrap and refrigerate for up to 4 days.



roasted vegetable and goat cheese terrine

YIELD 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

vegetables

2 lb/907 g zucchini
2 lb/907 g yellow squash
1 lb 4 oz/567 g eggplant
2 lb/907 g tomatoes
2 portobello mushrooms

marinade

2 tbsp/30 mL olive oil
1 tbsp/15 g Dijon mustard
1 tbsp/3 g chopped flat-leaf parsley

1 tbsp/3 g chopped chives
2 garlic cloves, minced, sautéed, and cooled
2 tsp/10 g anchovy paste (about 4 fillets)
2 tsp/2 g chopped rosemary
1/2 oz/14 g honey
2 tsp/6.5 g salt
1/2 tsp/1 g ground white pepper

8 oz/227 g fresh goat cheese
2 eggs

1. Cut all vegetables lengthwise into slices 1/8 in/3 mm thick.
2. Combine the marinade ingredients and add to the vegetables.
3. Line sheet pans with oiled parchment and lay out the vegetables in a single layer.
4. Dry in a 200°F/93°C oven for 1 hour, or until dry but not brittle. Remove from oven and cool.
5. Mix the goat cheese with the eggs to make the custard.
6. Line a terrine mold with plastic wrap, leaving an overhang, and assemble the terrine by alternating layers of vegetables and the cheese mixture until the terrine is filled. Fold over the liner.
7. Cover the terrine and bake in a 170°F/77°C water bath in a 300°F/149°C oven to an internal temperature of 145°F/63°C, about 60 minutes.
8. Remove the terrine from the water bath and allow it to cool slightly.
9. Apply a press plate and a 2-lb/907-g weight and refrigerate the terrine at least overnight and up to 3 days. Slice and serve immediately, or wrap and refrigerate for up to 7 days.

» **CHEF'S NOTES** Using a piping bag for the goat cheese custard makes it easier to distribute the custard evenly within the terrine. Vegetables can be marinated and grilled instead of dried.
To serve as a cold terrine, follow steps 1 through 6, but do not bake. Wrap and refrigerate the terrine, and slice just before serving.

mozzarella, prosciutto, and roasted tomato terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

9 1/2 oz/269 g Spinach Pasta (page 653)	2 1/2 fl oz/75 mL olive oil
14 1/2 oz/411 g Mozzarella (page 394), or purchased	2 1/2 tsp/7.50 g salt
3 lb 9 1/2 oz/1.63 kg ripe tomatoes	2 1/2 tsp/5 g ground black pepper
6 tbsp/18 g basil, chiffonade	9 1/2 oz/269 g thin slices prosciutto (1/16 in/1.50 mm)

1. Roll the pasta into thin sheets and trim as necessary to match the dimensions of the terrine mold. Cook the sheets until tender in simmering salted water. Drain, refresh in cold water, and drain again. Reserve.
 2. Prepare the mozzarella as directed on page 394 through step 4. Roll and stretch the mozzarella into thin sheets (1/8 in/3 mm thick) and trim as necessary to match the dimensions of your terrine mold. Or, if using purchased mozzarella, cut into thin slices to layer into terrine.
 3. Cut tomatoes into slices 1/4 in/6 mm thick and season with basil, olive oil, salt, and pepper.
 4. Lay tomatoes on a roasting rack and dry in a 200°F/93°C oven for 2 to 3 hours. Cool and reserve.
 5. Line the terrine mold with plastic wrap, leaving an overhang.
 6. Assemble the terrine by layering pasta sheets, prosciutto, mozzarella, and roasted tomatoes, creating layers that cover the entire surface of the mold. Repeat process until ingredients are used up and mold is filled, finishing with a layer of pasta. Fold plastic wrap over and smooth over the top.
 7. Cover with a lid and place in a water bath in a 250°F/121°C oven for 30 minutes.
 8. Apply a press plate and a 2-lb/907-g weight and press overnight in the refrigerator. Slice and serve immediately, or refrigerate up to 3 days.
 9. For service, cut into slices 3/8 in/9 mm thick with plastic wrap still on. Remove plastic wrap after slices have been plated.
- » **PRESENTATION IDEA** This terrine may be served with a tomato or balsamic vinaigrette and a green salad. Grissini (page 654) or French bread slices topped with Tapenade (page 60) are also good accompaniments.

foie gras terrine

yield 1 TERRINE, 2 LB/907 G; 10 TO 12 SERVINGS (2¹/₂ OZ/71 G EACH)

2 lb 12 oz/1.25 kg foie gras, grade A

2 tbs/20 g salt

2 tsp/4 g ground white pepper

1 tbs/12 g sugar

1/2 tsp/1 g ground ginger

1/4 tsp/1 g Insta-cure #1

16 fl oz/480 mL white port, Sauternes, Armagnac, or cognac

1. Clean the livers, remove all veins, and dry well. Combine 1 tbs/10 g salt, 1 tsp/2 g of the pepper, the sugar, ginger, Insta-cure, and port. Add the livers to the mixture and refrigerate overnight.
2. Line a terrine mold with plastic wrap.
3. Remove the marinated foie gras from the refrigerator, and select pieces in a way that they will fit snugly in the mold. Place them in the mold so that the smooth sides of the foie gras pieces form the exterior of the terrine; season as needed with the remaining salt and pepper. Fill the mold up to the inner lip and press the pieces down tightly to remove any air pockets. Cover the terrine mold.
4. Bake the terrine in a hot water bath, maintaining it at a constant 160°F/71°C, for 45 to 50 minutes. The oven temperature may need to be adjusted to keep the water at a constant temperature. If it gets too hot, add cold water immediately to lower the temperature. Foie gras has the best texture and flavor when cooked to an internal temperature of 98°F/37°C. (Be sure to check with your local and state health authorities, however.)
5. Remove the terrine from the water bath and allow it to rest for 2 hours at room temperature, then pour off the fat. Cover the terrine with a press plate and top with a 1- to 2-lb/454- to 907-g weight. Refrigerate for at least 24 hours and up to 48 hours to mellow and mature.
6. Remove the plastic wrap and carefully remove the congealed fat. Then tightly rewrap the terrine in fresh plastic wrap. Slice and serve immediately or refrigerate for up to 3 days.

» **CHEF'S NOTES** To determine the amount of foie gras needed to fill any size terrine mold, simply measure the volume of water the terrine can hold. The number of fl oz/mL in volume will correlate to the number of oz/g in weight of foie gras necessary to fill the mold.

For easier service, slice the terrine with the plastic wrap on. Remove the plastic wrap after the slices have been plated. A warm beveled knife works best. Save any fat removed in step 5 to use to sauté vegetables or potatoes.

VARIATION FOIE GRAS ROULADE: Prepare the foie gras as directed for the terrine. Arrange the marinated foie gras on a large sheet of plastic wrap; wrap tightly around the foie gras to form a roulade. If desired, insert whole truffles into the foie gras lobes before rolling the roulade. Poach in a 160°F/71°C water bath to an internal temperature of 98°F/37°C. Remove from the water, cool, and rewrap. Refrigerate for at least 24 hours before slicing. This roulade may also be baked in brioche and served as an appetizer.

» **PRESENTATION IDEAS** Foie gras terrines may be sliced for plated presentations or served directly in the terrine. Take the time to select the most appropriate accompaniments. You may want to consult with your sommelier or make suggestions yourself to the dining room staff so that they can help guests choose the most appropriate wine or other beverage to enjoy with the terrine.

When you are ready to serve the terrine, remove the weight and carefully pull off the press plate. To neaten up the appearance, smooth out the top with a small knife and clean the edges of the terrine with a towel. Or you may wish to score the top in a crosshatched pattern if it is to be served directly in the terrine.

1. Working carefully, remove the vein network from the interior of each lobe of foie gras.

2. Pack the foie gras into a plastic-wrap-lined terrine mold to form it to the mold's shape.

3. After allowing the baked terrine to rest, pour off the excess fat and reserve it for other uses.

4. The finished terrine will be evenly colored and hold its shape once sliced.



country-style terrine

yield 1 TERRINE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

10 oz/284 g pork butt, cut into
1/2- to 1-in/1- to 3-cm cubes
1 lb/454 g veal shoulder, cut into
1/2- to 1-in/1- to 3-cm cubes
8 oz/227 g fatback, cut into 1/2- to
1-in/1- to 3-cm cubes
1/2 oz/14 g butter
2 shallots, thinly sliced
2 garlic cloves, minced
4 fl oz/120 mL sherry
1 1/2 tbsp/9 g Pâté Spice (page 641)
2 tbsp/20 g salt
1 tsp/2 g ground black pepper
1/8 tsp/0.50 g Insta-cure #1

emulsion

2 large eggs
4 fl oz/120 mL heavy cream
1 tbsp/10 g salt
2 oz/57 g fresh white bread crumbs

garnish

6 oz/170 g smoked ham, cut into small dice
6 oz/170 g fatback, cut into small dice
4 oz/113 g almonds, toasted, cut in half
3 oz/85 g raisins, quartered, plumped in white wine
3 tbsp/9 g rough-chopped flat-leaf parsley
2 tbsp/6 g chives, cut into 1/4- to
1/2-in/6-mm to 1-cm lengths

1. Cut the fat and sinew off the pork butt and veal. Clean any skin and glands off the fatback. Refrigerate until needed.
2. Heat a small sauté pan over medium-low heat and melt the butter in it. Sweat the shallots and garlic in the butter until they are a light golden brown, 2 to 3 minutes. Deglaze with 2 tbsp/30 mL sherry and allow the mixture to cool to room temperature. Add the cooled, sweated shallots and garlic to the veal and pork. Add pâté spice, salt, pepper, and Insta-cure.
3. Grind once with largest die (3/8 in/9 mm) and hold cold over ice. Grind half of mixture a second time with the medium die (1/4 in/6 mm). Mix together the two batches of ground meat.
4. Add the emulsion ingredients to the forcemeat over an ice bath. Mix well and fold in garnish. Poach a test sample and adjust seasoning, if necessary.
5. Lightly grease a terrine mold and then line it with plastic wrap, leaving an overhang.
6. Pipe in one-third of the mixture and spread in an even layer. Pipe another third of the mixture into the mold and spread in an even layer. Repeat with the remaining mixture. Cover the terrine with the plastic overhang and cover.
7. Bake the terrine in a 160° to 170°F/71° to 77°C water bath at 350°F/177°C until the terrine reaches an internal temperature of 155°F/68°C.
8. Cool the terrine to room temperature, place a press plate on top, and weight with a 2-lb/907-g weight. Refrigerate overnight.
9. Unwrap the terrine and rewrap it in plastic wrap. To serve, cut the terrine into slices 1/4 in/6 mm thick and then in half across the diagonal, if desired.

sweetbread and foie gras terrine

yield 1 TERRINE, 2 LB 12 OZ/1.25 KG; 16 TO 18 SERVINGS

1 lb/454 g veal sweetbreads
8 fl oz/240 mL milk
64 fl oz/1.92 L Court Bouillon (page 645)
12 oz/340 g foie gras, grade B
1/2 oz/14 g albumen powder or
powdered gelatin (optional)

mousseline

1 lb/454 g lean veal
1 egg white

8 fl oz/240 mL heavy cream
2 tbsp/20 g salt
1/2 tsp/1 g ground white pepper
1 tbsp/3 g chopped chervil
1 tbsp/3 g chopped chives
8 thin slices cooked smoked tongue
(1/16 in/1.50 mm), or as needed for liner

1. Soak the sweetbreads overnight in the milk. Drain and poach in the court bouillon at 170°F/77°C until just done and still pink inside. Cool and remove membranes. Break the sweetbreads into pieces approximately 1 in/3 cm square.
2. Cut the foie gras into cubes 1 in/2 cm square. Dust with the albumen powder if using.
3. Make a mousseline-style forcemeat by processing the veal, egg white, cream, salt, and pepper until smooth.
4. Test the forcemeat and adjust if necessary before proceeding.
5. Fold the sweetbreads, foie gras, and herbs into the forcemeat.
6. Line a terrine mold with plastic wrap and the sliced tongue, leaving an overhang.
7. Fill the mold with the forcemeat and smooth with a palette knife. Fold over the tongue and plastic wrap. Bake in a 170°F/77°C water bath in a 300°F/149°C oven until an internal temperature of 138°F/59°C is reached, about 60 to 70 minutes.
8. Remove the terrine from the water bath and allow it to cool to an internal temperature of 90° to 100°F/32° to 38°C. Apply a press plate and a 2-lb/907-g weight and press overnight in the refrigerator. Slice and serve immediately, or wrap and refrigerate for up to 3 days.

turkey pâté en croûte

yield 2 LB 8 OZ/1.13 KG; 14 TO 16 SERVINGS (2¹/₂ OZ/71 G EACH)

12 oz/340 g turkey leg and thigh meat, cleaned and cubed
6 oz/170 g pork butt, cubed
6 oz/170 g fatback, cubed
1/4 tsp/1 g Insta-cure #1
2 tsp/6.50 g salt
2 shallots, minced
2 garlic cloves, minced
1 tbsp/15 mL vegetable oil
3 fl oz/90 mL brandy
6 juniper berries, crushed
2 tbsp/28 g Dijon mustard
1 tbsp/3 g chopped sage
1 tbsp/3 g chopped thyme
Pinch ground nutmeg
1/2 tsp/1 g ground black pepper

2 tbsp/30 mL Glace de Viande or Volaille (pages 643 and 644), melted, optional
1 egg

garnish

1 oz/28 g dried cherries, plumped in Triple Sec
1 oz/28 g dried apricots, quartered, plumped in Triple Sec

1 lb 8 oz/680 g Sweet Potato Pâté Dough (page 651)

8 slices ham (1/16 in/1.50 mm thick), or as needed for liner

3 pieces turkey breast, cut into strips 1 in/3 cm wide and length of mold

2 fl oz/60 mL egg wash (1 whole egg beaten with 1 tbsp/15 mL milk)

6 to 8 fl oz/180 to 240 mL Aspic (page 67), melted

1. Combine the leg and thigh meat, pork butt, fatback, Insta-cure, and salt and grind through the fine die (1/8 in/3 mm) of a meat grinder.
2. Sweat the shallots and garlic in the oil; deglaze with the brandy. Cool.
3. Combine the ground meats, shallot mixture, juniper berries, mustard, sage, thyme, nutmeg, pepper, and glace; marinate 1 hour.
4. Transfer the ground meats to a food processor with a chilled bowl and blade and add the egg. Process for 1 minute, or until smooth.
5. Test the forcemeat and adjust seasoning if necessary before proceeding.
6. Drain the garnish ingredients and fold into the forcemeat, working over an ice bath.
7. Roll out the dough and line a hinged mold. Line the dough with the sliced ham, leaving an overhang.
8. Pack half the forcemeat into the lined mold. Lay in the turkey breast; cover with remaining forcemeat.
9. Fold the ham and the dough over the forcemeat, cutting away any excess. Add a cap piece (see Chef's Note). Cut and reinforce vent holes; brush the surface with egg wash.
10. Bake in a 450°F/232°C oven for 15 to 20 minutes; reduce the heat to 350°F/177°C and finish baking to an internal temperature of 165°F/74°C, about 50 minutes.



11. Remove the pâté from the oven and allow it to cool to 90° to 100°F/32° to 38°C. Ladle the aspic through a funnel into the pâté. Refrigerate the pâté for at least 24 hours. Slice and serve immediately, or wrap and refrigerate for up to 5 days.

» **CHEF'S NOTE** Instead of making a separate cap piece, you may invert the pâté before cutting the vent holes, as described on page 314.

roasted asian duck galantine

yield 1 GALANTINE, 2 LB/907 G; 10 TO 12 SERVINGS

1 duck (4 to 5 lb/1.81 to 2.27 kg)
16 fl oz/480 mL Basic Poultry Brine (page 214)

marinade

3 garlic cloves, minced
2 shallots, minced, sautéed, and cooled
2 tsp/6 g minced ginger
1 tbsp/15 mL vegetable oil
6 oz/170 g lean pork butt, cubed
6 oz/170 g fatback, cubed
1 tbsp/15 mL oyster sauce
1 tbsp/15 mL soy sauce
2 tsp/10 mL sesame oil

1 tbsp/3 g minced thyme
1 tbsp/3 g minced cilantro
1 jalapeño, stemmed, seeded, and finely chopped
1/2 tsp/1 g Chinese Five-Spice Powder (page 638)
3/4 oz/21 g honey
1/4 tsp/1 g Insta-cure #1
6 shiitake mushrooms, stems removed, cut into fine dice
4 oz/113 g carrots, finely diced and fully cooked
3 green onions, minced
2 tsp/6 g powdered gelatin

1. Remove the skin from the duck in one piece, starting from the back. Debone the duck; reserve legs for forcemeat and breast for garnish. Square off the ends of the breasts and add the pieces of trim to the forcemeat.
2. Cover the duck breasts with the brine; refrigerate for 4 hours.
3. Lay the skin out on a sheet pan lined with plastic wrap and freeze. When the skin has frozen, remove all the excess fat using a chef's knife in a scraping motion.
4. Sweat the garlic, shallots, and ginger in the vegetable oil and cool. Combine this mixture with the duck leg and thigh meat, trim from breasts, pork, fatback, oyster sauce, soy sauce, sesame oil, thyme, cilantro, jalapeño, five-spice powder, honey, and Insta-cure; marinate for 1 hour.
5. Grind the meat through the medium die (1/4 in/6 mm) of a meat grinder. Chill if necessary before grinding through the fine die (1/8 in/3 mm).
6. Transfer the ground meats to a chilled mixing bowl. Mix on medium speed for 1 minute, until homogeneous.
7. Test the forcemeat and adjust seasoning if necessary before proceeding.
8. Toss the mushrooms, carrots, and green onions with the gelatin. Fold the vegetables into the forcemeat, working over an ice bath.
9. Place the duck skin on a large piece of plastic wrap. Pipe the forcemeat onto the skin and smooth with a pallet knife. Place the breasts in the middle and roll into a galantine. Wrap galantine in foil, forming a roulade.
10. Place the galantine on a sheet pan and roast in a 300°F/149°C oven to an internal temperature of 165°F/74°C, 50 to 60 minutes.

pork tenderloin roulade

yield 1 ROULADE, 3 LB/1.36 KG; 18 TO 20 SERVINGS

1 pork tenderloin (about 1 lb 12 oz/794 g)

brine

20 fl oz/600 mL Basic Meat Brine (page 214)

3 star anise pods, crushed

2 1/2 oz/71 g ginger, roughly chopped

2 1/2 tsp/5 g Szechwan peppercorns, crushed

mousseline

1 lb 3 oz/539 g ground chicken breast

2 1/2 tsp/8.50 g salt

2 1/2 oz/71 g egg whites

9 1/2 fl oz/285 mL heavy cream

2 1/2 tsp/7.50 g minced garlic

2 1/2 tsp/7.50 g minced ginger

1 1/4 tsp/6.25 mL dark soy sauce

1 1/4 tsp/6.25 mL sherry

3 1/2 green onions, minced

3/4 tsp/1.50 g ground black pepper

1 1/4 fl oz/38 mL Glace de Volaille or Viande (pages 643 and 644), warm

Albumen or gelatin powder, as needed (optional)

1. Trim the pork tenderloin; you should have 10 to 12 oz/284 to 340 g after trimming.
2. Cover the pork with the brine ingredients; use a plate or plastic wrap to keep it completely submerged. Refrigerate for 12 hours. Rinse tenderloin and dry well.
3. To prepare the chicken mousseline, place the ground chicken and salt in the bowl of a food processor. Process to a relatively smooth paste. Add the egg whites. With the machine running, add the heavy cream and process just to incorporate. Pass the forcemeat through a drum sieve and fold in the remaining mousseline ingredients.
4. Test the forcemeat and adjust the seasoning if necessary before proceeding.
5. Spread half of the mousseline on a sheet of plastic wrap. (Dust the tenderloins with albumen or gelatin powder, if desired; see Chef's Note below.) Place the tenderloin in the middle and spread the other half of the mousseline evenly over the tenderloin. Roll tightly into a cylinder and secure ends with twine. Poach in a 170°F/77°C water bath in a 300°F/149°C oven to an internal temperature of 165°F/74°C, 50 to 60 minutes.
6. Remove the roulade from the water bath and allow it to cool. Rewrap the roulade tightly to properly bind the tenderloin and forcemeat together.
7. Refrigerate at least 24 hours and up to 2 days. Slice and serve immediately, or wrap and refrigerate for up to 7 days.

» **CHEF'S NOTE** Make a mixture that is comprised of 50% powdered albumen and 50% powdered gelatin. Dust the tenderloins with this mixture in order to trap the moisture that is released by the tenderloins as they cook so that the forcemeat doesn't absorb extra moisture.



chicken galantine

yield 1 GALANTINE, 4 LB/1.81 KG; 28 TO 30 SERVINGS

panada

2 eggs
3 tbsp/45 mL brandy
3 oz/85 g flour
1 tsp/10 g salt
1 tsp/2 g Pâté Spice (page 641)
1/4 tsp/0.50 g ground white pepper
8 fl oz/240 mL heavy cream, heated

1 chicken (about 3 lb/1.36 kg), boned, wing tips removed, skin removed intact
1 lb/454 g pork butt, cut into 1-in/3-mm cubes and chilled
6 fl oz/180 mL Madeira
4 oz/113 g fresh ham or cooked tongue, cut into 1/4-in/6-mm cubes
4 oz/113 g pistachios, shelled, blanched
1/2 oz/14 g black truffles, chopped
Chicken Stock (page 643), as needed

1. To prepare the panada, mix the eggs with the rest of the panada ingredients except the cream.
2. Temper the egg mixture with the hot cream. Add the cream to the egg mixture and cook over low heat until thickened.
3. Weigh the leg and thigh meat from the chicken. Add an equal amount of pork butt, or enough for approximately 2 lb/907 g meat. Grind the chicken leg and thigh meat and pork twice, using the fine die (1/8 in/3 mm) of a meat grinder.
4. Keep the breast of the chicken in large pieces as you bone out the bird. Butterfly or slice the breast meat.
5. Pound the chicken breast to a thickness of 1/8 in/3 mm, place on a sheet pan lined with plastic wrap, cover with plastic wrap, and refrigerate.
6. Cut the chicken tenderloin into 1/2- to 3/4-in/1- to 2-cm cubes. Season as needed. Combine the meat and the Madeira and refrigerate for at least 3 hours.
7. Drain the chicken breast, reserving the Madeira. Add the Madeira and panada to the ground meat mixture. Blend well.
8. Fold in the ham, pistachios, and truffles. Mix well.
9. Lay out the reserved skin on plastic wrap and lay the pounded chicken breast on top. Add the forcemeat and roll the galantine securely.
10. Place the galantine in chicken stock to cover and poach at 170°F/77°C to an internal temperature of 165°F/74°C, 60 to 70 minutes.
11. Transfer the galantine and the poaching liquid to a storage container. Let cool at room temperature. Remove the galantine from the stock and wrap it in new cheesecloth to firm its texture; chill at least 12 hours. Unwrap and slice the galantine to serve.

» **CHEF'S NOTE** Classically, galantines are wrapped in cheesecloth and poached in fortified chicken stock.





eight

CHEESE

Consider the cheese counter AT A WELL-STOCKED SPECIALTY STORE. IVORY PASTE BULGES FROM THE POWDER-WHITE RINDS OF NORMANDY'S CAMEMBERT AND PIEDMONT'S ROBIOLA. DRY, CRUMBLY SURFACES HINT AT THE SHARP TANG OF ENGLISH CLOTHBOUND CHEDDAR OR GRAINY GRANA PADANO FROM LOMBARDY. BENEATH THE SPECKLED STRAW-COLORED RIND OF IMMENSE FLAT WHEELS OF COMTÉ MATURES A GRASSY GOLDEN PASTE, TRANSFORMED FROM THE MILK OF PAST SUMMERS' PASTURES IN FRANCE'S WESTERN FRANCHE-COMTÉ. THE CHALLENGE OF CAPTURING SUCH A DISPLAY'S DIVERSITY OF CHEESE STYLES COULD OVERWHELM THE SENSES.

Understanding the variation in the entire world's cheeses is an even more formidable task. This chapter explains cheese-making history, technique, and theory to help the garde manger chef better assess and serve cheese. Studying the production methods of different cheese styles helps to demystify this versatile and ancient food.

Whether fresh chèvre from California's Sonoma Coast with its brightly lactic and goatly aroma or Virginia's Grayson with its deep reddish rind and pungent aroma, all cheeses tell a story of unique production and specific qualities that determine their application in the cold kitchen. Following a detailed look at cheese-making history and process, this chapter offers methods of cheese evaluation that empower the garde manger to communicate the specific characteristics of noble cheeses such as Spain's mottled creamy Cabrales or herbaceously sweet Vermont Shepherd.

The average American eats more than 30 lb/13.61 kg of cheese each year, and the

number and variety of imported and domestic cheeses available in the United States continue to grow. The garde manger should understand how such a wide selection of the world's cheeses gains its diversity. With that knowledge, it is possible to choose the appropriate cheese for any application. Familiarity with cheese styles improves communication with customers, who are increasingly interested in unique cheeses of specific origin. A keen understanding of the production of cheese even enables the garde manger station to become the site of cheese making itself, but only with cautious respect for the history and science of the process. This process requires an acute understanding of sanitation, biological control, and patience. Cheese making is a slow method, and success frequently does not come with the first attempt. This chapter offers guidelines for the production of several basic cheeses that, with adjustments, can enrich the offerings of the cold kitchen.

HISTORY AND DEVELOPMENT

The first cheese-making efforts took place in the arid climate of Mesopotamia around 6000–7000 B.C.E. From these first simple efforts to preserve the milk solids that precipitated from curdled goats' and cows' milk, a wide range of colors, textures, aromas, and flavors has since evolved to make cheese one of the more complex and fascinating foods at the disposal of the garde manger kitchen today.

Cheese's complexity begins with the intricacy of milk, its primary ingredient. This opaque liquid is a fascinating food in itself, as it contains all the nutrients necessary for a

newborn mammal. More than 100,000 separate molecules and chemicals have been identified in milk. This heterogeneous fluid contains phases of emulsion, colloidal suspension, and solution that carry the macro- and micronutrients that make it the ideal food for lambs, kids, and calves. As a concentrated nutritional medium intended for nursing animals, milk is high in protein, fat, and sugar. These solids disperse in the serum, or whey, of the milk. The cheese maker's primary goal is to separate the milk solids from the milk serum and to preserve the resulting mass of protein, fat, sugar, and residual moisture.

comparative composition of milk, by animal

ANIMAL	FAT %	CASEIN % (MILK PROTEIN)	LACTOSE % (MILK SUGAR)	WHEY PROTEINS % (MINERALS)	ASH %
Cow	3.9	2.7	4.6	0.6	0.75
Goat	6.0	3.3	4.6	0.7	0.84
Ewe	9.0	4.6	4.7	1.1	1.0
Buffalo	6.0	3.8	4.5	0.7	0.75

Source: Scott and Robinson, *Cheesemaking Practice* (Springer, 1998).

THESE MILK COMPONENT GUIDELINES are subject to variation in animal breed and environment, and each animal's milk possesses unique qualities not immediately visible in such a chart. During the summer and early fall, some herds of cows—especially the Jersey and Guernsey breeds—may produce milk with butterfat well above 5%. Because goats' milk is naturally more homogenous than cows' milk, it is especially suitable for the long lactic-set curd practice, described later in this chapter. Although sheep generally produce less milk per

animal than other dairy animals, the comparatively high percentages of fat and protein in their milk mean the cheese maker gets greater yield from the same volume. The less common water buffalo is perhaps most famously raised in southern Italy's Lazio and Campania, where cheese makers transform the milk into pasta filata-style cheeses. In an example of the continued development of cheese-making traditions throughout the world, a pioneering farm in Quebec, Canada, also produces pasta filata-style cheese with water buffalo milk.

the Benedictines, Cistercians, and Trappists and the cheese tradition

THE MONASTIC LIFESTYLE of the Benedictine and Cistercian orders of medieval Europe, a time spanning approximately the sixth century to the sixteenth century c.e., emphasized self-sufficiency. The rules of the orders also prohibited eating meat. Not only was cheese a good source of protein, but its production in the monasteries agreed with the rules of self-sufficient communal monastic life. The Catholic abbeys of the Middle Ages first developed bloomy-rind and washed-rind cheeses, which became sources of revenue for these orders as well.

These principles continue today. Cistercian Trappist monks in southern Belgium have produced Chimay cheese since 1862. At Our Lady of the Angels Monastery in Virginia, Cistercian nuns have made cheeses such as their Golden Gouda since 1990. These orders maintain and promote the tradition and craft of artisan cheese-making as it has been done for centuries.

While the macronutrients in milk feed young mammals especially well, microorganisms also love milk's rich nutrition, high water activity, and relatively neutral pH; for this reason, the U.S. Food and Drug Administration considers it a potentially hazardous food. After secretion from a lactating animal, milk at body temperature rapidly begins to acidify as naturally occurring lactic acid bacteria consume the lactose. The bacterial strains *Lactococcus lactis* subsp. *lactis* and *Lactococcus lactis* subsp. *cremoris* are common to almost all raw milk samples, for example. Other bacterial

strains, such as the heat-tolerant *Lactococcus helveticus*, a strain frequently used in the production of Alpine cheeses such as Emmentaler, may be encouraged or introduced by cheese makers. Such bacteria consume lactose in the milk and produce lactic acid, and they significantly acidify milk at temperatures ranging from 77° to 105°F/25° to 41°C, depending on the strain's specific biology.

History suggests that four thousand years ago the majority of the milk consumed in the long swath that extends from the modern-day Balkans to Central Asia was rarely drunk fresh. Rather, the high ambient temperature in this area of the world, where dairying began, indicates that milk was consumed as a fermented drink akin to yogurt. The sugar-rich liquid quickly fermented due to the bacteria present, and this natural acidification disrupted the suspension of proteins in the liquid. Curdling together, the proteins either thickened the liquid or precipitated out of the milk as a mass. Once removed from the whey, there it was: simple cheese. Aside from this type of natural acidification, other early cheese makers found that the addition of rennet, an enzymatic extract from the fourth stomach of young ruminant animals such as calves, also curdled milk. From this point in technology and history, the ways in which cheese is made developed somewhat divergently depending on the landscape and climate of the places where the practice migrated.

Historically and today, the location of cheese making has a tremendous impact on the type of cheese made. Mountainous regions proved better suited for raising sheep and goats, while fertile plains could support grazing cattle. Central European regions specialized in curdled-milk and fresh cheeses, while traditions in the Swiss Alps favored robust aged cheeses set with rennet. Yogurt and fermented milk drinks such as kefir became popular in Eastern Europe, the Indian

subcontinent, and parts of Asia, while mold-ripened cheeses proliferated in Western Europe. Trade practices also dictated cheese styles. Because the cheeses of the United Kingdom developed in the countryside but found buyers in distant cities, cheese makers pressed, bound, and aged the wheels until they were hard and durable. The market in many French regions developed differently,

however, enabling the production of soft cheeses for local consumption. In the United States, European traditions have come together with others to create a vibrant cheese culture that has also produced its own original varieties such as Colby, Jack, and brick.

Milk's hospitality to microbial growth has resulted in both concern and discovery in the sanitation of dairy industry over time. The

raw-milk cheese: is it better?

IN THE UNITED STATES, federal law requires that all cheese for sale must either be made with pasteurized milk or be aged for a minimum of sixty days. This includes both imported and domestic cheeses. Proponents of cheese made with raw milk claim that pasteurization not only kills harmful bacteria but also destroys many other naturally occurring desirable strains that contribute complexity to a cheese's flavor. Other supporters of raw milk cheese claim that cheese can sometimes develop a kind of "cooked" flavor as a result of the pasteurization of milk. Cheese makers often observe that in the artisan creamery, raw milk generally obtains a firmer curd set and possibly a higher yield than pasteurized milk.

Cheese made from pasteurized milk is not an inferior product. The good initial quality of the milk, the proper choice and use of bacterial cultures to acidify and ripen the product, and attention to detail can result in delicious cheese made from pasteurized milk. In fact,

pasteurization helps the artisan cheese maker control the acidification and ripening of cheese very closely.

The most dramatic differences between cheese made from pasteurized milk cheese and that made from raw milk are due not to the heat treatment in question but rather to the provenance and quality of the milk used. Most industrially produced cheese starts with milk from multiple sources that has been stored, transported, and standardized before being transformed into cheese. This milk, while pasteurized, owes its lack of unique character to the industrial system through which it travels. It will generally not show the depth and complexity of flavor of fresh milk immediately transformed into cheese on the farm, whether that milk is pasteurized or not. Pasteurization lends consistency and reliability to the cheese-making process by removing unwanted and unknown bacteria—a benefit to any dairying novice.

late eighteenth-century British cheese trader Josiah Twamley lamented in his popular technical book *Dairying Exemplified, or the Business of Cheese-Making* that the number of inferior dairies far exceeded the number of excellent ones. Twamley attributed such inconsistency in cheese quality during his time to a lack of standard procedure and cleanliness. As late as the second half of the nineteenth century, rashes of “cheese poisoning” broke out in New York City, most likely attributable to the disease listeriosis. French chemist Louis Pasteur’s research on the germ theory of disease gained recognition during this time, and by the turn of the twentieth century products such as direct-set bacterial cultures and clean factory-produced rennet were commonplace in cheese making. Today, after centuries of both successful and dubious cheese production, principles of sanitation rule the dairy industry. When visiting even a small contemporary artisan creamery in the United States, one should expect to find clean nonporous equipment and surfaces and consistent use of chemical or heat sanitization methods. Pure bacterial starter cultures, clean rennet, and pH meters are all developments that over time have helped cheese makers gain control over the outcome of their work. Dairies today strive to maintain an acceptable range of consistency by closely monitoring the cheese-making process at the microbial level.

We have the volatility of milk and the challenges of cheese making to thank for the range of styles that have developed. As mentioned earlier, the climate and geography of a place often restrict the type of animal suitable for the landscape. Take the three examples of Greece, the Netherlands, and northern France. In ancient Greece, the dry landscape favored goats and sheep, and the warm climate made resilient brined cheeses such as feta a wise choice. Cows migrated to the lowlands of northwestern Europe in 3000

B.C.E., benefiting from the temperate climate and lush grazing land. Leading Dutch cheeses such as Gouda and Edam developed with a process that involved washing the curd with water—a step that removes lactose from the curds and results in a milder cheese that is more stable and slower to age. This unique process was beneficial to the Dutch during their seventeenth- and eighteenth-century domination of the seas and transoceanic trade, as the cheese’s stability made it suitable for shipment across great distances under the equatorial heat. Finally, the cow’s milk cheeses of northern France such as Camembert de Normandie and Brie de Meaux were developed to be sold in nearby Paris within two to three weeks of production. The white bloomy rinds expressed the area’s naturally occurring mold, the use of which has become standard for most soft ripened cheeses around the world. Today, both cheeses are protected by the French Institut National des Appellations d’Origine as products of terroir. Thus, there hides a story behind every cheese.

The history of cheese making delivers us to a time of tremendous development and change in the United States. Since the opening of the world’s first large-scale cheese factory near Rome, New York, in 1851, cheese has taken an aggressive path toward industrialization. The economic benefits of centralized production, combined with efforts to standardize cheese quality and ensure food safety, have resulted in the commodification of cheese on a global scale. Commodity cheese prices float anonymously on the Chicago Mercantile Exchange with little reference to the long history that has made the conventional 40-lb/18.14-kg block of American Cheddar possible. Processed cheese, invented in Switzerland in 1912 by cheese makers seeking to improve the shelf stability of their products, has redefined cheese for a large segment of the American public as plasticine, sweet, and bright orange. All along, however,

artisan and farmstead cheese makers have preserved the individuality of unique cheeses of certain places. The French term *terroir* indicates the specific qualities a food or drink may gain from its place of production, and many American artisan cheeses bear witness

to their unique origins. Increasing numbers of American artisan cheese makers continue and enrich this tradition in numbers that suggest a movement in favor of the diversity that cheese's history affords us—all to the benefit of the garde manger.

CHEESE PRODUCTION

Understanding cheese making presents several advantages. The garde manger should possess an understanding of the cheese-making process so that he or she can better communicate cheese qualities to customers. In addition, knowledge of the production process enables the garde manger to form educated opinions regarding the quality of cheese, and the specialized vocabulary that follows may help support discussions between the garde manger and cheese makers. The cheese maker has the responsibility to ensure good product outcomes through careful control of cheese ingredients and the production process. This responsibility extends to the ambitious garde manger who decides to make cheese in the kitchen. While cheese recipes follow in this chapter, the details in this section are of greater importance than any list of ingredient quantities and temperatures. The quality of the raw ingredients and the observance of correct process are paramount to good-quality cheese.

basic tools of cheese making

Cheese making relies upon time and temperature control. A significant challenge in cheese making is maintaining precise milk and curd temperatures. In addition, the cheese maker must monitor the ambient temperature and humidity of the surrounding environment and ripening conditions. In artisan as well as industrial creameries, common equipment such as pasteurizers, steam-jacketed make vats,

cheese harps, and climate-controlled ripening rooms or caves facilitate this type of control. Small-scale cheese making in a commercial kitchen requires minimal investment, but equipment is available to help maintain the exactitudes of cheese making more easily. For example, while it is possible to functionally pasteurize milk in a double boiler, small electric pasteurizers on the market accomplish this work more precisely. Additionally, while a knife and whisk serve to cut cheese curd well, specialized wire cheese harps will do so more easily and uniformly. Generally, however, the cheese-making process requires little more than what is typically at the disposal of the garde manger.

Cheese-making equipment for the commercial kitchen should include the following:

- » Double boiler of sufficient capacity, or a steam kettle
- » Digital thermometer
- » Selected cheese cultures
 - Mesophilic
 - Thermophilic
 - Ripening cultures
- » Calcium chloride (CaCl₂)
- » Rennet
- » Stainless-steel ladle
- » Long slender knife and/or long wire whisk
- » Cheesecloth
- » Cheese molds (baskets or hoops)

- » Kosher flake salt (pure, without additives such as iodine or flow agents)
- » Plastic draining mats
- » Stainless-steel wire racks
- » Appropriate ripening storage space and environments
- » pH meter

milk sources and quality

Because milk quality determines cheese quality, expect cheese to be only as good as the milk with which it begins. Commercial whole cows' milk, which has been pasteurized,

standardized to 3.5 percent butterfat, and homogenized, will produce a suitable cheese. It is often necessary to add calcium chloride to commercially available milk to help correct for proteins degraded during storage and pasteurization, and to produce a stronger curd set. Calcium chloride is available from any cheese-making supply company. In this case, it may also be necessary to increase the dosage of rennet. Creamline milk, which is pasteurized but not homogenized, will generally produce a better curd set than typical commercial milk. Raw milk, in its natural state straight from the animal, will generally perform the best and will typically contain the highest butterfat of these three options, depending on season and type and breed of animal. You may pasteurize the milk gently yourself to ensure that its integrity is maintained as much as possible while also controlling for undesirable bacteriological flora (see sidebar on page 373). For the best quality of milk, put effort into establishing a relationship with a local dairy farmer. The difference in flavor and the working qualities afforded by fresh milk from the farm are difficult to rival.

Imagine a late-spring pasture in New York State, a leader in U.S. artisan dairying with more than thirty-five small-scale cheese makers. Ryegrass, meadow fescue, and white clover grow in bright verdant shades. Adjacent hay fields sprout protein-rich alfalfa, red clover, and timothy grass. Among these commonly cultivated pasture plants, wild grasses and flowers diversify the mix, enriching animals' diets. This is where the flavor and quality of cheese begins, evident in the golden hue of the butterfat from cows' early spring milk, or in the density of milk solids in winter milk when animals rest indoors more often and rely on concentrated summer hay. Cheese serves as a seasonal record, yellowing in the summer and taking on a paler color in the winter. Some appellations in Europe still demand that certain cheeses be made only at



Freeze-dried direct-set cultures for milk acidification and surface ripening: 1. *Penicillium candidum*, 2. *Brevibacterium linens*, 3. *Penicillium roqueforti*, 4. TA61, 5. MA4001.

milk pasteurization

PASTEURIZATION is a heat treatment that significantly reduces the presence of all microorganisms in milk.

Cheese makers may find it helpful to begin the cheese process with a clean slate—one that they can populate with their own choice bacterial strains.

To pasteurize raw milk, carefully heat it in a double boiler or jacketed steam kettle to 145°F/63°C while constantly stirring it with a stainless-steel spoon. Hold the milk at 145°F/63°C for 30 minutes, always slowly stirring, and then cool the milk rapidly to the desired working temperature. Note that the milk is especially susceptible to infection by unwanted bacteria and molds during the cooling period.

Some states allow the sale of raw milk, while others do not. At the time of this printing, the FDA was reviewing policies on the production of cheese from raw milk. Make sure you understand your jurisdiction's laws regarding the sale and processing of raw milk before proceeding.

certain times of the year. For example, Ossau-Iraty de Montagne, from the French Pyrenees, is produced only between May 10 and September 15, when sheep may graze on high-elevation pastures. Other cheese legislation, such as that for Comté, dictates the diet of cows. These restrictions take into account the significant impact animals' diets and lactation cycles have on milk and the resulting cheese.

When farmers choose to supplement animals' diets with grain, they are able to precisely control the amount of lipids, proteins, minerals, and roughage their herd or flock consumes. For example, a typical pelletized dairy goat feed may contain 20 percent protein, 3 percent fat, and 8 percent crude fiber,

with the high protein content raising protein levels in the milk and resulting in a better curd set in cheese making. In other situations, animals may feed on a variety of other nutritious yet unconventional feeds, such as spent brewery grains, almond hulls, or cottonseed that is a by-product of processing for the textile industry. This practice is especially common in California, a major dairying state rich in agricultural by-products. When seeking out milk for cheese making, it is important to understand the type of feed the farmer is supplying his or her animals. This profoundly affects milk quality and flavor.

When meeting a prospective supplying farmer, ask to visit the milking parlor and bulk tank storage room to gain insight into the milking process and milk storage. In addition to the feed type, the sanitation of the milking conditions and the proper storage of the milk are vital steps to ensuring quality. These areas should be visibly clean, and the animals should appear to be in good health. Common issues dairy farmers face include mastitis, or infections in the udder, and related high somatic cell counts in the milk. High somatic cell counts indicate infection in the udder, and such milk usually yields less cheese and cheese with off flavors. The farmer should also show that the herd's milk contains low to zero counts of coliform bacteria, such as *E. coli*. It is important to be in ongoing communication with the dairy farmer on these issues when making cheese.

According to the U.S. Department of Agriculture, raw milk may be held for up to 72 hours before processing. The best-quality milk for cheese making is milk from the same day—ideally often starting at the animal's body temperature. Even under refrigeration and agitation at 35° to 39°F/2° to 4°C, milk shows considerable degradation in three days, with a doubling of the total bacterial count and a significant degradation in the quality of fats and proteins in the milk—all to the disadvantage of the cheese

cheese: a living food

THESE COMMON MICROORGANISMS used in cheese making represent the range of choices the cheese maker has to work with.

CULTURE	COMMON USE
<i>Lactococcus lactis</i> subsp. <i>lactis</i>	Naturally occurring strain for general acidification
<i>Streptococcus thermophilus</i>	Used in high-temperature processes, such as certain aged Alpine cheeses
<i>Lactobacillus bulgaricus</i>	Reliable in high-temperature processes; common in yogurt
<i>Lactobacillus helveticus</i>	Resilient under high cooking temperatures; common in Alpine-style cheese
<i>Propionibacterium freudenreichii</i>	Produces gas holes and flavor components
<i>Brevibacterium linens</i>	Surface-ripening culture common to washed-rind cheeses
<i>Geotrichum candidum</i>	White surface mold
<i>Penicillium roqueforti</i>	Internal blue mold growth, such as in Roquefort
<i>Penicillium candidum</i>	White surface mold common to soft-ripened cheeses such as Brie and Camembert

Different types of cheese will call for different bacterial cultures or heterofermentative mixes of cultures. Their purpose is multifold: lactic acid production, flavor production, and advancing cheese ripening. Using direct-set cultures ensures the consistency of the final product. Direct-set cultures come in a frozen liquid or freeze-dried powder form. Freeze-dried direct-set cultures, typically packaged in foil pouches,

must be stored in the freezer. If opened and not entirely used, seal the package with tape and return it to the freezer. Use such remnant portions as soon as possible, because they will absorb moisture and risk losing some of their vitality in storage. Packages come labeled with the number of units or culture they contain. Check with the manufacturer or supplier for the recommended dosage of culture.

maker. Raw milk must stay at low refrigeration temperatures during storage, which includes transportation. This is especially important for smaller quantities of milk (under 10 gal/38.40 L, for example), which are more susceptible to temperature swings. When transporting or moving milk, take care to work with it gently. Do not violently pour or slosh the milk, because the forces of impact and aeration can damage it. This type of care remains important throughout the cheese-making process. When working with milk, curd, and cheese, always operate with a gentle hand. Avoid violent agitation or rough handling of the milk or curd in all aspects. Heat milk gradually, work delicately with the curd, salt and care for new cheese with caution, and monitor the ripening of cheese to avoid swings in temperature or humidity.

the transformation process: turning milk into cheese

The transformation of milk into cheese begins with heating the milk to a temperature suitable for the growth of the acidifying bacterial cultures. If pasteurizing raw milk in the garde manger kitchen, cool the milk down from the pasteurization temperature to the desired inoculation temperature and hold it there. Otherwise gently warm the milk under constant agitation. This is best done in a double boiler while constantly stirring so that the heat is evenly distributed. Some kitchens may have jacketed steam kettles, which provide ideal uniform gentle heat; still, remember to stir. Ideally the cheese-making process should leave little to no residue on the inside of the pot or kettle. Aside from cooling after pasteurization, most cheese processes never involve regressive temperatures, but are instead always getting warmer. Learn to precisely regulate the heat source, and account for the carryover heat of the vessel, which may continue to heat the milk

or curd long after the heat source is turned off. Overheating milk during pasteurization may denature its proteins and render it unusable for cheese making. Heating milk above the temperature tolerated by the starter culture will inhibit the culture and significantly compromise the success and safety of the cheese.

the basic steps of cheese making

The three principal manners of cheese making differ in the methods used to make the curd. The simplest and fastest way to make cheese is to produce acid-set curd. In this method, an acidic addition such as vinegar or citric acid at high heat causes the proteins in the milk to coagulate. Cheeses made with this approach include Indian paneer and Italian mascarpone and ricotta. They do not call for bacterial cultures and are generally intended to be eaten soon after their production. The second way to make cheese is to set the curd with rennet. Various types of enzymatic coagulants, both synthetic and naturally derived, are available for making such cheese. Rennet may be used to make fresh cheese such as farmer's cheese, or aged cheeses such as Havarti or farmhouse Cheddar. The final method, lactic-set curd, can take up to 18 hours or more to complete the curd set through natural bacterial acidification. This process includes a small amount of rennet to ensure curd firmness and to limit the migration of butterfat to the surface of the milk during the long set time (when rennet is used, this is sometimes called semi-lactic curd). Crottin de Chavignol, made from goat's milk, and Saint-Marcellin, made from cow's milk, exemplify this type of process, which is especially common in French cheese tradition.

The following steps address only rennet-set and lactic-set curd. For more information on acid-set cheese, refer to the recipes in the next section.

what type of rennet to use?

THE TRADITIONAL SOURCE of rennet is the fourth stomach of a young ruminant animal. The enzymes chymosin and pepsin act upon casein to cause milk to form curd. Alternatives to animal rennets give the cheese maker greater choice. Note that not all rennets are equally effective, and depend on the process temperature.

ANIMAL RENNETS

Specialized kid, lamb, and calf rennets allow the cheese maker to match coagulants with the milk in question. Calf rennet is considered a benchmark coagulant for its tradition and effectiveness at a range of process temperatures. Animal rennet is not suitable for vegetarians, nor is it kosher certifiable.

PEPSIN RENNETS

Pepsin rennets may be extracted from the stomachs of a number of animals, including nonruminants such as pigs. Pepsin rennets are not suitable for vegetarians, nor are they kosher certifiable.

MICROBIAL RENNETS

These common alternatives to animal rennets often perform well. The organism *Mucor miehei* is especially ideal as a source of microbial rennet. Microbial rennet is suitable for vegetarians, and it may be permitted as a kosher ingredient.

RECOMBINANT CHYMOSIN

These effective coagulants are produced by genetically modified bacteria. Such coagulants are not common in artisan cheese production. These rennets are suitable for vegetarians and may be permitted as a kosher ingredient. They likely do not qualify for organic production, however.

VEGETABLE RENNETS

Extracts of some plants, such as burdock, nettle, and the fig tree, may be used to coagulate milk. An example of this is the Serra da Estrela cheese of Portugal, which employs an extract of cardoons to set sheep's milk. Such coagulants vary widely in their effectiveness and are generally not commercially available. Vegetable rennets are suitable for vegetarians, and they may be permitted as a kosher ingredient.

inoculation

The first step in cheese making is to adjust the temperature of the milk for bacterial incubation. Direct-set culture is the preferred manner of inoculation for most artisan cheese makers in the United States because it is effective and the cultures are easy to store and measure. Add direct-set cultures to the milk once it is at temperature, usually 68° to 90°F/20° to 32°C for mesophilic strains and 95° to 105°F/35° to

41°C for thermophilic strains. Sprinkle the grains of freeze-dried culture over the surface of the still milk. Allow the grains to rehydrate on the milk's surface for 2 to 4 minutes, and then stir them under using a gentle up-and-down stroke (a small stainless-steel ladle works well). Direct-set cultures begin to acidify the milk after a lag time of 45 to 60 minutes but then consume the milk's lactose and acidify rapidly after that. For lactic-type curd, the milk



1. Gently and constantly stir the milk while warming it to the process temperature.

2. Hydrate freeze-dried direct-set cultures by evenly casting the culture over the surface of the milk and waiting three to five minutes before stirring it under.

3. Dilute rennet in cold water before adding it to the milk.

acidification time is concurrent with the presence of a small amount of rennet. For either type, generally add the liquid rennet 25 to 60 minutes after inoculation, depending on the type of cheese.

coagulation

Rennet often refers loosely to a wide range of enzymatic coagulants available for cheese production, from both animal and non-animal sources (see sidebar on page 376). The enzymes chymosin and pepsin in rennet act on the casein protein in milk to coagulate it. Suppliers offer rennet in powder, tablet, and liquid form, although the liquid form is

very reliable and most common. Keep rennet refrigerated. When measuring liquid rennet for cheese, always dilute the rennet in a small quantity of cold water before introducing it into the milk. Add the diluted rennet using an up-and-down stroke, and then hold the ladle still in the milk to help the liquid stop moving. Watch for the flocculation point, which usually occurs 5 to 8 minutes following the introduction of the rennet: the milk will shift from fluid liquid to showing thicker gel-like attributes. Lightly disturb the surface of the milk with the tip of a butter knife to observe this transition. Usually the total coagulation time for the curd will be a specific multiple of the flocculation time. For example, if the flocculation point comes 5 minutes after introducing the rennet and the recipe calls for multiplication by four times, return to test the curd set in 20 minutes. Because rennet causes the casein in the milk to knit together into a matrix, it is important that the milk remain still and suffer no disturbances during coagulation. Do not relocate the cheese pot during this period. Maintain the active temperature of the milk throughout the coagulation time; rennet is more effective at warmer temperatures, and the ideal conditions for bacterial acidification should continue during coagulation. The recipes in this chapter refer to standard single-strength American rennet.

In the case of lactic-type curd, the small amount of rennet used and the slowly increasing acidity of the milk will bring the curd to set much more slowly than rennet-set curd. Depending on the amount of culture added, the curd will not set until 18 or more hours following inoculation. When lactic-style curd is ready, a thin layer of whey will cover the surface of the curd. The curd will pull back from the edge of the vessel, and cracks will run through the surface of the curd. The whey and curd will smell intensely lactic, reminiscent of strongly acidic yogurt.



When ready, lactic-set curd will pull away from the sides of the vessel and show cracks in the surface. Gently ladle out excess whey.

monitoring acidification during the cheese-making process

MILK ACIDIFIES SIGNIFICANTLY during the cheese-making process, meaning that the pH level drops. Cheese makers carefully track the development of acidity during cheese making, whether measuring the titratable acidity (TA) or pH. Titratable acidity requires the measured dosage of an alkaline solution into the milk in the presence of the color-changing indicator phenolphthalein. The pH of the milk may be measured with a pH meter or litmus paper.

Fresh cow's milk may measure at an average TA of 0.15 percent and a pH of 6.6 to 6. In the example of Caerphilly cheese from Wales, the TA at the time of pressing the curd has increased to between 0.25 and 0.28 percent,

and the pH has dropped to between 5.7 and 5. While these shifts may seem insignificant, they represent tremendous acidification due to bacteriological activity. All cheeses will demonstrate some level of acidification, and individual recipes may often suggest the goal acidity of the milk at various stages during the make process. Plot the acidity development of cheese batches at points throughout the cheese-making process, including fresh milk, ripened milk, whey from cut curd, whey at end of stirring or cooking, and whey from the draining table on the second day. This information serves as a valuable reference for each successive batch, and anomalies help to identify problems in the process.

cutting the curd

Cutting the curd accelerates acidification and dramatically advances the goal of cheese making: isolating the milk's solids from the liquids and preserving them. Test the curd set with the "clean break test." Insert a flat knife, single finger, or full hand at a 30-degree angle below the surface of the set curd. While lifting up, check if the curd shears apart along a clean fissure. This is the sign of a proper curd set. If the curd is runny or clumpy, it may require more time to set. In the case of rennet-set curd, wait 5 to 10 minutes and try again. In the case of lactic-style curd, the set will complete only with further acidification, which may take several hours more. A weak curd set is sometimes an indication that the addition of

calcium chloride to the cheese milk may help solidify the curd set in the next batch. Additionally, cautiously increasing the amount of rennet used may help the curd form properly. Rennet dosage demands a light hand, however, because the enzymes can potentially impart an acrid, bitter taste if too much is used.

Cut the curd according to the recipe. Most recipes call for distinct curd sizes such as "pea-size" or "hazelnut-size." In all cases, the curd pieces should maintain a uniform size. Allow the curd to rest for approximately 3 to 5 minutes after cutting. The curd will sink, and yellowish whey will cover the top. At this point, the warm lactose-rich whey continues to fuel acidification at a rapid rate. The curd size has a direct relationship to the final moisture

content of cheese; the larger the curd size, the more whey will end up in the cheese. This can possibly lead to a more acidic cheese, which may be undesirable. Working with attention to the acidification of the product is therefore critical (see sidebar on page 379).

Lactic-style curd's delicate structure generally does not allow the type of work performed with rennet-set curd. Once a lactic curd is ready, many cheese styles call for the careful ladling of large pieces of curd

directly into small molds. The high acidity of lactic curd facilitates the rapid draining of the cheese, and it will lose 50 percent or more of its volume during the first hour of draining. Nylon draining sacks, which resemble pillowcases, may also be used for the production of soft, spreadable cheese. This is the end of the molding and draining of lactic-style cheese, but rennet-set curd requires a number of other steps.



1. When rennet-set curd has properly set, it should split open cleanly when raised on a knife or finger. If the “clean break test” is not successful, allow the curd to continue setting.

2. Cut rennet-set curd to the cube size indicated in the recipe.

3. Gently ladle lactic-set curd, keeping the curd as intact as possible.

4. For soft fresh cheese, lactic-set curd may be strained through cheesecloth.



cooking the curd

Some recipes for rennet-set curd will call for the heating of the curds and whey while stirring. Others will call simply for the maintenance of the base temperature with stirring. In either case, this period allows the curd pieces to expel whey and contract—think of an egg white shrinking while cooking in a pan. Before proceeding to “hooping,” or molding, the curd, check individual curd pieces for firmness and cohesion. The “cup test” indicates cohesion:



cup a mass of curd between the palm and four fingers of one hand, pressing lightly. The curd should form a mass, yet still easily crumble back into individual pieces. Generally the curd should be firm with a soft give, and split along clean lines when gently pulled apart.

hooping the curd

The curd and whey may be separated either by removing the curd from the whey or by draining the whey from the curd. The first



1. Cooking the curd: Cup the curd to check on its cohesive quality during the scalding process: if the “cup test” forms a shape that is still easily broken apart, it is ready for hooping.

2. Hooping the curd: Drain the whey from the curd using a cheesecloth-lined colander.

3. Quickly fill the mold during the hooping process.

method may introduce more whey into the newly formed cheese, but it will help keep the individual curds separated. The second method will drain the acidifying whey off more quickly, but the curd left behind may mat and stick together prematurely. When working with small quantities in a pot, it is typical to simply pour the entire contents through a mold lined with cheesecloth. Measure the pH of the whey draining from the cheese at this time to ensure that goal acidities have been reached.

pressing

Some rennet-set cheeses require pressing, the gradual increase of pressure on the cheese. If the recipe calls for pressing, position the

cheese under the follower of the press or under a weight and follow the recipe's guidelines for time and pressure. A simple lever press exerts tremendous pressure, or weights may be stacked on the cheese when less pressure is needed (much the way a terrine may be pressed). A bucket serves as a versatile weight because water may be added incrementally to increase the pressure on the cheese.

New cheese should remain in a warm and humid environment as it continues to drain whey. Both lactic-set and rennet-set cheeses should be turned regularly, whether in a press or simply draining on a table. The cheese's volume will decrease during this time. Whey sampled from the draining table should indicate a decrease in pH compared to the initial sample, indicating increasing acidity. This is especially true for lactic-set or semi-lactic-set cheeses.

salting

While some cheeses, such as Cheddar, call for directly salting the curd before hooping, the majority of cheeses get salted after molding and draining. Salt is vital for stabilizing and dehydrating the cheese, regulating bacterial activity, enhancing flavor, and making the cheese less susceptible to infection. Use pure noniodized sodium chloride without flow agents. Large-flake kosher salt is especially suitable for cheese making because of its large surface area, which enables the salt to dissolve on the moist cheese and be absorbed within.

Once the draining or pressing period is complete, salt the cheese either using a dry salting (surface salting) technique or a brine. Dry salting large wheels takes place over the course of several days; with each successive day, the salt penetrates deeper into the new cheese. Depending on the recipe, a 5-lb/2.27-kg cheese may require four or five days of salting. Brine cheeses in a saturated (20 percent) sodium chloride solution at a



After filling, turn the cheese two to three times during the following three hours.



Dry salting the curd before hooping is one way to introduce salt.

rate of 3 to 4 hours per lb/454 g. While the salting initially moistens the rind of the new rennet-set cheese destined for aging, the conditions of the area where this work takes place should help to dry the rind so that it becomes tacky to the touch. This critical stage relies upon moderate ambient relative humidity and temperature to promote this drying. An ambient temperature of approximately 75°F/24°C and relative humidity of 65 percent will promote this development. If the cheese develops a very sticky film and yeasty aroma by the second or third day, remove it to a drier location. Once the cheese has formed a skin, which can take three to seven days, it should enter the ripening environment.

Lactic-style cheese, once drained, may be removed from the molds and salted by hand using a large salt shaker. Typically a soft-ripened

cheese of 3 to 4 in/8 to 10 cm in diameter requires approximately ½ tsp/1.50 g salt per side. This is common practice for most types of soft-ripened cheese. Soft spreadable cheese does not require salt for preservation purposes, but salt will improve the cheese's flavor. Salt such cheese as needed, generally at a rate of 2 to 3 percent salt by weight. Most soft-ripened cheeses dependent on ripening cultures such as the white mold *Penicillium candidum* must first grow a bit of yellowish yeast on their surfaces before the mold takes hold. This may take a few days and should attract concern if the cheese becomes increasingly yeasty or wet, which may indicate an overly acidic curd. If the new lactic-set cheese dries out too quickly, remove it to a more humid environment.

ripening

Cheese takes on its intended character in the ripening environment, at about 95 percent relative humidity and 55°F/13°C. Bacterial cultures and ripening molds are highly active in new cheese and will continue to acidify and break down the sugars, proteins, and fats. All new cheese must be turned at regular intervals, usually once every one or two days. If new cheese is not turned regularly, moisture collecting on one side will lead to problems and even spoilage. Particular cheeses may require additional treatment, such as washing or brushing. When handling ripening cheese throughout its life, look for wrinkles or cracks that may indicate climatic problems in the ripening area.

During ripening, lactic acid bacteria continue to consume lactose. In addition to lactic acid, these bacteria produce other enzymes that break down components of the cheese. Surface cultures such as *Penicillium candidum* also break down cheese by sending mycelium, the threadlike roots of fungi, into the paste of the cheese. Proteolysis describes the hydrolysis of proteins as they break down into peptides and amino acids. The hydrolysis of fats, or lipolysis, yields glycerides and free

fatty acids that give the cheese sharp flavors. Depending on the moisture content of the cheese, these transformations may soften the paste, as in a washed-rind cheese, or yield intensely piquant notes, as is common in some hard Italian cheeses.

Cheese ripens from the outside to the center. Soft-ripened cheeses show this clearly; the paste nearest the rind develops a creamy texture and deeper color before the white chalky core follows suit. On hard aged cheeses, the paste nearest the rind is usually the most intensely flavored due to the advanced dehydration of that part of the wheel.

evaluating development

Once the anticipated amount of ripening time has passed, core samples from a ripening

wheel help to check on a cheese's progress and readiness for consumption. Use a cheese trier to remove the sample. Inspect the consistency of the interior paste, including mechanical or gas holes. Look at the gradient of color from the outer rind to the interior of the paste. Note the aroma of the paste, and take a bit of the cheese from the interior to knead and evaluate its texture. When tasting, consider the presence of negative bitter tastes or intrusively acidic tastes, as well as rich lactic flavors.

Some off flavors such as bitterness and unpleasant sour notes may correct themselves with extended ripening time. Generally cheese will become more acidic, drier, perceptibly saltier, and concentrated as it ages.

CHEESE RECIPES: THEORY APPLIED

The following recipes offer guidelines for a range of cheese styles. In each case, the technique of the production of the cheese takes precedence over the list of ingredients. After all, the ingredient list will always be short, including little more than milk, cultures, coagulants, and salt. The risk of producing a flawed cheese increases with the lengthening of process and aging time. Pay attention to the details of the process while proceeding, and take notes on variables such as milk temperature, culture dosage time and amount, rennet dosage time and amount, acidities throughout the process, salting techniques, and the ripening environment. Detailed notes on each batch of cheese will serve as a reference for problems that arise later on, and will suggest changes to the cheese-making approach in subsequent batches. Except in the case of simple fresh cheeses, it may be necessary to complete several batches of cheese before

arriving at an approach that works for the particular milk available and the environment of the garde manger station.

Commercially processed milk may need the addition of calcium chloride to ensure a firm curd set. Calcium chloride comes in granular form and is available from most suppliers selling cheese-making supplies. To reach the ideal concentration of 0.02 percent calcium chloride, add approximately $\frac{1}{8}$ tsp/.63 mL of calcium chloride granules per gal/960 mL of milk. Dilute the granules in 2 fl oz/60 mL cold water and stir the solution into the milk before beginning the cheese-making process.

The following recipes refer to several types of cultures. Providers of cheese-making supplies will be able to help determine which type of culture each cheese requires. Generally, however, the following options cover the basic needs for the recipes that follow:

mesophilic cultures (for low-temperature processing)

- » DANISCO CHOOZIT MA4001/MA4002
For hard-aged cheeses, tomme-style cheeses, and some soft cheeses
- » DANISCO CHOOZIT MM100/MM101
For fresh cheeses, brined cheeses such as feta, and some blue cheeses

thermophilic cultures (for high-temperature processing)

- » DANISCO CHOOZIT TA61
For hard Italian-type cheeses, mozzarella, and some Alpine-style cheeses

supplemental cultures (to be used in conjunction with the above selections)

- » CHRISTIAN HANSEN *FLORA DANICA*
Aromatic mesophilic culture for lactic aromas, especially in fermented dairy products such as sour cream, crème fraîche, and cultured butter
- » ABIASA AROMA B
Aromatic mesophilic culture for richer aroma in fresh cheeses such as soft goat's milk cheese

- » DANISCO CHOOZIT LH100
Used in combination with thermophilic ripening cultures in the production of hard Italian cheeses and Alpine-style cheeses
- » PROPIONIBACTERIA
For eye formation in Swiss-style cheese
Ripening cultures (for rind or vein development)
- » DANISCO CHOOZIT *PENICILLIUM CANDIDUM*
For bloomy rind development on soft-ripened cheese as well as dry rind development on tomme-style cheese; available in multiple types
- » DANISCO CHOOZIT *GEOTRICHUM CANDIDUM*
For rind formation in concert with *Penicillium candidum*; available in multiple types, though some types interfere more than others with overall mold growth and the choice will depend on the cheese maker's preference
- » DANISCO CHOOZIT *PENICILLIUM ROQUEFORTI*
For blue mold development in blue cheeses
- » DANISCO CHOOZIT *CORYNEBACTERIA (BREVIBACTERIA LINENS)*
For washed-rind cheeses, developing an aromatic and red- to orange-colored rind; available in multiple types

ricotta

2 qt/1.92 L raw or pasteurized whey
1 qt/960 mL raw or pasteurized milk

Salt (optional)
2 fl oz/60 mL white vinegar

1. Isolate the whey upon draining or dipping the curd while making the initial cheese. Set it over heat, and stir occasionally to prevent burning.
2. Heat the whey to 160°F/71°C. This temperature destroys the residual rennet in the whey. Then add the milk. The temperature will drop; continue to heat it to 170°F/77°C while stirring occasionally.
3. At 170°F/77°C, add 2 tsp/6.50 g salt per gal/960 mL of liquid, if desired.
4. Turn off the heat once the liquid reaches 185°F/85°C. Add only about two-thirds of the measured vinegar. If albuminous curds immediately collect on the surface, withhold adding the remaining vinegar. If curds are slow to form, or if the whey remains cloudy and yellow, add more vinegar.
5. As the curds form during the first minute, move them from the edge of the vessel to the center. Then cover the vessel and allow the curds and liquid to rest for 10 to 15 minutes at room temperature.
6. Scoop the curds out directly into plastic ricotta baskets and allow the cheese to drain. Another option is to scoop the curd into a coffee filter lining a chinois. Alternatively, carefully pour the contents of the vessel through a colander lined with wet cheesecloth, or pour the contents into a nylon draining sack. Using a draining sack may not result in a curd as firm or resilient as when using basket molds.
7. Store ricotta up to 10 days under refrigeration.

» **CHEF'S NOTES** This secondary cheese uses the protein- and lactose-rich whey resulting from the production of a rennet-set cheese. Making ricotta cheese relies on heat and acidity to destabilize the whey protein to form a precipitate. While 100 percent whey recipes for ricotta produce deliciously sweet and fine-textured cheese, most artisan cheese makers in the United States make ricotta with a mixture of whey and milk. The ratio of whey to milk can range widely, from 10:1 to 2:1. The addition of milk can increase the yield for ricotta substantially, from 3 lb/1.36 kg to 10 lb/4.54 kg per 100 lb/45.36 kg of milk, depending on the amount of milk used. The addition of milk yields a richer yet less fine-textured cheese. Whole or skim milk may also be used without the addition of any whey; most industrial ricotta is produced in this fashion. In each case, the resulting cheese has a 50 to 60 percent moisture content, a varying range of fat depending on the milk used, a sweet taste, and a relatively short shelf life.

Because whey is already acidified from the cheese-making process, heating it to the process temperature of 176° to 185°F/80° to 85°C may cause some proteins to coagulate without the addition of acid. The pH of the whey, which relates to the type of cheese recipe it comes from, influences this reaction. The age of the whey is also critical: use whey within 3 hours of cheese production, and note that the whey from lactic-set cheese does not perform well for ricotta production.

Ricotta curds will form once the acid is introduced. The whey should ideally take on a green cast.



Solids will begin to precipitate from the whey and milk mixture at a pH of 6. Ideally the curds will float on the surface of the liquid, making it easy to skim them off. Overacidification will cause the curds to sink to the bottom of the pot, necessitating draining off the whey before scooping out the curds. An ideal yield from ricotta will be visible not only in the quantity of cheese produced but also in the green color and clarity of the resulting depleted whey. This indicates that the great majority of whey proteins have coagulated and precipitated out of the liquid.

To make ricotta using whole milk alone, heat the milk to 185°F/85°C and follow the same directions, beginning with step 4.

Ricotta salata, or salted ricotta, may be made by salting and aging the fresh ricotta. To do so, drain the new ricotta in a bag, mix in 1 tbsp/10 g salt per gal/960 mL of milk or whey used, and then firmly press it in a cheese basket lined with wet cheesecloth until it forms a cohesive and durable wheel (about 12 hours under 5 lb/2.27 kg of pressure). Age the cheese in the refrigerator in a covered container such as a plastic box, turning and salting the surface of the wheel lightly with pure flake salt once a day for seven days. After a week of salting, age the cheese an additional 2 to 4 weeks in the refrigerator, protecting it from dehydration by keeping it in a covered box.

Note that Italy is not the only country to make cheese from whey. In Norway, Mysost involves slowly boiling the whey of cows' milk until it is reduced to a thick, sweet paste that sets into a firm cheese. In southeast France, Brousse is an acid-set cheese made from the whey of goat's or sheep's milk. These are only two examples of other uses cheese makers have found for whey, the nutritive and plentiful by-product of cheese making.

fromage blanc

Calcium chloride (optional)

1 gal/3.84 L pasteurized milk, skim or whole

1 tsp/5 mL mesophilic culture

4 drops/0.50 mL rennet (optional)

1. Add calcium chloride to milk if using. Heat the milk to 86°F/30°C and sprinkle the culture over the surface of the milk. Allow the culture to float on the surface for 2 minutes, then stir it under with the slow up-and-down strokes of a ladle.

2. Optionally add 4 drops/0.50 mL rennet diluted in 2 tbsp/30 mL of cold water at this time. Stir it in using slow up-and-down strokes of a ladle. The rennet helps to achieve a firmer curd set, but the natural acidification and coagulation of the cheese will generally produce a sufficiently firm and traditional cheese.

3. Incubate the milk at 72°F/22°C, undisturbed, for 8 to 12 hours. To maintain the active temperature, either set the covered vessel in a warm environment such as on a shelf over a hot range, or, if using a small pot, seal it in a plastic insulated box filled with warm water. The milk will acidify and coagulate.

4. Drain the set curd in a colander lined with a wet cheesecloth or in a draining sack for 6 to 12 hours at 72°F/22°C. The longer the draining time, the more acidic and the firmer the resulting cheese will be. Hold the drained cheese in the refrigerator.

» **CHEF'S NOTES** From its origins in Normandy, fromage blanc has become a common ingredient throughout French cooking. This simple lactic-set cheese may be made from skim or whole milk, requires little work, and yields a versatile fresh cheese. Commercially produced fromage blanc is generally available in a range of fat percentages, from 0 to 20 percent, the latter being enriched with cream. The following recipe calls for whole milk and will yield a creamy soft cheese of 3 to 5 percent fat, depending on the milk used. Of greatest importance for ensuring success is maintaining the incubation temperature during the set process.

Fromage blanc may be used to make cheesecake if it is drained to a dry, pastelike consistency. When drained, the cheese also can serve as a lower-fat replacement for cream cheese. Mix it with spices, herbs, or sweeteners to make a flavored condiment. In a thinner state, fromage blanc can be used to enrich sauces in place of cream.

crème fraîche

1 qt/960 mL pasteurized cream

1 tsp/5 mL mesophilic culture

1. Warm the cream to 72°F/22°C.
2. Add the culture and allow it to rest on the surface of the cream for 2 minutes. Stir in the culture, using gentle top-to-bottom strokes with a ladle, for 5 minutes.
3. Maintain the temperature of the cream at 72°F/22°C for 15 to 24 hours. The goal acidity for the finished cheese is pH 4. The cream will show qualities of a thick curd once it reaches the goal acidity.
4. Refrigerate the thickened cream after acidification. It will firm a bit more as it cools.

» **CHEF'S NOTES** The richness and firmness of this cheese depends on the fat concentration of the cream. Cream sourced from a small artisan dairy may not be as concentrated as industrially produced heavy cream, which is at least 36 percent butterfat. Using farm-fresh cream to make crème fraîche will yield a wonderfully rich and flavorful product that will distinguish the quality of ingredients coming from the garde manger.

The selection of the culture will distinguish house-made crème fraîche from store-bought cheese. The inclusion of aromatic cultures such as *Lactococcus lactis* subsp. *lactis biovar diacetylactis* enriches the flavor of the product by introducing fermentative by-products such as buttery diacetyl. Choosing high-quality cream is the first step to achieving distinguished crème fraîche. The second is ensuring that the bacterial cultures used enjoy the conditions necessary to contribute additional lactic flavors to the product.

Crème fraîche is versatile in the kitchen. Substitute half the amount of mayonnaise with crème fraîche in chicken or potato salad, or add rich lactic acidity to coleslaw by doing the same. Fold crème fraîche into whipping cream for a more expressively flavored topping over fruit cobblers. Drain the cheese overnight in the refrigerator through a colander lined with wet cheesecloth to produce a thicker variant, which may be used as you would sour cream.

mascarpone

1 qt/960 mL pasteurized cream

1/4 tsp/1.25 mL tartaric acid, as needed

1. Heat the cream to 185°F/85°C, stirring constantly.
2. Turn off the heat and add half of the tartaric acid to the cream. Stir and watch to see that the cream thickens into a slightly grainy texture. If not sufficiently thickened, add more of the remaining tartaric acid.
3. Pour the curdled cream into a colander lined with wet cheesecloth and allow it to drain at room temperature for 1 hour. Then put the colander over a bowl and allow the cheese to drain overnight in the refrigerator.

» **CHEF'S NOTES** As with crème fraîche, the richness of the finished cheese depends on the butter-fat concentration of the cream used. Light cream at 30 to 36 percent butterfat works best for this cheese. Mascarpone cheese is a high-moisture acid-set cream cheese. The texture of the cheese will be more granular than crème fraîche, and the flavor is sweeter because the cheese is not cultured.

Mascarpone is useful in sweet and savory applications. The cheese is fundamental in the dessert tiramisù, but it also introduces a rich quality as a component in pasta dishes. Use mascarpone as an adhesive element in canapés, as a filling base, or as a component in dips.

camembert

Calcium chloride (optional)

2 gal/7.68 L milk

1/8 tsp/0.60 mL mesophilic culture

1/8 tsp/0.60 mL *Penicillium candidum* powder

Pinch *Geotrichum candidum* powder

(optional, to promote rind development)

0.4 tsp/2 mL rennet

Kosher flake salt, as needed

1. Add the calcium chloride to the milk if using. Warm the milk to 84°F/29°C.
2. Add the mesophilic culture. Add 1/8 tsp *Penicillium candidum* powder and the *Geotrichum candidum* powder if using.
3. Allow the cultures to dissolve on the surface of the milk for 2 to 4 minutes, and then mix it under with even strokes from top to bottom.
4. Ripen the milk for 2 hours, then add the rennet diluted in 2 fl oz/60 mL of cold water.
5. Allow the curd to set, undisturbed, for 1 hour 40 minutes. Check the curd with the clean break test to see if it is ready to cut.

6. Cut the curd using a large knife into cubes approximately $\frac{3}{4}$ by $\frac{3}{4}$ in/2 by 2 cm. Allow the cut curd to rest for 5 minutes. It will settle to the bottom of the vessel. Dislodge the curd from the bottom of the vat by hand, then gently stir the curd for 10 minutes by hand.

7. Allow the curd to settle slightly and then remove some of the whey off the top of the curd. Ladle the curd into tall Camembert-style molds. Fill the molds repeatedly as they rapidly drain, until all the curd is used. Over the course the next 12 hours, the cheese will drain from a depth of approximately 5 in/13 cm to a final height of $1\frac{1}{4}$ in/3 cm.

8. Keep the draining environment at 68° to 77°F/20° to 25°C. Flip the cheeses over after the first 3 to 4 hours of draining, and flip twice more at intervals of 90 minutes.

9. On the following day, remove the cheese from the mold, salt the cheese evenly with $\frac{1}{2}$ tsp/1.50 g of salt per side, and use a plastic spray bottle to lightly spray the surface of the cheese with a solution of 8 fl oz/240 mL water and $\frac{1}{8}$ tsp/0.60 mL *Penicillium candidum* powder. In an ideal environment of 80 to 85 percent relative humidity and 55°F/13°C, the surface will dry slightly within 2 to 3 days. Once the rind shows an initial yellowish yeasty growth, move the cheese into a ripening environment at 50° to 55°F/10° to 13°C and relative humidity of 98 percent, with some air movement.

10. Continue to turn the cheese daily. If ripening cheese in a dedicated refrigerator, it may be best to use a plastic box with small openings to allow for air ventilation; keep the cheese on plastic ripening mats. The first white mold should appear after five to seven days. At this point it is critical to continue to turn the cheese daily, or the mold will adhere to the rack or mat the cheese is on.

11. Once the white mold has encased the cheese in an even coat, wrap the cheese in specialized two-ply permeable cheese wrap (see the storage section of this chapter). Place the cheese in the refrigerator at 40° to 45°F/4° to 7°C, where it will continue to ripen. The cheese will be ready in 6 to 8 weeks.

» **CHEF'S NOTES** Bloomy-rind cheeses are among some of the most challenging to produce. Because these cheeses require a particular progression of surface-ripening organisms, and because they are especially high in moisture content, their maturation can be fraught with challenges. When properly executed, however, these cheeses promise a sensually soft paste carrying creamy balanced flavors of earthy saltiness, lactic acidity, and milky sweetness.

Soft-ripened cheeses similar to Camembert or Brie are fickle creations. Common issues cheese makers face include overly yeasty cheese during the initial days of ripening, rapid cheese paste breakdown leading to very soft or even runny paste, rind slippage, and bitter rind flavors. Changes in the acidity of the cheese at production time and adjustments to the ripening conditions will lead to significant changes in the way the cheese ripens and matures. Slight alterations to the ripening cultures used will also have significant impacts on the resulting product.

While a fine soft-ripened cheese is best enjoyed on its own, some preparations take advantage of this cheese style's soft paste and mushroomy richness. The cheese can be used on sandwiches or in salads. For appetizers, wrap whole wheels of the cheese in pastry dough and bake until the exterior is crisp and golden and the interior is molten.

farmhouse aged cheese

7 gal/26.88 L of milk to produce
one 6-lb/2.72-kg wheel

1/2 tsp/2.50 mL mesophilic culture

1/8 tsp/0.60 mL aromatic-type culture

1/8 tsp/0.60 mL *Penicillium candidum* powder

1.1 tsp/5.50 mL rennet

2 3/4 oz/78 g salt

-
1. Heat the milk to 88°F/31°C and add the cultures. Allow them to hydrate on the surface of the milk, and then mix under using top-to-bottom strokes.
 2. Allow the milk to ripen for 45 minutes.
 3. Add the mold and mix under.
 4. Add the rennet diluted in 4 fl oz/120 mL cold water.
 5. Allow the curd to set, and check for a clean break after 40 minutes.
 6. Cut the curd into 1/4-in/6-mm pieces, and allow it to settle and rest for 5 minutes.
 7. Stir the curd, constantly warming it at a rate of 1°F every 2 minutes, until it reaches 94°F/34°C. Hold it at 94°F/34°C, stirring constantly, until ready. Check the curd using the cup test.
 8. Remove the whey from the curd and mix the salt into the drained curd. Spread it evenly over the surface of the curd; do not overmix.
 9. Hoop the curd into a cheese mold lined with cheesecloth. Do not press the cheese, but turn it 10 minutes after hooping. Turn the cheese twice more at 1-hour intervals, and then allow it to drain overnight.
 10. On the second day, unmold the cheese and store it on a ripening mat for 5 to 7 days at 70°F/21°C and 90 percent humidity. Allow the cheese to develop a dry skin. By the fifth day, white mold may begin to bloom on the surface of the cheese. Turn the cheese every day.
 11. Once the cheese has developed a dry skin with some mold growth, age it for 2 to 3 months at 55°F/13°C and 95 percent humidity. If mold grows excessively, brush it down with a soft-bristled brush.

» **CHEF'S NOTES** This simple salt-in-curd aged cheese turns out tangy and earthy, with a brittle paste. The inclusion of the mold helps to maintain the rind and contributes a mushroomy aroma. The mold does not work to soften the paste in this recipe.

Because salt is mixed into the curd at the time of hoping, this simple cheese requires no additional salting. As the cheese ripens it will develop a pronounced tangy acidity.

» **VARIATION** To make a peppered version of this cheese, mix in 1 oz/28 g whole black peppercorns when adding the salt. Proceed with the recipe.

semi-lactic-set fresh goat's milk cheese

Calcium chloride (optional)
2 gal/7.68 L pasteurized goat's milk
1/4 tsp/1.25 mL mesophilic culture

1/8 tsp/0.60 mL aromatic-type culture
3 to 4 drops rennet
Kosher flake salt, as needed

1. Add the calcium chloride to the milk if using. Warm the milk to 84°F/29°C. Add the cultures to the surface of the milk. Allow the cultures to rehydrate for 2 minutes, and then mix them under using a top-to-bottom stroke with a ladle. Maintain the milk temperature at 80°F/27°C for 5 hours. Place the pot in a warm area, such as on the shelf over a range. Alternatively, seal the pot in a plastic insulated box partially filled with hot water.

2. After 5 hours, dilute the rennet in 2 tbsp/30 mL of cold water and add it to the milk, using top-to-bottom strokes. Still the milk and allow it to set, maintaining 80°F/27°C, for 12 hours. Do not move the pot during the set time.

3. After 12 hours, if the curd has firmed and pulled away from the sides of the vessel and is covered by a layer of yellowish whey, remove the excess whey and drain the contents of the vessel into a nylon draining sack. Alternatively, drain the cheese into a colander lined with wet cheesecloth. Cover the cheese with a wet cheesecloth and allow it to drain for 24 hours at 70° to 80°F/21° to 27°C.

4. After 24 hours, weigh the cheese and add 2 percent salt by weight into the drained cheese. For example, if the recipe yielded 2 lb/907 g of cheese, add 0.64 oz/18.14 g of salt (32 oz/907 g × 0.02 = 0.64 oz/18.14 g). Place the cheese in the refrigerator and allow it to rest for 24 hours. The salt will distribute itself evenly throughout the cheese during this time.

» **CHEF'S NOTES** Fresh goat's milk cheese will show a stronger or weaker "goaty" aroma depending on the milk used. Follow this same recipe to produce a soft cow's milk cheese, but double the amount of rennet used and add the rennet directly after adding the culture to help prevent the cream from separating in the milk during the long acidification period. The beauty of semi-lactic-set cheese is its rich lactic flavor, delicate texture, and utter simplicity of production. The drawback is the time-intensive nature of its production and the challenge of maintaining proper process temperatures throughout. Expect the completion of this recipe to require two days' worth of attention.

As with other soft cheeses, fresh goat's milk cheese may be used in fillings, salads, and dips. Consider using this cheese in a savory strudel. Alternatively, well-drained cheese may be used in the place of cream cheese or ricotta in cheesecakes.

mozzarella

Calcium chloride (optional)
4 gal/15.36 L pasteurized milk

1/2 tsp/2.50 mL thermophilic culture
0.6 tsp/3 mL rennet, as needed

1. Add the calcium chloride to the milk if using. Heat the milk to 99°F/37°C and introduce the culture. Allow the milk to acidify at room temperature for 2 hours.
2. Add the rennet after diluting in 3 fl oz/90 mL of cold water. Watch for the flocculation time and multiply by 3 to get the total set time (e.g., if the milk shows signs of initial coagulation after 4 minutes, then prepare to cut the curd at 12 minutes).
3. Cut the curd into hazelnut-size pieces. Stir the curd for 5 to 10 minutes, and then allow it to settle to the bottom of the vessel for 30 minutes. Maintain the temperature during this time—the goal acidity at this point is pH 6.0.
4. After the rest time, the curd will have matted on the bottom of the vessel. Remove the curd and cut it into long strips 2-in/5-cm wide. Allow the strips to continue to acidify at room temperature. Save 2 gal/7.68 L of whey for storage of the finished cheese.
5. Test the curd for readiness by submerging a small piece in 165°F/74°C water. When ready, the curd should take on a glossy sheen and be stretchable in the hot water. Cut the curd into 1-in/3-cm cubes.
6. Mix 1½ gal/5.76 L water at 160°F/71°C and 5 oz/142 g salt. Immerse the cubes in the hot salt water and allow them to rest for a few minutes, checking to see how well they are softening. Once the curd is pliable, put on gloves and manipulate it into a homogeneous pliable mass. By pressing and stretching, work a small amount of the water into the curd. Stretch the curd in on itself, ensuring that it is smooth, uniform, and glossy throughout the mass. Once the mass is uniform, pinch off balls of the curd at the desired size and place the newly formed cheese in a salted ice bath. The cheese will cool and firm.
7. Store the finished cheese in the whey remaining from the curd production. Salt the whey lightly, at 10 percent saturation.

» **CHEF'S NOTES** Hand-pulled mozzarella is common at the garde manger station in many restaurants, but few chefs make the cheese with their own fresh curd. As with other pasta filata-style cheeses, mozzarella requires the production of a particularly high-acid curd that requires a long acidification time.

Mozzarella may also be made with direct acidification. To do so, add 15 fl oz/450 mL of vinegar to

4 gal/15.36 L of pasteurized milk at 90°F/32°C. Immediately following this direct acidification, add 0.6 tsp/3 mL rennet diluted in 3 fl oz/90 mL cold water. After 10 minutes cut the curd into hazelnut-size pieces, stir the curd 5 to 10 minutes while maintaining 90°F/32°C, and then allow the curd to settle in the warm whey. Cut strips from the curd, and then proceed to stretch the curd and store it in brine as detailed above.

1. Cutting the mozzarella curd to prepare for stretching.

2. Work hot salt water into the pasta filata-style curd to achieve a smooth plastic mass.



tomme-style cheese

Calcium chloride (optional)

7 gal/26.88 L raw or pasteurized cow's, goat's, or sheep's milk to yield a 6- to 8-lb/2.72- to 3.63-kg wheel

1/2 tsp/2.50 mL mesophilic culture

1/8 tsp/0.60 mL aromatic-type culture

1.1 tsp/5.50 ml rennet

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1. Add the calcium chloride to the milk if using. Heat the milk to 90°F/32°C.
 2. Add the cultures, allowing it to hydrate on the surface of the milk for 2 minutes before mixing it under with the gentle up-and-down strokes of a ladle.
 3. Allow the milk to acidify for 40 minutes.
 4. Add the rennet diluted in 5 fl oz/150 mL cold water, stirring it under with gentle up-and-down strokes and making an effort to still the milk afterward.
 5. Check the time it takes the curd to begin firming (the flocculation time), and multiply it by a factor of 3. For example, if the flocculation point is reached in 8 minutes, then test the curd for cutting at 28 minutes.
 6. Cut the curd into pea-size pieces once the expected coagulation time passes and the curd passes the clean break test.
 7. Cook the curd for 25 minutes, raising the temperature by 1°F every 3 minutes to 95°F/35°C, and then by 1°F every 2 minutes to 100°F/37°C.
 8. Drain the whey and hoop the curd, pressing and kneading the curd into the molds. Then place a follower on each mold and press with a 10-lb/4.54-kg weight for 1 hour.
 9. Turn the cheese after the first hour and continue pressing. Turn and press the cheese twice more within a 4-hour period.
 10. On the second day, put the cheese in a saturated brine solution and brine at a rate of 3 hours per 1 lb/454 g. Turn the cheese over halfway through the brining period.
 11. Allow the cheese to dry several days before moving it into a ripening environment of 55°F/13°C and 95 percent relative humidity. Turn the cheese every other day, and encourage the growth of wild molds. If molds develop slowly or not at all, spraying the surface of the cheese with a solution of 1/8 tsp/0.60 mL *Penicillium candidum* powder in 1 qt/960 mL water will help inoculate the surface. Should mold grow too aggressively, brush the cheese to control growth. The cheese will be ready in 3 months.
 12. Turn the cheese once every 2 days during the first 4 weeks of ripening, and then once a week during the second and third months.

» **CHEF'S NOTES** Tomme-style cheese encompasses a wide range of possibilities. A tomme-style cheese is generally not pressed, has a natural rind, and frequently relies on basic mesophilic cultures and some wild surface ripening cultures. Tomme de Savoie, from France, is a classic example of this style of cheese. Italian Toma from the Piedmont region is similar, showing a slightly open structure and a creamy and somewhat soft paste. Tomme-style cheese typically exhibits the natural molds of the place it was made. While these two examples are made from cow's milk, sheep's milk, goat's milk, or a blend of milks may also be used. This basic recipe serves as a standard for semihard cheese typically ripened for 8 to 12 weeks.

Tomme-style cheese is easier to make than other styles that depend on the uniform development of surface cultures. Common challenges that arise during the ripening of the cheese may be a wrinkling or cracking of the rind due to imperfect ripening conditions, or bitterness in the paste. Bitter flavors that develop early on during ripening often pass with time. This cheese is not designed to ripen much past 4 months and will show little positive development beyond that period. Note that this cheese is best enjoyed as a component to a cheese plate, in salads, or on sandwiches. It will not melt uniformly, and will generally release butterfat when heated.

alpine-style cheese

Calcium chloride (optional)

18 gal/69.12 L raw or pasteurized cow's milk
should yield one 15-lb/6.80-kg wheel

3/4 tsp/3.75 mL thermophilic culture
(*Streptococcus thermophilus*)

1/8 tsp/0.60 mL *Lactobacillus helveticus*

1/8 tsp/0.60 mL *Lactobacillus lactis*

Pinch *Propionibacterium freudenreichii*
subsp. *shermanii*

2.8 tsp/14 mL rennet

Salt, as needed

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1. Add the calcium chloride to the milk if using. Warm the milk to 90°F/32°C. Add the cultures, sprinkling the grains over the surface of the milk and allowing it to rest for 2 minutes. Then stir the cultures under. The powdery *Propionibacterium* culture mixes into the batch best if first stirred into a small amount of 90°F/32°C milk and then added it to the rest. Culture the milk for 45 minutes.
 2. Dilute the rennet in 8 fl oz/240 mL of cold water. Stir it into the milk using top-to-bottom strokes with a ladle, and then make an effort to still the milk afterward.
 3. Watch for the flocculation point. Multiply this time by 3 to determine the set time. If the flocculation point is noticeable at 12 minutes, for example, then return to cut the curd at 36 minutes.
 4. After the set time has passed, check the curd firmness and cut the curd into 1/4-in/6-mm cubes.
 5. Allow the curd to rest for 3 minutes after cutting, and then gently stir the curd for 40 minutes, maintaining the 90°F/32°C working temperature.
 6. Heat the curds and whey 1°F every minute, to 120°F/49°C, while constantly stirring. This should take 30 minutes. Hold the curds at this final temperature, stirring once every 3 to 5 minutes to prevent matting, until the curd is firm and passes the cup test.
 7. Ladle the whey from the vessel, and then lift out the matted curd into a large cheese hoop lined with cheesecloth. Do not let the curd cool before it is all in the cheese hoop. Cover the new cheese with the cheesecloth and press with 30 lb/13.61 kg of pressure for 30 minutes.
 8. Turn the cheese over, rewrap it, and press it again with 30 lb/13.61 kg of pressure for 30 minutes. Then flip, rewrap, and press the cheese twice more at 1-hour intervals.
 9. The next day, remove the cheese from the press and put it in a saturated salt brine for 3 hours for each 2 lb/907 g of cheese. If the cheese is 15 lb/6.80 kg, for example, then brine it for 45 hours total (22½ hours on each side; the cheese will float, and it must be turned halfway through the brining process).

10. After brining, hold the cheese in a 65°F/18°C environment with 90 percent humidity, and allow the cheese to dry and develop a thin rind over the course of ten days. Wipe it down with cheesecloth soaked in a 5 percent salt solution once every two days to keep it clean, but be cautious not to wet the cheese. Turn the cheese every day for the first 4 weeks of ripening.

11. Hold the cheese in the 65°F/18°C environment for 4 additional weeks. To protect the cheese and keep it in a properly humid environment, consider storing it on a plastic ripening mat in a plastic box with a few holes. The cheese will expand significantly during the first weeks of aging as the *Propionibacterium* produce trapped gas. During this time, if mold grows on the surface of the cheese and is difficult to eradicate, wipe the cheese with a solution of equal parts white vinegar and salt. Dry the wheel after each such treatment.

12. Continue to age the cheese in a ripening environment with moderate air movement at 55°F/13°C and 90 to 95 percent humidity. Age the cheese for 4 to 5 months, turning once every 2 to 3 days after the first month.

13. Use a cheese trier to evaluate the cheese before cutting it.

» **CHEF'S NOTES** Alpine-style cheeses gain their unique nutty rich flavor and smooth paste consistency from high cooking temperatures during the cheese-making process. The addition of *Propionibacteria freudenreichii* subsp. *shermanii* causes gas to collect in the cheese while it ages, producing the characteristic holes, or “eyes,” found in cheeses such as Emmentaler. It is absolutely necessary to make this cheese with thermophilic cultures that can survive the high process temperatures required.

This recipe will yield a meltable cheese with an elastic paste and sweet nutty flavor profile. While the 15-lb/6.80-kg wheel is close to the traditional size of many Alpine cheeses, smaller wheels will yield similar results. A properly ripened wheel will show a uniform distribution of air bubbles within the paste. Large centralized spaces are not as desirable as smaller holes distributed throughout the cheese.

» **VARIATION** To make a caraway-flavored version of this Swiss-style cheese, boil 4 oz/113 g caraway seed in enough water to cover for 15 minutes. Strain the seeds, add the flavored water to the milk, and proceed with the recipe. Once the whey is drained from the curd, mix the seeds into the warm curd and proceed with hooping.

EVALUATING AND CARING FOR CHEESE

Thankfully, most cheese mongers are usually forthcoming with samples. It would otherwise be very challenging (and expensive!) to become familiar with what constitutes good cheese. Each unique cheese offers its own criteria, but generally good cheese shows balance in its flavors, aromas, and textures. The best way to develop an appreciation and vocabulary for cheese is to taste extensively. This section offers basic techniques, vocabulary, and cheese examples to assist in evaluating and describing cheese, as well as suggestions on how to preserve a cheese's quality with proper storage.

Not all cheeses begin under the same circumstances, so always consider the context of a cheese when evaluating it. Industrially produced cheeses are able to maintain great consistency while achieving high production volumes, but they may not be as unique as small-scale producers' cheeses. Artisan producers' cheeses may show some variation in quality but often offer more unique flavor profiles. Therefore, while style and component standards exist for certain cheeses, be cautious not to automatically dismiss cheeses that diverge from prescribed forms. Remember that the range of cheeses available today

exists due to cheese makers' creative responses to the unique conditions of their own production.

Rigid definitions and style markers define common cheeses for government standards, international judging, and commodity markets. Stylistic guidelines suggest, for example, that a Camembert-style cheese should not exhibit any blue mold on its surface, or that a piece of French Comté should not exhibit any air holes in its paste. More technically, the USDA defines categories of cheese based on the cheese's moisture and fat content. Mozzarella cheese, for example, legally must have a moisture content ranging from 52 to 60 percent and have no less than 45 percent milkfat in the dry mass (that is, 45 percent of the cheese solids, after dehydration, must be milkfat). As defined by the French government's Institut National des Appellations d'Origine, Camembert de Normandie must measure between 10.5 and 11 cm in diameter and contain 45 percent fat in its dry mass. These strict definitions state what the cheese must show in order to be true to style. Of all such numbers, the percentage of moisture and percentage of fat in the finished cheese are most closely controlled.

Depending on the country of origin, this measurement of fat content may be abbreviated differently. For example, it is listed as *Fett in der Trockenmasse (F.i.T.)* in Germany or *matière grasse (MG)* in France. In the United States, artisan and farmstead cheese makers may or may not list this information; for these, the holistic evaluation of the cheese is more important than any particular component. This section details some general style markers for fresh, bloomy-rind, natural-rind, washed-rind, and blue cheeses. While cheeses may technically more often be sorted by moisture along the lines of firmness, this approach takes into account applications for the garde manger based on appearance, aroma, flavor, and texture.

cheese softness and fat content

DO NOT BE MISLED by the creaminess of cheese to believe that soft cheese texture relates to high fat content. Except for fresh cheeses made from cream, such as mascarpone, or double-cream cheeses made from fortified milk, the softer cheeses are often lower in fat per serving than hard aged cheeses such as Parmigiano-Reggiano.

evaluating cheese

When selecting cheese, evaluate the visual aspect, aroma, flavor, and paste consistency of each sample.

visual evaluation

A visual inspection of the rind and profile of a cut cheese generally indicates the soundness of its production and its level of ripeness.

FRESH CHEESE If soft and spreadable, fresh cheese such as chèvre, fromage blanc, or German quark should show a pale white color with generally fine texture. Chèvre contains approximately 60 to 70 percent moisture, but it should appear dry and somewhat granular. Fromage blanc, on the other hand, is often sold as a softer lactic-set cheese traditionally produced without rennet. Because fromage blanc can be made from skim milk, whole milk, or cream-fortified milk, the percentage of fat in the dry mass may range from

0 to 20 percent, or even higher. Most soft fresh cheeses hold a varying amount of moisture depending on how long they have been drained. Some may be visibly moist, like yogurt, while others are much drier and may be treated like a spread. German quark and Russian tvorog, fresh cheeses made with or without rennet, also range in their percentage of fat and generally exhibit a drier texture that makes them especially suitable for use in filling and baking applications. Note that higher-acid fresh cheeses easily grow mold on exposed surfaces, and the mold can sometimes be difficult to identify. The best of such cheeses are used within only a few days of production.

BLOOMY RIND CHEESE The white mold on a Loire Valley goat cheese such as Sainte-Maure or a Camembert-style cheese from Vermont is an integral part of the cheese. Bloomy refers to the velvety mold growth on the surface of the cheese, which should fully and evenly encase the cheese. Typically the white *Penicillium candidum* mold grows in cooperation with the yeast *Geotrichum candidum*, resulting in a color that can range from ivory white to straw yellow. The mold's proteolytic enzymes advance the aging of the cheese from the outside inward. On soft-ripened cheeses, where the outer edge of the cheese ripens to become increasingly softer, check for rind slippage—the rind should remain firmly attached to the cheese and not readily peel or slip off like a skin. Depending on the style, bloomy-rind cheese may or may not show spots of other mold, such as the dark-colored *Mucor* mold or various shades of blue. Artisan cheese makers may find it difficult to control the spread of other molds onto their bloomy-rind cheeses, especially if they have only one ripening room at their disposal. When evaluating such multiple-mold soft ripened cheeses, approach them as expressions of the unique fungal diversity of the place of production.

the cheese mite: a ripening nuisance

THE CHEESE MITE, *Tyroglyphus siro*, is generally considered a nuisance by cheese makers. These tiny insects, invisible to the naked eye, burrow into the hard rinds of aging cheeses, leaving a powdery trail behind them. While some cheeses are said to benefit from the aeration resulting from these insects' work, most cheese makers strive to control them by regularly brushing the surfaces of ripening cheeses. Cheese mites degrade rinds to look uneven, rough, or porous, and can thoroughly damage cheese if left unchecked.

NATURAL-RIND CHEESE Many aged semi-soft (more than 45 percent moisture) or semihard (35 to 45 percent moisture) artisan and farmstead cheeses show a natural rind. Tetilla, a Spanish cow's milk cheese, contains 50 percent moisture and has a clean and thin dry straw-colored rind. Tomme de Savoie, a semihard French cheese, develops a mottled dry rind expressive of the numerous molds and yeasts of the production environment.

Depending on the cheese, natural rinds may show more or less uniformity of color and ripening cultures. Such rinds should always show integrity, however—cracks, wet areas, or other physical damage indicate a compromised cheese. Aside from the impressions left by plastic draining mats or metal ripening racks, the surface of the cheese rind should be smooth. A deeply wrinkled cheese rind or a shriveled appearance that resembles the



1. Danish Havarti shows mechanical holes in its paste.
2. The curd structure is visible in this artisan Cheddar from Bobolink Farm.
3. Aged Gouda—here four years old—often develops crystals of tyrosine, an amino acid, in the paste.
4. Italian pecorino reveals the darker hue of the paste near the rind.



surface of the rind may indicate problems in the make process or improper care during aging, while cracked rinds suggest that the ripening environment was too dry or otherwise climactically unstable. Cheese mite damage, while unavoidable for some small-scale cheese makers, should be minimal in most cases (see sidebar on page 401). Unless the cheese is a washed-rind or fresh cheese, wet surfaces or very damp and soft rinds hint at possible spoilage or off flavors. Additionally, wheels that look especially bulbous hint at late blowing, a condition resulting from infection by several types of *Clostridium* bacteria. The cut profile of such wheels will reveal concentrated gas bubbles at the center where there should be smooth paste—an indication of problems in animal feed or sanitation practices that render the cheese unfit for consumption. Such symptoms may not develop until 6 or more weeks into the ripening process.

When inspecting a cheese with a hard developed rind, look at the gradient of color closest to the rind. If a wide band of graduated dark color runs near the surface of the cheese, the cheese may be especially aged. Five- to seven-year-old Gouda, for example, exhibits such depth of rind. Visual evaluation also allows for an assessment of the cheese's structure. Mechanical holes, as in Stilton, large air holes ("eyes") produced by the gas by-products of *Propionibacteria*, as in Emmentaler, or small eyes, as in Havarti, hint at the cultures used and the process temperatures of production. A visual inspection may also reveal the presence of calcium lactate crystals, a positive feature common to aged hard cheeses such as Parmigiano-Reggiano and English Cheddar.

WASHED-RIND CHEESE Generally the most aromatic of all cheeses, washed-rind cheeses tend to show interesting tactile qualities and unique color. The intensity of the *Brevibacterium*

linens ripening culture smear varies from cheese to cheese. Swiss raclette has a tacky yet relatively dry surface, while Hooligan, a farmstead cheese from Cato Corner Farm in Colchester, Connecticut, shows a stickier rind. Washed-rind cheeses should not be slimy or cracked, but they will generally show a range of color from golden amber to deep reddish orange. Sometimes, as in French Reblochon, this color may be muted or blended with the white of mold. Take note that especially uniform and brightly colored rinds may result from the addition of coloring agents. American industrial Muenster, for example, mimics the appearance of true washed-rind cheese with the addition of annatto, a natural colorant. Traditional Muenster from Alsace (usually spelled Munster), on the other hand, will show a uniform copper-orange color due to the smear culture growing on its surface. The paste of washed-rind cheese varies from firm to very soft, depending on the ripeness of the cheese. At room temperature, the paste of such common washed-rind cheeses as taleggio, Munster d'Alsace, or Pont l'Évêque should gently bulge outward from the cut surface. Take caution when buying cheeses riper than this—running paste typically indicates a cheese almost past its prime. Washed-rind cheese typically should be soft and sensual but not liquefied.

BLUE CHEESE Because blue mold will grow only on exposed surfaces on or within the cheese, all blue cheese is porous to some degree. Stilton, for example, maintains a loose structure because its curds are allowed to drain and firm before being loosely packed together, leaving irregular channels within the cheese. Roquefort, made of sheep's milk, grows blue mold in the long channels created through "needling" the cheese, or poking long shaftways through the paste to make room for the mold to grow and breathe. Most blue cheeses contain between 30 and 50 percent moisture and around 30 percent fat in their dry matter. Spanish Cabrales, for example,

waxed-rind cheese: a special note

WAXING maintains cheese moisture and protects ripening cheese from infection with molds. Waxing also slows the ripening process and allows the cheese to ripen over a longer period of time. These cheeses should not show moisture trapped between the wax and the cheese. Commonly waxed styles include Gouda, Edam, Cheddar, and Colby. Traditionally, wax colors have been used to indicate quality or style. Black has often been reserved for the longest-aged, such as an old

Cheddar, while red has indicated a younger cheese, such as a young Gouda. Some cheese makers may vacuum-seal cheese in heavy plastic bags instead of waxing. In the United States, industrial Cheddar is usually aged under plastic in 40-lb/18.14-kg blocks. Some artisan cheese makers also prefer the ease of vacuum sealing in plastic over waxing. Waxed cheeses are easier to store than others, given that the wax acts as a barrier against dehydration under refrigeration conditions.

contains 30 to 35 percent water and around 31 percent fat in the dry mass. Some blue cheeses may show substantially softer paste than others. Ripe Gorgonzola is soft and creamy to the touch, and Bleu d’Auvergne from France is also noticeably softer than firmer examples such as Point Reyes Farmstead Cheese’s Original Blue from California, which is made in a Danish blue style. Because of their high moisture content, blue cheeses come wrapped in foil.

aromatic evaluation

The aroma of a cheese says much about its production process, stage of ripeness, and health. Even acidity, while certainly a function of taste, may often be determined from the intensity of lactic and fruity aromas a cheese gives off. Different styles of cheese presuppose certain aromatic profiles. For example, many cooked-curd Alpine-style cheeses exhibit caramel or nutty aromas, and higher-acid English cheeses often give

themselves away with biting, piquant aromas. Goat’s milk cheeses may show an especially pronounced “goaty” aroma due to specific fatty acids in the milk that differ from those in cow’s milk. Sheep’s milk cheese also shows a “sheepy” aroma, one that might be described as earthy or lanolin-like. Ammoniated, basement-like, or rancid aromas signal that a cheese has been improperly ripened or stored, or that it is overripe.

FRESH CHEESE Fresh cheese should radiate a clean lactic aroma with hints of acidic fruitiness. Fresh cheese may show milky, yogurty, bright, sour, and sweet aromas. Be cautious with fresh cheeses that smell moldy or generally unclean, as they may taste bitter, and their shelf life may be short.

BLOOMY-RIND CHEESE Often favored by customers because they are generally mild and creamy on the palate and unintrusive to the nose, bloomy-rind cheeses smell mushroomy

and earthy on the rind, and richly milky in the interior. These generally mild aromas promise the harmony and balance of a properly ripened bloomy-rind cheese. If ammoniated or intensely sourly fruity, such cheeses may be past their prime or suffering from improper storage.

NATURAL-RIND CHEESE When new cheese enters the ripening room, its sweet lactic aroma is far simpler than when it exits 5, 12, or even 200 weeks later. Through the processes of proteolysis and lipolysis, many new aromatic compounds develop through the breakdown of proteins and fats. Look for earthy, nutty, caramelized, mushroomy, piquant, and fruity aromas in aged natural-rind cheeses. Consider the aroma of the rind itself in comparison with the paste. A slight animal or barnyard odor is perfectly acceptable as long as it doesn't interfere with the overall balance of the cheese. Take caution if a cheese smells strongly ammoniated, however. While allowing a wrapped cheese to breathe may help ammoniated aromas dissipate,

overripe and abused cheeses may continue to give off an aroma of ammonia as an indication of their putrefaction.

WASHED-RIND CHEESE The ripening culture *Brevibacterium linens* takes credit for the pungent aroma of washed-rind cheeses. Aside from the skins of salty cheeses, *B. linens* also thrive on the human skin, where it may cause characteristic foot odor. The pungent smell of washed-rind cheese is savory and alluringly rich. If putrid or severely off-putting, the cheese is possibly overripe. Other words that capture the aroma of these classically “stinky” cheeses such as German Limburger, French Époisses, and Belgian Fromage de Herve include meaty, earthy, and barnyard.

BLUE CHEESE The direct and piercing aroma of *Penicillium roqueforti* announces a ripe blue cheese from a distance: earthy and mushroomy, with an almost metallic edge. While many blue cheeses taste sweet and earthy, their aroma may suggest a stronger intensity.

1. Camembert de Normandie AOC, a bloomy-rind cheese, at service temperature.

2. Ripened Munster d'Alsace, a washed-rind cheese, at service temperature.



flavor evaluation

Smelling cheese orthonasally will indicate only limited aromas, while chewing the cheese to capture the aromas retronasally will reveal much more about the product. This will, of course, also unlock the cheese's particular tastes and flavors. Pay attention to the balance of acidity with sweetness. Cheese acidity varies with cheese style, and the intensity of cheese flavors is often strongest with drier aged cheeses. Check for bitter notes in the finish of the cheese. Rind bitterness is a common challenge for artisan bloomy-rind cheeses. Note also the intensity of salt. Whereas intentionally salty cheeses such as Italian ricotta salata and Mexican Cotija should taste forwardly salty, the saltiness of a cheese typically should not dominate the palate but rather complement the other tastes present.

FRESH CHEESE Flavors of fresh cheese range widely depending on the milk used, the fat content of the cheese, and the moisture content of the cheese. Goaty or sheepy flavors may be apparent in fresh cheese made from those milks, yet such flavors should never seem overpowering. Especially in the case of goat cheese, cheese that tastes gamy and intensely animal, or “bucky,” could be the result of lactating does being kept in close proximity to rutting bucks. Fattier cheeses such as crème fraîche, which generally is around 30 percent fat, and mascarpone, which has a fat level of 45 to 55 percent, will deliver a rich round flavor accented by balancing acidity. Rennet-set fresh cheese such as Polish twaróg is milky and sweet-tasting.

BLOOMY-RIND CHEESE A fine bloomy-rind cheese delivers sweet, salty, acidic, and even slightly bitter flavors in balanced complement to each other. Whereas mass-produced Brie-style cheese may show only a forwardly sweet and salty profile with a thick mouthfeel, artisan cheeses in this category add the deep

flavors of forest floor, lactic buttery notes, fruity acidity that is almost tropical, and mineral saline flavors that linger. Watch out for bitter-tasting rinds or paste, or ammoniated cheese that does not recover even after being left out to breathe; these are signs of faults during the cheese-making process or subsequent storage.

NATURAL-RIND CHEESE This broad category ranges widely in flavor, from sweet and nutty to piquant and salty. In tomme-style cheeses, look for a balance of acidity to sweetness and saltiness. Check for an absence of bitterness, which may indicate over-renneting or improper aging. Many cooked-curd Alpine-style cheeses, such as French Beaufort, Swiss Emmentaler, and Austrian Bergkäse, may show caramelized and nutty notes from the high heat and select thermophilic bacteria used during production. Due to the specific cheddaring process, which is designed to raise acidity drastically during the cheese-making process, many English Cheddars and similar cheeses may exhibit a bright sour character balanced with forward salinity. Pasta filata-style cheeses such as caciocavallo or provolone exhibit a sweet milky taste when younger than two to three months and a sharper acidic bite when older.

WASHED-RIND CHEESE This most aromatic category of cheese often surprises customers with its richly sweet and salty tastes accented by earthy aromas. The almost meaty flavor profile of some washed-rind cheeses makes them incredibly satisfying, calling to mind woody, mineral, and barnyard qualities. In the mouth, the thin rind populated by *B. linens* bacteria offers a contrasting crunch when compared with the soft, giving paste of the cheese.

BLUE CHEESE The balance struck by a fine Stilton, Cabrales, Roquefort, or Gorgonzola is one of salty mineral tang against creamy

sweet paste. Stilton shows an especially high level of acidity, but the cheese's creamy high-moisture paste soothes the palate and protects it from the potentially piercing fruitiness of the cheese. While blue cheese can sometimes be oversalted to a fault, this category generally does taste saltier than many others. In concert with this saline profile is the earthy minerality resulting from the extensive growth of *Penicillium roqueforti* mold.

textural evaluation

Depending on the application intended for the cheese, the texture of the sample may ultimately decide how appropriate it is. Consider the brittleness or elasticity of the paste, the granular quality in the mouth, and the prospective meltability of the cheese.

FRESH CHEESE Although they do not melt well, fresh cheeses act as excellent bases for applications in the garde manger kitchen. Due to its high moisture content and uniform consistency, fromage blanc lends itself to mixing into sauces. Firmer fresh cheeses such as

chèvre and quark make excellent fillings for baked items. Many fresh cheeses work well in baking applications because they are relatively low in fat and will not separate when heated.

SOFT-RIPENED CHEESE Soft-ripened cheese displays zones of varying texture. In some, such as a St. André, a triple-cream cheese from Normandy, a clear gradation from a chalky center to a creamy and soft outer ring is evident—this would be considered the ideal stage of ripeness for such a cheese. When serving it, it is important to present a piece that shows all three elements: core, outer ripened area, and rind. Flat soft-ripened cheese, such as Camembert, achieves maturity when the paste is uniformly softened and bulging. When whole, the cheese should give under slight pressure. When cut, the center ivory paste should bulge outward. Overripe soft-ripened cheese will become runny to the point where it flows out of its moldy rind casing. Such cheese is beyond useful application.

NATURAL-RIND CHEESE The texture of tomme-style, Alpine-style, and hard aged cheeses varies widely. Tomme-style cheese, which is often lightly pressed, may range from soft to relatively firm. Alpine-style cheeses such as French Beaufort or Swiss Appenzeller, most frequently cooked to high temperatures (115°F/46°C) during the cheese-making process, generally show a more compact and firm paste with an elastic bend. When folded, such cheese breaks along smooth striated lines. Farmhouse Cheddar, even though pressed with considerable pressure (up to 40 pounds pressure/2.81 kg per cm²), will continue to show curd structure in the finished cheese. Aged English Cheddars will show firm and dry texture, while industrial American Cheddars show elastic uniformity and greater meltability. Among the hard cheeses, not only are Italian grana cheeses cooked to very high temperatures of 130°F/54°C but the individual

meltability

MELTABILITY depends on how the casein in cheese is structured. Fresh and high-moisture cheeses do not melt because of the presence of water interrupting the formation of a continuous casein matrix. Other cheeses, such as Parmesan, are too dry and acidic to melt into a stringy mass, like the kind a customer would hope to find on a grilled sandwich. The pH level of cheese also has a tremendous influence on cheese's meltability. Low pH may result in clumpy cheese, while higher pH may lead to stringy qualities.

curd pieces are cut to the small size of rice grains. As in all cheeses, this particular process has a significant impact on the resulting texture of the cheese: it is very dry, fine, and granular.

WASHED-RIND CHEESE Texture varies widely with washed-rind cheeses. The size of such cheeses has much to do with how aggressively they soften as the ripening process progresses. Taleggio, for example, boasts a large size, 8 by 8 in/20 by 20 cm, with over 1 in/3 cm of thickness. This cheese ripens uniformly but takes much longer to become thoroughly soft than an Alsatian Munster, which is, in its smaller version, only about 4 in/10 cm in diameter and much thinner. Depending on the initial cheese-making process, the paste may be softer or firmer. Swiss raclette is an uncooked curd yet is pressed, which results in a firm paste that retains elasticity and superior meltability.

BLUE CHEESE Depending on the fat content of the cheese, blue cheese can range from firm and somewhat drier cheese, as with Ca brales from Spain, to softer and creamier, as with French Bleu d’Auvergne. The high moisture content of many blue cheeses means that as they age, they will soften and break down rapidly. A very ripe Gorgonzola can appear to be almost spreadable, for example.

a note of quality and origin

Commodity cheese, such as industrially produced Danish Havarti, American Colby, or Australian block Cheddar, is standardized and of generally consistent quality. These cheeses, while dependable, will not offer the customer the variety of discoveries that the world of cheese affords. Artisan and farmstead cheeses, such as farmhouse Reblochon from the French Alps, Ewe’s Blue from the Old Chatham Shepherding Company in New

York State, or Seastack from Mt. Townsend Creamery in Washington State, exemplify the range of difference and possibility that will make diners’ experience more memorable. Small artisan cheese makers take pride in their product and should be expected to send only their best cheese on to customers. Nevertheless, the careful evaluation of all cheese on the market is necessary in order to ensure that the garde manger works with only the best-quality products.

cheese storage

Buy cheese on a regular basis in small quantities. It is challenging to replicate the storage facilities found at the producing farm or cheese monger’s ripening cave in a restaurant refrigerator, and cheese is rather perishable. While hard cheeses may prove durable under storage conditions, they still risk drying out or taking on foreign aromas. Soft-ripened and washed-rind cheese should be purchased close to the height of ripeness, but they degrade quickly—do not hold on to them past their prime hoping to make a few more sales. Instead, constantly cycle new cheeses into the garde manger so that all cheese selections shine. By paying attention to cheese quality and development, and by storing cheese properly, the garde manger can maintain a cheese program that generates rather than loses money.

After identifying and procuring good-quality cheese, ensure that it is stored in a way that maintains the products’ quality. Ideally, cheese should be purchased frequently in small quantities and not require much storage. Due to the cramped, warm, and humid environment of most professional kitchens, they are not good places for storing cheese. Commercial refrigerators typically are aggressively cold and dry, which can dehydrate cheese. Therefore, store cheese in a small dedicated refrigerator, and adjust it to an ideal



Wrap cheese for storage in two-ply cheese wrap.

temperature range of 45° to 60°F/7° to 16°C and a humidity level of 80 to 95 percent. One way to do this might be to change the settings on a small refrigerator and keep a shallow pan of clean water on the bottom shelf of the unit to boost humidity. A dedicated refrigerator also prevents the cheese from picking up the invasive aromas of other foods.

Refrigeration significantly slows the ripening process by decreasing the activity of ripening cultures in the cheese, but it unfortunately does not introduce much fresh air—something that cheese needs. This is one reason not to keep cheese in storage

for long; it is difficult to replicate the ideal conditions of affinage. Avoid wrapping cheese in impermeable materials. Rather, allow it to continue to respire. Specialized two-ply permeable plastic cheese wrap, available from some cheese-making suppliers, helps to keep cheese clean and protected from air currents while permitting it to breathe. Another approach is to stick plastic cling film to the cut surfaces only, allowing the cheese to continue to breathe through the exposed rind. Waxed, butcher, or parchment paper, in combination with plastic wrap, may be used as well, which can be especially useful on soft washed-rind or soft-ripened cheeses. Blue cheese, which tends to be high in moisture, should be wrapped in plastic wrap or foil and generally stores very well under such conditions.

Many cheeses would be happiest stored at room temperature, protected from high heat and air movement but still allowed to breathe. While it is necessary to store fresh uncultured cheeses such as ricotta and mascarpone under refrigeration, other cheeses may be successfully stored in a cool room temperature environment (60° to 65°F/16° to 18°C) for a limited number of days. Wrap such cheeses in specialized waxed cheese paper to prevent dehydration, and keep them in a protected area.

Mold is natural for most cheeses and usually does not indicate spoilage. Because mold grows only on surfaces exposed to air, many artisan cheeses will mold on cut surfaces. Generally the mold growing on the cut surface is the same as that which grew originally on the rind. Should such cheese grow mold on cut surfaces, trim the surfaces by slicing a thin layer off the front. This is called “facing” the cheese, and is a generally common practice when caring for artisan and farmstead cheese. Should mold grow on the surface of commodity cheese, where it was not part of the original production process, the FDA recommends trimming 1 in/3 cm of cheese off the molded surface.

DESCRIBING AND SERVING CHEESE

serving cheese

Cheese service, whether the cheese is plated or served tableside from a cheese cart, demands a basic familiarity with the profiles of the cheeses offered and their capacity to be tasted in succession and paired with other food and drink. This section offers vocabulary for articulating the qualities of cheese, food and beverage pairings for successful matches with specific cheeses, and recipes for common cheese accompaniments that complete any cheese plate.

the vocabulary of cheese

When describing cheese, use vivid language that conveys the convergence of appearance, aroma, flavor, and texture. The short list below offers a few terms for conveying the positive sensory qualities of cheese to customers. These terms may also prove useful when considering the progression of cheeses in a tasting, or when pairing foods and beverages to cheeses.

APPEARANCE	AROMA	TASTE AND FLAVOR	TEXTURE
Uniform	Barnyard	Acidic	Smooth
Curdy	Caramel	Robust	Creamy
Cracked	Fruity	Mild	Spreadable
Plump	Goaty	Biting	Elastic
Open-structure paste	Grassy	Meaty	Crystallized
Mottled	Lactic	Sweet	Brittle
Smooth paste	Metallic	Yeasty	Chalky
Dry	Mushroomy	Salty	Granular
Bulging	Nutty	Moldy	Wet
With holes	Pungent	Piquant	Unctuous



Cheese exploration board; Mozzarella Company's hoja santa-wrapped fresh goat's milk cheese from Texas, Robiola Due Latte from Piedmont (mixed cow's and sheep's milk), Pecorino Oro Antico, aromatic Pont l'Évêque from Normandy, and a hard four-year-old Gouda from the Netherlands.

cheese plate design

The cheese plate is the garde manger's opportunity to show off the diversity of cheeses selected for the customer. Focus on thematic groups when designing a cheese plate. Take into account milk type, rind type, age, country of origin, and aromatic and flavor profiles. Order cheeses according to the intensity of flavor. Begin with fresh cheeses, move through bloomy-rind selections, showcase firmer natural-rind pieces, offer washed-rind cheeses, and finally finish with blue cheeses.

For maximum diversity, pair cheeses made from different milks, cheeses of different origins, and cheeses of varying intensity. For example, a plate of five cheeses might feature a goat's milk cheese, a sheep's milk cheese, and a mixed-milk cheese. It might also include a hard aged cheese, a bloomy-rind cheese, a washed-rind cheese, and a fresh cheese. Finally, it could represent the cheese traditions of France, Italy, the Netherlands, and the United States. Such a cheese plate might be like the following:



American artisan cheese board: Ash-ripened bloomy-rind Seastack from Washington State, a moderately aged goat's milk crottin from California, smoked Gouda from Vermont, aged cow's milk cheese from Wisconsin, and a sheep's milk blue cheese from New York State.

CHEESE EXPLORATION BOARD

Fresh goat's milk cheese from California (goat, fresh, American)

Robiola Due Latte from Italy (mixed cow and sheep, bloomy rind, Italian)

Pont l'Évêque from France (cow's milk, washed rind, French)

Artisan pecorino from Italy (sheep's milk, hard aged, Italian)

Aged Gouda from the Netherlands (cow's milk, hard aged, Dutch)

Another approach may focus on single-origin flights of cheese. For example, a cheese

plate could highlight the styles and traditions of the United Kingdom, a country that produces more than seven hundred different named varieties, according to the Cheeses of the United Kingdom Board. Such a selection might be as follows:

CHEESES OF THE UNITED KINGDOM BOARD

Caerphilly (cow's milk, natural rind, acidic, smooth paste)

Double Gloucester (cow's milk, clothbound, creamy and nutty)

Cheshire (cow's milk, clothbound, firm and tangy)

Extra Mature Somerset Cheddar (cow's milk, clothbound, crumbly with tangy and meaty notes)

Stilton (cow's milk, moist, buttery and mineral)

Another approach would be to focus on one particular class of cheese. For example, the extensive artisan and farmstead cheese offerings of the United States allows for a very particular list of selections that represent differences in milk type and cheese style:

UNITED STATES ARTISAN AND FARMSTEAD CHEESE BOARD

Mt. Townsend Creamery Seastack (Washington) (cow's milk, bloomy rind, creamy and mushroomy)

Redwood Hill Farm California Crottin (California) (goat's milk, bloomy rind, milky and goaty)

Taylor Farm Vermont Farmstead Gouda (Vermont) (cow's milk, waxed rind, sweet and nutty)

Upland Cheese Company Pleasant Ridge Reserve (Wisconsin) (cow's milk, washed rind, sweet and grassy)

Old Chatham Shepherding Company Shaker Blue (New York) (sheep's milk, blue cheese, creamy and piquant)

While the star of any cheese plate should be the cheese, accompaniments often add to the pleasure of cheese by providing an interactive and complimentary pairing with the cheese. Traditionally, roasted nuts, fresh and dried fruits, honey, breads, and crackers accompany cheese well. Bloomy-rind cheese makes a mellow pairing with toasted walnuts and fresh fruit such as grapes, apples, and pears. Tomme- and Alpine-style cheeses also match well with toasted nuts and dried fruits, such as prunes and dried figs. Blue cheese pairs well with sweet concentrated foods, such as berry compotes, honey, and dried fruits.

CHEESE CATEGORIES AT A GLANCE

CHEESE TYPE	COUNTRY OF ORIGIN, PRODUCTION, OR GREATEST AVAILABILITY	SPECIAL NOTES	MILK TYPE
FRESH UNRIPENED (see photo on page 418)			
Farmer's cheese	European countries under various names and styles; United States and Canada	Farmer's cheese and its international equivalents vary considerably in texture, which reflects moisture content and percentage fat. Note that when recipes call for farmer's cheese, the moisture and fat in the cheese may or may not be specified. European recipes in which farmer's cheese is used as a substitution for German quark, Russian tvorog, or French fromage blanc may produce slightly different results depending on the cheese used. This cheese is sometimes labeled as "baking cheese," or may carry a name in reference to a European style.	Cow
Chèvre frais	France and other European countries; United States and Canada	Domestically produced fresh goat's milk cheese is common. Look to purchase such cheese from a local producer. The fresher it is, the better. The moisture content may vary between different producers, as will the goatiness of the cheese. Experiment with different fresh goat's milk cheese to identify the one that works best for a particular use.	Goat
Mascarpone	Italy; United States and Canada	Because it is not a cultured dairy product but is rather set with citric or tartaric acid, mascarpone is less acidic than lactic-set fresh cheeses. It is also especially rich, given that it is produced from cream.	Cow

CURD METHOD	RIND TYPE	DESCRIPTORS	POTENTIAL FAULTS	USES
Traditionally lactic-set, although sometimes made with rennet to produce a faster set and firmer cheese; uncooked	Fresh and rindless	Lactic, milky, acidic, fruity, creamy	Musty or yeasty aroma or flavor, dried out, mold visible on surface	Farmer's cheese forms an excellent base for spreads, fillings, and dips. Use it as an adhesive component for building canapés. Blend such cheeses with herbs and spices or sweeteners such as honey, maple syrup, or agave syrup to yield spreads that are flavorful and lower in fat than cream cheese. Quark combined with eggs, sugar, and flour may be used to make Austrian quarktorte. French fromage blanc is traditionally used to make cervelle de canut (see recipe on page 59). In Russia, tvorog is used to make a bread called <i>notruschki</i> .
Lactic-set (or semi-lactic, using a small amount of rennet); uncooked	Fresh and rindless	Mildly goaty, earthy, lactic, fruity, and creamy	"Bucky" aroma or flavor, yeasty aroma or flavor, dried out, mold visible on surface	Customers widely accept fresh goat cheese as a component in salads, on sandwiches, and as a filling. The cheese's unique flavor and rich texture invite further creativity—consider using it as a component in sauces or desserts. It makes an excellent cheesecake.
Acid-set; uncooked	Fresh and rindless	Milky, mild, velvety, richly creamy, and sweet	Musty or yeasty aroma or flavor, dried out, mold visible on surface	Mascarpone originates in the Lombardy region of northern Italy. While it is a common dairy ingredient in pasta dishes and desserts such as tiramisù, consider applications such as using the cheese as a sandwich spread or as a soup garnish. The great majority of the dry matter in mascarpone is butterfat, making it an intriguing stand-in for whipped cream on desserts or butter on sandwiches. Alternatively, fold whipped cream and mascarpone together in equal amounts by volume to yield a rich topping, or do the same with sour cream to produce a tart yet very rich spread.

CHEESE TYPE	COUNTRY OF ORIGIN, PRODUCTION, OR GREATEST AVAILABILITY	SPECIAL NOTES	MILK TYPE
SOFT RIPENED (see photo on page 418)			
Camembert style	France; United States and Canada	While Camembert originates in Normandy, France, where it is protected as an <i>appellation d'origine contrôlée</i> , the style is widely replicated. Advocates of raw-milk cheese laud the quality of hand-ladled raw-milk Camembert. On imported Camembert from Normandy look for the phrase " <i>Fabrication traditionnelle au lait cru avec moulage à la louche</i> ," which indicates that the cheese molds were hand-filled using small ladles during production. This distinction sets such cheeses apart from industrially produced versions. Because it is difficult to age artisan Camembert-style cheese past the required 60 days for raw-milk cheeses in the United States, it is very challenging to find raw-milk examples of this cheese in the United States. Some examples do exist, however, typically aged at low temperatures to retard development. During production, the soft uncooked Camembert curd is very delicate and requires gentle handling, including careful dry salting following drainage.	Cow (French traditional), sheep or goat (North American variants)
Brie style	France; United States and Canada	While many recognize raw-milk Brie de Meaux from the Île-de-France region as the foundational expression of the Brie style, it is very challenging (and often prohibited) to get it in the United States. The Brie style of cheese is made internationally, although few come close to replicating the compact soft paste and concentrated richness of the French originals. Industrially produced Brie-style cheese differs from artisan versions, notably in the choice to use slow-acting cultures that prolong shelf life. Mass-produced Brie generally does not ripen as aggressively to achieve the depth of flavor and soft texture expected of a quality artisan Brie. Some producers in the United States are now making Brie with cultures that allow for the characteristic progressive ripening from the rind to the core.	Cow
Robiola Due Latte	Italy	Mixed-milk cheeses traditionally afford the cheese maker the flexibility to produce a cheese reflective of the milks available in the season. On the plate, mixed-milk cheeses provide complexity, variation, and customer interest. This Italian selection from the border region of Lombardy and Piedmont offers a distinctive alternative to the more common Brie and Camembert.	Cow, sheep, or goat, mixed or alone
Triple crème style	France, United States, and Canada	The triple-cream style is exemplified by such northern French cheeses as Brillat-Savarin and Pierre Robert. The style is also made elsewhere. Some have a thicker and more developed rind, and others may have closer to what is considered a natural rind. As a class, these decadent cheeses are unctuously buttery, with a smooth creamy paste.	Cow

CURD METHOD	RIND TYPE	DESCRIPTORS	POTENTIAL FAULTS	USES
Rennet-set; uncooked	Bloomy rind	Mushroomy, lactic, buttery, creamy, mildly salty, sweet, supple, herbaceous, not too acidic, earthy. Select wheels that show proteolytic breakdown near the rind, resulting in a soft creamy texture, and a firmer less-developed center.	Bitter rind or paste, skin slippage, invasive molds (blue mold or black hairy mucedo), underripe (firm or chalky), overripe (runny or oozing), or ammoniated	Properly ripened Camembert-style cheese is a classic selection for any cheese board, paired with acidic fruits such as grapes and roasted nuts. It adds earthy depth to sandwiches. Take advantage of the soft paste to use it in creative applications.
Rennet-set; uncooked	Bloomy rind	Brie shares some qualities with Camembert: compact soft paste, mushroomy, straw, lactic, buttery, earthy, herbaceous, earthy, not too acidic	Bitter rind or paste, skin slippage, invasive molds (blue mold or black hairy mucedo), underripe (firm or chalky), overripe (runny or oozing), or ammoniated	Classic preparations include baked Brie, typically relying on industrially produced Brie, which is certain to melt in a uniform way. Properly ripened artisan Brie belongs untouched on a cheese plate. Note that Camembert-style and Brie-style cheeses depend on very similar processes; the size of the wheels is the main difference. Brie de Meaux measures 14 to 15 in/35.5 to 38 cm across and is about 1 in/2.5 cm thick. American producers may adjust the size of the cheese.
Rennet-set; uncooked	Bloomy rind, yet often featuring a complex combination of surface-ripening organisms	Earthy, sour, meaty, mushroomy, buttery, supple	Underripe (too firm), overripe (very soft or runny), ammoniated or overly pungent animal aromas or tastes, overly dry or cracked rind	When properly served at room temperature, this meaty and richly soft cheese might provide the pungent finish to a lineup of soft ripened cheese. Robiola shares some characteristics with taleggio, the acidic washed-rind cheese from the same region of northern Italy. The inclusion of goat's or sheep's milk adds a delicious barnyard complexity. Aside from serving a choice piece on a cheese plate, try adding Robiola Due Latte to the cheese mix on a pizza or flatbread (it melts well).
Rennet-set; uncooked	Bloomy rind	Lactic (diacetyl), buttery, floral, creamy, low acidity	Underripe (too firm), overripe (very soft or runny), ammoniated, overly dry or cracked rind	With its high percentage of fat, consider the use of soft triple-cream cheese in the place of butter on canapés, in finger sandwiches, and even in dressing vegetables. The cheese does not melt like butter but may be incorporated in many instances to deliver an especially rich cultured dairy taste. Pair this style of cheese with high-acid fruits or bitter and astringent foods.

FRESH UNRIPENED CHEESES (see table on page 414)

1. fromage blanc, 2. fresh goat's milk cheese, and 3. mascarpone



SOFT RIPENED CHEESES (see table on page 416)

Bloomy-rind cheeses: 1. Camembert de Normandie AOC, 2. American Brie-style cheese, and 3. St. André triple-crème cheese



1

3

2

4



SEMISOFT CHEESES (see table on page 420)

1. Danish Havarti, 2. Italian Fontina, 3. American Monterey Jack, and 4. American Colby cheese

CHEDDAR CHEESES (see table on page 422)

1. Cabot Cheddar from Vermont, 2. Quicke's clothbound Cheddar from the United Kingdom, 3. American artisan Cheddar from Bobolink Farm in New Jersey, and 4. processed Cheddar from New York State

1

3

4



2

CHEESE TYPE	COUNTRY OF ORIGIN, PRODUCTION, OR GREATEST AVAILABILITY	SPECIAL NOTES	MILK TYPE
SEMISOFT (see photo on page 419)			
Monterey Jack	United States	Monterey Jack is an original American cheese developed during the 19th century. Both artisan and industrial versions exist, as well as flavored versions. Monterey Jack is commonly sold as a semisoft cheese with 40% to 50% moisture, although much drier aged versions also exist. Aged dry Jack, which may mature for as long as 4 to 6 years, is generally only available from an artisan producer.	Cow
Havarti	Denmark, United States, Canada	This washed-curd cheese features an open structure, meaning that the paste is riddled with small irregular holes. In the United States, the cheese is generally packed in plastic and has no developed rind, although dry natural-rind and washed-rind Havarti are also common. Producers often flavor Havarti as well, with caraway seeds being one of the most-used flavoring adjuncts.	Cow
Fontina	Italy, Denmark	Originating in the Aosta Valley in northern Italy, Fontina features a thin reddish natural rind as a result of continual washing with brine during ripening. The giving paste and herbaceous buttery qualities are indicative of the traditional cheese. While Fontina is a protected cheese from northern Italy, Fontina-style cheese from Denmark is commonly available in the United States. The great majority of Fontina is semisoft, but the cheese may also be aged to yield a hard cheese.	Cow

CURD METHOD	RIND TYPE	DESCRIPTORS	POTENTIAL FAULTS	USES
Rennet-set; cooked to a moderate temperature	Soft natural rind (undeveloped and sold waxed or wrapped in plastic), or hard natural rind (brushed and cleaned during ripening)	The semisoft cheese is pliable, mild, creamy, sweet, and lightly salty. The hard cheese is piquant, brittle, and nutty. Common adjuncts include sweet or spicy peppers, black pepper, horseradish, and herbs.	Bulbous wheel or apparent air holes in cheese, bitter, squeaky or rubbery, too salty, excess moisture under wax or plastic wrapping, other off flavors	Semisoft Jack cheese features superior meltability, making it a deli cheese favorite and a common cheese in cooking. It is commonly used in such preparations as quesadillas, or in making cheese fritters. Because it is mild and has a familiar soft uniform texture, Jack can please a wide range of customers. Use hard dry Jack as a grating cheese to finish salads and soups.
Rennet-set; washed curd cooked to a moderate temperature	Undeveloped plastic-wrapped, natural dry, or washed rind	Creamy, milky, buttery, slightly sweet, mild, pliable	Bulbous wheel or apparent air holes in cheese, bitter, squeaky or rubbery, too salty, excess moisture under wax or plastic wrapping, other off flavors	Given its mild character, Havarti generally pleases a large diverse crowd. This cheese melts well and is a good fit for grilled paninis.
Rennet-set; cooked to a high temperature	Natural washed rind (dry with a reddish hue and earthy aroma); undeveloped natural rind or waxed rind on versions produced elsewhere	Creamy, supple, straw-yellow paste, buttery, herbaceous, fruity	Bulbous wheel or apparent air holes in cheese, bitter, squeaky or rubbery, too salty, excess moisture under wax or plastic wrapping, other off flavors	Fontina fonduta, a traditional preparation from the Aosta Valley, calls for mixing melted Fontina and cream with tempered egg yolks. Use the resulting rich sauce to finish vegetables, meats, or polenta.

CHEESE TYPE	COUNTRY OF ORIGIN, PRODUCTION, OR GREATEST AVAILABILITY	SPECIAL NOTES	MILK TYPE
CHEDDAR (see photo on page 419)			
English clothbound Cheddar	United Kingdom, United States	Traditionally, the bandage wraps on wheels of Cheddar are greased with lard. The cloth and fat protects the cheese from mold and rapid moisture loss, while still allowing the cheese to breathe. Wheel weights range from 30 to over 50 lb/13.61 kg to over 22.68 kg, depending on the producer. Smaller wheels may be called "truckles." Recognize a cut piece of clothbound cheese by the lasting impression of woven cloth on the rind, the coarse break of the paste, and a characteristically acidic bite.	Cow
Industrial block Cheddar	United States and Canada; worldwide Commonwealth countries, including South Africa, Australia, and New Zealand	As an international commodity cheese, industrial Cheddar shares little with the clothbound aged style. Such cheese is generally mechanically produced in 40 lb/18.14 kg blocks, aged in plastic at low temperatures, and arrives at retail locations with no developed rind. Such cheese is marketed according to its perceptible acidity, following categories such as mild, sharp, and extra sharp. Flavored versions also exist, incorporating adjuncts such as peppers or horseradish. Colored versions should have a uniform yellow-orange hue, which is the result of the addition of annatto, a natural food dye.	Cow
Processed "Cheddar"	International	Processed cheese has become the norm for many North American consumers. The uniform pliable texture and consistent aroma and flavor are the result of enzymatic and heat processes that recombine finished cheese into the final product, which manufacturers typically acidify and dye.	Cow

CURD METHOD	RIND TYPE	DESCRIPTORS	POTENTIAL FAULTS	USES
Rennet-set; cooked to a moderate temperature and cheddared	Natural rind (clothbound)	Nutty, piquant, acidic, salty, meaty, grassy, earthy, and buttery	Cracks in wheels, veins of mold (if undesired), bitter taste, or overly salty	Traditional clothbound Cheddar deserves a place on the cheese plate. The dry curdy texture, crunchy calcium lactate crystals of some examples, and rich buttery flavor spiked with a piquant bite make the style a vivid contrast to milder cheeses. While the meltability of such cheeses is only moderate, add a bit to au gratin vegetable dishes to introduce the characteristic salty tang of this English tradition.
Rennet-set; cooked to a moderate temperature and mechanically cheddared	Natural rind (undeveloped)	Mild to acidic profile, buttery, sweet, pliable, curdy texture along broken edges, and lactic	Fissures in the surface of the cheese, any mold growth whatsoever, bitter taste, excessively hard or soft texture, or poor meltability	Industrially produced Cheddar is the most common commodity cheese in the world. In the United States, seek out Cheddar made by regional cooperatives; examples exist on both the East and West coasts. Cooperatives by nature indicate the origin of their milk and offer a sense of identity to their product, something generic cheeses or national brands cannot do as well. Industrial Cheddar is a good inexpensive alternative, offers versatility in the kitchen, and is generally accepted by customers.
Processed from existing scraps of cheese	Natural rind (undeveloped)	Pliable, uniform texture, uniform color, mild to bland, sweet, salty	Irregularities in the cheese, water or fat separation, holes, and any form of mold	While processed cheese generally may not find an audience in fine dining establishments, its low cost and the general consumer appreciation of its uniformity and mild characteristics may make it a good choice in some food-service venues. Processed cheese promises absolute uniformity in meltability and sensory characteristics.

CHEESE TYPE	COUNTRY OF ORIGIN, PRODUCTION, OR GREATEST AVAILABILITY	SPECIAL NOTES	MILK TYPE
BLUE MOLD (see photo on page 428)			
Stilton	United Kingdom	As England's only protected cheese, the manufacture of Stilton is defined by law. This semihard blue may not always feature heavy bluing, showing rather a cream-colored paste with regular blue veins that may concentrate in the center of the cylindrical wheel. As with other blue cheeses, Stilton is pierced with needles to encourage the growth of <i>Penicillium roqueforti</i> .	Cow
Roquefort	France	The name <i>Penicillium roqueforti</i> comes from Roquefort, a city in the southern Auvergne province of France, where blue-veined sheep's milk cheese has been aged for centuries in a wide network of limestone caves under Mt. Combalou. The cheese generally shows heavy bluing in mechanical spaces in the paste, as well as along needle channels. In 1921, this was the first French cheese to earn <i>appellation d'origine contrôlée</i> status. Of the twelve producers of Roquefort, Société des Caves et des Producteurs Réunis de Roquefort is the largest.	Sheep
Gorgonzola	Italy	Gorgonzola may vary in characteristics more than Stilton and Roquefort. This cheese from the Lombardy region of northern Italy is aged near Milan. Production is now largely industrial, where the cheeses are aged in warehouses for about 5 months before export to the United States. Gorgonzola dolce, or sweet Gorgonzola, is a softer and less blue version of the cheese.	Cow
Danish blue style	Denmark, United States	As a style, Danish blue is widely replicated. This firm crumbly cheese, typically aged for 3 to 4 months, features uniform bluing among a fairly white paste. Imported Danish examples generally cost a fraction of other international blue cheeses. In the United States, both industrially produced and artisan examples are available.	Cow

CURD METHOD	RIND TYPE	DESCRIPTORS	POTENTIAL FAULTS	USES
Rennet-set; cooked to a moderate temperature	Natural rind, showing holes from the needling of the cheese and some blue mold, with a reddish-brown hue	Acidic, mild to pronounced saltiness, creamy yellow paste, moist and crumbly texture, mineral taste, fruity	Chalky or excessively crumbly (insufficient aging), oversalted, dried out	Given its rich creamy texture, mineral tang, and syrupy salty qualities, Stilton pairs well with dried fruits such as figs, prunes, and dates. Whereas many cheeses may pair well with a variety of wines, Stilton shines when coupled with a fortified red wine such as port or Banyuls. Stilton adds depth and zing to leafy salads or preparations including sweet root vegetables such as beets. Its soft consistency allows it to be used as a filling; try stuffing dates or fresh Seckel pears with the cheese and then baking them.
Rennet-set; cooked to a moderate temperature	Natural rind, showing some bluing on the exterior	Soft ivory paste, sheep's milk tang, mild saltiness, mineral taste, creamy	Bitter, excessively salty, or acidic tastes, dried out	A "king of cheeses" alongside Stilton, Roquefort deserves its place on the cheese plate. Beyond sampling the cheese in its pure form, the cheese also complements leafy salads well. Try baking Roquefort into a tart or quiche for a pungent addition of mineral tang.
Rennet-set; cooked to a moderate temperature	Natural rind, with often a very moist reddish-brown surface that shows needle holes	Blue-green mold within an ivory paste, rather supple paste, buttery consistency, sweet, pungent	Exceedingly slimy or decaying rind, bitter taste, dried out	Gorgonzola's creamy paste makes it ideal for incorporation into fillings or using it as a spread on bread. Combine Gorgonzola with ricotta to form the cheese base of a savory cheesecake. Gorgonzola is decidedly less intense than Stilton or Roquefort and should precede them in a tasting of blue cheeses.
Rennet-set; cooked to a moderate temperature	Natural rind, relatively dry to the touch and white to ivory in color, with needle holes evident	Mineral, tangy, sweet, dry, and crumbly	Dried out, overly salty, uncharacteristically soft paste	This type of blue is the common style used to make blue cheese dressing or dip. Be aware that significantly different quality levels exist in this category; some are excellent table cheeses, while others may lend themselves to cooking. When tasting Danish-style blue cheese, look for depth of flavor, a mineral tang, and a balance of creamy sweetness with saltiness.

CHEESE TYPE	COUNTRY OF ORIGIN, PRODUCTION, OR GREATEST AVAILABILITY	SPECIAL NOTES	MILK TYPE
HISPANIC (see photo on page 428)			
Cotija	Mexico, United States	This singular Mexican cheese originates in the central western state of Michoacán. The production process calls for milling the curd and then pressing it, resulting in a dry and granular texture. Because this cheese was developed in a warm climate, Cotija is more heavily salted than other cheeses to aid in its preservation—it contains over twice as much salt than traditional Cheddar. This bone-white cheese is traditionally aged for 3 to 4 months, although industrial versions may be finished in less than 2 months.	Cow
Panela	Mexico, United States	The Spanish word <i>panela</i> means “basket.” The imprint of the plastic draining basket is clearly visible on the rind of this fresh mild cheese.	Cow
Queso para freir	Mexico, Central America, Caribbean, United States	This cheese, which is noticeably very salty, holds its shape under heat and is therefore a good choice as a cheese for frying, hence its name.	Cow
Queso blanco	Mexico, Central America, United States	This soft and creamy cheese functions as a topping, stuffing, and mixing base in traditional Mexican cuisine.	Cow

CURD METHOD	RIND TYPE	DESCRIPTORS	POTENTIAL FAULTS	USES
Rennet-set; cooked and milled curd	Natural rind (undeveloped)	Bone-white rind and paste, dry granular texture, salty, forwardly acidic, sour lactic aroma	Yeasty aroma or taste, any type of mold growth, excessively dried out (depending on style), bitter taste	Because Cotija is especially dry, granular, and salty, it is commonly used as a topping cheese crumbled over classic Mexican dishes such as black beans or enchiladas. This cheese does not melt, contributing a unique granular texture to dishes. When seasoning dishes, keep in mind that the cheese is very salty. Rely on Cotija to fill in the role of final seasoning. This cheese is generally too salty to be enjoyed as a table cheese.
Rennet-set	Fresh	Bone-white rind and paste, dry granular texture, salty, forwardly acidic, sour lactic aroma	Yeasty aroma or taste, any type of mold growth, excessively dried out (depending on style), bitter taste	Use panela in much the same way one would crumble Cotija over traditional Mexican foods as a topping.
Rennet-set	Fresh	Bone-white rind and paste, dry granular texture, very salty, forwardly acidic, sour lactic aroma	Yeasty aroma or taste, any type of mold growth, excessively dried out (depending on style), bitter taste	When fried, queso para freir will develop a golden brown crust and a soft molten interior.
Acid-set	Fresh	Bone-white rind and paste, soft, lactic	Yeasty aroma or taste, any type of mold growth, excessively dried out (depending on style), bitter taste	Use queso blanco in much the same way that one would crumble Cotija over traditional Mexican food.



BLUE MOLD CHEESES (see table on page 424)

1. Stilton from the United Kingdom, 2. Roquefort AOC from southern France (sheep's milk), 3. Danish blue cheese, and 4. Gorgonzola from northern Italy.

HISPANIC CHEESES (see table on page 426)

1. queso Oaxaqueño wrapped in a corn husk, 2. queso blanco, 3. Cotija, 4. queso fresco del campo, and 5. queso para freír





PASTA FILATA (see table on page 430)

1. American industrial mozzarella, 2. artisan caciocavallo from New York State, 3. Italian provolone, and 4. hand-pulled mozzarella



BRINED CHEESES (see table on page 432)

1. feta and 2. halloumi

CHEESE TYPE	COUNTRY OF ORIGIN, PRODUCTION, OR GREATEST AVAILABILITY	SPECIAL NOTES	MILK TYPE
PASTA FILATA (see photo on page 429)			
Mozzarella	Italy, international	While traditionally made with buffalo's milk in southern Italy, mozzarella from buffalo represents only a fraction of a percent of the mozzarella consumed in the world today. In the United States, the pizza industry drives mozzarella production; over half of all the cheese produced annually in California is industrial mozzarella destined to be used as a deli cheese or end up on a pizza. Mechanically produced block mozzarella is very different from the hand-stretched version. Artisan mozzarella typically has a higher moisture content, strikes a sensual balance between salinity, acidity, and sweetness, and exhibits a smooth striated structure within the cheese. An important distinction in artisan mozzarella production is whether the cheese maker makes the curd or simply buys industrially produced curd. While both approaches can yield a fine product, the former highlights the particular freshness and provenance of the milk.	Cow or water buffalo
Caciocavallo	Italy, United States	This aged pasta filata-style cheese may be purchased young to be served as a slicing cheese (2 to 3 months old) or old to be used as a grating cheese (6 to 12 months old). Traditionally, caciocavallo's unique shape is bulbous with a small knob on one end, enabling two cheeses to be tied on either side of a string and hung over the rafters of a building. Block caciocavallo is also common. This southern Italian cheese develops a leathery rind over time and may sometimes be available waxed. A small amount of artisan caciocavallo is produced in the United States.	Cow
Provolone	Italy, Latin America, United States	Like mozzarella, provolone is produced and consumed worldwide. Varied levels of ripeness are available, from pliable and sweet younger cheese to well-aged and piquant hard versions. During the production of artisan provolone, molds may grow on the surfaces of the aging hanging cheeses. These molds penetrate the cheese and aid in ripening. Because it is a pasta filata-style cheese, provolone may be formed into a number of different shapes, from long cylinders to blocks. Their surfaces are cleaned prior to sale, and some are waxed.	Cow
Scamorza	Italy	This pasta filata-style cheese is made by a process resembling that for caciocavallo. It is commonly smoked, upon which it develops a skin-thin brown rind.	Cow

CURD METHOD	RIND TYPE	DESCRIPTORS	POTENTIAL FAULTS	USES
Rennet-set; pasta-filata style	Fresh, with a thin porcelain-white skin	Mild acidity, briny, sweet, very clean taste, striated smooth texture	Mechanical holes in the cheese, waterlogged, overly salty, biting acidity, slimy surface texture, anything other than a pure milky smell	Because mozzarella is best when freshest, making the cheese in-house will yield a superior quality to packaged versions intended for longer shelf life. Whether making the cheese from purchased curds or from milk, hand-pulled mozzarella is an entertaining show for the customer and enables the garde manger station to produce pieces of cheese at any desired size. In addition, making hand-pulled mozzarella in-house allows for the option of incorporating herbs, cured meats such as prosciutto, or other ingredients into mozzarella rolls or other specialty shapes. For an additional specialty, cold smoke the cheese whole until it acquires a light brown surface color and rich smoky aroma.
Rennet-set; pasta-filata style	Waxed or natural	Homogeneous white to ivory paste, thin to leathery straw-yellow rind, sweet buttery taste, uniform meltability, mild salinity	Extremely dry or cracked, molds in the paste, bitter taste	Caciocavallo is similar to provolone in consistency and uses. The unique shape of this cheese makes it an attractive component on a cheese cart, where small-sized versions can be shown off in their entirety, still with a string tied around the narrow end. This cheese's mild taste profile makes it inoffensive to most. As a grating cheese, aged caciocavallo is not as piquant as other hard Italian cheeses, so more may be used.
Rennet-set; pasta-filata style	Waxed or natural	Younger provolone is sweet, mildly salty, and moister than older versions. Aged, this cheese is piquant, hard, and may show small cracks in the paste.	Extremely dry or cracked, molds in the paste, bitter taste	Known in the United States as an ubiquitous deli slicing cheese, provolone holds much more promise. The uniform yellow-ivory hue of the paste looks appealing on a cheese plate. Medium-aged examples of this cheese both grate and melt well, allowing for creative uses on breads and baked casserole-style dishes.
Rennet-set; pasta-filata	Natural; brined or smoked	Milky, sweet, smoky, salty	Extremely dry or cracked, molds in the paste, bitter taste	Scamorza performs especially well as a baking cheese.

CHEESE TYPE	COUNTRY OF ORIGIN, PRODUCTION, OR GREATEST AVAILABILITY	SPECIAL NOTES	MILK TYPE
BRINED (see photo on page 429)			
Feta	Greece, Eastern Europe, Western Europe, United States, Canada	Brine-packed cheeses such as feta are common to countries around the eastern Mediterranean, including Crete, Greece, Turkey, and the Balkan states. Although traditionally made with sheep's or goat's milk, the majority of feta in the world is now made from cow's milk—including most of what is produced in the United States. Because it is packed in a preserving brine, feta travels across the Atlantic and stores exceptionally well. When working with feta, be sure to use extremely hygienic methods when handling the brine, and keep the container closed even when it is in a deli display case. This will ensure that the cheese does not pick up off odors or contaminants. Avoid buying precut feta cubes, as these tend not to store as well.	Cow, sheep, or goat
Halloumi	Cyprus, Greece, United States	Halloumi originates in Cyprus. Due to the cheese-making process, in which the curd is cooked in whey to the boiling point, halloumi is very heat resistant and therefore does not melt easily.	Goat or sheep
Teleme	Greece, Romania, Bulgaria, Turkey	Similar to feta, this uncooked cheese from goat's or sheep's milk is common throughout Eastern Europe and Turkey. Curds are clothbound in squares, which then soak in brine or may be packed in dry salt for preservation.	Goat or sheep
Beyaz peynir	Turkey	This plain white cheese is often part of a Turkish breakfast. It is available in the United States packed in brine in square plastic containers.	Sheep

CURD METHOD	RIND TYPE	DESCRIPTORS	POTENTIAL FAULTS	USES
Rennet-set; cooked to a moderate temperature	Natural; packed in brine	Moist yet crumbly texture, acidic and salty taste, sweet milkiness	Excessively sour or yeasty taste, dark-colored brine, dried-out cheese, any type of mold growth	Call upon feta's briny, acidic qualities to add vibrant taste to salads, wraps, sandwiches. Use it in stuffed vegetable preparations. The cheese retains its shape and texture when heated, adding visual and textural appeal to dishes. When choosing feta to be used in a dish, discern between cheese made from sheep's, goat's, or cow's milk. Sheep's milk examples are generally available in the United States as imports from Eastern Europe, and often they do not cost significantly more than domestic feta, which is rather inexpensive.
Rennet-set; boiled curd	Natural; packed in plastic with some whey-based brine	Soft yet elastic texture, lactic flavor, mild and slightly salty	Yeasty, overly salted, or rancid	Because of its unique heat-resistant properties, halloumi is popularly grilled or pan fried. It develops an attractive golden crust and softens under the heat, yet does not melt. This property opens up many creative possibilities for this cheese as a passed appetizer, salad component, or garnish.
Rennet-set; uncooked	Natural; packed in brine or dry salt	Lactic, milky, sheepy or goaty, rather salty	Yeasty, overly salted, or rancid	Use this cheese in the place of feta. Consider connecting the cheese to culturally specific cuisine when preparing Turkish or Eastern European-inspired dishes.
Rennet-set; uncooked	Natural; packed in brine	Mild and bland	Yeasty, overly salted, or rancid	This cheese is rather mild compared with other brined cheeses. As is done in Turkey, consider including it as an option on a breakfast buffet.

CHEESE TYPE	COUNTRY OF ORIGIN, PRODUCTION, OR GREATEST AVAILABILITY	SPECIAL NOTES	MILK TYPE
HARD (see photo on page 436)			
Parmigiano-Reggiano	Italy	Hailing from between 700 and 800 producers in Emilia-Romagna, Parmigiano-Reggiano is one of the most-requested cheeses at the cheese counter and most-used cheeses in the kitchen. At 3 years of age, when Parmigiano-Reggiano earns the distinction of <i>stravecchio</i> , this cheese delivers a powerful mix of savory, mineral, and complexly acidic flavors along with a granular texture that melts in the mouth. Parmigiano-Reggiano is a grana-style cheese. There are other options in this category, such as grana padano or domestic versions. These cheeses generally cost less, but they do not conform to the strict standards enforced in the production of Parmigiano-Reggiano, and therefore they don't deliver the same refined character.	Cow
Aged Gouda	Netherlands, international	Gouda is a semihard to hard washed-curd cheese available in a range of styles. Young Gouda at less than 1 year of age is pliable and melts well. Aged Gouda, which could be as old as 4 to 7 years, is hard and incredibly concentrated. As it ages, Gouda develops a sweet caramelized profile while also becoming more piquant. As a general style, Gouda has spread far beyond its origins near Rotterdam to become a favored cheese throughout the world, with a strong appreciation for the cheese in Latin America.	Cow
Pecorino	Italy	In Italy, the descriptor <i>pecorino</i> indicates that a cheese is made from sheep's milk. While this could suggest numerous styles, typically pecorino is a hard and sharply tangy cheese. Regional Italian pecorino cheeses include pecorino Toscano, pecorino Romano, pecorino Sardo, and pecorino Siciliano. The cheese-making process varies between regions. While the curd for pecorino Romano is heated to a high scalding temperature, the curd for pecorino Siciliano never rises above 100°F/38°C. In both cases, the cheese is aged for more than half a year until the rind is hard and the paste is relatively brittle. Hard aged pecorino cheeses represent the strongest tradition of sheep's milk cheese making in Italy.	Sheep
Sbrinz	Switzerland, France, Germany, Italy	Sbrinz represents one of the oldest surviving cheese traditions. Made in the pastures of central Switzerland, this cooked-curd cheese is believed by some to predate Italy's Parmigiano-Reggiano. Following a high-temperature scald of small curd pieces and a substantial pressing, the massive 90-pound wheels are aged for at least 2 years and often up to 8. The result is a very hard paste, which over the centuries has enabled it to endure travel far from its Alpine birthplace.	Cow

CURD METHOD	RIND TYPE	DESCRIPTORS	POTENTIAL FAULTS	USES
Rennet-set; cooked to a high temperature	Natural; thick golden rind stamped with the words Parmigiano-Reggiano	Piquant acidity, umami richness, dense pale straw-yellow paste, visually dry and granular, calcium lactate crystals	Any type of mold growth, wet upon sale or in storage, dried out	When selecting Parmigiano-Reggiano, consider the age categories available: <i>giovane</i> (1 year), <i>vecchio</i> (2 years), <i>stravecchio</i> (3 years), <i>stravecchione</i> (4 years). The younger categories cost less and satisfy most needs in the kitchen, while the older categories make the cheese a distinguished focal point on a cheese plate. As the cheese ages, it dehydrates and concentrates in flavor. While famously offered tableside as a grating cheese, Parmigiano-Reggiano's low moisture, meltability, and concentrated flavor make it a unique cooking ingredient. Incorporate the cheese into tuile batter for a unique crisp, or even bake the shredded cheese on a silicone mat to yield a savory garnish.
Rennet-set; cooked to a moderate temperature	Natural brushed rind, or waxed	Aged: hard deep yellow to orange paste, piquant tangy acidity, salty, caramelized or butterscotch flavor	Cracks in wheels, dark patches within the paste, veins of mold, bitter taste, or overly salty	Aged Gouda is a fantastic table cheese to follow near the end of a tasting. Pair it with sweet accompaniments such as fig cake or dried fruits.
Rennet-set; cooked to a moderate or high temperature, depending on style	Natural hard rind	Dominant sheepy flavor, hard paste, forwardly acidic	Cracks in wheels, dark patches within the paste, veins of mold, bitter taste, or overly salty	Although hard pecorino cheeses do not offer the same level of complexity afforded by Parmigiano-Reggiano, they may be used as a grating cheese in its place over pasta, soups, and salads. Consider the option of choosing a regional pecorino that complements the origin of the Italian dish it accompanies—something that can't be done with Parmigiano-Reggiano.
Rennet-set; cooked to a high temperature	Natural brushed and oiled rind	Very hard straw-yellow paste, granular texture, nutty, mildly salty, complex	Cracks in wheels, dark patches within the paste, veins of mold, bitter taste, or overly salty	Traditionally Sbrinz may be enjoyed sliced paper-thin on a specialized cheese plane. Try using a deli slicer to produce similarly transparent and curly slices. Otherwise, use Sbrinz as the Swiss do, to finish risotto, adding thinly sliced pieces near the end of cooking.

1



2



HARD CHEESES (see table on page 434)

1. aged Gouda and 2. Parmigiano-Reggiano

WASHED RIND CHEESES (see table on page 440)

1. raclette, 2. taleggio, and 3. Munster Géromé

1



2



3



ALPINE STYLE FIRM CHEESES (see table on page 438)

1. Comté AOC from France, 2. Emmentaler, and 3. Gruyère from Switzerland



CHEESE TYPE	COUNTRY OF ORIGIN, PRODUCTION, OR GREATEST AVAILABILITY	SPECIAL NOTES	MILK TYPE
ALPINE-STYLE FIRM (see photo on page 437)			
Beaufort	France	Classified as a style of Gruyère, which includes some of the hard cheeses of the Alpine regions of east-central France and Switzerland, Beaufort locates its centuries-old tradition in the summer pastures of France's Savoie region. Six months to a year of aging means that summer cheese enters the market in the late fall and early winter. Identify Beaufort from its trademark convex rind edge and its uniquely herbal aroma and taste. Beaufort d'été indicates cheese made from summer milk, while Beaufort d'alpage indicates Alpine cheese.	Cow
Comté	France	As the leading cheese within France in terms of both production and consumption, the French consume 40% of the 38,000 tons made annually in the Jura mountains of east-central France. While also classified as a type of Gruyère, Comté stands apart from other Alpine cheeses for its supple paste. It features some holes and a sweet nutty taste. The cheese is generally made by cooperative creameries called <i>fruitières</i> .	Cow
Emmentaler	Switzerland ("Emmentaler Switzerland"), France, Norway, United States	Internationally, <i>Swiss cheese</i> indicates a firm cheese with elastic paste and holes. Emmentaler Switzerland is the original (and generally much better) version. The addition of <i>Propionibacteria</i> and a careful maturation temperature ensure formation of large frequent eyes in the paste of the cheese, some measuring to over an inch in diameter. The immense wheels often weigh over 150 lb/68.04 kg.	Cow
Gruyère	Switzerland	While reflected in Beaufort and Comté, which are two Gruyère-style cheeses from France, Swiss Gruyère remains the original inspiration for cooked-curd Alpine cheese. Swiss Gruyère is generally not aged as long as others in this family; most of the cheese is sold under 8 months of age, but it takes at least 10 to 12 months for the cheese to begin approaching full ripeness. Gruyère is second only to Emmentaler in terms of Swiss national production numbers.	Cow

CURD METHOD	RIND TYPE	DESCRIPTORS	POTENTIAL FAULTS	USES
Rennet-set; cooked to a high temperature	Natural rind, which is washed with brine during the aging process to keep the wheels clean and develop a tough rind	Smooth thin rind, straw-yellow paste with small irregular eyes, concentrated, grassy, honeyed, fruity, herbal, butterscotch flavor, nutty	Cracks in wheels, dark patches within the paste, veins of mold, bitter taste, or overly salty	Beaufort's smooth meltability make it ideal for baked cheese dishes, in au gratin preparations, and as a component in fondue. It is one of the finest of the Gruyère cheeses.
Rennet-set; cooked to a high temperature	Natural rind, which is washed with brine during the aging process to keep the wheels clean and develop a tough rind	Yellow-white paste with small sparse holes, sweet nutty taste	Cracks in wheels, dark patches within the paste, veins of mold, bitter taste, or overly salty	Versatility is the secret to Comté's success. From salads, to table cheese, to cooking ingredient, the cheese performs well and is widely appreciated (it does not taste as strong as Beaufort). For an ultimate cheeseburger or slider with cheese, lay a slab of Comté over the meat near the end of grilling. As with most Gruyère cheeses, its meltability makes it a great fondue cheese or ingredient in baked items, such as a vegetable tart or au gratin preparation. This cheese makes an excellent croque-monsieur.
Rennet-set; cooked to a high temperature	Natural rind	Hard golden-brown rind, elastic paste, mildly acidic, sweet and nutty	Irregularities of the holes, such as intense clustering, very large holes, or holes clustered to one side of the cheese indicate ripening issues.	Emmentaler is a classic sandwich cheese, a reliable cheese plate selection, a delicious foil to bitter salad greens, and a fine choice for making a cheese bread under the salamander. While Emmentaler Switzerland is the original, less expensive versions from Norway and the United States perform well.
Rennet-set; cooked to a high temperature	Natural rind, hand-washed with brine	Hard and slightly crumbly paste, pale ivory paste, some small holes, lactic and sour milk, nutty, mildly salty	Cracks in wheels, dark patches within the paste, veins of mold, bitter taste, or overly salty	Gruyère offers a number of classic recipes, including mornay sauce (béchamel sauce and Gruyère) and gougères (pâte à choux and Gruyère). The cheese's nutty and sour flavors carry through in such cooking and baking applications. The cheese is delicious in egg dishes such as omelets and quiches.

CHEESE TYPE	COUNTRY OF ORIGIN, PRODUCTION, OR GREATEST AVAILABILITY	SPECIAL NOTES	MILK TYPE
WASHED RIND (see photo on page 436)			
Taleggio	Italy	Inspection of the rind on a piece of artisan taleggio reveals a diverse set of molds, yeasts, and bacterial smears. This soft cheese from Lombardy, Piedmont, and Venetia benefits from a 40-day ripening process during which the cheese is regularly washed with brine. While the washing helps to control mold growth, it also contributes to the development of smear cultures, which help to break down the relatively moist curd. Industrial taleggio is widely available, whereas artisan examples are less common.	Cow
Pont l'Évêque	France	This pungent and unctuous cheese proudly stands as one of the oldest washed-rind traditions in Normandy, dating from as far back as the 12th century. Typically the cheese will arrive in the United States with a reddish-orange rind, although not all examples of this cheese show the same aggressive <i>Brevibacterium linens</i> activity. A properly ripened example gives under pressure and carries a strong aroma and meaty taste.	Cow
Raclette	Switzerland, France	Raclette denotes both the cheese and the traditional melted cheese preparation that bears its name. Melting raclette is common in Switzerland at village festivals, private dinner parties, and even in formal dining service. This semisoft washed-rind cheese is made with melting in mind, transforming into a velvety mass that still carries the pungent aroma of its reddish-orange rind.	Cow
Munster d'Alsace	France	Do not confuse Munster from Alsace with industrial block Muenster. The original from the northeastern French province is a traditionally washed-rind cheese first pioneered by the Benedictine monks. When ripe, the flat disc-shaped cheeses have a light orange rind and a soft, unctuous paste.	Cow

CURD METHOD	RIND TYPE	DESCRIPTORS	POTENTIAL FAULTS	USES
Rennet-set; uncooked	Brown smear-ripened rind showing numerous surface cultures	Soft paste when ripe, with saline and fruity flavors, creamy, meaty qualities, and sour aroma and flavors	Underripe (firm or chalky), overripe (runny or oozing), ammoniated, especially broken, sticky, or wet rind, discolored paste	Good-quality artisan taleggio deserves to be on a cheese plate, where a hearty crust of bread is all it needs as an accompaniment. The creamy, meaty, and sour elements of this cheese add complexity to cooked dishes. Try baking taleggio on flatbread, or filling figs or small poached Seckel pears with the cheese and passing them under the broiler.
Rennet-set; uncooked	Smear-ripened, showing a reddish-orange hue with some underlying mold growth on a dry rind	Small holes in the paste, soft ivory paste, rich meaty and sweet taste, mildly salty, very aromatic	Underripe (firm or chalky), overripe (runny or oozing), ammoniated, sticky or wet surface, rancidity	Present this beautiful cheese in its entirety on a cheese cart. When properly ripe, the bulging paste and alluring aroma make it irresistible. For a hearty dish, bake sliced cooked potatoes along with Pont l'Évêque and crème fraîche in a shallow dish—the result is a magnificent extension of the cheese's rich savory quality.
Rennet-set; cooked to a moderate temperature	Washed rind, with a slightly tacky reddish-orange color	Straw-yellow paste with few holes, creamy, pliable, sweet, nutty taste	Cracks in wheels, dark patches within the paste, veins of mold, bitter taste, or overly salty	As in Switzerland, it is possible to rent raclette machines in the United States. Such machines typically hold half a wheel of raclette close to a heating element so that the surface may be periodically scraped clean. Traditional accompaniments to raclette include cornichons and pickled pearl onions, sliced sausages and ham, blanched vegetables, and plenty of bread—anything that velvety melted raclette would taste good with. As another option, tabletop raclette machines offer the convenience of personal nonstick trays where such ingredients can be stewed together under the heating element.
Rennet-set; cooked to a moderate temperature	Smear-ripened	Meaty unctuous bulging paste, mildly salty, slightly crunchy rind	Underripe (firm or chalky), overripe (runny or oozing), ammoniated, bitter taste, excessively wet surface, rancidity	Munster d'Alsace, while terrific on its own, is easy to cook with because it melts into dishes. As a cheese on a cheese plate, it pairs well with sweet dried fruits. Alternatively, use it in a quiche recipe.





nine

APPETIZERS AND HORS D'OEUVRE



The distinctions BETWEEN APPETIZERS AND HORS D'OEUVRE HAVE MORE TO DO WITH HOW AND WHEN THEY ARE SERVED THAN THE ACTUAL FOODS BEING SERVED. TYPICALLY SERVED AS PRELUDES TO A MEAL, HORS D'OEUVRE ARE SOME OF THE MOST INTRIGUING AND DEMANDING ITEMS PRODUCED BY THE GARDE MANGER. APPETIZERS ARE SERVED AS THE FIRST COURSE OF A MEAL. FOR EVERY RULE YOU READ ABOUT WHAT TYPES OF FOODS SHOULD OR SHOULDN'T CONSTITUTE AN APPETIZER, YOU WILL FIND AT LEAST ONE GOOD EXCEPTION.

What most appetizers have in common is the careful attention to portioning and proper technical execution and plating. Typically, appetizers are small servings of very flavorful items, meant just to take enough edge off the appetite to permit thorough enjoyment of an entrée. The usual practice of building a menu from one course to the next calls for some logical connection between the appetizer and all of the courses that follow.

The term *hors d'oeuvre*, which translates from French as “outside the work,” is universally recognized; we have not developed an exact equivalent in English capable of conveying as much information as this short French phrase. Hors d'oeuvre also have a place on a menu, where they may be featured as antipasti or hors d'oeuvre varies. You may be familiar with the “chef's tasting” or *amuse-gueule*, a small portion of something exotic, unusual, or otherwise special that is served when the guests are seated.

Even though hors d'oeuvre are bite-size items, today it is increasingly common for clients to request an entire menu made up of hors d'oeuvre to serve at a reception or cocktail

party. These “standing meals” can be quite extensive, running the gamut from small servings of cold soups, meats, fish, cheeses, vegetable dishes, and pastas to desserts and confections. In a break with the traditional notion that hors d'oeuvre should be small enough to eat in one bite and never require a knife and fork, some items at these special receptions may be plated. For these events to run smoothly, it is important to have adequate service staff on hand to continually relieve guests of used plates, cups, picks, and napkins.

The items you choose to serve as hors d'oeuvre may be very simple, requiring little if any preparation on the part of the garde manger beyond slicing and presenting. Nuts, plain or marinated olives, and hard-cooked eggs are all traditional offerings. Dips and spreads are often served with *crudité* (raw or chilled lightly blanched vegetables), crackers, or chips. Sausages, *pâtés*, terrines, and cheeses are also served as reception or buffet items, as are thinly sliced or hand-carved smoked fish and meats. One simple but elegant food, caviar, is also featured on its own as an elegant hors d'oeuvre.

There are a few precepts to remember in general hors d'oeuvre preparation and presentation:

- » When selecting hors d'oeuvre, keep in mind the nature of the event, as well as the menu to follow.
- » Ice carvings and ice beds are sometimes used to keep seafood and caviar very cold, as well as for their dramatic appeal. Be certain that the ice can drain properly and that the food follows all sanitary guidelines.
- » Hors d'oeuvre served on platters or passed on trays butler-style should be thoughtfully presented, so that the last person to take an hors d'oeuvre is not rummaging among jumbled garnishes.
- » Today, chefs have many imaginative ways to present hors d'oeuvre. Some top-name chefs have companies making plates and platters designed by them specifically for their appetizers and hors d'oeuvre. Choose something eye-catching that will show off the design of the hors d'oeuvre.

COMPOSED HORS D'OEUVRE

Composed hors d'oeuvre are built from two or more components. When planning elaborate hors d'oeuvre, you may want to envision an appetizer or an entrée that would be reduced to a bite or two. Many of these components can be prepared in advance, but often the final assembly and garnish have to be done at nearly the last minute. When planning to include composed hors d'oeuvre in an event, it is important to take into account the timing for the hors d'oeuvre and the size of the event. These special items—including tartlets, barquettes, canapés, profiteroles, and spoons—can add greatly to the variety of offerings as well as provide an interesting combination of flavors. Cured and smoked foods, pâtés, foie gras, salads, and vegetables are all appropriate as elements in any composed hors d'oeuvre. One versatile item, mousse, can be featured as a spread, piped into molds or edible containers, rolled into a roulade and sliced, or shaped into quenelles.

barquettes and tartlets

Basic Pâté Dough (page 649) can be used to line a *pâté en croûte* as well as to create small edible containers, known as barquettes or tartlets. They may be filled with a cold mousse or other savory fillings. The dough should be rolled out in a thin sheet by hand or using a pasta machine. Cut out the dough to fit the mold. Set the dough in the mold, and top with a second mold to press it into shape. Set this assembly upside down on a sheet pan. Bake until golden brown, unmold, and store in an airtight container until needed.

These shells can be filled and garnished as for canapés, though it is generally not necessary to add a separate spread. Select the filling carefully, as very moist fillings can quickly make the pastry shell soggy; these hors d'oeuvre are best when assembled as close as possible to service time. Other pastry or bread wrappers can be used to prepare hors d'oeuvre. Some classics from cuisines around the world include bouchées, empanadas, tiropetes, dim sum, and spring rolls.



1. Cut out the barquettes with a paring knife using the mold as a guide and leaving space around the edge. Pressing too hard will make the dough thinner in some places, which will cause it to bake unevenly.

2. Sandwich the cut dough between two molds, taking care not to squeeze the dough more than is necessary to shape it in the molds.

3. Use a paring knife to trim off the excess dough from the edge of each mold.

4. Bake the barquettes upside down and sandwiched between two molds.

canapés

Canapés are small open-faced sandwiches. The base for a canapé is a small piece of bread, cut to shape and toasted. A spread of some sort—usually a plain or flavored butter, spreadable cheese, or mayonnaise—is applied to the bread to act as a moisture barrier.

The filling or topping is added next. It should be cut neatly, so that nothing hangs over the edge of the canapé. A garnish gives a fresh and appealing look to the canapé, but take the time to select something that is both attractive and appropriate for the flavor profile of the canapé.

profiteroles

Profiteroles are small, round, hollow puffs made from pâte à choux. They can be made in varying sizes depending on the application and can be filled with sweet or savory filling. They are very often baked, sliced in half, filled, and garnished as desired. Alternatively, a hole can be made in the bottom of the puff while they are still warm and then a smooth filling such as a mousse can be piped in. Pâte à choux is extremely versatile and not terribly difficult to make. The dough can be flavored in a variety of ways and filled however is desired. Shapes made from pâte à choux can also be baked and frozen, making it a very valuable product for the kitchen.

spoons

Hors d'oeuvre spoons have evolved somewhat in recent years but the basic principle remains the same. They are used as a base for an hors d'oeuvre, similar to a canapé base, so that you can layer a variety of items that have different flavors, colors, and textures. One of the biggest advantages to using the spoon as a base is that you can add a liquid element to the hors d'oeuvre in the form of a sauce or gelée, which you cannot easily do with a canapé or tartlet because they will get soggy. Spoons also offer the functionality of having the utensil built into the presentation so that the guests don't have to use their fingers and extra serving pieces do not need to be set.

APPETIZERS ON THE À LA CARTE MENU

When creating appetizers for the menu, it is important to provide enough appropriate options that work with the main course offerings. In an à la carte situation, the garde manger may have relatively little control over what a guest might choose. Furthermore, there is no guarantee that the guests will order an appetizer just as a first course. This has led to some interesting and challenging new approaches to featuring appetizers on the menu. Grazing menus or dégustation menus are produced by

selecting a series of appetizer-size portioned items served in a logical sequence.

Guests today may look for appetizers that can be shared or that can be ordered in a larger size to enjoy as a main course. In some restaurants, wait staff may suggest an appetizer for the table to share and enjoy while their entrées are being prepared, both as a way to expose guests to something new or unusual as well as to upsell the menu.

APPETIZER TASTING MENUS

Over the past few years, the American restaurant scene has seen the advent of restaurants that feature entire menus made up of little appetizers or tapas. The menus from the newer tapas restaurants allow the diner to taste a wide variety of dishes because the plates are only a few bites each. In typical tasting menus, the chef builds a menu that carries complementary flavors from appetizer

through the entrée and dessert; a disadvantage of this type of tasting menu is the limited choice for the customer. Tapas restaurants offer patrons their choice of little dishes, and this freedom of choice, along with the lively, welcoming atmosphere, makes these restaurants a popular destination for people to unwind from the stress of the day.

Classically, tapas were small pieces of bread that were used to cover glasses of sherry (*tapas* means “lid”). Tapas in Spain evolved as bar and restaurant owners began to feature regional products alongside their sherries and wine. Tapas were given free to all patrons, and each bar had its own specialties. Going from bar to bar to sample different tapas became one of the main social activities before dinner, allowing people to get together with friends and discuss everything from politics to sports. Seasonality is very important in Spanish tapas, and bars tend to feature simple items that use the regional ingredients that are in season at the time. Typical regional dishes can range from items such as anchovies, Spanish olives (Manzanilla, Arbequina), chorizo, Serrano ham, Manchego cheese, and peppers to dishes such as fried calamari, *Gambas al Ajillo* (Shrimp with Garlic, page 569), and tortilla de papas.

Chefs have a chance to showcase their favorite ingredients and flavors in a variety of preparations.

However, Spain doesn't have the market cornered for these small dishes. Most cuisines worldwide have a well-established form of preparing and presenting appetizers and hors d'oeuvre. The *zakuski* table served before banquets in Russia features smoked and pickled fish, blinis with caviar, and a host of special salads. Little dishes known as *meze* are popular throughout the Mediterranean regions and feature olives, nuts, dips, spreads, and highly seasoned items such as grilled kebabs of meat or fish. In the Scandinavian countries, a *smorgasbord* showcases the special dishes, hot and cold, of that region, including herring, cheeses, and pickled foods.

APPETIZERS FOR A BANQUET

Banquet menus frequently call for one or more appetizers. In this case, the chef does have the ability to build a menu, progressing from one flavor and texture experience to the next, so in this instance thoughtful consideration of how each element of the menu will relate to what precedes and follows is the key to success. Taking a cue from the principles used by sommeliers to build from one wine to another, going from the more understated to

the more robust, chefs commonly sequence a meal to progress from subtle flavors to more assertive ones.

It is important to consider the entire experience when designing appetizers in a banquet menu. They should be served in sensible portions, perhaps smaller than you might offer on an à la carte menu, so that guests can sample a few appetizers and still enjoy their main course and dessert.

SELECTING AND PREPARING APPETIZERS

Classic hors d'oeuvre can usually be served as appetizers if you increase the portion size slightly and take into consideration the plating of the appetizer. The new appetizer may require a sauce or a different garnish than the smaller hors d'oeuvre. Perennial favorites in

any appetizer category include perfectly fresh clams and oysters shucked as close to service time as possible and served with sauces designed to enhance their naturally briny savor, or shrimp served with a classic cocktail sauce, salsa, or other pungent sauce.

Smoked fish, meats, or poultry; sausages, pâtés, terrines, and galantines; air-dried hams and beef sliced paper thin—all of these items can be used to create appetizer plates, whether on their own with a few accompaniments or as a sampler plate. Refer to Chapters 5, 6, and 7 for specific recipes and presentation ideas.

Salads are also served as appetizers. Several salads in Chapter 3 can fit this category quite well. You may prefer to change the portion size or substitute a different sauce or garnish in order to give your menu items a special look, vary the selection from season to season, or showcase a range of flavors and textures from other cuisines.

Warm and hot appetizers may include small servings of pastas such as ravioli or tortellini, served on their own or in a sauce or broth. Puff pastry shells can be cut into vols-au-vent or made into turnovers and filled with savory ragoûts or foie gras. Broiled or grilled fish, shellfish, or poultry may be featured. Crêpes, blinis, and other similar dishes are popular presentations in many different

cuisines. Global influences can be seen on menus across the country. Asian and Pacific Rim spices and infusions are very popular, as are Mediterranean dishes. Empanadas share space in the garde manger's repertoire with kefta, spicy kebabs made from ground lamb. Vegetables are more important than ever as appetizers. Sometimes they are presented very simply; for example, steamed artichokes may be served with a dipping sauce such as a flavored mayonnaise or vinaigrette, chilled asparagus may be served drizzled with a flavored oil, or a plate of grilled vegetables may be accompanied by a vinaigrette.

Another popular concept when selecting an appetizer is cooking an item more than one way on a plate. For example, the duck confit from the leg can be served with a potato crisp that is cooked in the garlicky fat alongside slices of smoked duck breast. This principle is also considered by some chefs as a great way to utilize the whole duck while being creative with the presentation. Of course this could apply to a multitude of items such as salmon, shellfish, and poultry.

PRINCIPLES FOR PRESENTING APPETIZERS

The recipes in this chapter include such traditional favorites as carpaccio, melon and prosciutto, and foie gras in brioche. Keep in mind some of the following basic principles as you select, prepare, and plate appetizers:

- » Serve all appetizers at the proper temperature. Remember to chill or warm plates as required by the preparation. Serving different components of an appetizer at different temperatures also creates a more interesting appetizer.
- » Season all appetizer items with meticulous care. Appetizers are meant to stimulate the appetite, so seasoning is of the utmost importance—you shouldn't overwhelm the palate when there are more courses to come. When creating your appetizer you should consider things such as umami from glutamates found naturally in your ingredients and make sure that you have several sources of flavor to ensure that your dish has plenty of interest.
- » Slice, shape, and portion appetizers properly. There should be just enough of any given item to make the appetizer interesting and appealing from start to finish, but not so much on the plate that the guest is overwhelmed.

- » Neatness always counts, but especially with appetizers. Your guests will most likely judge their entire meal based on the impression the appetizer gives.
- » When offering shared appetizers, consider how they will look when they come to the table. It may create a more visually appealing presentation if the chef splits a shared plate in the kitchen, rather than expecting the guests to divide it up themselves.
- » Color, shape, and “white space” play a role in the overall composition of your plate. Take the time to choose the right size and shape for serving pieces and to provide the guest with all the items necessary for the appetizer, including cups for dipping sauces, special utensils, and, if necessary, finger bowls.
- » Consider the garnish for the appetizer carefully and be sure that it adds something to the plate, whether it is a complementary or contrasting flavor or texture.

COLD SAVORY MOUSSES

The French word *mousse* literally means “foam” or “froth.” For the garde manger, it indicates a cold item prepared by combining three basic elements: a base, a binder, and an aerator. Mousses are often featured as hors d’oeuvres, piped decoratively on a canapé base or into a barquette or tartlet mold. They can be used to fill a cucumber cup or endive leaf, shaped in a special mold as a single serving (perhaps topped with a layer of crystal-clear aspic gelée), or made as loaves or roulades ready to be sliced and served.

A cold mousse as the term is understood today is one that is not cooked after being assembled. It is never served hot, since subjecting the gelatin or fat binder in the mousse to heat would melt the mousse and deflate it. A “hot mousse” is a small serving of a mous-seline forcemeat that has been molded in a fashion similar to a cold mousse before being cooked and served hot.

the base

Mousse prepared by the garde manger is produced from savory items such as cooked or smoked meats and fish, cheeses, or prepared

vegetables. This base is then puréed until very smooth.

In some cases it may be necessary to add a liquid or moist product such as velouté, béchamel, cream, or mayonnaise to adjust the consistency. The intent is to have the base at a consistency similar to that of pastry cream before adding the binder, if it is required, and the aerator. For the best possible texture, sieve the puréed base. This removes any last bits of sinew or fiber and gives a very delicate finished product.

the binder

Gelatin, either powdered or in sheets, is added in a proportion similar to that called for when preparing an aspic gelée. Bloom the gelatin in cool liquid, then warm to 90° to 110°F/32° to 43°C to dissolve the granules or melt the sheets. Stir the dissolved gelatin into the base. It is important to blend the gelatin evenly throughout the entire base.

In some cases, the base product has enough body and bind to hold the mousse together without an additional binder. Cheese is a good example of one of these base products.

1. Prepare the mousse base by puréeing it and passing it through a drum sieve, repeating as necessary to acquire a perfectly smooth consistency.

2. Working over ice to keep the ingredients cold, incorporate the melted binder solution into the puréed base.

3. Continuing to work over ice, gently fold the aerator into the base mixture, ensuring that the aerator is not deflated during mixing.

4. The finished mousse must be immediately piped or portioned as desired before the binder has a chance to set.



The key is to have the proper balance of binder and base so that the mousse will keep a distinct shape when chilled without melting or sagging but also without being rubbery because there is too much binder. The amount of binder in a product should be adjusted depending on the final use of the product. For example, if a mousse must be

sliced and lined up on a buffet platter that will be sitting out for any length of time, it will need more binder than would a single serving of mousse that is taken directly from the refrigerator immediately before it is served.

the aerator

Beaten egg whites and/or whipped cream give the mousse its frothy texture. Beat the whites or cream to soft peaks for the best results. If the aerator is overbeaten, it could begin to collapse or give the mousse a grainy appearance and texture.

Fold the aerator into the base carefully. It is a good idea to add about one-third of the total amount of aerator first to make it easier to fold in the remaining two-thirds. This technique keeps the maximum volume in the finished mousse.

basic formula for a mousse

Although each base ingredient may call for an adjustment in the amount of binder and aerator, this basic formula is a good checkpoint. It can and should be altered depending on the

type of mousse being made and the intended use of the final product.

Base	2 lb/907 g
Binder (if required)	1 oz/28 g gelatin
Liquid (to bloom gelatin)	8 fl oz/240 mL
Aerator	16 fl oz/480 mL

Once the mousse is prepared, it should be shaped in the desired way. Transfer immediately to a pastry bag and pipe out without delay into the desired container or apply it as a topping or filling for tea sandwiches and canapés.

A mousse can also be rolled in the same way as a roulade (see pages 316–318), carefully secured, and chilled before slicing. Terrine molds may be used to shape a mousse into a loaf (see page 309); be sure to oil the mold and line it with plastic wrap to make it easy to remove the mousse once it is properly chilled.

SAVORY WATERS, JELLIES, AND SORBETS

One of the staples of the garde manger kitchen has been flavored waters that can be used as broths for meats, poultry, fish, and vegetable entrées, frozen as sorbets and granités, or thickened with a variety of agents to make jellies. When making sorbets, granités, or jellies from savory waters, it is important to check the seasonings because they often need to be increased when the waters are used for cold applications.

Jellies are a fantastic product that can add a luscious texture contrast to most dishes. They retain their shape on the plate but also melt in the mouth, depending on the amount of gelatin that is used. The typical range for gelatin in jellies is 1 percent to 3 percent of the total weight, but this can be increased depending on the firmness required for the product. Do not add too much gelatin or the jelly could get rubbery. The most well known

of the savory jellies is aspic, but the flavors of jellies have expanded far beyond meats. Jellies can be made by adding gelatin to almost any base, such as wine, liquor, and fruit and vegetable juices. Choose your base carefully because acids and salt weaken gelatin, and some raw fruits, such as pineapple and papaya, have enzymes that break down gelatin.

Savory sorbets and granités have been used for some time to tease the palate as an intermezzo or to add a contrasting frozen element to an entrée or appetizer. Savory sorbets with a high amount of natural sugars, such as tomato sorbet, are smoother, while vegetable juices and purées with lower sugars will develop larger ice crystals and are more like a granité. Herbs or acids are often added to savory sorbets to brighten the flavor.

gelling agents

Gelatin is probably the most widely available and widely utilized thickener in professional kitchens. However, other thickeners have become more prevalent as the scope of the foods made by the garde manger has expanded.

agar

Agar (also agar agar) is a carbohydrate-based gelling agent manufactured from seaweed. It takes a lesser concentration of agar than gelatin to fully set a product; additionally, when a product has fully set, agar has a crumbly texture in comparison with the texture of gelatin. To use it, soak it in cold water and bring it to a boil, mix it with the base, and then strain the mixture before cooling to set it. The defining difference between agar and gelatin is that agar melts at a much higher temperature, so it won't melt in the mouth but it can be served hot.

gums

Natural thickeners derived from plant sources include xanthan gum, guar gum, and gum arabic. Unlike starch-based thickeners, gums do not require heat in order to gel; when added to a liquid, a gum's particles will absorb fluid and swell, increasing the liquid's viscosity. Gums are typically used in powdered form and have a tendency to clump; therefore,

lightly sprinkle the gum powder onto the food while stirring to ensure even dispersal and thickening.

pectin

Like gums, pectin is a natural thickener that is extracted from plants, mainly citrus fruits. Pectin is available as a liquid or a powder, but the two types of pectin are very different and cannot be substituted for one another. Powdered pectin should be added at the beginning of a cooking technique, before the food is brought to a boil; liquid pectin should be added at the end of cooking.

carrageenan

This red algae-based thickener has been used in many countries, from China to Ireland, for many years. A popular stabilizer, carrageenan is used by large manufacturers for ice cream and other products. Its texture can range from delicate to fairly flexible or elastic.

alginate

This is also a carbohydrate-based gelling agent, made from brown seaweed. It gels only in the presence of calcium, which makes it an ideal candidate for thickening milk and cream and for spherical preparations that are gelled in calcium solutions (see page 454).

SAVORY FOAMS AND ENCAPSULATIONS

One of the exciting developments in recent years in professional kitchens has been cold and hot savory foams and encapsulations. They are a continuation of the ideas that were used for developing savory water, jellies, and sorbets. Cold and hot foams use methods such as agitation and nitrous oxide canisters to create foam out of vegetable and fruit purées,

fish, foie gras, and even cheese. These foams can be savory or sweet and give foods such as asparagus and cauliflower a different texture that will contrast beautifully with almost any foods with which they are served. The bases for these preparations have to be carefully constructed, taking into account their acidity level and their seasoning. The bases may

require more seasoning because the bubbles extend the flavor over a larger surface area.

Vegetable and fruit purées are especially appropriate for foams because the carbohydrates in their cell walls prevent the bubbles from disintegrating too quickly. You can shake the purées until air bubbles are incorporated and then scoop off the foam and add it to food. You can also force bubbles into the purée by incorporating nitrous oxide via a whipped-cream canister, then pipe out the foam for its desired application. It is possible to extend the life of the foam by adding an emulsifier such as soy lecithin to the base. The bases for foams are also often thickened with a substance such as gelatin or alginate in order to stabilize them. There are powders that you can add to bases with a high acid content so that you can still thicken them with gelatin before making a foam out of them.

These foams are typically used in high-end restaurants to test the boundaries of the dining experience and expand the palate of the customer. Chefs have taken the cold foam one step further by making the bases hot (about

80°F/27°C) before placing them in the canisters and creating foams out of them. These foams can be brûléed and add a surprising touch to any dish. Following the development of foams came airs, which are much lighter than foams and require the addition of soy lecithin to make them retain their air. These airs are similar to the froth on a cappuccino, while the cold and hot foams are much denser.

Encapsulations take the concept of the foam to the next level. The bases are thickened with alginate, possibly injected with nitrous oxide, and then piped or dripped into calcium solutions. Once the film forms around the soft mixture in the center, the spheres are removed and washed. The more concentrated the calcium solution, the thicker the pellicle or film becomes. This makes spherical items, such as small orbs of fruit purée that look like caviar, or a tea sphere that can surround a lemon center. The spheres can be served warm or cold, depending on how they are prepared.

SERVING CAVIAR

The best caviar needs no accompaniments. It is often served in special iced containers, with mother-of-pearl, bone, horn, or glass spoons to avoid any flavor change that might occur if metal spoons are used. This precious item is

also used as a garnish for other hors d'oeuvre and appetizers. Lesser-quality caviar may be appropriate for garnishing some items. Remember, caviar should never be added to foods as they are cooking.

herbed goat cheese in phyllo dough

yield 10 SERVINGS

4 1/2 oz/128 g goat cheese	6 fl oz/180 mL heavy cream
1 1/2 tbsp/4.50 g chopped basil	1/2 tsp/1.50 g salt
1 1/2 tbsp/4.50 g chopped chervil	1/2 tsp/1 g ground black pepper
1 1/2 tbsp/4.50 g chopped tarragon	9 phyllo sheets
1 1/2 tbsp/4.50 g chopped chives	6 oz/170 g clarified butter, melted

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1. Combine the goat cheese, basil, chervil, tarragon, chives, and heavy cream. Adjust seasoning with salt and pepper. Cover and refrigerate until needed.
 2. Brush a sheet of phyllo with melted butter. Lay another sheet of phyllo on top of it and brush it with butter. Repeat this process once more so that there are three layers of phyllo stacked on top of each other. Cut the phyllo lengthwise into strips 2 in/5 cm wide.
 3. Place 1 oz/28 g filling at the base of each strip and fold into triangles (see Spanakopita recipe, page 536). Brush the triangles with additional melted butter and place on a sheet pan.
 4. Repeat with the remaining phyllo and filling until all of it is used.
 5. Bake the triangles in a 400°F/204°C oven until they are browned, 10 to 12 minutes. Serve immediately.

beef carpaccio

yield 10 SERVINGS

1 lb 8 oz/680 g beef sirloin or tenderloin, trimmed of all fat
2 tbsp/30 mL olive oil
1 tbsp/3 g chopped rosemary
1 tbsp/3 g chopped sage
1 tbsp/3 g chopped thyme
1 tbsp/15 mL balsamic vinegar
2 tsp/6.50 g salt
1 tbsp/7 g coarse-ground black pepper

garnish

10 oz/284 g mixed greens, washed and dried
5 fl oz/150 mL Lemon Vinaigrette (page 34)
2 fl oz/60 mL extra-virgin olive oil
3 oz/85 g Parmesan, shaved into curls
2 tbsp/6 g chopped flat-leaf parsley
2 oz/57 g capers, rinsed, dried, and fried in hot oil (optional)

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1. If desired, tie the beef to give it a uniform shape. Heat the oil over high heat and sear the beef on all sides. Remove it from the heat and cool.
 2. Combine the herbs, vinegar, salt, and pepper and coat the beef evenly with this mixture. Wrap tightly in plastic wrap and freeze just until solid to be able to slice thinly.
 3. For each serving, cut 6 or 7 very thin slices of beef by hand or with an electric slicer. Arrange on a chilled plate. Toss 1 oz/28 g greens with 1 tbsp/15 mL vinaigrette and arrange on the plate. Drizzle the meat with a few drops of extra-virgin olive oil and add a few cheese curls, parsley, and capers.



salsa cruda di tonno

yield 10 SERVINGS

1 lb 9 oz/709 g tuna fillet, very cold

salsa cruda

8 fl oz/240 mL extra-virgin olive oil

5 oz/142 g Picholine olives, pitted and finely chopped

4 oz/113 g celery hearts (stalks and leaves reserved separately), thinly sliced

2 oz/57 g red onion, cut into brunoise

2 oz/57 g jalapeño, cut into brunoise

1 oz/28 g salted capers, soaked twice for 20 minutes each time

1 oz/28 g flat-leaf parsley, chiffonade

1 tsp/3 g garlic, minced to a paste

1 oz/28 g lemon zest, blanched, cut into brunoise

Sea salt, as needed

Ground black pepper, as needed

salad

4 oz/113 g frisée, white leaves only

4 oz/113 g arugula

4 oz/113 g radish, julienned

4 oz/113 g fennel fronds

1/2 oz/14 g celery leaves

3 1/2 fl oz/105 mL Lemon Parsley Vinaigrette (page 29)

10 oz/284 g Plain Croutons (page 666), cut into brunoise

1. Slice the tuna very thin and flatten it between layers of plastic wrap, using a mallet, to the dimensions of your appetizer plate. Cover and keep chilled until ready to assemble the appetizer.
2. Combine olive oil, olives, celery, onion, jalapeño, capers, parsley, garlic, and lemon zest. Taste and adjust seasoning with salt and pepper. Cover and refrigerate for at least 24 hours.
3. Toss together the frisée, arugula, radish, fennel fronds, and celery leaves. Reserve until ready to assemble the appetizer.
4. For each serving, lay 2 1/2 oz/70 g sliced tuna on a chilled plate and mound about 1 oz/28 g salsa cruda in the center of the tuna. Toss about 1 oz/28 g mixed greens and radish with 2 tsp/10 mL vinaigrette and mound on the plate. Scatter croutons over the plate and serve.

escabèche of tuna

yield 10 SERVINGS

30 oz/851 g tuna steak	1/2 oz/14 g small-dice red onion
Salt, as needed	1/2 serrano chile, minced
Ground black pepper, as needed	1 green onion, thinly sliced on the bias
2 fl oz/60 mL olive oil	1/2 tsp/1.50 g minced garlic
3 tbsp/45 mL lime juice	1 tsp/1 g chopped cilantro
3 oz/85 g tomato, peeled and seeded, cut into small dice (page 555)	

1. Cut the tuna into 1-in/3-cm cubes or 3-oz/85-g steaks. Season with salt and pepper, rub with 2 tbsp/30 mL oil, and sear in a hot, well-seasoned pan. (It should be cooked “black and blue”—colored on the exterior but still extremely rare.)
2. Remove the tuna and chill thoroughly.
3. To make the marinade, mix the remaining olive oil with the lime juice, tomato, onion, chile, green onion, garlic, and cilantro.
4. Pour the marinade over the tuna and turn or gently toss to coat evenly. Cover and refrigerate at least 12 hours or overnight before serving.

» **PRESENTATION IDEA** This dish can be served with a small salad as an appetizer, used to fill cucumber cups as an hors d’oeuvre, or served as part of an antipasti offering.

fennel and chorizo strudel

yield 10 SERVINGS

5 oz/142 g butter, melted	1 egg
2 shallots, minced	7 oz/198 g dry bread crumbs
4 oz/113 g chorizo, sliced thin, skin off	1 tsp/3 g salt
10 to 12 oz/284 to 340 g fennel bulb, diced	1/4 tsp/0.50 g ground black pepper
1 1/2 tbsp/4.50 g minced tarragon	6 phyllo sheets
1 1/2 tsp/1.50 g minced chives	

-
1. Heat 1 oz/28 g butter in a sauté pan over medium heat. Add the shallots and sauté until they are translucent. Add the chorizo and allow some of the fat to render. Add the fennel and gently cook until tender. It may be necessary to reduce the heat slightly so that the mixture does not burn. Allow the mixture to cool to room temperature.
 2. Process the mixture to a coarse paste in a food processor.
 3. Add the tarragon, chives, egg, and enough bread crumbs (about 1 3/4 oz/50 g) to lightly bind the mixture. Adjust seasoning as needed with salt and pepper.
 4. Brush each sheet of phyllo with melted butter and sprinkle it evenly with 1 to 1 1/2 tsp/2 to 3 g bread crumbs. Top this with another sheet of phyllo and repeat the process.
 5. When three sheets are stacked, place half of the chorizo-fennel mixture down the left side of the dough and roll the sheets over the chorizo-fennel mixture.
 6. Brush the top with butter.
 7. Repeat with the remaining dough and filling.
 8. Chill the strudel for about 30 minutes and score the top on the diagonal to divide each strudel into 10 sections.
 9. Bake the strudels in a 400°F/204°C oven until they are browned, 10 to 15 minutes.
 10. Slice and serve immediately.

1. After layering the phyllo with butter, roll the filling up inside it.

2. Once the strudel has been rolled up, score the dough halfway through the phyllo sheets on the bias.



seafood strudel with lobster-infused oil

yield 10 SERVINGS

seafood strudel

1 lb/454 g shrimp (16/20 count), peeled and deveined
1 egg
10 fl oz/300 mL heavy cream
5 oz/142 g butter
2 bunches green onions, sliced on the bias
6 oz/170 g Chinese sausage, minced
6 oz/170 g lobster meat, cooked and cut into medium dice
6 oz/170 g dry-packed sea scallops, cut into quarters

6 oz/170 g crayfish tail meat, cooked
2 tbsp/28 g Pommery mustard
2 tbsp/28 g Dijon mustard
8 phyllo sheets
4 oz/113 g panko bread crumbs

plate components

2 1/2 cups/600 mL micro greens
8 fl oz/240 mL Lobster-Infused Oil (page 648)
10 cups/2.40 L Marinated Tomato Salad (page 127)

1. Place cleaned shrimp in food processor and blend into a smooth, sticky paste, about 2 minutes.
2. Add the egg and pulse to incorporate.
3. Slowly add the heavy cream in a steady stream, stopping to scrape down the sides.
4. Heat 1 oz/28 g butter over medium-low heat in a small sauté pan and cook the green onions until soft, 2 to 3 minutes. Fold the green onions into the sausage and lobster meat. Refrigerate the mixture until completely cooled.
5. Fold the scallops, crayfish tails, lobster mixture, and mustards into the shrimp mixture. Adjust seasoning, cover, and refrigerate until needed.
6. Lay 1 sheet phyllo on a cutting board with the shorter side facing you. Brush it lightly with the melted butter. Sprinkle some of the bread crumbs on top of each layer of phyllo after brushing with butter. Place another sheet of phyllo directly on top of the buttered sheet and brush it lightly with butter. Repeat two more times to make one stack with four layers. Repeat this procedure with the remaining phyllo layers in a separate stack.
7. Divide the seafood mixture between the phyllo stacks, placing the mixture along the edge closest to you. Roll the phyllo over the filling to encase it, and fold the sides in toward the middle if desired. Continue rolling the phyllo until you reach the end of the dough. Repeat with the remaining dough.
8. Brush both rolls with butter and score the dough halfway through the sheets on the bias at 1/4- to 1/2-in/6-mm to 1-cm intervals.
9. Bake on parchment paper in a 400°F/204°C oven until golden brown, 15 to 20 minutes.

10. Allow the strudel to cool for 5 minutes, then slice the strudel where the score marks are.

11. Place 2 oz/57 g greens in the center of the plate and place 1 cup tomato salad slightly to the side of the greens. Lean two slices of strudel against the salad and drizzle 1 tbsp/15 mL oil around the plate.



pork and pepper empanada

yield 10 SERVINGS

filling

1 lb/454 g pork loin
2 fl oz/60 mL olive oil
2 Spanish onions, cut into small dice
2 green peppers, cut into small dice
2 garlic cloves, minced
2 tsp/12 g tomato paste
4 oz/113 g Serrano ham
1 tsp/2 g sweet Spanish paprika
Salt, as needed

dough

2 lb/907 g all-purpose flour
2 tbsp/30 mL white wine
2 tbsp/30 mL olive oil
1 oz/28 g clarified butter
Pinch salt
1 oz/28 g sugar
12 fl oz/360 mL water, lukewarm
Egg yolk

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1. To prepare the filling, cut the pork loin in strips and sauté them in the olive oil until browned; remove.
 2. Sweat the onion and peppers in the same oil and cook until they start to caramelize. Add the garlic and cook for 2 minutes.
 3. Mix in the tomato paste, add the ham, and season with the paprika and salt.
 4. To prepare the dough, sift the flour and make a well in the center. Add the white wine, olive oil, clarified butter, salt, sugar, and water.
 5. Mix all the ingredients and knead until dough is flexible.
 6. Wrap and refrigerate for about 30 minutes.
 7. Divide the dough in two pieces.
 8. Roll out each piece of dough to 12 in/30 cm in diameter and $\frac{1}{8}$ in/3 mm thick, and lay in a pie plate 10 in/25 cm in diameter. Add the filling and cover with the other piece of dough, sealing the edges with your fingers.
 9. Brush the top with egg yolk and bake in a 350°F/177°C oven until browned, about 30 minutes.

» **CHEF'S NOTE** The dough and filling can be prepared as tapas by making them into individual empanadas. Use the same shaping technique as described in the Pork Picadillo Empanadas (page 524). It may be necessary to seal the edges of the empanada by crimping them with the tines of a fork. Brush the empanadas with egg wash and bake in a 350°F/177°C oven until golden brown.

grilled vegetable appetizer with *balsamic vinaigrette*

yield 10 SERVINGS

4 fl oz/120 mL olive oil	1 lb 8 oz/680 g red peppers (about 3), cut into eighths
1/2 bunch thyme, leaves only	12 oz/340 g yellow peppers (about 2), cut into eighths
Salt, as needed	1 lb/454 g portobello mushrooms, stem removed
Ground black pepper, as needed	5 plum tomatoes, cored and halved
1 lb/454 g eggplant, sliced into rounds 1/2 in/1 cm thick	10 green onions, trimmed
1 lb/454 g zucchini, sliced on the bias 1/2 in/1 cm thick	15 fl oz/450 mL Balsamic Vinaigrette (page 27)
1 lb/454 g yellow squash, sliced on the bias 1/2 in/1 cm thick	

1. Combine the oil with the thyme, salt, and pepper. Brush the vegetables with this mixture. Grill the eggplant until very soft and cooked through. Grill or broil the remaining vegetables to mark on all sides; they should be tender and very hot. Slice the portobellos as necessary to make 10 servings.

2. For each serving, arrange 2 to 3 slices each of eggplant, zucchini, yellow squash, and portobello mushroom on each plate. Add 2 strips of red pepper and 1 of the yellow pepper, a grilled tomato half, and a green onion. Drizzle with vinaigrette and serve warm or at room temperature.

» **CHEF'S NOTE** Use a variety of tomatoes, if available, for extra color in this dish. If preferred, the tomatoes may be lightly broiled just until hot. They should still retain their shape.

marinated tomatoes *with mozzarella*

yield 10 SERVINGS

2 lb 8 oz/1.13 kg Marinated Tomato Salad (page 127) 1 yellow tomato
2 lb/907 g Mozzarella (page 394) 3 tbsp/9 g basil chiffonade
1 red tomato

1. Prepare the tomato salad and reserve until ready to assemble the appetizer.
 2. Cut the mozzarella into slices $\frac{1}{4}$ in/6 mm thick.
 3. Cut the tomatoes into slices $\frac{1}{4}$ in/6 mm thick, and halve or quarter the slices.
 4. For each serving, mound 4 oz/113 g tomato salad on a chilled plate. Arrange 3 oz/85 g sliced mozzarella and several slices of red and yellow tomatoes around the tomato salad. Scatter a little basil chiffonade over the appetizer. Serve chilled or at room temperature.
- » **CHEF'S NOTE** For buffet presentation, mound the tomato salad on a chilled platter and arrange sliced tomatoes and mozzarella around the salad. You may wish to add a small bed of mixed green salad, lightly dressed with a Basic Red Wine Vinaigrette or Balsamic Vinaigrette (page 27), for individual servings.

smoked breast of duck niçoise-style

yield 10 SERVINGS

1 lb 4 oz/567 g Smoked Duck Breast (page 231)

8 oz/227 g haricots verts

1 lb 9 oz/709 g Mediterranean
Potato Salad (page 128)

5 tomatoes, blanched, peeled,
seeded, and cut into strips

2 fl oz/60 mL Basic Red Wine Vinaigrette (page 27)

2 1/2 fl oz/75 mL Tapenade (page 60)

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1. Slice the duck breast thin and reserve until ready to assemble the appetizer.
 2. Blanch the haricots verts and refresh.
 3. For each serving, arrange 2 1/2 oz/71 g potato salad on the plate. Fan 2 oz/57 g sliced duck on the plate. Toss 3/4 oz/21 g haricots verts and several strips of tomato in the vinaigrette and arrange on the plate. Garnish with 1 1/2 tsp/7.50 mL tapenade.

duck confit with frisée and roasted shallot vinaigrette

yield 10 SERVINGS

10 pieces Duck Confit (page 244), legs only
5 russet potatoes, peeled and sliced into disks 1 1/2 by 1/8 in/4 cm by 3 mm
32 fl oz/960 mL duck fat, for frying
Salt, as needed

Coarse-ground black pepper, as needed
2 lb/907 g frisée lettuce, washed and dried
15 fl oz/450 mL Roasted Shallot Vinaigrette (page 32)

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1. Scrape off excess fat from duck legs, reserving fat for frying potatoes. Roast duck legs in a 450°F/232°C oven until warm and crisp, approximately 15 minutes. Keep warm.
 2. Fry the potatoes in duck fat heated to 350°F/177°C until browned and crisp, about 8 minutes. Drain on absorbent paper towels, season with salt and pepper, and keep warm.
 3. For each serving, toss 3 oz/85 g frisée in 3 tbsp/45 mL vinaigrette and mound on a chilled plate. Top with a duck leg, 2 oz/57 g fried potatoes, and a few roasted shallots from the dressing. Serve at once.

» **CHEF'S NOTE** Serve this as an appetizer, composed salad, or light meal.

smoked duck tart

yield 1 TART (10 IN/25 CM IN DIAMETER; 12 SERVINGS)

8 oz/227 g Basic Pâté Dough (page 649)	4 fl oz/120 mL heavy cream, whipped
1 Smoked Duck (page 231)	Aspic (page 67), as needed (see Chef's Note)
1/4 oz/7 g powdered or sheet gelatin	36 Candied Pecan halves (page 571)
2 tbsp/30 mL brandy	

1. Roll out the dough to a thickness of about $\frac{3}{16}$ in/5 mm. Line a tart pan with a removable bottom with the dough, trimming the edges. Blind-bake in a 350°F/177°C oven until golden brown and fully baked, about 8 minutes. Reserve until the mousse is prepared.

2. Remove the bones and skin from the duck. Trim the breast portions and slice very thin for garnish; reserve. Dice the leg and thigh meat, removing all sinew and gristle.

3. Make a mousse as described on pages 450–452: Grind leg, thigh, and any additional useable trim through the medium plate ($\frac{1}{4}$ in/6 mm) of a meat grinder. Purée the ground duck to a fine paste. Bloom the gelatin in the brandy, warm to dissolve the gelatin, and fold into the duck mixture. Fold in the cream.

4. Fill the prepared tart shell with mousse and coat the surface of the mousse with sliceable-strength aspic to hold the duck in place. Top with thin-sliced duck breast arranged symmetrically in a spiral pattern covering the surface of the tart. Garnish the rim of the tart with candied pecans. Refrigerate at least 4 hours before slicing and serving.

5. Slice the tart into 12 servings and serve on chilled plates.

» **CHEF'S NOTES** There are a variety of tart pan shapes available, and this recipe can be adapted to fit into most tart pans.

Prepare the aspic using ground chicken in the clarification and chicken stock..

crispy braised pork belly with french lentils and aged balsamic vinegar

yield 8.6 LB/3.9 KG, 12 SERVINGS

3 lb/1.36 kg pork belly, skin on	2 tbsp/20 g sea salt
Salt, as needed	2 1/2 tsp/5 g ground black pepper
Ground black pepper, as needed	3 1/2 fl oz/105 mL olive oil
6 thyme sprigs	3 fennel bulbs, cored, finely diced
6 bay leaves	3 red onions, peeled and finely chopped
12 garlic cloves, peeled, crushed	6 carrots, peeled and finely chopped
4 fl oz/120 mL olive oil	3 garlic cloves, minced
3 onions, peeled and coarsely chopped	1 oz/28 g parsley, finely chopped
3 fennel bulbs, coarsely chopped	7 fl oz/210 mL cooking liquid reserved from the pork bellies
3 carrots, peeled, coarsely chopped.	
16 fl oz/480 mL white wine	2 qts/1.9 L canola oil
2 qts/1.92 L Brown Veal Stock (page 644)	2 3/4 tsp/9 g fleur de sel
2 tbsp/20 g salt	3/4 oz/21 g micro mustard greens
2 1/2 tsp/5 g ground black pepper	3 fl oz/90 mL 15-year-old aged balsamic vinegar

lentils

1 lb 10 oz/737 g French lentils, rinsed

1. Season the pork belly with salt and pepper and place in a bowl. Place the thyme, bay leaves, and garlic on top of the pork bellies, cover with plastic wrap, and refrigerate for 8 to 12 hours.
2. Heat olive oil in small roasting pan over medium heat. Add the onions, fennel, and carrots and sauté until lightly caramelized, about 3 minutes. Deglaze the pan with white wine and reduce until the liquid is almost completely evaporated. Stir in the stock and increase the heat to bring the mixture to a boil.
3. Remove the herbs and garlic from the pork bellies and place the pork bellies into the boiling liquid, adding more water to cover if needed.
4. Cover the roasting pan with foil and then place it in a 350°F/177°C oven to braise until bellies are tender, about 2 hours.
5. Let cool to 60° to 70°F/16° to 21°C, then remove the pork bellies, place in a container with a lid, and refrigerate.
6. Strain the cooking liquid through a chinois, discarding the solids. Transfer the liquids to a saucepan over high heat and bring to a boil. Reduce the heat to establish a simmer and allow the mixture to cook, skimming occasionally, until it has reduced enough to coat the back of a spoon. Season with salt and pepper and reserve.

7. Place the lentils in a saucepan and cover with water. Bring to a boil over high heat, then lower the heat to establish a simmer. Cook until the lentils are tender, about 30 minutes. Drain the lentils and season with salt and pepper.
8. Heat the oil in a sauté pan over medium heat, add fennel, onions, and carrots, and cook until tender, about 15 minutes. Stir in garlic and parsley and add the mixture to the lentils. Stir in the reduced cooking liquid and hold warm until ready to serve.
9. To serve, fill a tall pot or fryer with the canola oil and heat to 350°F/177°C. Slice the pork belly into 12 slices and fry until golden brown and crispy. Drain on absorbent paper towels. Place 8 oz/227 g lentils on each plate and top with a slice of pork belly. Garnish each plate with a sprinkling of fleur de sel, micro mustard greens, and balsamic vinegar.

gnocchi di ricotta

yield 10 SERVINGS

1 lb 6 oz/624 g ricotta cheese	16 fl oz/480 mL Chicken Stock (page 643), hot
8 oz/227 g all-purpose flour, sifted	1 1/2 oz/43 g butter
3 eggs	8 oz/227 g grated Parmesan
3 fl oz/90 mL olive oil	1/2 tsp/1 g ground black pepper
1 1/4 tsp/4 g salt	

1. Place the ricotta, flour, eggs, oil, and salt in a food processor. Process until the ingredients come together to form a smooth dough, about 1 minute. Transfer the dough to a bowl.
2. Bring a large pot of salted water to a boil. Using 2 spoons, shape the dough into oval quenelles, dropping them one by one into the boiling water. When all the dough has been used, return the water to a boil for 1 minute. Remove the gnocchi to a bowl with a slotted spoon.
3. Heat the butter in a medium skillet over medium heat; add the gnocchi and stock. Heat through, 1 to 2 minutes.
4. With a slotted spoon, transfer the gnocchi to a serving bowl. Garnish with the cheese and pepper. Serve immediately.



shrimp and avocado quesadillas

yield 10 SERVINGS

2 lb/907 g Smoked Shrimp (21/25 count) (page 219)	Ground black pepper, as needed
8 oz/227 g tomatillos, charred, husks removed	20 flour tortillas, 4 in/10 cm in diameter
2 avocados, pitted, peeled, diced	8 oz/227 g Monterey Jack cheese, shredded
1 onion, diced, sautéed until golden	2 tbsp/30 mL olive oil
1 1/4 oz/35 g chopped cilantro	2 bunches watercress, washed and dried
1 tbsp/6 g cumin seeds, toasted	10 fl oz/300 mL Orange Vinaigrette (page 34)
Salt, as needed	

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1. Peel and devein the shrimp; reserve.
 2. Finely chop the tomatillos. Combine with the diced avocado and onion and work with a wooden spoon or a fork to form a coarse paste. Stir in the cilantro and cumin and season with salt and pepper. Spread 2½ oz/71 g of this mixture on a tortilla, top with ¾ oz/21 g cheese, and close with a second tortilla. Continue until 10 quesadillas are filled. This may be done up to 1 hour in advance.
 3. When ready to serve, lightly oil both sides of the quesadillas and cook over low heat in a well-seasoned or nonstick pan until golden brown on both sides. Place each quesadilla on a plate; top with 4 shrimp. Dress ¾ oz/21 g watercress with 2 tsp/10 mL vinaigrette and arrange on the plate. Drizzle the perimeter of the plate with another 2 tsp/10 mL vinaigrette.

shrimp cakes with rémoulade sauce

yield 10 SERVINGS

1/2 oz/14 g unsalted butter	1 lb/454 g shrimp, cleaned, deveined, cut into 1/4-in/6-mm dice
1 oz/28 g peeled, finely diced celery stalk	1/4 tsp/.75 g salt
1 oz/28 g finely sliced green onions	Pinch ground black pepper
1 oz/28 g panko bread crumbs	6 oz/170 g fresh white bread crumbs
2 dashes Tabasco	Clarified butter, as needed
1 oz/28 g eggs, well beaten	10 fl oz/300 mL Rémoulade Sauce (page 37)
2 tbsp/30 mL Basic Mayonnaise (page 36)	
1/2 oz/14 g chives, finely snipped	

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1. Melt the butter in a sauté pan over medium heat. Sweat the celery in the butter until slightly translucent. Add the green onions and continue cooking over medium heat until soft. This will happen quickly.
 2. Transfer the mixture into a bowl and allow to cool to room temperature.
 3. Add the bread crumbs, Tabasco, eggs, mayonnaise, chives, and shrimp; season with salt and pepper.
 4. Add approximately 1 1/2 oz/43 g bread crumbs to the shrimp mixture. If the mixture is too wet, add more bread crumbs until the mixture is only slightly moist.
 5. Dividing the mixture into 2-oz/57-g servings, shape into small cakes 2 in/5 cm in diameter. Dip both sides of each shrimp cake in the remaining bread crumbs.
 6. Heat the clarified butter in a sauté pan over medium-high heat and cook the cakes until the shrimp is fully cooked and the cakes are golden brown, 4 to 5 minutes on each side.
 7. Arrange the cakes on individual plates or on a platter and serve the rémoulade sauce on the side.



crabmeat rolls with infused pepper oils, fried ginger, and tamari-glazed mushrooms

yield 10 SERVINGS

1 lb 8 oz/680 g lump crabmeat	Ground white pepper, as needed
4 oz/113 g carrots, finely julienned	10 rice paper wrappers, 8 in/20 cm in diameter
1 oz/28 g red pepper, cut into brunoise	10 oz/284 g Tamari-Glazed Mushrooms (see Chef's Note)
1 oz/28 g yellow pepper, cut into brunoise	2 fl oz/60 mL Red Pepper Oil (page 607)
1 oz/28 g green pepper, cut into brunoise	2 fl oz/60 mL Green Pepper Oil (page 607)
1/2 oz/14 g minced chives	2 fl oz/60 mL Yellow Pepper Oil (page 607)
1 tbs/6 g black sesame seeds	2 pieces ginger (2 in/5 cm long), peeled, sliced thin, and fried for garnish
3 tbs/45 mL rice wine vinegar	
Salt, as needed	

1. Clean the crabmeat, removing any shell or cartilage. Combine with the carrots, peppers, chives, sesame seeds, and rice wine vinegar. Season with salt and pepper.

2. Moisten the rice paper wrappers and fill each one with about 3 oz/85 g crabmeat mixture. Roll the wrapper to completely encase the filling; it should be about 1 in/3 cm in diameter. Cover with a lightly dampened cloth and refrigerate until ready to serve.

3. For each serving, cut 1 crab roll on the bias and arrange on a chilled plate. Add 1 oz/28 g tamari-glazed mushrooms, 1 tsp/5 mL each of the pepper-flavored oils, and a few pieces of fried ginger.

» **CHEF'S NOTE** To make Tamari-Glazed Mushrooms, sauté 1 lb/454 g of sliced shiitake mushrooms in 2 tbs/30 mL olive oil until very hot. Add 2 tbs/30 mL tamari to deglaze the pan, and adjust seasoning as needed with sugar, dark sesame oil, salt, and pepper.

seared sea scallops *with artichokes and peperonato*

yield 10 APPETIZERS

2 lb/907 g dry-pack sea scallops

2 lb/907 g Peperonato (page 50)

Hearts of Artichoke Salad (page 121), as needed per method or desired yield

Salt, as needed

Ground black pepper, as needed

5 fl oz/150 mL olive oil

5 fl oz/150 mL Red or Yellow Pepper Oil (page 607)

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1. Remove and discard the muscle tab from the scallops.
 2. For each serving, heat 3 oz/85 g peperonato and 2 pieces baby artichoke or 4 pieces artichoke bottoms. Adjust seasoning with salt and pepper. Keep warm.
 3. Heat 1 oz/30 mL olive oil in a sauté pan over medium-high heat. Add 3 oz/85 g scallops and sear on both sides until golden brown but still translucent in the center, 1 to 2 minutes per side.
 4. Mound the peperonato on a heated plate and arrange the artichoke and scallops on the plate. Drizzle with red or yellow pepper oil and serve immediately.

lobster and truffle salad

yield 10 SERVINGS

5 whole lobsters (1 lb/454 g each)

8 oz/227 g haricots verts

5 bunches mâche

vinaigrette

9 fl oz/270 mL orange juice

2 fl oz/60 mL Champagne vinegar

1 1/2 oz/43 g minced Fines Herbes (page 640)

Salt, as needed

Ground white pepper, as needed

4 fl oz/120 mL extra-virgin olive oil

garnish

1 tomato, peeled, seeded, and cut into diamond shapes

1/2 oz/14 g chervil pluches

1 oz/28 g truffles

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1. Cook the lobsters in simmering salted water until fully cooked, 9 to 10 minutes. Remove and refrigerate until cold. When cold, remove the tail and claw meat. Slice each tail in half to make 10 equal servings; cover and refrigerate until ready to assemble the appetizer.
 2. Blanch the haricots verts in boiling salted water until bright green; refresh, drain, and refrigerate until ready to assemble the appetizer.
 3. Rinse the mâche carefully and divide each bunch in half. Dry thoroughly and refrigerate until ready to assemble the appetizer.
 4. To prepare the vinaigrette, combine the orange juice, vinegar, fines herbes, salt, and pepper. Gradually add the oil, whisking constantly. Adjust seasoning and reserve.
 5. For each serving, slice 1 lobster tail half into medallions. Dress 3/4 oz/21 g haricots verts and 1/2 bunch mâche with the vinaigrette and arrange on chilled plates. Add the lobster tail medallions and a claw piece. Garnish with tomato, chervil pluches, and truffles.

foie gras roulade with roasted beet salad and smoked duck breast

yield 10 SERVINGS

1 lb/454 g Foie Gras Roulade or
Foie Gras Terrine (page 354)
15 oz/425 g Smoked Duck Breast (page 231)
20 oz/567 g Roasted Beet Salad (page
118), made with gold and red beets

20 Parsnip Crisps (page 606)
1 1/4 oz/35 g micro beet greens
5 fl oz/150 mL Beet Vinaigrette (page 33)

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1. Slice the foie gras roulade into 10 servings, each weighing about 1½ oz/43 g. If done in advance, cover and refrigerate the slices until ready to assemble the appetizer.
 2. Slice the duck breasts thin; you will serve 4 slices per appetizer.
 3. For each serving, place 1 slice of foie gras on the plate and serve with 2 oz/57 g beet salad, 4 slices of duck breast, 2 parsnip chips, and 1 tbsp/3 g micro beet greens; drizzle the plate with 1 tbsp/15 mL of vinaigrette.



watermelon gelée, crab, and avocado napoleon with tomato vinaigrette

yield 10 SERVINGS

watermelon gelée

6 gelatin sheets, bloomed in cold water
24 fl oz/720 mL watermelon juice
1 tsp/5 ml lemon juice

3 tbsp/45 ml lemon juice
2 tbsp/30 ml olive oil
Salt, as needed
Ground black pepper, as needed

phyllo wafers

3 sheets phyllo, cut into 2-in by
1-in/5-cm by 3-cm pieces
Olive oil, as needed

3 avocados, peeled, pitted, thinly sliced
5 fl oz/150 mL Cherry Tomato Vinaigrette (page 32)
20 thin wedges watermelon
2 European cucumbers, peeled, seeded, julienned

crab

10 oz/284 g crabmeat, picked over
2 3/4 tsp/2.75 g chives, finely chopped

1. To make watermelon gelée, squeeze the excess water from the bloomed gelatin sheets. Place the gelatin sheets in a bowl, add the watermelon and lemon juices, and heat to 110°F/43°C over a water bath. Mix well and place the bowl on an ice bath. Continue mixing until the mixture is almost completely set.
2. Place ten 2-in-round by 1-in-tall/5-cm-round by 3-cm-tall ring molds on a flat sheet pan lined with a silicone mat. Pour the juice-gelatin mixture into each mold and place in the refrigerator to set.
3. Place the pieces of phyllo on a sheet pan lined with a silicone mat and brush with olive oil. Place another sheet of phyllo on top of each of those sheets, brush with olive oil. Place a third sheet of phyllo on top of each of those sheets. Place a second sheet pan on top of the phyllo pieces and bake in a 375°F/191°C oven until golden brown and crisp. Allow to cool completely and reserve.
4. Combine the crabmeat with the chives, lemon juice, olive oil, salt and pepper.
5. To assemble use 10 rectangular molds. Unmold the gelées in the center of each of 10 plates and place a rectangular mold on top of each, pressing to cut, so the gelée becomes the base of the assembly. Place a piece of phyllo on top of the gelée. Divide the crab salad evenly among the molds, pressing gently to make an even layer. Top each mold with thin slices of avocado arranged in an even attractive pattern. Garnish the plate with tomato vinaigrette, watermelon, and cucumber.

roasted shallot custard

yield 10 SERVINGS

6 shallots, peeled, trimmed

2 fl oz/60 mL olive oil

Salt, as needed

Ground black pepper, as needed

8 fl oz/240 mL heavy cream

2 sprigs thyme

Salt, as needed

Ground black pepper, as needed

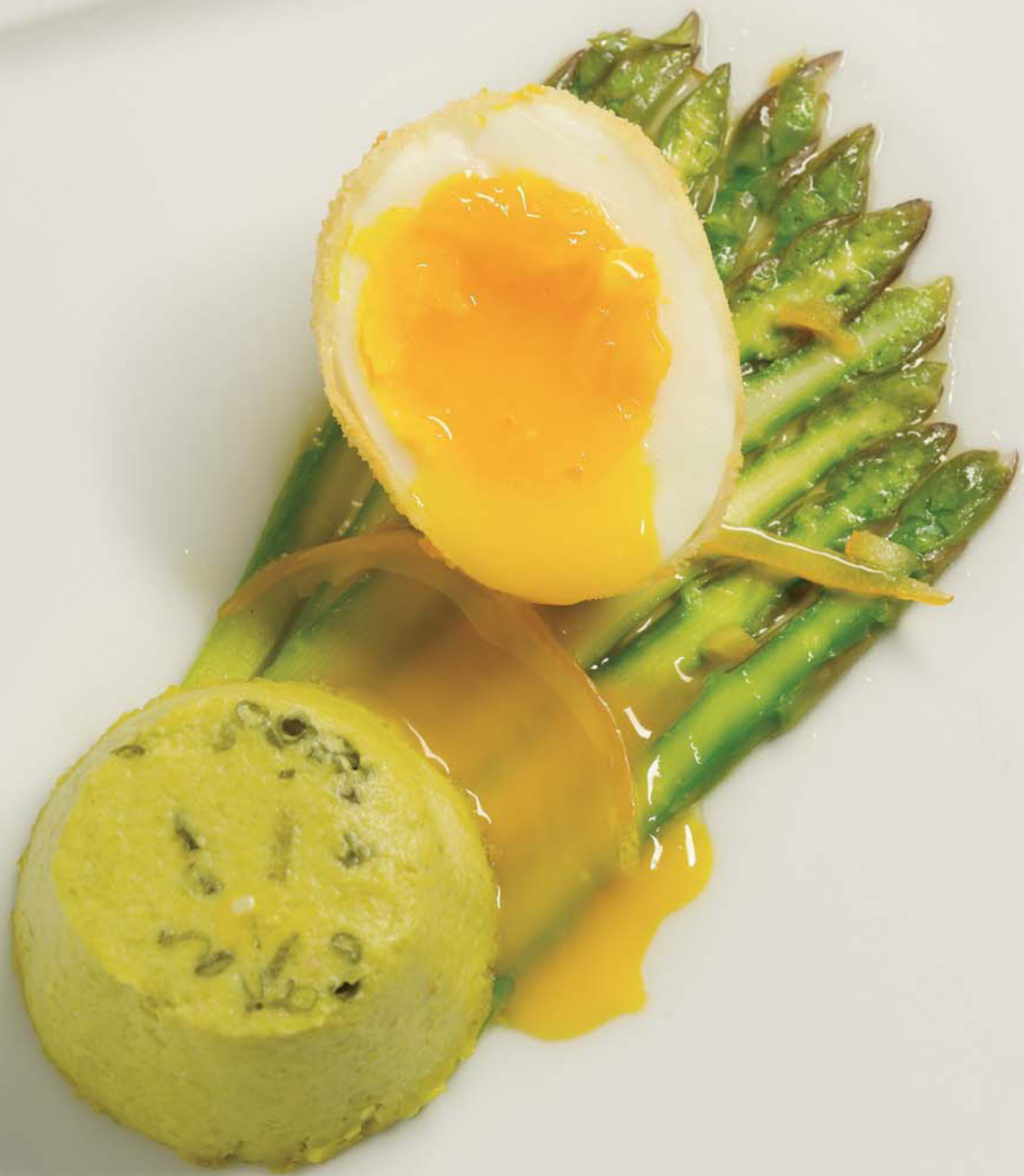
4 egg yolks

Vegetable oil, as needed

2 tbsp/6 g minced chives

-
1. Place the shallots in a baking dish small enough to hold them snugly in a single layer. Coat them with olive oil and season with salt and pepper. Roast in a 300° to 325°F/149° to 163°C oven until deep golden brown and tender, 45 minutes to 1 hour. Remove from the oven and allow the shallots to cool completely. Finely chop the shallots and reserve.
 2. Combine the cream and thyme in a small saucepan and bring to a simmer over medium heat. Simmer gently for 5 minutes. Strain the cream through a chinois and season with salt and pepper. Discard the thyme.
 3. In a separate bowl, whisk the egg yolks until blended. Gradually whisk in the hot cream.
 4. Prepare ten ovenproof 1-fl-oz/30-mL ramekins with vegetable oil. Distribute the roasted shallots evenly among the ramekins. Ladle the cream mixture over the ramekins and top with a sprinkling of chives.
 5. Carefully place the filled ramekins in a baking dish and pour in enough hot water to fill the dish halfway up the side of the ramekins. Bake in a 275°F/135°C oven until set, about 45 minutes. Allow to cool before unmolding.





sage and fava bean custard with shaved asparagus and meyer lemon with crispy egg

yield 10 INDIVIDUAL CUSTARDS

custard

3 shallots, peeled, trimmed
1 fl oz/30 mL olive oil
Salt, as needed
Ground white pepper, as needed
2 lb/907 g fava beans, shucked, peeled
16 fl oz/480 mL heavy cream
1 sprig thyme
5 egg yolks
1 1/2 oz/43 g Pecorino Romano
Vegetable oil, as needed
1 tbsp/3 g minced chives

shaved asparagus and meyer lemon

1 lb 8 oz/680 g asparagus, shaved thin lengthwise on a mandoline
4 fl oz/120 mL vegetable stock, plus as needed
1 oz/28 g butter, plus as needed
5 preserved Meyer lemons, diced
88 fl oz/2.60 L Orange Vinaigrette (page 34)
Salt, as needed
Ground white pepper, as needed

crispy eggs

5 eggs, poached for 5 minutes, cooled, peeled
8 fl oz/240 mL buttermilk
Flour, as needed
6 oz/170 g panko bread crumbs

1. Place the shallots in a baking dish small enough to hold them snugly in a single layer. Coat them with olive oil and season with salt and pepper. Roast in a 300° to 325°F/149° to 163°C oven until deep golden brown and tender, 45 minutes to 1 hour. Remove from the oven and allow the shallots to cool. Finely chop the shallots and reserve.
2. Place the fava beans in a single layer in a baking dish and roast at 275°F/135°C for 20 minutes. Allow the favas to cool, then combine with the shallots.
3. Combine the cream, thyme, and reserved fava beans and shallots in a small saucepan and bring the mixture to a simmer over medium heat. Simmer gently for 5 minutes.
4. Strain the cream through a chinois, reserve the shallots and fava beans, and discard the thyme.
5. Place the shallots and fava beans in a food processor and purée until smooth. Season with salt and pepper.

continued

6. In a separate bowl, whisk the egg yolks and cheese until blended. Gradually whisk in the hot cream, then add the fava-shallot purée and mix well to combine.
7. Strain this mixture through a chinois, passing as much of the purée through with the custard as possible.
8. Prepare ten ovenproof 2-fl-oz/60-mL ramekins with vegetable oil. Ladle the custard into the ramekins and top with a sprinkling of chives.
9. Place the filled ramekins in a baking dish and pour in enough hot water to fill the dish halfway up the side of the ramekins. Bake in a 275°F/135°C oven until set, about 20 minutes. Allow the custard to cool before unmolding.
10. In a saucepan over medium heat, cook the asparagus in vegetable stock and butter until tender. Drain and reserve.
11. Stir the preserved lemons into the orange vinaigrette.
12. To make the crispy eggs, bread the poached eggs in buttermilk, flour, and bread crumbs using the standard breading procedure (page 665). Just before serving, fry each egg until golden brown. Cut the eggs in half on an angle.
13. To serve, reheat the asparagus, toss with orange vinaigrette to coat, and season with salt and pepper. Unmold one custard onto each plate, some of the asparagus beside the custard, and top the asparagus with half a crispy egg.

cucumber granité

yield 32 FL OZ/960 ML

1 lb 8 oz/680 g cucumbers, peeled,
seeded, and roughly chopped
3 tbsp/45 mL white wine vinegar

1/2 oz/14 g granulated sugar
3/4 oz/21 g egg white, lightly beaten

1. Purée the cucumber in a blender until very smooth.
2. Combine the cucumber purée with the vinegar, sugar, and egg white and stir until combined.
3. Pour the mixture into a hotel pan, cover with plastic wrap, and freeze for at least 3 hours, stirring every 25 minutes. To serve, scrape a kitchen spoon over the surface and shape into quenelles or balls. Serve immediately.

celery granité

yield 32 FL OZ/960 ML

1 celery root (celeriac) (about 2 lb/907 g)
3 tbsp/45 mL white wine vinegar

1/2 oz/14 g granulated sugar
3/4 oz/21 g pasteurized egg white, lightly beaten

1. Trim the celery, cut into dice, and juice or purée in a blender until liquid. Strain through a fine sieve to remove fibers.
2. Combine the celery with the vinegar, sugar, and egg white and stir until combined.
3. Pour the mixture into a hotel pan, cover with plastic wrap, and freeze for at least 3 hours, stirring every 25 minutes. To serve, scrape a kitchen spoon over the surface and shape into quenelles or balls. Serve immediately.



Tomato-Basil Sorbet

tomato-basil sorbet

yield 32 FL OZ/960 ML

simple syrup

2 oz/57 g sugar
2 fl oz/60 mL water

3/4 tsp/2.50 g salt
3/4 oz/21 g tomato paste
2 oz/57 g chopped basil

6 ripe tomatoes
4 fl oz/120 mL lemon juice

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1. Bring the sugar and water to a boil in a small saucepan. Remove from the heat and cool to room temperature.
 2. Blanch the tomatoes in boiling water until the skin just begin to peel off, 15 to 20 seconds, and shock them in an ice bath. Peel and seed the tomatoes.
 3. Purée the tomatoes until smooth in a food processor. Combine the purée with the simple syrup, lemon juice, salt, tomato paste, and basil.
 4. Process the mixture in an ice cream maker according the manufacturer's instructions, and freeze until needed.

lime granité

yield 32 FL OZ/960 ML

32 fl oz/960 mL water
1 lb/454 g sugar

1 oz/28 g lime zest, finely minced
4 fl oz/120 mL lime juice

Combine all ingredients in a hotel pan. Cover with plastic wrap and freeze until firm, about 3 hours, stirring every 25 minutes. To serve, scrape a kitchen spoon over the surface and shape into quenelles or balls. Serve immediately.

gougères

yield 60 PIECES

12 fl oz/360 mL water

6 oz/170 g butter

Salt, as needed

6 3/4 oz/191 g all-purpose flour, sifted

1 1/2 oz/43 g egg whites

6 eggs

5 oz/142 g grated Gruyère

1 1/2 tbsp/8 g grated Parmesan (optional)

-
1. Combine the water, butter, and salt and bring to a boil.
 2. Add the sifted flour all at once and stir in well; cook over medium heat, stirring constantly, just until mass comes away from the sides of the pot.
 3. Transfer to a mixer and mix on medium speed for about 1 minute. Add the egg whites and eggs one at a time, mixing well after each addition, to achieve a stiff but pliable texture.
 4. Add the grated Gruyère and Parmesan, if using, and continue mixing for 1 minute.
 5. Transfer the dough to a pastry bag with a no. 5 plain tip and pipe out in the desired shape onto parchment-lined sheet pans.
 6. Bake in a 400°F/204°C oven until golden brown, then reduce the oven temperature to 325°F/163°C to cook through, 12 to 15 minutes. Serve warm or store in airtight containers, as for crackers.

» **CHEF'S NOTE** These puffs make a great snack item or casual reception food with cocktails. They are best when served warm from the oven, but they can be cooled, held in airtight containers, and served at room temperature if necessary.

Clockwise from upper left: Cheese Sticks (page 492), Parmesan and Prosciutto Palmiers (page 492), and Gougères.



parmesan and prosciutto palmiers

yield 40 TO 45 PIECES

8 oz/227 g Blitz Puff Pastry (page 652)

2 oz/57 g tomato paste

12 prosciutto slices

3/4 oz/21 g finely grated Parmesan

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1. Lay out the puff pastry and brush with a small amount of tomato paste.
 2. Lay thin slices of prosciutto over the puff pastry and dust with cheese. Roll long sides in toward center. Cut into slices 1/4 in/6 mm thick and arrange on parchment-lined sheet pans. Cover with a second sheet of parchment and bake in a 400°F/204°C oven until golden brown, about 10 minutes.

» **CHEF'S NOTES** Parchment paper on top and bottom will help the pieces stay flat. The paper can be removed for the last few minutes to allow for browning.

These can be made up in batches and frozen, then baked as needed and served warm.

cheese sticks

yield 30 PIECES

1 egg yolk

1 tbsp/15 mL milk

1 recipe Blitz Puff Pastry (page 652)

1 1/2 oz/43 g grated Parmesan

Sweet Spanish paprika, as needed

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1. Whisk together the egg yolk and milk to make an egg wash. Brush the puff pastry sheet with the egg wash.
 2. Sprinkle the cheese and paprika evenly over the puff pastry sheets.
 3. Cut pastry into strips 1/4 in/6 mm wide, the length of the sheet.
 4. Bake on parchment-lined sheet pans in a 400°F/204°C oven until golden brown, about 10 minutes.

» **CHEF'S NOTE** Cajun Spice Blend (page 639), cayenne, poppy seeds, or sesame seeds may be used as alternative garnishes.

» **PRESENTATION IDEA** Cheese sticks are a quick and simple way to add a signature look and flavor to a reception table, dining table, or bar. The sticks may be twisted, curled, or shaped as desired before baking. Fanciful shapes presented in tall glasses or jars serve as eye-catching edible decorations.

profiteroles

yield 60 PIECES

12 fl oz/360 mL water

6 oz/170 g butter

Salt, as needed

6 3/4 oz/191 g all-purpose flour, sifted

6 eggs

1. Combine the water, butter, and salt and bring to a boil.
2. Add the sifted flour all at once and stir in well; cook over medium heat just until mass comes away from the pot.
3. Transfer to a mixer and mix on medium speed for about 1 minute. Add the eggs one at a time, mixing well after each addition, to achieve a stiff but pliable texture.
4. Transfer the dough to a pastry bag with a no. 5 plain tip and pipe out in the desired shape onto parchment-lined sheet pans. For profiteroles, pipe balls 1 in/3 cm in diameter; other shapes such as éclairs may also be prepared.
5. Bake in a 400°F/204°C oven until golden brown, then reduce oven temperature to 325°F/163°C to cook through, 12 to 15 minutes.
6. When ready to fill, slice off the tops with a sharp knife. Add filling of choice, and replace the top.

1. Prepared *pâte à choux* will be stiff yet pliable, with a pale yellow color.

2. Once baked, profiteroles take on an even golden brown coloration and develop a hollow center.



1



2



asparagus, prosciutto, and parmesan phyllo rolls

yield 90 PIECES

25 asparagus stalks, trimmed, peeled
Salt, as needed
Ground black pepper, as needed
Juice of 1 lemon
6 3/4 oz/191 g grated Parmesan

25 phyllo sheets
8 oz/227 g butter, clarified
Grated nutmeg, as needed
25 thin slices prosciutto

-
1. In a pot of boiling salted water, cook the asparagus until tender. Cool in an ice bath and drain well. Season with salt and pepper.
 2. Toss the lemon juice with the cheese. Place one sheet of phyllo on a clean work surface. Brush the sheet with clarified butter and sprinkle with Parmesan, nutmeg, salt, and pepper. Place a single layer of prosciutto along the bottom edge of the sheet. Arrange an asparagus stalk so that the stalk extends the length of the phyllo. Roll the phyllo sheet up very tightly around the prosciutto and asparagus. Firmly press the ends of the sheet together and tuck in the end. Brush the roll on all sides with clarified butter. Repeat the process to use all of the phyllo and asparagus.
 3. Bake the rolls in a 400°F/204°C oven until golden and crispy, about 20 minutes.
 4. To serve, cut the rolls into 1/2-in/1-cm slices on the bias.

yorkshire pudding with duck ragoût

yield 30 PIECES

duck ragoût

4 duck legs
1 3/4 oz/50 g minced shallots
1 oz/28 g minced garlic
2 tbsp/30 mL olive oil
1 oz/28 g tomato paste
1/2 oz/14 g all-purpose flour
24 fl oz/720 mL Chicken Stock (page 643)

sachet d'épices

1 oz/28 g dried cèpes
1 rosemary sprigs
2 thyme sprig
1 sage sprig
1 bay leaf
3 tbsp/9 g finely chopped flat-leaf parsley
1 tbsp/9 g minced garlic
6 juniper berries, crushed
2 black peppercorns, crushed

2 tbsp/30 mL olive oil
4 oz/113 g shiitake mushrooms, cut into small dice
2 tbsp/30 mL rendered duck fat
1 3/4 oz/50 g minced shallots
5 1/3 fl oz/160 mL red wine
4 fl oz/120 mL tomatoes peeled and seeded, cut into small dice
1 tbsp/3 g coarsely chopped flat-leaf parsley
1/2 tsp/0.50 g coarsely chopped tarragon
1 oz/28 g butter
Salt, as needed
Ground black pepper, as needed

yorkshire pudding

1 1/4 oz/35 g all-purpose flour
1 tsp/3 g salt
10 fl oz/300 mL whole milk
1 1/2 tbsp/22.50 mL water
3 eggs, beaten
2 fl oz/60 mL rendered duck fat
2 oz/57 g grated Parmesan

1. For the duck ragoût, trim excess fat from the duck legs.
2. Lightly sauté the shallots and garlic in the olive oil in a small sauté pan over low heat until tender, 3 to 4 minutes. Add the tomato paste and cook until it reaches a light mahogany brown, about 1 minute. Add the flour and cook until it has a pale color and slightly toasted aroma, 2 to 3 minutes. Add the chicken stock and the sachet d'épices and simmer over medium-low heat to make brown sauce, 40 to 45 minutes.
3. Sear the duck legs in the olive oil in a sauté pan over medium heat. Add the brown sauce and bring the mixture to a simmer. Skim the fat off the top of the sauce and braise legs in a 325°F/163°C oven until meat can be pulled from the bones, about 1 1/2 hours.
4. Strain the sauce through a chinois and reserve it separately. Coarsely shred the duck meat while still warm.
5. Sauté the diced mushrooms in 1 tbsp/15 mL of the reserved duck fat in a small sauté pan over medium heat until tender, and reserve.

6. At service, sweat shallots in the remaining rendered duck fat in a saucepan over medium heat until tender, 3 to 4 minutes. Add red wine and cook until reduced to a sec, 4 to 5 minutes. Add the reserved brown sauce and finish with tomatoes and herbs. Carefully fold in the duck and mushrooms and monte au beurre (see Chef's Note). Season with salt and pepper.

7. Hold warm in a bain-marie until service.

8. For the Yorkshire pudding, sift together the flour and salt; make a well in the center, add the milk and water, and mix just until smooth. Add the eggs and mix until smooth.

9. Brush 30 mini muffin tins with duck fat and preheat in a 450°F/232°C oven. Fill each cup a little more than half full with batter (about 1 tbsp/15 mL batter) and bake until browned and puffed, 12 to 18 minutes.

10. Garnish with ½ oz/14 g ragoût and a pinch of cheese.

» **CHEF'S NOTE** *Monte au beurre* refers to a technique used to finish sauces, thicken them slightly, and give them a glossy appearance by whisking or swirling whole butter into the sauce until melted.

duck confit and white bean hash cake with cipollini onion marmalade

yield 30 PIECES

duck confit

1 lb 8 oz/680 g duck legs
2 1/2 oz/71 g salt
1 oz/28 g garlic, coarsely chopped
4 black peppercorns, crushed
1/2 oz/14 g coarsely chopped thyme
48 fl oz/1.44 L rendered duck fat,
melted and cooled slightly

duck confit and white bean hash cake

2 oz/57 g bacon, finely chopped
2 tbsp/30 mL rendered duck fat
2 oz/57 g minced onion
1/2 oz/14 g minced garlic
8 fl oz/240 mL risotto rice
2 2/3 fl oz/80 mL white wine

32 fl oz/960 mL Chicken Stock (page 643)
2 tbsp/6 g chopped flat-leaf parsley
1 tsp/1 g chopped thyme
2 tbsp/6 g minced chives
2 tsp/2 g chopped rosemary
1 cup/240 mL white beans, cooked, roughly chopped
4 oz/113 g duck confit
2 eggs, lightly beaten
1 cup/240 mL fresh bread crumbs
Salt, as needed
Ground black pepper, as needed
6 oz/170 g all-purpose flour
4 eggs, whisked together
4 oz/113 g panko bread crumbs
12 fl oz/360 mL vegetable oil, for pan frying
Cipollini Onion Marmalade (recipe follows)

1. Trim duck legs and arrange in a single layer in a hotel pan. Combine the seasonings and sprinkle over the duck legs. Top with a press plate and a 2-lb/907-g weight. Cover and refrigerate overnight to cure.
2. Rinse the seasonings from the legs; pat dry. Cover the legs in the duck fat. Simmer the legs gently in a small pot until the duck meat is completely tender, about 2 hours.
3. Remove the meat. Shred most of the confit small for the hash cake and reserve 30 large pieces for the garnish.
4. Render the bacon in the duck fat over low heat in a small pan until the bacon just starts to brown. Add the onion and garlic and continue to sweat over low heat until tender, 6 to 8 minutes. Add the rice and sauté for 1 minute; deglaze with the wine and reduce by half. Add the stock in four additions and simmer gently until the rice is tender and very dry, 20 to 25 minutes.
5. Cool the rice to room temperature and add the herbs, beans, confit, the beaten eggs, fresh bread crumbs, and seasonings until just combined.
6. Form into balls weighing 1 1/4 oz/35 g; flatten balls into discs 1 to 1 1/4 in/2.5 to 3 cm in diameter. Cover and refrigerate until thoroughly cold.

7. Coat the cakes using the flour, 4 whisked eggs, and panko in the standard breading procedure (see page 665). Heat oil to 350°F/177°C and pan fry cakes until golden brown, 2 to 3 minutes per side.

8. Rewarm the reserved duck confit pieces and place on top of the cakes along with ¼ oz/7 g onion marmalade.

cipollini onion marmalade

yield 16 FL OZ/480 ML

1 lb 8 oz/680 g cipollini onions, peeled

3 oz/85 g butter

¾ oz/21 g honey

2 fl oz/30 mL sherry vinegar

4 tsp/4 g chopped thyme

Salt, as needed

Ground black pepper, as needed

Combine the onions and butter in a sauté pan and cook over low heat until golden brown; add the honey and vinegar. Cover with a lid and bake in a 325°F/163°C oven until tender, 15 to 20 minutes. Season with thyme, salt, and pepper and cut into rough medium dice.

duck rillettes in profiteroles

yield 30 PIECES

4 oz/113 g Duck Rillettes (page 249)
2 tbsp/30 mL duck fat, melted
2 tbsp/28 g Dijon mustard
Salt, as needed

Ground black pepper, as needed
30 Profiteroles (page 493), split
1 oz/28 g green peppercorns, crushed

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1. In a mixing bowl on low speed, work rillettes until softened.
 2. Fold the duck fat and mustard gently but thoroughly into the rillettes. Adjust seasoning with salt and pepper if needed.
 3. Pipe the rilette mixture into the bottom of the split profiteroles. Garnish each with a green peppercorn. Replace the top.

smoked salmon mousse barquettes

yield 30 PIECES

1 lb/450 g salmon fillets (page 220), skinless, cold smoked
8 fl oz/240 mL Aspic (page 67) made with fish stock, warmed
4 fl oz/120 mL mayonnaise
1 tsp/5 mL Worcestershire sauce
1 tbsp/15 mL dry white wine
1 tsp/5 mL lemon juice

1/4 tsp/1.25 mL Tabasco
1/2 oz/14 g prepared horseradish
6 fl oz/180 mL heavy cream, whipped to soft peaks
30 barquettes made from Basic Pâté Dough (pages 445 and 649), prebaked
2 oz/57 g salmon roe
30 dill sprigs

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1. Make the mousse by puréeing the salmon, aspic, mayonnaise, Worcestershire, wine, lemon juice, Tabasco, and horseradish in a food processor until very fine. Fold the whipped cream gently but thoroughly into the salmon mixture.
 2. To assemble the barquettes, pipe approximately 1/2 oz/14 g salmon mousse into each barquette, garnish with a little salmon roe and a dill sprig, and chill until firm. The barquettes are now ready to serve, or can be covered and refrigerated up to 1 hour.

creamed wild mushroom tartlets

yield 30 PIECES

1 lb/454 g assorted wild mushrooms (shiitake, porcini, oyster, etc.), cut into small dice
2 shallots, minced
2 oz/57 g butter
1 tbsp/15 mL brandy
1 tbsp/15 mL sherry
2 fl oz/60 mL heavy cream

30 tartlet shells made from Basic Pâté Dough (page 649), baked blind

garnish

2 oz/57 g finely grated dry Jack cheese
1 oz/28 g chopped flat-leaf parsley
2 tsp/4 g ground black pepper

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1. Sauté the mushrooms and shallots in the butter; add the brandy, sherry, and cream to finish the duxelles.
 2. Combine the garnish ingredients and reserve.
 3. Fill each tartlet shell with a tablespoon of duxelles and top with a sprinkle of the garnish mixture. Serve warm.

blt hors d'oeuvre

yield 24 SANDWICHES

16 1/4-in/6-mm slices white Pullman loaf, crusts removed

24 1/8-in/3-mm slices bacon

15 3/4 oz/447 g Brie, rind removed, room temperature

1/2 oz/14 g minced sun-dried tomatoes

1 tsp/2 g ground black pepper

6 plum tomatoes, peeled, seeded, julienned

6 oz/170 g arugula

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1. Bake the bread slices in a 350°F/177°C oven until lightly golden browned, 5 to 10 minutes. Reserve.
 2. Arrange the bacon in a single layer on a sheet pan fitted with a rack; bake in a 350°F/177°C oven until the bacon is cooked and firm, 20 to 25 minutes. Cool and reserve.
 3. Place the Brie in a stand mixer fitted with a paddle attachment and whip on medium speed for 5 minutes. Add the sun-dried tomatoes and pepper. Whip on medium-high for another 5 minutes, scraping the bowl often, until the mixture is the consistency of a light buttercream.
 4. Spread about 1 tbsp/15 mL of the Brie mixture onto each slice of bread. Lay 3 strips of bacon on 8 slices of the bread so that the strips are not touching. Arrange an even layer of plum tomato slices on top of the bacon strips. Place arugula on top of the tomatoes, oriented so that it runs the length of the bacon. Top each of these 8 slices with another slice of bread.
 5. Using a serrated knife, cut each sandwich into three rectangles 1 by 3 in/ 3 by 8 cm (each sandwich should be about the width of the bacon and should have bacon through the entire length). Arrange the sandwiches on a platter and serve.

steak tartare canapé

yield 30 PIECES

1 lb/454 g beef tenderloin	Worcestershire sauce, as needed
1 oz/28 g pasteurized egg yolks	30 rye bread canapé bases, toasted
1 oz/28 g minced onion	5 oz/142 g Anchovy Butter (page 647), softened
3/4 oz/21 g chopped capers	2 oz/57 g hard-cooked egg, chopped, or as needed
Salt, as needed	2 oz/57 g minced onion, or as needed
Ground black pepper, as needed	2 oz/57 g minced parsley, or as needed

1. Finely chop the tenderloin. At service time, combine the beef, egg yolks, onion, and capers to prepare the tartare. Add salt, pepper, and Worcestershire as needed.
2. Spread the canapé base with 1 tsp/5 mL anchovy butter and ½ oz/14 g tartare mixture, and top with chopped eggs, onion, and parsley.

barbecued shrimp and bacon

yield 30 PIECES

30 small bamboo skewers	8 fl oz/240 mL Southwestern Barbecue Sauce (page 66)
30 shrimp (16/20 count), peeled and deveined	
15 strips Basic Bacon (page 234), partially cooked and cut in half	

1. Soak bamboo skewers in water for 30 minutes.
2. Wrap each shrimp with a bacon strip. Thread each shrimp on a bamboo skewer.
3. Place the skewers on a wire rack set into a foil-lined metal tray.
4. Broil the shrimp 1 to 2 minutes on the first side. Turn and broil on the second side until the bacon is crispy and the shrimp are just cooked through, 1 to 2 minutes. Remove from the broiler and baste with the barbecue sauce.

» **VARIATION** SERRANO-WRAPPED SHRIMP: Replace the bacon with thin slices of Serrano ham. Baste lightly with oil before grilling or broiling as directed above.

sun-dried tomato and goat cheese tartlets

yield 30 PIECES

1 lb/454 g Tart Dough (page 662)

1 tbsp/9 g minced garlic

3 tbsp/9 g chopped basil

1 tsp/2 g ground white pepper

6 fl oz/180 mL milk

2 fl oz/60 mL dry sherry

3 eggs

1 tbsp/9 g all-purpose flour

4 oz/113 g fresh goat cheese, crumbled

1 oz/28 g green onions, minced

3½ oz/99 g sun-dried tomatoes, minced

-
1. Roll the tart dough to ⅛ in/3 mm thick.
 2. Cut 30 rounds from the dough using a 2-in/5-cm round cutter and press gently into tart molds 1¾ in/4.50 cm in diameter. Dock the dough with a fork.
 3. Cover the dough in the molds with a small piece of foil and fill with uncooked dried beans or pastry weights. Bake in a 425°F/218°C oven for 5 minutes. Allow to cool completely and remove the foil and beans or weights.
 4. Combine the garlic, basil, pepper, milk, and sherry in a food processor. Add the eggs and flour and process until just blended.
 5. Toss together the goat cheese, green onion, and sun-dried tomatoes.
 6. Place 2½ tsp/12.50 mL of the goat cheese mixture into each tartlet.
 7. Fill each tartlet two-thirds full with the egg mixture.
 8. Bake in a 350°F/177°C oven until set, about 15 minutes.

asparagus and prosciutto canapés

yield 36 SANDWICHES

15 1/2 oz/439 g asparagus

vinaigrette

4 1/2 fl oz/135 mL Champagne vinegar

2 tbsp/28 g spicy brown mustard

1 1/2 tsp/6 g sugar

2 shallots, minced

9 1/2 fl oz/285 mL mild olive oil

1 oz/28 g chopped walnuts, toasted (optional)

1/2 oz/14 g chopped flat-leaf parsley

3 tbsp/9 g chopped dill

1 tbsp/3 g minced chives

2 3/4 tsp salt/9 g salt

2 tsp/4 g coarse-ground black pepper

10 1/4-in/6-mm slices Pullman loaf, crusts removed

4 3/4 oz/135 g cream cheese, softened, whipped

1/4 tsp/0.50 g ground black pepper

5 oz/143 g Prosciutto di Parma,
sliced (about 6 slices)

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1. Trim the woody ends of the asparagus and brunoise up to the tips. Reserve the tips. Add the brunoise asparagus to boiling salted water and cook until tender, about 4 minutes. Drain the asparagus, shock in an ice bath, drain well on absorbent paper towels, and blot dry.
 2. To make the vinaigrette, combine the vinegar, mustard, sugar, and shallots. Whisk the oil into the mixture in a slow steady stream. Finish by stirring in the remaining vinaigrette ingredients.
 3. Bake the bread slices in a 350°F/177°C oven until golden brown, 5 to 10 minutes. Spread one side of each of the slices evenly with the cream cheese and season with pepper.
 4. Trim the prosciutto slices carefully to remove excess fat. Cut the lean portion of the prosciutto slices to fit the size of the bread slices, using as many pieces as necessary to cover each slice of bread.
 5. To serve, use a serrated knife to cut each slice of bread into quarters, creating four small canapés. Toss the brunoise asparagus in vinaigrette to lightly coat. Place about 1 tbsp/15 mL of the asparagus onto each canapé. Garnish with the reserved asparagus tips and serve immediately.



prosciutto and melon canapé

yield 30 PIECES

8 very thin slices prosciutto (about 5 oz/142 g)
30 white bread canapé bases, toasted
5 oz/142 g Mascarpone Cheese
Spread (see Chef's Note)

90 petit-pois-size honeydew balls
90 petit-pois-size cantaloupe balls
30 mint leaves, fine chiffonade

-
1. Cut the prosciutto to fit the canapé bases.
 2. Spread the canapé bases with some of the mascarpone spread and top with a piece of prosciutto. Top with melon balls and mint.

» **CHEF'S NOTE** To prepare Mascarpone Cheese Spread, add Tabasco, Dijon mustard, salt, and pepper as needed to 5 oz/142 g Mascarpone (page 390). Mix well.

fig and prosciutto canapés

yield 32 CANAPÉS

8 thin slices whole-grain bread
8 fl oz/240 mL mascarpone cheese
8 ripe green figs, stemmed

8 thin slices prosciutto (about 8 oz/227 g),
trimmed of fat and torn into quarters
32 small fresh mint leaves

-
1. Cut four 1 ½-inch/3.8-cm diameter rounds from each slice of bread and lightly toast. Spread mascarpone cheese on each round.
 2. Cut each fig lengthwise into four slices and place a slice on each round. Place a rolled piece of prosciutto on each round and top with a mint leaf.





pancetta-wrapped dates stuffed with manchego cheese and mint

yield 20 DATES

20 Medjool dates
20 mint leaves

3 oz/85 g Manchego cheese, cut into strips
1/4 by 1/4 in by 1 1/2 in/6 mm by 6 mm by 4 cm
10 thin slices pancetta, halved

-
1. Cut a small slice off the short end of each date and discard. Using tweezers or needle-nose pliers, carefully remove the pits from the dates through the small opening. Discard the pits.
 2. Place a mint leaf across the opening of a date. Using a strip of cheese, push the mint leaf and cheese into the cavity of the date through the hole. Use your fingers to pinch the hole closed. Repeat with the remaining dates.
 3. Wrap half a slice of pancetta securely around each date, enclosing the date completely.
 4. Place the wrapped dates evenly spaced apart on a sheet pan lined with parchment paper. Bake uncovered in a 375°F/191°C oven until the pancetta is crisp and the bottom of the dates are caramelized, about 30 minutes.
 5. Serve the dates warm on a platter.

» **CHEF'S NOTE** If covered tightly and refrigerated, the dates can be stuffed and wrapped with pancetta the day before serving.

blue cheese mousse

yield 2 LB/907 G

1 lb 4 oz/567 g blue cheese
12 oz/340 g cream cheese
1 tbsp/10 g salt

1/2 tsp/1 g ground black pepper
4 fl oz/120 mL heavy cream, whipped to soft peaks

-
1. Purée the blue and cream cheeses until very smooth. Season with salt and pepper.
 2. Fold the whipped cream into the mousse until well blended. There should be no lumps.
 3. The mousse is now ready to use to prepare canapés or as a filling or dip.

- » **VARIATION** GOAT CHEESE MOUSSE: Substitute fresh goat cheese for the blue cheese.
- » **PRESENTATION IDEA** The mousse can be piped into tartlets and garnished with paper-thin slices of baby golden and candy-striped beets, about 1/2 in/1 cm in diameter.

smoked trout mousse

yield 2 LB/907 G

1 lb/454 g boneless Hot Smoked
Rainbow Trout fillets (page 228)
8 fl oz/240 mL Aspic (page 67) made
from fish stock, warmed
4 fl oz/120 mL Basic Mayonnaise (page 36)
1 tbsp/15 mL dry white wine

1 tsp/5 mL Worcestershire sauce
1/4 tsp/1.25 mL Tabasco
1/2 oz/14 g prepared horseradish
1 tsp/5 mL lemon juice
6 fl oz/180 mL heavy cream, whipped to soft peaks

-
1. Place trout, aspic, mayonnaise, wine, Worcestershire sauce, Tabasco, horseradish, and lemon juice in a food processor and process until very fine.
 2. Fold in the whipped cream.
 3. The mousse is now ready to use to prepare canapés, for profiteroles, or for other applications.

meatballs with chili dipping sauce

yield 50 MEATBALLS

meatballs

5 oz/142 g mashed potatoes
8 oz/227 g ground beef
4 oz/113 g ground veal
4 oz/113 g ground lamb
4 oz/113 g bread crumbs
3 tbsp/45 mL light cream
1 egg, beaten
1 anchovy fillet, mashed
1/2 tsp/1 g grated nutmeg
1/2 tsp/1 g ground allspice
1 tsp/3 g salt

1/2 tsp/1 g ground black pepper
1 1/2 oz/43 g butter
1 small onion, finely chopped
2 tbsp/30 ml canola oil

chili sauce

8 fl oz/240 ml rice vinegar
6 Fresno chiles, cut into fine brunoise
2 tbsp/30 ml fish sauce
2 green onions, finely sliced
3/4 tsp/3 g brown sugar

1. Combine the mashed potatoes, ground meats, bread crumbs, cream, egg, anchovy, nutmeg, allspice, salt, and pepper, and mix well.
2. Heat the butter in a skillet over low heat. Add the onion and sauté until tender and translucent, about 5 minutes. Allow to cool, then stir in the meat mixture.
3. Wet your hands. Roll one tablespoonful of the mixture into a ball and flatten it slightly. Continue until all the mixture has been formed. Arrange the balls on a tray, cover with plastic wrap, and chill 1 hour.
4. Heat canola oil in a large sauté pan over medium heat and sauté the meatballs on both sides until browned and cooked through, about 10 minutes, shaking the pan occasionally. Remove from the pan, and drain on absorbent paper towels. Place the meatballs on wooden skewers, with 3 meatballs on each skewer.
5. To make the dipping sauce, combine all the ingredients in a bowl and stir to dissolve the sugar. Allow to sit a minimum of 20 minutes before serving to develop the flavor.
6. Serve the skewered meatballs on a platter with a bowl of the dipping sauce.



beef negimaki

yield 30 PIECES

1 lb 12 oz/794 g beef strip loin
6 fl oz/180 mL water
5 fl oz/150 mL soy sauce
3 oz/85 g honey
1 oz/28 g ginger, peeled and grated
1 tbsp/15 mL dark sesame oil

1/4 oz/7 g garlic, minced to a paste
6 oz/170 g green onions, green tops only, left whole
1 1/4 tsp/3.75 g cornstarch
3/4 oz/21 g sesame seeds
1/4 oz/7 g chopped chives

-
1. Remove the silverskin and fat from the beef, leaving only the muscle. Wrap well and freeze until very firm but not frozen solid, about 3 hours.
 2. Combine the water, soy sauce, honey, ginger, sesame oil, and garlic in a saucepan. Simmer over low heat until flavorful, about 5 minutes. Strain the marinade, cool, and refrigerate until needed.
 3. Using an electric slicer, slice the semifrozen beef into thin slices, about 1 oz/28 g each. Lay them out overlapping in groups of 8 on a parchment-lined sheet pan.
 4. Divide the green onions evenly among the sliced beef and arrange lengthwise on the beef slices. Roll the beef tightly around the green onions. Transfer the rolls to a hotel pan and pour three-fourths of the marinade over the beef. Cover and refrigerate at least 4 and up to 12 hours to marinate.
 5. To prepare the glaze, make a slurry by stirring 1 tbsp/15 mL cool water into the cornstarch. Bring the remaining marinade to a simmer in a saucepan. Add the cornstarch slurry to the simmering marinade while stirring or whisking constantly. When the mixture has a coating consistency, remove it from the heat.
 6. Squeeze the beef rolls to remove the excess marinade and arrange seam side down on a greased sheet pan.
 7. Broil the rolls under high heat until the beef is browned and cooked through, about 5 minutes. Remove them from the broiler, brush lightly with the glaze, and sprinkle with sesame seeds and chives.
 8. Use skewers or picks to secure the rolls. Cut into bite-size pieces and serve immediately.

lamb brochettes with mint pesto

yield 30 PIECES

2 lb 8 oz/1.13 kg leg of lamb, boned and trimmed of connective tissue

2 tbsp/30 mL lemon juice

3 garlic cloves, crushed

1 tsp/3 g salt

1/2 tsp/1 g ground black pepper

2 fl oz/60 mL extra-virgin olive oil

2 tbsp/6 g chopped mint

30 bamboo skewers

8 oz/227 g pancetta or bacon, thinly sliced (about 15 slices)

16 fl oz/480 mL Mint Pesto Sauce (page 52)

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1. Cut the lamb into 3/4-in/2-cm cubes. Combine the lemon juice, garlic, salt, and pepper, whisk until blended, and add the oil and mint.
 2. Toss the lamb in the mixture to coat well, then cover and refrigerate, tossing occasionally, for a minimum of 4 hours.
 3. Soak the skewers in water for 30 minutes.
 4. Thread 2 pieces of lamb and 1/2 slice of pancetta on each skewer and arrange on a sheet pan.
 5. Roast in a 450°F/232°C oven until the lamb is nicely browned outside yet still pink and juicy inside, 8 to 12 minutes.
 6. Serve with mint pesto sauce for dipping.
- » **CHEF'S NOTE** If using bacon, blanch in a large saucepan of slowly simmering water for 5 minutes. The bacon will become opaque and firm. Drain and pat dry before using.



beef saté

yield 30 PIECES

1 lb 14 oz/851 g tenderloin tips or sirloin tips	2 fl oz/60 mL soy sauce
4 tsp/12 g minced garlic	2 tbsp/30 mL sesame oil
2 tsp/6 g minced ginger	1 tbsp/3 g minced lemongrass (optional)
1 small chile, crushed	30 bamboo skewers, 6 in/15 cm long
2 tbsp/6 g chopped cilantro	8 fl oz/240 mL Peanut Sauce (page 55), warm
2 tsp/4 g curry powder	

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1. Slice the meat lengthwise into portions about 1 oz/28 g each.
 2. Combine the garlic, ginger, chile, cilantro, curry, soy sauce, sesame oil, and lemongrass if using. Add the meat to the mixture and turn to coat. Cover and refrigerate for 1 hour and up to 2 hours.
 3. Soak the skewers in water for 30 minutes.
 4. Remove the meat from the marinade, scraping off any excess. Weave each slice of meat onto a skewer.
 5. Sear on a hot griddle or broil until medium rare, about 1 minute per side.
 6. Serve with warm peanut dipping sauce.

» **CHEF'S NOTE** Lamb may be substituted for the beef.

pinchon moruno

moorish-style shish kebobs

yield 30 PIECES

6 fl oz/180 mL extra-virgin olive oil	1/2 oz/14 g lemon zest
3 tbsp/9 g thyme, coarsely chopped	2 bay leaves, chopped
4 tsp/8 g pimentón	2 lb 8 oz/1.13 kg pork loin, cut into 3/4-in/2-cm cubes
1 1/2 tsp/3 g ground cumin	30 wooden skewers, 6 in/15 cm long, soaked for two hours
12 garlic cloves, thinly sliced	Salt, as needed
1/4 tsp/0.50 g cayenne	2 fl oz/60 mL lemon juice
Ground black pepper, as needed	

-
1. Combine the olive oil, thyme, pimentón, cumin, garlic, cayenne, pepper, lemon zest, and bay leaves and pour over the pork cubes. Cover and refrigerate 24 hours to marinate.
 2. Skewer the pork, season with salt and grill. After grilling, sprinkle with lemon juice and season with salt.

mini pizzas

yield 50 MINI PIZZAS

oven-dried tomatoes

100 cherry tomatoes, halved
2 tsp/6.50 g salt
1 1/2 tsp/3 g ground black pepper

1 1/2 tsp/5 g salt
1/4 oz/7 g compressed yeast
10 oz/283 g lukewarm water, extra as needed
1 tbsp/15 mL olive oil, extra for greasing

pizza dough

1 lb 1 oz/482 g unbleached flour,
plus extra for dusting

1 lb 10 oz/737 g Cipollini Onion
Marmalade (page 499)
Ground black pepper, as needed

-
1. To make the oven-dried tomatoes, lay the tomato halves cut side up on a sheet pan fitted with a rack. Season with salt and pepper. Bake in a 200°F/93°C oven until mostly dried, 50 to 60 minutes. Allow to cool, and store in an air-tight container until ready to use.
 2. To make the pizza dough, mix the flour, salt, and dry yeast in a large bowl and make a well in the center. Add 10 oz/283 g lukewarm water and the oil. Gradually work the mixture by hand to form a soft but sticky dough. If the dough is too dry, add extra lukewarm water, 1 tbsp/15 mL at a time, as needed. If too sticky, add extra flour, 1 tbsp/9 g at a time.
 3. Turn the dough out onto a lightly floured work surface and knead until the dough is very elastic and smooth, about 10 minutes. Alternatively, work the dough for 5 minutes at low speed in an electric mixer fitted with a dough hook. Transfer the dough to a clean bowl dusted with flour, cover with a damp cloth, and let rise at room temperature until it has doubled in size, about 1 hour.
 4. Punch down the risen dough, turn out onto a clean work surface, and knead briefly. Roll the dough out to 1/8 in/3 mm thick, and cut out 50 rounds using a 2-in/5-cm cutter. Arrange them evenly spaced on well-greased baking trays. (Discard the leftover dough or reserve in the refrigerator for another use.) With oiled fingers, press out each pizza round to 2 1/4 in/5 cm in diameter.
 5. Add about 1 tsp/5 mL onion marmalade to the top of each pizza round and top with 4 oven-dried tomato halves. Bake in a 425°F/218°C oven until crust is golden and baked through, 10 to 15 minutes. Sprinkle each pizza with ground black pepper. Serve immediately.
- » **VARIATION** GOAT CHEESE PIZZA: For an alternate presentation, make a larger pizza and top the dough with crumbled goat cheese, thinly sliced Bosc pears, and snipped chives, as shown. After the pizza is baked, brush the edges generously with good-quality extra-virgin olive oil and cut into individual size portions.



Goat Cheese Pizza

pissaladière

yield TWO 8-IN/20-CM TARTS

crust

1/2 tsp/2 g active dry yeast
7 3/4 oz/220 g all-purpose flour
1 egg
2 fl oz/60 mL extra-virgin olive oil

topping

2 tbsp/30 mL olive oil
2 lb 8 oz/1.13 kg onion, sliced

3 garlic cloves, minced
8.6 oz/245 g canned tomatoes, chopped
Salt, as needed
Ground black pepper, as needed

garnish

20 to 24 anchovy fillets, drained
12 Kalamata olives, halved

-
1. To make the crust, combine the yeast and flour in an electric mixer fitted with a dough hook. Add the egg, oil, and water, and mix on medium speed until it forms a solid mass.
 2. Move the dough to a clean work surface and knead for a few minutes longer until the dough is smooth and elastic. Place in a lightly greased bowl, cover with plastic wrap, and rest until the dough has doubled in size, 1 to 1½ hours.
 3. To make the topping, heat the oil in a medium sauté pan over medium-low heat. Add the onion and cook until tender, about 10 minutes. Add the garlic and cook for 1 minute longer. Add the tomatoes, cook until all the liquid has evaporated. Season with salt and pepper. Allow to cool and reserve.
 4. To assemble, cut the dough into two equal pieces and press each into a flattened 8-in/20-cm circle. Add the topping. Arrange 10 to 12 anchovies into a lattice pattern on top of each round of dough and place an olive half in each square of the lattice pattern.
 5. Bake in a 400°F/204°C oven until the crust is golden brown, 25 to 30 minutes. Allow to cool slightly, then cut into wedges. Serve warm or at room temperature.

small seared lobster and vegetable quesadillas

yield 10 SERVINGS (2 QUESADILLAS PER SERVING)

3 lb 8 oz/1.59 kg lobster (2 lobsters)	7 oz/198 g poblano chiles, roasted and cut into 1/4-in/6-mm dice
1/2 tsp/1 g cumin, toasted and ground	3 oz/85 g red pepper, roasted and cut into 1/4-in/6-mm dice
1/4 tsp/0.50 g chili powder	Pinch salt
Pinch cayenne	3 oz/85 g queso blanco, grated
Olive oil, as needed	8 flour tortillas (8 in/20 cm in diameter)
4 oz/113 g onion, cut into 1/4-in/6-mm dice	
1 1/2 tsp/4.50 g chopped garlic	

1. Cook the lobsters in simmering salted water for 6 minutes. Remove the shell and coat the meat with the cumin, chili powder, and cayenne.
2. Heat oil in a sauté pan over high heat and pan sear the lobster. Cut the lobster into 1/4-in/6-mm dice.
3. Heat oil over medium heat and sauté the onion and garlic.
4. Combine the onion and garlic with the chiles, red pepper, and salt.
5. Mix the lobster with the vegetable mixture and the queso blanco.
6. Using a 2 1/2-in/6-cm cutter, cut 20 rounds from the tortillas.
7. Heat oil in a sauté pan and lightly sauté both sides of the tortilla rounds over medium-high heat.
8. Place 1/2 oz/14 g of filling on each of 10 of the tortilla rounds and top with the remaining rounds.
9. Arrange the assembled quesadillas on a parchment-lined half sheet pan. Place a half sheet of parchment paper on top of the quesadillas. Weigh down the quesadillas with a half sheet pan to flatten them.
10. Bake in a 400°F/204°C oven until the cheese has melted, 8 to 10 minutes, or brown the quesadillas in a cast-iron pan. Serve immediately.

» **CHEF'S NOTES** Smoked chicken works well as a substitution for the lobster. This will make 30 hors d'oeuvre using 1-in/3-cm tortilla rounds and 1 tsp/4 g filling.

pork picadillo empanadas

yield 30 PIECES

pork filling

2 tsp/10 mL olive or vegetable oil
12 oz/340 g pork butt, coarsely ground
1/2 oz/14 g jalapeño, minced
2 tsp/4 g chili powder
1 tsp/2 g ground cumin
1 tsp/2 g ground cinnamon
1/4 tsp/0.50 g ground allspice
2 oz/57 g golden raisins, plumped in warm water
2 oz/57 g blanched almonds, toasted and chopped
3 tbsp/45 mL lime juice
Salt, as needed
Ground black pepper, as needed
2 tbsp/30 mL sour cream

empanada dough

6 3/4 oz/191 g all-purpose flour
4 oz/113 g masa harina
3 1/2 tsp/10.50 g baking powder
1 tsp/3 g salt
4 oz/113 g lard, melted and cooled
6 fl oz/180 mL water, or as needed
2 eggs
Vegetable oil, as needed for frying
8 fl oz/240 mL Salsa Verde (page 42), Salsa Fresca (page 45), or Chipotle Pico de Gallo (page 45)

1. Heat the oil in a sauté pan over medium heat. Add the pork and sauté, until it is no longer pink, about 10 minutes. Stir in the jalapeño, chili powder, cumin, cinnamon, and allspice. Continue to sauté until most of the liquid evaporates, 5 to 6 minutes more. Transfer to a bowl and fold in the raisins and almonds. Season with lime juice, salt, and pepper. Fold in the sour cream, adding just enough to gently bind the filling. Cool the filling, cover, and refrigerate until ready to assemble the empanadas, up to 2 days.
2. To prepare the dough, blend the flour, masa harina, baking powder, and salt in a mixing bowl. Add the lard and mix by hand or on low speed until evenly moistened. Blend 4 fl oz/120 mL water and 1 egg and add the mixture gradually to the dough, stirring or blending with a dough hook as you work. Knead the dough until it is pliable, about 3 minutes. Whisk together the remaining egg and 2 fl oz/60 mL water to make an egg wash.
3. To assemble the empanadas, roll out the dough to a thickness of 1/6 in/1.50 mm and cut into circles 3 in/8 cm in diameter to make at least 30 circles. Place 1/2 oz/14 g filling on each circle. Brush the edges with egg wash, fold in half, and seal the seams. Transfer to parchment-lined sheet pans, cover, and refrigerate until ready to fry the empanadas. (They may be refrigerated up to 24 hours, or frozen for up to 3 weeks.)
4. Heat the oil in a deep fryer (or to a depth of 2 in/5 cm in a rondeau) to 350°F/177°C. Add the empanadas to the hot oil and fry, turning if necessary to brown both sides evenly, until golden brown and crisp, 4 to 5 minutes. Drain on absorbent paper towels and blot briefly. Serve while very hot with the salsa or pico de gallo.



fried wontons

yield 30 PIECES

8 oz/227 g pork (from shoulder), ground	1 1/2 tsp/1.50 g coarsely chopped cilantro
4 oz/113 g savoy cabbage, shredded very fine	1 1/2 tsp/7.50 mL dark sesame oil
2 1/2 oz/71 g red pepper, minced very fine	1/2 tsp/1.50 g salt, or as needed
2 1/2 oz/71 g shiitake mushroom, minced very fine	1/2 tsp/1 g ground black pepper, or as needed
1 oz/28 g green onions (about 1/2 bunch), sliced	1 egg
1 1/2 tsp/4.50 g ginger, minced very fine or grated	2 tbsp/30 mL water
1 1/2 tsp/4.50 g garlic, minced to a paste	30 wonton wrappers
1 1/2 tsp/7.50 mL oyster sauce	Vegetable oil, as needed for frying
1 1/2 tsp/7.50 mL soy sauce	

1. Sauté the pork in a wok or skillet over high heat until the pork is cooked through, about 6 minutes. Drain the pork in a colander to remove excess fat.
2. Return the pan to high heat and add the cabbage, pepper, and shiitake mushrooms. Sauté, stirring the vegetables as necessary, until they are almost tender, about 10 minutes. Add the green onions, ginger, and garlic and cook until aromatic, 2 to 3 minutes. Add the pork to the vegetable mixture.
3. Remove the pork and cabbage mixture from heat and stir in oyster sauce, soy sauce, cilantro, sesame oil, salt, and black pepper. Allow the mixture to rest for 20 minutes to blend the flavors.
4. Whisk together the egg and water to make egg wash.
5. To fill the wontons, place approximately 1 tbsp/15 mL filling in a wrapper and brush the edges with egg wash. Pull the wrapper over the top of the filling and seal the edges. Pull the tips back toward each other and pinch together.
6. Heat oil to 350°F/177°C and fry the wontons, turning as necessary, until evenly brown and crispy, 3 to 4 minutes.

- » **CHEF'S NOTE** If preparing this filling mixture in advance, cool it rapidly, cover, and refrigerate. Make a sample wonton and check seasoning. Make any necessary adjustments before filling the wrappers.
- » **PRESENTATION IDEA** Serve 3 of the wontons with 2 tbsp/30 mL Asian-Style Dipping Sauce (page 54).

1. Place a small amount of filling in the center of a wonton wrapper.

2. After applying egg wash to each side of the wrapper, seal it by bringing diagonal corners together to form a triangle whose sides are just shy of lining up.

3. Pull the tips of the longest side of the triangle back and together, forming them into a ring, and seal with a little water if necessary.

4. Fry the wontons until evenly brown and crispy.



chinese skewered bites

yield 30 SERVINGS (1/2 OZ/14 G EACH)

32 fl oz/960 mL dry red wine

14 oz/397 g green onions, minced

8 fl oz/240 mL light soy sauce

6 fl oz/180 mL plum sauce

4 fl oz/120 mL dark sesame oil

2 oz/57 g sesame seeds, toasted

1/2 oz/14 g garlic, finely minced

1 tsp/1 g dried thyme

1 lb/454 g pork loin, cut into bite-size pieces

30 bamboo skewers, 2 in/5 cm long, soaked in water

-
1. Combine the red wine, green onions, soy sauce, plum sauce, sesame oil, sesame seeds, garlic, and thyme in a small saucepan and boil for 5 minutes. Allow the mixture to cool to room temperature.
 2. Pour the red wine marinade over the pork and refrigerate, covered, for at least 1 hour.
 3. Place the marinated pork on the skewers.
 4. Simmer the marinade for 10 minutes, until thick.
 5. While the marinade is simmering, broil or grill the meat until done, 5 to 7 minutes.
 6. Strain the hot marinade and use it for a dipping sauce.

» **VARIATION** Substitute beef or chicken for the pork.

steamed wontons with shrimp

yield 30 PIECES

14 1/2 oz/411 g shrimp, peeled and deveined	Salt, as needed
4 tsp/20 mL sesame oil	Ground black pepper, as needed
2 3/4 tsp/11 g sugar	4 3/4 oz/135 g brown rice, completely cooked
1 1/4 tsp/3.75 g very finely minced ginger	30 wonton wrappers
1 1/4 tsp/3.75 g very finely minced garlic	3/4 oz/21 g green onions, sliced thin on the bias
1 1/4 tsp/1.25 g minced parsley	1/2 oz/14 g sesame seeds, toasted

1. Make the filling in a food processor by puréeing the shrimp, sesame oil, sugar, ginger, garlic, parsley, salt, and pepper into a coarse paste, pulsing the machine on and off in short blasts. Transfer the shrimp mixture to a bowl. Pulse the rice in the food processor very briefly, just enough to break up grains. Fold the rice into the shrimp mixture until evenly blended, making sure to scrape the bowl. (If made in advance, cover and refrigerate for up to 24 hours. Make a sample wonton and check seasoning. Make any necessary adjustments before filling the wrappers.)

2. To assemble the wontons, brush the edges of each wrapper with water. Transfer the shrimp and rice filling to a pastry bag with no tip. Fill each wrapper with 1 tsp/4 g filling. Fold the wonton in half to make a triangle. Press to seal the edges securely. Bring the two corners along the base of the triangle in toward each other, overlap them, and press to seal securely. Transfer to a parchment-lined sheet pan and refrigerate until ready for service. The wontons can be covered and refrigerated up to 24 hours or frozen for up to 3 weeks.

3. For each serving, arrange 3 to 4 wontons in a small bamboo steamer and steam over boiling water until the wrappers are tender and translucent and the filling is completely cooked, 10 to 12 minutes. Transfer the steamer to a plate and garnish with sliced green onions and sesame seeds.

» **PRESENTATION IDEA** Serve with a container of Asian-Style Dipping Sauce (page 54) (3 tbs/45 mL per serving) in the center of the basket with chopsticks.

shrimp tempura

yield 30 PIECES

2 lb/907 g shrimp (16/20 count), peeled and deveined	16 fl oz/480 mL water
16 fl oz/480 mL vegetable oil	8 oz/227 g ice, crushed
8 fl oz/240 mL peanut oil	13 oz/369 g all-purpose flour, plus more for dredging
8 fl oz/240 mL sesame oil	Cornstarch, as needed
tempura batter	15 fl oz/450 mL Asian-Style Dipping Sauce (page 54)
3 eggs, beaten	

1. If desired, make two incisions on the stomach side of each shrimp so that it stays straight. Refrigerate until service.
2. Combine the vegetable, peanut, and sesame oils in a deep pot or fryer. Heat the oil to 350°F/177°C.
3. To make the batter, combine the eggs, water, and ice. Add the flour and mix gently. Do not overmix.
4. To prepare the shrimp for frying, press the shrimp quite firmly on a board with cornstarch so as to break most of the muscles and stop the shrimp from curling up as it cooks. Try to keep the shrimp straight and always make sure that the shrimp or vegetables are lightly dusted in cornstarch before dipping in the batter.
5. Lightly dredge the shrimp in flour. Pick up the shrimp by their tails and dip the bodies only in the batter to lightly coat. Immediately deep fry the shrimp until crispy and white or light golden brown.
6. Blot the fried shrimp on absorbent paper towels or drain on a rack and serve immediately with the dipping sauce.

» **CHEF'S NOTES** The reason for adding the ice is to keep the gluten in the flour from developing. Flour with very little gluten is ideal; cake flour may also be used.

To devein shrimp for tempura, peel all but the tail and remove the vein from the back of the shrimp with a skewer or point of a paring knife so that the shrimp remains round-bodied.

» **VARIATION** VEGETABLE TEMPURA: Substitute 2 lb 12 oz/1.25 kg assorted vegetables (e.g., broccoli, zucchini, mushrooms) for the shrimp. The vegetables will need to be blotted dry before seasoning and frying.

risotto croquettes

yield 30 PIECES

1 oz/28 g finely diced onion	4 1/2 oz/128 g flour
2 oz/57 g butter	2 eggs, beaten with 2 tbsp/30 mL water or milk
1 lb/454 g Arborio rice	3 1/2 oz/99 g bread crumbs
8 fl oz/240 mL white wine	8 oz/227 g plum tomatoes, cut into 30 slices and roasted
48 fl oz/1.44 L Chicken Stock (page 643), hot	Olive oil, as needed
4 oz/113 g grated Parmesan	Herbs (thyme, basil, marjoram), as needed
Salt, as needed	
15 oz/425 g Fontina, cut into 30 cubes (1/4-in/6-mm square)	

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1. Sauté the onion in the butter. Add the rice and coat with butter; cook until parched.
 2. Add the white wine; simmer until it is absorbed, then add the stock in 3 additions.
 3. Cook over low heat, stirring frequently, until rice is cooked through, about 18 minutes. Add Parmesan.
 4. Transfer the risotto to a sheet pan and spread in an even layer. Allow rice to cool completely. Season with salt if necessary.
 5. Form the chilled risotto into small balls wrapped around a cube of Fontina.
 6. Coat the balls using flour, eggs, and bread crumbs in the standard breading procedure (see page 665).
 7. Deep fry croquettes at 350°F/177°C until golden brown, 4 to 5 minutes.
 8. Garnish each with an oven-roasted tomato slice, olive oil, and herbs.

» **CHEF'S NOTE** This recipe works best when the risotto is prepared a day in advance. Other fillings can be used in place of Fontina, such as cooked sausage, seafood, vegetables, or Toasted Almonds (page 571).

risotto and pancetta cakes with sun-dried tomato pesto

yield 30 PIECES

8 oz/227 g pancetta, thinly sliced	Salt, as needed
1 oz/28 g butter	Ground pepper, as needed
1 oz/28 g onion, minced	14 oz/397 g panko bread crumbs
7 oz/198 g Arborio rice	3 eggs
28 fl oz/840 mL Chicken Stock (page 643), hot	4 fl oz/120 mL milk
2 tbsp/6 g minced parsley	8 oz/227 g all-purpose flour, or as needed
2 tbsp/30 mL dry white wine	8 fl oz/240 mL vegetable oil for frying, or as needed
4 oz/113 g grated Parmesan	12 oz/340 g Sun-Dried Tomato Pesto (page 53)

1. Bake the pancetta slices in a single layer on sheet pans in a 350°F/177°C oven until crisp, 10 to 12 minutes. Let cool, roughly chop, and set aside.
2. Heat the butter in a sauce pot over medium high heat. Add the onion and sweat until softened and translucent, 6 to 8 minutes. Increase the heat to high and add the rice. Cook, stirring constantly, for 1 minute.
3. Add one-third of the stock to the rice and cook, stirring every 3 to 5 minutes, until the rice has absorbed the stock. Repeat using half of the remaining stock. Add the remaining stock and stir the risotto until the rice is tender and most of the liquid has been absorbed.
4. Remove from the heat and stir in the parsley, wine, pancetta, and 2 oz/57 g Parmesan. Adjust seasoning with salt and pepper.
5. Evenly spread the risotto onto a quarter sheet pan lined with lightly oiled parchment paper. Cover and refrigerate until firm and cool.
6. Cut the chilled risotto into 30 pieces, about 1½ in/4 cm square.
7. For the breading, combine the bread crumbs and remaining 2 oz/57 g Parmesan. Whisk together the eggs and milk. Dip a risotto cake into the flour and tap off excess. Dip in the egg mixture and then in the bread crumb mixture, turning to coat thoroughly each time. Repeat with remaining cakes.
8. Heat the oil in a large skillet over medium-high heat to 350°F/177°C. Pan fry the risotto cakes until golden brown and crisp, 1 to 2 minutes on each side.
9. Serve hot, garnished with dollop of Sun-Dried Tomato Pesto.

» **CHEF'S NOTE** For appetizer-size pieces, cut the chilled risotto into 10 equal pieces, about 1¾ by 3½ in/4 by 9 cm.

mini stilton popovers

yield 36 MINI POPOVERS

4 eggs	1 tsp/3 g salt
16 fl oz/480 mL whole milk	1/4 tsp/0.50 g pepper
2 oz/57 g butter	6 oz/170 g Stilton, crumbled
8 1/4 oz/234 g all-purpose flour	4 oz/113 g walnuts, toasted and chopped

1. Combine all ingredients, cover, and refrigerate for 30 minutes.
2. Grease 36 mini muffin cups (2 in/5 cm in diameter by 1 in/3 cm deep). Fill the tins half to three-quarters full with the mixture, or about 1½ to 2 tbsp/22.50 to 30 mL per muffin cup.
3. Bake in a 425°F/218°C oven until the popovers are golden brown and a toothpick inserted into the center comes out clean, 12 minutes.

camembert crisps

yield 12 SERVINGS (2 OZ/57 G EACH)

6 Camembert-style cheese wheels or squares (4 oz/113 g each)	4 fl oz/120 mL egg wash (2 whole eggs beaten with 1 tbsp/15 mL milk)
12 sheets phyllo	Vegetable oil, as needed
6 oz/170 g butter, melted, or as needed	

1. Cut the Camembert-style cheese into equal pieces that will fit one of the phyllo strips.
2. Layer three sheets of phyllo, brushing each layer with the melted butter. Repeat with remaining sheets for a total of four stacks.
3. Cut each layered phyllo stack lengthwise into three equal strips. Wrap 1 strip around a triangle of cheese. Secure the seam by brushing with a bit of egg wash. Repeat procedure until all cheese is wrapped in phyllo. Continue to step 4 or cover tightly so phyllo doesn't dry out, and refrigerate up to 24 hours before preparing further.
4. Pan fry the wrapped Camembert-style cheese over high heat in the oil until well browned on both sides and quite crisp. Drain briefly on absorbent paper towels and serve hot or at room temperature.

» **CHEF'S NOTE** This can be served warm with a fruit chutney, peasant-style bread, air-dried venison, and a tossed salad.

camembert, dried apple, and fig phyllo triangles

yield 30 EACH

4 oz/113 g shallots, minced	2 fl oz/60 mL sherry vinegar
1 oz/28 g butter	$\frac{2}{3}$ bunch thyme leaves, coarsely chopped
8 oz/227 g dried apples, cut into $\frac{1}{2}$ -in/1-cm dice	1 lb/454 g square Camembert-style cheese
4 fl oz/120 mL dried black figs, cut into $\frac{1}{2}$ -in/1-cm dice	1 lb/454 g phyllo (30 sheets)
24 fl oz/720 mL apple cider	8 oz/227 g clarified butter, melted

1. Sweat the shallots in the butter over medium-low heat in a 32 fl oz/960 mL sauce pot until tender, 3 to 4 minutes. Drain off the excess fat. Add the apples, figs, cider, and vinegar. Cook until the liquid is completely absorbed and the apples and figs are tender and cooked through, 5 to 10 minutes. Remove from the pan and cool.
2. Stir the thyme into the marmalade.
3. Cut the Camembert into 30 pieces by cutting each piece into thirds lengthwise and then cutting those pieces into $\frac{1}{4}$ - to $\frac{1}{2}$ -in/6-mm to 1-cm slices. You should be able to get 18 to 20 pieces out of each one.
4. Lay 1 sheet of phyllo on a cutting board with the shorter side facing you. Brush it lightly with the melted butter. Place another sheet of phyllo directly on top of the buttered sheet and brush it lightly with butter. Repeat with a third sheet.
5. Cut the phyllo lengthwise into 3 even strips. Place a piece of cheese on the bottom right corner of each phyllo strip and top with 1 tablespoons of marmalade.
6. Fold the bottom right corner of a strip diagonally to the left side of the strip to create a triangle of dough encasing the filling. Fold the bottom left point of the dough up along the left side of the dough to seal the filling.
7. Fold the bottom left corner of the dough diagonally to the right side of the dough to form a triangle. Fold the bottom right point up along the right edge of the dough. Repeat until the end of the strip is reached and you have a triangle of layered phyllo with the filling wrapped inside. Repeat with each strip.
8. Repeat the layering, filling, and folding procedure with the remaining phyllo sheets, cheese, and marmalade.
9. Place the phyllo triangles on a parchment-lined sheet pan and brush each one with melted clarified butter.
10. Bake in a 400°F/204°C oven until golden brown, 15 to 20 minutes. Serve immediately.

1. Fold the bottom right corner of the strip diagonally over to create a triangle of dough that encases the cheese and the filling.

2. Continue folding the triangle diagonally over itself to the opposite side of the dough strip to completely encase the filling.



spanakopita

yield 30 PIECES

1 1/4 oz/35 g butter	7 1/2 oz/213 g feta cheese, crumbled
2 1/2 oz/71 g minced shallots	2 1/2 oz/71 g mozzarella cheese, grated
2 1/2 tbsp/23 g minced garlic	1 1/4 tsp/4 g salt
15 oz/425 g spinach, cleaned and stems removed	Pinch ground black pepper
1 1/4 tsp/2.50 g nutmeg	15 phyllo sheets
2 tbsp/6 g chopped dill	10 oz/284 g butter, melted

1. Melt the butter in a sauté pan over medium heat until it starts to bubble. Add the shallots and garlic to the butter and sweat until translucent.
2. Add the spinach, nutmeg, and dill and sauté gently until the spinach is wilted, 1 to 2 minutes. Transfer the spinach mixture to a stainless-steel bowl and allow it to cool to room temperature. Add the cheeses and season with salt and pepper. Keep the filling refrigerated until needed.
3. Lay one sheet of phyllo on a cutting board. Brush it lightly with melted butter. Place another sheet of phyllo directly on the buttered sheet and brush it lightly with butter. Repeat with a third sheet of phyllo.
4. Cut the phyllo lengthwise into 6 even strips. Place 1 oz/28 g spinach filling on the bottom right corner of each strip. Fold the bottom right corner of a strip diagonally to the left side of the strip to create a triangle of dough encasing the filling. Fold the bottom left point of the dough up along the left side of the dough to make a triangle and seal in the filling.
5. Fold the bottom left corner of the dough diagonally to the right side of the dough to form a triangle. Fold the bottom right point up along the right edge of the dough. Repeat until the end of the strip is reached and you have a triangle of layered phyllo with the filling wrapped inside. Repeat with each strip.
6. Place the phyllo triangles on a parchment-lined sheet pan and brush each with melted butter.
7. Bake in a 400°F/204°C oven until golden brown, 15 to 20 minutes. Serve immediately.

stuffed grape leaves

yield 30 PIECES

1 onion, cut in small dice	1 oz/28 g grated ginger
1 tsp/3 g minced garlic	2 oz/57 g fresh currants
2 fl oz/60 mL olive oil	1/8 tsp/0.25 g cinnamon
4 oz/113 g green onions, sliced on the bias into 1/8-in/3-mm slices	72 fl oz/2.16 L vegetable stock
4 oz/113 g parsley, coarsely chopped	8 oz/227 g long-grain rice
2 oz/57 g dill, coarsely chopped	Salt, as needed
2 tsp/2 g coarsely chopped mint	Pepper, as needed
3 tbsp/45 mL lemon juice	2 eggs
1 1/2 tsp/3 g turmeric	36 jarred grape leaves, rinsed
1/2 tsp/0.50 g oregano	2 fl oz/60 mL olive oil
1 tsp/6 g cumin	2 tsp/2 g coarsely chopped mint
1 tsp/2 g coriander	1 tsp/1 g coarsely chopped oregano
1 tsp/2 g fennel seed	2 tbsp/30 mL lemon juice
2 oz/57 g pine nuts	1 tbsp/9 g lemon zest

1. Sauté onion and garlic in olive oil over medium heat in a sauté pan until golden brown, about 2 minutes.
2. Add the green onions, parsley, dill, and mint and sauté briefly until the green onions wilt, 1 to 2 minutes. Cool the mixture to room temperature.
3. Mix the lemon juice, turmeric, oregano, cumin, coriander, fennel seed, pine nuts, ginger, currants, and cinnamon with onion and garlic mixture.
4. Bring 20 fl oz/600 mL stock to a boil and stir in the rice. Bring the mixture to a simmer, cover, and place the pan in a 350°F/177°C oven. Cook until the rice grains are fluffy and fully cooked, 18 to 20 minutes. Spread the rice out on a sheet pan to cool to room temperature. Combine the rice with the onion-spice mixture and season with the salt and pepper. Add the eggs and stir until fully combined.
5. Soak the grape leaves in water and place 1 1/2 tsp/7 g filling toward the bottom edge of one of the leaves. Roll the bottom of the grape leaf over the filling to encase it and fold the sides in toward the middle. Continue rolling the grape leaf until you reach the end. Repeat with the remaining leaves and filling. The rolls should be 2 in/5 cm long and 1/2 in/1 cm thick.
6. Pack the rolls tightly in a 2-in/5-cm-deep perforated full hotel pan and cover with aluminum foil. Place the remaining vegetable stock in a 4-in/10-cm-deep full hotel pan. Place the perforated pan inside the deeper hotel pan. Steam the leaves for 1 to 2 hours, or until cooked through.
7. Combine the olive oil, mint, oregano, lemon juice, and lemon zest. After the leaves have cooled for a few minutes, brush grape leaves with the olive oil mixture. Serve immediately.



wrapped shrimp with asian barbecue sauce

yield 30 PIECES

1 lb/454 g cleaned pineapple	1 garlic clove, chopped
1 lb/454 g medium shrimp, peeled and deveined	2 tbsp/30 mL rice vinegar
Salt, as needed	4 oz/113 g ketchup
Pepper, as needed	4 oz/113 g chili sauce
15 strips bacon, parbaked and halved	2 1/4 fl oz/68 mL plum sauce
30 bamboo skewers (6 in/15 cm long), soaked	2 tbsp/30 mL soy sauce
1 tbsp/15 mL olive oil or vegetable oil	2 tsp/10 mL Worcestershire sauce
2 1/4 oz/64 g onion, diced	2 1/3 oz/66 g green onions, thinly sliced
1 1/2 oz/43 g celery, diced	3 oz/85 g toasted coconut

1. Cut thirty 1/2-in/1-cm chunks of pineapple and finely chop the rest.
2. Season the shrimp with salt and pepper. Place a chunk of pineapple on each shrimp and wrap with a piece of bacon.
3. Place a skewer through the bacon, pineapple, and shrimp and reserve. (Do not hold for too long, as the pineapple will denature the shrimp.)
4. Heat the oil in a large skillet over medium heat and sweat the onion, celery, and garlic until softened but not brown, 3 to 4 minutes.
5. Add the reserved pineapple, vinegar, ketchup, chili sauce, plum sauce, soy sauce, and Worcestershire sauce to the onion mixture. Bring to a simmer and cook until sauce is glossy and thickened, about 15 minutes. Adjust the consistency with water if necessary and season with salt and pepper. Keep the sauce warm.
6. To cook the shrimp, spoon or brush a small amount of sauce (about 1 tsp/5 mL) over each skewer and place in a 400°F/204°C oven until the shrimp just turns white, about 10 minutes.
7. Remove from oven and arrange on serving platters. Garnish with the green onions and coconut. Serve immediately with the remaining sauce on the side for dipping.

potato crêpes with crème fraîche and caviar

yield 30 PIECES

12 oz/340 g puréed cooked potatoes
1 oz/28 g flour
2 eggs
3 egg whites
2 fl oz/60 mL heavy cream, or as needed
Salt, as needed
Ground white pepper, as needed

Pinch grated nutmeg
Vegetable oil, as needed
4 fl oz/120 mL Crème Fraîche (page 389)
1 oz/28 g caviar
Dill sprigs, as needed
6 oz/170 g smoked salmon slices (optional)

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1. Combine the potatoes and flour in a mixer. Add the eggs one at a time, then the whites. Adjust consistency with cream to that of a pancake batter; season with salt, pepper, and nutmeg.
 2. Coat a nonstick griddle or sauté pan lightly with oil. Pour batter as for pancakes into silver-dollar-size servings. Cook until golden brown; turn and finish on the second side, about 2 minutes total cooking time.
 3. Serve the crêpes warm with small dollops of crème fraîche and caviar, a small dill sprig, and a smoked salmon slice, if desired.

» **CHEF'S NOTE** For dill crêpes, chop some of the dill. Warm the heavy cream and add the chopped dill. Cool before preparing the crêpe batter.

tuna with capers and olive oil

yield 30 EACH

1 lb 8 oz/680 g tuna loin, center cut	Ground black pepper, as needed
5 1/3 fl oz/160 mL extra-virgin olive oil	2 tbsp/12 g coarsely chopped chives
1 1/4 fl oz/37.50 mL lemon juice	4 tsp/4 g coarsely chopped dill
3 oz/85 g capers	Sea salt, as needed
3/4 oz/21 g shallots, minced	30 French baguette crostini (1/4 in/6 mm thick)

1. Remove the connective tissue from the tuna loin and cut into very small but rough brunoise.
2. Combine the oil, lemon juice, capers, shallots, pepper, and herbs in a blender and purée until smooth, approximately 1 minute.
3. At service time, combine the tuna with the vinaigrette, season with salt as needed, and place on baguettes.

pickled shrimp

yield 30 PIECES

8 fl oz/240 mL water	1/2 tsp/1 g ground cumin
4 fl oz/120 mL white vinegar	1 clove
1/2 oz/14 g brown sugar	6 allspice berries
1 1/2 tsp/5 g salt	1 1/2 jalapeños, minced
1 garlic clove, crushed	2 bay leaves
1 1/2 tsp/3 g mustard seed	30 shrimp (21/25 count), peeled, deveined, and cooked
1 1/2 tsp/3 g celery seed	

1. Combine water, vinegar, brown sugar, salt, garlic, mustard seed, celery seed, cumin, clove, allspice, jalapeños, and bay leaves. Bring mixture to a boil. Cool thoroughly.
2. Pour the cold pickling mixture over the shrimp and marinate overnight.

grapes rolled in bleu de bresse

yield 30 PIECES

2 1/2 oz/71 g Bleu de Bresse (or other blue cheese)	30 seedless green grapes
2 1/2 oz/71 g cream cheese	2 1/2 oz/71 g pistachios, shelled

1. Combine the blue cheese and the cream cheese in a mixer with a paddle and mix well; there should be very few lumps. Cover and refrigerate for 1 hour.
2. Wrap a small amount of cheese around each grape by rolling in the palms of your hands. Store on a parchment-lined sheet pan. Cover and refrigerate at least 1 hour and up to overnight.
3. Pulse the pistachios in a food processor; force through a drum sieve.
4. Roll the grapes in the nut powder and shape with the palms of your hands. This can be done up to 1 hour before service. Do not refrigerate the grapes once they have been rolled in the nut powder.

» **PRESENTATION IDEA** The grapes can be arranged on a platter in the shape of a natural bunch of grapes.

scallop sevice in cucumber cups

yield 30 PIECES

6 oz/170 g sea scallops, cut into brunoise	1 to 2 fl oz/15 to 30 mL lime juice
1 tomato, peeled and seeded, cut into brunoise	1 tsp/3 g salt
1 tbsp/3 g chopped cilantro	Ground black pepper, as needed
1 tsp/1 g minced chives	3 cucumbers, cut into 1/2-in/ 1-cm slices (30 slices total)
1/4 green pepper, cut into brunoise	Sour cream, as needed (optional)
1/2 jalapeño, minced	2 tsp/2 g cilantro leaves (optional)
1 tbsp/15 mL olive oil	
5 drops Tabasco	

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1. To make the sevice, combine the scallops, tomatoes, herbs, green pepper, jalapeño, olive oil, and Tabasco. Add enough lime juice to cover the scallops. Season with salt and pepper.
 2. Cover and refrigerate at least 8 hours, stirring occasionally.
 3. Trim the cucumber slices with a round cutter to remove the peel. Use a small parisienne scoop to scoop a pocket out of the middle of the cucumber slices. Do not cut all the way through the slice.
 4. Fill the cucumber cups with the sevice. Garnish each sevice cup with a small dot of sour cream and a cilantro leaf if desired. Serve immediately.

sushi maki—maguro (tuna) roll

yield 30 PIECES

5 sheets nori

Hand Vinegar (page 548), as needed

1 lb 4 oz/567 g Sushi Rice (page 548), cooled (about 5 cups/1.20 L)

Wasabi paste, as needed

5 oz/142 g yellowfin tuna, sushi grade, cut into thin strips

Rice vinegar, as needed

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1. Cover a bamboo mat with plastic wrap. Place the bamboo mat on a cutting board and lay one sheet of nori on top. Lightly moisten hands with the hand vinegar.
 2. Evenly spread 4 oz/113 g rice (or enough to create a 2-grain-thick layer of rice) over three-quarters of the sheet closest to you, leaving a ½-in/1-cm band along the long side of the nori sheet exposed. Evenly dab a small amount of wasabi across the middle of the rice.
 3. Place 1 oz/28 g tuna down the center of the rice. Roll up carefully, brush the exposed strip of nori with hand vinegar, and press to seal. Repeat with remaining ingredients.
 4. Cut each roll into 6 even pieces and serve immediately.

» **CHEF'S NOTES** Ingredients placed in the middle of the roll may be substituted. These ingredients may include, but are not limited to avocado, pickled daikon, carrots, cucumber, surimi, shrimp, or almost any variety of julienned vegetable pickled or raw, or any variety of fish or shellfish cooked or raw.

The plate may be garnished with wasabi paste, pickled ginger, julienned daikon, and julienned carrots.

Wrapping the mat with plastic film is a common practice that makes cleanup a bit easier. Also, the plastic helps when you are preparing inside-out rolls.

inari

yield 30 PIECES

30 canned inari tofu pouches

3 lb/1.36 kg Sushi Rice (page 548), cooled

Wasabi paste, as needed

Sesame seeds, black and white, as needed

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1. Stuff the pouches with sushi rice.
 2. Place a small amount of wasabi on the rice and garnish with sesame seeds.

» **CHEF'S NOTE** The pouches may also be garnished with a small amount of enoki mushrooms or sprouts.

1. Evenly spread the rice over three-quarters of the side of the nori sheet closest to you.

2. Lay the garnish ingredients across the long end of the nori sheet.

3. Carefully roll up the nori sheet, enclosing the garnishes inside and using the bamboo mat to preserve the round shape.

4. Once rolled and sealed, cut the roll into six pieces and serve immediately.



nigiri

yield 30 PIECES

30 shrimp (31/35 count)

Hand Vinegar (page 548), as needed

1 lb 8 oz/680 g Sushi Rice (page 548),
cooled (about 3 cups/720 mL)

Wasabi paste, as needed

30 nori strips, 3 1/2 by 1/4 in/9 cm by 6 mm (optional)

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1. Skewer the shrimp along the length of the shell and poach for 3 minutes or until the shrimp is cooked through.
 2. Shock the shrimp in ice water and peel them. Trim the tail to create a sharp V and cut the underside of the shrimp to butterfly them. Reserve until needed.
 3. Dip your fingers into the hand vinegar and rub your palms together. Shape about 3/4 oz/21 g sushi rice into a roughly rectangular form or finger shape about 1 1/2 by 3/4 in/4 by 2 cm.
 4. Place a small amount of wasabi on the rice and place a shrimp on top. If desired, wrap the nigiri with a band of nori. Serve immediately.

» **CHEF'S NOTE** There are a number of different items that can be used to top the rice, such as tuna, salmon, omelet, or vegetables.



Sushi, clockwise from upper right: Sushi Maki (page 544), Inari (page 544), Sushi Maki variation with avocado (page 544), Nigiri, and sea urchin sushi.

sushi rice

yield 3 LB/1.36 KG

1 piece kombu (dried kelp), 4 1/2 in/11.50 cm square	1 tbsp/10 g salt
4 fl oz/120 mL unseasoned Japanese rice vinegar	1 lb 12 oz/794 g short-grain rice
2 oz/57 g sugar	34 fl oz/1.02 L water, for cooking

1. Wipe kombu with a damp cloth to remove any sand. Do not remove the flavorful white powder.
2. Combine vinegar, sugar, salt, and kombu in a small saucepan. Heat over low heat, stirring to dissolve sugar and salt. Do not let mixture boil. Cool to room temperature.
3. Place the rice in a large bowl; fill with cool water. Gently stir the rice and drain. Repeat this process about 5 times or until water remains semi-clear. Cover the rice with water and soak for 1 hour. Drain well.
4. Bring the rice and the 34 fl oz/102L water to a boil over high heat and then reduce to a simmer. Cover the pan and cook for 12 to 15 minutes. Do not uncover the pan or stir the rice while cooking. Turn off the heat and allow the rice to rest for 5 minutes.
5. Turn cooked rice out onto a parchment-lined sheet pan. Vent the rice with a bamboo paddle or 2 chopsticks. Fan with a small tray until steam ceases.
6. Divide the rice between two 2-in/5-cm full hotel pans and drizzle with the vinegar mixture. Using a wooden rice paddle, “cut” and fold rice with horizontal strokes as the rice is fanned. Continue to process until mixture has cooled and takes on a shiny appearance.
7. Put rice into 1 hotel pan and cover with plastic wrap. Refrigerate until needed.

hand vinegar tezu

yield 8 FL OZ/240 ML

8 fl oz/240 mL cold water	1 tbsp/15 mL Japanese unseasoned rice vinegar
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Combine ingredients and reserve until needed. This mixture is used to prevent the rice from sticking to your hands. The hands are dipped in the water, then slapped together, an effective—and theatrical—way to remove the excess water. The tip of the knife is also dipped in this water and then the handle is tapped so the bead of liquid runs down the blade. This is done before slicing sushi into servings.

» **CHEF'S NOTE** Lemon juice may be substituted for the rice vinegar.

crab cakes

yield 30 PIECES

10 oz/284 g blue crabmeat	2 tsp/2 g coarsely chopped parsley
2 1/2 shallots, minced	1/4 tsp/1.25 mL Tabasco
2 tsp/10 mL vegetable oil, or as needed	1 oz/28 g cracker crumbs
3 tbsp/45 mL mayonnaise	Salt, as needed
1 egg	Black pepper, as needed
1 tbsp/15 g whole-grain mustard	30 Pullman bread slices, cut into rounds 1 1/4 in/3 cm in diameter
4 tsp/4 g minced chives	

1. Pick through the crabmeat to remove all shells.
2. Sweat the shallots in the vegetable oil in a small sauté pan over low heat until translucent, 5 to 6 minutes. Cool to room temperature and add to the crabmeat.
3. Combine the mayonnaise, egg, mustard, chives, parsley, and Tabasco. Fold the mayonnaise mixture into the crabmeat without shredding it. Fold in the cracker crumbs and adjust seasoning with salt and pepper.
4. Portion into cakes weighing 1/2 oz/14 g, about 1 1/4 in/3 cm in diameter (the weight is more important than the exact diameter).
5. Sauté the crab cakes in vegetable oil in a large sauté pan over medium-low heat until golden brown on both sides, 1 to 1 1/2 minutes per side.
6. Toast the bread under the salamander on both sides, about 20 seconds, and reserve separately.
7. Place the crab cakes on the bread rounds and garnish as desired. Serve them immediately.

» **PRESENTATION IDEA** Spoon a teaspoon of Red Onion Confiture (page 591) on top of the crab cake.

croquetas

yield 30 PIECES (ABOUT 1½ OZ/43 G EACH)

32 fl oz/960 mL milk	14 oz/397 g all-purpose flour
4 oz/113 g yellow onion, finely chopped	3 eggs
5 cloves	1 lb/454 g fresh bread crumbs
1 bay leaf	1 gal/3.84 L pure olive oil
8 oz/227 g Serrano ham, finely chopped	Salt, as needed
2 oz/57 g butter	

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1. Simmer the milk with the onion and spices until the flavor has developed, about 20 minutes.
 2. Strain the milk; add the Serrano ham and simmer for 2 minutes, or until the milk is infused with the flavor of the ham. Do not strain out the ham.
 3. Prepare a pale roux with the butter and 6 oz/170 g flour.
 4. Thicken the milk with the roux and simmer until the sauce is very thick and the flour taste has cooked out, about 30 minutes.
 5. Line a half sheet pan with plastic wrap and spread the béchamel uniformly; refrigerate until firm, or overnight.
 6. Set up a breading station with the eggs, bread crumbs, and remaining flour. Form the béchamel into balls 1¼ in/3 cm in diameter. Bread using the standard breading procedure (see page 665) and refrigerate for 20 to 30 minutes.
 7. Heat olive oil to 350°F/177°C and fry croquetas until golden brown, about 3 minutes. Drain on absorbent paper towels and lightly season with salt. Serve immediately.

dim sum with chili sauce

yield 30 PIECES

3 tbsp/45 mL vegetable oil	1 1/2 tsp/7.50 mL sesame oil
8 to 10 garlic cloves, crushed	30 spring roll wrappers, 10 in/30 cm square
1 lb 8 oz/680 g ground pork	Oil for deep frying, such as peanut oil or Ultra-Fry, as needed
1 lb 8 oz/680 g bok choy, shredded	4 fl oz/120 mL Chili Sauce (recipe follows)
2 1/4 fl oz/68 mL light soy sauce	

1. Preheat a wok over medium-high heat. Add the oil and heat until it shimmers and there is a slight haze coming off it. Add the garlic and stir fry for 30 seconds or until the garlic is light golden but not browned. Add the pork and stir fry until lightly colored, 2 to 3 minutes.
2. Add the bok choy, soy sauce, and sesame oil to the wok and stir fry until the water starts to come out of the cabbage and it becomes limp, 2 to 3 minutes. The cabbage should still be green and should not start to turn yellow. Remove from the heat and refrigerate mixture to 40°F/4°C.
3. Working with 6 to 8 at a time, spread out the spring roll wrappers on a work surface and spoon 2 tbsp/28 g pork mixture along 1 edge of each wrapper. Roll the edge over the filling and fold in the sides. Roll up completely to make a sausage or egg roll shape, brushing the edges with a little water to seal. Set the dim sum rolls aside for 10 minutes to seal firmly. Repeat with remaining wrappers and filling.
4. Heat the oil for deep frying in a wok until almost smoking, then reduce the heat slightly to medium. Deep fry the rolls, in batches if necessary, until golden brown, 3 to 4 minutes. Remove the rolls from the oil with a slotted spoon and drain on absorbent paper towels. Serve immediately with the chili sauce.

chili sauce

yield 4 FL OZ/120 ML

2 oz/57 g sugar	2 tbsp/30 mL water
2 fl oz/60 mL rice vinegar	2 Thai red bird chiles, finely chopped

1. Heat the sugar, vinegar, and water in a small saucepan over medium-low heat, stirring until the sugar dissolves.
2. Bring the mixture to a boil and boil rapidly until a light syrup forms, 5 to 8 minutes.
3. Remove from the heat and stir in the chopped red chiles. Allow the sauce to cool to room temperature before serving. Do not strain.

mango curry shrimp salad in wonton cups

yield 30 PIECES

mango chutney

12 oz/340 g mango, peeled, seeded, and cut into 1/4-in/6-mm dice
2 green onions, coarsely chopped
1 oz/28 g dried currants
1 1/2 tsp/7.50 mL sherry vinegar
1 tsp/3 g peeled and grated ginger

shrimp salad

15 wonton wrappers, cut into rounds 2 in/5 cm in diameter
1 tbsp/15 mL vegetable oil
2 fl oz/60 mL mayonnaise
1 1/4 fl oz/38 mL lime juice
1 tbsp/3 g coarsely chopped cilantro
1/2 tsp/2.50 mL Thai green curry paste
12 oz/340 g shrimp, (16/20 count), peeled, cooked, and cut into medium dice
Salt and ground black pepper, as needed

30 dill pluches

-
1. For the mango chutney, combine all of the ingredients and mix until thoroughly blended. Cover and refrigerate for at least 1 hour and up to 6 hours, tossing occasionally.
 2. For the shrimp cups, preheat the oven to 325°F/163°C. Place the wonton rounds on a cutting board and brush lightly with oil.
 3. Press each wonton into mini muffin cups 2 in/5 cm in diameter by 1 in/3 cm deep, oiled side down.
 4. Bake until wonton cups are golden brown, about 10 minutes. Cool in pans.
 5. Remove the cups from tins and store in an airtight container at room temperature until needed.
 6. Whisk mayonnaise, lime juice, chopped cilantro, 1/2 tbsp/22.50 mL chutney, and curry paste in a medium bowl until fully blended.
 7. Stir in the diced shrimp and season the salad as needed with salt and pepper.
 8. Fill the wonton cups three-quarters full with the shrimp salad, garnish with dill pluches and additional chutney as needed, and serve.





shot glass with tomato gelée and crayfish

yield 32 SERVINGS

tomato water

4 lb/1.81 kg vine-ripe tomatoes

12 to 16 crayfish

96 fl oz/2.88 L Court Bouillon (page 645)

1/2 oz/14 g gelatin (ratio for gelatin is 1 oz/28 g of gelatin to 16 fl oz/480 mL of liquid)

3 tbsp/9 g chopped tarragon

4 fl oz/120 mL sherry

Salt, as needed

White pepper, as needed

1. Cut tomatoes in half, place in mixing bowl, and squeeze by hand to work juices from tomatoes until they are the consistency of crushed tomatoes.
 2. Place tomato mixture in chinois lined with cheesecloth and place a 3- to 4-lb/1.36- to 1.81-kg weight on top of mixture to press the tomato juice out; leave to drain overnight. Discard pulp.
 3. Poach crayfish in the court bouillon until opaque and bright red in color, 3 to 4 minutes. Cool completely in the refrigerator.
 4. When cooled, peel the tails and reserve the head for decoration, if desired.
 5. Add gelatin to 8 fl oz/240 ml of tomato water to bloom.
 6. Warm up tomato water in bain-marie over a water bath to dissolve gelatin. Allow the mixture to cool to 65°F/18°C.
 7. Add chopped tarragon, sherry, and salt and pepper to tomato water mixture.
 8. Pour 2 fl oz/60 mL mixture into each 2½-fl-oz/75-mL shot glass and place one crayfish tail in each glass; place in cooler and allow tomato gelatin to set, about 30 minutes to 1 hour.
 9. Decorate with reserved crayfish head, if desired, and serve.
- » **PRESENTATION IDEA** Depending on the size of the shot glass, the crayfish head may or may not be used. A small dollop of crème fraîche and a dill sprig may be substituted as a garnish.

tuna tartare with avocado mousse and chilled tomato soup

yield 10 PORTIONS

tuna tartare

1 lb 8 oz/680 g grade 1 tuna, minced
3/4 oz/21 g red onion, cut into small dice
1 1/2 oz/43 g chives, chopped
1 1/2 oz/43 g capers
2 tbsp/30 ml extra-virgin olive oil
Salt, as needed
Ground black pepper, as needed

avocado mousse

3 gelatin sheets, bloomed in cold water
2 tbsp/30 mL lemon juice
3 tbsp/45 mL pasteurized egg yolks
12 fl oz/360 mL olive oil
1 1/2 avocados, peeled, pitted, chopped
4 fl oz/120 mL heavy cream, whipped to soft peaks

Salt, as needed

Ground black pepper, as needed

Cayenne, as needed

tomato soup

5 large tomatoes, seeded, chopped
2 fl oz/60 mL extra-virgin olive oil
2 fl oz/60 mL sherry vinegar
1/4 tsp/1.25 mL xanthan gum
Salt, as needed
Ground black pepper, as needed

garnish

Extra-virgin olive oil, as needed
Caviar, as needed
Chives, as needed

1. To make the tuna tartare, combine the tuna, onion, chives, capers, and oil in a stainless-steel bowl and season with salt and pepper.
2. To make the avocado mousse, squeeze any excess water from gelatin sheets, place them in a bowl, and add the lemon juice. Heat the gelatin to 110°F/43°C over a water bath, then allow it to cool to 80°F/27°C.
3. Combine the gelatin with the pasteurized egg yolks in a food processor and pulse to blend. While processing, add the oil in a slow, steady stream to emulsify the mixture. Add the avocado and continue puréeing until smooth. Transfer the avocado mixture to a bowl and gently fold in the whipped cream. Season with salt, black pepper, and cayenne. Chill over an ice bath.
4. To make the tomato soup, place tomatoes and oil in a food processor and purée until smooth. Add the vinegar and process until combined. Add xanthan gum and process for about 5 minutes, until the mixture begins to thicken. Strain through a chinois and season with salt and pepper. Hold in refrigerator until ready to serve.
5. To assemble, place a 3 in/7.5 cm ring mold on a plate. Fill the mold three-quarters full with tuna tartare. Pipe avocado mousse on top of the tuna to finish filling the mold, and use an offset spatula to smooth out the surface of the mousse. Spoon 2 fl oz/60 mL amount of tomato soup around the mold. Drizzle the soup with drops of oil. Remove the ring mold and garnish the mousse with caviar and chives. Repeat until all the remaining tuna and mousse are plated.





mexican seafood cocktail

yield 32 PORTIONS

60 fl oz/1.8 L tomato juice
30 fl oz/900 mL clam juice bottled
16 fl oz/480 mL ketchup
12 fl oz/340 mL fresh lime juice
1 1/2 fl oz/45 mL Tabasco
Salt, as needed
14 oz/397 g minced white onion
2 1/4 oz/64 g cilantro, chopped
1 1/2 tsp/7.50 mL xanthan gum

2 avocados, peeled, pitted, cut into small dice
8 oz/227 g fresh lump crabmeat
4 oz/113 g baby shrimp, cooked, diced

garnish

Crème fraîche, as needed
32 fresh cilantro leaves
Oyster crackers (optional)

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1. In a large bowl, combine the tomato juice, clam juice, ketchup, lime juice, Tabasco, salt, onion, cilantro, and xanthan gum. Gently stir in the avocado, crabmeat, and shrimp. Allow to sit for about 1/2 hour, then strain.
 2. To assemble, fill each shot glass half-way full with the strained tomato juice mixture. Spoon some of the seafood mixture on top and chill until ready to serve.
 3. Garnish each glass with a small dollop of crème fraîche and top with a cilantro leaf. Serve with oyster crackers, if desired.

spoon of quail eggs and lobster medallion in champagne emulsion

yield 30 SERVINGS

court bouillon

1 yellow onion, cut into 1/2-in/1-cm dice
1 1/4 celery stalks, cut into 1/2-in/1-cm dice
1 1/4 leeks, white parts only, cut into 1/2-in/1-cm dice
1 1/4 carrots, cut into 1/2-in/1-cm dice
20 to 25 parsley stems
2 1/2 oranges, cut in half and juiced
5 bay leaves
2 1/2 tsp/5 g peppercorns
2 1/2 gal/9.60 L water

2 1/2 lobsters (1 lb 8 oz/680 g each)

poaching liquid for quail eggs

2 1/2 tbsp/37.5 mL Champagne vinegar

3/4 tsp/2.50 g salt
1 1/4 gal/4.80 L water

15 quail eggs

champagne emulsion

6 fl oz/180 mL Champagne vinegar
2 1/2 shallots, minced
2 1/2 tbsp/53 g honey
2 1/2 tsp/12.50 g mustard
14 fl oz/420 mL grapeseed oil
10 fl oz/300 mL olive oil
2 1/2 red peppers, cut into fine brunoise
2 1/2 yellow peppers, cut into fine brunoise
2 1/2 green peppers, cut into fine brunoise
30 chervil leaves

1. Prepare the court bouillon by bringing all of the ingredients to a simmer for 15 minutes.
2. Reduce the heat and poach the lobsters in the court bouillon just until the meat is opaque, 8 to 10 minutes. Remove the tail after 8 minutes. Refrigerate until cold.
3. Meanwhile prepare poaching liquid for quail eggs by bringing the ingredients to poaching temperature (160° to 185°F/71° to 85°C). Poach eggs 2 to 3 minutes, and shock them in an ice bath.
4. Pat poached eggs dry and chill. When eggs are cold, peel and cut them in half.
5. Combine the Champagne vinegar, shallots, honey, and mustard; whisk together. Whisk in the oils. Combine with peppers and toss to mix evenly.
6. Remove shell from lobster and cut tail into medallions 1/4 in/6 mm thick.
7. Place medallion in a 1-fl-oz/30-mL serving spoon and cover with 1/2 tsp/2.50 mL Champagne emulsion. Top with a quail egg half, and garnish with 1/2 tsp/2.50 mL pepper confetti from the Champagne emulsion and one chervil leaf.





spoon of kumamoto oysters and apple mint gelée

yield 30 SERVINGS

1 lb 8 oz/680 g Granny Smith apples	9 to 12 mint leaves, finely minced
1/2 tsp/2.5 mL ascorbic acid, or as needed	Salt, as needed
3 oz/85 g gelatin	White pepper, as needed
30 fresh Kumamoto oysters (or any other small fresh oyster)	6 to 9 red radishes
3 fl oz/90 mL lemon juice	3/4 oz/21 g wasabi tobiko

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1. Cut Granny Smith apples in quarters and place in juicer; add ascorbic acid to juice to prevent oxidation. This should yield approximately 16 fl oz/480 mL apple juice.
 2. Sprinkle gelatin over juice and allow to bloom; meanwhile, shuck the oysters.
 3. Warm up gelatin mixture in bain-marie over a water bath to dissolve gelatin, and then refrigerate until temperature is below 65°F/18°C.
 4. Add lemon juice, mint, and seasonings.
 5. Refrigerate the gelatin mixture until set; meanwhile, cut radishes into fine julienne.
 6. When mixture is set, place oysters on individual spoons, top with apple gelée and radishes, and garnish with wasabi tobiko.

foie gras mousse and rhubarb compote barquettes

yield 24 SERVINGS

rhubarb compote

1 to 2 rhubarb stalks
2 oz/57 g butter
8 fl oz/240 mL port
4 fl oz/120 mL grenadine
4 oz/113 g honey
1 sachet of 5 to 6 peppercorns, 1 bay leaf, 2 cloves, and 1 cinnamon stick

foie gras mousse

1 lb/454 g foie gras, grade B, deveined

64 fl oz/1.92 L duck fat, melted
1 sachet of 1 tsp/2 g peppercorns, 3 to 4 thyme leaves, 2 bay leaves, 2 garlic cloves, and 1 star anise
4 fl oz/120 mL heavy cream
2 tbsp/18 g gelatin
2 fl oz/60 mL chicken or vegetable velouté
1/2 oz/14 g cognac
Salt, as needed
White pepper, as needed

24 barquettes, 1 1/2 in/4 cm long

1. Wash and peel rhubarb and cut pieces 2 in/5 cm in length.
2. Sweat rhubarb in butter in a 2-qt/1.92-L sauce pot over medium-low heat until the rhubarb is translucent, about 4 minutes.
3. Add port, grenadine, honey, and sachet.
4. Cook until rhubarb is fork-tender and liquid has reached a syrupy consistency, 10 to 12 minutes.
5. Place foie gras in melted duck fat and add sachet. Bring fat to 160°F/71°C and poach until meat reaches 120°F/49°C, about 35 minutes. Remove from heat and allow foie gras to cool in fat to room temperature.
6. Pass foie gras through a tamis to get a smooth paste; refrigerate until needed.
7. Whip heavy cream until soft peaks form; and refrigerate until needed.
8. Bloom gelatin in the cooled velouté; once gelatin is bloomed, reheat velouté in bain-marie in a water bath to dissolve the gelatin, stirring constantly, 2 to 3 minutes. Allow the mixture to cool to room temperature.
9. When cooled, combine gelatin-velouté mixture with the foie gras paste and fold in whipped cream, cognac, salt and pepper.
10. Place mixture in piping bag fitted with a no. 1 star tip (or other desired tip) and fill barquettes with approximately 1/2 oz/14 g foie gras mousse. Dot mousse with rhubarb compote to garnish.
11. Chill until firm; refrigerate up to 1 hour.

parmesan crisps and truffled goat cheese

yield 30 SERVINGS

24 fl oz/720 mL Parmesan from moist piece of cheese
3 oz/85 g black truffles
1/2 oz/14 g flat-leaf parsley, finely minced

1 lb 8 oz/680 g goat cheese, softened
12 to 18 fl oz/360 to 540 mL heavy cream
Salt, as needed
White pepper, as needed

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1. Grate the Parmesan and reserve until needed.
 2. Place 2-in/5-cm round ring cutters on a sheet pan lined with a silicone baking mat.
 3. Add about 3/4 oz/21 g grated cheese to each mold, or just enough to cover the bottom. Repeat with remaining cheese and molds.
 4. Bake in a 325°F/163°C oven until golden brown, 8 to 10 minutes.
 5. Remove from the oven and immediately mold crisps into small 2-fl-oz/60-mL cup shapes. You may need to perform this on the open oven door to allow for the heat to keep crisps pliable. Allow to cool to room temperature and set.
 6. Cut the truffles into fine brunoise. Reserve 3/4 oz/21 g truffles for garnish. Squeeze the parsley in cheesecloth to drain and dry.
 7. Combine soft goat cheese and heavy cream; mix until creamy.
 8. Add chopped truffles and parsley, and fold in lightly. Season with salt and pepper.
 9. Place mixture in piping bag with desired tip and fill Parmesan crisps with approximately 1/2 oz/14 g filling. Garnish with chopped truffles.

hot and crunchy chicken cones

yield 30 CONES

3 oz/85 g corn flakes	2 jalapeños, seeded, chopped
1 1/2 oz/43 g almonds, slivered	2 tbsp/30 mL white wine vinegar
2 oz/57 g sesame seeds	1 oz/28 g sugar
2 oz/56 g sugar	1 shallot, minced
3 1/2 tsp/7 g crushed red pepper flakes	8 fl oz/240 mL mayonnaise
Salt, as needed	3/4 oz/21 g cilantro, chopped
4 eggs, beaten	2 garlic cloves, finely chopped
4 fl oz/120 mL milk	1 tbsp/15 mL lime juice
All-purpose flour, as needed	Salt, as needed
6 boneless, skinless chicken breasts, cut into pieces 1/4 by 1/4 by 1 in/6 mm by 6 mm by 3 cm pieces	Ground black pepper, as needed
Vegetable oil, as needed	1 lb 3 oz/539 g green cabbage, shredded
	6 flour tortillas

mango slaw

3 oz/85 g mango, diced

1. Combine the corn flakes, almonds, sesame seeds, sugar, red pepper, and salt in a food processor and pulse until the mixture is coarsely chopped. Transfer the mixture to a large, shallow bowl.
2. In a second shallow bowl, whisk the eggs with the milk. Fill a third shallow bowl with flour.
3. Dip each piece of chicken into the flour, shaking off any excess, dip into the egg mixture, and roll in the corn flake mixture to cover.
4. Set a rack over a rimmed baking sheet. In a large skillet, heat 1/4 in/6 mm oil. Working in batches, fry the chicken over medium-high heat, turning once, until golden brown, about 2 minutes. Transfer the fried chicken to the rack.
5. To make the slaw, combine the mango, jalapeños, vinegar, sugar, shallot, and 1 tbsp/15 mL water in a sauté pan over medium heat. Cover and simmer until the mango is softened, about 10 minutes.
6. Transfer the mango mixture to a food processor and purée until smooth. Transfer the purée to a bowl and stir in the mayonnaise, cilantro, garlic, lime juice, salt, and pepper. Add the shredded cabbage and toss to coat. Cover and refrigerate.
7. To assemble, place amount of fried chicken on each tortilla and top with mango slaw. Roll the tortilla into a cone shape around the filling and serve.



mejillones al estilo de laredo

mussels with olives

yield 32 SERVINGS

64 mussels	2 garlic cloves, minced
8 fl oz/240 mL dry white wine	2 fl oz/60 mL olive oil
2 Spanish onions, sliced	12 tomatoes, peeled, seeded, cut into small dice
2 bay leaves	4 oz/113 g black olives, pitted and chopped
Salt, as needed	8 anchovy fillets, chopped
4 shallots, minced	

1. Scrub the mussels under running water, removing the beards.
2. In a pot combine the wine, onion, bay leaves, and salt; bring to a boil.
3. Add the mussels to the liquid; cover and steam until they open.
4. Remove the mussels from the shell and hold on the side. Reserve the cooking liquid and half the shells.
5. Sauté the shallots and garlic in the olive oil until translucent.
6. Add the tomatoes, olives, and anchovy fillets.
7. Add the mussel liquid and reduce by half.
8. Return the mussels to the sauce and adjust seasoning.
9. Place one mussel inside each shell and spoon $\frac{1}{2}$ to 1 tsp/2.50 to 5 mL of the sauce over the mussel.

gambas al ajillo *shrimp with garlic*

yield 30 SERVINGS (2 SHRIMP EACH)

15 fl oz/450 mL extra-virgin olive oil	Salt, as needed
2 lb 8 oz/1.13 kg shrimp (31/35 count), peeled and deveined (60 shrimp)	30 fl oz/900 mL white wine or lemon juice
30 garlic cloves, sliced very thin	1 oz/28 g roughly chopped flat-leaf parsley
Red pepper flakes, as needed	

1. In a sauté pan, heat the olive oil over medium-high heat.
2. Add the shrimp, garlic, and pepper flakes. Adjust seasoning with salt.
3. Add the white wine and reduce by three-fourths, shaking the pan to emulsify the sauce.
4. Finish the sauce with chopped parsley.

spiced mixed nuts

yield 1 LB/454 G

1 1/2 oz/43 g butter	1/2 tsp/1 g chili powder
1 tbs/15 mL Worcestershire sauce	1/4 tsp/0.50 g ground cumin
1 lb/454 g unsalted raw whole mixed nuts	1/8 tsp/0.25 g cayenne
1/2 tsp/1 g celery seed	1/2 tsp/1.50 g salt
1/2 tsp/1 g garlic powder	

1. Melt the butter over medium heat. Add the Worcestershire and bring to a simmer. Add the nuts and toss well to coat evenly.
2. Sprinkle the combined spices and salt over the nuts and toss to coat evenly.
3. Place the nuts on a nonstick or well-greased sheet pan and bake in a 375°F/191°C oven, stirring occasionally, for 10 to 12 minutes, or until evenly browned. Let cool completely before serving.
4. Store at room temperature in an airtight container for up to 2 weeks.

» **CHEF'S NOTE** If saltier nuts are desired, sprinkle with salt while still warm.

chili-roasted peanuts *with dried cherries*

yield 1 LB/454 G

1 oz/28 g unsalted butter	1 tbsp/10 g salt
1 lb/454 g raw peanuts	1/2 tsp/1 g dried oregano
1 tbsp/6 g mild chili powder	1/2 tsp/1 g cayenne
2 tsp/4 g ground cumin	8 oz/227 g dried cherries (or raisins)
2 tsp/4 g ground white pepper	

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1. Melt the butter in a small saucepan.
 2. Add the peanuts and toss to coat evenly with the melted butter.
 3. Mix together the chili powder, cumin, white pepper, salt, oregano, and cayenne; reserve.
 4. Spread peanuts in a single layer on a large sheet pan and lightly toast in a 300 to 325°F/149 to 163°C oven for about 10 minutes, shaking pan occasionally.
 5. Transfer the peanuts into a large bowl and coat with the dry ingredients. Mix in cherries until uniformly blended.
 6. Cool completely, then cover and store at room temperature up to 2 weeks.

spicy curried cashews

yield 1 LB/454 G

1 lb/454 g whole raw cashews	1/4 tsp/0.50 g garlic powder
1 oz/28 g unsalted butter, melted	1/4 tsp/0.50 g onion powder
1/2 tsp/1.50 g salt	1/8 tsp/0.25 g cayenne
1 tbsp/6 g curry powder	

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1. Preheat the oven to 350°F/177°C.
 2. Toss the cashews and melted butter together until evenly coated.
 3. Combine the salt and spices; reserve.
 4. Place the cashews on a sheet pan and bake until golden brown.
 5. Remove the cashews from the oven and toss with the combined spices while still warm. Allow to cool before serving.
 6. Store in an airtight container for up to 10 days.

candied pecans

yield 1 LB/454 G

1 lb/454 g pecan halves	2 tsp/4 g ground ginger
2 egg whites beaten with 2 tbsp/30 mL water	2 tsp/4 g ground cardamom
4 1/2 oz/128 g superfine sugar	1 1/2 tsp/3 g ground allspice
2 tsp/6.50 g salt	1 tsp/2 g ground coriander
1 tbsp/6 g ground cinnamon	1/8 tsp/0.25 g cayenne

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1. Preheat the oven to 250°F/121°C.
 2. Stir the nuts into the beaten egg white mixture until completely coated. Drain well in a colander.
 3. Combine the sugar, salt, and spices and toss the nuts in this mixture until evenly coated.
 4. Turn onto a sheet pan and spread in a single layer. Bake for about 10 minutes, then lower the oven temperature to 225°F/107°C and bake, stirring occasionally, for another 10 minutes, or until the nuts are dark golden brown.
 5. Let cool completely before serving.
 6. Store in an airtight container for up to 2 weeks.

» **CHEF'S NOTE** These nuts are used to garnish the Smoked Duck Tart (page 469).

toasted almonds

yield 1 LB/454 G

1 lb/454 g almonds, whole	Salt, as needed
2 tbsp/30 mL pure olive oil	2 tsp/4 g pimentón

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1. Bake the almonds in a 300°F/149°C oven until crispy and dried out, 8 to 10 minutes. Add the remaining ingredients and toss to coat evenly. Let cool before serving.
 2. Cover and store up to 2 weeks.





ten

CONDIMENTS, CRACKERS, AND PICKLES



Condiments, crackers, and pickles ARE THOSE LITTLE EXTRAS THAT CAN ELEVATE A DISH FROM THE ORDINARY TO THE SUBLIME. ALTHOUGH MOST OF THESE FOODS ARE AVAILABLE COMMERCIALY, THEY ARE NOT DIFFICULT TO PRODUCE, AND ARE ALWAYS MORE INTERESTING WHEN MADE BY HAND BECAUSE YOU CAN CUSTOMIZE THE FLAVOR PROFILE OF THE CONDIMENT AND COME UP WITH INVENTIVE WAYS TO FEATURE SEASONAL INGREDIENTS.

CONDIMENTS



Condiment varieties: 1. red onion confiture, 2. beer mustard with caraway seeds, 3. rhubarb compote, 4. pickles, 5. tomato ketchup, and 6. papaya chutney

Condiments are assertive saucelike creations, typically served on the side and added at the diner's discretion. However, condiments can also be found as spreads or dips, adding a little extra flavor to sandwiches, dressings, and salads.

mustard

Plain and flavored mustards have a wonderful aroma and a complex flavor that pairs beautifully with meats, cheeses, and poultry; mustard can even be served as a dip. It is frequently added to vinaigrettes and other dressings to act as an emulsifier or used to glaze meats as they roast. Special mustards from around the world have their own unique qualities: some are very hot, while others are mild; some are very smooth, and others are grainy. American-style mustard is made from white mustard seeds and gets its distinctive yellow color from turmeric. European mustards are made from brown mustard seeds and can be grainy or smooth.

ketchup

Lancelot Sturgeon, a British author, wrote that ketchup was invented by the French in the seventeenth century. However, early French cookbooks claim that the British formulated the condiment. Still others trace its origins to East Asia. Early English recipes for ketchup called for such ingredients as kidney beans, mushrooms, anchovies, liver, and walnuts. Now predominantly tomato-based, ketchup (also sometimes called catsup or even catchup) is defined by its slightly sweet, vinegary flavor and thick consistency. Ketchup can be used as a dipping sauce or as extra flavor on sandwiches or eggs.

chutney

Chutneys are sweet-and-sour condiments, often fruit-based (though vegetable-based versions exist as well) and generally highly spiced, and are favored in Indian cuisines. Chutneys may be cooked, similar to a pickle or relish, or they may be raw, making them similar to other cold raw sauces such as salsa.

Mango chutney is probably most familiar worldwide, but tomatoes, eggplant, melons, apples, and pineapples are also commonly used to prepare chutneys. The use of chutneys has expanded beyond a spoonful or two on top of an entrée. They are very popular as accompaniments for cheese courses, spreads on sandwiches, and as dips. Chutneys offer an easy way to add intriguing spices and flavor to any dish.

relish

A relish may be as simple as a mound of sliced cucumbers or radishes or as complex as a curried onion relish cooked in a pickle or brine, highly seasoned, and garnished with dried fruits. Relishes are served cold to act as a foil to hot or spicy foods or to liven up dishes that need some extra kick.

compote

Compotes are often made by cooking fruits in syrup. For the garde manger, savory compotes can be used to accompany galantines or pâtés in much the same way that a chutney is used.

FLAVORED OILS AND VINEGARS

Good-quality oils and vinegars can be infused with spices, aromatics, herbs, and fruits or vegetables to create products with many applications. They work well as condiments, added in a drizzle or as droplets to lend a bit of intense flavor and color to a plated dish. They also are excellent to use as a dressing for vegetables, pastas, grains, or fruits. And, of course, they are well suited to use as part of vinaigrettes and other dressings for a special effect. To infuse oils and vinegars, use one of the following methods.

method 1: warm infusion

Heat the oil or vinegar very gently over low heat with flavoring ingredients such as citrus zest or spices, just until the aroma is apparent. Let the oil or vinegar steep off the heat with the flavoring ingredients until cool, then pour into storage bottles or containers. You may opt to strain the vinegar or oil for a clearer final product, or leave the flavoring ingredients in for a more intense flavor. It is recommended to use damp cheesecloth when straining flavored vinegars.



Oils and vinegars can be infused or steeped with any number of flavors, such as shallots and tarragon (left) or lemon and thyme (right).



Flavoring agents, such as the basil used here, can also be puréed along with oil and vinegar, then strained away to produce infused oil and vinegar.

method 2: steeping

Place the herbs or other aromatics in a glass or plastic bottle. Heat the oil or vinegar briefly, just until warm. Pour the warm oil or vinegar over the aromatics and let the vinegar rest until the desired flavor is achieved. You may wish to add fresh aromatics after the oil or vinegar has steeped for several days to give an even more intense flavor.

method 3: purées

Purée raw, blanched, or fully cooked vegetables, herbs, or fruits and bring the purée to a simmer, reducing if necessary to concentrate the flavors. Add the oil or vinegar and transfer to a storage container. You may leave the oil or vinegar as is and use it as you would a purée. Or you may strain it to remove the fiber and pulp.

method 4: cold infusion

Combine room-temperature oil or vinegars with ground spices and transfer to a storage container. Let the mixture settle until the vinegar or oil is clear and the spices have settled in the bottom of the container. Carefully decant the vinegar or oil once the desired flavor is reached.

Note: When you introduce fresh or raw ingredients to an oil or vinegar, you run the risk of food-borne illness if the finished products are not carefully stored. Although commercially prepared versions of flavored oils and vinegars are shelf-stable, you should keep yours refrigerated, especially if you have used raw garlic or shallots. Use them within a few days to be sure that they will have the best flavor and color.

PICKLES

Pickles encompass any food that has been brined. They can be made from a variety of ingredients such as vegetables, fruit, or eggs. The brine often contains vinegar, though a salt brine can also be used to make special pickles. Pickles may be extremely tart, such as cornichons, or sweet, such as the Sweet Pickle Chips on page 593.

Pickles are used as a traditional condiment in India and Southeast Asia, but these pickles are different from typical European pickles

because they use oil as the pickling agent instead of vinegar. Chopped fruits, vegetables, or aromatics are added to oil and spices, then left to marinate for up to three weeks, after which they become similar in texture to a relish. Each region has a distinct blend of spices and features seasonal, local fruits, vegetables, and aromatics in its pickles. It is very easy to produce these pickles, and they can add an international flair to many dishes.

CHIPS AND CRISPS

Crackers and other breads may be eaten alone or as a support item that adds flavor and a textural counterpoint. They are served to accompany dips and spreads, or with a salad or appetizer to add a bit of crunch to the plate.

fried and baked chips

We are all familiar with potato chips, which are made by slicing potatoes very thin and frying them in oil until crisp. Other vegetables can also be made into chips: sweet potatoes, beets, and artichokes are all excellent choices.

Baked chips or crisps are also wonderful additions to salads and composed appetizers, or on their own as snacks. Pears, apples, bananas, and other fruits can be sliced thin and then baked until they are dry and crisp. If they are sliced a little thicker and baked at a lower temperature, they take on an appealing chewy texture.

crackers

Crackers can be produced in a number of ways. Icebox-style crackers are made in much the same way as cookies. A savory dough is prepared, rolled into a log, chilled, then sliced and baked. Cheese and nuts are often used to season and flavor these crackers. Cracker dough can also be rolled out by hand or using a pasta machine for a thin, uniform cracker. These crackers can have garnish ingredients folded into the dough, or you can brush the dough with a little egg wash and sprinkle on sesame seeds, poppy seeds, salt, spice blends, or any number of other toppings. Be sure that the toppings will not burn when the crackers are baked.

Still other crackers are made from a batter that is baked. These delicate crackers can be shaped before baking by spreading them on a greased sheet pan or silicone baking mat. They can be shaped when they are still warm from the oven by draping them over rolling pins or pressing them into cups or other molds.

1. Thinly slice the desired fruits or vegetables on a mandoline or slicer.

2. Frying the slices in oil produces chips.

3. The slices can be baked in an oven to produce crisps.

4. Store prepared chips and crisps in even layers, separating the layers with parchment paper.



southwestern spicy green chile mustard

yield 32 FL OZ/960 ML

3 oz/85 g dry mustard	1 jalapeño, minced
6 fl oz/180 mL dark Mexican beer	3/4 oz/21 g cumin seeds, toasted
6 fl oz/180 mL sherry vinegar	2 tbsp/6 g dried Mexican oregano
12 egg yolks	3 oz/85 g honey
1 tbsp/15 mL soy sauce	1 1/2 tbsp/15 g salt
6 oz/170 g green chiles, diced	

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1. Combine the mustard, beer, vinegar, egg yolks, and soy sauce in a stainless-steel bowl.
 2. Cover and refrigerate for 1 hour.
 3. Beat in a double boiler over hot water until thick and creamy.
 4. Add the green chiles, jalapeño, cumin, oregano, honey, and salt. Mix well.
 5. Transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

heywood's mustard

yield 32 FL OZ/960 ML

4 1/2 oz/128 g dry mustard	16 fl oz/480 mL malt vinegar
1 oz/28 g sugar	1/4 tsp/1.25 mL Tabasco
2 tsp/6.50 g salt	3 oz/85 g honey
12 oz/340 g eggs	

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1. Combine the mustard, sugar, and salt.
 2. Add the eggs and mix until smooth.
 3. Whisk in the vinegar, Tabasco, and honey. Cover and refrigerate for 1 to 2 hours.
 4. Beat in a double boiler over hot water until thick and creamy. Cover and refrigerate until cold.
 5. Transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.



Heywood's Mustard.

dried cranberry mustard

yield 32 FL OZ/960 ML

3 oz/85 g dry mustard

6 eggs

8 fl oz/240 mL cranberry juice

3 fl oz/90 mL white vinegar

1 tbsp/15 mL Worcestershire sauce

2 oz/57 g packed brown sugar

1/2 tsp/1.50 g salt

2 1/2 oz/71 g chopped dried cranberries

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1. Combine mustard, eggs, cranberry juice, vinegar, Worcestershire sauce, brown sugar, and salt in a stainless-steel bowl.
 2. Cook over boiling water, stirring constantly until thick and smooth.
 3. Add cranberries and mix well. Cover and refrigerate for at least 48 hours before using.
 4. Cover and refrigerate for up to 2 weeks.

beer mustard with caraway seeds

yield 32 FL OZ/960 ML

12 fl oz/360 mL dark beer

6 eggs

4 1/2 oz/128 g dry mustard

2 oz/57 g packed brown sugar

2 tsp/6.5 g salt

2 fl oz/60 mL white vinegar

1 tsp/5 mL Worcestershire sauce

1/2 oz/14 g caraway seeds, toasted

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1. Combine beer, eggs, mustard, brown sugar, salt, vinegar, and Worcestershire sauce and mix well.
 2. Let mixture rest at room temperature for 1 hour.
 3. Cook in a double boiler over boiling water until thick and smooth.
 4. Add the caraway seeds and mix well.
 5. Transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

swedish mustard sauce

yield 32 FL OZ/960 ML

5 1/3 fl oz/160 g prepared mustard	1 tsp/3 g salt
16 fl oz/480 mL Basic Mayonnaise (page 36)	2 tsp/10 mL Worcestershire sauce
2 1/4 oz/64 g minced fresh horseradish	8 fl oz/240 mL heavy cream, whipped

1. Purée mustard, mayonnaise, horseradish, salt, and Worcestershire sauce.
2. Fold in the cream; cover and refrigerate until cold.
3. Transfer to a clean storage container. Cover and refrigerate for up to 12 hours.

tomato ketchup

yield 32 FL OZ/960 ML

3 1/2 oz/99 g sugar	2 roasted red peppers, chopped
3 oz/85 g minced onion	8 fl oz/240 mL red wine vinegar
1 tbsp/9 g minced garlic	4 fl oz/120 mL balsamic vinegar
96 fl oz/2.88 L crushed tomatoes	Cayenne, as needed

1. Cook the sugar over medium heat until it turns an amber color.
2. Add the onion and garlic.
3. Add the tomatoes and roasted peppers; cook 5 to 10 minutes over medium heat.
4. Add the vinegars and reduce until thickened, about 20 minutes.
5. Season with cayenne as needed (the flavor should be mild).
6. Strain through a fine sieve.
7. Transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

yellow pepper ketchup

yield 32 FL OZ/960 ML

2 lb/907 g yellow peppers (about 8), seeded and coarsely chopped	Vegetable oil, as needed
3 oz/85 g jalapeños (about 4), seeded and chopped	6 fl oz/180 mL red wine vinegar
12 oz/340 g onion, coarsely chopped	5 1/4 oz/149 g sugar
2 tbsp/18 g chopped garlic	Salt, as needed
	Ground white pepper, as needed

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1. Sauté the peppers, jalapeños, onion, and garlic in oil until tender but not browned, about 12 minutes.
 2. Add the vinegar and sugar; simmer 30 to 45 minutes.
 3. Purée until smooth.
 4. Adjust seasoning with salt and pepper.
 5. Cool and transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

spicy mango chutney

yield 32 FL OZ/960 ML

3 mangoes, peeled and chopped	7 3/4 oz/220 g packed dark brown sugar
3 1/2 oz/99 g raisins	8 fl oz/240 mL white wine vinegar
1 jalapeño, minced	1/2 tsp/1.50 g salt
4 garlic cloves, minced	1 tsp/2 g turmeric
1 tbsp/9 g minced ginger	

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1. Combine the mangoes, raisins, jalapeño, garlic, ginger, and sugar. Cover and refrigerate for 24 hours.
 2. Add the vinegar; bring to a boil and simmer 15 minutes.
 3. Add the salt; simmer 10 minutes.
 4. Add the turmeric; simmer 5 minutes.
 5. Cool and transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

red chile chutney

yield 7 oz/198 g

2 tsp/4 g cumin seeds, toasted	2 tsp/4 g cayenne
2 tsp/3 g coriander seeds, toasted	.5 oz/2 g salt
14 guajillo chiles, soaked in hot water until pliable	1 tbsp/15 mL lemon juice
12 garlic cloves	

1. Place the cumin, coriander, chiles, garlic, and cayenne in a blender. Adding 2 fl oz/60 mL of water at a time, process until the mixture is a smooth paste. Do not add too much water at a time; if there is too much liquid in the processor, the resulting purée will not be smooth.
2. Add the salt, lemon juice, and about 2 fl oz/60 mL more water and blend to produce a sauce with the consistency of heavy cream.

apricot-cherry chutney

yield 32 FL oz/960 mL

4 oz/113 g onion, sliced thin	2 fl oz/60 mL lemon juice
2 tbsp/18 g minced ginger	1/4 tsp/0.50 g ground cardamom
1 tbsp/15 mL peanut oil	1/4 tsp/0.50 g red pepper flakes
16 fl oz/480 mL water	1/2 tsp/1 g ground coriander
8 fl oz/240 mL orange juice	1/2 tsp/1 g curry powder
4 fl oz/120 mL cider vinegar	8 oz/227 g dried apricots, halved
3 oz/85 g honey	8 oz/227 g dried cherries

1. Sauté the onion and ginger in the peanut oil until limp but not browned.
2. Add the remaining ingredients and simmer for 20 minutes. Add more water if the chutney is too thick.
3. Cool and transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

beet chutney

yield 32 FL OZ/960 ML

6 beets	1 tbsp/15 mL lime juice
Water, as needed	1/4 tsp/0.50 g cayenne
1 tbsp/10 g salt	2 tsp/6 g finely chopped jalapeño
1 tbsp/9 g finely chopped ginger	1 tbsp/3 g finely chopped cilantro
2 fl oz/60 mL vegetable oil	
2 tbsp/30 mL red wine vinegar	

1. Preheat the oven to 375°F/191°C.
2. Wash the beets well. Leave 1 in/3 cm of stem attached to the beets. Put the beets in a 2-in/5-cm hotel pan in a single layer and add water just to cover the bottom of the pan. Season with 1 tsp/3 g salt. Cover the pan with aluminum foil and roast the beets until fork-tender, about 1 hour depending on size. Shake the pan every 20 minutes so the beets do not stick or burn.
3. When the beets are done, remove the skin while still warm. Cut the beets into small dice and combine with remaining ingredients. (If preferred, add the jalapeño and cilantro on the day of service.) This chutney should be very spicy.
4. Cool and transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

apple chutney

yield 3 LB/1.36 KG

6 oz/170 g brown sugar	1/2 oz/14 g chile, chopped
5 oz/142 g onion, cut into fine dice	2 tsp/6 g minced or finely grated lemon zest
4 oz/113 g golden raisins	1 tsp/3 g minced garlic, mashed to a paste
2 oz/57 g walnuts, toasted and chopped	1/2 tsp/1 g ground mace
2 fl oz/60 mL cider vinegar	1/2 tsp/1 g ground cloves
2 tbs/30 mL lemon juice	2 lb 4 oz/1.02 kg Granny Smith apples, peeled, cored, cut into medium dice
1/2 oz/14 g ginger, grated	

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1. Combine brown sugar, onion, raisins, walnuts, cider vinegar, lemon juice, ginger, chile, zest, garlic, mace, and cloves in a sauce pot and simmer, covered, over low heat for 10 minutes.
 2. Add the apples and simmer until the apples are very tender and the juices are reduced and slightly thickened, 10 to 15 minutes. Cool, then cover and refrigerate until service.

papaya chutney

yield 32 FL OZ/960 ML

4 fl oz/120 mL vegetable oil	1 lb/454 g papaya, peeled, seeded, cut into small dice
5 oz/142 g onion, peeled, cut into small dice	8 fl oz/240 mL pineapple juice
8 oz/227 g red pepper, cut into small dice	4 fl oz/120 mL white vinegar
6 oz/170 g green pepper, cut into small dice	1 1/2 oz/43 g molasses
4 garlic cloves, minced	2 fl oz/60 mL lemon juice
2 tsp/4 g ground allspice	1 tsp/3 g salt
2 tsp/4 g curry powder	1/2 tsp/1 g ground black pepper
2 tsp/4 g ground cumin	

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1. In a large sauté pan, heat the oil over medium heat until hot but not smoking. Add the onion and sauté 5 to 7 minutes, stirring frequently, until onion is lightly caramelized.
 2. Add the red and green peppers and cook an additional 2 minutes, or until the peppers just begin to soften, stirring frequently. Add the garlic and spices and cook an additional 2 minutes, stirring constantly. The mixture will be quite dry at this point.
 3. Add the papaya, pineapple juice, vinegar, and molasses, stir well, and allow to come to a boil. Reduce the heat to low and cook until the mixture coats the back of a spoon.
 4. Add the lemon juice, salt, and pepper as needed. Cool, then cover and refrigerate.

cranberry relish

yield 32 FL OZ/960 mL

12 oz/340 g cranberries
3 fl oz/90 mL orange juice
3 fl oz/90 mL triple sec (optional)

3 oz/85 g sugar
2 oranges, zest and suprêmes

1. Combine cranberries, orange juice, triple sec, sugar, and orange zest in a sauce pot and stir to combine.
2. Cover and let simmer 15 to 20 minutes, stirring occasionally.
3. Cook until all the berries have burst and liquid starts to thicken. Remove from heat and add the orange segments. Adjust sweetness with sugar.
4. Transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

dried apricot relish

yield 32 FL OZ/960 mL

1 lb/454 g medium-dice dried apricots
1/2 tsp/1.50 g minced garlic
3 tbsp/45 mL lemon juice
2 tsp/7 g lemon zest
6 oz/170 g honey

2 tbsp/30 mL soy sauce
2 drops Tabasco
16 fl oz/480 mL ginger ale
4 oz/113 g sliced almonds, toasted

1. Combine apricots, garlic, lemon juice and zest, honey, soy sauce, Tabasco, and ginger ale in a sauce pot; simmer for 20 minutes. Cool.
2. Stir in the almonds.
3. Cool and transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

curried onion relish

yield 32 FL OZ/960 ML

2 lb/907 g onion, cut into 1/4-in/6-mm dice

2 garlic cloves, minced

16 fl oz/480 mL white vinegar

14 oz/397 g sugar

3/4 oz/21 g pickling spice, tied into a sachet

2 tbsp/12 g curry powder

1 tsp/3 g salt

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1. Combine all ingredients; mix well.
 2. Simmer, covered, in a small nonreactive saucepan until tender and mostly dry. Stir often, being careful not to scorch. Refrigerate until cold.
 3. Transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.



red onion confiture

yield 32 FL OZ/960 mL

2 tbsp/30 mL vegetable oil	4 fl oz/120 mL red wine vinegar
1 lb 8 oz/680 g red onion, thinly sliced	Salt, as needed
6 oz/170 g honey (see Chef's Note)	Ground white pepper, as needed
6 fl oz/180 mL red wine	

1. Heat the oil in a sauté pan over high heat. Sweat the onion.
2. Stir in the honey; cook the mixture until the onion is lightly caramelized.
3. Add the wine and vinegar; reduce over low heat until the liquid is almost completely cooked away.
4. Adjust seasoning with salt and pepper.
5. Cool and transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

» **CHEF'S NOTE** Grenadine can be substituted for the honey for sweetness; it will enhance the color as well.

rhubarb compote

yield 32 FL OZ/960 mL

2 lb/907 g rhubarb, trimmed and diced	2 oz/57 g currants
8 oz/227 g sugar	3/4 oz/21 g finely minced ginger
8 fl oz/240 mL water	1/2 oz/14 g finely minced garlic
8 fl oz/240 mL red wine vinegar	1/2 oz/14 g finely grated lemon zest

1. Combine the rhubarb, sugar, water, vinegar, currants, ginger, garlic, and lemon zest. Bring to a boil, then reduce the heat and simmer until the compote thickens and has a good flavor, about 20 minutes. Skim the surface as necessary while simmering.
2. Transfer the compote to a clean container and cool completely before storing. The compote may be covered and refrigerated for up to 3 weeks.

roasted red pepper compote

yield 32 FL OZ/960 ML

4 red peppers	2 fl oz/60 mL aged balsamic vinegar
8 oz/227 g red onion, minced	1/2 oz/14 g dill, coarsely chopped
3 fl oz/90 mL olive oil	Salt, as needed
3 oz/85 g capers, finely chopped	Ground black pepper, as needed

1. Roast the peppers over a grill.
2. Place the peppers in a stainless-steel bowl and cover with plastic wrap. Peel and seed the peppers and cut into 1/8-in/3-mm dice.
3. Sweat the onion in the oil over low heat until tender, 6 to 8 minutes. Cool and add to the peppers.
4. Combine the peppers and onion with the remaining ingredients. Allow the mixture to sit for 20 minutes.

quince compote

yield 24 FL OZ/720 ML

1 oz/28 g butter	16 fl oz/480 mL apple cider
3 oz/85 g shallots, minced	8 fl oz/240 mL white wine
1 lb 2 oz/510 g quince, peeled, cut into 1/4-in/6-mm dice	2 oz/57 g sugar

1. Heat the butter until melted. Add the shallots and sauté over low heat until tender; add the quince and sauté for 2 minutes or until the outside starts to soften.
2. Add the remaining ingredients and cook over low heat until a thick consistency is achieved and the fruit is tender, about 20 minutes. Cool and transfer to a clean container. Cover and refrigerate.

» **VARIATION** An equal amount of Granny Smith apples or Bartlett pears may be substituted for the quince.

harissa

yield 16 FL OZ/480 ML

15 Fresno red peppers, roasted, peeled, and seeded	6 fl oz/180 mL olive oil
3 red peppers, roasted, peeled, and seeded	3 tbsp/45 mL lemon juice
1 tbsp/6 g cumin seeds, toasted and ground	Salt, as needed
1 1/2 tsp/3 g cayenne	

1. Combine the Fresno red peppers, peppers, cumin, and cayenne in a blender. Grind to a pastelike consistency. Remove the paste to a bowl. Slowly blend in the oil to create a smooth sauce. Add the lemon juice and salt as needed, and adjust the consistency.
2. Transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

» **CHEF'S NOTE** This intense sauce can be used as a condiment or to flavor dips and spreads.

sweet pickle chips

yield 2 LB/907 G

2 lb/907 g cucumbers, sliced 1/4 in/6 mm thick	32 fl oz/960 mL water
8 oz/227 g onion, sliced 1/4 in/6 mm thick	10 fl oz/300 mL white vinegar
12 fl oz/360 mL cider vinegar	1 tbsp/6 g celery seed
1 1/2 tsp/5 g salt	1 1/2 tsp/3 g whole allspice, crushed
1/2 tsp/1 g mustard seeds	1 tsp/2 g turmeric
14 oz/397 g sugar	

1. Combine the cucumber and onion with the cider vinegar, salt, mustard seeds, 1 tbsp/12 g of the sugar, and the water in a sauce pot.
2. Simmer for 10 minutes and drain. Discard liquid.
3. Bring the white vinegar, celery seed, allspice, turmeric, and remaining sugar to a boil.
4. Pour the vinegar mixture over the cucumber and onion and refrigerate for 3 to 4 days before serving. Cover and refrigerate for up to 1 week.

half-sour pickles

yield 3 LB/1.36 KG

1/2 oz/14 g dill sprigs
3 garlic cloves, smashed
2 bay leaves
4 lb/1.81 kg pickling cucumbers, cut into spears

brine

64 fl oz/1.92 L water
8 fl oz/240 mL white vinegar
6 oz/170 g salt

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1. Place the dill, garlic, and bay leaves in a noncorrosive container. Pack the spears on top.
 2. Bring the water, vinegar, and salt to a boil, pour over spears, and allow to cool.
 3. Cover and refrigerate at least 3 days and up to 4 weeks.

» **CHEF'S NOTE** The pickles will change in texture from half-raw/half-cured to a fully cured pickle the longer they sit in the refrigerator.

pickled vegetables

yield 2 LB/907 G

10 fl oz/300 mL water
2 3/4 fl oz/83 mL malt vinegar
2 1/4 oz/64 g sugar
3/4 oz/21 g salt
1 1/4 fl oz/28 g whole pickling spice

2 lb/907 g assorted vegetables: baby golden, red, or Chioggia beets; pearl onions; okra; baby carrots; broccoli, trimmed and cut into small pieces
2 tsp/6 g minced garlic
1 dill sprig

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1. Bring the water, vinegar, sugar, salt, and pickling spice to a boil to make a brine.
 2. Pack the vegetables, garlic, and dill sprig in a noncorrosive container. Pour the brine over the vegetables. Let cool, then cover and refrigerate.
 3. Allow to marinate for at least 24 hours before serving. Holding ability will depend on choice of vegetables.

pickled grapes or cherries

yield 32 FL OZ/960 mL

1 lb 12 oz/794 g sugar
22 fl oz/660 mL white wine vinegar
1 1/2 cinnamon sticks

1/2 tsp/1.50 g salt
2 lb 8 oz/1.13 kg seedless grapes or sweet cherries
(grapes removed from stems; cherries pitted)

1. Combine the sugar, vinegar, cinnamon sticks, and salt in a sauce pot. Simmer for 5 minutes.
2. Pour the mixture over the grapes or cherries, allow to cool, then cover and refrigerate.

pickled red onions

yield 32 FL OZ/960 mL

12 fl oz/360 mL red wine vinegar
6 fl oz/180 mL water
3 oz/85 g sugar

1 1/2 tsp/5 g salt
1/2 tsp/1 g cracked black pepper
1 lb 2 oz/510 g red onion, sliced in thin rings

1. Combine the vinegar, water, sugar, salt, and pepper in a small nonreactive saucepan and bring to a boil. Remove from the heat, but keep hot.
2. Boil the red onion in salted water for 1 minute, or until tender. Drain immediately.
3. Pour the hot vinegar mixture over the blanched onion. Cool the onion in the vinegar solution to room temperature, then refrigerate for 6 to 8 hours or overnight.
4. Transfer to a clean storage container. Cover and refrigerate for up to 2 weeks.

dill pickles *fresh-pack dill pickles*

yield 50 LB/22.68 KG

40 to 50 lb/18.14 to 22.68 kg pickling cucumbers	8 oz/227 g pickling spice, tied into 2 sachets
2 lb 6 oz/1.08 kg salt	6 oz/170 g sugar
6 gal/23.04 L water	4 heads garlic
1 gal 16 fl oz/4.32 L white vinegar	3 bunches dill (or 3 1/2 oz/99 g dill seed)
6 3/4 qt/5.04 L water	20 small pepper pods

1. Wash cucumbers thoroughly; rinse and drain. Cover with brine made of 1 lb 9 oz/709 g salt and 6 gal/23.04 L cool water and allow to stand overnight.
2. Mix vinegar, 6 3/4 qt/6.48 L water, remaining salt (13 oz/369 g), pickling spice, and sugar and heat to a boil. Keep hot.
3. Pack half the cucumbers to within 1/2 in/1 cm of the top of a 5-gal/19.20-L tub, cover with hot pickling liquid, and top with one sachet, 2 garlic heads, 1 1/2 bunches dill, and 10 small pepper pods. Fill a second tub with remaining cucumbers, pickling liquid, and sachet.
4. Place lids on tubs and seal tightly.
5. Let stand for three weeks, remove sachets, and hold for use.

pickles

yield 2 LB 4 oz/1.02 kg

2 lb 4 oz/1.02 kg seedless cucumbers,
sliced $\frac{1}{8}$ in/3 mm thick
2 white onions, thinly sliced

2 tbsp/20 g salt
5 $\frac{1}{4}$ oz/149 g sugar
8 fl oz/237 mL white wine vinegar

1. Combine the cucumber, onion, and salt. Cover and refrigerate for 3 hours, stirring often.
2. In a small sauce pot, dissolve the sugar in the vinegar over medium heat. Allow mixture to cool.
3. Drain the cucumber and onion and rinse.
4. Combine the vinegar mixture with the cucumber and onion. Refrigerate until cold before serving.

pickled ginger

yield 1 LB/454 g

1 lb/454 g ginger, peeled, sliced very thin
2 tbsp/20 g salt
5 $\frac{1}{4}$ oz/149 g sugar

16 fl oz/480 mL rice vinegar
8 shiso leaves, chiffonade (optional)

1. Place ginger slices in a bowl with 1 tsp/3 g of the salt for 10 minutes. Rinse in hot water; drain well.
2. Place sugar, vinegar, shiso, and remaining salt in a small nonreactive pan and bring to a boil. Pour vinegar mixture over ginger and cool. Cover and refrigerate overnight before serving.

acar jawa javanese pickled vegetables

yield 32 FL OZ/960 ML

2 tsp/10 mL minced rehydrated dried shrimp (soak dried shrimp in hot water until soft, then mince and measure)
5 oz/142 g red jalapeños, seeded and minced
4 oz/113 g shallots, minced
2 1/2 tsp/7 g garlic, minced
6 1/2 oz/184 g carrots, roll cut into 3/4-in/2-cm pieces
6 oz/170 g seedless cucumber, cut in half lengthwise and thinly sliced
4 1/2 oz/128 g yellow squash, roll cut into 3/4-in/2-cm pieces

4 oz/113 g cauliflower florets, cut into 3/4-in/2-cm pieces
3 3/4 oz/106 g green beans, cleaned, cut in half (if desired)
2 1/2 oz/71 g broccoli florets, cut into 3/4-in/2-cm pieces
4 fl oz/120 mL vegetable oil
8 oz/227 g sugar
8 fl oz/240 mL white wine vinegar
4 fl oz/120 mL coconut milk
1 tsp/3 g salt, or as needed

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1. Using a mortar and pestle, pound together the shrimp, jalapeños, shallots, and garlic.
 2. Blanch each of the vegetables separately in the order given until slightly tender but still crisp, 2 to 5 minutes depending on the vegetable. Once cooked, shock each vegetable in an ice water bath. When cooled, transfer the vegetables to a mixing bowl and reserve.
 3. Heat the oil in a small skillet over medium heat. Add the pounded shrimp mixture and cook until fragrant, 6 to 8 minutes. Add the sugar, vinegar, coconut milk, and salt and simmer for 4 to 5 minutes.
 4. Pour the sauce over the cooked vegetables and let them marinate for 30 minutes to 1 hour before serving. Serve at room temperature.



sweet and sour onions

yield 1 LB/454 G

1 lb 4 oz/567 g pearl onions	5 1/4 oz/149 g golden raisins
1 tbsp/15 mL olive oil	4 oz/113 g sugar
2 tbsp/30 mL tomato paste, dissolved in 16 fl oz/480 mL water	2 rosemary sprigs (2 in/5 cm long)
5 1/3 fl oz/160 mL red wine vinegar	1 tsp/3 g salt
	1/2 tsp/1 g ground black pepper

1. In a 32-fl-oz/960-mL saucepan, blanch onions in boiling water for 3 minutes, then drain and rinse under cold water. Peel onions.
2. Heat the oil in a small sauté pan over medium heat until hot but not smoking.
3. Add onions and cook until browned, about 4 minutes.
4. Add remaining ingredients, stirring until sugar is dissolved, then simmer, stirring occasionally, until onions are tender and most liquid is evaporated, 40 to 45 minutes.
5. Cool onions completely and discard rosemary sprig, then refrigerate. Bring to room temperature before service.
6. Serve with bruschetta.

assorted vegetable chips

yield 30 SERVINGS

8 oz/227 g taro root	8 oz/227 g beets
8 oz/227 g sweet potatoes	8 oz/227 g plantains
8 oz/227 g parsnips	Vegetable oil, as needed for frying
8 oz/227 g carrots	Salt, as needed
8 oz/227 g russet potatoes	

1. Peel all vegetables. Slice all of them very thin ($\frac{1}{16}$ in/1.50 mm). Keep the vegetables separate since they all require different cooking times. Hold taro and potato slices separately in cold water; all other vegetables may be held dry.
2. Fry each vegetable separately at 275°F/135°C until crisp, drain on absorbent paper towels, and season with salt.
3. Serve immediately or store in an airtight container, as you would crackers, for later service. Serve within 24 hours for best quality.

» **VARIATIONS** ARTICHOKE CHIPS: Remove choke and some of the stem. Slice trimmed artichokes very thin ($\frac{1}{16}$ in/1.50 mm) and fry in 350°F/177°C oil until crisp. Drain on absorbent paper towels and salt as needed.

FENNEL CHIPS: Remove stem ends from fennel bulbs, trim root end, and halve or quarter (depending upon the size of the fennel bulb). Slice very thin ($\frac{1}{16}$ in/1.50 mm). Fry at 350°F/177°C until crisp. Drain on absorbent paper towels and salt as needed.

GARLIC CHIPS: Use large garlic (elephant garlic) and slice peeled cloves very thin ($\frac{1}{16}$ in/1.50 mm) using a knife or a garlic slicer. Fry in olive oil over medium heat until lightly browned. Drain on absorbent paper towels. Reserve the flavored oil for other uses if desired.

APPLE OR PEAR CRISPS: Remove the core from rinsed apples or pears, slice thin ($\frac{1}{16}$ in/1.50 mm), and bake on a silicone baking pad or a lightly oiled sheet pan in a 375°F/191°C oven until crisp, 20 to 30 minutes. Drain on absorbent paper towels.

pepper jack and oregano crackers

yield 100 CRACKERS

8 1/4 oz/234 g all-purpose flour	4 to 5 fl oz/120 to 150 mL water
8 oz/227 g shredded pepper Jack cheese	spice mixture
2 tsp/2 g dried oregano, or 1 tbsp/3 g fresh oregano	1 tsp/4 g sugar
1/2 tsp/1.50 g salt	1 tsp/3 g salt
1/2 tsp/1 g ground black pepper	1/4 tsp/0.50 g cayenne
4 fl oz/120 mL vegetable oil	

1. Combine the flour, cheese, oregano, salt, and pepper in a food processor or by hand. Add the oil and mix just to a coarse meal consistency. Add the water gradually until the dough forms a cohesive ball that pulls away from the sides of the bowl.
2. Divide the dough equally into three equal pieces, wrap, and refrigerate. Combine the spice mixture ingredients; reserve.
3. Roll the chilled dough through a pasta machine to 1/8 in/3 mm thickness.
4. Cut the dough using a pizza cutter, knife, or shaped cutters into the desired cracker shapes and place on a doubled sheet pan. Sprinkle with the spice mixture.
5. Bake in a 325°F/163°C oven until lightly golden; turn and bake until medium golden brown, 15 to 20 minutes.

» **CHEF'S NOTE** Chill the dough if it becomes soft during rolling or cutting.



1. Roll the chilled dough through a pasta machine to achieve the desired thickness.

2. Sprinkle the cut dough with the spice mixture before baking.

sesame crackers

yield 2 LB/907 G

4 3/4 oz/135 g durum flour
4 1/2 oz/128 g all-purpose flour
1 tsp/3 g baking powder
1/4 tsp/1 g salt
3 tbsp/45 mL extra-virgin olive oil

8 fl oz/240 mL water
3 large egg whites
5 oz/142 g sesame seeds
3 tbsp/30 g salt

-
1. Combine the flours, baking powder, and salt in the bowl of an electric mixer and mix on medium speed until the ingredients are fully combined.
 2. Add the oil to the dry ingredients and mix until incorporated, 1 to 2 minutes. Add the water and mix until a pliable ball forms, 3 to 5 minutes.
 3. Allow the dough to rest for 1 hour, covered, at room temperature.
 4. Working with about one-quarter of the dough at a time, roll out the dough on a pasta machine to 1/16 in/1.50 mm. Be sure to dust the machine with flour periodically so that the dough doesn't stick.
 5. Cut the dough into 2-in/5-cm rounds or other desired shape. The dough can also be baked in sheets and then broken into crackers.
 6. Brush the dough with the egg white, then sprinkle the rounds with the sesame seeds and salt.
 7. Bake the crackers in a 350°F/177°C oven until light golden brown, about 5 minutes.
 8. Store the crackers between layers of absorbent paper towels in an airtight container for up to 3 days.

cheddar and walnut icebox crackers

yield ABOUT 100 SMALL CRACKERS

4 oz/113 g butter

8 oz/227 g aged Cheddar cheese, grated

6 oz/170 g all-purpose flour

1 tsp/3 g salt

2 oz/57 g finely chopped walnuts

-
1. Cream the butter; add cheese and mix well.
 2. Add the flour and salt and mix well. Blend in the nuts.
 3. Roll into 3 logs, about 1½ in/4 cm in diameter. Chill at least 1 hour.
 4. Cut into slices ⅛ in/3 mm thick and place on a parchment-lined sheet pan. Bake in a 350°F/177°C oven for 8 to 10 minutes until crisp. Cool on a wire rack. Store in an airtight container. Serve within 3 days.

» **VARIATION** BLUE CHEESE AND PECAN CRACKERS: Substitute an equal amount of blue cheese for the Cheddar and pecans for the walnuts.



potato crisps

yield 100 CRISPS

2 lb/907 g russet potatoes

4 oz/113 g egg whites

Milk, as needed

-
1. Bake the potatoes until done, about 1 hour.
 2. Scoop out the pulp and pass through a food mill. Cool.
 3. Mix in the egg whites; add milk and mix to the consistency of crêpe batter.
 4. Lay out a thin layer of the mixture on a silicone baking pad or nonstick sheet pan and bake in a convection oven at 300°F/149°C for 3 to 4 minutes. Score into crackers of the size and shape desired; finish baking until golden, 2 to 3 minutes. Cool on a wire rack and store in an airtight container. Serve within 3 days.

- » **VARIATIONS** PARSNIP CRISPS: Replace potatoes with parsnips.
CELERIAC CRISPS: Replace potatoes with peeled celeriac (celery root).

basil oil *basic herb oil*

yield 16 FL OZ/480 ML

3 oz/85 g basil leaves

1 oz/28 g flat-leaf parsley leaves

16 fl oz/480 mL olive oil

1. Blanch the basil and parsley leaves in boiling salted water for 20 seconds. Shock in ice water and drain on absorbent paper towels.

2. Combine the blanched herbs with half the oil in a blender and purée very fine. Add this purée to the remaining oil. Strain the oil through cheesecloth, if desired.

3. Transfer to a storage container or squirt bottle. Keep chilled. Use within 3 to 4 days.

» **CHEF'S NOTE** This recipe will work well with most green herbs, such as chives, tarragon, chervil, or parsley.

» **VARIATIONS** CHIVE OIL: Replace the basil leaves with chives. Blanching is not necessary.

TARRAGON OIL: Replace the basil leaves with 1¹/₂ oz/43 g spinach leaves. Replace the parsley leaves with 1¹/₂ oz/43 g tarragon, and replace the olive oil with 10 fl oz/300 mL vegetable oil. Blanch the spinach leaves for 30 seconds to set the color. Shock the leaves, drain them, and squeeze out the excess moisture. Combine all of the ingredients in a blender and process on high speed for 2 minutes. Place the puréed oil into a medium saucepan over medium heat. Bring to a simmer, then remove from the heat and cool for 5 minutes. Strain the oil through a coffee filter and cool to room temperature. Cover and refrigerate. Use within 2 to 3 days.

RED PEPPER OIL: Replace the olive oil with 20 fl oz/600 mL extra-virgin olive oil. Replace the basil and parsley leaves with 8 red peppers, stemmed, seeded, and rough cut into small dice. Purée the peppers very fine in a blender. Place this pepper purée in a stainless-steel saucepan and reduce to one-fourth the original volume. Strain through a chinois and cool. When the pepper purée is cool, add 2 oz/57 g prepared mustard. Add the olive oil. Season with salt as needed. Transfer to a clean storage container or squirt bottle and refrigerate. Use within 2 to 3 days. Note: Yellow or green peppers can be substituted with excellent results. For a spicy variation, use chiles and omit the mustard.

ORANGE OIL (BASIC CITRUS OIL): Reduce the amount of olive oil to 12 fl oz/360 mL and add 12 fl oz/360 mL extra-virgin olive oil. Replace the basil and parsley leaves with the zest of 3 oranges, cut into strips 1 by 3 in/3 by 8 cm. Combine both oils and heat to 140°F/60°C. Add the orange zest. Transfer to a storage container and refrigerate to infuse overnight. The next day, taste the oil and strain if the flavor is good. If stronger flavor is desired, allow to infuse longer. Cover and refrigerate; use within 3 to 4 days.

cinnamon oil *basic spice oil*

yield 16 FL OZ/480 ML

19 fl oz/570 mL sunflower oil
12 cinnamon sticks, crushed

1 nutmeg, quartered

-
1. Heat the oil in a small sauce pot with the cinnamon and nutmeg until approximately 150°F/66°C. Remove from heat and allow to cool.
 2. Strain the oil into a bottle or other clean container. Allow to cool, and cap.
 3. Store in a cool, dark area. Use within 3 to 4 days.

» **VARIATION** CURRY OIL: Replace the cinnamon and nutmeg with 2 oz/57 g Curry Powder (page 640).

tomato oil

yield 12 FL OZ/360 ML

2 garlic cloves, minced
1 oz/28 g onion, minced
1 oz/28 g carrot, finely chopped
3 tbsp/45 mL olive oil

8 oz/227 g canned plum tomatoes, seeded, drained
3 tbsp/9 g basil, chiffonade
8 fl oz/240 mL extra-virgin olive oil
Salt, as needed

-
1. Sweat the garlic, onion, and carrots in the olive oil in a small sauté pan over low heat until tender and without color.
 2. Add the tomatoes and gently simmer for 10 minutes or until the flavor is intensified. Cool the mixture for 10 minutes. Add the basil and purée in a food processor for 30 seconds.
 3. Place tomato purée back into a sauce pot and add the extra-virgin olive oil. Bring to a simmer and cook very slowly until the flavor is infused into the oil, about 30 minutes. Strain through a chinois.
 4. Season with salt and transfer to a squeeze bottle. Refrigerate until service. Use within 4 to 5 days.

raspberry and thyme vinegar

basic flavored vinegar

yield 16 FL OZ/480 ML

16 fl oz/480 mL red wine vinegar
4 fl oz/120 mL raspberries (about 25)

8 to 10 thyme sprigs

-
1. Heat the vinegar until slightly warm, about 120°F/49°C.
 2. Place the raspberries and thyme sprigs in a glass jar or other storage container.
 3. Pour the vinegar over the herbs and berries.
 4. Allow to cool, and cap.
 5. Refrigerate and use within 5 to 6 days.

» **CHEF'S NOTE** Champagne vinegar can be substituted for the red wine vinegar.

rosemary-garlic vinegar

yield 16 FL OZ/480 ML

16 fl oz/480 mL white wine vinegar
4 garlic cloves
6 to 8 rosemary sprigs

1 opal basil sprig (optional)
1 tbsp/6 g black peppercorns

-
1. Heat the vinegar until slightly warm, about 120°F/49°C.
 2. Thread the garlic on a skewer. Place it in a glass or plastic bottle with the rosemary, basil if using, and peppercorns.
 3. Pour the vinegar over the herbs and garlic.
 4. Allow to cool, and cap.
 5. Refrigerate and use within 5 to 6 days.





eleven

**BUFFET
PRESENTATION**

Buffets ARE ONE OF THE GARDE MANGER'S MOST EXCITING PROFESSIONAL CHALLENGES. THEY DEMAND A UNIQUE BLEND OF CULINARY AND MANAGEMENT SKILLS. THE PRACTICAL ASPECTS OF A BUFFET MAKE THEM ADVANTAGEOUS TO VIRTUALLY ANY TYPE OF OPERATION. THE CREATIVE CHALLENGES AND OPPORTUNITIES THEY OPEN UP TO THE GARDE MANGER MAKE THEM A MEANINGFUL WAY TO ADVANCE AND DEVELOP A CAREER.

The work of the garde manger as banquet chef can be divided into four distinct phases. In the first phase, the concept or theme is identified so that planning can begin. In the second phase, the menu, price, and theme are worked out together, culminating in a production plan that makes good culinary and business sense, from the menu to the plans for food presentation and service. In the third stage, the chef prepares plans for the layout and setup of the buffet lines, tables, and platters that are intended to make the buffet attractive and welcoming for the guests as well as efficient and practical for the service staff to replenish. The final stage, the actual

production and display of the food, flows directly from the planning and preparation in the preceding stages.

Flexible enough to incorporate new trends—both the foods that you serve and the style of service you offer—buffets are an important aspect of many food-service operations, no matter what their size or menu. All facets of the food-service industry have found effective uses for buffets, from fast-food outlets through supermarkets and delis to family or multi-unit restaurants and fine-dining establishments as well as corporate and institutional dining.

CONCEPTS AND THEMES

A buffet may center on a particular meal period, special occasion, holiday, or ethnic presentation. The event's theme is typically the starting point for developing a plan for the buffet itself. Another fundamental decision is a menu that is developed around a theme.

The season, the weather, and the guests' comfort and expectations hold together the theme. They have a direct impact upon the specific dishes selected for the buffet as well as the ways they are presented. When a buffet is part of a special event or celebration, the food

should set the mood and enhance the occasion without overshadowing the occasion itself.

When the concept or theme is maintained throughout the buffet presentation, guests can easily recognize it as the concept or theme. At each stage of buffet work, from the development of the menu through replenishing the platters during the event, the theme or concept guides you to the best choice for the particular situation.

Buffets are integral to many special events. The event could be a personal or family occasion, such as a wedding, birthday, an-

niversary, christening, or bar mitzvah. It may have a seasonal or holiday celebration, such as New Year's Eve, Mother's Day, or Thanksgiving. Cities, states, countries, and continents all can be used as inspiration to develop regional and ethnic menus for a buffet that will highlight a variety of flavors. Buffets can be part of a fund-raiser or a gala, or part of an opening reception for a new business, product, or exhibit at a gallery. Buffets are a part of many meetings, conferences, conventions, and similar corporate events. Buffets that are planned around a special event such as a fund-raiser, gala, or wedding are generally planned with the client and must be tailored to their needs and budget.

A featured-concept buffet is designed to attract guests to the restaurant. Examples include Sunday brunches, pasta, or seafood buffets as well as quick-service breakfast or lunch menus. The chef chooses foods for these buffets that have wide appeal and that work to improve the operation's bottom line. One popular example of a featured-concept buffet is the ubiquitous breakfast buffet.

Operations that regularly present breakfast bars include hotels, motels, resorts, casinos, and restaurants. A smaller version of a breakfast buffet might include muffins, croissants, Danish, fresh fruit, bagels, toast, jam, butter, coffee, tea, orange juice, milk, and cereal. This type of breakfast buffet, when featured at a hotel or motel, may be included in the price of the hotel stay in order to give the customer a value-added experience.

A menu from a more extensive breakfast buffet might include several action stations such as a carving station for hams, roasts, and lox, an omelet station that creates omelets to order, or a crêpe station making filled crêpes. These stations would be in operation where a person is alongside an extensive buffet that would include many breakfast items such as scrambled eggs, bacon, waffles, hash browns, quiche, and the abovementioned muffins, bagels, toast, and fruit.

menu development for buffets

Menu development is a process aimed at crafting a menu that satisfies the guest or client as well as makes a profit for the operator. It is the responsibility of the banquet chef to consider all aspects of the banquet, including the overall theme, the price range, and the guests' expectations.

First, review the concept or theme and establish the appropriate menu categories for the buffet. The number of options within those categories and the exact dishes to be prepared from one area in which the chef can make adjustments. When you begin to select a potential menu, highlight any special requests, seasonal or holiday items, and the like. These items will require special consideration as you refine the list. Another point to consider is that although the food may all be presented at the same time, most guests expect to see options for the soup course, main course, side dishes, salads, and dessert on a dinner buffet menu.

Some menu items may be drawn from previous events. The advantage in working with familiar recipes and presentations is that you already know what they cost to produce and serve. Other menus may be made up of items that are new to your repertoire of buffet recipes. The advantage in offering new items is the ability to reflect popular trends, customize a menu for a special event, or introduce a new concept or theme.

After addressing the special needs and items that the guest may want, continue to develop the menu by listing other items that might work within the theme that you've established. Assign them to menu categories and work toward establishing a list that appropriately covers all the courses your menu should include.

the menu

Because they can maintain a focus on the guest, banquet chefs have the enviable ability to create a unique dining experience. The menu selections and their presentation convey an integrated message to the guest. Buffet-style service offers guests variety, the freedom to choose from different categories, and the option of unlimited portions.

In most operations, buffets also serve as a creative and profitable outlet for a wide range of foods if priced properly. Whenever you can sell more of the food you bought, you lower overall food costs for the entire business. Banquets are a good way to attract new market segments or keep your current clientele coming back regularly. They also allow you to showcase new additions to the menu.

Throughout the process of menu development and planning, the banquet chef needs to keep abreast of current trends and the competition to be sure that the menu is one that meets customers' expectations as well as showcases the skills and abilities of the facilities and the staff.

The food is generally the focal point for the guest. Food supplies the majority of the drama, excitement, and interaction, and it falls to the garde manger to produce food that is flavorful and attractive. The successful banquet chef generates and executes menus that please guests whether they are looking for global flair or traditional elegance.

price range

Establish the price range for any buffet at the outset of planning. There are a variety of factors to consider, including the competition's price for a comparable buffet and your guest's expectations or special requests, as well as any special conditions or limitations on the menu or the service.

The price range determines, to some extent, the number of options that can be offered as well as the specific ingredients or dishes you choose. Food cost can be difficult to estimate if you cannot predict the exact number of guests. But even if you know how many guests there will be, there is no certainty that guests will eat the foods you prepared in the amounts you estimated.

Food cost is an important piece of information. Use standard costing procedures to arrive at a cost per piece or portion. (For more information about food costing, see *Math for the Professional Kitchen* by Laura Dreesen, Michael Nothnagel, and Susan Wysocki [Wiley, 2011].) This step identifies costly ingredients or those that may have a limited shelf life. This does not mean that these items must be dropped from the menu, though you may wish to revise the portion size, presentation, or preparation method to help control costs.

In addition to the cost of the food for a buffet, the banquet chef considers other items as well. The cost to produce a specific item can be calculated (labor cost) and used as part of the overall evaluation of any item. High labor costs on one item may be offset by low costs for others. However, any item that has markedly higher labor costs than the other items on the menu should be reviewed to determine where those costs could be cut or if the item is appropriate for a buffet.

You may be able to use different purchasing strategies to reduce labor and/or service costs. Precut or already-portioned items that meet your quality standards may be one way to reduce labor, for instance. Organizing the workload differently, such as grouping mise en place in a more efficient way, may reduce costs as well.

Foods must be at the height of quality when presented, but many buffet foods may be prepared well in advance and then held. These foods, along with foods that are prepared just before they are served, must also

maintain their quality while they are on the buffet line.

Review each proposed item to determine how well it will hold before and during the meal period. Consider how the food will taste and look, the safety of the guests, and any restrictions imposed by the pace of service, budget, equipment, and the skills of the buffet attendants.

Some foods lend themselves readily to banquet service, such as carved or sliced meats, salads, some pasta dishes, and canapés. Foods that must be prepared and served immediately may require special handling during preparation or presentation; this can increase the cost of serving the food. Whenever possible, weed out items that require special handling, not only to make service more efficient but also to reduce the cost of service items such as chafing dishes, heat lamps, and portable cooking devices.

Although not all dishes are equally suitable for buffets, there are often techniques and strategies you can employ to execute a dish that is particularly important to the guest or the theme. These strategies may affect both labor cost and food cost. One such strategy is to present these foods at an action station, especially foods such as pasta or omelets that are made or finished to order. Another is pre-plating (for more about pre-plating and its role in buffets, see page 626).

Well-planned menus leave no detail to chance. They take advantage of every opportunity to meet and exceed customers' expectations, in terms not only of the food but also of its presentation and display. Equally important in all these considerations is the development of a menu that is profitable for the operation. Your goal is to create a balance between cost control and the guests' freedom of choice.

meeting and exceeding expectations

As you develop the menu items for a specific event, make a development list—a list of those items that guests expect. If it is a special occasion, this may include dishes specifically requested by the client. If the buffet has a regional theme, appropriate dishes to represent the region should be featured. For a dinner brunch, the guests in your area may expect a certain number of courses to be represented.

Authenticity is the key to the success of an ethnic or regional buffet. Customs, methods, and foods should be studied carefully. Researching the items for your menu may mean reading about a special cuisine or reviewing notes from previous banquets. Learning about the menus and prices for other buffets in your area is another important research tactic.

It is safest to have more items on your development list than you intend to actually serve. As you go through the process of evaluating each item, some will be dropped and others may be modified. Keep in mind that, from the guests' point of view, two of the main advantages of buffets are the variety of choices and the amount of food offered.

A careful review process for every menu item identifies areas you can improve, modify, or adapt to meet all of your objectives: great food, great service, a great experience, and, when the day is done, a profit. The successful banquet chef uses specific strategies to deliver uncompromising high quality in all areas to the guest, coupled with a wide range of strategies to control costs.

Before making a final menu selection for dishes to feature at an interactive station, consider the specific skills necessary to successfully staff the station, as well as the needs of the attendant during service, especially space and equipment availability.

action stations

If your buffet plans include action or demonstration stations, select foods for those stations carefully. They should add something more than simply another menu item. Guests enjoy these stations because they see them as a custom experience; foods are made, sliced, or presented to their order as they watch. Highlight the special talents of your staff as they make and fill crêpes or carve a steamship round of beef. They are also a good way to introduce interaction between the guests and the staff. For example, a cheese display staffed with a knowledgeable attendant is effective not only as far as serving the guests is concerned but also because it increases the chances that the guest will return.

These stations add to the overall cost of the buffet because you have to have one person dedicated to this station and this person must have the skills to execute the preparation on the station. Also, there may be special equipment needed to produce the item, such as an induction burner or extra refrigeration. However, the items on an action station almost always draw a higher price from the client and can be a cost-effective way to cook food that otherwise may have been sold for less.

Action stations can now be adapted to encompass nearly any food item on a menu. New developments in equipment such as the induction burner have expanded the possibilities for the items that you can feature on an action station. With the new items that may be featured, the skill level required to work on an action station can be high. Action stations can even have more than one person working on a single item. For instance, in order to create an appetizer of potato blinis with smoked salmon and caviar, one person may be sautéing the blinis while the second person is slicing the salmon and plating the appetizer. Some resorts and casinos have up to twenty people working on action stations in a single buffet. These higher-end items are usually

reserved for events where the cost can be passed on to the client.

Action stations are expanding beyond the buffet as well. Action stations can be a valuable addition to an event that features passed hors d'oeuvre; the chef could make the hors d'oeuvre at an action station in the dining room for the service staff to pass to the guests. This eliminates guests having to wait in line for food and still gives them an attractive presentation that they are sure to enjoy. Restaurants that have open kitchens feature a sort of action station. The chefs are making food for customers in full view and must keep the same level of quality and cleanliness as a station in a buffet. Some restaurants that have chefs making tapas to order for bar customers have action stations.

Some examples of action stations are listed below.

raw bar

A raw bar setup is a sure way to impress your guests. They are very popular and will make any event look and feel more extravagant.

Oysters, clams, mussels, shrimp, and crab are the seafood typically used for service at a raw bar. When serving raw seafood, it is important to be aware of the associated hazards. All raw shellfish must come with a tag stating the point of origin, the date of harvest, and the wholesale grower and seller. These stipulations, set by the National Shellfish Sanitation Program, guarantee that shellfish may be traced in the case of a disease outbreak. The warning on the tag reads: **RETAILERS INFORM YOUR CUSTOMERS.**

Thoroughly cooking foods of animal origin, such as shellfish, reduces the risk of food-borne illness. Individuals with certain health conditions such as liver disease, chronic alcohol abuse, diabetes, or cancer, or disorders of the stomach, blood, or immune system, may be at higher risk if these foods are consumed



A raw bar adds an impressive touch to buffet seafood service.

raw or undercooked. Consult a physician or public health official for further information. With this risk in mind, it is important to use only the freshest and highest-quality shellfish for raw bar service.

oysters

Throughout the world, oysters are commonly eaten raw. Four species of oyster that are typically cultivated for consumption include: the Atlantic oyster (*Crassostrea virginica*, also known as the Eastern or American oyster), the Pacific oyster (*Crassostrea gigas*, also known as the Japanese oyster), the European flat oyster (*Ostrea edulis*), and the Kumamoto oyster (*Crassostrea sikamea*). Each species of oyster has one of two distinct flavor profiles,

which is a result of the water in which they were cultivated. Warm-water oysters are mild, with a buttery flavor and a creamy texture. Cold-water varieties, on the other hand, are characteristically briny, with a metallic flavor and a firm, crisp texture. When served raw, the delicate and subtle flavor differences between oyster varieties become apparent.

CHECKING OYSTERS FOR FRESHNESS Oysters do not open and close as readily as clams and mussels do, making it difficult to determine freshness from external appearance. Good indicators of freshness are shellfish that do not open easily, meat that is moist and plump, and a fresh smell.



1. Wearing a wire mesh glove and holding the oyster so that the hinged side is facing outward, work the tip of an oyster knife into the hinge holding the upper and lower shells together and twist it to break open the hinge.

2. Once the shell is open, slide the knife along the inside of the top and bottom shells to release the oyster from the shell.

When preparing oysters for service in a raw bar, it is important to shuck the shellfish carefully. This will prevent damage to the oyster's flesh and ensure that the bottom shell remains intact.

clams

Clams served raw on the half shell, while popular in select regions throughout the world, are much less common than raw oysters. Only varieties of hard-shell clams (*Mercenaria mercenaria*) are served raw, with littlenecks and topnecks being the most popular varieties, as they are the smallest and most tender. Cherrystones are medium-size clams that are slightly tougher than littlenecks and topnecks; nevertheless, they are commonly served raw.

CHECKING CLAMS FOR FRESHNESS Fresh clams should have a tightly closed shell, moist plump flesh, and a sweet smell. Shucking for service on the half shell, as with oysters, must be done carefully to prevent damaging the clam's flesh.

steamed mussels

The remaining seafood popularly served on a raw bar—mussels, shrimp, and crab—are not actually served raw; rather, they are steamed. The majority of the mussels purchased today are cultivated and therefore are free of barnacles. Typically, a cultivated mussel has a better meat-to-shell ratio than do wild mussels. Cultivated mussels are more uniform in size, cleaner, and less frequently have broken shells.

CHECKING MUSSELS FOR FRESHNESS Fresh mussels, like clams, will have a tightly closed shell, moist plump flesh, and a sweet smell. Mussels must be cleaned before steaming: remove and discard any mussels with cracked or broken shells, and debeard as close to service as possible.

A BASIC METHOD FOR STEAMING MUSSELS

Flavor the steaming liquid with shallots, white wine, cracked black pepper, and garlic. Bring the mixture to a boil, add the mussels, cover, and steam until just open. Steam mussels as close to service as is feasible.

shrimp

The varieties of shrimp are too numerous to mention; however, for culinary purposes shrimp are available as small, large, or jumbo, and are sold in a variety of forms: PUD (peeled un-deveined), PND (peeled and deveined), and IQF (individually quick-frozen). Head-on shrimp may also be purchased to provide a dramatic display, although, unless purchased very fresh, they are generally of lesser quality.

CHECKING SHRIMP FOR FRESHNESS Fresh shrimp will be free of any ammonia odor, slimy feel, or residue, and will be sweet-smelling.

A BASIC METHOD FOR POACHING OR STEAMING SHRIMP Prepare a court bouillon or other flavorful liquid and simmer for a short time to develop the flavors. Place the shrimp in the liquid and poach just until firm and opaque, being careful not to overcook them. Drain the shrimp and allow them to cool at room temperature before refrigerating. Shrimp should be fully defrosted before they are cooked and the pan should not be overcrowded. To preserve flavor, shrimp that will be served cold should be peeled after cooking.

crabs

Steamed crabs, available in many varieties, are a pleasant addition to any raw bar. Claws are generally the only part of the crab that is served; however, the legs of some varieties such as king crab are eaten as well. Crab claws are most often purchased cooked, either in or out of the shell. The most common crabs served on a raw bar include king, snow, Jonah, Dungeness, and stone crabs.

The red king crab is of higher quality than most of the other varieties. For this reason, the red king crab is a popular choice for raw bar use. Claws and legs of the crab are served.

The snow crab and the Jonah crab, of lesser quality than the king crab, are also known as “cocktail claws.” A rather expensive crab from the Gulf Coast region and Florida is the stone crab. The stone crab, though purchased cooked, must be cracked prior to service.

raw bar safety

In order to ensure the safety of a raw bar, purchase depurated oysters, clams, and mussels. Depuration is a system that purges the shellfish of impurities and sand. The process occurs when the shellfish are placed in tanks and fresh water is pumped throughout.

To further decrease the risks associated with raw bar, it is advisable to purchase cultivated oysters, clams, and mussels. Cultivated shellfish are raised in a controlled environment and therefore are generally cleaner and safer.

service instructions for the raw bar

Prior to service all shellfish should be scrubbed and held on ice from 35° to 40°F/2 to 4°C for no more than two to three days. Shellfish should be served with accompaniments, on a tray filled with ice, and replenished as consumed. When the raw bar features an action station, there are two ways to present the shellfish: the chef can shuck the shellfish and create plates to order for the customers, or the chef can shuck the shellfish and place the different varieties on a platter or ice bed from which the guests can help themselves. The latter presentation is more efficient and still allows the guest the opportunity to interact with the chef and ask questions about the shellfish that is being served.

Popular accompaniments to a raw bar include but are not limited to lemons, cocktail sauce, hot sauce such as Tabasco, vinegars such as malt vinegar, salsas, seaweed salad, and mignonette sauce.

Some equipment that is essential for a safe, functional, and attractive raw bar includes ice, knives for shucking, metal gloves (although some states require disposable gloves be worn by food-service preparers, metal gloves offer protection while shucking), and self-draining displays that are available in a variety of shapes and materials.

omelet station

The omelet station is perhaps the most well known of the action stations. In addition to requiring a certain skill level, this station also demands speed and competence of the person operating it. During a weekend breakfast or brunch, there is usually a nearly constant line of customers waiting for a delicious, custom-made breakfast.

Having your mise en place in order is crucial to being able to run an omelet station efficiently. In addition to cracked, whipped eggs, you may need cheese, diced ham, chopped green onions, crumbled sausage, chopped onions, chopped peppers, or any number of other ingredients that the chef decides to feature that day. The mise en place for cooking the omelet is just as important. This may include a bain-marie of oil or clarified butter for greasing the pans, omelet pans (usually ones that are reserved especially for the station and are kept in near pristine condition), absorbent paper towels, rubber spatulas, ladles, gloves, towels, warm plates, and a portable or induction burner. Be sure to have plenty of backup mise en place prepared so that the station can be replenished at a moment's notice.

Safety considerations also need to be addressed to ensure that all of the items on the omelet station remain out of the danger zone at all times. This may entail purchasing a special mobile station or extra refrigeration in order to contain all of the various sizes of hotel pans that hold the chef's mise en place.



An omelet station adds an interactive element to a breakfast bar.

pasta station

Pasta stations are also very familiar and popular action stations. They allow the chef to feature any number of combinations of sauces, types of pastas, and main ingredients such as poultry, beef, pork, cured meats, or shellfish. The chef can prepare dishes such as pasta with puttanesca sauce because the chef can prepare the sauce à la minute by sautéing the aromatics and adding the remaining ingredients along with shrimp or chicken as desired.

As with the raw bar, the chef can prepare single orders of pasta for individual guests or the chef can prepare a few portions and place

them in a bowl at the front of the station for the guests to serve themselves.

Mise en place is very important for this station as well. The pasta should be cooked al dente before service so that it can be finished à la minute with the sauce and main item. Consider each item and the tools required to

cook it when choosing the equipment necessary for the station. If the main item is raw, it is imperative to have sufficient refrigeration to store the item properly. It is important to have enough mise en place prepared so that you can replenish the station as needed.

MISE EN PLACE AND PRODUCTION FOR BUFFETS

Menu selection and development leads to the next phase of planning. At this point, information about the number or count to be prepared and portioning is finalized. The chef analyzes the menu to determine the best scheduling for mise en place and production work. By maintaining a direct concentration on the important aspects of the buffet—the theme, the anticipated number of guests, customer expectations, and the pace of service—it is possible to improve quality and efficiency.

Chefs use a variety of means to arrive at the number of portions or pieces to make for each menu item. You cannot simply make enough for every guest to have a specific number of each item; guests may ignore one item altogether but devour another. The problem is magnified if there is no firm guest count, as there might be at a luncheon or dinner buffet. Chefs rely upon information from previous buffets to make an educated guess; throughout the course of each buffet, they have another opportunity to collect more information. Keeping track of not only actual production but also actual consumption is an important activity during the buffet itself. It is also valuable in improving the quality and profitability of future buffets.

Portions for buffets are typically smaller than for à la carte service. Smaller portions are an advantage to the guest facing a full buffet. They can take small portions of many items, or take as much of a single item as they wish. At the same time that this approach increases freedom of choice for the guest,

it also reduces the amount of food that is wasted. Large portions that are only partially consumed are of no use to the guest or to the chef. It becomes a more difficult task to get accurate information about customer preferences to use in the future.

The banquet chef organizes food production to maximize the quality of the food, lower the overall labor cost, and cut down on food loss. Writing a logical, simple, but detailed plan is vital to good organization. In some operations, this plan is known as a buffet production order. These instructions set out the flow of food throughout preparation and service. Assign one or more specific individuals to be responsible for the food, making sure that safe food-handling practices are observed, foods are properly prepared and portioned, and exact counts are taken and recorded.

Tasks can be organized to prevent a last-minute scramble. Some foods can be prepared, either up to the point of service or to some intermediate point, well in advance, as long as adequate and appropriate storage space is available.

arranging foods

An interesting and challenging aspect of cooking for a buffet is that you must make large quantities of food and then portion it into many small pieces. Excellent cutting skills and precise work are mandatory. The banquet

chef's knives and cutters must be perfectly sharp. Clean cuts, straight edges, and precise angles do more to naturally enhance the foods you serve than any garnish, and show off a food's color, texture, and shape.

Arranging the food for service is the banquet chef's responsibility as well as his or her opportunity to improve the quality of the guest's experience. Food is necessarily handled as it is transferred to platters and other service pieces. From a food safety standpoint, it is critical to avoid contaminating the food as you work. Gloves, tongs, spatulas, and other tools keep you from touching the food with your bare hands and prevent cross contamination. They also cut down on the number of smudges or fingerprints that might mar the food or the platter. Cleanliness and order are critical to a successful food presentation, regardless of the overall design (for more about buffet design and enhancing food presentation, see below and page 626). These two aspects of presentation assure the guest that foods have been properly and professionally handled.

As you place items on a platter, pay attention to the spacing between pieces and between other lines. It should be as regular as possible. Individual pieces of items such as canapés or crab cakes should be regularly shaped and evenly sized.

BUFFET DESIGN

Once the theme for an event is determined and you have made your best estimate of the anticipated head count, you can diagram the layout for tables, buffet lines, and stations. In addition, you can choose the serving pieces and centerpieces for the buffet. As you work through the various tasks involved in preparing the buffet's design, evaluate your decisions to see if they help to reinforce the theme, improve service, and control costs.

slicing and sequencing

Slicing and sequencing foods that have tapered shapes, such as turkey breasts, or that have an internal garnish, such as a terrine, make it possible to create strong lines from foods that are not perfectly regular in shape and size.

Set up a complete station *mise en place* to be sure that you have all the tools you need to slice and hold the food—knives, a steel, a holding tray, and plastic wrap or dampened toweling to keep foods from discoloring or toughening as you work.

You may choose to include an element on your platter or tray known as a *grosse pièce* (literally “big piece”), which is simply a large piece of the sliced item you are displaying. If your platter calls for a *grosse pièce*, determine which portion of the item to keep whole and how large the piece should be before you start to slice. Working from the opposite end, make even slices. As each piece is carved, transfer it to a work tray and keep it in sequence. Work in a logical and consistent order to avoid mistakes in sequencing later when you arrange the slices on the platter. Keep the same side of each slice facing up, especially if the item you are slicing has an internal garnish. This prevents you from reversing the slices as you arrange them. Transfer the slices from the holding tray back to the platter so that the last piece that was sliced is the closest to the *grosse pièce*.

number and placement of lines and stations

One of the ways that buffets differ from *à la carte* service is that the food is on display as it is being served to the guest. In an *à la carte* setting, the chef has control over how foods are arranged on the plate. During a buffet, the chef's challenge is to create an attractive, thematic, logical, and functional display of food. This stage of buffet planning may send

you right back into an earlier stage, such as menu development, in order to overcome a specific problem of service or presentation. Even a long established buffet can often be improved by a careful analysis of its design.

The number of guests you anticipate directly affects how many lines or stations you need for a given buffet, and it also changes how crowded the room may be once it is full of guests. Practical considerations must always be kept in mind. Buffet lines should be placed so that there is an adequate amount of room to walk around them.

The buffet should make it easy for guests to access the food, as well as for attendants to serve guests or replenish the line. Keeping it as close as possible to the kitchen means that waiters can deliver food more quickly, so that it tastes and looks fresher.

Buffet lines should not block entrances, emergency exits, or other doors used by either the servers or the guests. If electricity is required, it makes sense to try to locate lines and stations close to the electrical source.

In some cases, there may be a specific style of seating to which your buffet design must adapt. For instance, at a wedding buffet, a dance floor may take up some of the floor space. At a lecture, there may be theater- or classroom-style seating to contend with.

When there are tables where the guests can sit as they eat or there is a dance floor or presentation area, they take up floor space. However, the presence of tables can be turned to an advantage, since utensils, glassware, and napkins, as well as some condiments or other items, can be removed from the buffet line to the tables.

If the guests are expected to serve themselves from a buffet and then sit down to eat, try to place lines and stations so that guests can get from the buffet line to their table in the fewest possible steps. Account for elements in the room, such as pillars or columns,

to avoid placing a line or station too close to these immovable objects.

All of these possibilities should be evaluated to determine the best combination of numbers of lines and stations, as well as their placement in the room.

lines

A buffet line permits the guest to select from a variety of dishes. The more lines you have, the more quickly all the guests are served. Depending upon the overall configuration of the room, it may be possible to establish two or more zones to reduce time guests spend standing in line.

stations

Smaller stations, sometimes referred to as satellite or action stations, break up the traditional buffet line for a more contemporary service style. With stations, you can showcase special items or cooking demonstrations, encourage interaction between the guests and the attendants, and make traffic flow more smoothly through the room.

One of the drawbacks of traditional buffets is that they result in long lines that tend to build up during the initial stages of buffet service. In some settings, traditional single- or double-sided buffet lines are reconfigured as a number of smaller stations. These stations may be self-service, attended, or interactive. Stations make it easier for the guests to home in on the dishes they find most appealing—without a long wait.

Setting up and staffing several stations puts additional demands on the kitchen and service staff. For some buffets, especially a featured-concept buffet that offers speedy service, stations are kept to a minimum or not used at all.

table configuration and setup

The configuration and setup of the tables for a buffet plays an important role in how the guest perceives the event. They can improve access to food, make replenishing unobtrusive and efficient, control the flow of traffic by speeding or slowing it, and maintain the appearance of a bountiful, varied display throughout the meal.

You can adapt a configuration to control consumption, which may be a concern in an unlimited, all-you-can-eat setting with an extended service period, by using a one-sided display and limiting the number of satellite stations. It is even possible to eliminate a traditional line in favor of more demonstration or action stations. This configuration encourages a more leisurely pace of service. Certain configurations lend themselves to large displays and centerpieces. Others accommodate many dishes and stations in a relatively small amount of floor space.

The size and shape of the tables and their configuration add to the mood of the meal. The simplest layout is a long, straight line, arranged to serve foods from one or both sides of the table. A serpentine line, made by combining a series of horseshoe tables, is a more fluid, contemporary look with the ability to hold more food than a straight line. You can also create other configurations by combining round, square, rectangular, and serpentine tabletop shapes. The ability to create a number of different configurations in the dining room permits you to adapt the buffet table and the amount of access guests have (from one side, two sides, or all around) as in the case of large rounds, squares, and T- and L-shaped arrangements.

Rectangles, squares, zigzags, and H-, T-, V-, or L-shapes are made by combining rectangular and/or square tables. These configurations are conducive to multiple lines and zones. They can be single-sided or

double-sided. If there are multiple zones, each zone must be completely set up with food and service items. Round, half-round, and serpentine table shapes joined together create circles or oval shapes, alone or in combination with squares and rectangles. Less common single-table shapes are sometimes available, including octagons, triangles, and ovals.

Tables can be joined together in such a way that they are left open in the center as well as at one end. If the configuration is a single-sided display, the open center of a circle, square, or U-shape can be used to hold very large or tall display pieces. If possible, arrange the tables so that access to the center of the configuration is positioned as close as possible to the kitchen or other food holding area to make replenishing easy and unobtrusive.

linens

We can thank the Roman Empire for the tablecloth. At Roman feasts, tablecloths reached from the table to the floor and served as napkins, while the napkins the guests brought with them were reserved for “doggy bags.” Today, linens, including tablecloths, napkins, and skirting, are made in a wide range of colors, materials, textures, and weights. Prints, stripes, bold or subtle colors, and geometric shapes are a great way to spice up the look and feel of a buffet. Use dramatic and innovative draping techniques for special effects with skirting. Try out various napkin folds to add color, height, and texture to a tabletop. Or use a tactic popular in Japanese banquet halls: strip the table bare to let gleaming wood show.

china, flatware, glassware

The china and flatware settings also are important to the look and feel of the buffet. Plates are located on the line for guests to serve themselves or to hold plated presentations from carving or demonstration stations.

The location of flatware and glassware may be either preset on tables or located on the line itself, generally at the end of the line.

When tabletops are preset, you can introduce special elements, including centerpieces, candles, and place cards. Plain white china works with almost any style of food or service, but for a more custom look, you can often find china with an unusual shape, color, or pattern that works with the food and the overall theme.

service pieces

Match the size of the serving piece to the number of pieces or servings. Leave enough room between pieces or lines to permit the foods to be easily arranged in the kitchen and served in the dining room.

Steam tables, chafing dishes, platters, and bowls are the most common service pieces used in buffet service. Use steam tables and chafing dishes to keep foods hot. They are usually best for soft, spoonable, or pourable items such as soups or vegetable dishes. Standard-size chafing dishes have inserts in a wide range of sizes. This allows the chef to choose the best size for the pace of service, the quality of the food, and the size of the staff. Platters of many shapes and sizes can be used to present both hot and cold food, but will not keep them hot or cold for very long unless specifically adapted to that purpose. Oval, round, square, and rectangular platters are widely available, some with handles to make service and replenishing easier.

The color, texture, and shape of your serving pieces can bolster the theme. Instead of bowls or platters, for instance, you might use copper cookware, slabs of stone or marble, or glass. Specially made presentation pieces add interest and functionality to the buffet line. Hollowed vegetables and other natural containers promote a feeling that the buffet is fresh and natural.

Whether the buffet is formal or informal, you may be able to introduce whimsy or fun by using items we do not normally think of as serving pieces to display foods. Children's beach toys, toy boats, paper or lacquered boxes and trays, sporting paraphernalia, or fashion accessories can join ranks with your steam tables and platters for a unique display. However, it is imperative that the foods do not come into contact with surfaces that could contaminate the food, and it is good practice to line any of these items before placing food on them.

serving tools

Spoons, ladles, tongs, spatulas, and other serving pieces not only make it possible for the food to get from the service piece onto the guest's plate but also have a direct impact on how the food looks and how certain foods are portioned.

Generally speaking, kitchen tools are not the best choice for buffet service. Not only do they look inappropriate in the dining room, they are often too large. As you consider a serving piece's use, try to anticipate how big a portion the tool can lift or hold as well as how easily the food will release from the serving tool onto the plate. Long-handled ladles can be awkward. Foods may stick and build up on serving pieces. Assign a specific tool for each menu item during menu development to be sure these tools are on hand for the buffet.

planning for waste

Some foods generate waste—shrimp shells, skewers, or strawberry stems, for instance. Guests may take a clean plate to try new items, leaving a dirty plate behind. The ability to clear away this waste makes the difference between cleanliness and chaos.

You may need or want to include waste receptacles as part of the buffet line's design. This may mean positioning containers and

either labeling them or “seeding” them with a skewer or shell to make their purpose clear to guests. Attentive service can also regulate the amount of waste. Removing debris from the line throughout service should be a high priority for anyone staffing the buffet.

pre-plating

Foods that are difficult to present and serve as individual portions from larger platters or chafing dishes may be pre-plated. For the guest, pre-plating adds elegance and ease to a self-service line or station. For the chef, it means better control over portioning and far less waste.

As a further advantage to pre-plating, the chef can use this strategy to create a focal point or a permanent display. For instance, if slices of cake are pre-plated and arranged around a whole fully decorated cake, the cake becomes part of the display and won't be cut into.

On the other hand, pre-plating does increase labor and service costs. It takes more skill and time to make up a large number of uniformly presented plates. Those plates, too, take up more valuable space on the line than a platter. Finally, the wait staff will need to work harder at replenishing such a display.

garnishes

To be most successful and to create the best and most integrated theme, consider the type of garnish you might add to a dish. This may mean garnishing individual portions or plates as well as larger platters or trays containing multiple portions.

When foods are purchased and prepared with quality in mind, they develop the best possible flavor, texture, and colors. A garnish cannot make up for poor or marginal quality.

Garnishes can be used to add visual, textural, or flavor appeal to a dish or a platter. Rather than a last-minute decision based upon whatever is closest at hand, garnish selection as part of overall menu development and review is a sensible part of planning. You will be better equipped not only when it is time to order but also during scheduling and food production.

Garnishes are often applied to individual plates or portions. These garnishes are selected using the same criteria as you would to select an individual item to be part of an overall menu. The garnish should make sense in terms of the rest of the dish. Some common garnishes include fresh herbs; these make the most sense if they either echo or complement the other flavors and herbs already in the dish, as they will function as an aromatic or flavoring as well as a visual element.

When the only purpose for a garnish is to add a shape or a color, find a better option. Sprigs of parsley or watercress added to a platter simply for a bit of green color are nonfunctional garnishes. But if the watercress is actually a bed for a marinated salad or other item, and the flavor and texture of the watercress becomes a significant element in the dish, it is a functional garnish.

The selection of a garnish for individual items may be governed by tradition, but it is often the development of an original garnish that creates the impression of a “new” item, something that is modern, trendy, and fashionable.

ENHANCING FOOD PRESENTATION

The banquet chef or garde manger can take advantage of many opportunities to enhance the foods' presentation and, at the same time, enhance the guests' experience. Food

presentation is the banquet chef's chance to emphasize the theme and showcase the talents of the garde manger staff.



Planning a design before arranging a spread will greatly enhance the visual appeal and practicality of a buffet presentation.

practical considerations in food presentation: function and meaning

A good design serves a function. The function of a buffet is to serve the guest. Therefore, a properly devised buffet design places foods logically. Guests should be able to tell what they are eating. They should be able to reach the food easily and should find all the appropriate service tools, including plates and silverware, positioned where they are easy to see and easy to reach. If there is a chance that a food might cause an allergic reaction, guests

should be warned, either through placards or a printed menu or by positioning knowledgeable wait staff on the line. The design and layout should account for keeping foods properly heated or chilled and safe from cross contamination. These elements of the overall design must be accounted for first.

Guests typically expect that a buffet will provide a wide array of choices as well as the option to take as much as they like of any offering. The design of a buffet should support this expectation. At this stage of banquet planning, menu items have already been scrutinized for their costs, appropriateness to the theme, and



Food's natural color should be taken into consideration and balanced when preparing a spread, as was done with the oranges, greens, and browns of this display.



Utilizing a variety of shapes and heights, such as those in this antipasto spread, will create a visually dynamic buffet presentation.

one of the primary purposes of food presentation is to be functional and practical

Enhanced food presentations integrate all aspects of the buffet, including the theme, the menu, the style of service, and your clients' expectations. The goal is never to simply meet those expectations and standards but to exceed them. A well-thought-out and executed plan is a distinct advantage in any successful buffet. It is important to remember and always think of these techniques as enhancements to the food's appeal; the real importance and focus of the food should always lie, ultimately, in its flavor and texture.

balance, as it relates to the work of the banquet chef, is achieved by combining the physical aspects of food in the context of specific design principles

Food supplies the important visual elements: colors, textures, and shapes. Additionally, the foods you serve also supply two important but nonvisual elements: aroma and flavor. The design principles at the chef's disposal include symmetrical or asymmetrical compositions, contrasting or complementary arrangements, and the use of lines to create patterns or indicate motion. In creating a balanced presentation, be sure also to take into consideration the accessibility of each item to be placed on the platter. Place larger items in the rear and lower items in front. Items such as sauce boats should be kept in an area that does not disturb the design, but allows the guest easy access.

A certain amount of regularity and repetition is comfortable and appealing, but too much of anything becomes monotonous, whether it is an ingredient, a color, a shape, a

flavor, or a texture. Introducing contrasting elements adds energy and motion to an arrangement. However, when every element seems to stand on its own, the effect can be chaotic.

Throughout menu development and buffet design, record information about each menu item. Include not only estimates of amounts to prepare and portioning information, but also colors, textures, and other important characteristics. You can use this information as you plan the layout for individual platters or other displays.

a food's natural color is one important tool in platter presentation

The color of a food can be used as an element in design. Remember that colors have very specific associations in our minds: greens give the impression of freshness and vitality, while browns, golds, and maroons are warming, comforting, and rich. Orange and red are intense, powerful colors. Colors that harmonize are those that touch each other on the color wheel (for example, green, blue, and violet are complementary colors, while blue and orange are contrasting). Clashing colors are rarely a problem. A more common concern is the overuse of one color on a single display.

texture is important to the way food looks as well as the way it feels in the mouth

The surface of a food will have a tendency to either reflect light or absorb it, making some foods glossy and others matte. Some foods have highly textured exteriors, while others are very smooth. The way the food feels when you bite into it is another aspect of texture that the chef needs to include in a plan. Too much of the same texture is monotonous.

Cooking technique is vital to great presentation, because no matter how artful the display, the way the food tastes is the most important element. In addition to assuring that foods are flavorful and at the right temperature, the process of cooking gives the chef a chance to enhance the food in other significant ways. “Visual flavor” is an important concept to the garde manger chef when creating a cold food display. Unlike hot foods, with their abundant aromas to entice the guest, the aromas of cold foods are less apparent, making it necessary for guests to “see” the flavors. Some techniques deepen or darken the food’s exterior; grilling, roasting, and smoking are a few examples. With these cooking methods it is also relevant for the guests to be able to see the seasonings used on the food, such as specks of seasonings and herbs or the shine of oil from a dressing. Other techniques introduce new elements, such as coatings or wrappers; pan frying and deep frying are two such techniques. For an interesting selection throughout the menu, introduce a number of different techniques for a variety of flavors, colors, and textures.

the shape and height of the food is an important part of buffet presentation

Food has three dimensions. Cubes, cylinders, spheres, and pyramids are just some of the shapes food can assume. Alternating or repeating shapes in a design is one way to add visual interest to food arrangements. You can alter the natural shape of a food by cutting or slicing it. To give height to foods that are naturally flat, you can roll or fold them, arrange them in piles or pyramids, or use serving pieces such as pedestals, columns, or baskets to raise foods.

a focal point serves an important function on a platter

A focal point introduces a large shape into a field of smaller shapes. It adds height. It can make the arrangement logical and sensible to the guest; one common focal point is a grosse pièce. The guest can instantly identify the food on the platter. Sometimes, in place of a grosse pièce, there may be one or more significant garnish elements. The garnish elements are things that can possibly identify what is contained in the food, such as an herb, citrus zest, or other ingredient. They can also be ingredients or items that suggest a style or region where the food originated. Such a garnish functions in the same way as a grosse pièce; they too are most effective, and attractive, when they offer some information about the food instead of simply adding a spot of color.

strong, clean lines arrange the food neatly and logically

Lines can be straight, curved, or angled. When two lines meet, they create a shape. When you repeat a line, you create a pattern. The more evenly spaced the lines, the more obvious the pattern. The wider the spaces, the more obvious they are as discrete lines. In order to have a line, you need a starting and ending point; the focal point in an arrangement is that reference point. Lines can move from or toward this point and thereby introduce a sense of flow or motion into the arrangement.

the platter’s layout can be symmetrical or asymmetrical

The position of the focal point on a platter or plate determines how the food is arranged. A focal point positioned off-center means that one side of the arrangement appears to have more weight than the other. The lines extending away from the focal point are of different

lengths. When the focal point is positioned in the center, it gives the impression that both sides of the arrangement are in equilibrium. The lines radiating from the focal point are the same length. Asymmetrical arrangements tend to look natural, while symmetrical arrangements look formal.

arrangement of items on a line

Since a buffet line contains more than one offering or dish, give some thought to the sequence and arrangement of those dishes. Arrange dishes on the buffet line so that they are easy to see, easy to reach, and easy to serve.

What follows is a collection of general guidelines you can use to determine the best display sequence. Not every one will be useful for every type of buffet, though each of them has a practical purpose. Some of the most popular and creative solutions used in buffets today were arrived at only by creatively disregarding a widely accepted rule.

- » Place plates where they are easy to see at the start of a line and at each independent station where they are easy to reach. They should also be easy for the wait staff to monitor and replenish. Utensils and napkins are best at the end of the line, so guests won't have to juggle them as they make their selections.
- » Keep foods that might drip or spill closest to the guests.
- » Use pedestals and similar devices to lift some platters higher. This is especially effective when you need to save space or when you would like to control the service of expensive items.
- » Keep hot foods near one another; likewise, group chilled foods in their own area.
- » Place sauces and condiments directly with the foods they accompany so that

guests understand how to use them. Each one should have its own underliner and a serving tool if required.

replenishing

Exchanging full serving pieces for empty ones is an important part of service for any buffet. Obviously, no empty platter or chafing dish should be left sitting on the line for any appreciable amount of time. Each operation may have a different standard concerning exactly when to pull a platter and replace it with a fresh one. It depends somewhat upon the item being served and the size of the serving piece itself. However, the decision should be made ahead of time, then clearly communicated to the entire staff. The kitchen should be prepared to supply full platters promptly. The dining room staff should remove platters and chafing dishes as appropriate and immediately replace those items to avoid disrupting service.

Large mirrored or silver platters provide a dramatic backdrop for the food displays that are the hallmark of a buffet. They demand considerable space on the buffet and considerable time to set up and dismantle, however. They are also a challenge to replenish. Moving big pieces around during service invariably inconveniences the guest and slows service. It can be awkward or dangerous to attempt moving marble slabs or big mirrors with guests in proximity to the buffet table.

If the buffet is meant to accommodate guests over a long period—for instance, throughout a two-hour reception—it can be difficult to keep the display attractive. As the guests help themselves from the display, the arrangement begins to look messy and, eventually, skimpy.

A more contemporary approach to food display makes the modern buffet as attractive, fresh, and appealing as possible, and it also makes it easier to replenish particular items. Instead of using one large serving piece, the



As a serving dish becomes depleted, it should be removed by service staff and replaced with one that is full.

garde manger is more likely to arrange foods on smaller serving pieces, then arrange these individual serving pieces into a larger overall composition. Use that arrangement, as well as the arrangement of food items on individual platters, to reinforce or to enhance the concept or theme.

Another distinct advantage of more frequent replenishment of smaller platters or chafing dishes is that it permits you to adapt quickly to the guests' behavior. During planning for food production, you estimate how many platters containing a certain number of items to prepare. If your prediction is off, you can more easily adapt to prevent shortages or to cut losses on items that are not in significant demand. This information can help you keep the customer satisfied and control costs by limiting wasted food.

Smaller serving pieces generally eliminate the temptation to combine fresh items with

those that have already been on display. Uneaten portions should be counted and recorded on the appropriate form and then dealt with according to safe food-handling policy.

There should be a clear-cut policy on how to handle foods that are returned unused to the kitchen. Foods still safe for use in other applications should be carefully processed to keep them safe and wholesome.

centerpieces and displays

Any truly successful garnish or focal point adds excitement and interest to a presentation. But they can do more than simply that. They also improve the quality of the entire experience. They reinforce or magnify the buffet's theme or concept. They provide important visual elements that help the guest decipher the function or meaning of any presentation.

When you turn your attention to the presentation of the entire line or even the entire room, you can see that centerpieces and displays can and should serve the same functions as focal points or garnishes. They too should fit in with the featured concept or theme. It isn't enough that they match the other elements of the design, however. Just as you should develop a garnish to have a purpose and a meaning, you can also develop a similar plan for the buffet's centerpieces and displays.

These important design elements may be composed of edible or non-edible materials. Some traditional examples include ice, salt, or tallow sculptures, floral arrangements, or displays of fruits, vegetables, breads, or even wines.

Take care of practical considerations as you incorporate these elements into your overall design. Tall centerpieces and very large displays need to be carefully located. They should not block the guests' view or make it difficult to reach the food. Position any display pieces that might drip or shed well away from the food. Stabilize tall or top-heavy pieces during the buffet setup to be certain they do not wobble or fall over.



Plating buffet foods on smaller platters adds visual interest to a spread and eases the task of replenishing serving dishes as they empty.



twelve

BASIC RECIPES



chinese five-spice powder

yield ABOUT 4 OZ/113 G

2 oz/57 g star anise

3/4 oz/21 g fennel seeds

3/4 oz/21 g cinnamon (or cassia)

3 tbsp/16 g whole cloves

3 tbsp/10 g Szechwan peppercorns

Grind the spices in a spice mill or with a mortar and pestle. Store any unused spice powder in an airtight container in a cool, dry place. Keeps well for several weeks.

barbecue spice mix

yield ABOUT 4 OZ/113 G

1 oz/28 g hot Hungarian paprika

2 tbsp/20 g salt

4 tsp/16 g sugar

2 tbsp/12 g chili powder

4 tsp/8 g ground cumin

2 tsp/4 g dry mustard

2 tsp/4 g ground black pepper

2 tsp/4 g curry powder

1 tbsp/6 g dried thyme

2 tsp/4 g dried oregano

1 tsp/2 g cayenne

Combine all ingredients thoroughly. Store any unused spice blend in an airtight container in a cool, dry place.

quatre épices

yield ABOUT 4 OZ/113 G

2 oz/57 g black peppercorns
3 tbsp/20 g ground nutmeg

2 tbsp/14 g ground cinnamon
2 tbsp/11 g whole cloves

Grind together the spices in a spice mill or with a mortar and pestle. Store any unused spice blend in an airtight container in a cool, dry place.

» **CHEF'S NOTE** Add 2 tbsp/14 g ground ginger, if desired.

cajun spice blend

yield ABOUT 4 OZ/113 G

1 1/2 oz/42 g hot Hungarian paprika
2 tbsp/13 g onion powder
2 tbsp/13 g garlic powder
2 tbsp/11 g cayenne
1 tbsp/10 g salt

1 tbsp/6 g ground white pepper
1 tbsp/6 g ground black pepper
1 tbsp/3 g dried thyme
1 tbsp/3 g dried oregano

Combine all ingredients thoroughly. Store any unused spice blend in an airtight container in a cool, dry place.

curry powder

yield ABOUT 4 OZ/113 G

4 1/2 tbsp/27 g cumin seeds

4 1/2 tbsp/22 g coriander seeds

1 tbsp/12 g whole mustard seeds

12 dried red chiles, or as needed

3 tbsp/21 g ground cinnamon

3 tbsp/21 g ground turmeric

3 tbsp/21 g ground ginger

-
1. Combine all the seeds and chiles. Roast them in a 350°F/177°C oven for 5 minutes. Remove and cool slightly. Split the chiles and remove and discard the seeds.
 2. Grind the whole seeds, ground spices, and chiles in a spice mill or with a mortar and pestle until evenly blended. Store any unused powder in an airtight container in a cool, dry place.

» **CHEF'S NOTE** Add hot Hungarian paprika, cloves, or fresh curry leaves to the blend.

fines herbes

yield 2 OZ/57 G

1/2 oz/14 g chervil leaves

1/2 oz/14 g chives

1/2 oz/14 g parsley leaves

1/2 oz/14 g tarragon leaves

Wash all herbs. Combine all the herbs and chop or mince to the desired fineness. Use immediately.

pâté spice

yield 4 oz/113 g

1/2 oz/14 g white peppercorns
1 oz/28 g coriander seeds
1 oz/28 g cloves
1/2 oz/14 g dried thyme
1/2 oz/14 g dried basil

1/2 oz/14 g grated nutmeg
20 bay leaves
1/4 oz/7 g mace
1/3 oz/9 g dried cèpes (optional)

Combine all ingredients and grind them using a mortar and pestle or a blender. Store any unused spice blend in an airtight container in a cool, dry place.

hot italian sausage blend

yield ABOUT 4 oz/113 g

4 tbsp/19 g red pepper flakes
3 tbsp/20 g fennel seeds
2 tbsp/14 g sweet Spanish paprika
2 tbsp/14 g hot Hungarian paprika

2 tbsp/12 g ground coriander
1 tbsp/12 g sugar
1 tbsp/6 g coarse-ground black pepper
1 1/2 tsp/3 g cayenne

Combine all ingredients. Store any unused spice blend in an airtight container in a cool, dry place.

herbes de provence

yield ABOUT 4 OZ/113 G

1 1/4 oz/35 g dried thyme

1 1/4 oz/35 g dried marjoram

1 1/4 oz/35 g dried savory

2 1/2 tbs/7.50 g dried rosemary

2 1/2 tsp/2.50 g dried sage

2 1/2 tsp/2.50 g dried mint

2 1/2 tsp/2.50 g fennel seeds

2 1/2 tsp/2.50 g dried lavender flowers

Combine all ingredients. Store any unused spice blend in an airtight container in a cool, dry place. The herbs may be crushed fine with a mortar and pestle before use if desired.

» **CHEF'S NOTE** Crushed bay leaves are sometimes included in this blend. As with other spice blends in this chapter, amounts of herbs may be adjusted according to personal taste.

vegetable stock

yield 1 GAL/3.84 L

2 fl oz/60 mL vegetable oil

4 oz/113 g onions, sliced

4 oz/113 g leeks, green and white parts, chopped

2 oz/57 g celery, chopped

2 oz/57 g green cabbage, chopped

2 oz/57 g carrots, chopped

2 oz/57 g turnips, chopped

2 oz/57 g tomatoes, chopped

3 garlic cloves, crushed

1 gal 16 fl oz/4.32 L cold water

1 standard sachet d'épices, with 1 tsp/2 g fennel seeds and 3 whole cloves (place in sachet)

-
1. Heat the oil. Add the vegetables and garlic and sweat for about 5 minutes.
 2. Add the water and sachet and simmer for 30 to 40 minutes. Strain the stock. Cool and refrigerate.

chicken stock

yield 1 GAL/3.84 L

8 lb/3.63 kg chicken bones, cut
into 3-in/8-cm lengths
1 1/2 gal/5.76 L cold water

1 lb/454 g mirepoix
1 sachet d'épices

-
1. Rinse the bones in cool water. Combine the bones and water in a stockpot.
 2. Bring the stock to a boil over low heat. Skim the surface as necessary. Simmer 4 to 5 hours.
 3. Add the mirepoix and sachet d'épices in the last hour of simmering. Strain the stock. Cool and refrigerate.

- » **VARIATIONS** WHITE DUCK STOCK: Substitute equal amounts of duck bones for the chicken bones.
TURKEY STOCK: Substitute equal amounts of turkey bones for the chicken bones.
WHITE BEEF STOCK: Substitute equal amounts of beef bones for the chicken bones. Increase the simmering time in step 2 to 6 to 7 hours.
GLACE DE VOLAILLE: Reduce 1 gal/3.84 L chicken stock down to 8 fl oz/240 mL.

brown veal stock

yield 1 GAL/3.84 L

8 lb/3.63 kg veal bones, including knuckles and trim 6 oz/170 g tomato paste
6 qt/5.76 L cold water 1 sachet d'épices
1 lb/454 g mirepoix

1. Rinse the bones and dry them well. Preheat an oiled roasting pan in a 450°F/230°C oven. Brown the bones in a roasting pan in the oven.
2. Combine the bones and water in a stockpot. Bring the stock to a boil over low heat. Simmer for about 6 hours, skimming the surface as necessary.
3. Brown the mirepoix and tomato paste; add to the stock in the last hour of simmering. Deglaze the drippings in the roasting pan with water and add to the stock. Add the sachet d'épices.
4. Simmer an additional hour. Strain the stock. Cool and store under refrigeration.

» **VARIATION** GLACE DE VIANDE: Reduce 1 gal/3.84 L brown veal stock down to 8 fl oz/240 mL.
VENISON STOCK: Replace the veal bones with an equal weight of venison bones and lean trim. Include fennel seeds and/or juniper berries in standard sachet d'épices, if desired.

shellfish stock

yield 1 GAL/3.84 L

10 lb/4.54 kg shellfish shells
(lobster, shrimp, or crab)
2 fl oz/60 mL vegetable oil
1 lb/454 g mirepoix
3 to 4 oz/85 to 113 g tomato paste

5 qt/4.80 L cold water
1 sachet d'épices
8 fl oz/240 mL white wine

-
1. Sauté the shellfish shells in the oil until deep red. Add the mirepoix and continue to sauté another 10 to 15 minutes. Add the tomato paste and sauté briefly.
 2. Add the water, seasonings, and wine and simmer 30 minutes. Strain the stock. Cool and store under refrigeration.

» **VARIATION** FISH STOCK: Substitute an equal amount of bones and trim from lean white-fleshed fish for the shellfish shells. In step 1, sauté in oil over low heat until the bones become white. Use white mirepoix. Omit the tomato paste.

court bouillon

yield 1 GAL/3.84 L

2 1/2 qt/2.40 L cold water
2 1/2 qt/2.40 L white wine
2 tsp/6.50 g salt (optional)
1 lb/454 g onions, sliced
12 oz/340g carrots, sliced

1 bunch fresh parsley stems
3 bay leaves
Pinch dried thyme leaves
2 tbsp/14 g black peppercorns

-
1. Combine all ingredients except the peppercorns.
 2. Simmer for 50 minutes.
 3. Add the peppercorns and simmer for an additional 10 minutes. Strain the court bouillon before using.

» **VARIATION** VINEGAR COURT BOUILLON: Double the amount of water. Replace the white wine with 8 fl oz/240 mL of vinegar.

tomato sauce

makes 1 GAL/3.84 L

2 fl oz/60 mL olive oil

12 oz/340 g small-diced onion

2 tbsp/18 g minced or thinly sliced garlic

5 qt/4.80 L cored and chopped
plum tomatoes with liquid

3 oz/85 g basil chiffonade

Salt, as needed

Ground black pepper, as needed

-
1. Heat the oil in a medium nonreactive rondeau or wide shallow pot over medium-low heat. Add the onions and cook, stirring occasionally, until they take on a light golden color, 12 to 15 minutes.
 2. Add the garlic and continue to sauté, stirring frequently, until the garlic is soft and fragrant, about 1 minute.
 3. Add the tomatoes. Bring the sauce to a simmer and cook over low heat, stirring from time to time until a good saucelike consistency develops, about 45 minutes (exact cooking time depends on the quality of the tomatoes and their natural moisture content).
 4. Add the basil and simmer for 2 to 3 minutes more. Taste the sauce and season with salt and pepper if necessary.
 5. The sauce may be puréed through a food mill fitted with a coarse disk, broken up with a whisk to make a rough purée, or left chunky.
 6. The sauce is ready to serve now, or it may be cooled rapidly and refrigerated for later use.
- » **CHEF'S NOTE** If desired, substitute 9 lb/4.08 kg canned whole plum tomatoes for the fresh tomatoes. With canned tomatoes, it may be necessary to drain off some of the liquid first. If desired, the canned whole tomatoes can be puréed in a food mill before preparing the sauce.

anchovy butter

yield 1 LB/454 G

1 lb/454 g butter, softened
2 to 3 tbsp/30 to 45 mL lemon juice
1 to 2 oz/28 to 57 g anchovy paste

1 tbsp/9 g chopped drained capers
Salt, as needed
Ground black pepper, as needed

1. Combine all ingredients and mix well.
2. Wrap tightly and refrigerate until needed.
3. Soften if needed for spreading.

horseradish butter

yield 1 LB 4 oz/567 G

3 oz/85 g prepared horseradish
1 lb/454 g butter, softened
1 tbsp/15 g prepared mustard

1 tbsp/12 g sugar
2 tsp/10 mL Worcestershire sauce
1 tsp/5 mL lemon juice

1. Squeeze excess liquid out of the horseradish.
2. Combine all ingredients and mix well.
3. Wrap tightly and refrigerate until needed.
4. Soften if needed for spreading.

lobster-infused oil

yield 8 FL OZ/240 ML

1 lb/454 g lobster shells

4 1/2 oz/128 g tomato paste

2 fl oz/60 mL white wine

1/4 oz/7 g hot Hungarian paprika

8 fl oz/240 mL extra-virgin olive oil

-
1. Roast the shells in a 400°F/204°C oven until crisp and brittle, about 15 minutes.
 2. Place the shells and tomato paste in a saucepot over medium heat and cook, stirring frequently, until the tomato paste has a rusty color, about 4 to 5 minutes.
 3. Stir in the white wine and paprika and reduce until there is no liquid left, 2 to 3 minutes.
 4. Add the oil and heat the mixture to 190°F/88°C. Remove the pan from the heat and allow the mixture to steep for 20 minutes. Strain the oil through a cheesecloth-lined strainer, pressing the solids to release as much oil as possible.
 5. Transfer to a clean storage container or squirt bottle and refrigerate.

basic pâté dough

yield 2 LB 12 oz/1.25 kg

1 lb 4 oz/567 g bread flour, sifted
1 1/2 oz/43 g nonfat dry milk
1/2 oz/14 g salt
1/4 oz/7 g baking powder
3 1/2 oz/71 g shortening

2 1/2 oz/71 g unsalted butter
2 eggs
1 tbsp/15 mL white vinegar
8 to 10 fl oz/240 to 300 mL milk, or as needed

1. Place the flour, dry milk, salt, baking powder, shortening, and butter in a food processor and pulse until the dough is a fine meal.
2. Place the dough in a mixer with the paddle attachment.
3. Add the eggs, vinegar, and 4 to 5 fl oz/120 to 150 mL of the milk. Mix on low speed to form a ball. Here you determine the amount of milk and if it needs more. The dough should be moist yet dry; if it does not hold together and is not moist enough, then add more milk. If the consistency of the dough is just right, mix on medium speed for 3 to 4 minutes to develop the gluten.
4. Remove the dough from the mixer and knead by hand until smooth, tucking all the ends under as you would to shape a ball of bread. Square it off.
5. Wrap in plastic wrap and rest for a minimum of 30 minutes (for best results, overnight) in the refrigerator before rolling and cutting the dough to line the terrine molds.

1. *Cut the fat into the dry ingredients until it resembles a granular texture slightly larger than cornmeal.*

2. *Once the dough has been kneaded to a smooth consistency, shape it into a block to be wrapped and stored.*



tomato cilantro pâté dough

yield 1 LB 8 oz/680 g

1 lb 8 oz/680 g Basic Pâté Dough (page 649)

2 tsp/4 g ground coriander

2 tsp/4 g ground cumin

1 1/2 oz/43 g tomato paste

2 tbsp/6 g chopped cilantro

Prepare the pâté dough according to the basic recipe, adding the coriander and cumin in step 1 and the tomato paste and cilantro in step 2.

saffron pâté dough

yield 1 LB 8 oz/680 g

Large pinch saffron

5 fl oz/150 mL warm water

1 lb 8 oz/680 g Basic Pâté Dough (page 649)

2 tbsp/6 g chopped dill (optional)

2 tbsp/6 g chopped chives (optional)

Infuse the saffron in the water. Replace 5 fl oz/150 mL milk with the saffron water in the basic pâté dough recipe. Add the chopped herbs in step 2.

sweet potato pâté dough

yield 1 LB 8 oz/680 g

1 lb 8 oz/680 g Basic Pâté Dough (page 649)

1/2 tsp/1 g ground cinnamon

1/2 tsp/1 g ground cardamom

1/2 tsp/1 g ground mace

5 oz/142 g sweet potato, baked, boiled, or steamed, and puréed

Prepare the pâté dough according to the basic recipe, adding the ground spices in step 1 and the sweet potato in step 2. You may need to reduce the amount of milk called for in the original pâté dough recipe.

- » **CHEF'S NOTE** To make decorative display pieces with pâté dough, roll the dough into thin sheets using a pasta machine. Pâté dough can be cut to give the effect of fish netting. Score the dough with a lattice cutter. Gently pull apart the dough, lay it on crumpled foil, and paint with egg wash. The crumpled foil gives additional height and texture to the pâté dough netting. Bake in a 325°F/163°C oven until dried and cooked through, 8 to 10 minutes.

tart dough

Yield: 14 oz/397 g

4 oz/113 g butter, softened

1 egg yolk

8 oz/227 g all-purpose flour

1/2 tsp/1.5 g salt

2 fl oz/60 mL water

-
1. Beat the butter in the bowl of a mixer fitted with the paddle attachment on medium speed until light and fluffy, about 2 minutes.
 2. Add the egg and beat until combined and smooth, about 1 minute.
 3. Add the flour and salt and beat just until combined, about 1 minute.
 4. Slowly stream in the water until a dough forms and the mixture is homogenous and smooth, about 2 minutes. You may need slightly less or slightly more water.
 5. Form the dough into a disk, wrap in plastic, and chill in the refrigerator for at least 30 minutes before using.

blitz puff pastry

yield 2 LB 8 oz/1.13 kg

8 oz/227 g cake flour

8 oz/227 g bread flour

1 lb/454 g butter, cubed and chilled

9 fl oz/270 mL ice-cold water

2 1/4 tsp/7.50 g salt

1. Combine the cake and bread flours in the bowl of a stand mixer. Add the butter and toss with your fingertips until the butter is coated with flour. Combine the water and salt; add all at once. Mix on low speed with the dough hook until the dough forms a shaggy mass.
2. Tightly cover the mixture with plastic wrap and refrigerate until the butter is firm but not brittle, about 20 minutes.
3. Place the shaggy mass on a lightly floured work surface and roll out into a rectangle 1/2 in/1 cm thick and approximately 12 in by 30 in/30 cm by 76 cm.



1. Blitz puff pastry should have large, visible chunks of butter dispersed throughout the dough before being folded.

2. Once all of the folds have been made, the dough should have a smooth, even appearance.

4. Administer a book fold, roll out the dough to the same dimensions, and administer a second book fold. Tightly wrap the dough in plastic wrap and refrigerate 30 minutes.

5. Repeat this process two more times for a total of 4 book folds, refrigerating and turning the dough 90 degrees each time before rolling. After completing the final fold, wrap the dough in plastic wrap and refrigerate until firm, at least 1 hour. (The dough can be refrigerated or frozen until needed.)

» **CHEF'S NOTE** More folds will yield finer and more even layers with less height. Fewer folds yield a lighter product, with irregular layers and more height.

pasta dough

yield 1 LB 8 oz/680 g

1 lb/454 g all-purpose or bread flour
4 to 6 eggs

2 tsp/6.50 g salt
2 fl oz/60 mL water, or as needed

1. Combine all ingredients in a large bowl and knead the mixture until it is smooth and elastic. Add more water if necessary.

2. Cover the dough and allow to rest, refrigerated, for 1 hour before rolling and shaping.

» **VARIATIONS** SPINACH PASTA: Add 6 oz/170 g puréed raw spinach. Add additional flour if necessary.

MALFATTI PASTA: Run the basic pasta dough through a pasta machine to create thin sheets. Cut the pasta into rectangles 1½ by 2½ in/4 by 6 cm.

focaccia

yield 3 LB/1.36 KG

Cornmeal, as needed
18 fl oz/540 mL water, 90°F/32°C
1/2 oz/14 g compressed yeast
2 fl oz/60 mL extra-virgin olive oil
1 lb 12 oz/794 g hard wheat flour
1/2 oz/14 g salt

garnish options

Crumbled goat cheese, as needed
Olives, pitted and sliced, as needed
Pine nuts, as needed
Sun-dried tomatoes, as needed
Chopped herbs such as basil and oregano, as needed

1. Line baking sheets with parchment paper. Scatter with cornmeal.
2. Combine the warm water, yeast, and oil until yeast is dissolved. Add the flour and salt. Mix the dough until smooth and elastic. Cover the bowl and allow the dough to ferment for 1 hour 15 minutes. Punch down and scale the dough at 10 oz/284 g per focaccia. Round off dough. Set dough on prepared sheet pan and proof at room temperature 1 hour.
3. Press the balls of dough flat and stretch slightly. Brush with olive oil and add any optional garnish items desired. Pan-proof an additional 30 minutes.
4. Bake in a 425°F/218°C oven for approximately 30 minutes.

- » **CHEF'S NOTE** Focaccia may be lightly brushed with garlic and olive oil and served on its own, used as the base of an hors d'oeuvre or sandwich (see pages 180 and 188), or dressed with various additions.
- » **VARIATION** **GRISSINI:** Prepare the dough through step 2. Punch down and scale at 1 1/2 oz/43 g. Round off the dough. Set on a sheet pan and proof at room temperature 1 hour. Roll the balls into long, thin sticks. Brush with olive oil or egg wash and top with desired seasoning: salt, sesame seeds, or fresh herbs. Pan-proof an additional 15 minutes. Bake in a 425°F/218°C oven for 10 to 12 minutes.



brioche dough

yield 3 LB/1.36 KG DOUGH

1 lb 8 oz/680 g bread flour

2 1/2 tsp/10 g instant dry yeast

8 oz/227 g eggs (about 4 large eggs),
at 40°F/4°C

4 fl oz/120 mL milk

2 oz/57 g sugar

1 tbsp/10 g salt

12 oz/340 g butter, cut into cubes, softened
but still pliable (60° to 65°F/16° to 18°C)

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1. Combine the flour and yeast in the bowl of a 5-qt/4.8-L mixer. Add the eggs, milk, sugar, and salt; mix with a dough hook on low speed until evenly blended, scraping down the bowl as needed, 4 minutes.
 2. Gradually add the butter with the mixer running on low speed, scraping down the bowl as necessary, 2 minutes. After the butter has been fully incorporated, increase to medium speed and mix until the dough begins to pull away from the sides of the bowl and is quite elastic, 15 minutes.
 3. Remove the dough from the bowl, shape into a brick, wrap well, and refrigerate at least 12 hours before using. Brioche dough can be frozen for up to 2 months.

whole wheat pita bread

yield 12 PITAS

2 1/4 tsp/9 g active dry yeast	1 lb/454 g whole wheat flour
20 fl oz/600 mL warm water (100°F/38°C)	1 tbsp/10 g salt
1 lb/454 g bread flour	1 1/2 tbsp/22.50 mL olive oil

1. Combine the yeast with the warm water and mix well.
2. Add the remaining dry ingredients and mix the dough on low speed until it is quite elastic, 3 to 4 minutes.
3. Place the dough in a large bowl. Brush it with olive oil, cover, and allow it to double in size at room temperature, approximately 1 to 2 hours. Punch the dough down.
4. Scale the dough to pitas 4 oz/113 g each and line them three by five on an oiled sheet pan. Cover with plastic wrap. Allow the scaled pita breads to double in size before rolling.
5. Dust the workspace with flour. Roll the pita dough out to a disk about 7 in/18 cm in diameter.
6. Rest, covered, at room temperature until the pita dough is well relaxed, 15 minutes.
7. Load the pitas directly onto the deck of a 500°F/260°C oven, or onto a baking stone or a preheated sheet pan, and bake until puffed but not browned, 3 to 4 minutes. Stack the pitas 5 high and wrap each stack in a cloth. Cool before serving.

simple syrup

yield 48 FL OZ/1.44 L

32 fl oz/960 mL water	9 fl oz/270 mL orange juice
1 lb/454 g sugar	4 1/2 fl oz/135 mL lemon juice

1. Bring the water and sugar to a boil; stir until the sugar dissolves; cool.
2. Flavor with orange and lemon juice. Cover and refrigerate until needed.

roasting garlic and shallots

1. Place the unpeeled head of garlic (or shallot bulbs) in a small pan. Some chefs like to place it on a bed of salt, which holds the heat, roasting the garlic more quickly and producing a drier texture in the finished product.

2. Roast at a medium temperature until the garlic or shallots are quite soft. Any juices that run from the garlic or shallots should be browned. The aroma should be sweet and pleasing, with no hints of harshness or sulfur.

» **CHEF'S NOTE** The flavor of garlic and shallots becomes rich, sweet, and smoky after roasting. Roasted garlic can be found as a component of marinades, glazes, and vinaigrettes, as well as a spread for grilled breads and focaccia.



Properly roasted garlic will develop a soft texture and take on a light golden brown color and sweet aroma.

oven-roasted tomatoes

yield 10 SERVINGS

4 lb 8 oz/2.04 kg tomatoes
3 fl oz/90 mL extra-virgin olive oil
1/2 oz/14 g minced garlic
1/2 oz/14 g minced shallots
2 tsp/2 g chopped basil

2 tsp/2 g chopped oregano
1 tsp/1 g chopped thyme
Salt, as needed
Ground black pepper, as needed

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1. Remove the cores from the tomatoes and cut into the desired shape (halved, quartered, wedged, or sliced). Arrange in a single layer in a shallow pan.
 2. Combine the oil, garlic, shallots, basil, oregano, and thyme. Season with salt and pepper. Drizzle this mixture over the tomatoes and turn carefully to coat them.
 3. Arrange the tomatoes on racks set in sheet pans. Roast in a 275°F/135°C oven until tomatoes are dried and lightly browned, 1 to 1½ hours.

» **CHEF'S NOTE** This recipe can be made with a number of varieties of tomatoes, but plum tomatoes will yield the best result.

roasting peppers

To roast and peel small quantities, roast the peppers over a flame:

1. Hold the pepper over the flame of a gas burner with tongs or a kitchen fork, or place the pepper on a grill. Turn the pepper and roast it until the surface is evenly charred.
2. Place in a plastic or paper bag or under an inverted bowl to steam the skin loose.
3. When the pepper is cool enough to handle, remove the charred skin, using a paring knife if necessary.

For larger quantities, oven-roast the peppers:

1. Halve the peppers and remove stems and seeds. Place cut side down on an oiled sheet pan.
2. Place in a 475°F/246°C oven or under a broiler. Roast or broil until evenly charred.
3. Remove from the oven or broiler and cover immediately, using an inverted sheet pan, aluminum foil, or plastic wrap. This will steam the peppers, making the skin easier to remove.
4. Peel, using a paring knife if necessary.



1. As soon as they've finished roasting, cover the peppers and allow them to steam, making the skin easier to remove.

2. Peel the roasted peppers and use as desired.

preparing artichokes

Artichokes can be cut in a number of ways, depending on the desired final presentation.

To prepare whole artichokes:

1. First, cut away the stem. The amount of stem removed is determined by how the artichoke is to be served, as well as by how tender or tough the stem is. Cutting the stem away even with the bottom of the artichoke makes a flat surface, allowing the artichoke to sit flat on the plate.
2. Peel the stem with a paring knife.
3. Cut off the top of the artichoke.
4. Snip the barbs from each leaf with kitchen scissors.
5. Rub the cut surfaces with lemon juice to prevent browning, or hold the trimmed artichoke in a blanc (see Chef's Note).
6. The artichoke can be simmered or steamed at this point, if desired, or the center of the artichoke, the choke, may be removed prior to cooking. To remove the choke, spread the leaves of the cooked or raw artichoke open. The choke can now be scooped out using a spoon.

To prepare artichoke bottoms:

1. Pull away the leaves from around the stem and trim the stem as desired. Make a cut through the artichoke at its widest point, just above the artichoke bottom, to remove the tips of the leaves.
2. Use a paring knife to trim the tough outer leaves away from the artichoke bottom.
3. Scoop out the center of the artichoke bottom, known as the choke. Hold trimmed artichoke bottoms in acidulated water to prevent browning.

To prepare artichoke halves or quarters:

1. Pull away the leaves from around the stem and trim just the woody end of the stem. The stem may also be removed, if desired.
2. Peel the stem with a paring knife.
3. Cut the top third of the artichoke off. Remove the tough outer leaves from the artichoke.
4. Cut the artichokes into halves or quarters. Hold in acidulated water until needed to prevent oxidation.

» **CHEF'S NOTE** To prepare a blanc, combine 4 fl oz/120 mL lemon juice, 3 oz/85 g flour, and 2 tsp/6.60 salt with 64 fl oz/1.92 L water and bring to a boil. Vegetables can be cooked or held in a blanc to keep them white.

preparing leeks

1. To clean leeks, rinse off all the surface dirt, paying special attention to the roots, where dirt clings. Lay the leek on the cutting board and, using a chef's knife, trim away only the heavy, dark green portion of the leaves. By cutting on an angle, you can avoid losing the tender light green portion of the leek. Reserve the dark green portion of the leek to make bouquet garni or for other uses.

2. Trim the root end, being careful not to cut away too much of the white part. Cut the leek lengthwise into halves, thirds, or quarters, depending on the final use of the leek. Gently pull apart the layers and rinse the leek thoroughly under running water to remove any remaining grit or sand.

3. Cut the leek into the desired shape. Leeks may be left in halves or quarters with the stem end still intact for braising. Or they may be cut into slices, chiffonade, julienne, dice, or paysanne-style cuts.

» **CHEF'S NOTE** A leek grows in layers, trapping grit and sand between the layers, and one of the biggest concerns when working with leeks is removing every trace of dirt. Careful rinsing and cleaning is essential.

plumping dried fruits and vegetables

1. Check the dried ingredient and remove any obvious debris or seriously blemished or moldy specimens.

2. Place the ingredient in a bowl or other container and add enough boiling or very hot liquid (water, wine, fruit juices, or broth can all be used) to cover.

3. Let the dried ingredient steep in the hot liquid for several minutes, until softened and plumped.

4. Pour off the liquid, reserving it if desired for use in another preparation. If necessary, the liquid can be strained through a coffee filter or cheesecloth to remove any debris.

toasting nuts, seeds, and spices

Toasting nuts, seeds, and spices improves their flavor, as long as they are not allowed to scorch.

1. **To toast small quantities, use a dry skillet** (cast iron is an excellent choice, but other materials will also work well). Heat a skillet over direct heat and add the nuts, seeds, or spices.
2. Toss or stir frequently, stopping just as a good color and aroma are achieved.
3. Pour the nuts, seeds, or spices out into a cool sheet pan and spread into a thin layer to stop any further browning.

1. **Large quantities can be toasted in a medium oven.** Spread out the nuts, seeds, or spices on a dry sheet pan and toast just until a pleasant aroma is apparent. The oils in nuts, seeds, and spices can scorch quickly, so be sure to check frequently.
2. Stir them often to encourage even browning.
3. Be sure to transfer nuts, seeds, and spices toasted in the oven to a cool sheet pan immediately so that they don't become scorched from residual heat in the pan.

» **VARIATION** TOASTING DRIED CHILES: Dried chiles may be toasted in the same manner, in a dry skillet or in the oven. They may also be passed repeatedly through a flame until toasted and softened. The pulp and seeds are then scraped from the skin, or the whole chile may be used, according to individual recipes.

rendering fats

Occasionally the fat from ducks, geese, or pork may be required for such dishes as confit or rillettes.

1. Cube or coarsely grind the fat, if necessary.
2. Place the fat in a sauteuse. Add about ½ in/1 cm water to the uncooked fats if there are no drippings present.
3. Cook over low heat until the water evaporates and the fat is released. (This is the actual clarifying process.)
4. Remove the cracklings, if any, with a slotted spoon (they may be reserved for garnish).
5. Cool the rendered fat, cover, and refrigerate for up to several weeks.

parmesan crisp

1. Shred the cheese. Line a sheet pan with parchment paper. If desired, trace a circle or other shape on the paper. Allow room on the tracing to permit some spread (about ½ in/1 cm).
2. Scatter the cheese in an even layer (enough to cover the paper, but not too thick, or the cheese will not crisp).
3. Bake the cheese in a 350°F/175°C oven until cheese is melted and bubbly and looks like lace, about 10 minutes.
4. Remove the sheet pan from the oven and allow the cheese to cool for a few minutes. The warm cheese crisp can be rolled or draped inside bowls or over dowels or cups to create containers or fans, as desired. Cheese crisps will keep for several days, stored in a parchment-lined airtight container.

bread crumbs

Bread crumbs may be dry or fresh. Fresh bread crumbs (mie de pain) are prepared by grating or processing a finely textured bread, such as 1- or 2-day-old hard rolls. Dry bread crumbs can be prepared from slightly stale bread that has been additionally dried or toasted in a warm oven.

standard breading procedure

For the best possible results, breading needs a little time to firm up before the breaded item is pan fried. If you bread an item and then immediately put it into hot oil, there is a good chance that the breading will fall away. Not only will this have a negative impact on the dish's finished texture, it will also make the cooking oil break down quickly, and subsequent batches cooked in the same oil will blacken without cooking properly.

1. Dry the main item well, then hold it in one hand (left hand if you are right-handed, right hand if you are left-handed) and dip it in flour. Shake off any excess flour and transfer the food to a container of egg wash.
2. Switch hands, pick up the food, and turn it if necessary to coat it on all sides. Transfer it to a container of bread crumbs. Use your dry hand (the first hand) to pack bread crumbs evenly around the food. Shake off any excess, then transfer the food to a holding tray.
3. Refrigerate at least 1 hour before continuing with pan frying.
4. Discard any unused flour, egg wash, and bread crumbs.

plain croutons

yield 1 LB/454 G

1 lb/454 g white bread

4 oz/113 g butter, melted, or olive oil, as needed

1 tsp/3 g salt, or as needed

1/2 tsp/1 g ground black pepper,
or as needed (optional)

-
1. Remove the crusts from the bread if desired. Slice and cube the bread into the desired size (from small cubes to garnish soups served in cups to large slices to garnish salads). If the bread is very fresh, let the bread cubes dry out in the oven for 5 minutes before continuing.
 2. Toss the bread, butter or oil, and seasonings together on a sheet pan or in a hotel pan.
 3. Bake in a 450°F/232°C oven until lightly golden, 8 to 10 minutes.
- » **CHEF'S NOTE** Croutons can be prepared in advance and stored in an airtight container for several days. For smaller batches, the croutons can be cooked on top of the stove in a skillet or sauté pan. Deep-fat frying is not recommended for croutons. While it is a quicker cooking method, they absorb too much oil and become greasy.
- » **VARIATIONS** **GARLIC-FLAVORED CROUTONS:** Add 2 tsp/6 g very finely minced garlic (garlic paste) to the oil or butter before tossing with the bread cubes.
- CHEESE CROUTONS:** After the bread cubes have been tossed with the butter, toss generously with grated Parmesan, Romano, or other hard grating cheese as needed.
- HERB-FLAVORED CROUTONS:** Add chopped fresh or dried herbs (such as oregano or rosemary) as needed to the bread cubes along with the butter.

shelling cooked lobster

To remove the meat from the shell, pull away the tail. Split the shell on the underside with kitchen shears and pull out the tail meat in one piece. To remove the meat from the claw, crack the claw in half with the spine of a knife. Pull out the meat carefully, in order to keep the meat intact. Cut the knuckles from end to end and remove nuggets of meat.

GLOSSARY

A

acid: A substance having a sour or sharp flavor. A substance's degree of acidity is measured on the pH scale; acids have a pH of less than 7. Most foods are somewhat acidic. Foods generally referred to as "acids" include citrus juice, vinegar, and wine. See also Alkali.

action station: A part of a buffet where the chef prepares food to order for the guest. Some typical examples of action stations are omelet stations, pasta stations, and raw bars.

aerobic bacteria: Bacteria that require the presence of oxygen to function.

aïoli (Fr.): Garlic mayonnaise, often based on olive oil (Italian, allioli; Spanish, aliolio).

air drying: Exposing meats and sausages to proper temperature and humidity conditions to change both flavor and texture for consumption or further processing. Times and temperatures will vary depending upon the type of meat or sausage.

albumen: The white of an egg; also the major protein in egg whites (also spelled albumin); used in dry form in some cold food preparations.

alkali: A substance that tests at higher than 7 on the pH scale. Alkalis are sometimes described as having a slightly soapy flavor. Olives and baking soda are some of the few alkaline foods. See also Acid.

allumette (Fr.): Vegetables, potatoes, or other items cut into pieces the size and shape of matchsticks; 1/8 by 1/8 in by 1 to 2 in/3 by 3 mm by 3 to 5 cm is the standard measure for the cut.

anaerobic bacteria: Bacteria that do not require the presence of oxygen to function.

andouille: A spicy pork sausage that is French in origin but is now more often associated with Cajun cooking. There are hundreds of varieties of this regional specialty.

antipasto (It.): Italian for "before the pasta." Typically a platter of cold hors d'oeuvre that includes meats, olives, cheeses, and vegetables.

AP/as-purchased weight: The weight of an item before trimming or other preparation (as opposed to edible portion weight, or EP).

appareil (Fr.): A prepared mixture of ingredients used alone or as an ingredient in another base preparation, such as duchesse potatoes or duxelle.

appetizer: One or more of the initial courses in a meal. These may be hot or cold, plated or served as finger food. They should stimulate the appetite and go well with the remainder of the meal.

aromatics: Plant ingredients, such as herbs and spices, used to enhance the flavor and fragrance of food.

arrowroot: A powdered starch made from cassava, a tropical root. Used primarily as a thickener. Remains clear when cooked.

aspic: A clear jelly made from clarified stock (or occasionally from fruit or vegetable juices) thickened with gelatin. Used to coat foods, or cubed and used as a garnish.

B

bacteria: Microscopic organisms. Some have beneficial properties; others can cause food-borne illness when contaminated foods are ingested.

bain-marie (Fr.): A water bath used to cook foods gently by surrounding the cooking vessel with simmering water. Also, a set of nesting pots with single long handles used as a double boiler. Also, a round steam table insert.

barbecue: A variation of a roasting method involving grilling or smoke roasting food over a wood or charcoal fire. Usually some sort of rub, marinade, or sauce is brushed on the item during cooking.

bard: To cover an item with thin slices, sheets, or strips of fat, such as bacon or fat-back, to baste the item during roasting. The fat is usually tied on with butcher's twine.

barquette (Fr.): A boat-shaped tart or tartlet, which may have a sweet or savory filling.

baste: To moisten food during cooking with pan drippings, sauce, or other liquid. Basting prevents food from drying out, improves color, and adds flavor.

baton/batonnet (Fr.): Literally, "stick" or "small stick." Items cut into pieces somewhat larger than allumette or julienne; ¼ by ¼ in by 2 to 2½ in/6 by 6 mm by 5 to 6 cm is the standard measure for this cut.

béchamel: A white sauce made of milk thickened with white or pale roux and flavored with onion. It is one of the grand sauces.

binder: An ingredient or appareil used to thicken a sauce or hold together a mixture of ingredients.

blanch: To cook an item briefly in boiling water or hot fat before finishing or storing it. This sets the color and, if applicable, can make the skin easier to remove.

blood sausage: Also called black pudding or blood pudding, a sausage where the main ingredient is liquid blood.

bloom: To soften gelatin in lukewarm liquid before use. Also, to allow the casing on smoked sausage to darken at room temperature after smoking.

boil: A cooking method in which items are immersed in liquid at or above the boiling point of water (212°F/100°C).

botulism: A food-borne illness caused by toxins produced by the anaerobic bacterium *Clostridium botulinum*.

bouchée (Fr.): A small puff pastry shell that may be filled with meats, cheese, seafood, or even fruit. Served as an hors d'oeuvre or as a garnish on a larger entrée.

boucher (Fr.): Butcher.

bouillon (Fr.): Broth.

bouquet garni (Fr.): A small bundle of herbs tied with string. Used to flavor stocks, braises, and other preparations. Usually contains bay leaf, parsley, thyme, and possibly other aromatics wrapped in leek leaves.

braise: A cooking method in which the main item, usually a tough cut of meat, is seared in fat, then simmered in a specific quantity of stock or another liquid in a covered vessel, slowly tenderizing it by breaking down collagen.

brine: A solution of salt, water, and seasonings used to flavor and preserve foods.

brisket: A cut of beef from the lower forequarter, best suited for long-cooking preparations such as braising. Corned beef is cured beef brisket.

broil: A cooking method in which items are cooked by a radiant heat source placed above the food.

brunoise (Fr.): Small dice; ⅛ in/3 mm square is the standard measure for this cut. For a brunoise cut, items are first cut in julienne, then cut crosswise. A fine brunoise is ⅙ in/1.50 mm square; cut items first into fine julienne.

bubble knot: Also called a triple knot. Used to tie beef round, middle, and bung casings. A piece of casing is caught between the two first knots, and a third knot is used to lock the previous knots in place. A length of string is often left at the end for hanging.

buffet: A traditional mode of dining where people serve themselves from a table or sideboard. Buffet foods commonly include cold meat and cheese platters, pickled fish, salads, sandwiches, and desserts but have expanded to include action stations (see page 616).

bulk sausage: Sausage that is not contained in a casing. Sausages commonly found in bulk include breakfast sausage and Italian sausages meant to be used in pizzas or other dishes. Generally only fresh sausage is packaged in bulk.

bung cap/beef bung cap: Beef appendix, typically used for larger sausages such as bologna and mortadella. Generally 2 to 2½ ft/61 to 76 cm long with a diameter of about 4 to 6 in/10 to 15 cm, a beef bung can hold from 10 to 20 lb/4.54 to 9.07 kg of sausage.

butcher: A chef or purveyor responsible for butchering meats, poultry, and occasionally fish. In the brigade system, the butcher may also be responsible for breading meat and fish items and other mise en place operations involving meat.

butterfly: To cut an item (usually meat or seafood) and open out the edges like a book or the wings of a butterfly, to promote attractive appearance and even cooking. Butterflied cuts of meat can be stuffed, rolled, and tied as well.

C

canapé (Fr.): An hors d'oeuvre consisting of a small piece of bread or toast, often cut in a decorative shape, garnished with a savory spread or topping.

caramelization: The process of browning sugar in the presence of heat. The temperature range in which sugar begins to caramelize is approximately 320° to 360°F/160° to 182°C.

carryover cooking: Heat retained in cooked foods that allows them to continue cooking even after removal from the cooking medium; especially important to roasted foods. The internal temperature rises as the meat rests, a function of cooling as the meat or item seeks equilibrium of temperature.

casing: A synthetic or natural membrane (usually pig, beef, or sheep intestines) used to enclose sausage forcemeat.

cassoulet (Fr.): A stew of beans baked with pork or other meats, duck or goose confit, and seasonings.

caul fat: A fatty membrane from a pig or sheep that lines the stomach and resembles fine netting; used to bard roasts and pâtés and to encase sausage forcemeat.

cellulose: A complex carbohydrate; the main structural component of plant cells.

charcuterie (Fr.): The preparation of pork and other meat items, such as hams, terrines, sausages, pâtés, and other forcemeats that are usually preserved in some manner, such as smoking, brining, and curing.

chaud-froid (Fr.): Literally, “hot-cold.” A sauce that is prepared hot but served cold as part of a buffet display, usually as a decorative coating for meats, poultry, or seafood; classically made from béchamel, cream, or aspic.

cheesecloth: A light, fine-mesh gauze cloth used for straining liquids, for making sachets, and in many other kitchen operations, including cheese making.

chiffonade: Leafy vegetables or herbs cut into fine shreds; often used as a garnish.

chile: The fruit of certain types of capsicum peppers (not related to black pepper), used fresh or dry as a seasoning. Chiles come in many types (for example, jalapeño, serrano, poblano) and varying degrees of spiciness and heat, measured in Scoville units.

chili powder: Dried, ground, or crushed chiles, often including other ground spices and herbs.

chipolata: A small, spicy sausage usually made from pork or veal and stuffed into a sheep casing.

chitterlings: Hog middle intestines.

chop: To cut into pieces of roughly the same size. Also, a small cut of meat including part of the rib.

choucroute (Fr.): Sauerkraut; preserved cabbage with a sour flavor. Choucroute garni is sauerkraut garnished with various meats such as cured meats and sausages.

clarification: The process of removing solid impurities from a liquid (such as butter or stock). Also, a mixture of ground meat, egg whites, mirepoix, tomato purée, herbs, and spices used to clarify stock for consommé.

clarified butter: Butter from which the milk solids and water have been removed, leaving pure butterfat. Has a higher smoking point than whole butter but less butter flavor. Also known as ghee.

coagulation: The curdling or clumping of protein, usually due to the application of heat or acid.

coarse chop: To cut into pieces of roughly the same size; used for items such as mirepoix, where appearance is not important.

cold smoking: A procedure used to give smoked flavor to products without cooking them.

collagen: A fibrous protein found in the connective tissue of animals, which is used to make sausage casings as well as glue and gelatin. Breaks down into gelatin when cooked in a moist environment for an extended period of time.

collagen casing: Casings made from collagen that is usually obtained from animal hides. Collagen casings are easy to use and store and have the advantage of being uniform and consistent.

compote (Fr.): A dish of fruit (fresh or dried) cooked in syrup flavored with spices or liqueur.

compound butter: Whole butter combined with herbs or other seasonings and usually used to sauce grilled or broiled items, vegetables, or pastas, or as a spread for sandwiches and canapés.

concassé/concasser (Fr.): To pound or chop coarsely. Usually refers to tomatoes that have been peeled, seeded, and coarsely chopped.

condiment: An aromatic mixture, such as pickles, chutney, and some sauces and relishes, that accompanies food; usually kept on the table throughout service.

confit (Fr.): Preserved meat (usually goose, duck, or pork) cooked and preserved in its own fat.

confiture (Fr.): Referring to jam or preserves.

corned beef: Beef brisket preserved with salt and spices. The term *corned* refers to the corn-kernel-like appearance of chunks of salt spread over the brisket during the corning process.

cornichon (Fr.): A small, sour pickled cucumber.

cornstarch: A fine white powder milled from dried corn; used primarily as a thickener for sauces and occasionally as an ingredient in batters. Viscous when hot, gelatinous when cold.

coulis: A thick purée, usually of vegetables or fruit. (In historical usage, meat, fish, or shellfish purée; meat jus; or certain thick soups.)

country style: A forcemeat that is coarse in texture, usually made from pork, pork fat, liver, and various garnishes.

court bouillon (Fr.): Literally, “short broth.” An aromatic vegetable broth that usually includes an acidic ingredient, such as wine or vinegar; most commonly used for poaching fish.

crème fraîche (Fr.): Heavy cream cultured to give it a thick consistency and a slightly tangy flavor; used in hot preparations, as it is less likely to curdle when heated than sour cream or yogurt.

cross contamination: The transference of disease-causing elements from one source to another through physical contact.

croustade (Fr.): A small baked or fried edible container for meat, chicken, or other mixtures; usually pastry, but may be made from potatoes or pasta.

crouton (Fr.): A bread or pastry garnish, usually toasted or sautéed until crisp.

crudité (Fr.): Usually raw vegetables but sometimes fruit, served as an appetizer or hors d’oeuvre. Some vegetables may be blanched to improve taste and appearance.

cuisson (Fr.): Poaching liquid (stock, fumet, court bouillon, or other liquid) that may be reduced and used as a base for the poached item’s sauce.

cure: To preserve a food by salting. Also, the ingredients used to cure an item.

curing salt: A mixture of 94 percent table salt (sodium chloride) and 6 percent sodium nitrite used to preserve meats. Also known as Insta-cure #1. Curing salt is distinguished by its pink color.

curry: A mixture of spices used primarily in Indian cuisine; may include turmeric, coriander, cumin, cayenne or other chiles, cardamom, cinnamon, clove, fennel, fenu-greek, ginger, and garlic. Also, a dish seasoned with curry.

D

deglaze/déglaçer (Fr.): To use a liquid, such as wine, water, or stock, to dissolve food particles and/or caramelized drippings left in a pan after roasting or sautéing.

degrease/dégraïsser (Fr.): To skim the fat off the surface of a liquid, such as a stock or sauce, or to pour off excess fat from a sauté pan before deglazing.

demi-glace (Fr.): Literally, “half-glaze.” A mixture of equal proportions of brown stock and brown sauce, which is then reduced by half. One of the grand sauces.

dice: To cut ingredients into small cubes ($\frac{1}{8}$ in/3 mm for small or fine; $\frac{1}{4}$ in/6 mm for medium; $\frac{3}{4}$ in/2 cm for large are standard measures for these cuts).

drawn: A whole fish that has been scaled and gutted but still has its head, fins, and tail.

dressed: Prepared for cooking or service; a dressed fish is gutted and scaled, and its head, tail, and fins are removed (same as pan-dressed). Dressed poultry is plucked, drawn, singed, trimmed, and trussed. Also, coated with dressing, as in a salad.

drum sieve: A sieve consisting of a screen stretched across a shallow cylinder of wood or aluminum. Also known as a tamis.

dry cure: A combination of salts and spices used usually before smoking to process meats and forcemeats.

dumpling: Any of a number of small soft dough or batter items that are steamed, poached, or simmered (possibly on top of a stew); may be filled or plain.

duxelles (Fr.): An appereil of finely chopped mushrooms and shallots sautéed gently in butter.

E

egg wash: A mixture of beaten eggs (whole eggs, yolks, or whites) and a liquid, usually milk or water, used to coat baked goods before or during baking to give them a sheen or to enhance browning.

émincer (Fr.): To cut an item, usually meat, into very thin slices.

emulsion: A mixture of two or more liquids, one of which is a fat or oil and the other of which is water-based, so that tiny globules of one are suspended in the other. This may involve the use of stabilizers, such as egg or mustard. Emulsions may be temporary, permanent, or semipermanent.

en croûte (Fr.): Encased in a bread or pastry crust.

encapsulation: A preparation in which a base that sometimes includes alginate is dropped into a calcium solution, where it forms a pellicle or film. The center of the sphere-shaped capsule remains soft.

EP/edible portion: The weight of an item after trimming and preparation (as opposed to as-purchased weight, or AP).

F

facultative bacteria: Bacteria that can survive both with and without oxygen.

farce (Fr.): Forcemeat or stuffing (*farci* means “stuffed”).

fat: One of the basic nutrients used by the body to provide energy. Fats also provide flavor in food and give a feeling of fullness.

fatback: Pork fat from the back of the pig, used primarily for barding.

fermentation: The breakdown of carbohydrates into carbon dioxide gas and alcohol, usually through the action of yeast on sugar.

Fermento: A commonly used brand of dairy-based fermentation product for semidry fermented sausages, used to lower pH and give a tangy flavor.

fillet/filet (Fr.): A boneless cut of meat, fish, or poultry.

fine mesh strainer: A conical sieve made from fine metal mesh screen, used for straining and puréeing foods.

finest herbes (Fr.): A mixture of fresh herbs, usually equal parts by volume of parsley, chervil, tarragon, and chives.

foie gras (Fr.): The fattened liver of a force-fed duck or goose.

food-borne illness: An illness in humans caused by the consumption of an adulterated food product. In order for an outbreak of a food-borne illness to be considered official, it must involve two or more people who have eaten the same food and it must be confirmed by health officials.

food mill: A type of strainer with a crank-operated, curved blade; used to purée soft foods.

food processor: A machine with interchangeable blades and disks and a removable bowl and lid separate from the motor housing. It can be used for a variety of tasks, including chopping, grinding, puréeing, emulsifying, kneading, slicing, shredding, and cutting julienne.

forcemeat: A mixture of chopped or ground meat or seafood and other ingredients used for pâté, sausages, and other preparations.

fumet (Fr.): A type of stock in which the main flavoring ingredient is smothered with wine and aromatics; fish fumet is the most common type.

G

galantine (Fr.): Boned meat (usually poultry) that is stuffed into its own skin, rolled, poached, and served cold, usually in aspic.

garde manger (Fr.): Cold kitchen chef or station; the position responsible for cold food preparations, including salads, cold appetizers, and pâtés.

garnish: An edible decoration or accompaniment to a dish.

gelatin: A protein-based substance found in animal bones and connective tissue. When dissolved in hot liquid and then cooled, it can be used as a thickener or stabilizer.

gelatinization: A phase in the process of thickening a liquid with starch in which starch molecules swell to form a network that traps water molecules.

gherkin: A small pickled cucumber.

giblets: Organs and other trim from poultry, including the liver, heart, gizzard, and neck.

glace (Fr.): Reduced stock; ice cream; icing.

glaze: To give an item a shiny surface by brushing it with sauce, aspic, icing, or another appareil. For meat, to coat with sauce and then brown in an oven or salamander.

gratiné (Fr.): Browned in an oven or under a salamander (au gratin, gratin de). *Gratin* can also refer to a forcemeat in which some portion of the dominant meat is seared and cooled before grinding.

gravlax: Raw salmon cured with salt, sugar, and fresh dill. A regional dish of Scandinavian origin.

grill: A technique in which foods are cooked by a radiant heat source placed below the food. Also, the piece of equipment on which grilling is done. Grills may be fueled by gas, electricity, charcoal, or wood.

grill pan: An iron skillet with ridges that is used on the stovetop to simulate grilling.

grinder: A machine used to grind meat; ranges from small hand-operated models to large-capacity motor-driven models. Meat or other foods are fed through a hopper into the grinder, where the worm or auger pushes them into a blade. The blade cuts and forces the item through different size grinder plates. Care should be taken to keep the machine as clean as possible to lessen the chances of cross contamination.

grinder plates: Used to determine the texture of the ground meat, plates come in varying sizes, from as small as $\frac{1}{8}$ in/3 mm for fine-textured ground meat to as large as $\frac{3}{8}$ in/9 mm, used mostly to create garnishes for emulsion sausages.

Griswold: Brand name for a pot, similar to a rondeau, made of cast iron; may have a single short handle rather than the usual loop handles.

grosse pièce (Fr.): Literally, “large piece.” The main part of a pâté or terrine that is left unsliced and serves as a focal point for a platter or other display.

gumbo: A Creole soup-stew thickened with filé or okra.

H

haricot (Fr.): Bean. Haricots verts are thin green beans.

head cheese: A jellied meat product typically made from diced boiled pork head meat held together by the natural gelatin contained in the reduced stock left over from boiling the head. Garnished with pickles, pimientos, and parsley and flavored with vinegar.

hock: The lowest part of an animal's leg; could be considered the ankle. The most familiar example is ham hock.

hog casings: Casings are made from the small and middle hog intestine. Used for countless sausages, hog casings range in diameter from 1¼ to 1½ in/32 to 35 mm (used for bratwurst and Italian sausage) to 1½ to 1⅔ in/38 to 42 mm (used for Polish sausage and pepperoni). The type of hog casing used will depend on the intended application.

hors d'oeuvre (Fr.): Literally, "outside the work." Typically a small, one- to two-bite-size item that precedes the meal.

hot smoking: A technique used when a fully cooked smoked item is desired. Both cured and uncured items can be hot smoked. Smoking temperature and time will depend on the product.

hygiene: Conditions and practices followed to maintain health, including sanitation and personal cleanliness.

I

infusion: Steeping an aromatic or other item in liquid to extract its flavor. Also, the liquid resulting from this process.

instant-read thermometer: A thermometer used to measure the internal temperature of foods. The stem is inserted in the food, producing an instant temperature readout.

J

julienne (Fr.): Vegetables, potatoes, or other items cut into thin strips; ⅛ by ⅛ in by 1

to 2 in/3 by 3 mm by 3 to 5 cm is the standard measure for this cut. Fine julienne is ⅛ by ⅛ in by 1 to 2 in/1.50 by 1.50 mm by 3 to 5 cm.

jus (Fr.): Juice. Jus de viande is meat juice. Meat served au jus is served with its own juice.

jus lié (Fr.): Meat juice thickened lightly with arrowroot or cornstarch.

K

kosher: Prepared in accordance with Jewish dietary laws.

kosher salt: Pure, refined rock salt often preferred for pickling because it does not contain magnesium carbonate and thus it does not cloud brine solutions. Also used to kosher items. Also known as coarse salt or pickling salt.

L

lard: Rendered pork fat used for pastry and frying. Also the process of inserting strips of fat or seasonings into meat before roasting or braising to add flavor and succulence.

lardon (Fr.): A strip of pork fat, used for larding; may be seasoned. Also can mean a small strip of cooked bacon, commonly used as a garnish.

liaison (Fr.): A mixture of egg yolks and cream used to thicken and enrich sauces. Also, loosely applied to any apparel used as a thickener.

links: Segments of sausage created when a filled casing is twisted or tied off at intervals.

liquid smoke: Distilled and bottled smoke that can be used in place of actual smoking to provide a smoked flavor.

looped sausage: Also known as ring-tied sausages; kielbasa is an example of these longer sausages. Also refers to sausage made in beef round casings.

M

Maillard reaction: A complex browning reaction that results in the distinctive flavor and color of foods that do not contain much sugar, including roasted meats. The reaction, which involves carbohydrates and amino acids, is named after the French scientist who first discovered it. There are low-temperature and high-temperature Maillard reactions; high temperature is considered to be 310°F/154°C and above.

mandoline (Fr.): A slicing device of stainless steel with carbon-steel blades. The blades may be adjusted to cut items into various cuts and thicknesses.

marbling: The intramuscular fat found in meat that makes it tender and juicy when cooked.

marinade (Fr.): An appareil used before cooking to flavor and moisten foods; may be liquid or dry. Liquid marinades are usually based on an acidic ingredient, such as wine or vinegar; dry marinades are usually salt- or spice-based.

mayonnaise: A cold emulsion sauce made of oil, egg yolks, vinegar, mustard, and seasonings.

medallion (Fr.): A small, round disk-shaped cut of meat.

mesophilic: A term used to describe bacteria that thrive at middle-range temperatures, between 60° and 100°F/16° and 43°C.

microgreens: Seedlings of various herbs, greens, and vegetables that are typically used in salads or as a garnish.

mie de pain (Fr.): Fresh white bread crumbs made from the soft part of bread (not the crust).

mince: To chop into very small pieces.

mirepoix (Fr.): A combination of chopped aromatic vegetables—usually two parts onion, one part carrot, and one part celery—used to flavor stocks, soups, braises, and stews.

mise en place (Fr.): Literally, “put in place.” The preparation and assembly of ingredients, pans, utensils, and plates or serving pieces needed for a particular dish or service period.

molasses: The dark brown, sweet syrup that is a by-product of sugarcane refining.

mousse (Fr.): A dish made with beaten egg whites and/or whipped cream folded into a flavored base appareil; may be sweet or savory, and should be foamy or frothy. Can be made with cooked items, bound with gelatin, and served cold.

mousseline (Fr.): A very light forcemeat based on white meats or seafood lightened with cream and eggs.

N

napper/nappé (Fr.): To coat with sauce. Also, thickened.

new potato: A small, waxy potato that is usually prepared by boiling or steaming and is often eaten with its skin. Refers to new harvest; not always small but with very thin skin.

O

offal: Variety meats including head meat, tail, and feet as well as organs such as brain, heart, kidneys, lights (lungs), sweetbreads, tripe, and tongue.

oignon piqué (Fr.): Literally, “pricked onion.” A whole, peeled onion to which a bay leaf is attached using a clove as a tack; used to flavor béchamel sauce and some soups.

organ meat: Meat from an organ, rather than the muscle tissue, of an animal.

P

panada (It.): An appareil based on starch (such as flour or crumbs), moistened with a liquid; used as a binder.

parchment: Heat-resistant paper used to line baking pans, cook items en papillote, construct pastry cones, and cover items during shallow poaching.

parcook: To partially cook an item before storing or finishing by another method; may be the same as blanching.

pâte (Fr.): Pastry or noodle dough.

pâté (Fr.): A rich forcemeat of meat, game, poultry, seafood, and/or vegetables, baked in pastry or in a mold or dish.

pâte à choux (Fr.): Cream-puff paste, made by boiling a mixture of water, butter, and flour, then beating in whole eggs. (Also known as choux paste.)

pâte brisée (Fr.): Short (rich) pastry for pie crusts.

pâté de campagne: Country-style pâté, with a coarse texture.

pâté en croûte: Pâté baked in a pastry crust.

paysanne/fermier cut: A knife cut in which ingredients are cut into flat, square pieces; ½ by ½ by ⅛ in/1 by 1 by 3 mm is the standard measure for this cut.

pellicle: A sticky “skin” that forms on the outside of produce, salmon, sausage, or meats through air drying and helps smoke particles adhere to the food, resulting in better, more evenly smoked product.

pesto (It.): A thick, puréed mixture of an herb (traditionally basil) and oil used as a sauce for pasta and other foods and as a garnish for soup. Pesto may also contain grated cheese, nuts or seeds, and other seasonings.

pH scale: A scale with values from 0 to 14 representing degree of acidity. A measurement of 7 is neutral, 0 is most acidic, and 14 is most alkaline. Chemically, pH measures the concentration/activity of the element hydrogen.

phyllo: Flour-and-water dough rolled into very thin sheets; layered with butter and/or crumbs to make pastries. Also known as filo.

pickling spice: A mixture of herbs and spices used to season pickles; often includes dill seed, coriander seed, cinnamon stick, peppercorns, and bay leaves.

pilaf: A technique for cooking grains in which the grain is sautéed briefly in butter, then simmered in stock or water with various seasonings. Also known as pilau, pilaw, pul-lao, and pilav.

pincé (Fr.): To caramelize an item by sautéing; usually refers to a tomato product.

poach: A method in which items are cooked gently in liquid at 160° to 180°F/71° to 80°C.

prosciutto: A dry-cured ham. True prosciutto comes from Parma, Italy, although variations can be found throughout the world.

purée (Fr.): To process food by mashing, straining, or chopping very fine in order to make it into a smooth paste. Also, a product made using this technique.

Q

quenelle (Fr.): A light, poached dumpling based on a forcemeat (usually chicken, veal, seafood, or game) bound with eggs and typically shaped into an oval.

R

ramekin: A small, ovenproof dish, usually ceramic (French, ramequin).

reduce: To decrease the volume of a liquid by simmering or boiling; used to provide a thicker consistency and/or concentrated flavors and color.

reduction: The product that results when a liquid is reduced.

refresh: To plunge an item into, or run under, cold water after blanching to prevent further cooking. Also referred to as shocking.

render: To melt fat and clarify the drippings for use in sautéing or pan frying.

rennet: An enzyme used in cheese making to turn milk into cheese; usually taken from the stomach lining of a calf or reproduced chemically in a laboratory.

roast: A dry-heat cooking method in which items are cooked in an oven or on a spit over a fire.

roe: Fish or shellfish eggs.

roulade (Fr.): A slice of meat or fish rolled around a stuffing. Also, filled and rolled sponge cake.

S

sachet d'épices (Fr.): Literally, “bag of spices.” Aromatic ingredients encased in cheesecloth that are used to flavor stocks and other liquids. A standard sachet contains parsley stems, cracked peppercorns, dried thyme, bay leaf, and sometimes garlic.

salé (Fr.): Salted or pickled.

salt cod: Cod that has been salted and dried to preserve it. Also referred to as baccalà or bacalao.

sanitation: The practice of preparation and distribution of food in a clean environment by healthy food workers.

sanitize: To kill pathogenic organisms by chemicals and/or moist heat.

sauté: A cooking method in which naturally tender items are cooked quickly in a small amount of fat in a pan on the stovetop.

sauteuse (Fr.): A shallow skillet with sloping sides and a single long handle; used for sautéing. Often referred to as a sauté pan.

savory: Not sweet. Also, the name of a course served after dessert and before port in traditional British meals. Also, a family of herbs (including summer and winter varieties).

scald: To heat a liquid, usually milk or cream, to just below the boiling point. May also refer to blanching fruits and vegetables.

score: To cut the surface of an item at regular intervals to allow it to cook or cure evenly.

sea salt: Salt produced by evaporating seawater. Available refined or unrefined, crystallized or ground. Also, sel gris, French for “gray salt.”

sear: To brown the surface of food in fat over high heat before finishing by another method (for example, braising) to add flavor and color.

shallow poach: A method in which items are cooked gently in a shallow covered pan of simmering liquid. The liquid can then be reduced and used as the basis of a sauce.

sieve: A container made of a perforated material, such as wire mesh, used to drain, rice, or purée foods. Also known as a tamis.

silverskin: The tough, connective tissue that surrounds certain muscles.

simmer: To maintain the temperature of a liquid just below boiling. Also, a cooking method in which items are cooked in simmering liquid.

slurry: Starch (flour, cornstarch, or arrowroot) dispersed in cold liquid to prevent it from forming lumps when added to hot liquid as a thickener.

smearing: A fault in sausages; if sausage is processed at too high a temperature, fat will soften and become smeared throughout the sausage. Smeared fat has a tendency to leak out of the sausage and leave it dry.

smoke roasting: A method for roasting foods in which items are placed on a rack in a pan containing wood chips that smolder and emit smoke when the pan is placed on the range top or in the oven.

smoking: Any of several methods for preserving and flavoring foods by exposing them to smoke. Methods include cold smoking (in which smoked items are not fully cooked), hot smoking (in which the items are cooked), and smoke roasting.

smoking point: The temperature at which a fat begins to smoke when heated.

smørrebrød: A classic Swedish manner of dining, where guests serve themselves from a table laden with food; one of the earliest forms of buffet.

sodium: An alkaline metal element necessary in small quantities for human nutrition; one of the components of most salts used in cooking.

sodium nitrate: Used in curing meat products that are not going to be heated by cooking, smoking, or canning.

sodium nitrite: Used in curing meat products that are going to be heated by either cooking, smoking, or canning.

stabilizer: An ingredient (usually a protein or plant product) that is added to an emulsion to prevent it from separating (for example, egg yolk, cream, or mustard). Also, an ingredient, such as gelatin, that is used in various desserts to prevent them from separating (for example, in Bavarian creams).

standard breading procedure: The procedure in which items are dredged in

flour, dipped in beaten egg, then coated with crumbs before being pan fried or deep fried.

stock: A flavorful liquid prepared by simmering bones and/or vegetables in water with aromatics until their flavor is extracted. It is used as a base for soups, sauces, and other preparations.

straight forcemeat: A forcemeat combining pork and pork fat with another meat made by grinding the mixture together.

sweetbreads: The thymus glands of young animals, usually calves but possibly lambs. Usually sold in pairs of lobes.

T

table salt: Refined, granulated rock salt. May be fortified with iodine and treated with magnesium carbonate to prevent clumping.

tapas: Small hors d'oeuvre that are thought to have originated in Spain. The varieties of tapas are numerous and are meant to give just a taste of the dish.

tart: A shallow pie without a top crust; may be sweet or savory.

tartlet: A small, single-serving tart.

temper: To heat gently and gradually. May refer to the process of incorporating hot liquid into a liaison to gradually raise its temperature. May also refer to the proper method for working with chocolate.

tenderloin: A cut of tender, expensive meat from the loin or hind quarter, usually beef or pork

terrine (Fr.): A loaf of forcemeat, similar to a pâté but cooked in a covered mold in a bain-marie. Also, the mold used to cook such items, usually a loaf shape made of ceramic.

thermophilic: Heat-loving; describes bacteria that thrive within a temperature range of 110° to 171°F/43° to 77°C.

timbale (Fr.): A small, pail-shaped mold used to shape rice, custards, mousselines, and other items. Also, a preparation made in such a mold.

tomalley: Lobster liver, which is olive green in color and turns red when cooked or heated.

total utilization: The principle advocating the use of as much of a product as possible in order to reduce waste and increase profits.

trichinella spiralis: A spiral-shaped parasitic worm that invades the intestines and muscle tissue; transmitted primarily through infected pork that has not been cooked sufficiently.

trichinosis: The disease transmitted by *Trichinella spiralis*.

tripe: The edible stomach lining of a cow or other ruminant. Honeycomb tripe, the most popular, comes from the second stomach and has a honeycomb-like texture.

truss: To tie up meat or poultry with string before cooking it in order to give it a compact shape for more even cooking and better appearance.

V

variety meat: Meat from a part of an animal other than the muscle; for example, organs.

velouté (Fr.): A sauce of white stock (chicken, veal, or seafood) thickened with blond or pale roux; one of the grand sauces. Also, a cream soup made with a velouté sauce base and flavorings (sometimes puréed) that is usually finished with a liaison.

venison: Originally meat from large game animals; now specifically refers to deer meat.

verjus: The sour juice of unripened fruit, typically grapes or apples.

vertical chopping machine (VCM): A machine similar to a blender that has rotating blades used to grind, whip, emulsify, or blend foods.

vinaigrette (Fr.): A cold sauce of oil and vinegar, usually with flavorings; it is a temporary emulsion sauce. The standard proportion is three parts oil to one part vinegar.

W

whip: To beat an item, such as cream or egg whites, to incorporate air. Also, a special tool. A whisk for whipping made of looped wire attached to a handle.

white mirepoix: Mirepoix that does not include carrots and may include parsnips and chopped mushrooms or mushroom trimmings; used for pale or white sauces and stocks.

white stock: A light-colored stock made with bones and/or vegetables that have not been browned.

Y

yeast: Microscopic fungus whose metabolic processes are responsible for fermentation; used for leavening bread and in making cheese, beer, and wine.

yogurt: Milk cultured with bacteria to give it a slightly thick consistency and sour flavor.

Z

zest: The thin, brightly colored outer part of citrus rind. It contains volatile oils, making it ideal for use as a flavoring.

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RECIPE INDEX

A

- Acar Jawa* (Javanese Pickled Vegetables), 598
- Aïoli, 36
in Chicken Sandwich, Grilled, with Pancetta and Arugula on Focaccia, 180
Saffron, 36
- Air-Dried Meats
Bacon, Basic, 234–235
Beef, Roman-Style, 241
Beef Jerky, 224–225
Pancetta, 240
- Almond(s)
in Empanadas, Pork Picadillo, 524
-Fig Vinaigrette, 35
Toasted, 571
Toasted, Goat Cheese, Baked, with Garden Lettuces, Roasted Figs, Pears and, 147
- Ancho Chile(s)
-Apricot Barbecue Sauce, 65
with Feta, Whipped, 344, 345–346
Paste, 226
Pork Tenderloin, Chile-Rubbed, 226
in Romesco Sauce, Hazelnut, 63
- Anchovy Butter, 647
- Andouille Sausage, Cajun, 281
- Appetizers/Hors d'Oeuvre. *See also* Canapé(s); Dips and Spreads; Skewered Hors d'Oeuvre; Sushi
- Almonds, Toasted, 571
Beef Carpaccio, 456
BLT Hors d'Oeuvre, 502
Camembert Crisps, 533
Cashews, Spicy Curried, 570
Cheese Sticks, 492
Chicken Cones, Hot and Crunchy, 566
Crab Cakes, 549
Crabmeat Rolls with Infused Pepper Oils, Fried Ginger, and Tamari-Glazed Mushrooms, 476
Croquetas, 550
Custard, Sage and Fava Bean, with Shaved Asparagus and Meyer Lemon with Crispy Egg, 485–486
Custard, Shallot, Roasted, 482
Dates, Pancetta-Wrapped, Stuffed with Manchego Cheese and Mint, 511
Dim Sum with Chili Sauce, 551
Duck Confit with Frisée and Roasted Shallot Vinaigrette, 468
Duck Confit and White Bean Hash Cake with Cipollini Onion Marmalade, 498–499
Duck, Smoked Breast of, Niçoise-Style, 467
Empanada, Pork and Pepper, 464
Empanadas, Pork Picadillo, 524
Escabèche of Tuna, 459
Foie Gras Mousse and Rhubarb Compote Barquettes, 564
Foie Gras Roulade with Roasted Beet Salad and Smoked Duck Breast, 479
Gnocchi di Ricotta, 471
Goat Cheese in Phyllo Dough, Herbed, 455
Gougères, 490
Granité, Celery, 487
Granité, Cucumber, 487
Granité, Lime, 489
Grape Leaves, Stuffed, 537
Grapes Rolled in Bleu de Bresse, 542
Lobster and Truffle Salad, 478
Mussels with Olives (*Mejillones al Estilo de Laredo*), 568
Napoleon, Watermelon Gelée, Crab and Avocado, with Tomato Vinaigrette, 481
Nuts, Spiced Mixed, 569
Oysters, Kumamoto, Spoon of, and Apple Mint Gelée, 563
Palmiers, Parmesan and Prosciutto, 492
Parmesan Crisps and Truffled Goat Cheese, 565
Peanuts, Chili-Roasted, with Dried Cherries, 570
Pecans, Candied, 571
Phyllo Rolls, Asparagus, Prosciutto, and Parmesan, 495
Phyllo Triangles, Camembert and Dried Apple and Fig, 534–535
Pissaladière, 522
Pizza, Goat Cheese, 520
Pizzas, Mini, 520
Popovers, Stilton, Mini, 533
Pork Belly, Crispy Braised, with French Lentils and Aged Balsamic Vinegar, 470–471
Potato Crêpes with Crème Fraîche and Caviar, 540
Profiteroles, 493
Profiteroles, Duck Rillettes in, 500
Quail Eggs, and Lobster Medallion in Champagne Emulsion, Spoon of, 560
Quesadillas, Lobster, Small Seared, and Vegetable, 523
Quesadillas, Shrimp and Avocado, 473
Risotto Croquettes, 531
Risotto and Pancetta Cakes with Sun-Dried Tomato Pesto, 532
Salsa Cruda di Tonno, 458
Sea Scallops, Seared, with Artichokes and Peperonato, 477
Shrimp Cakes with Rémolade Sauce, 474
Shrimp with Garlic (*Gambas al Ajillo*), 569
Shrimp, Pickled, 541
Shrimp Salad, Mango Curry, in Wonton Cups, 552
Smoked Salmon Mousse Barquettes, 500
Sorbet, Tomato-Basil, 489
Spanakopita, 536
Strudel, Fennel and Chorizo, 460
Strudel, Seafood, with Lobster-Infused Oil, 462–463
Tartlets, Sun-Dried Tomato and Goat Cheese, 504
Tartlets, Wild Mushroom, Creamed, 501
Tempura, Shrimp, 530
Tempura, Vegetable, 530
Tomatoes, Marinated, with Mozzarella, 466
Tomato Gelée and Crayfish, Shot Glass with, 555
Tuna with Capers and Olive Oil, 541
Tuna Tartare with Avocado Mousse and Chilled Tomato Soup, 556
Vegetable Appetizer, Grilled, with Balsamic Vinaigrette, 465
Wontons, Fried, 526–527
Wontons, Steamed, with Shrimp, 529
Yorkshire Pudding with Duck Ragoût, 496–497
- Apple(s)
and Blood Sausage, 294
Chips, 154
Chutney, 587
Compote, Granny Smith, 592
in Cucumber, Watercress, and Brie with Apricot Chutney on Walnut Bread, 199
Dried, and Camembert and Fig Phyllo Triangles, 534–535
Duck Confit with Brie and, on a Baguette, 176

Apple(s), *continued*
 -Endive Salad Wrapped in Prosciutto, 109
 Mint Gelée, Spoon of Kumamoto Oysters and, 563
 Apple and Blood Sausage, 294
 Apple Cider Vinaigrette, 29
 Apricot(s)
 -Ancho Barbecue Sauce, 65
 -Cherry Chutney, 585
 Chutney with Cucumber, Watercress, and Brie on Walnut Bread, 199
 Relish, Dried, 589
 Artichoke(s)
 Caponata, 48
 and Fennel Salad, 123
 Lamb, Seared, and Mushroom Terrine, 342-343
 in Portobello Mushroom Terrine, Grilled, 344-346
 preparing/cutting, 661
 Salad, Hearts of, 121
 Sea Scallops, Seared, with Peperonato and, 477
 Arugula
 Chicken Sandwich, Grilled, with Pancetta and, on Focaccia, 180
 Herb Salad, Spring, 108
 Salad, Warm, of Hearty Greens, Blood Oranges, and Tangerine-Pineapple Vinaigrette, 155
 Asian(-Style)
 Barbecue Sauce, Wrapped Shrimp with, 539
 Dipping Sauce, 54
 Duck Breasts, Tea-Smoked Moulard, 232
 Duck Galantine, Roasted, 360
 Noodle Salad, Shrimp Terrine with, 334-335
 Asparagus
 in Couscous and Curried Vegetable Salad, 140
 Prosciutto, and Parmesan Phyllo Rolls, 495
 and Prosciutto Canapés, 505
 Shaved, and Meyer Lemon, Sage and Fava Bean Custard with Crispy Egg and, 485-486
 Aspic. *See also* Gelée
 Aspic, 67
 Pâté Grand-Mère, 320
 Terrine of Roasted Pheasant, 348
 Terrine, Seared Lamb, Artichoke, and Mushroom, 342-343
 Avocado
 Brie, Sprouts, and Country Bacon on Croissant, 198
 and Crab, Salad of, 144
 Guacamole, 56

Mousse, Tuna Tartare with Chilled Tomato Soup and, 556
 in Seafood Cocktail, Mexican, 559
 and Shrimp Quesadillas, 473
 Spinach, Baby, and Grapefruit Salad, 111
 Spread, 164-165
 Sushi Maki, 544, 545
 Tomato, and Corn Salad, 148
 Watermelon Gelée, and Crab Napoleon with Tomato Vinaigrette, 481

B

Baba Ghanoush, 57
 Bacon. *See also* Pancetta
 Avocado, Brie, Sprouts and Country Bacon on Croissant, 198
 BLT Hors d'Oeuvre, 502
 in Club Sandwich, Turkey, 181
 in German Potato Salad, 130
 and Grape Confit, 248
 Lamb Brochettes with Mint Pesto, 516
 in Parson's Garden Salad, 107
 Scallop Burgers, Mini, Bacon-Crusted, 164-165
 and Shrimp, Barbecued, 503
 in Shrimp, Wrapped, with Asian Barbecue Sauce, 539
 Bacon, Smoked
 Brown Sugar-Cured, 235
 Canadian, 235
 Dry Cure, Basic, 234-235
 Honey-Cured, 235
 Maple-Cured, 235
 Baguette(s). *See also* Bruschetta
 in *Bahn Saigon* (Saigon Subs), 186-187
 in Chicken Salad Sandwiches, Curried Open-Faced, 189
 Duck Confit with Apples and Brie on a, 176
 in Tuna with Capers and Olive Oil, 541
Bahn Saigon (Saigon Subs), 186-187
 Balsamic Vinaigrette, 27, 344-345
 Grilled Vegetable Appetizer with, 465
 Port Wine, 27
 Balsamic Vinegar, Aged, Crispy Braised Pork Belly with French Lentils and, 470-471
 Barbecue(d)
 Dry Rub, 239
 Pork Butt, Carolina, 239
 Shrimp and Bacon, 503
 Spice Mix, 638
 Barbecue Sauce
 Apricot-Ancho, 65
 Asian, Wrapped Shrimp with, 539
 Southwestern, 66
 Barley-Lentil Burgers, Mini, with Fiery Fruit Salsa, 178-179
 Barquettes
 Foie Gras Mousse and Rhubarb Compote, 564
 Smoked Salmon Mousse, 500

Basil
 Corona Bean Salad with, 133
 Oil (Basic Herb Oil), 607
 in Pâté Spice, 641
 in Pesto, 52
 in Pesto, Sun-Dried Tomato, 53
 in Tomato Salad, Marinated, 127
 -Tomato Sorbet, 489
 and Tomato Soup, Cold Roasted, 72
 Bean(s). *See also* Chickpeas; Haricots Verts; Lentil(s)
 Black, and Papaya Salsa, 43
 Black, Salad, 142
 Borlotti, Red, Salad with Rosemary, 133
 Corona, Salad with Basil, 133
 Corona, Salad with Basil, and Grilled Baby Octopus, 150-151
 Edamame Soup, Chilled, 76
 Fava, in Falafel in Pita Pockets, 175
 Fava, and Sage Custard with Shaved Asparagus and Meyer Lemon with Crispy Egg, 485-486
 Green, in Pickled Vegetables, Javanese (*Acar Jawa*), 598
 Mixed, and Grain Salad, 134
 White, and Duck Confit Hash Cake with Cipollini Onion Marmalade, 498-499
 Beef
 Air-Dried Roman-Style, 241
 Aspic, 67
 Bologna, 284
 Brine, Meat, Basic, 214
 Carpaccio, 456
 Chinese Skewered Bites, 528
 Corned, in Reuben Sandwich, 173
 Frankfurter, 283
 in Garlic Sausage, French, 286
 Hamburgers, Mini, 164
 Jerky, 224-225
 in Landjäger, 278-279
 Meatballs with Chili Dipping Sauce, 513
 Negimaki, 515
 Roast Beef, Brie, and Caramelized Onion Sandwiches, 197
 Sausage, Summer, 277
 Smoke-Roasted Sirloin of, 238
 Steak Tartare Canapé, 503
 Stock, White, 643
 Tenderloin, Chile-Rubbed, 226
 Beer Mustard with Caraway Seeds, 582
 Beet(s)
 Borscht, Chilled Clear, 82
 Chips, Vegetable, Assorted, 601
 Chutney, 586
 and Horseradish Cure, Norwegian, 216
 Salad, Roasted, 118
 Salad, Roasted, Foie Gras Roulade with Smoked Duck Breast and, 479
 Spiced, in Smørrebrød Leverpostej, 323
 Vinaigrette, 33

- Bell Pepper(s). *See* Pepper(s); Red Pepper(s); Yellow Pepper(s)
 - Bisque, Coconut and Pineapple, Caribbean, 81
 - Black Bean
 - Salad, 142
 - Salsa, and Papaya, 43
 - Blitz Puff Pastry. *See* Puff Pastry, Blitz
 - Blood Orange(s)
 - Salad of Hearty Greens, Warm, Tangerine-Pineapple Vinaigrette and, 155
 - Vinaigrette, 34
 - Blood Sausage, Apple and, 294
 - BLT Hors d'Oeuvre, 502
 - Blue Cheese
 - Dressing, Maytag, Reduced-Fat, 40
 - Grapes Rolled in Bleu de Bresse, 542
 - Mousse, 512
 - and Pecan Crackers, 604
 - Bok Choy, in Dim Sum with Chili Sauce, 551
 - Bologna, 284
 - Ham, 284
 - Borlotti Bean Salad, Red, with Rosemary, 133
 - Borscht, Chilled Clear, 82
 - Bourbon-Smoked Turkey Breast, 230
 - Bratwurst
 - Fine Swiss, 287
 - German, 272
 - Braunschweiger, 291
 - Bread Crumbs, 665
 - breading procedure, standard, 665
 - Bread Dough
 - Brioche, 656
 - Focaccia, 654
 - Pita, Whole Wheat, 657
 - Bread Pudding, 246–247
 - Breads. *See* Bruschetta; Crackers; Croutons; Sandwich(es)
 - Bread Salad
 - Fattoush, 135
 - Panzanella, Fall, 136
 - Peanut, Georgia, 110
 - Breakfast Sausage, 268
 - Brie
 - Avocado, Sprouts, and Country Bacon on Croissant, 198
 - BLT Hors d'Oeuvre, 502
 - Cucumber, and Watercress with Apricot Chutney on Walnut Bread, 199
 - Duck Confit with Apples and, on a Baguette, 176
 - Roast Beef, and Caramelized Onion Sandwiches, 197
 - Brine
 - Duck, 231
 - Fish, Basic, 215
 - Meat, Beef and Pork, 214
 - in Pickles, Half-Sour, 594
 - Poultry, Basic, 214
 - Rainbow Trout, Hot-Smoked, 228
 - Seafood, Basic, 214
 - in Shrimp, Smoked, and Lentil Terrine, 325–326
 - Brioche
 - Dough, 656
 - New England Lobster Roll, 182
 - Broccoli, in Pickled Vegetables, Javanese (*Acar Jawa*), 598
 - Brochettes. *See also* Skewered Hors d'Oeuvres
 - Lamb, with Mint Pesto, 516
 - Brown Sugar-Cured Bacon, 235
 - Bruschetta
 - Fig and Walnut, 191
 - with Tomatoes, Oven-Roasted, and Fontina, 190
 - Buffalo Chicken Salad, 149
 - Bulgur
 - in Bean and Grain Salad, Mixed, 134
 - in Tabbouleh Salad, 131
 - Burgers, Mini
 - Hamburgers, 164
 - Lentil-Barley, with Fiery Fruit Salsa, 178–179
 - Mushroom, with Caramelized Onions, 166–167
 - Scallop, Bacon-Crusted, 164–165
 - Butter(s)
 - Anchovy, 647
 - Garlic and Parsley Compound, 63
 - Horseradish, 647
 - Roquefort, and Red Pear Tea Sandwiches, 193
 - Butternut Squash, in Panzanella Salad, Fall, 136
- C**
- Cabbage
 - Coleslaw, 126
 - in Dim Sum with Chili Sauce, 551
 - in Israeli Couscous and Heirloom Grains, 132
 - Slaw, Mango, 566
 - in Vegetable Stock, 642
 - in Wontons, Fried, 526–527
 - Caesar Salad, 114
 - Cajun(-Style)
 - Andouille Sausage, 281
 - Smoked Pork (*Tasso*), 236
 - Spice Blend, 639
 - Spice Mix, 281
 - Camembert, 390–391
 - Apple, Dried, and Fig Phyllo Triangles, 534–535
 - Crisps, 533
 - Canadian Bacon, 235
 - Canapé(s)
 - Asparagus and Prosciutto, 505
 - Fig and Prosciutto, 508
 - Prosciutto and Melon, 507
 - Shrimp, Smoked, 192
 - Steak Tartare, 503
 - Candied Pecans, 571
 - Cantaloupe
 - and Champagne Soup, Chilled, 79
 - Prosciutto and Melon Canapé, 507
 - Capers
 - Salmon, Marinated, with Fennel, Crème Fraîche and, on Pumpernickel Bread, 196
 - in Tapenade, 60
 - Tuna with Olive Oil and, 541
 - Caponata
 - Artichoke, 48
 - Eggplant, 49
 - Caraway (Seeds)
 - Alpine-Style Cheese, -Flavored, 399
 - Beer Mustard with, 582
 - Caribbean Coconut and Pineapple Bisque, 81
 - Carolina Barbecued Pork Butt, 239
 - Carpaccio, Beef, 456
 - Carrot(s)
 - in Buffalo Chicken Salad, 149
 - Chips, Assorted Vegetable, 601
 - in Coleslaw, 126
 - in Court Bouillon, 560, 645
 - Pickled Vegetables, Javanese (*Acar Jawa*), 598
 - in Soba Noodle Salad, 139
 - Soup, Cold, 73
 - in Sushi Maki, 544, 545
 - in Vegetable Stock, 642
 - Cashews, Spicy Curried, 570
 - Cauliflower
 - in Couscous and Curried Vegetable Salad, 140
 - in Pickled Vegetables, Javanese (*Acar Jawa*), 598
 - Caviar
 - Faux, 70
 - Potato Crêpes with Crème Fraîche and, 540
 - Celeriac Crisps, 606
 - Celery
 - in Court Bouillon, 560
 - Grانيتé, 487
 - in Vegetable Stock, 642
 - Cervelle de Canut, 59
 - Champagne
 - and Cantaloupe Soup, Chilled, 79
 - Emulsion, Quail Eggs and Lobster Medallion in, Spoon of, 560
 - Chaud-Froid Sauce, 67
 - Cheddar
 - in Avocado, Tomato, and Corn Salad 148
 - and Walnut Icebox Crackers, 604

- Cheese. *See also* Cheese making; specific cheeses
 Cerveille de Canut, 59
 Croque Madame, 167
 Croque Monsieur, 167
 Croutons, 666
 Gougères, 490
 Italian Sausage with, 271
 Monte Cristo, 167
 in Muffuletta, 188
 Quesadillas, Shrimp and Avocado, 473
 in Reuben Sandwich, 173
 Sticks, 492
- Cheese making
 Alpine-Style Cheese, 398-399
 Alpine-Style Cheese, Caraway-Flavored, 399
 Camembert, 390-391
 Crème Fraîche, 389
 Farmhouse-Aged Cheese, 392
 Farmhouse-Aged Cheese, Peppered, 392
 Fromage Blanc, 388
 Goat's Milk Cheese, Fresh, Semi-Lactic-Set, 393
 Mascarpone, 390
 Mozzarella, 394-395
 Ricotta, 386-387
 Tomme-Style Cheese, 396-397
- Cherry(ies)
 -Apricot Chutney, 585
 Dried, Chili-Roasted Peanuts with, 570
 Dried, Pistachios, and Duck Terrine, 330
 Pickled, 595
 Soup, Chilled, Morello Cherry, 80
- Cherry Tomato(es)
 in Avocado, Tomato, and Corn, 148
 in Chicken Salad, Southern Fried, 157
 in Greek Salad with Feta Cheese and Whole Wheat Pita, 113
 Vinaigrette, 32
- Chicken
 Chinese Skewered Bites, 528
 Cones, Hot and Crunchy, 566
 Croque Madame, 167
 Galantine, 363
 in Mushroom Terrine, 347
 Rillettes, Smoked, 249
 Salad, Buffalo, 149
 Salad, Crème Fraîche, 143
 Salad, Southern Fried, 157
 Sandwiches, Salad, Curried Open-Faced, 189
 Sandwich, Grilled, with Pancetta and Arugula on Focaccia, 180
 Sausage, and Vegetable, 290
 Stock, 643
 Terrine, and Crayfish, 337
 Terrine, and Foie Gras, in Gelée, 340
 Terrine, Poached, 349
- Chicken Liver
 Pâté, 322
 Pâté de Campagne, 321
 Pâté Grand-Mère, 320
 Pâté, Smoked, 322
 in Smørrebrød Leverpostej, 323
- Chickpeas
 in Bean and Grain Salad, Mixed, 134
 in Curried Vegetable and Couscous Salad, 140
 in Hummus, 60
- Chile(s). *See also* Ancho Chile(s); Chipotle; Jalapeño(s); Poblano
 Chutney, Red Chile, 585
 Dipping Sauce, Chili, Meatballs with, 513
 Dried, in Curry Powder, 640
 dried, toasting, 663
 Fruit Salsa, Fiery, 178
 Mustard, Green Chile, Southwestern Spicy, 580
 in Papaya Salad, Green, Thai-Style, 143
 Paste, 226
 in Salsa Verde, 42
 Sauce, Chili, 551
 Sausage, Green Chile, 269
 Tenderloin, -Rubbed, 226
- Chili-Roasted Peanuts with Dried Cherries, 570
- Chinese Five-Spice Powder, 638
 Chinese Skewered Bites, 528
 Chipolata, 287
- Chipotle
 in Barbecue Sauce, Southwestern, 66
 in Pico de Gallo, 45
 -Sherry Vinaigrette, 31
 -Sherry Vinaigrette, in Avocado, Tomato, and Corn Salad, 148
- Chips
 Apple, 154
 Vegetable, Assorted, 601
- Chive(s)
 Fines Herbes, 640
 in Green Goddess Dressing, 38
 Herb Salad, Spring, 108
 Oil, 607
- Chorizo
 Colombian, 282
 Dried, 297
 and Fennel Strudel, 460-461
- Chutney
 Apple, 587
 Apricot-Cherry, 585
 Apricot, with Cucumber, Watercress, and Brie on Walnut Bread, 199
 Beet, 586
 Chile, Red, 585
 Mango, 552
 Mango, Spicy, 584
 Papaya, 588
- Cilantro
 in Black Bean Salad, 142
 in Green Papaya Salad, 186
 in Pico de Gallo, Chipotle, 45
 in Salsa Fresca, 45
 in Salsa Verde, 42
 in Tomato Pâté Dough, 650
- Cinnamon
 Oil, 608
 Pork Pâté, Vietnamese, 186
 in Quatre Épices, 639
- Cipollini Onion Marmalade, 499
 in Mini Pizzas, 520-521
- Citrus Dry Cure, 227
 Citrus Oil, Basic, 607
- Club Sandwich, Turkey, 181
- Cocktail Sauce, 53
- Coconut and Pineapple Bisque, Caribbean, 81
- Coleslaw, 126
- Colombian Chorizo, 282
- Compote
 Apple, Granny Smith, 592
 Pear, Bartlett, 592
 Quince, 592
 Red Pepper, Roasted, 592
 Rhubarb, 591
 Rhubarb, and Foie Gras Mousse Barquettes, 564
- Confit. *See also* Duck Confit
 Bacon and Grape, 248
- Confiture, Red Onion, 591
- Corn
 Avocado, and Tomato Salad, 148
 Roasted, and Tomato Salad, 125
- Corned Beef, in Reuben Sandwich, 173
- Corona Bean Salad with Basil, 133
 and Grilled Baby Octopus, 150-151
- Coulis
 Red Pepper, 64
 Red Pepper, Roasted, 64
- Country-Style Terrine, 356
- Court Bouillon, 560, 645
 Vinegar, 645
- Couscous
 and Curried Vegetable Salad, 140
 Israeli, and Heirloom Grains, 132
- Crab(meat)
 and Avocado, Salad of, 144
 Cakes, 154, 549
 Rolls with Infused Pepper Oils, Fried Ginger, and Tamari-Glazed Mushrooms, 476
 Salad, Peekytoe, with Yuzu Gelée, 154-155
 Sandwich, Soft-Shell, 168
 Seafood Cocktail, Mexican, 559
 Watermelon Gelée, and Avocado Napoleon with Tomato Vinaigrette, 481

- Crackers
 - Blue Cheese and Pecan, 604
 - Cheddar and Walnut Icebox, 604
 - Pepper Jack and Oregano, 602
 - Sesame, 603
- Cranberry(ies)
 - Mustard, Dried, 582
 - in Panzanella Salad, Fall, 136
 - Relish, 589
- Crayfish
 - and Chicken Terrine, 337
 - Strudel, Seafood, with Lobster-Infused Oil, 462-463
 - and Tomato Gelée, Shot Glass with, 555
- Cream(ed), Creamy. *See also* Crème Fraîche
 - Black Pepper Dressing, 39
 - Chaud-Froid Sauce, 67
 - Wild Mushroom Tartlets, 501
- Crème Fraîche, 389
 - Chicken Salad, 143
 - in Crab and Avocado, Salad of, 144
 - in Cucumber Tea Sandwich, 194
 - Potato Crêpes with Caviar and, 540
 - Salmon, Marinated, with Fennel, Capers and, on Pumpnickel Bread, 196
 - in Smoked Salmon Tea Sandwich, 192
 - in Watercress Tea Sandwich, 194
- Creole Honey-Mustard Sauce, 38
- Crêpes, Potato, with Crème Fraîche and Caviar, 540
- Crisp(s)
 - Camembert, 533
 - Celeriac, 606
 - Parmesan, 664
 - Parmesan, and Truffled Goat Cheese, 565
 - Parsnip, 606
 - Potato, 606
- Croissant, Avocado, Brie, Sprouts and Country Bacon on, 198
- Croque Madame, 167
- Croque Monsieur, 167
- Croquetas, 550
- Croquettes, Risotto, 531
- Croutons
 - Cheese, 666
 - Garlic-Flavored, 666
 - Herb-Flavored, 666
 - Plain, 666
- Cucumber(s)
 - in Buffalo Chicken Salad, 149
 - in Crab Salad, Peekytoe, with Yuzu Gelée, 154-155
 - Cups, Scallop Seviche in, 543
 - in Fattoush, 135
 - in Gazpacho Andalusia, 68
 - Granité, 487
 - in Greek Salad with Feta Cheese and Whole Wheat Pita, 113
 - in Israeli Couscous and Heirloom Grains, 132
- Pickle Chips, Sweet, 593
- Pickled Vegetables, Javanese (*Acar Jawa*), 598
- Pickles, 597
 - Pickles, Dill (Fresh-Pack Dill Pickles), 596
 - Pickles, Half-Sour, 594
 - Soup with Dill, Leeks, and Shrimp, Chilled, 69
 - Sushi Maki, 544, 545
 - Tea Sandwich, 194
 - Watercress, and Brie with Apricot Chutney on Walnut Bread, 199
 - Yogurt Sauce, 41
- Cuisson, 121
- Cumberland Sauce, 54
- Cure Mix. *See also* Dry Cure
 - Beet and Horseradish, Norwegian, 216
 - Bologna, 284
 - Bratwurst, Fine Swiss, 287
 - Braunschweiger, 291
 - Chicken and Vegetable Sausage, 290
 - Duck Confit, 244-245
 - Frankfurter, 283
 - Garlic Sausage, French, 286
 - Gravlax, 215
 - Mortadella, 288-289
 - Salmon, Pastrami-Cured, 218
 - Sardines, 242
- Curry(ied)
 - Cashews, Spicy, 570
 - Chicken Salad Sandwiches, Open-Faced, 189
 - Onion Relish, 590
 - Powder, 640
 - Shrimp Salad, Mango, in Wonton Cups, 552
 - Vinaigrette, 30
 - Vinaigrette, Guava-, 34
- Custard
 - Sage and Fava Bean, with Shaved Asparagus and Meyer Lemon with Crispy Egg, 485-486
 - Shallot, Roasted, 482
- D**
 - Dates, Pancetta-Wrapped, Stuffed with Manchego Cheese and Mint, 511
 - Dill(ed)
 - Cucumber Soup, Chilled, with Leeks, Shrimp and, 69
 - in Gravlax, 215
 - Pickles (Fresh-Pack), 596
 - in Pickles, Half-Sour, 594
 - Dim Sum with Chili Sauce, 551
 - Dipping Sauce
 - Asian-Style, 54
 - Chili, Meatballs with, 513
 - Peanut, 55
- Dips and Spreads. *See also* Butter(s); Rillettes
 - Avocado, 164-165
 - Baba Ghanoush, 57
 - Cervelle de Canut, 59
 - Guacamole, 56
 - Hummus, 60
 - Mousse, Blue Cheese, 512
 - Mousse, Goat Cheese, 512
 - Mousse, Smoked Trout, 512
 - Muhammara, 62
 - Tapenade, 60
- Dough. *See also* Bread Dough; Pasta Dough; Pâté Dough
 - Crackers, Pepper Jack and Oregano, 602
 - Crackers, Sesame, 603
 - Empanada, 464, 524
 - Gougères, 490
 - Phyllo, Herbed Goat Cheese in, 455
 - Pizza, 520
 - Pissaladière, 522
 - Profiteroles, 493
 - Puff, Blitz, 652
 - Tart, 651
- Dressing(s). *See also* Vinaigrette
 - Black Pepper, Creamy, 39
 - Blue Cheese, Maytag, Reduced-Fat, 40
 - Green Goddess, 38
 - Ranch, Reduced-Fat, 40
 - Roquefort, 39
 - Russian, 37
 - Thousand Island, 37
- Dry Cure
 - Bacon, Basic, 234-235
 - Beef Jerky, 224-225
 - Citrus-Scented, Hot-Smoked Sturgeon, 227
 - Pancetta, 240
 - Salmon, Fennel-Cured, 222
 - Smoked Salmon, 220-221
 - Smoked Salmon, Southwest-Style, 223
- Dry Rub, Barbecue, 239
- Duck
 - Brine, 231
 - Galantine, Roasted Asian, 360
 - Ragoût, Yorkshire Pudding with, 496-497
 - rendering fats, 664
 - Rillettes, 249
 - Rillettes, in Profiteroles, 500
 - Sausage, 286
 - Sausage, and Foie Gras, 295
 - Stock, White, 643
 - Terrine, Pistachios, Dried Cherry and, 330
 - Terrine, Smoked Ham and, 324
- Duck Confit, 244-245
 - with Apples and Brie on a Baguette, 176
 - with Frisée and Roasted Shallot Vinaigrette, 468

Duck Confit, *continued*
Pecan-Crusted, with Bread Pudding and Baby Spinach Salad with Shallot-Garlic Vinaigrette, 246–247
and White Bean Hash Cake with Cipollini Onion Marmalade, 498–499
Duck, Smoked, 231
Breast, Foie Gras Roulade with Roasted Beet Salad and, 479
Breast of, Niçoise-Style, 467
Breasts, Moulard, Asian-Style Tea-Smoked, 232
and Malfatti Salad, 156
Sausage, 280
Tart, 469

E

Edamame Soup, Chilled, 76
Egg(s). *See also* Quail Eggs
Crispy, Sage and Fava Bean Custard with Shaved Asparagus and Meyer Lemon with, 485–486
in Croque Madame, 167
in Monte Cristo, 167
in Pan Bagnat, 185
Tea Sandwich, Egg Salad, 192
in Thousand Island Dressing, 37
Eggplant
Baba Ghanoush, 57
Caponata, 49
Filling, Marinated, 172
and Prosciutto Panini, 171
Vegetable Appetizer, Grilled, with Balsamic Vinaigrette, 465
Vegetable Terrine, Roasted, and Goat Cheese, 352
Emmentaler Cheese, in Croque Madame, 167
Empanada(s)
Pork and Pepper, 464
Pork Picadillo, 524
Emulsion
Champagne, Quail Eggs and Lobster Medallion in, Spoon of, 560
in Country-Style Terrine, 356
Grapefruit, 35
Grapefruit, Lobster Salad with Tarragon Oil and, 152
Endive-Apple Salad Wrapped in Prosciutto, 109
Escabèche of Tuna, 459
Espuma, 154–155
F
Falafel in Pita Pockets, 175
Fats, rendering, 664
Fattoush, 135
Fava Bean(s)
Falafel in Pita Pockets, 175

and Sage Custard with Shaved Asparagus and Meyer Lemon with Crispy Egg, 485–486
Fennel
and Chorizo Strudel, 460–461
in Couscous and Curried Vegetable Salad, 140
Grilled, Salad, 123
and Persimmon Salad, 123
Salmon, -Cured, 222
Salmon, Marinated, with Capers, Crème Fraîche and, on Pumpernickel Bread, 196
Shaved, and Artichoke Salad, 123
Shaved, and Persimmon Salad, 123
Shaved, and Potato Salad, Roasted, 119
Shaved, Salad, 123
Feta
Greek Salad with Whole Wheat Pita and, 113
in Mediterranean Salad Sandwich, 189
in Spanakopita, 536
Whipped, with Ancho Chile, 344, 345–346
Fig(s)
-Almond Vinaigrette, 35
Camembert and Dried Apple Phyllo Triangles, 534–535
and Prosciutto Canapés, 508
Roasted, Goat Cheese, Baked, with Garden Lettuces, Pears, Toasted Almonds and, 147
and Walnut Bruschetta, 191
Fines Herbes, 640
Fish. *See also* Salmon; Tuna
Anchovy Butter, 647
Brine, Basic, 215
Sardines, Cured, 242
Sausage, Seafood, 293
Stock, 645
Sushi Maki, 544, 545
Fish, Smoked. *See also* Salmon, Smoked
Sturgeon, Hot-Smoked, Citrus-Scented, 227
Trout Mousse, 512
Focaccia, 654
Chicken Sandwich, Grilled, with Pancetta and Arugula on, 180
in Muffuletta, 188
Foie Gras
in Bread Pudding, 246–247
and Chicken Terrine in Gelée, 340
and Duck Sausage, 295
Mousse and Rhubarb Compote Barquettes, 564
Pâté de Campagne, 321
Roulade, 354
Roulade with Roasted Beet Salad and Smoked Duck Breast, 479
Terrine, 354–355
Terrine, Sweetbread and, 357

Fontina
Bruschetta with Oven-Roasted Tomatoes and, 190
in Risotto Croquettes, 531
Frankfurter, 283
Reduced-Fat, 283
French Garlic Sausage, 286
Frisée
Apple-Endive, Wrapped in Prosciutto, 109
Corona Bean and Grilled Baby Octopus Salad, 150–151
Duck Confit with Roasted Shallot Vinaigrette and, 468
Parson's Garden Salad, 107
Salad, Warm, of Hearty Greens, Blood Oranges, and Tangerine-Pineapple Vinaigrette, 155
Fromage Blanc, 388
in Cerveille de Canut, 59
Fruit(s). *See also specific fruits*
Citrus Dry Cure, 227
Citrus Oil, Basic, 607
dried, plumping, 662
Salsa, Fiery, 178

G

Galantine
Chicken, 363
Duck, Roasted Asian, 360
Gambas al Ajillo (Shrimp with Garlic), 569
Garlic
Aioli, 36
Croutons, -Flavored, 666
and Parsley Compound Butter, 63
roasting, 658
Sausage, 296
Sausage, French, 286
-Shallot Vinaigrette, Baby Spinach Salad with, 246–247
Shrimp with (Gambas al Ajillo), 569
in Sofrito, 51
Vinegar, -Rosemary, 609
Gazpacho Andalusia, 68
Gelée. *See also* Aspic
Apple Mint, Spoon of Kumamoto Oysters and, 563
Chicken and Foie Gras Terrine in, 340
Ruby Port, 67
Tomato, and Crayfish, Shot Glass with, 555
Watermelon, Crab, and Avocado Napoleon with Tomato Vinaigrette, 481
Yuzu, Peekytoe Crab Salad with, 154–155
Georgia Peanut Salad, 110
German Bratwurst, 272
German Potato Salad, 130
Ginger
in Curry Vinaigrette, 30

Fried, Crabmeat Rolls with Infused
Pepper Oils, Tamari-Glazed
Mushrooms and, 476

Pickled, 597

Pickled, Salsa, 46

in Quatre Épices, 639

Salsa, 334, 335

Glace de Viande, 644

Glace de Volaille, 643

Gnocchi di Ricotta, 471

Goat Cheese

- Baked, with Garden Lettuces, Roasted
Figs, Pears, and Toasted Almonds, 147
- Fresh, Semi-Lactic-Set, 393
- Mousse, 512
- in Phyllo Dough, Herbed, 455
- Pizza, 520
- and Sun-Dried Tomato Tartlets, 504
- Truffled, and Parmesan Crisps, 565
- and Vegetable Terrine, Roasted, 352

Goose, rendering fats, 664

Gougères, 490

Grain(s). *See also specific grains*

- Heirloom, Israeli Couscous and, 132
- and Mixed Bean Salad, 134

Granité

- Celery, 487
- Cucumber, 487
- Lime, 79, 489

Grape(s)

- and Bacon Confit, 248
- in Chicken, Salad, Crème Fraîche, 143
- in Peanut Salad, Georgia, 110
- Pickled, 595
- Rolled in Bleu de Bresse, 542

Grapefruit

- Emulsion, 35
- Emulsion, Lobster Salad with Tarragon
Oil and, 152
- Salsa, 46
- Spinach, Baby, and Avocado Salad, 111

Grape Leaves, Stuffed, 537

Gravlax, 215

- Salmon, Marinated, with Fennel, Capers,
and Crème Fraîche on Pumpnickel
Bread, 196
- Southwestern-Style, 215

Greek Salad with Feta Cheese and Whole
Wheat Pita, 113

Green Beans. *See also Haricots Verts*

- in Pickled Vegetables, Javanese (*Acar
Jawa*), 598

Green Goddess Dressing, 38

Green Mayonnaise (Sauce Verte), 36

Green Pepper(s). *See Pepper(s)*

Greens. *See specific greens*

Gruyère

- in Gougères, 490
- Haricots Verts with Prosciutto and, 122

Guacamole, 56

Guava-Curry Vinaigrette, 34

H

Ham. *See also Prosciutto*

- Bologna, 284
- in Croque Monsieur, 167
- in Croquetas, 550
- in Kielbasa Krakowska, 285
- Serrano-Wrapped Shrimp, 503

Hamburgers, Mini, 164

Ham, Smoked

- and Duck Terrine, 324
- Hocks, 233
- Whole, 237

Haricots Verts

- in Duck, Smoked Breast of, Niçoise-
Style, 467
- with Prosciutto and Gruyère, 122
- with Walnut and Red Wine Vinaigrette,
122

Harissa, 593

- in Merguez, 273

Hazelnut

- Oregano Vinaigrette, 30
- Romesco Sauce, 63

Herb(s), Herbed. *See also specific herbs*

- Cervelle de Canut, 59
- Croutons, -Flavored, 666
- Fines Herbes, 640
- Goat Cheese in Phyllo Dough, 455
- Herbes de Provence, 642
- Oil, Basic, 607
- Potato Soup with Lobster, Chilled, 75
- Salad, Spring, 108
- Sirloin of Beef, Smoke-Roasted, 238

Heywood's Mustard, 580

Honey

- Cured Bacon, 235
- Mustard Sauce, Creole, 38

Honeydew, in Prosciutto and Melon Canapé,
507

Hors d'Oeuvre. *See Appetizers/Hors
d'Oeuvre*

Horseradish

- and Beet Cure, Norwegian, 216
- Butter, 647
- in Mustard Sauce, Swedish, 583

Hot Sauce, 149

Huckleberry Sauce, 64

Hummus, 60

- in Mediterranean Salad Sandwich, 189

I

Inari Sushi, 544

Israeli Couscous and Heirloom Grains, 132

Italian Sausage

- with Cheese, 271
- Hot, 271
- Low-Fat, 271
- Spice Blend, Hot, 641
- Sweet, 271

J

Jalapeño(s)

- in Empanadas, Pork Picadillo, 524
- in Green Papaya Salad, 186
- in Mango Slaw, 566
- in Mustard, Spicy Green Chile,
Southwestern, 580
- in Pan Bagnat, 185
- in Papaya and Black Bean Salsa, 43
- in Peanut Sauce, 55
- in Pickled Vegetables, Javanese (*Acar
Jawa*), 598
- in Poblano Salsa, Smoked, 47
- in Salsa Cruda, 458
- Sausage, Green Chile, 269
- in Yellow Pepper Ketchup, 584

Javanese Pickled Vegetables (*Acar Jawa*),
598

Jerky, Beef, 224-225

K

Kassler Liverwurst, 275

Keobobs. *See Skewered Hors d'Oeuvre*

Ketchup

- Tomato, 583
- Yellow Pepper, 584

Kielbasa Krakowska, 285

Kombu, in Sushi Rice, 548

L

Lamb

- Brochettes with Mint Pesto, 516
- Meatballs with Chili Dipping Sauce, 513
- Merguez, 273
- Sausage, Spicy, 276
- Terrine, Seared Lamb, Artichoke, and
Mushroom, 342-343

Landjäger, 278-279

Lavender flowers, in Herbes de Provence,
642

Leek(s)

- in Court Bouillon, 560
- Cucumber Soup with Dill, Shrimp and,
Chilled, 69
- preparing, 662
- in Vegetable Stock, 642
- in Vichyssoise, 75

Lemon(s)

- Cuisson, 121
- in Cumberland Sauce, 54
- Meyer Lemon and Shaved Asparagus,
Sage and Fava Bean Custard with
Crispy Egg and, 485-486
- and Salmon Terrine, Poached, 350
- Vinaigrette, 34
- Vinaigrette, Parsley, 29

Lentil(s)

- Barley Burgers, Mini, with Fiery Fruit
Salsa, 178-179
- in Bean and Grain Salad, Mixed, 134

Lentil(s), *continued*
in Israeli Couscous and Heirloom Grains, 132
Pork Belly, Crispy Braised, with Aged Balsamic Vinegar and French Lentils, 470–471
Salad, and Walnut, 131
Terrine, and Smoked Shrimp, 325–327
Lettuce. *See* Mesclun Lettuce Mix; *specific lettuces*

Lime

Granité, 79, 489
-Mango Salsa, 43
Liver. *See also* Chicken Liver; Foie Gras Braunschweiger, 291
Kassler Liverwurst, 275
Liverwurst, Kassler, 275

Lobster

cooked, shelling, 666
and Mâche with Potato Salad and Vegetable Juice, 116–117
Medallion and Quail Eggs in Champagne Emulsion, Spoon of, 560
Oil, -Infused, 648
Oil, -Infused, Seafood Strudel with, 462–463
Potato-Herb Soup with, Chilled, 75
Quesadillas, Small Seared Lobster and Vegetable, 523
Roll, New England, 182
Salad with Grapefruit Emulsion and Tarragon Oil, 152
Salad, and Truffle, 478
Seafood Strudel with Lobster-Infused Oil, 462–463
Terrine, and Summer Vegetable, 333
Low-Fat. *See* Reduced-Fat

M

Mâche

and Lobster with Potato Salad and Vegetable Juice, 116–117
Parson's Garden Salad, 107

Maguro (Tuna) Roll (Sushi Maki), 544, 545

Malfatti

Pasta Dough, 653
and Smoked Duck Salad, 156

Manchego Cheese, Pancetta-Wrapped Dates Stuffed with Mint and, 511

Mango

Chutney, 552
Chutney, Spicy, 584
Curry Shrimp Salad in Wonton Cups, 552
Fruit Salsa, Fiery, 178
Lime Salsa, 43
Slaw, 566

Maple-Cured Bacon, 235

Marmalade

Apple, Dried, and Fig and Camembert Phyllo Triangles, 534–535

Cipollini Onion, 499
Cipollini Onion, in Mini Pizzas, 520–521
Mascarpone, 390
in Fig and Prosciutto Canapés, 508
in Prosciutto and Melon Canapé, 507

Mayonnaise

Aïoli, 36
Aïoli, Saffron, 36
Basic, 36
Green (Sauce Verte), 36
Maytag Blue Cheese Dressing, Reduced-Fat, 40

Meatballs with Chili Dipping Sauce, 513
Meat Brine, Basic, Beef and Pork, 214

Meat, Smoked. *See also* Bacon, Smoked; Ham, Smoked; Pork, Smoked; Sausage, Smoked

Sirloin of Beef, Smoke-Roasted, 238
Tenderloin, Chile-Rubbed, 226

Mediterranean

Potato Salad, 128
Potato Salad with Mussels, 128
Salad Sandwich, 189
Seafood Terrine, 336

Mejillones al Estilo de Laredo (Mussels with Olives), 568

Melon

Cantaloupe and Champagne Soup, Chilled, 79
and Prosciutto Canapé, 507
Watermelon Gelée, Crab, and Avocado Napoleon with Tomato Vinaigrette, 481

Merguez, 273

Mesclun Lettuce Mix

in Avocado, Tomato, and Corn Salad, 148
in Goat Cheese, Baked, with Garden Lettuces, Roasted Figs, Pears, and Toasted Almonds, 147
in Mediterranean Salad Sandwich, 189

Mexican Seafood Cocktail, 559

Mint

Apple Gelée, Spoon of Kumamoto Oysters and, 563
Baba Ghanoush, 57
in Fig and Prosciutto Canapés, 508
Herbes de Provence, 642
Pancetta-Wrapped Dates Stuffed with Manchego Cheese and, 511
Pea Purée with, Fresh Spring, 78
Pesto, Lamb Brochettes with, 516
Pesto Sauce, 52
in Prosciutto and Melon Canapé, 507
in Tabbouleh Salad, 131
Mizuna, in Spring Herb Salad, 108
Monte Cristo, 167
Moorish-Style Shish Kebobs (Pinchon Moruno), 519
Morello Cherry Soup, Chilled, 80

Mortadella, 288–289

in Muffuletta, 188

Moultard Duck Breasts, Asian-Style Tea-Smoked, 232

Mousse

Avocado, Tuna Tartare with Chilled Tomato Soup and, 556
Blue Cheese, 512
Duck, Smoked, Tart, 469
Foie Gras, and Rhubarb Compote Barquettes, 564
Goat Cheese, 512
Salmon, Smoked, and Smoked Salmon Terrine, 329
Smoked Salmon Barquettes, 500
Smoked Trout, 512

Mousseline

Chicken and Crayfish Terrine, 337
Lobster and Summer Vegetable Terrine, 333
Pork Tenderloin Roulade, 361
Seafood, 293
Shrimp Terrine with Noodle Salad, 334
Sweetbread and Foie Gras Terrine, 357
Mozzarella, 394–395
Prosciutto, and Roasted Tomato Terrine, 353
in Spanakopita, 536
with Tomatoes, Marinated, 466

Muffuletta, 188

Muhammara, 62

Mushroom(s). *See also* Portobello

Mushroom(s); Shiitake Mushrooms Burgers, Mini, with Caramelized Onions, 166–167
in Chicken and Vegetable Sausage, 290
Lamb, Seared, and Artichoke Terrine, 342–343
and Peppers, Marinated, 120
Tamari-Glazed, Crabmeat Rolls with Infused Pepper Oils, Fried Ginger and, 476
Tartlets, Creamed Wild Mushroom, 501
Terrine, 347

Mussels

with Olives (*Mejillones al Estilo de Laredo*), 568
with Potato Salad, Mediterranean, 128

Mustard

Beer, with Caraway Seeds, 582
Cranberry, Dried, 582
Green Chile, Southwestern Spicy, 580
Heywood's, 580
Sauce, Creole, -Honey, 38
Sauce, Swedish, 583
Vinaigrette, -Walnut, 30

N

Napoleon, Watermelon Gelée, Crab, and Avocado, with Tomato Vinaigrette, 481
New England Lobster Roll, 182
Niçoise-Style Smoked Breast of Duck, 467
Nigiri, 546
Noodle Salad
Asian, Shrimp Terrine with, 334–335
Soba, 139
Norwegian Beet and Horseradish Beet Cure, 216
Nut(s). *See also specific nuts*
Mixed, Spiced, 569
toasting, 663

O

Octopus, Grilled Baby, and Corona Bean Salad, 150–151
Oil(s)
Basil (Basic Herb Oil), 607
Chive, 607
Cinnamon (Basic Spice Oil), 608
Lobster-Infused, 648
Lobster-Infused, Seafood Strudel with, 462–463
Olive, Tuna with Capers and, 541
Orange (Basic Citrus Oil), 607
Pepper, Infused, Crabmeat Rolls with Fried Ginger, Tamari-Glazed Mushrooms and, 476
Red Pepper, 607
Tarragon, 607
Tarragon, Lobster Salad with Grapefruit Emulsion and, 152
Tomato, 608
Tomato, in Grilled Portobello Mushroom Terrine, 344–346
Olive Oil. *See also* Oil(s)
Tuna with Capers and, 541
Olives
in Caponata, Eggplant, 49
in Greek Salad with Feta Cheese and Whole Wheat Pita, 113
in Mediterranean Salad Sandwich, 189
in Muffuletta, 188
Mussels with Olives (*Mejillones al Estilo de Laredo*), 568
in Pan Bagnat, 185
in Panzanella Salad, Fall, 136
in Pissaladière, 522
in Salsa Cruda, 458
Tapenade, 60
Onion(s)
Caramelized, Mini Mushroom Burgers with, 166–167
Caramelized, Roast Beef, and Brie Sandwiches, 197
Cipollini, Marmalade, 499
Cipollini, Marmalade, in Mini Pizzas, 520
in Court Bouillon, 560, 645

Red, Confiture, 591
Red, Pickled, 595
Relish, Curried, 590
in Sofrito, 51
Sweet and Sour, 600
in Vegetable Stock, 642
Orange(s)
Blood, Salad of Hearty Greens, Warm, Tangerine-Pineapple Vinaigrette and, 155
in Court Bouillon, 560
in Cumberland Sauce, 54
Oil (Basic Citrus Oil), 607
Salsa, 46
Tangerine-Pineapple Vinaigrette, 34
Vinaigrette, 34
Oregano
-Hazelnut Vinaigrette, 30
and Pepper Jack Crackers, 602
Oysters, Kumamoto, Spoon of, and Apple Mint Gelée, 563

P

Palmiers, Parmesan and Prosciutto, 492
Panada
in Chicken Galantine, 363
in Pâté de Campagne, 321
in Pâté Grand-Mère, 320
Pan Bagnat, 185
Pancetta
Chicken Sandwich, Grilled, with Arugula and, on Focaccia, 180
Dates, -Wrapped, Stuffed with Manchego Cheese and Mint, 511
Dry Cure, 240
Lamb Brochettes with Mint Pesto, 516
and Risotto Cakes with Sun-Dried Tomato Pesto, 532
Panini
Eggplant and Prosciutto, 171
Portobello Mushroom and Prosciutto, 171
Panzanella Salad, Fall, 136
Papaya
and Black Bean Salsa, 43
Chutney, 588
Green Papaya Salad, 186
Green Papaya Salad, Thai-Style, 143
Parmesan
in Caesar Salad, 114
in Cheese Sticks, 492
Crisp, 664
Crisps and Truffled Goat Cheese, 565
in Gougères, 490
Italian Sausage with Cheese, 271
Palmiers, Prosciutto and, 492
in Pesto. *See* Pesto
Phyllo Rolls, Asparagus, Prosciutto and, 495
Parsley
Compound Butter, and Garlic, 63
in Court Bouillon, 560, 645
in Fattoush, 135
Fines Herbes, 640
in Green Goddess Dressing, 38
Herb Salad, Spring, 108
Lemon Vinaigrette, 29
Sachet d'Épices, 496
in Salsa Verde, 42
in Tabbouleh Salad, 131
in Tomato Salad, Marinated, 127
Parsnip(s)
Chips, Assorted Vegetable, 601
Crisps, 606
Parson's Garden Salad, 107
Pasta. *See also* Noodle Salad
in Bean, Mixed, and Grain Salad, 134
Malfatti, and Smoked Duck, 156
in Mozzarella, Prosciutto, and Roasted Tomato Terrine, 353
Pasta Dough, 653
Malfatti, 653
Spinach, 653
Pastrami-Cured Salmon, 218
Pastry. *See* Dough; Pâté Dough; Phyllo; Puff Pastry, Blitz
Pâté
de Campagne, 321
Chicken Liver, 322
Chicken Liver, Smoked, 322
Grand-Mère, 320
Pork, Cinnamon, Vietnamese, 186
Spice, 641
Turkey, en Croûte, 358–359
Pâte à Choux, in Profiteroles, 493
Pâté Dough
Basic, 649
in Duck Tart, Smoked, 469
in Mushroom Tartlets, Wild Creamed, 501
in Pâté en Croûte, Turkey, 358–359
in Profiteroles, 493
Saffron, 650
in Smoked Salmon Mousse Barquettes, 500
Sweet Potato, 651
Tomato Cilantro, 650
Pea(s)
Parson's Garden Salad, 107
Purée with Mint, Fresh Spring, 78
Peanut(s)
Chili-Roasted, with Dried Cherries, 570
Salad, Georgia, 110
Sauce, 55
Pear(s)
Compote, Bartlett, 592
Goat Cheese, Baked, with Garden Lettuces, Roasted Figs, Toasted Almonds and, 147
Roquefort Butter and Red Pear Tea Sandwiches, 193
Pecan(s)
and Blue Cheese Crackers, 604

- Pecan(s), *continued*
 Candied, 571
 in Chicken Salad, Crème Fraîche, 143
 -Cruled Duck Confit with Bread
 Pudding and Baby Spinach Salad
 with Shallot-Garlic Vinaigrette,
 246-247
- Peekytoe Crab Salad with Yuzu Gelée,
 154-155
- Peperonato, 50
 Sea Scallops, Seared, with Artichokes
 and, 477
- Pepper(corns)
 Black Pepper Dressing, Creamy, 39
 Farmhouse Aged Cheese, 392
 Pâté Spice, 641
 Quatre Épices, 639
 Sachet d'Épices, 496
 Spice Blend, Cajun, 639
 Szechwan-Style Sausage, 274
- Pepper(s). *See also* Chile(s); Red Pepper(s);
 Yellow Pepper(s)
 in Champagne Emulsion, 560
 in Coleslaw, 126
 in Gazpacho Andalusia, 68
 Marinated Roasted, 120
 in Hazelnut Romesco Sauce, 63
 and Mushrooms, 120
 in Pan Bagnat, 185
 Salad, 120
 Muhammara, 62
 Oils, Infused, Crabmeat Rolls with Fried
 Ginger, Tamari-Glazed Mushrooms
 and, 476
 Peperonato, 50
 Peperonato, Sea Scallops, Seared, with
 Artichokes and, 477
 Piperrada, 51
 and Pork Empanada, 464
 roasting/peeling, 660
 in Salsa Fresca, 45
 in Vegetable Appetizer, Grilled, with
 Balsamic Vinaigrette, 465
- Pepper Jack and Oregano Crackers, 602
- Persimmon and Shaved Fennel Salad, 123
- Pesto, 52
 Mint, Lamb Brochettes with, 516
 Mint, Sauce, 52
 Sun-Dried Tomato, 53
 Sun-Dried Tomato, with Risotto and
 Pancetta Cakes, 532
- Pheasant, Roasted, Terrine of, 348
- Phyllo
 Asparagus, Prosciutto, and Parmesan
 Rolls, 495
 Camembert Crisps, 533
 Dough, Goat Cheese in, Herbed, 455
 Napoleon, Watermelon Gelée, Crab, and
 Avocado, with Tomato Vinaigrette,
 481
 Spanakopita, 536
- Strudel, Fennel and Chorizo, 460-461
 Strudel, Seafood, with Lobster-Infused
 Oil, 462-463
 Triangles, Camembert, and Dried Apple
 and Fig, 534-535
- Picadillo Empanadas, Pork, 524
- Pickle(s), Pickled
 Cherries, 595
 Dill (Fresh-Pack Dill Pickles), 596
 Ginger, 597
 Ginger Salsa, 46
 Grapes, 595
 Half-Sour, 594
 Pickles, 597
 Red Onions, 595
 Shrimp, 541
 Sweet Pickle Chips, 593
 Vegetables, 594
 Vegetables, Javanese (*Acar Jawa*), 598
- Pico de Gallo, Chipotle, 45
- Pinchon Moruno (Shish Kebobs, Moorish-
 Style), 519
- Pineapple
 in Barbecue Sauce, Asian, 539
 and Coconut Bisque, Caribbean, 81
 Fruit Salsa, Fiery, 178
 -Tangerine Vinaigrette, 34
 -Tangerine Vinaigrette, Warm Salad of
 Hearty Greens, Blood Oranges and,
 155
- Pine Nuts. *See* Caponata; Pesto
- Piperrada, 51
- Pissaladière, 522
- Pistachios
 in Chicken Galantine, 363
 Dried Cherry, and Duck Terrine, 330
 Grapes Rolled in Bleu de Bresse, 542
- Pita(s)
 Falafel in Pita Pockets, 175
 in Fattoush, 135
 Mediterranean Salad Sandwich, 189
 Whole Wheat, 657
 Whole Wheat, Greek Salad with Feta
 Cheese and, 113
- Pizza(s)
 Goat Cheese, 520
 Mini, 520
- Plantain, Vegetable Chips, Assorted, 601
- Poblano
 in Quesadillas, Small Seared Lobster
 and Vegetable, 523
 Salsa, Smoked, 47
 in Sausage, Green Chile, 269
- Popovers, Stilton, Mini, 533
- Pork. *See also* Bacon; Ham; Pancetta;
 Prosciutto; Sausage
 Belly, Crispy Braised, with French
 Lentils and Aged Balsamic Vinegar,
 470-471
 Brine, Meat, Basic, 214
 in Chicken Galantine, 363
- Chinese Skewered Bites, 528
 in Dim Sum with Chili Sauce, 551
 Empanada, and Pepper, 464
 Empanadas, Picadillo, 524
 Pâté, Cinnamon, Vietnamese, 186
 Pâté de Campagne, 321
 in Pâté en Croûte, Turkey, 358-359
 rendering fats, 664
 Rillettes, 249
 Roulade, Tenderloin, 361
 Shish Kebobs, Moorish-Style (Pinchon
 Moruno), 519
 Terrine, Country-Style, 356
 Wontons, Fried, 526-527
- Pork, Smoked. *See also* Bacon, Smoked;
 Ham, Smoked, Sausage, Smoked
 Butt, Carolina Barbecued, 239
 Cajun-Style (*Tasso*), 236
 Loin, 235
 Tenderloin, Chile-Rubbed, 226
- Portobello Mushroom(s)
 and Prosciutto Panini, 171
 Terrine, Grilled, 344-346
 Vegetable Appetizer, Grilled, with
 Balsamic Vinaigrette, 465
 Vegetable Terrine, Roasted, and Goat
 Cheese, 352
- Port Wine
 Balsamic Vinaigrette, 27
 in Cumberland Sauce, 54
 Ruby Port Gelée, 67
- Potato(es)
 Chips, Assorted Vegetable, 601
 Crêpes with Crème Fraîche and Caviar,
 540
 Crisps, 606
 Fried, in Duck Confit with Frisée and
 Roasted Shallot Vinaigrette, 468
 Soup, -Herb, with Lobster, Chilled, 75
 Vichyssoise, 75
- Potato Salad
 German, 130
 Lobster and Mâche with Vegetable Juice
 and, 116-117
 Mediterranean, 128
 Mediterranean, in Duck, Smoked Breast
 of, Niçoise-Style, 467
 Mediterranean, with Mussels, 128
 Roasted, and Shaved Fennel, 119
- Poultry Brine, Basic, 214
- Poultry, Smoked
 Chicken Liver Pâté, 322
 Chicken Rillettes, 249
 Turkey Breast, 230
 Turkey Breast, -Bourbon, 230
- Profiteroles, 493
 Duck Rillettes in, 500
- Prosciutto
 Apple-Endive Salad Wrapped in, 109
 Asparagus, and Parmesan Phyllo Rolls,
 495

- and Asparagus Canapés, 505
- and Eggplant Panini, 171
- and Fig Canapés, 508
- Haricots Verts with Gruyère and, 122
- and Melon Canapé, 507
- Mozzarella, and Roasted Tomato Terrine, 353
- and Parmesan Palmiers, 492
- and Portobello Mushroom Panini, 171
- Provolone
 - Italian Sausage with Cheese, 271
 - in Muffuletta, 188
- Pudding
 - Bread, 246–247
 - Yorkshire, with Duck Ragoût, 496–497
- Puff Pastry, Blitz, 652–653
 - in Cheese Sticks, 492
 - in Palmiers, Parmesan and Prosciutto, 492

Q

- Quail Eggs
 - Poached, in Parson's Garden Salad, 107
 - and Lobster Medallion in Champagne Emulsion, Spoon of, 560
- Quatre Épices, 639
- Quesadillas
 - Lobster, Small Seared, and Vegetable, 523
 - Shrimp and Avocado, 473
- Queso Blanco, in Black Bean Salad, 142
- Quince Compote, 592

R

- Radicchio
 - Apple-Endive, Wrapped in Prosciutto, 109
 - Herb Salad, Spring, 108
 - Parson's Garden Salad, 107
 - Salad, Warm, of Hearty Greens, Blood Oranges, and Tangerine-Pineapple Vinaigrette, 155
- Ranch Dressing, Reduced-Fat, 40
- Raspberry and Thyme Vinegar (Basic Flavored Vinegar), 609
- Ravigote Sauce, 340
- Red Onion(s)
 - Confiture, 591
 - Pickled, 595
- Red Pepper(s). *See also* Pepper(s)
 - in Black Bean Salad, 142
 - in Champagne Emulsion, 560
 - Compote, Roasted, 592
 - Coulis, 64
 - Coulis, Roasted, 64
 - in Crab and Avocado, Salad of, 144
 - Harissa, 593
 - Muhammara, 62
 - Oil, 607

- Oil, Infused, Crabmeat Rolls with, Fried Ginger, Tamari-Glazed Mushrooms and, 476
- Peperonato, 50
- Peperonato, Sea Scallops, Seared, with Artichokes and, 477
- Piperrada, 51
- Quesadillas, Small Seared Lobster and Vegetable, 523
- Rouille, 36
- Vegetable Appetizer, Grilled, with Balsamic Vinaigrette, 465
- in Wontons, Fried, 526–527
- Reduced-Fat
 - Blue Cheese Dressing, Maytag, 40
 - Frankfurter, 283
 - Italian Sausage, 271
 - Ranch Dressing, 40
- Red Wine Marinade, in Air-Dried Beef Roman-Style, 241
- Red Wine Vinaigrette
 - Basic, 27
 - with Duck, Smoked Breast of, Niçoise-Style, 467
 - Walnut and, 28
 - Walnut and, Haricots Verts with, 122
- Relish
 - Apricot, Dried, 589
 - Cranberry, 589
 - Onion, Curried, 590
- Rémoulade Sauce, 37
 - in Crab Sandwich, Soft-Shell, 168
 - with Shrimp Cakes, 474
- Reuben Sandwich, 173
- Rhubarb Compote, 591
 - and Foie Gras Mousse Barquettes, 564
- Rice. *See also* Risotto
 - in Black Bean Salad, 142
 - in Grape Leaves, Stuffed, 537
 - Sushi, 548
 - in Wontons, Steamed, with Shrimp, 529
- Ricotta, 386–387
 - in Blue Cheese Dressing, Maytag, Reduced-Fat, 40
 - Gnocchi di, 471
 - in Ranch Dressing, Reduced-Fat, 40
- Ricotta Salata, 387
- Rillettes
 - Chicken, Smoked, 249
 - Duck, 249
 - Duck, in Profiteroles, 500
 - Pork, 249
- Risotto
 - Croquettes, 531
 - and Pancetta Cakes with Sun-Dried Tomato Pesto, 532
- Roast Beef, Brie, and Caramelized Onion Sandwiches, 197
- Romaine
 - Caesar Salad, 114

- Greek Salad with Feta Cheese and Whole Wheat Pita, 113
- Roman-Style Air-Dried Beef, 241
- Romesco Sauce, Hazelnut, 63
- Roquefort
 - Butter and Red Pear Tea Sandwiches, 193
 - Dressing, 39
- Rosemary
 - Garlic Vinegar, 609
 - Herbes de Provence, 642
 - Red Borlotti Bean Salad with, 133
 - Sachet d'Épices, 496
- Rouille, 36
- Roulade
 - Foie Gras, 354
 - Foie Gras, with Roasted Beet Salad and Smoked Duck Breast, 479
 - Pork Tenderloin, 361
- Russian Dressing, 37

S

- Sachet d'Épices, 496
- Saffron
 - Aioli, 36
 - Pâté Dough, 650
- Sage
 - and Fava Bean Custard with Shaved Asparagus and Meyer Lemon with Crispy Egg, 485–486
 - in Herbes de Provence, 642
 - in Panzanella Salad, Fall, 136
 - Sachet d'Épices, 496
- Salad(s). *See also* Potato Salad; Slaw
 - Apple-Endive, Wrapped in Prosciutto, 109
 - Artichoke, Shaved, and Fennel, 123
 - Artichoke, Hearts of, 121
 - Avocado, Tomato, and Corn, 148
 - Bean and Grain, Mixed, 134
 - Beet, Roasted, 118
 - Beet, Roasted, Foie Gras Roulade with Smoked Duck Breast and, 479
 - Black Bean, 142
 - Caesar, 114
 - Chicken, Buffalo, 149
 - Chicken, Crème Fraîche, 143
 - Chicken, Southern Fried, 157
 - Corn, Roasted, and Tomato, 125
 - Corona Bean, with Basil, 133
 - Corona Bean and Grilled Baby Octopus, 150–151
 - Couscous and Curried Vegetable, 140
 - of Crab and Avocado, 144
 - Crab, Peekytoe, with Yuzu Gelée, 154–155
 - Duck, Smoked, and Malfatti, 156
 - Fattoush, 135
 - Fennel, Grilled, 123
 - Fennel, Shaved, 123
 - Fennel, Shaved, and Artichoke, 123

Salad(s), *continued*

Fennel, Shaved, and Persimmon, 123
Goat Cheese, Baked, with Garden Lettuces, Roasted Figs, Pears, and Toasted Almonds, 147
Greek, with Feta Cheese and Whole Wheat Pita, 113
Haricots Verts with Prosciutto and Gruyère, 122
Haricots Verts with Walnut and Red Wine Vinaigrette, 122
Herb, Spring, 108
Israeli Couscous and Heirloom Grains, 132
Lentil and Walnut, 131
Lobster, with Grapefruit Emulsion and Tarragon Oil, 152
Lobster and Mâche with Potato Salad and Vegetable Juice, 116-117
Lobster and Truffle, 478
Mediterranean Salad Sandwich, 189
Noodle, Asian, Shrimp Terrine with, 334-335
Noodle, Soba, 139
Panzanella, Fall, 136
Papaya, Green, 186
Papaya, Green, Thai-Style, 143
Parson's Garden, 107
Peanut, Georgia, 110
Pepper, Marinated Roasted, 120
Red Borlotti Bean, with Rosemary, 133
Shrimp, Mango Curry, in Wonton Cups, 552
Spinach, Baby, Avocado, and Grapefruit, 111
Spinach, Baby, with Shallot-Garlic Vinaigrette, 246-247
Tabbouleh, 131
Tomatoes, Marinated, with Mozzarella, 466
Tomato, Marinated, 127
Warm, of Hearty Greens, Blood Oranges, and Tangerine-Pineapple Vinaigrette, 155
Salad Dressing(s). *See* Dressing(s); Vinaigrette
Salmon
Beet and Horseradish Cure, Norwegian, 216
Fennel-Cured, 222
Gravlax, 215
Gravlax, Southwestern-Style, 215
Marinated, with Fennel, Capers, and Crème Fraîche on Pumpnickel Bread, 196
Pastrami-Cured, 218
Terrine, Poached Salmon and Lemon, 350
Salmon, Smoked
Dry Cure, 220-221
Mousse Barquettes, 500

and Smoked Salmon Mousse Terrine, 329
Southwest-Style, 223
Tea Sandwich, 192
Salsa
Cruda di Tonno, 458
Fresca, 45
Fruit, Fiery, 178
Ginger, 334, 335
Ginger, Pickled, 46
Grapefruit, 46
Mango-Lime, 43
Orange, 46
Papaya and Black Bean, 43
Pico de Gallo, Chipotle, 45
Poblano, Smoked, 47
Verde, 42
Sandwich(es). *See also* Bruschetta; Burgers, Mini; Tea Sandwiches
Avocado, Brie, Sprouts, and Country Bacon on Croissant, 198
Bahn Saigon (Saigon Subs), 186-187
BLT Hors d'Oeuvre, 502
Chicken, Grilled, with Pancetta and Arugula on Focaccia, 180
Chicken Salad, Curried Open-Faced, 189
Crab, Soft-Shell, 168
Croque Madame, 167
Croque Monsieur, 167
Cucumber, Watercress, and Brie with Apricot Chutney on Walnut Bread, 199
Duck Confit with Apples and Brie on a Baguette, 176
Falafel in Pita Pockets, 175
Lobster Roll, New England, 182
Mediterranean Salad, 189
Monte Cristo, 167
Muffuletta, 188
Pan Bagnat, 185
Panini, Eggplant and Prosciutto, 171
Panini, Portobello Mushroom and Prosciutto, 171
Reuben, 173
Roast Beef, Brie, and Caramelized Onion, 197
Salmon, Marinated, with Fennel, Capers, and Crème Fraîche on Pumpnickel Bread, 196
Smørrebrød Leverpostej, 323
Turkey Club, 181
Sardines, Cured, 242
Sauce(s). *See also* Barbecue Sauce; Dipping Sauce; Mayonnaise; Pesto; Salsa
Chaud-Froid, 67
Chili, 551
Cocktail, 53
Cumberland, 54
Harissa, 593
Honey-Mustard, Creole, 38
Hot Sauce, 149

Huckleberry, 64
Muhammara, 62
Mustard, Swedish, 583
Ravigote, 340
Rémoulade, 37
Romesco, Hazelnut, 63
Tahini, 41
Tomato, 646
Yogurt Cucumber, 41
Sauce Verte (Green Mayonnaise), 36
Sauerkraut
Braised, 173
in Reuben Sandwich, 173
Sausage. *See also* Chorizo; Italian Sausage
Blood, Apple and, 294
Bratwurst, German, 272
Bratwurst, Swiss, Fine, 287
Breakfast, 268
Chicken and Vegetable, 290
Chinese, in Seafood Strudel with Lobster-Infused Oil, 462-463
Chipolata, 287
Duck, 286
Duck and Foie Gras, 295
Garlic, French, 286
Green Chile, 269
Merguez, 273
Mortadella, 288-289
Seafood, 293
Spice Blend, Italian, Hot, 641
Szechwan-Style, 274
Venison, 270
Weisswurst, 287
Sausage, Smoked
Andouille, Cajun, 281
Bologna, 284
Bologna, Ham, 284
Braunschweiger, 291
Chorizo, Colombian, 282
Chorizo, Dried, 297
Duck, 280
Frankfurter, 283
Garlic, 296
Kassler Liverwurst, 275
Kielbasa Krakowska, 285
Lamb, Spicy, 276
Landjäger, 278-279
Mortadella, 288-289
Summer Sausage, 277
Scallop(s)
Burgers, Mini Bacon-Crusted, 164-165
in Lobster and Summer Vegetable Terrine, 333
Sausage, Seafood, 293
Seafood Strudel with Lobster-Infused Oil, 462-463
Seafood Terrine, Mediterranean, 336
Seared Sea, with Artichokes and Peperonato, 477
Seviche in Cucumber Cups, 543
Smoked, 219

- Seafood. *See also* Fish; Shellfish
 Brine, Basic, 214
 Octopus, Grilled Baby, and Corona Bean Salad, 150–151
 Seasoning. *See* Herb(s), Herbed; Spice(s)
 Seeds, toasting, 663
 Sesame Crackers, 603
 Seviche, Scallop, in Cucumber Cups, 543
 Shallot(s)
 Custard, Roasted, 482
 roasting, 658
 Vinaigrette, -Garlic, Baby Spinach Salad with, 246–247
 Vinaigrette, Roasted, 32
 Vinaigrette, Roasted, Duck Confit with Frisée and, 468
 Shellfish. *See also* Crab(meat); Crayfish; Lobster; Mussels; Scallop(s); Shrimp
 Brine, Basic Seafood, 214
 Cocktail, Seafood, Mexican, 559
 Essence, 338
 Oysters, Kumamoto, Spoon of, and Apple Mint Gelée, 563
 Stock, 645
 Strudel, Seafood, with Lobster-Infused Oil, 462–463
 Sushi Maki, 544, 545
 Terrine, Seafood, Mediterranean, 336
 Shellfish, Smoked
 Scallops, 219
 Shrimp, 219
 Shrimp and Avocado Quesadillas, 473
 Shrimp Canapé, 192
 Shrimp and Lentil Terrine, 325–327
 Sherry-Chipotle Vinaigrette, 31
 in Avocado, Tomato, and Corn Salad, 148
 Shiitake Mushrooms
 in Duck Galantine, Roasted Asian, 360
 in Duck Ragoût, Yorkshire Pudding with, 496–497
 in Noodle Salad, Shrimp Terrine with, 334–335
 Tamari-Glazed, Crabmeat Rolls with Infused Pepper Oils, Fried Ginger and, 476
 in Wontons, Fried, 526–527
 Shish Kebobs. *See also* Skewered Hors d’Oeuvre
 Moorish-Style (Pinchon Moruno), 519
 Shrimp
 and Bacon, Barbecued, 503
 Cakes with Rémolade Sauce, 474
 Cucumber Soup, Chilled, with Dill, Leeks and, 69
 with Garlic (*Gambas al Ajillo*), 569
 in Lobster and Summer Vegetable Terrine, 333
 Mousseline Forcemeat, 334
 Nigiri, 546
 Pickled, 541
 Salad, Mango Curry, in Wonton Cups, 552
 Seafood Cocktail, Mexican, 559
 Seafood Strudel with Lobster-Infused Oil, 462–463
 Seafood Terrine, Mediterranean, 336
 Serrano-Wrapped, 503
 Smoked, 219
 Smoked, Canapé, 192
 Smoked, and Avocado Quesadillas, 473
 Smoked, and Lentil Terrine, 325–327
 Sushi Maki, 544, 545
 Tempura, 530
 Terrine with Noodle Salad, 334
 with Wontons, Steamed, 529
 Wrapped, with Asian Barbecue Sauce, 539
 Simple Syrup, 489, 657
 Sirloin of Beef, Smoke-Roasted, 238
 Skewered Hors d’Oeuvre
 Beef Negimaki, 515
 Chinese Skewered Bites, 528
 Lamb Brochettes with Mint Pesto, 516
 Meatballs with Chili Dipping Sauce, 513
 Shish Kebobs, Moorish-Style (Pinchon Moruno), 519
 Shrimp and Bacon, Barbecued, 503
 Shrimp, Serrano-Wrapped, 503
 Shrimp, Wrapped, with Asian Barbecue Sauce, 539
 Slaw
 Coleslaw, 126
 Mango, 566
 Smoked Meats. *See* Bacon, Smoked; Ham, Smoked; Meat, Smoked; Pork, Smoked; Sausage, Smoked
 Smoked Poultry. *See* Duck, Smoked; Poultry, Smoked
 Smoked Seafood. *See* Fish, Smoked; Salmon, Smoked; Shellfish, Smoked
 Soba Noodle Salad, 139
 Sofrito, 51
 Sopressata, in Muffuletta, 188
 Sorbet, Tomato-Basil, 489
 Soup(s). *See also* Stock
 Borscht, Chilled Clear, 82
 Cantaloupe and Champagne, Chilled, 79
 Carrot, Cold, 73
 Cherry, Morello, Chilled, 80
 Coconut and Pineapple Bisque, Caribbean, 81
 Cucumber, Chilled, with Dill, Leeks, and Shrimp, 69
 Edamame, Chilled, 76
 Gazpacho Andalusia, 68
 Pea Purée with Mint, Fresh Spring, 78
 Potato-Herb, Chilled, with Lobster, 75
 Tomato and Basil, Cold Roasted, 72
 Tomato, Chilled, Tuna Tartare with Avocado Mousse and, 556
 Vichyssoise, 75
 Southern Fried Chicken Salad, 157
 Southwest(ern-Style)
 Barbecue Sauce, 66
 Dry Cure, 223
 Gravlox, 215
 Mustard, Green Chile, Spicy, 580
 Smoked Salmon, 223
 Spanakopita, 536
 Spice(s). *See also* Cure Mix; Dry Cure; Herb(s), Herbed; *specific spices*
 Barbecue Mix, 638
 Cajun Blend, 639
 Cajun Mix, 281
 Cajun-Style Tasso Smoked Pork, 236
 Cashews, Curried, Spicy, 570
 Chinese Five-Spice Powder, 638
 Curry Powder, 640
 Dry Rub, Barbecue, 239
 Italian Sausage Blend, Hot, 641
 Mango Chutney, Spicy, 584
 Mustard, Green Chile, Southwestern Spicy, 580
 Nuts, Mixed, Spiced, 569
 Oil, Basic, 608
 Pâté Spice, 641
 Quatre Épices, 639
 Sachet d’Épices, 496
 toasting, 663
 Spinach
 in Chicken Terrine, Poached, 349
 Mayonnaise, Green (Sauce Verte), 36
 Pasta, 653
 Salad, Baby, 246–247
 Salad, Baby, Avocado, and Grapefruit, 111
 Salad, Warm, of Hearty Greens, Blood Oranges, and Tangerine-Pineapple Vinaigrette, 155
 in Shrimp Terrine, 334–335
 in Spanakopita, 536
 Spreads. *See* Dips and Spreads
 Sprouts, Avocado, Brie, and Country Bacon on Croissant, 198
 Squash, Butternut, in Panzanella Salad, Fall, 136
 Squash, Summer. *See* Yellow Squash; Zucchini
 Steak Tartare Canapé, 503
 Stilton Popovers, Mini, 533
 Stock
 Beef, White, 643
 Chicken, 643
 Court Bouillon, 560, 645
 Court Bouillon, Vinegar, 645
 Duck, White, 643
 Fish, 645
 Glace de Viande, 644
 Glace de Volaille, 643
 Shellfish, 645
 Turkey, 643
 Veal, Brown, 644
 Vegetable, 642
 Venison, 644

Strudel
 Fennel and Chorizo, 460–461
 Seafood, with Lobster-Infused Oil, 462
 Sturgeon, Hot-Smoked, Citrus-Scented, 227
 Summer Sausage, 277
 Sun-Dried Tomato(es)
 in Bean and Grain Salad, Mixed, 134
 BLT Hors d'Oeuvre, 502
 and Goat Cheese Tartlets, 504
 Pesto, 53
 Pesto with Risotto and Pancetta Cakes, 532
 Sushi
 Hand Vinegar for (*Tezu*), 548
 Inari, 544–545
 Maki—*Maguro* (Tuna) Roll, 544, 545
 Nigiri, 546
 Rice, 548
 Swedish Mustard Sauce, 583
 Sweet and Sour Onions, 600
 Sweetbread and Foie Gras Terrine, 357
 Sweet Potato
 Pâté Dough, 651
 Vegetable Chips, Assorted, 601
 Swiss Bratwurst, Fine, 287
 Swiss Cheese, in Reuben Sandwich, 173
 Syrup, Simple, 489, 657
 Szechwan-Style Sausage, 274

T

Tabbouleh Salad, 131
 Tahini
 Baba Ghanoush, 57
 Falafel in Pita Pockets, 175
 Hummus, 60
 Sauce, 41
 Tamari-Glazed Mushrooms, Crabmeat Rolls with Infused Pepper Oils, Fried Ginger and, 476
 Tangerine-Pineapple Vinaigrette, 34
 Warm Salad of Hearty Greens, Blood Oranges and, 155
 Tapenade, 60
 Duck, Smoked Breast of, Niçoise-Style, 467
 Taro Root, in Vegetable Chips, 601
 Tarragon
 Fines Herbes, 640
 in Green Goddess Dressing, 38
 Oil, 607
 Oil, Lobster Salad with Grapefruit Emulsion and, 152
 Tart Dough, 651
 in Sun-Dried Tomato and Goat Cheese Tartlets, 504
 Tart, Smoked, Duck, 469
 Tartlets
 Sun-Dried Tomato and Goat Cheese, 504
 Wild Mushroom, Creamed, 501

Tasso (Cajun-Style Smoked Pork), 236
 Tat-soi, in Herb Salad, Spring, 108
 Tea Sandwiches
 Cucumber, 194
 Egg Salad, 192
 Roquefort Butter and Red Pear, 193
 Smoked Salmon, 192
 Smoked Shrimp, 192
 Watercress, 194
 Watermelon Radishes, 194
 Tea-Smoked Moulard Duck Breasts, Asian-Style, 232
 Tempura
 Shrimp, 530
 Vegetable, 530
 Terrine
 Chicken and Crayfish, 337
 Chicken and Foie Gras, in Gelée, 340
 Chicken, Poached, 349
 Country-Style, 356
 Duck, Pistachios, and Dried Cherry, 330
 Duck and Smoked Ham, 324
 Foie Gras, 354–355
 Lamb, Seared, Artichoke, and Mushroom, 342–343
 Lobster and Summer Vegetable, 333
 Mozzarella, Prosciutto, and Roasted Tomato, 353
 Mushroom, 347
 of Pheasant, Roasted, 348
 Portobello Mushroom, Grilled, 344–346
 Salmon, Poached, and Lemon, 350
 Salmon, Smoked, and Smoked Salmon Mousse, 329
 Seafood, Mediterranean, 336
 Shrimp, with Noodle Salad, 334
 Shrimp, Smoked, and Lentil, 325–326
 Sweetbread and Foie Gras, 357
 Vegetable, Roasted, and Goat Cheese, 352
 Venison, 339
 Tezu (Hand Vinegar), 548
 Thai-Style Green Papaya Salad, 143
 Thousand Island Dressing, 37
 Thyme
 in Court Bouillon, 645
 Herbes de Provence, 642
 in Pâté Spice, 641
 and Raspberry Vinegar (Basic Flavored Vinegar), 609
 Sachet d'Épices, 496
 Tofu, Inari, 544
 Tomatillos
 Fruit Salsa, Fiery, 178
 in Poblano Salsa, Smoked, 47
 in Quesadillas, Shrimp and Avocado, 473
 in Salsa Verde, 42
 Tomato(es). *See also* Cherry Tomato(es); Sun-Dried Tomato(es)
 Avocado, and Corn Salad, 148

BLT Hors d'Oeuvre, 502
 in Duck, Smoked Breast of, Niçoise-Style, 467
 in Fattoush, 135
 in Gazpacho Andalusia, 68
 Gelée and Crayfish, Shot Glass with, 555
 Ketchup, 583
 Marinated, with Mozzarella, 466
 in Mediterranean Salad Sandwich, 189
 Oil, 608
 Oil, in Grilled Portobello Mushroom Terrine, 344–346
 Oven-Dried, 344, 345
 Oven-Dried, in Mini Pizzas, 520
 Oven-Roasted, 659
 Oven-Roasted, Bruschetta with Fontina and, 190
 in Pan Bagnat, 185
 Pâté Dough, Cilantro, 650
 in Pepper Salad, Marinated Roasted, 120
 in Pico de Gallo, Chipotle, 45
 in Pissaladière, 522
 Roasted Tomato, Mozzarella, and Prosciutto Terrine, 353
 Salad, Marinated, 127
 Salad, and Roasted Corn, 125
 in Salsa Fresca, 45
 in Salsa, Ginger, 334, 335
 Sauce, 646
 Sauce Ravigote, 340
 Seafood Cocktail, Mexican, 559
 Sofrito, 51
 Sorbet, -Basil, 489
 Soup, and Basil, Cold Roasted, 72
 Soup, Chilled, Tuna Tartare with Avocado Mousse and, 556
 in Tabbouleh Salad, 131
 Vegetable Appetizer, Grilled, with Balsamic Vinaigrette, 465
 in Vegetable Stock, 642
 Vegetable Terrine, Roasted, and Goat Cheese, 352
 Vinaigrette, 33
 Vinaigrette, Fire-Roasted, 33
 Vinaigrette, Watermelon Gelée, Crab, and Avocado Napoleon with, 481
 Water, 555
 Tomme-Style Cheese, 396–397
 Tortillas. *See also* Quesadillas
 Chicken Cones, Hot and Crunchy, 566
 Trout
 Rainbow, Hot-Smoked, 228
 Smoked, Mousse, 512
 Truffle(s)
 in Chicken Galantine, 363
 Goat Cheese, Truffled, and Parmesan Crisps, 565
 and Lobster Salad, 478
 Vinaigrette, 28

Tuna
 with Capers and Olive Oil, 541
 Escabèche of, 459
 Pan Bagnat, 185
 Salsa Cruda di Tonno, 458
 Sushi Maki (*Maguro* Roll), 544, 545
 Tartare with Avocado Mousse and Chilled Tomato Soup, 556

Turkey
 Club Sandwich, 181
 Pâté en Croûte, 358-359
 Smoked, Breast, 230
 Smoked, Breast, -Bourbon, 230
 Stock, 643

Turnips, in Vegetable Stock, 642

V

Veal
 Bratwurst, Swiss, Fine, 287
 Chipolata, 287
 Glace de Viande, 644
 Meatballs with Chili Dipping Sauce, 513
 Stock, Brown, 644
 Terrine, Country-Style, 356
 Terrine, Sweetbread and Foie Gras, 357
 Weisswurst, 287

Vegetable(s). *See also specific vegetables and Chicken Sausage*, 290
 Chips, Assorted, 601
 Curried, and Couscous Salad, 140
 dried, plumping, 662
 Grilled, Appetizer, with Balsamic Vinaigrette, 465
 Juice, Lobster and Mâche with Potato Salad and, 116-117
 Pickled, 594
 Pickled, Javanese (*Acar Jawa*), 598
 Quesadillas, and Small Seared Lobster, 523
 Sushi Maki, 544, 545
 Stock, 642
 Tempura, 530
 Terrine, Goat Cheese and Roasted Vegetable, 352
 Terrine, Lobster and Summer Vegetable, 333

Venison
 Sausage, 270
 Stock, 644
 Terrine, 339

Vichyssoise, 75

Vietnamese Cinnamon Pork Pâté, 186

Vinaigrette
 Almond-Fig, 35
 Apple Cider, 29
 in Asparagus and Prosciutto Canapés, 505
 Balsamic, 27, 344, 345
 Balsamic, Grilled Vegetable Appetizer with, 465
 Balsamic, Port, 27

Beet, 33
 Cherry Tomato, 32
 Chipotle-Sherry, 31
 Chipotle-Sherry, in Avocado, Tomato, and Corn Salad, 148
 Curry, 30
 Gourmande, 28
 Guava-Curry, 34
 Hazelnut-Oregano, 30
 Lemon, 34
 Lemon Parsley, 29
 in Lobster and Truffle Salad, 478
 Mustard-Walnut, 30
 Orange (Blood Orange), 34
 Red Wine, Basic, 27
 Red Wine, with Duck, Smoked Breast of, Niçoise-Style, 467
 Red Wine, Walnut and, 28
 Red Wine, Walnut and, Haricots Verts with, 122
 Shallot-Garlic, Baby Spinach Salad with, 246-247
 Shallot, Roasted, 32
 Shallot, Roasted, Duck Confit with Frisée and, 468
 Tangerine-Pineapple, 34
 Tangerine-Pineapple, Warm Salad of Hearty Greens, Blood Oranges and, 155
 Tomato, 33
 Tomato, Fire-Roasted, 33
 Tomato, Watermelon Gelée, Crab, and Avocado Napoleon with, 481
 Truffle, 28

Vinegar
 Balsamic, Aged, Crispy Braised Pork Belly with French Lentils and, 470-471
 Court Bouillon, 645
 Hand, for Sushi (*Tezu*), 548
 Raspberry and Thyme (Basic Flavored Vinegar), 609
 Rosemary-Garlic, 609
 in Sauce Ravigote, 340

W

Walnut(s)
 Bread, Cucumber, Watercress, and Brie with Apricot Chutney on, 199
 and Cheddar Icebox Crackers, 604
 and Fig Bruschetta, 191
 Haricots Verts with Red Wine Vinaigrette and, 122
 and Lentil Salad, 131
 in Muhammara, 62
 in Panzanella Salad, Fall, 136
 in Pesto Sauce, Mint, 52

Walnut Oil
 -Mustard Vinaigrette, 30
 and Red Wine Vinaigrette, 28

Watercress
 Cucumber, and Brie with Apricot Chutney on Walnut Bread, 199
 in Parson's Garden Salad, 107
 in Quesadillas, Shrimp and Avocado, 473
 Tea Sandwich, 194

Watermelon Gelée, Crab, and Avocado Napoleon with Tomato Vinaigrette, 481

Water, Tomato, 555

Weisswurst, 287

White Bean and Duck Confit Hash Cake with Cipollini Onion Marmalade, 498-499

Whole Wheat Pita. *See* Pita, Whole Wheat

Wonton(s)
 Cups, Mango Curry Shrimp Salad in, 552
 Fried, 526-527
 Steamed, with Shrimp, 529

Y

Yeast Dough. *See also* Bread Dough for Pissaladière, 522
 Pizza, 520

Yellow Pepper(s). *See also* Pepper(s) in Champagne Emulsion, 560
 in Crab and Avocado, Salad of, 144
 Fattoush, 135
 Ketchup, 584
 Oil, Infused, Crabmeat Rolls with Fried Ginger, Tamari-Glazed Mushrooms and, 476
 Peperonato, 50
 Peperonato, Sea Scallops, Seared, with Artichokes and, 477
 Vegetable Appetizer, Grilled, with Balsamic Vinaigrette, 465

Yellow Squash
 in Chicken Terrine, Poached, 349
 Pickled Vegetables, Javanese (*Acar Jawa*), 598
 Vegetable Appetizer, Grilled, with Balsamic Vinaigrette, 465
 Vegetable Terrine, Roasted, and Goat Cheese, 352

Yogurt
 Cucumber Sauce, 41
 in Ranch Dressing, Reduced-Fat, 40
 in Tahini Sauce, 41
 Yorkshire Pudding with Duck Ragoût, 496-497
 Yuzu Gelée, Peekytoe Crab Salad with, 154-155

Z

Zucchini
 in Chicken Terrine, Poached, 349
 Vegetable Appetizer, Grilled, with Balsamic Vinaigrette, 465
 Vegetable Terrine, Roasted, and Goat Cheese, 352

SUBJECT INDEX

A

Acidification (pH)
in cheese making, 375, 377–378, 379, 382
in food preservation, 203
Action stations, in buffet service, 613, 615, 616–621, 623
Aerators, for mousse, 450, 451, 452
Agar, 453
Aioli, 20
Air-dried foods
pre-smoking, 210
sausages, 257–259
types of, 213
Airs, 454
Albumen, on forcemeat garnish, 303
Alginate, 453, 454
Alpine-style cheese, 368, 399, 406, 407, 413, 437, 438–439
Amaranth, 92, 101, 102
American artisan cheeses, 371, 408, 413
Amuse-gueule, 160, 444
Animal rennets, in cheesemaking, 376
Anise hyssop, 100
Appenzeller cheese, 407
Appetizers. *See also* Hors d'oeuvre
airs, 454
on à la carte menu, 447
on banquet menu, 448
caviar, 454
chips/crisps, 578–579
encapsulations, savory, 454
foams, savory, 453–454
granités, savory, 452
hors d'oeuvre as, 448
vs hors d'oeuvres, 444
jellies, savory, 452
meze, 448
mousses, savory, 450–452
portioning of, 449
presentation of, 449–450
salads, 449
selecting/preparing, 448–449
sorbets, savory, 452
tapas, 447–448
tasting menus, 447–448
terrines, 310
Apples, discoloration, preventing, 105
Aroma, in cheese evaluation, 404–406
Aromatics
oils/vinegars, infused, 575–577
in pickles, 577
in sausages, 254

Artisan/farmstead cheese, 371, 402, 408, 413
Arugula, 89, 90, 92, 101, 102
Ascorbate, 205
Aspic
gelatin ratio, 22
jellies, savory, 452
making, 22–25
in pâté en croûte, 314
in terrines, 312–313

B

Baby salad mix, 94
Bachelor's buttons, 98, 99
Bacon, 204, 209
Bain-marie (water bath), for terrines, 310–311
Ballotines, 316, 317, 318
Bananas, discoloration, preventing, 105
Banquets. *See also* Buffets
appetizers for, 448
garde manger role in, 5–6, 7
Barbecuing (smoke-roasting), 212
Barquettes, 445–446, 450
Basil, 95
Basilicata sausages, 252
Bay leaf, 95
Bean salads, 105
Beaufort cheese, 406, 407, 438–439
Beef
air-dried, 213, 449
casings, for sausages, 262, 264, 265
cold smoking, 210–211
corned, brining time for, 209
forcemeat, 211
smoked, 210
Beet greens, 90, 93
Beet tops, 101, 102
Belgian endive, 89, 90
Beyaz peynir cheese, 432–433
Bibb lettuce, 88
Binders
for forcemeats, 302, 305
for mousses, 450–451, 452
Bitter greens, 89, 90
Bloomed gelatin, 24, 25, 26, 450
Blue cheese, 403–404, 405, 406–407, 409, 413, 424–425, 428
Boston lettuce, 87, 88
Botulism, 204–205
Breads
as canapé base, 446
in cheese service, 413

crackers, 577
in green salad, 104
panadas, 302
for sandwiches, 161
Breakfast buffet, 613, 620
Brevibacterium linens, 372, 374, 405
Brie-style cheese, 370, 406, 416–417
Brigade system, 4
Brine
for cured meats, 207–209
for pickles, 577
salt, 206
Brined cheese, 382–383, 385, 429, 432–433
Bubble knot, for sausages, 263, 266, 267
Buffalo milk, 367
Buffets
action stations, 613, 615, 616–621, 623
centerpieces/displays, 634
cheese service, 410–413
concepts/themes for, 612–613
design/layout of, 622–626, 627
food presentation for, 521–622, 626–635
food safety in, 616–617, 618, 619, 622
garde manger role in, 612
garnishing plates/platters, 626
grosse pièce, 622
hors d'oeuvre in, 444
line placement, 623–624
menu development for, 613–615
mise en place for, 620, 621–622
omelet station, 613, 615, 620
pasta station, 620–621
portioning for, 621
pre-plating, 615, 626
price range/food cost, 614–615
raw bar, 616–620
replenishment of items, 633–634
serving pieces/tools for, 625
slicing/sequencing foods in, 622
table configuration, 624
table setting, 624–625
waste disposal, 625–626
Business tools, 9
Butter
as canapé spread, 446
as sandwich spread, 162
Butterhead lettuces, 88

C

Cabrales cheese, 403–404, 406–407, 408
Caciocavallo cheese, 406, 430–431

- Caerphilly cheese, 379
- Calcium chloride, in cheesemaking, 371, 372, 379, 382, 384
- Calendula, 98, 99
- Camembert cheese, 370, 400, 407, 416-417
- Canapés
base and fillings for, 446, 450-451
coating sauces for, 21
mousse for, 452
rillettes for, 213
- Career opportunities, garde manger, 5-7
- Carnations, 99
- Carrageenan, 453
- Casings, sausage, 261-267
- Caviar, 454
- Celery micro greens, 101, 102
- Centerpieces, buffet, 634
- Chafing dishes, 615, 625, 633
- Charcuterie, history of, 4
- Chaud-froids, 21
- Cheddar cheese
artisan/farmhouse, 375, 402, 406, 407, 419
English, 403, 406, 407, 413, 419, 422-423
industrially produced, 408, 422-423
processed, 370, 422-423
salting, 382
- Cheese. *See also* Cheese evaluation;
Cheesemaking; *specific cheeses*
Alpine style, 368, 399, 406, 407, 413, 437, 438-439
artisan/farmstead, 371, 402, 408, 413
bloomy rind, 391, 401, 404-405, 406
blue mold, 403-404, 405, 406-407, 408, 424-425, 428
brined, 382-383, 385, 429, 432-433
as canapé spread, 446
crackers, 578
descriptive terms for, 410
foams, 453
-food pairing, 413
fresh, 401, 404, 406, 407, 414-415, 418
hard, 434-435, 436
Hispanic, 426-427, 428
meltability of, 407
in mousse, 450
natural-rind, 402-403, 405, 406, 407-408
pasta filata-style, 367, 368, 369, 406, 408, 429, 430-431
raw-milk, 369
as sandwich spread, 162
in sauces, dairy-based, 21
semisoft, 419
service/plate design, 411-413
smoked, 209, 211
soft-ripened, 383, 391, 407, 416-417, 418
storage of, 408-409
tomme style, 385, 397, 402, 406, 407, 413
types of, 414-441
washed-rind, 403, 405, 406, 408, 436, 440-441
waxed-rind, 404
- Cheese evaluation
aroma, 404-406
flavor, 406-407
and stylistic guidelines, 400
textural, 407-408
visual, 401-403
- Cheese making
cultures, 371, 385
curd in. *See* Curd, cheese
equipment and tools, 371-372
history/development of, 367-371
microorganisms used in, 368, 374
and milk composition, 367-368
milk quality/sources in, 372-373, 375
milk temperature in, 375, 377, 378
monastic tradition of, 368
rennet in, 368, 375, 376, 378, 381
sanitation in, 369-370
steps in, 375-384
- Cheese mites (*Tyroglyphus sira*), 401, 403
- Chervil, 95, 96
- Chèvre. *See* Goat cheese
- Chicken
brining time, 209
cold smoking, 210-211
galantines, 316-318
smoked, 209, 210
- Chicories, 89, 90
- Chimay cheese, 368
- China, in buffet service, 624-625
- Chips/crisps, 578-579
- Chives, 96, 97, 100
- Chutney, 21, 575
- Chymosin rennets, in cheese making, 376, 378
- Cilantro/coriander/Chinese parsley, 95, 96, 101, 102
- Cistercian Trappist cheeses, 368
- Clams, 448, 618
- Clear soups, 26
- Club sandwiches, 160, 162
- Coagulation, in cheese making, 378
- Coating sauces
aspic, 21-25
chaud-froids, 21
mayonnaise, 19
- Cold infusion, oils/vinegars, 577
- Cold smoking, 210-211
- Collard greens, 90
- Color
and buffet presentation, 631
in composed salads, 106
of service pieces, 625
- Communications skills, of garde manger, 9, 11
- Composed hors d'oeuvre, 445-447
- Composed salads, 106
- Compote, 21, 575
- Comté cheese, 400, 437, 438-439
- Condiments, 574-575
- Confits, 213
- Consommé, jellied, 26
- Contamination. *See* Food safety
- Contests/competitions, for garde manger, 10
- Corned beef, brining time for, 209
- Cos lettuce (Romaine), 87, 88
- Cotija cheese, 406, 426-427, 428
- Coulis, 21
- Country-style forcemeats, 300, 302, 303, 305
- Cow's milk, in cheesemaking, 367, 370, 372, 379
- Crabs, 619
- Crackers, 578
- Cream
coating sauce, 21-22
dressings, 21
mousseline forcemeat, 302, 306, 307
mousses, 450, 452
sauces, dairy-based, 21
soups, 26
- Crème fraîche, 406
- Crêpe station, 613
- Cress, curly, 90, 91, 92
- Crisphead lettuces, 88
- Crisps/chips, 578-579
- Cross contamination, 254, 622
- Crudité, 444
- Curd, cheese
acid-set, 375, 379
cooking, 381
cutting, 379-380
hooping, 381-382
lactic-style, 377-378, 380, 383
- Cured foods
brines, 207-209
cure accelerators, 205
dry cure, 206-207
in hors d'oeuvres, 445
Insta-cure, 205, 209
nitrates/nitrites in, 204
nitrosamines in, 204-205, 209
Prague Powder II, 254
sausages, 253-254, 257-259
seasoning/flavoring in, 205-206, 254
- Curly cress, 91, 92
- Curly endive, 90
- ## D
- Dairy-based sauces, 21
- Dandelion greens, 90
- Danish blue cheese, 424-425, 428
- Dégustation menus, 447

Dehydration, in food preservation, 203
 Denaturing proteins, 203, 259
 Dextrose, in cured foods, 205, 254, 257
 Dianthus, 98, 99
 Dill, 96, 97
 Dipping sauces, 25
 Dips and spreads
 condiments as, 575
 dairy-based, 21
 as hors d'oeuvre, 444
 mayonnaise as, 19
 salsas, 21
 Direct-set cultures, in cheese making, 374, 377
 Dodines, 316
 Dough. *See* Pâté dough
 Dressings. *See also* Vinaigrette
 dairy-based, 21
 for green salads, 104
 mustard in, 574
 oils and vinegars, flavored, 575-576
 for potato salads, 105
 Dried foods. *See* Air-dried foods
 Drum sieve (tamis), 307
 Dry-cured meats
 as appetizer, 449
 curing mixture, 206-207
 curing time, 207
 nitrate/nitrite levels, 204
 Duck
 confit, 213, 449
 dodines, 316
 mouillard, in foie gras, 318

E

Edam cheese, 370
 Education/training, of garde manger, 7-8, 9
 Eggs
 egg wash, for pâté en croûte, 314
 as forcemeat binder, 302, 305
 hard cooked, as hors d'oeuvre, 444
 omelet station, 613, 615, 620
 white, as mousse aerator, 452
 whites, in forcemeat garnish, 303
 yolk, as emulsifier, 17, 19, 20
 Emmentaler cheese, 368, 403, 406, 437, 438-439
 Emulsifiers, 16-17, 574
 Emulsion
 mayonnaise, 17, 19-20
 sauces, cold, 16-20
 sausages, 259-261
 vinaigrette, 16, 18
 Encapsulations, savory, 453-454
 Endive, 89, 90
 Equipment and tools. *See also* Molds
 brining, 207-208
 buffet service, 625-626
 cheese making, 371-372
 cheese storage, 408-409

forcemeat preparation, 303, 304
 knowledge of, 8-9
 maintenance of, 12
 meat grinder, 254-255
 omelet station, 620
 for raw bar, 620
 salad spinners, 103
 sausage making, 254-256
 smokers, 209, 210
 Escarole, 89, 90
 Ewe milk, 367

F

Farmer's cheese, 375, 414-415
 Fats
 in cheese, 400
 confits/rillettes, 213
 in forcemeats, 301-302
 in milk, for cheese making, 367
 oils, infused, 575-576
 in sausages, 253, 259
 terrine mold liner, 310
 Fermentation, in food preservation, 203
 Fermented sausages, dry/semidry, 257-259
 Feta cheese, 385, 429, 432-433
 Finger sandwiches, 160, 161, 162
 Fish. *See also* Shellfish
 forcemeat terrine, 310
 mousse, 450
 preserved, history of, 2
 smoked, 209, 210, 449
 5-4-3 forcemeat, in emulsion sausage, 259-261
 Flatware, in buffet service, 624-625
 Flavor, in cheese evaluation, 406-407
 Flocculation time, in cheese making, 378
 Flowers, edible, 98-100
 Foams, savory, 453-454
 Foie gras
 cleaning/preparation, 318-319
 in composed hors d'oeuvre, 445
 foams, 453
 grades of, 319
 marinating, 319
 mousse, 319
 terrines, 310, 319
 Fontina cheese, 420-421
 Food costing, for buffets, 614
 Food presentation. *See* Presentation styles
 Food preservation. *See* Cured foods;
 Preserved foods
 Food processor, forcemeats in, 303, 304, 306, 307
 Food safety
 in buffet service, 622
 in cheesemaking, 369-370
 cross contamination, 254, 622
 of cured foods, nitrosamines in, 204-205, 209

of egg yolks, in mayonnaise, 19
 in forcemeat preparation, 303
 milk, 368, 373
 of oils/vinegars, infused, 577
 pork, certified, 253, 257
 in raw bar, 616-617, 619
 in sausage making, 257

Forcemeats

ballotines, 316, 317, 318
 binders, 302, 305
 country-style, 300, 302, 303, 305
 defined, 300
 dodines, 316
 equipment/tools, 303, 304
 fat in, 301-302
 5-4-3, in emulsion sausages, 259-261
 foie gras, 318-319
 galantines, 305, 316-318
 garnishes, 302-303
 gratin, 300, 302, 303, 305-306
 ingredients, main, 301-302
 making, 303-307
 mousseline, 300-301, 303, 306-307, 450
 pâté en croûte, 313-315
 roulades, 316, 317-318
 seasonings, 302
 straight/basic, 300, 303, 305
 terrines, 308-313
 testing, 304

Frisée, 89, 90

Fromage blanc, 401

Fruits

in cheese service, 413
 chips/crisps, 578-579
 chutney, 575
 compote, 575
 coulis, 21
 discoloration, preventing, 105
 foams, 453-454
 juices, in jellies, savory, 452
 oils/vinegars, infused, 575-577
 purées, in vinaigrette, 19
 salads, 105
 salsas, 21
 smoked, 209, 211
 soups, 26

G

Galantines, 305, 316-318, 449

Game meats

confits, 213
 forcemeat, venison, 211

Garde manger

in buffet presentation, 612
 as businessperson, 9, 10-12
 career opportunities for, 5-6
 communications skills of, 9, 11
 defined, 2, 3
 education/training for, 7-9

history of, 2-4
 personal qualities for, 13
 professional development of, 9-10
 responsibilities/skills of, 5, 6-7

Garlic, in aioli, 20

Garnishes
 for appetizer plates, 450
 aspic as, 22, 23
 in buffet service, 626
 for canapés, 446
 caviar as, 454
 for forcemeats, 302-303
 for green salads, 104
 for sandwiches, 162
 for sausages, 261
 for vinaigrettes, 18

Gelatin
 aspic ratio, 22
 bloomed, 24, 25, 26, 450
 in chaud-froids, 21
 in clear soups, 26
 in coating sauces, 21-25
 in forcemeat garnish, 303
 in jellies, savory, 452
 in mousse, 450
 powdered, 24
 sheet, 25
 testing strength, 24
 as thickener, 453

Gelling agents, 453

Geotrichum candidum, 374, 401

Glassware, in buffet service, 624-625

Goat's milk, 367

Goat's milk cheese (chèvre), 385, 401, 404, 406, 407, 412, 414-415

Goose. *See also* Foie gras
 confit, 213
 dodines, 316

Gorgonzola cheese, 404, 406-407, 408, 424-425, 428

Gouda cheese, 370, 402, 403, 408, 411, 412, 434-435, 436

Grain salads, 105

Grana cheese, 407-408

Granités, savory, 452

Gratin forcemeats, 300, 302, 303, 305-306

Grazing menus, 447

Green leaf lettuce, 87, 88

Greens
 bitter, 89, 90
 caring for, 103
 garnishes for, 104
 micro, 100-102
 mild, 87, 88
 prepared mixes, 93, 94
 spicy, 91, 92
 types of, 86

Green salads, 86-104

Grinders. *See* Meat grinders/grinding

Grosse pièce, 622

Gruyère cheese, 437, 438-439

Guilds, food-related, 3-4

Gums, as thickener, 453

H

Halloumi cheese, 429, 432-433

Ham
 air-dried, 213, 449
 brining time for, 209
 cold smoking, 210
 dry cure time for, 207
 hot smoking, 211

Havarti cheese, 375, 402, 403, 408, 420-421

Herbs
 in cures and brines, 206
 flowers, 100
 in fruit salad, 105
 as garnish, 626
 in green salad, 95-97
 oils/vinegars, infused, 575-577
 in sausage, 254
 in sorbets, savory, 452
 in vinaigrettes, 18

Hispanic cheeses, 426-427, 428

Hog casings, 264, 265

Hooligan cheese, 403

Hors d'oeuvre. *See also* Appetizers;
 Canapés
 action stations for, 616
 on appetizer plates, 448
 vs appetizers, 444
 barquettes/tartlets, 445-446
 caviar, 444
 coating sauces for, 21
 composed, 445-447
 defined, 444
 mousses for, 445, 450
 presentation of, 445
 profiteroles, 447
 salads, 445
 spoons, 447
 standing meals of, 444

Hot smoking, 211

I

Iceberg lettuce, 87, 88

Ice carvings/beds, 445

Infused oils/vinegars, 575-578

Inlays, forcemeat garnish, 303

Inoculation, in cheese making, 377-378

Insta-cure, 205, 209

J

Jellied clear soups, 26

Jellies, savory, 452

Job opportunities, for garde manger, 5-7

Job training, for garde manger, 7, 9, 11

Johnny jump-ups, 99

K

Ketchup, 575

L

Lactobacillus bulgaricus, 374

Lactococcus lactis, 368, 374

Lactococcus helveticus, 368, 374

Lamb forcemeat, 310, 311

Lamb's lettuce (mâche), 87, 89, 90

Lavender, 100

Leaf lettuces, 88

Lecithin, 17

Legume salads, 105

Lemongrass, 97

Lettuces, 87, 88. *See also* Greens

Linens, for buffet service, 624

Linguica sausages, 252

Loukanika sausages, 252

M

Mâche, 87, 89, 90

Management skills, of garde manger, 10-12

Marigolds, 98, 99

Marinade, for foie gras, 319

Marjoram, 96, 97

Mascarpone cheese, 375, 406, 409, 414-415

Mayonnaise
 breaks, correcting, 20
 as canapé spread, 446
 emulsion process, 16-17, 19-20
 flavorings/garnishes, 19, 20
 in mousse, 450
 as sandwich spread, 162
 storing, 20

Meat grinders/grinding
 care and use, 254-255
 forcemeats, 303, 305, 306
 progressive, 256
 sausages, basic grind, 256-257
 sausages, emulsion, 259-261

Meats. *See also specific meats*
 brining times for, 209
 cured, nitrite/nitrate levels in, 204
 dry cure times for, 207
 in forcemeats, 301
 preservation, history of, 2
 roasted, terrines, 310
 as sandwich filling, 162
 slicing/sequencing, for buffets, 622

Menus
 appetizers on, 447-448
 banquet, 448
 buffet, 613-615
 development of, 7
 tasting, 447-448

Mesclun mix, 93, 94

Mesophilic culture, cheese, 371, 377, 385

Meze, 448

Microbial rennets, 376

Micro greens, 100-102
 Microorganisms, in cheesemaking, 368, 374
 Milk
 acidification, 377-378, 379
 bacterial strains in, 368
 in cheese making, 368-370, 372-373, 375
 composition of, 367-368
 pasteurization, 369, 373, 375
 powder, as binder, 302
 raw, 369, 372, 373
 Mint, 96
 Mise en place, in buffet service, 620, 621-622
 Mizuna, 91, 92
 Mold
 on cheese, 383, 385, 401, 403, 404, 409
 on dry sausages, 259
 Molds
 for barquettes/tartlets, 445-446
 in cheese making, 371, 382
 for mousse, 452
 for pâté en croûte, 313
 for terrines, 308-310
 Monterey Jack cheese, 419, 420-421
 Moulard duck, 318
 Mousse
 in barquettes/tartlets, 445
 foie gras, 319
 as hors d'oeuvre spread, 445
 hot and cold, 450
 preparing, 450-452
 in profiteroles, 447
 rolled, 452
 Mousseline forcemeat
 as "hot mousse", 450
 ingredients for, 300-301, 302
 preparing, 306-307
 terrine, 307
 Mozzarella cheese, 385, 400, 401, 429, 430-431
 Muenster cheese, 403, 408, 436, 440-441
 Mussels, 618
 Mustard, 574
 Mustard flower, 100
 Mustard greens, 91, 92, 93, 101, 102

N

Nasturtiums, 99
 Networking, professional, 9-10
 Nitrates/nitrites, in cured foods, 204-205, 254
 Nitrosamines, in cured foods, 204-205, 209
 Nitrous oxide canisters, 453, 454
 Nuts
 in cheese service, 413
 crackers, 578
 as forcemeat garnish, 302
 as hors d'oeuvre, 444

O

Oak leaf lettuce, 88
 Oils
 and emulsification, 16, 18, 19-20
 infused, 575-577
 in mayonnaise, 19-20
 as sandwich spread, 162
 in vinaigrettes, 17, 18
 Olives, 444
 Omelet station, 613, 615, 620
 Onions, red onion confit, 213
 Orach, purple/pink, 101, 102
 Oregano, 96, 97, 100
 Oriental salad mix, 94
 Osmosis, in food preservation, 203
 Overhauling process, in dry cure, 207
 Oxidization of fruit, preventing, 105
 Oysters, 448, 617-618

P

Panadas, in forcemeats, 302, 306
 Panela cheese, 426-427
 Pansies, 98, 99
 Pan smoking, 212
 Parmesan cheese (Parmigiano-Reggiano), 403, 407, 434-435, 436
 Parsley, 95, 96
 Pasta
 on appetizer plates, 449
 salads, 105
 station, buffet, 620-621
 Pasta filata-style cheese, 367, 406, 429, 430-431
 Pasteurization, milk, 369, 373, 375
 Pastry dough. *See* Pâté dough
 Pâté
 on appetizer plates, 449
 in composed hors d'oeuvre, 445
 en croûte, 4, 305, 313-315, 445
 of foie gras, 319
 Pâte à choux, in profiteroles, 447
 Pâté dough
 barquettes/tartlets, 445-446
 Pears, discoloration, preventing, 105
 Pea shoots, 101, 102
 Pecorino cheese, 402, 411, 412, 434-435
 Pectin, 453
 Pellicle formation, in smoked foods, 210, 211, 213
Penicillium candidum, 374, 383, 385, 401
Penicillium roqueforti, 374, 385, 405
 Pepsin rennets, in cheesemaking, 376, 378
 Physical assets, management of, 10
 Pickles, 577
 Pit-roasting (smoke-roasting), 212
 Platters, in buffet service, 625
 Pont l'Évêque cheese, 403, 412, 440-441
 Popcorn shoots, 98, 99
 Pork. *See also* Bacon; Ham; Sausages
 brining time for, 209
 certified, in sausages, 253, 257
 cold smoking, 210-211
 dry cure time for, 207
 fat, 253, 259
 forcemeats, 300, 310
 smoked, 210
 Portioning, in buffet service, 621
 Potatoes
 as binder, 302
 chips, 578-579
 salads, 105
 Poultry. *See also specific poultry*
 confit, 213
 forcemeat, 211
 galantine, 316-318
 Powdered gelatin, 24
 Prague Powder II, 254
 Pre-plating, in buffet service, 615, 626
 Presentation styles
 appetizers, 449-450
 buffets, 621-622, 626-635
 caviar, 454
 cheese plate, 411-413
 hors d'oeuvre, 444-445
 sandwiches, 162-163
 terrines, 310
 Preserved foods
 air-dried, 210
 brining, 207-208
 curing, 206-207, 257
 in fat, 213
 history of, 2-3, 202
 salt effects in process, 202-205
 smoking, 209-212
 Pressing, in cheesemaking, 382
 Price range, for buffets, 614
 Processed cheese, 370
 Profiteroles, 447
Propionibacteria freudenreichii, 374, 403
 Proteins, denaturing, 203, 259
 Proteolysis, in cheesemaking, 383-384, 405
 Provolone cheese, 408, 429, 430-431
 Puff pastry shells, 449
 Pullman loaves, 161
 Purées
 coulis, 21
 foams/encapsulations, 453
 mousses, 450-451
 in oil/vinegar infusion, 576
 soups, 26
 in vinaigrette, 19

Q

Quark, 401, 407, 414-415
 Quenelles, 445
 Queso blanco cheese, 426-427, 428
 Queso para freir cheese, 426-427, 428

R

Rabbit confit, 213
Raclette cheese, 403, 408, 436, 440-441
Radicchio, 89, 90
 Treviso, 90
Radish micro greens, 101, 102
Raw bar service, 616-620
Reblochon cheese, 403
Red cabbage, 101, 102
Red leaf lettuce, 87, 88
Red onion confit, 213
Relish, 21, 162, 575
Rennet, in cheese making, 368, 371, 375, 376, 378, 381
Restaurants. *See also* Buffets
 history of, 4
 tapas, 447-448
Ricotta cheese, 375, 406, 409
Rillettes, 213
Ripening, in cheese making, 383-384
Robiola Due Latte cheese, 411, 412, 416-417
Romaine lettuce, 87, 88
Roquefort cheese, 403, 406-407, 424-425
Rosemary, 96, 97, 100
Roses, 99
Roulades, 316, 317-318, 319

S

Safety. *See also* Food safety
 in grinding meat, 254
 workplace, 12
Sage, 96, 97, 100
Salads. *See also* Dressings; Vinaigrette
 as appetizer, 449
 composed, 106
 flowers, edible for, 98-100
 fruit, 105
 garnishes for, 104
 green, 86-104
 herbs for, 95-97
 hors d'oeuvre, 445
 legume, 105
 micro greens, 100-102
 pasta and grain, 105
 potato, 105
 preparing greens for, 103
 vegetable, 104-105
 warm, 106
Salad spinners, 87, 103
Salami, 257
Salmon
 smoked, 209, 210
 terrines, 310-311
Salsas, 21
Salt
 brine, 206
 in cheese making, 382-383
 in food preservation. *See* Cured foods;
 Preserved foods
 in forcemeats, 302
 Saltpeter, 204
Sandwiches
 breads for, 161
 canapés, 446
 cross-cultural view of, 163
 fillings, 162
 garnishes, 162
 history of, 160
 presentation styles, 162-163
 spreads, 161-162
 types of, 160
Sauces. *See also* Mayonnaise; Vinaigrettes
 coating, 19, 21-25
 coulis/purées, 21
 dairy-based, 21
 emulsion, 16-20
 miscellaneous, 25
 in pasta station, 620-621
 salsas, 21
Sausages
 on appetizer plates, 449
 casings, natural, 264, 265
 casings, preparing, 263-265
 casings, stuffing, 266, 267
 casing types, 261-262
 curing mixture, 253-254
 emulsion, 259-261
 equipment/tools, 254-256
 fermented, dry/semi-dry, 257-259
 fresh, 252
 garnishes, 261
 grind, basic, 256-257
 history of, 252
 ingredients for, 252-257
 loose/bulk, 261
 nitrite/nitrate levels in, 204, 254
 smoked/dried, 252, 254
 tying, 266, 267
Savory, 97
Sbrinz cheese, 434-435
Scallops, 210, 307
Scamorza cheese, 430-431
Seasonings. *See also* Aromatics; Herbs;
 Spices
 for appetizer items, 449
 for cured foods, 205, 254
 for forcemeats, 302
 for pasta/grain salads, 105
 for sausages, 253-254
Serving pieces/tools
 in buffet service, 625
 caviar, 454
Sheep casings, 264, 265
Sheep's milk cheese, 404
Sheet gelatin, 25
Shellfish
 appetizers, 448
 clams, 448, 618
 crabs, 619
 food safety, 616-617, 619

 forcemeat terrine, 310
 mousseline, 307
 mussels, 618
 raw bar service, 616-620
 scallops, 210, 307
 shrimp, 448, 619
Shrimp, 448, 619
Slicing/sequencing, in buffet service, 622
Smoked foods
 on appetizer plates, 449
 cold smoking, 210-211
 in composed hors d'oeuvre, 445
 fish, 209, 210, 449
 hot smoking, 211
 in mousse, 450
 pan smoking, 210, 211, 212, 213
 pellicle formation in, 211, 212
 sausages, 252, 254
 smoke-roasting, 212
 wood for, 209-210
Smokers, 209, 210
Smorgasbord, 448
Snapdragons, 98, 100
Sodium ascorbate, 205
Sodium erythorbate, 205
Software systems, 9
Sorbets, savory, 452
Sorrel, 95
Soups, 26
Soy lecithin, 454
Spanish tapas, 448
Spices
 in cures and brines, 206
 in forcemeats, 302
 oils/vinegars, infused, 575-577
 quatre épices, 302
 in sausages, 252, 254
Spicy greens, 91, 92
Spoons, hors d'oeuvre, 447
Spreads. *See also* Dips and spreads
 for canapés, 446
 sandwich, 161-162
Stabilizers, 16
Staff management, 12
Staff training, 11
St. André cheese, 407
Starches, as stabilizer, 16
Stations, in buffet service, 613, 615, 616-621, 623
Steam tables, in buffet service, 625
Steeping infusion method, 577
Stilton cheese, 403, 406-407, 413, 424-425, 428
Straight forcemeat, 300, 303, 305
Streptococcus thermophilus, 374
Sugar, in cured foods, 205
Sweeteners, in cured foods, 205, 254
Swiss-style cheese, 385

T

Tableware, in buffet service, 624-625
Taleggio cheese, 403, 408, 417, 436, 440-441
Tapas, 447-448
Tarragon, 97
Tartlets, 445, 447, 450
Tasting menus, 447-448
Tat-soi, 90, 91, 92
Tea sandwiches, 160, 162
Teleme cheese, 432-433
Terrines
 in appetizer plates, 449
 aspic-bound, 312-313
 foie gras, 310, 319
 forcemeat in, 305
 history of, 4
 making, 310-312
 molds, 308-310
 mousseline forcemeat in, 306-307
 nontraditional, 310
 presentation of, 310
 slicing/sequencing, for buffets, 622
 straight forcemeat in, 305
Tetilla cheese, 402
Texture
 in buffet food presentation, 631-632
 in cheese evaluation, 407-408
 in composed salads, 106
 of service pieces, 625
Thai basil, 95
Thermophilic culture, cheese, 371, 377, 385
Thickeners, 453, 454. *See also* Gelatin

Thyme, 97, 100
Time management, 10-11
Tomme-style cheese, 385, 397, 402, 406, 407, 413
Training, staff, 11
Treviso radicchio, 90
Triple-crème style cheese, 416-417
Tuna confit, 213
Turkey
 brining time for, 207, 209
 slicing/sequencing, for buffets, 622

U

United Kingdom cheeses, 412-413

V

Veal forcemeat, 211
Vegetable rennets, in cheese making, 376
Vegetables
 in appetizer plates, 449
 aromatic, in oils/vinegars, 302
 aromatic, in sausages, 254
 chips/crisps, 578-579
 chutney, 575
 coulis, 21
 foams, 453-454
 garnishes, for green salad, 104
 greens, for salads, 86-94
 hollowed, as containers, 625
 as hors d'oeuvre, 445
 juices, in jellies, savory, 452
 oils/vinegars, infused, 575-577
 purées, in vinaigrette, 19

salads, 104-105
salsas, 21
smoked, 209, 211
soups, 26
terrines, 310
Velouté, 26, 450
Venison forcemeat, 211
Vichyssoise, 26
Vinaigrettes
 basic, making, 17
 emulsified, 16, 18
 garnishes for, 18
 for green salads, 104
 mustard in, 574
 oils/vinegars, infused, 575-577
 reduced-fat, 19
Vinegars, infused, 575-577
Violets, 100

W

Warm infusion, oils/vinegars, 575-576
Waste disposal, in buffet service, 625-626
Water bath, for terrines, 310-311
Watercress, 89, 90, 91, 92
Waters, savory, 452
Whey and curd, in cheese making, 378, 379, 381-382
Wood, for smoking, 209-210
Workplace safety, 12

Z

Zakuski table, 448