



Sonoma State University
PLANT FORWARD
& GLOBALLY INSPIRED

CIA Consulting Department, Hyde Park, New York

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The Culinary Institute of America

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THE WORLD'S PREMIER
CULINARY COLLEGE

Welcome to the CIA!

Education is a gift. And, those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we've made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in black ink, appearing to read "Brad Barnes". The signature is fluid and cursive, with a long horizontal stroke at the end.

Brad Barnes, CMC
Director CIA Consulting
845-451-1613 | b_barnes @culinary.edu

P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world's best professional culinary education. If you'd like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Remain in attendance for the class duration
 - Course Satisfactory Completion Requirements
Students must participate in all exercises and discussions and attend at least 95% of the course to be awarded Continuing Education Units from the IACET.
- ☑ Actively participate
- ☑ Return promptly from breaks
- ☑ No cell phone use or text messaging during class
- ☑ Complete the course evaluation
- ☑ Follow all established health and safety regulations
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen
 - Keep all perishable items refrigerated until needed
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- ☑ Adhere to appropriate CIA uniform and attire standards as outlined on the following page.
- ☑ Act within the guidelines of the CIA's policy on harassment
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- Neckerchief (optional)
 - Helps to absorb sweat
- Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- Apron (provided in class)
 - Protects jacket and pants from excessive staining
- Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- Hair
 - Should be neatly maintained, clean, and under control at all times
 - Long hair should be pinned up and worn under a hair

WELCOME AND OVERVIEW

COURSE DESCRIPTION

Consumer interest in plant based, healthy, and delicious food has never been greater. This program will engage participants through lectures and hands-on production surrounding the principles of plant forward and global cuisine. You will be exposed to plant based ingredients and their cooking techniques, while having fun creating delicious food. Delivering delicious plant forward cuisine that pleases student's palates not only makes sense from a wellness standpoint, it also makes good business sense.

KITCHEN PRODUCTION

Each team is assigned a food item(s) to develop.
Suggested ingredients, base recipes, and a market basket of items are provided.
Your assignment is to leverage globally inspired, plant-based culinary strategies,
with a focus on whole, minimally processed ingredients to create delicious foods.
Your chef will demonstrate and guide you through the utilization and applications of new ingredients,
techniques, and global flavor profiles.

TEAM ONE- GRAIN BASED BIPIMBAP

Kamut, Sorghum &/or Barley

Fried egg

Seaweed

Shiitakes

Laarb (ground protein-*shrimp or pork*)

TEAM TWO- TWO TACOS

King Oyster Carnitas

Shrimpamole

Salsa Ranchera

Ensalada Repollo

Pica de Gallo/Salsa Fresca

TEAM THREE- CREATE A BOWL AND A WRAP

Grain Salads (2 Each)

Grilled Meats

TEAM 4- CREATE TWO LETTUCE WRAPS

Tofu Egg Salad

Thai Kung Lentil Salad

Vegetable on chapa, Side

Meat, on chapa

Recipes

Five Bean Laarb with Ground Protein

King Oyster "Carnitas"

Cocoa Rubbed Beef Steak with Mango Salsa

Char Siu

Korean Beef Marinade

Salsa Ranchera

Pico de Gallo

Shrimpomole

Tofu "Egg Salad"

Thai Kung Lentil Bowl

White Bean, Parsley and Onion Salad

Vegetales alla Chapa

Ensalada Rapollo

Roasted Pineapple

Grain Recipes

Simple Sorghum

Simple Freekeh

Simple Farro

Tabbouleh

Mixed Grain Pilaf

Chickpea or Grain Salad with Garlic-Cumin Vinaigrette

Toasted Barley, Pepper, Corn and Tomato Salad

Appendix

Grain Cooking Table

Five Bean Laarb with Ground Protein

YIELD: 6 portions

STEP 1

Thai Aromatic Broth as needed

100 g • Kidney beans • soaked

100 g • Red lentils

100 g • Chickpeas • soaked

100 g • Cannelini beans • soaked

100 g • Black turtle beans • soaked

Cook each bean separately in Thai Aromatic Broth. Cook until tender, salting after they are ½ way cooked. Chill the beans in their cooking liquid. Drain before using in the salad.

STEP 2

400 g • Ground protein,

1/4 cup • Galangal • peeled, minced

Combine the ground protein meat and minced galangal. Reserve.

STEP 4

150 g • Sticky rice, raw

20 g • Galangal • minced

1 each • Lemongrass stalk • cleaned, minced

2 each • Kaffir lime leaves • chiffonade

For the rice powder:

Place all the ingredients in a large flat pan, so that the rice is in a single layer. Slowly toast the rice and aromatics over low heat until the rice is a nutty dark brown. Cool and grind in a spice grinder.

STEP 5

50 mL • Canola oil

40 g • fish sauce

1 tbsp • sugar

ground protein meat from above

For the salad:

Heat the oil in a wok. Stir the ground protein meat with the fish sauce and sugar to season. Stir fry the ground protein in the oil over moderate heat. Remove the cooked meat from the pan and drain. Allow to cool just slightly.

STEP 6

In successive order, add the remaining ingredients to the ground protein. The order is important. You want the lingering heat of the meat to help release the flavors of each ingredient but not damage them. You want the rice powder to go in last so that it maintains its texture. Adjust seasoning as desired to balance pungent-tangy-sweet flavors. Serve with wedges of green cabbage, sticky rice, sliced cumpers and fresh herbs.

King Oyster "Carnitas"

YIELD: 16 oz

PREP TIME: 15 minutes

PORTION SIZE: 2 oz

PORTIONS: 8

DESCRIPTION:

A play on the original pork for tacos

STEP 1

1 lb • King oyster mushroom cap • batonette rough

Soak the mushroom in buttermilk, 20 minutes & orange mayo

2 g • Pimenton • ground

2 g • Cumin • ground

Drain mushrooms

2 g • Coriander • toasted, crushed

8 g • Kosher salt

Mix spices with flour

2 oz • Orange mayo

1 cup • Buttermilk

toss mushrooms lightly

1 cup • Flour

1 cup • Canola oil

Heat oil, fry mushroom pieces, reserve for use in taco

Cocoa Rubbed Beef Steak with Mango Salsa

YIELD: 10

PREP TIME: 1.5 hours

PORTION SIZE: 1 each

STEP 1

2 each • Mangoes • peeled, seeded, and diced Preheat oven to 325°F.

1/2 each • Honeydew • seeded, and diced

1/2 each • Cucumber • peeled, seeded, and diced

For Mango Salsa: Combine all ingredients in bowl, and toss. Taste and adjust seasoning if necessary. Set aside.

1/2 each • Chipotle, canned • minced

2 1/2 tbsp • Cilantro • chopped

2 1/2 fl oz • Orange juice

2 each • Lime • juiced

Salt to taste

STEP 2

2 1/2 tsp • White peppercorns

2 1/2 tsp • Coriander seed

3 1/3 tbsp • Ground cinnamon

1 1/4 tsp • Nutmeg • if whole, grated

3/4 tsp • Ground cloves

3 1/3 tbsp • Cocoa powder

1 3/4 tbsp • Ground chipotle

1 3/4 tbsp • Cocoa nibs

2 1/2 tsp • Salt

For Spice Rub: In coffee or spice grinder, pulse to grind. Spice rub should be slightly coarse.

STEP 3

3 1/3 lb • Beef, top round

Lightly coat meat with corn oil. Rub meat generously with spice rub. Place on wire rack in roasting pan, and roast in oven to desired internal temperature.

3 1/3 tbsp • Corn oil

Rest beef for 10 minutes before slicing. Serve with Mango Salsa.

Char Siu

YIELD: 3 lb

STEP 1

1 tbsp • Thick soy sauce

1 tbsp • Oyster sauce

2 tsp • salt

3 tbsp • Sugar

1 tbsp • Garlic • minced

2 fl oz • Hoisin sauce

2 tbsp • Ketchup

1 tbsp • Hot Bean Paste

Combine all of the marinade ingredients in a bowl and stir to combine.

STEP 2

3 lb • Chicken thighs • pounded thin into 5 oz pieces

Add the chicken pieces into the marinade and mix to coat evenly. Marinate, covered and refrigerated, overnight.

Preheat a char broiler .

Combine the basting solution ingredients and reserve.

Grill chicken until charred and just done

Korean Beef Marinade

Marinade per 1 pound of meat

STEP 1

4 fl oz • Soy sauce

4 fl oz • Granulated sugar

4 fl oz • rice vinegar

1/2 oz • Green onions • minced

1 tbsp • Garlic • minced

1 tbsp • Fresh ginger root • minced

1 tbsp • Sesame seeds - toasted • ground

1 tsp • Roasted sesame oil

1 tsp • Ground black pepper

Combine all the marinade ingredients in a bowl, mix thoroughly, and set aside

Add the meat to the marinade and toss to coat. Marinate from a few hours to overnight refrigerated.

Salsa Ranchera

YIELD: 1 qt

STEP 1

1 1/2 lb • Tomatoes • ripe, boiled or roasted, peeled and cored

3-5 each • Serrano chiles • stemmed

1/2 each • Onion- small

1 each • Garlic clove • peeled, roughly chopped

For a more refined sauce, seed the tomatoes by cutting them across the middle and squeezing out the liquid along with the seeds. Roughly chop and place in a blender or food processor.

If you want a milder sauce, seed the chiles before chopping and adding to a blender along with the onion and garlic. Make sure to stir and distribute the ingredients evenly, processing until puréed but retaining a little texture.

STEP 2

1 tbsp • Lard or vegetable oil

1/2 tsp • Salt

Heat the lard or oil in a medium-large skillet over medium-high. When it is hot enough to make a drop of purée sizzle, add it all at once and stir constantly for 5 minutes. As the purée sears and thickens, it becomes more orange-colored. At this point, season with salt and remove from the fire.

Pico de Gallo

YIELD: 2 cups

STEP 1

1 lb • Tomato • small dice

2 -3 each • Jalapeno • seeded, small dice

4 oz • Onion • small dice

1-2 each • Garlic clove

1/2 bunch • Cilantro • chopped

2 each • Limes juiced

1 1/2 tsp • Salt

Combine all ingredients in a mixing bowl and toss well to combine.

Allow to sit for ½ hour for flavors to blend.

Shrimpamole

PRIMARY METHOD: mixing

YIELD: 16 oz

PREP TIME: 45 minutes

PORTION SIZE: 2 oz

PORTIONS: 8

DESCRIPTION:

A great play on guacamole

STEP 1

3 each • Eggs • hard boiled

Separate boiled eggs into yolk and white, chop the white and crush the yolk.

2 each • Avocado • peel & seeded

.25 cup • Cilantro • chop

Mix all until well combined

4 tbsp • Tomato • small diced

2 oz • Lime juice

1 each • Jalapeño • minced

1 oz • Olive oil, evoo

3 g • Sea salt

24 each • Shrimp- U 21-25 • poach, chill, cut in 1/3s

Tofu "Egg" Salad

YIELD: 10 serving

PREP TIME: 1 hours

PORTION SIZE: 1/3 cup

STEP 1

1 lb • Tofu - firm • cubed and seared

Place ingredients in bowl.

1 cup • Celery • diced

1/2 cup • Green onion • chopped

STEP 2

1 tbsp • Dijon mustard

In separate bowl, whisk ingredients.
Add salt and pepper to taste. Pour
over tofu mixture and gently combine.

5 oz • Orange mayo

1 1/2 fl oz • Buttermilk

1 fl oz • Rice wine vinegar • or to taste

1/2 tsp • Turmeric

1/2 tsp • Curry powder (preferably Madras-style) • or to taste

Salt • to taste

Ground black pepper • to taste

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Mix all until well combined

4 tbsp • Tomato • small diced

2 oz • Lime juice

1 each • Jalapeño • minced

1 oz • Olive oil, evoo

3 g • Sea salt

24 each • Shrimp- U 21-25 • poach, chill, cut in 1/3s

Thai Kung Lentil Bowl

PORTIONS: 4

STEP 1

5 tbsp • Lime juice

2 tsp • Lime zest • finely grated

3 tbsp • Fish sauce

2 tbsp • Olive oil

1 1/2 tbsp • Sugar

1-2 tbsp • Sambal (or chili-garlic paste or sracha)

1 lb • Shrimp, large • shelled and deveined

1 each • Shallot • thinly sliced

1 cup • Cilantro, leaves and tender stems • roughly chopped

1/2 cup • Mint leaves • roughly chopped

1/2 cup • Basil leaves - Fresh • roughly chopped

1/2 cup • Roasted unsalted peanuts, toasted in olive oil, cooled
• roughly chopped

In a large bowl, combine lime juice, lime zest, fish sauce, sugar, and chili paste. Taste, and adjust with any of the ingredients. It should taste quite sour, but also a little salty, spicy and sweet.

Sauté or grill the shrimp just before serving, so they are warm, use residual cooking liquid.

Add the warm shrimp to the sauce and toss well. Add the shallot, cilantro, basil and mint leaves. Toss. Set aside.

STEP 2

Mango as needed • diced

Red and green cabbage as needed • shredded thin

Ginger as needed • minced

Scallion as needed • sliced thin on bias

Daikon sprouts as needed

Carrot as needed • shredded

Crimini mushrooms as needed • sliced thin, sautéed

Red lentils as needed • cooked tender

Toss extra ingredients for Lentil Bowl place in serving bowl.

To serve: Add the shrimp to the serving bowl, with extra ingredients, scatter the peanuts over and garnish with a few more herbs.

White Bean, Parsley and Onion Salad

YIELD: 10 serving

PREP TIME: 30 minutes

PORTION SIZE: 1 each

STEP 1

20 oz • Navy or Great Northern beans, canned or frozen

Toss well and let stand for 10 minutes

1 1/2 fl oz • Lemon juice • or more to taste

1 tsp • Salt • plus more to taste

1/2 tsp • Ground black pepper • plus more to taste

STEP 2

1/2 tsp • Red pepper flakes

Add remaining ingredients and toss again.

1/4 cup • Parsley • chopped

1/4 cup • Green onions • thinly sliced

Taste and adjust seasoning, if necessary.

1/4 cup • Walnuts • finely chopped

1/4 cup • Dried cranberries • chopped

Serve cold or at room temperature.

3 fl oz • Extra-virgin olive oil • plus more if desired

Vegetales ala Chapa (herbas fresca con limon)

YIELD: 1 lb

STEP 1

2 lb • Root vegetables • peeled, cut in half

Prepare and heat the plancha per Chef demonstration

1 pt • Olive oil

Salt to taste

Cut vegetables as per demo

limes as needed

variety of fresh herbs as needed

Season and oil vegetables, allow to stand 1 hour

Place on hot chapa, char evenly, remove and keep warm

Endalada Repollo

YIELD: 1/2 head

STEP 1

1/2 head • Cabbage - shredded

Combine ingredients. Taste and adjust seasonings.

Olive oil as needed

Lime juice as needed

Cilantro as needed

salt to taste

Chiles - fresh (optional) to taste • finely sliced

Roasted Pineapple

CATEGORIES: Desserts

PRIMARY METHOD: Poêle

YIELD: 1 each

PREP TIME: 1.5 hours

DESCRIPTION:

Butter roasted pineapple fillets

STEP 1

1 each • Pineapple • peeled, cored, cut in 1/4

8 oz • Extra-virgin olive oil • sliced

1 each • Vanilla bean • split 1/2 lengthwise

2 oz • Lime juice

.5 tsp • Salt

Lay the pineapple, core down in a thick roasting pan with a lid. Coat pineapple with olive oil

Place in a 350°F oven with a lid for 20 minutes, baste once and turn once.

Uncover, baste and return to the oven, baste and turn frequently until softened and cooked through. When done, dress with lime juice and reserve for use.

Grain Recipes

Simple Sorghum

YIELD: 2.5 cups

STEP 1

1 cup • Sorghum

3 cups • Water or stock

Place sorghum and water in a pot. Place on stove top and bring to a boil. Reduce heat to medium-low and simmer for about an hour. At 50 minutes, check sorghum to see if it is cooked thoroughly. Should be soft but still chewy.

If grains are still hard, add an additional 1 cup of water, and continue cooking until sorghum has softened. If there is leftover water in the pot, drain the sorghum.

Notes:

Gluten free, delicious, and highly nutritious.

Works with any recipe that calls for grains.

Great substitute for rice.

Simple Freekeh

YIELD: 8 portions

STEP 1

40 fl oz • Vegetable stock

1 each • Thyme sprigs

1 each • Bay leaf

1 tsp • Salt

In a medium saucepan over medium heat, combine the stock, thyme, bay leaf, salt, bring to a boil.

STEP 2

13 oz • Freekeh

Once boiling, stir in the freekeh.

Turn down to a simmer, cover and cook for 20 minutes. Pull from heat and pour onto a sheet pan to cool.

Notes:

Freekeh (def.) (Cracked) Freekeh is young green wheat that has been roasted and cracked. This traditional food of the Middle East has a pleasant nutty flavor and cooks in just 25 minutes. A high-fiber whole grain that is perfect for savory salads, spiced pilafs and hearty hot cereal.

Freekeh is low in fat and high in protein, fiber, and B vitamins

Serving for serving, freekeh has more protein and twice as much fiber as quinoa:

A 1 ½ ounce serving (¼ cup dry) of freekeh has 6 grams of fiber & 6 grams of protein vs. quinoa 3 grams of fiber & 5 ½ grams of protein

Simple Farro

YIELD: 6 portions

STEP 1

20 oz • Water

7 1/3 oz • Farro

Bring the water to a boil in a medium saucepan. Add the farro, return to a boil, cover, and reduce the heat to medium-low, cooking until the farro is tender, about 30 minutes. Turn off the heat, fluff the farro with a fork.

STEP 2

Salt to taste

Ground black pepper to taste

Season with salt and pepper. Taste. Adjust seasonings if necessary.

Serve in a heated bowl or as an accompaniment.

Tabbouleh

YIELD: 10 portions

STEP 1

1 lb • Fine bulgur wheat

Place the bulgur in a bowl and cover with warm water. Soak for 30 minutes and drain well.

2 1/2 oz • Italian parsley (flat-leaf)

14 oz • Plum tomatoes • deseeded and diced

1 oz • Green onions • white part only

In a large mixing bowl, combine the bulgur with the parsley, tomatoes, green onions, and mint.

1/2 oz • Fresh mint • coarsely chopped

STEP 2

8 fl oz • Extra-virgin olive oil

Whisk together the dressing ingredients, pour over the salad, and toss to coat evenly.

4 tbsp • Lemon juice

Salt to taste

Freshly ground black pepper to taste

Serve immediately or cover and refrigerate until serving.

Mixed Grain Pilaf

YIELD: 10 portions

PORTION SIZE: 4 oz

STEP 1

1 cup • Rye berries

Rinse all the grains separately in a mesh strainer until the water runs clear.

1 cup • Wheat berries

1/2 cup • Wild rice

1/2 cup • Pearl barley

STEP 2

2 fl oz • Olive oil

In a large pot, heat the oil over medium heat. Add the shallots and sauté until translucent, about 4 minutes.

2 each • Shallots, small • minced

Add the rye berries, wheat berries, and wild rice and stir to coat thoroughly with the oil.

STEP 3

52 fl oz • Vegetable stock, warmed

Add the warmed vegetable stock to the grains and bring to a boil. Add the salt, cover with a tight-fitting lid, and simmer the grains gently for 30 minutes. Add the pearl barley to the pot and stir to combine.

1 tsp • Salt

Replace the lid and simmer until all the stock has been absorbed and the grains are tender to the bite, about 1 ½ hours

STEP 4

1/4 tsp • Ground black pepper

Add the pepper and fluff the grains with a fork. Spread the pilaf on a baking sheet to cool, stirring occasionally.

Set aside until ready to use, or refrigerate in a covered container.

Chickpea or Grain Salad with Garlic-Cumin Vinaigrette

YIELD: 10 serving

PREP TIME: 30 minutes

PORTION SIZE: 1 each

STEP 1

2 lb • Chickpeas or whole grains • pre-cooked

If chickpeas in bowl and season with salt and pepper. Whole grains may be used as is.

1 tsp • Salt

1/4 tsp • Ground black pepper

Toss with olive oil, spread onto a sheet pan and roast at 425°F until crisp.

4 oz • Extra-virgin olive oil

STEP 2

1 each • Onion - medium • finely chopped

Sautéed all quickly.

1 tbsp • Cumin seeds • cracked

5 each • Garlic cloves • chopped

12 oz • Extra-virgin olive oil

STEP 3

4 oz • Black olives, pitted • cut in quarters

Add remaining ingredients to bowl, and mix to combine.

8 oz • Tomatoes • de-seeded

3 1/2 oz • Hot peppers • chopped

Add grains or chickpeas, let marinate up to 48 hours

8 oz • Lemon juice • squeezed

Toasted Barley, Pepper, Corn and Tomato Salad

YIELD: 10 serving

PREP TIME: 45 minutes

PORTION SIZE: 1 each

STEP 1

6 oz • Pearl barley

20 fl oz • Vegetable stock or water

Place barley in a pot over medium heat and toast lightly. Add the stock, bring to boil, reduce heat, cover and gently simmer until liquid is absorbed, about 20 to 25 minutes.

STEP 2

6 1/2 oz • Green pepper, charred and peeled • small dice

2 cup • Corn kernels, frozen

2 cup • Tomato • seeded and diced

3 oz • Red bell pepper, roasted, canned • chopped

1 oz • Green onions • chopped

1 tsp • Jalapeño chiles

1/2 cup • Cilantro • chopped

1 tbsp • Mint leaves • chopped

1 tbsp • Garlic • minced

2 fl oz • Lime juice

3 1/2 tbsp • Extra-virgin olive oil

1/2 cup • Sunflower seeds, toasted • optional

Salt to taste

Ground black pepper to taste

3 1/3 oz • Spinach, baby • (5 cups)

Combine rest of ingredients with cooked barley and season to taste with salt and pepper.

For each serving: Arrange 1/2 cup of spinach leaves on a plate and top with barley salad.

APPENDIX I: GRAIN COOKING TABLE

<u>Grain</u>	<u>Grain to Liquid Ratio (cups*)</u>	<u>Yield (cups)</u>	<u>Cooking Time</u>
Amaranth	1: 1 ½ - 2	2	20-30 minutes
Barley, pearled	1:2	4	35 - 45 minutes
Barley, groats	1:2 ½	4	50 minutes - 1 hour
Buckwheat groats (Kasha)	1:1 ½ -2	2	12 - 20 minutes
Couscous**	1:2	2	20-25 minutes
Hominy, whole ***	1:2 ½	3	2 ½ - 3 hours
Hominy grits	1:4	3	25 minutes
Millet	1:2	3	30-35 minutes
Oat groats****	1:2	2	45 minutes - 1 hour
Polenta/Cornmeal	1:3 to 3 ½	3	35 - 45 minutes
Quinoa	1:1	2	15 minutes
Teff	1:3	3	15 minutes
Triticale	1:2 ½	2 ½	1 hour
Wheat Berries****	1:3	2	1 hour
Bulgur Wheat, soft ^^	1:4	2	2 hours
Bulgur Wheat, pilaf^^	1:2 ½	2	15 - 20 minutes
Cracked Wheat	1:2	3	20 minutes
Kamut	1:3	2 ½	1 hour
Spelt	1:3	2 ½	1 hour
Arborio Rice (Risotto)	1:3	3	20 - 30 minutes
Basmati Rice	1:1 ½	3	25 minutes
Converted Rice	1:1 ¾	4	25 - 30 minutes
Long Grain, Brown Rice	1:3	4	40 minutes
Long Grain, White Rice	1:1 ½ to 1 ¾	3	18 - 20 minutes
Short Grain, Brown Rice	1:2 ½	4	35 - 40 minutes
Short Grain, White Rice	1:1 to 1 ½	3	20 - 30 minutes
Wild Rice	1:3	4	30 - 45 minutes
Wild Pecan Rice	1:1 ¾	4	20 minutes

* From one cup of uncooked grain

** Grain should be soaked briefly in tepid water and then drained before it is steamed

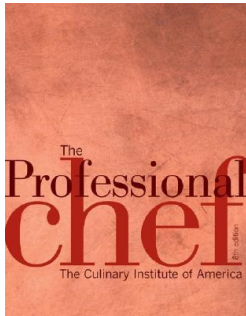
*** Grain should be soaked overnight in cold water and then drained before it is cooked

**** Grain benefits from presoaking

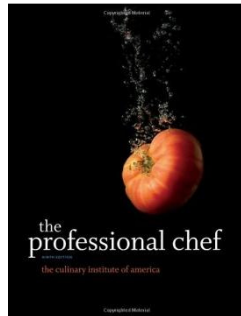
^^ Grain may be cooked by covering it with boiling water and soaking it for 2 hours or cooking it by the pilaf method

TRAINING MATERIALS

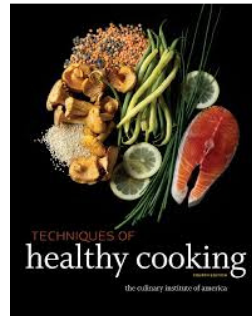
Understanding the mastery of the basics is essential to the professional chef. Whether its knife skills, braising or grilling techniques, the science of leavened bread, the art of tempering chocolate, or the exploration of global cuisines, The Culinary Institute of America's award-winning textbooks and cookbooks will enrich your knowledge, add variety to your menu, and deepen your understanding of cooking fundamentals.



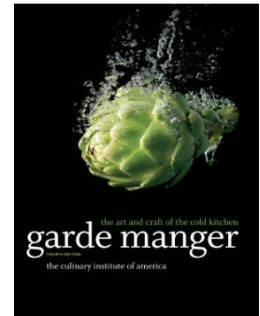
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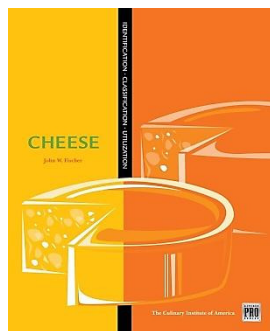
**Techniques of
Healthy Cooking,
4rd Edition**



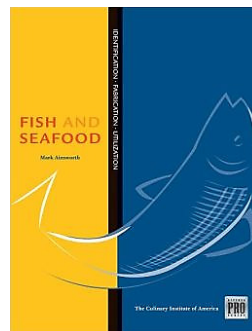
**Garde Manger,
4rd Edition**



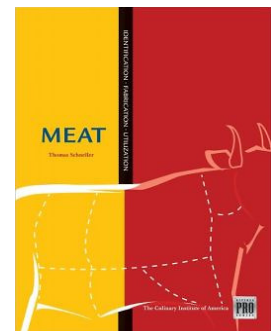
**Baking and Pastry,
2nd Edition**



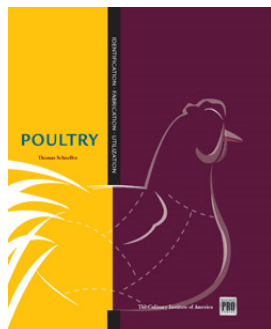
**Guide to Cheese
Identification,
Classification and
Utilization**



**Guide to Fish and Seafood
Identification, Fabrication
and Utilization**



**Guide to Meat
Identification,
Fabrication and
Utilization**



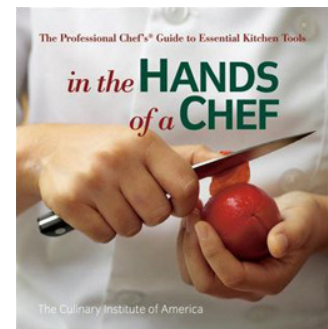
**Guide to Poultry
Identification,
Fabrication and
Utilization**



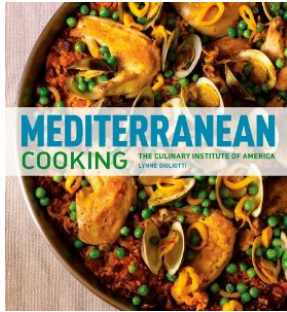
**Guide to Produce
Identification,
Fabrication and
Utilization**



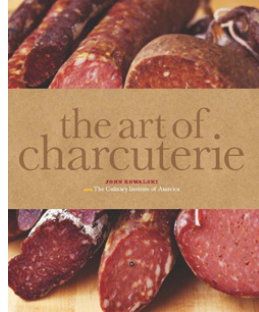
Guide to Purchasing



In the Hands of a Chef



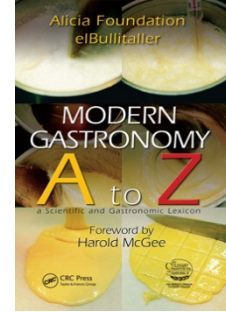
**Mediterranean
Cooking**



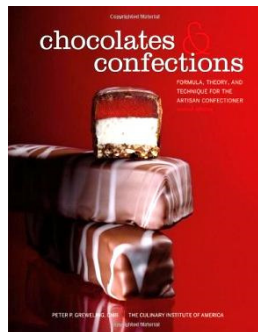
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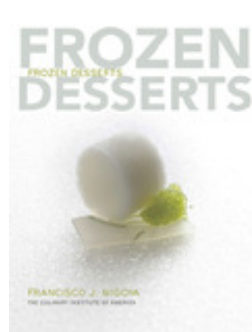
Modern Batch Cookery



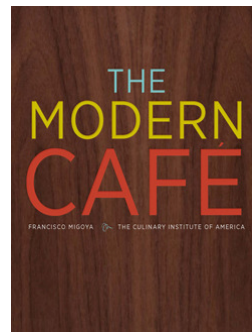
**Modern Gastronomy:
A to Z**



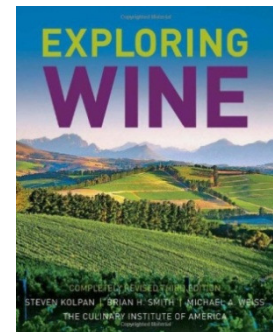
**Chocolates and
Confections, 2nd
Edition**



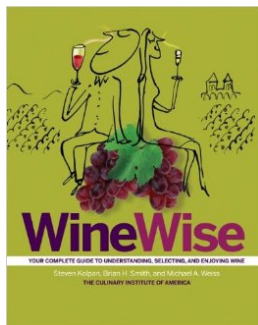
Frozen Desserts



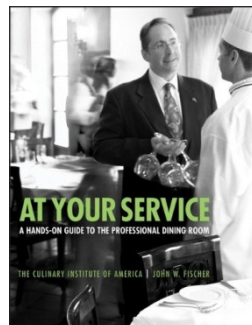
The Modern Café



**Exploring Wine,
3rd Edition**



Wine Wise



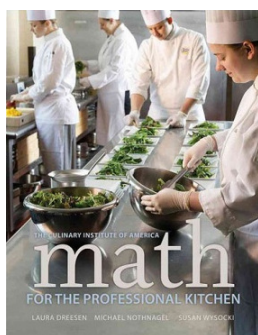
At Your Service



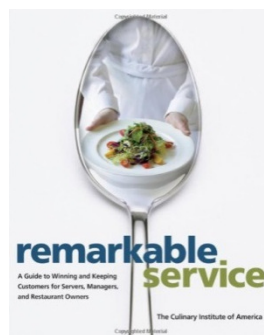
Catering



**Culinary Math,
3rd Edition**



**Math for the
Culinary Professional**



**Remarkable Service,
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MEMO TO: CIA CONTINUING EDUCATION STUDENTS
FROM: OFFICE OF THE REGISTRAR
RE: PRIVACY OF STUDENT RECORDS

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. The right to inspect and review your education record within a reasonable time after the CIA receives a request for access. If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. The right to request an amendment of your education record if you believe it is inaccurate or misleading. If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent. One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

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Sonoma State University v.10.docx

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