

Proven Techniques, Invaluable Training

**START INCREASING YOUR
BOTTOM LINE TODAY!**

WHY CHOOSE PROCHEF TRAINING MATERIALS?

Because The Culinary Institute of America is the source for in-depth culinary, baking and pastry, and front-of-the-house training materials, including:

- Textbooks and Workbooks
- DVDs
- Foodservice Learning Solutions Training Guides
- Downloadable Educator Lesson Plans, Menu Solutions Cookbooks, Management Case Studies, and Training Reinforcement Guides
- Podcast Training



NEW! PROCHEF ESSENTIALS TRAINING—GIVE YOUR EMPLOYEES A COMPETITIVE ADVANTAGE

The CIA's new ProChef Essentials training packages offer the tools you need to enrich your staff members' business, culinary, and baking and pastry expertise. With **ProChef Essentials**, you'll build a team of skilled employees who will make your operation more successful and make you a better manager. Choose from:

- **ProChef Culinary Essentials:** Give your staff the solid foundation of knowledge and fundamental cooking skills required in today's competitive industry.
- **ProChef Baking and Pastry Essentials:** Learn detailed methods and creative design concepts for preparing luscious pastries, baked goods, and spectacular sugar and chocolate showpieces that your customers will long remember.
- **ProChef Front-of-the-House and Management Essentials:** Enhance your employees' command of front-of-the-house skills and knowledge so they can make the best possible impression on your customers.

For all the details, including pricing information, visit www.ciaprochef.com/fbi/packages.html.

PRO CHEF ESSENTIALS

PROCHEF® TRAINING ON DEMAND

New technology has revolutionized professional training—and now the CIA is bringing you even more convenient education offerings designed to keep you and your staff up to speed.

PROCHEF PODCAST TRAINING—GET TRAINING WHERE AND WHEN YOU WANT, RIGHT ON YOUR IPOD

Most people think of their portable media player as strictly an entertainment device. Now with the CIA's ProChef Podcast training, you can take your iPod, Zune, or other player to the next level and put it to work in your foodservice operation.

ProChef Podcast training allows not only training on the go, but also the ability to train live in the kitchen or on the floor, rather than in a classroom.

- **Basic Kitchen Preparation**—Learn techniques guaranteed to improve skills and increase production.
- **Exceeding Expectations**—Pick up service tips and techniques to keep your customers coming back.
- **The Healthy Palate**—Discover how to prepare food that is both healthy and flavorful.
- **Bread and Baker**—Apply the vast knowledge of Professor Calvel, a bread baker and educator for more than 60 years.

Get your staff excited about training—check out our ProChef Podcast training today! For more information, visit www.ciaprochef.com/fbi/podcasts.html.



CULINARY SKILL DEVELOPMENT

BASIC KITCHEN PREPARATION

DVD \$99.95
Available in English or English with Spanish subtitles

All chefs can benefit from improving their skills and increasing their production—and in this DVD, you'll learn 30 fundamental culinary techniques guaranteed to help you do both. *Basic Kitchen Preparation* brings you both traditional and contemporary methods straight from the classrooms and kitchens of the CIA, including:

- Vegetable Preparation—dicing and chopping, garlic and shallot roasting, and techniques using tomatoes, mushrooms, peppers, chiles, herbs, artichokes, and asparagus
- Flavor Enhancers—mirepoix and matignon, bouquet garni and sachet d'epices, brines, barbecue, marinades, dry rubs, and clarifying butter
- Ingredient Preparation and Handling—whipping cream and egg whites, rehydrating beans and fruits, folding, tempering, and pan-toasting

BASIC KITCHEN PREPARATION LEARNING SOLUTIONS

DVD and CD-ROM \$150

This learning solutions package contains the 30 fundamental culinary techniques from our DVD along with a CD containing pre- and post-evaluation tests, outlined learning objectives, and module instructions for each session.

THE BASICS OF SAUCE MAKING

DVD \$99.95

One of the most basic of cooking fundamentals is the creation of sauces. *The Basics of Sauce Making* will give you the solid foundation knowledge and skills in this critical segment of the culinary arts. The DVD covers brown, white, emulsion, and tomato sauces.

THE BASICS OF SAUCE MAKING LEARNING SOLUTIONS

DVD and CD-ROM \$250

This extended foodservice learning solutions package combines the training information in our *Basics of Sauce Making* DVD—brown, white, tomato, and emulsion sauces—along with a CD containing pre- and post-evaluation tests, outlined learning objectives, and module instructions for each session.

GARDE MANGER

DVD \$99.95

Composed Salads

Contrasting colors, flavors, texture, heights, and temperature all play a role in the arrangement of a composed salad. During this segment you will:

- Practice techniques for preparing and presenting several kinds of composed salads.
- Receive tips for developing your own creations.

Condiments

Condiments are the “workhorse” of garde manger—tart, spicy, or pungent, these items boost the flavor of any dish. In this segment, you will:

- Learn the basic recipes for the five most commonly used condiments—mustard, ketchup, chutney, relish, and pickles.
- Explore variations on these recipes.
- Discover effective ways to use condiments in hors d'oeuvre and appetizers.

Presenting Appetizers and Hors d'Oeuvre

In this essential training companion for anyone who handles garde manger functions, you will:

- Discover the elegance of the first course.
- Study the key elements of successful appetizers—ingredient selection, presentation, and plating and service techniques.

GARDE MANGER LEARNING SOLUTIONS

DVD and CD-ROM \$150

This resourceful foodservice learning solutions package contains information from our *Garde Manger* DVD series—Composed Salads, Presenting Appetizers and Hors d'Oeuvre, and Condiments—along with a CD containing pre- and post-evaluation tests, outlined learning objectives, and module instructions for each session.

CULINARY KNIFE KNOWLEDGE SERIES

Knife Care

DVD \$99.95

Learn the essential knowledge for proper knife handling and care, including:

- Specialty Knives—edge types, cutting surfaces, overview of related tools
- Safe Knife Handling and Storage
- Sharpening/Honing—learn the secrets from CIA chefs
- Sanitation: A Clean Edge—cleaning and sanitizing knives

Knife Skills

DVD \$99.95

Maximize profitability and yield through an increased knowledge of knife skills. Discover the fundamental techniques and money-saving procedures, including:

- The Guiding Hand—learn the different holding styles
- Vegetable Cuts—long, diced, shaped, and decorative
- Fabrication—meat, fish, shellfish, and poultry
- Knife Care Review—sharpening, sanitation, and types of knives

SPECIAL! CULINARY KNIFE KNOWLEDGE DVD SERIES DISCOUNT

Buy the two-part DVD series (*Knife Care* and *Knife Skills*) at a discounted price. Only \$180 (a \$20 savings!).

CULINARY KNIFE KNOWLEDGE LEARNING SOLUTIONS

DVD and CD-ROM \$250

This foodservice learning solutions package combines the fundamental training information from our two DVDs—*Knife Care* and *Knife Skills*— along with a CD containing pre- and post-evaluation tests, outlined learning objectives, and module instructions for each session.

THE KNIFE SKILLS SERIES TOOL KIT

CD-ROM \$24.95

Tools, large and small, are what make it possible for a chef to do the job well, and mastering knife skills is one of the hallmarks of a professional culinarian. Learning to handle knives with proper care and respect is a crucial part of culinary training.

The tool kit CD contains the following:

- Knife Knowledge
- Knife Skills
- Fabrication

COOKING METHODS SERIES

Dry Heat Methods—Volume 1

DVD \$99.95

Grilling

- Discover proper selection and preparation of foods for the grill.
- Learn the techniques for grilling vegetables and meat.
- Menu options for this technique include grilled vegetables and grilled lamb chops with caramelized garlic sauce.

Broiling

- Study the basics of broiling.
- Examine how to broil both delicate fish and hearty meat.
- Explore various ways to check for doneness.
- Techniques for broiled steak and broiled lemon sole address the high heat of broiler rods.

Roasting

- Gain knowledge on the principles of roasting.
- Learn how to create sauces from pan drippings.
- Explore the importance of the resting period.
- Recipes and techniques for this method include roasted chicken and roast beef au jus.



Baking

- Examine the basics of baking savory items.
- Learn how to select foods for baking.
- Savory menu items included in this section are baked eggs with ratatouille and baked salmon with a smoked salmon and horseradish crust.

Dry Heat Methods—Volume 2

DVD \$99.95

Sautéing

- Learn the step-by-step process of sautéing.
- Explore the art of finishing, garnishing, glazing, deglazing, and plating a sautéed item.
- Classic sautéed recipes for this technique include veal scallopine marsala and trout meunière.

Pan-Frying

- Explore the basics of pan-frying items ranging from vegetables to meats to poultry.
- Get tips on how to apply proper batters to food for frying.
- Properly coated and pan-fried recipes include pan-fried vegetables and Southern fried chicken.

Deep-Frying

- Study the basics of deep-frying.
- Learn the importance of coating to optimize flavor.
- Tempura vegetables and breaded shrimp present different methods of placing food into hot oil.

Stir-Frying

- Discover the proper cooking sequence for stir-fried items.
- Learn the importance of consistency in product size for this cooking method.
- Stir-fried scallops are demonstrated in this section.

Moist Heat Methods

DVD \$99.95

Steaming

- Learn how to select and prepare foods for steaming.
- Capitalize on the health benefits of this low-fat technique.
- Beef and pork tamales and red snapper en papillote expand on the basic technique of this cooking method.

Submersion Cooking

- Explore the various methods of submersion cooking.
- Examine how the cooking liquid enhances the flavor of the menu item as well as the sauce.
- Examples include sea bass with watercress sauce, poached salmon with dill butter, and corned beef and cabbage.

Braising

- Review the fundamentals of this slow-cooking method.
- Discover seasoning and flavoring techniques.
- Principles of braising are covered with Yankee pot roast and braised romaine.

Stewing

- Review how to select and prepare the equipment for stewing.
- Explore seasoning techniques for stewed dishes.
- Learn how to select the proper cooking liquid for the product.
- The classic veal blanquette is presented in this section.

SPECIAL! COOKING METHODS DVD SERIES DISCOUNT

Buy the three-part DVD series (*Dry Heat Methods—Volume 1*, *Dry Heat Methods—Volume 2*, and *Moist Heat Methods*) at a discounted price. Only \$275 (a \$25 savings!).

COOKING METHODS LEARNING SOLUTIONS

DVD and CD-ROM \$350

This foodservice learning solutions package combines the quintessential training information from our three DVDs (*Dry Heat Methods—Volume 1*, *Dry Heat Methods—Volume 2*, and *Moist Heat Methods*)—along with a CD containing pre- and post-evaluation tests, outlined learning objectives, and module instructions for each session.

AMERICAN LAMB MAKES THE PLATE LEARNING SOLUTIONS

DVD and CD-ROM \$50

American lamb offers a wide range of culinary possibilities no matter the foodservice venue. This package will help you to better familiarize your students and/or staff with this underutilized protein. You will:

- Learn how to present lamb recipes as an entrée or an appetizer.
- Uncover American lamb's versatility as an appealing and cost-effective offering in many styles of restaurants.
- Discover how to pair American lamb with all-American side dishes.

Highlights of the accompanying training CD include:

- The classes of lamb, with quality and yield grades
- Portion control and traditional cuts
- A variety of recipes—mustard- & herb-crusted rack of lamb, beer-braised lamb shanks, and many more

PORK: BEYOND THE CHOP LEARNING SOLUTIONS

DVD and CD-ROM

\$50

Pork is a popular menu item that is used in breakfast, lunch, entrée, and appetizer menus throughout all facets of the food-service industry. This foodservice learning solutions package will assist in educating your students and/or staff about this popular versatile protein. You will:

- Discover the versatility of the “other white meat.”
- Uncover the myths of pork.
- Learn how to use underutilized cuts of pork to lower your food costs.

Highlights of the accompanying training CD include:

- What to look for when buying pork
- Understanding the underutilized cuts of pork
- A variety of recipes—pan-smoked pork with mustard artichoke sauce, pork quesadillas with mango salsa, BBQ pork Cuban sandwiches, and many more

EDUCATOR LESSON PLANS

If you are a trainer or educator, our foodservice learning solutions Lesson Plans will give you the information you need to conduct effective lectures, demonstrations, and tastings in your classroom or training sessions:

Educator Lesson Plan 1

CD-ROM

\$49.95

- Olive Oils and Vinegars
- Cooking with Herbs
- Sautéing, Steaming, Poaching, and Smoking
- Exploring Sweeteners and Discovering Cheese

Educator Lesson Plan 2

CD-ROM

\$49.95

- *Dry Heat Methods: Volume 1* (Grilling, Broiling, Roasting, and Baking)
- *Dry Heat Methods: Volume 2* (Sautéing, Pan-frying, Deep-frying, and Stir-frying)
- *Moist Heat Methods* (Steaming, Submersion Cooking, Braising, and Stewing)

Educator Lesson Plan 3

CD-ROM

\$36.95

- Knife Knowledge
- Knife Skills
- Fabrication

MENU SOLUTIONS COOKBOOKS

CD-ROM

\$24.95

Stay abreast of the industry trends with our menu solutions cookbooks and start sampling menu items from Latin America and the Mediterranean.

- *Latin American Seafood Cooking: From Mexico to the Caribbean*
- *Small Dishes, Big Flavors: Great Tastes from the Mediterranean*

FOODSERVICE MANAGEMENT

RESTAURANT ECONOMICS—UNDERSTANDING

“THE BUSINESS OF RESTAURANTS”

DVD

\$99.95

Presented by Gregory X. Norkus of Cornell University’s School of Hotel Administration, in conjunction with the CIA, this DVD focuses on the interplay among marketing, operations, and finance and the people who support them—management, guests, and owners. You will:

- Examine the fundamentals of restaurant economics.
- Learn how to read, interpret, and prepare financial statements.
- Understand how to measure and communicate the financial condition of a restaurant.
- Discover how to drive a well-executed business plan.

RECIPE COSTING...THE BOTTOM LINE

DVD

\$49.95

Uncover the secrets of controlling food costs as you learn how to:

- Price menu items and perform yield testing to determine total recipe cost.
- Establish standard recipes and portion sizes.
- Assess weight vs. volume, cost per unit, and edible portion quantity.

FOODSERVICE MANAGEMENT CASE STUDIES

CD-ROM

\$24.95

Heighten your return on investment and start conducting more effective meetings that will enhance your bottom-line results, as you study cases such as those of:

- City Centre Plaza Hotel
- Greenhill Country Club
- Restaurant à la Mode



WINE SERVICE FOR WAIT STAFF

DVD \$49.95

A server with the confidence and knowledge to encourage wine sales is an asset to any foodservice operation. The tips and techniques covered in *Wine Service for Wait Staff* will help boost your front-of-the-house staff's confidence, polish their upselling skills, and, most important, increase your bottom line.

During this DVD, your staff will:

- Learn the proper way to open, present, and serve red, white, and sparkling wines.
- Examine the process for properly decanting red wine.
- Discover the way to retrieve a broken or pushed-in cork from a bottle.
- Gain an understanding of the “quadrant system” method of food and wine pairing.
- Learn the techniques for serving cheese tableside.

BACK- & FRONT-OF-THE-HOUSE TRAINING TOOLS

CD-ROM \$49.95

Implement our back- & front-of-the-house training to establish and maintain cost-controls, and create service standards for improved customer satisfaction. Includes:

- The Challenging Guest
- Front-of-the-House Sanitation
- Wine Service
- Kitchen Calculations
- Improving Your Bottom Line Through Upselling

THE PERFECT MATCH: WINE AND FOOD

DVD \$49.95

Using three different settings—fine dining, bistro, and patio—to emphasize the important role wine plays in the dining experience, this DVD gives you the opportunity to:

- Study contrasting or complementary flavors, textures, and intensity.
- Discover the basics for guiding customers in making the perfect match of food with wine.
- Receive clear instruction on wine service.
- Learn the techniques for opening still and sparkling wines, the art of decanting wines, proper serving temperatures, and selection of appropriate glassware for wine service.

FRONT OF THE HOUSE

EXCEEDING EXPECTATIONS: SERVICE TIPS & TECHNIQUES TO KEEP YOUR CUSTOMERS COMING BACK

DVD \$99.95

This DVD provides a comprehensive lesson in the principles, standards, and practices that define outstanding service. Whether you operate a fine-dining, café, casual, or family-style restaurant, your wait staff will benefit from *Exceeding Expectations*. Lessons include:

- Table Setting and Hospitality Basics
- Tray Handling and Beverage Service
- Taking Reservations and the Pre-meal Meeting
- Seating, Order Taking, Service, and Clearing
- Dessert Orders and Check Handling
- Dining Room Safety, Sanitation, and Personal Hygiene



TECHNIQUES OF HEALTHY COOKING

THE HEALTHY PALATE

DVD \$99.95

The chefs, nutritionists, and researchers at the CIA take a fresh look at how to prepare food that is both healthy and flavorful. The Healthy Palate combines information from the Harvard School of Public Health, the USDA, and the Mediterranean diet. Specific topics include:

- The Engine—Find out how the body uses food as fuel.
- Phytonutrients and You—Discover the sources, uses, and substitutions of phytonutrients.
- Good Fat, Bad Fat—Explore monosaturated, polysaturated, and trans-saturated fats.
- Carbohydrates & Grains—Study carbohydrates sources and grain substitutions.
- Where's Protein?—Uncover the various sources of protein.
- Successful Solutions—View “healthy” menu options right off the menus of successful restaurants.

The Healthy Palate also includes cooking demonstrations for the following topics—Healthy Beginnings, Beyond Brown Rice, Beyond Sauté, and Fruit and Beyond.

BAKING AND PASTRY

CHOCOLATE DECORATION TECHNIQUES

WITH EWALD NOTTER

DVD \$49.95

In part one of this DVD, Chef Notter teaches you the fundamentals of chocolate work, bringing all the information and techniques together as he:

- Explains how chocolate is manufactured and tempered.
- Demonstrates the basics of spraying, cutting out shapes, and using plastic molds and transfer sheets.
- Creates bunnies and chicks, a swan, and Valentine and Christmas displays.

Stretch your creativity and build on the techniques you explored in part one. In part two, Chef Notter teaches you how to:

- Make chocolate shavings, curls, and cigarettes.
- Pipe chocolate to make decorative filigrees and ornaments.
- Create several fanciful chocolate pieces—an owl, a rooster, and a hat.

SUGAR DECORATION TECHNIQUES

WITH EWALD NOTTER

DVD \$49.95

The most stunning showpieces and creations start with basic sugar technique. In the first segment of this two-part DVD, Chef Notter teaches you the proper way to:

- Boil sugar to prepare it for handling.
- Cast, pull, and pour sugar into a Valentine heart, an Easter display, and a variety of flower displays.

And, in part two you will:

- Learn how to blow sugar and add color and embellishments to your sugar pieces.
- Store and transport finished works.
- Design and create centerpieces.

GLUTEN-FREE BAKING

DVD \$24.95

In this companion to *Gluten-Free Baking*, CIA Chef Richard Coppedge shows you how to employ his five unique flour blends to create delicious gluten-free baked goods. Highlights of the DVD include flour-blend handling and storage, thickening soups and sauces using gluten-free roux, and step-by-step instructions for preparing molten lava cakes, 1-2-3 cookie dough, pizza crust, pancakes, pie dough, and bagels.

THE BASIC STEPS OF BAKING BREAD AND LAMINATING DOUGH

DVD \$49.95

You too can produce your own high-quality breads and pastries in this two-part series featuring fundamental baking techniques. In the first part of this DVD, you will:

- Study the 12 steps of bread baking.
- Examine ingredients and equipment needed for lean doughs.
- Learn the straight-dough mixing method for lean dough.
- Discover shaping and scoring techniques for a variety of breads, including round loaves, baguettes, pan bread, and dinner rolls.

In part two, you will:

- Learn the proper techniques, key ingredients, and formulas used in producing laminated doughs.
- Discover mixing, rolling, and shaping methods for creating a selection of laminated products, including turnovers and bouchées.
- Find out how to evaluate quality in your finished baked goods.

MERINGUE, VANILLA SAUCE, AND PASTRY CREAM

DVD \$49.95

Egg whites can be beaten to a foam to use as a leavener or lightener. Meringues are made by incorporating enough sugar to both stabilize and sweeten the foam. In this DVD, you will:

- Explore the techniques and preferred methods for creating common, Swiss-style, and Italian-style meringue.
- Learn both classic uses of meringue as well as innovative presentations.
- Gain helpful tips on producing, storing, and evaluating this fundamental component of the professional baker's art.

The difference between a plain baked item and a fancy pastry often relies on the presence of an icing or filling, or a sauce or a glaze. In this section you will:

- Explore the techniques and basic recipes for these staples of fine pastries.
- Learn the quality standards for evaluating vanilla sauce and pastry cream.

CAPTIVATING CONFECTIONS SERIES

Filled Chocolates

DVD \$75

- Discover the proper way to melt, temper, handle, mold, and decorate chocolates.
- Explore the artistry of piping, filling, and sealing chocolates.
- Learn to create high-quality chocolates.

Hand-Formed Chocolates

DVD \$75

- Learn the art of preparing cream ganache and butter ganache.
- Discover the finer points of working with chocolate and all the steps in making truffles, as well as knackerli and rochers.

Brittles & More

DVD \$75

- Create a variety of liquid, soft, and firm candies such as caramels, nut brittles, dragées, and fondant.
- Develop useful candy-making techniques and methods.

All DVDs in the Captivating Confections Series contain:

Recipes

Each individual DVD combines the recipes included on each part of the series, plus an additional bonus recipe for egg ganache.

One-on-One with the Chefs

Go behind the scenes and obtain even more knowledge on tempering, molding, blushing, drizzling, and preparing cherry-filled chocolates with extended lessons from the chefs.

CIA Chef Interviews

Get an insider's view of the world of confections through in-depth interviews with CIA baking and pastry instructors.

SPECIAL! CAPTIVATING CONFECTIONS DVD SERIES DISCOUNT

Purchase the three-part DVD series (**Filled Chocolates**, **Hand-Formed Chocolates**, and **Brittles & More**) at a discounted price of \$200 (a \$25 savings)!

CAPTIVATING CONFECTIONS LEARNING SOLUTIONS

DVD and CD-ROM \$250

This innovative, comprehensive foodservice learning solutions package combines the information contained in our existing DVD series—*Filled Chocolates*, *Hand-Formed Chocolates*, and *Brittles & More*—along with a CD containing pre- and post-evaluation tests, outlined learning objectives, and module instructions for each session.

Add Something New to Your Menu

...From Our Newest Releases!

Add a little excitement to your culinary repertoire this winter with recipes hot from the kitchens of the CIA—and hot off the presses. These are a sampling of dishes from the pages of *The Modern Café* and the *Kitchen Pro Series: Guide to Poultry Identification, Fabrication, and Utilization* (see page 12), two of our newest cookbooks.

PAN-FRIED BABY ARTICHOKES WITH LEMON AÏOLI

Makes 20 portions

14 ounces salt

100 baby artichokes

Lemon Aïoli

1/3 ounce garlic cloves, peeled

1/8 ounce salt

6 ounces pasteurized egg yolks

1/4 ounce red wine vinegar

1/3 ounce lemon juice

1/8 ounce lemon zest

1 pound, 9 1/2 ounces canola oil

8 1/2 ounces extra virgin olive oil

8 pounds, 13 1/8 ounces extra virgin olive oil

1 pound, 1 2/3 ounces Wondra flour

2 1/8 ounces salt

Fill a large pot with cold water and 14 ounces of salt. The pot should be large enough to hold all of the artichokes.

Trim the stems of the artichokes to within 1 inch of the base and about 1/2 inch in from the top. Put them in the water as soon as they are cut.

Prepare an ice bath large enough to hold all the artichokes; it can be more than one ice bath if need be. Bring the water to a boil, and then reduce the heat to a simmer. Cook until the artichokes are tender, 12 to 20 minutes. Test the artichokes by inserting a paring knife through the base of the artichoke and into the stem; it should go in easily.

Remove the artichokes from the water with a spider and place them in the ice bath(s).



Once they have cooled, transfer them to a perforated hotel pan set over a regular hotel pan. This should allow the excess water to drip out from between the leaves. Reserve until needed. Peel off the outer leaves, which are tough and practically inedible, with your hands. Cut the artichokes in half lengthwise; reserve in an airtight container in refrigeration during service. Discard after 36 hours.

For the aïoli: Chop the garlic very finely on a cutting board with a pinch of the salt. Make a paste with your knife, using the side of the blade against the cutting board. Alternatively, use a garlic press.

Place a bowl on a damp cloth towel to anchor it. Place the garlic, egg yolks, vinegar, lemon juice, lemon zest, and remaining salt in it. Whisk until evenly mixed.

Combine both oils, and slowly pour them into the bowl while whisking vigorously to create an emulsion.

Reserve in an airtight container with plastic wrap directly on the surface of the aïoli. Discard after 3 days.

To prepare the artichokes for service: Heat a fryer with the extra virgin olive oil to 355 degrees F. Have the Wondra flour available in a bowl.

When the oil is hot, place 10 cooked artichoke halves in the bowl with the Wondra flour, and toss them to coat completely in the flour. Shake the excess off each piece in a small sieve. Fry until they have browned evenly and the leaves are crisp, 2 to 3 minutes.

Transfer the artichokes to a bowl lined with a paper towel. Season with salt and serve immediately with aïoli.

Source: *The new CIA cookbook* The Modern Café



SMOKED GOOSE BREAST WITH HOISIN GLAZE

Makes 2 pounds

Basic Poultry Brine for Curing and Smoking

(recipe follows)

- 2 bay leaves
- 2 tablespoons fermented soy sauce
- 1 small dried red chili pepper
- 2-pound full goose breast, split

Glaze

- ¼ cup hoisin sauce
- ½ teaspoon ginger powder
- 1 teaspoon brown sugar
- 1 tablespoon Madeira wine
- 1 teaspoon orange juice

Add bay leaves, soy sauce, and red chili to brine. Place goose breasts into brine and submerge for 2 days under refrigeration.

Remove breasts and soak in cool water for 1 hour to reduce saltiness.

Tie breast into two cylindrical roasts and let air dry under refrigeration for 6 hours or until exterior becomes tacky.

Smoke using wood chips in cool smoker until golden brown, about 3 or 4 hours. (Each smoker works differently. Do not over-smoke. Do not hot smoke or cook.) Remove from smoker and place on roasting rack in pan.

Whisk together glaze mixture and brush over goose; reserve any excess.

Roast slowly at 300 degrees F to an internal temperature of 165 degrees F, about 1 hour. Brush on more glaze every 15 to 20 minutes.

Note: Dish can be served as an appetizer warm or thin-sliced cold.

BASIC POULTRY BRINE FOR CURING AND SMOKING

Makes 1 gallon

- 2½ ounces Tinted Curing Mix (TCM)
- ½ pound salt
- ⅓ pound brown sugar
- 1 cup hot water
- 1 gallon water

Dissolve TCM, salt, and sugar with hot water, then add to remaining water.

Brining Times

Small birds or cut parts: 24 hours

Broiler chicken or pheasant: 24 to 36 hours

Duck, goose, or turkey breast: 2 to 3 days

Whole turkey or goose: 5 days

Note: After curing, poultry may be soaked in cold water to release some of the salt. Spices and aromatics can be added for more flavors. Injecting brine can shorten curing time.

Smoking may require poultry to be left at temperatures that could allow for rapid bacteria growth. This brine ensures the poultry will be cured and its proteins denatured, helping to preserve the meat and give it a “hammy” tang familiar with cured meats. Cured meats remain pink after cooking. This recipe calls for Tinted Curing Mix, which is basically a diluted form of sodium nitrite that accelerates the curing time and guards against pathogens.

Source: Kitchen Pro Series: Guide to Poultry Identification, Fabrication, and Utilization

TEXTBOOKS FROM THE CULINARY INSTITUTE OF AMERICA

NEW! The Modern Café

Hardcover \$65

The Modern Café details every aspect of the launch and management of a modern, upscale café. It's the first comprehensive resource for the aspiring restaurateur or café owner who wants to get all the details right. Exquisitely illustrated, the text is packed with professional guidance and master recipes for breakfast pastries, artisanal sandwiches, truffles and treats, and much more. Plus, an entire chapter is devoted to the retail shelf, a key contributor to any café's financial health.

With nearly 250 recipes and more than 100 photographs, this must-have reference by the CIA's Francisco Migoya provides expert advice and step-by-step lessons for a variety of contemporary recipes. Additional highlights include information on café business finances, human resources, food production, recipe/menu development, and even décor. *The Modern Café* offers both inspiration and instruction for anyone who wants to operate a successful café.

NEW! Kitchen Pro Series: Guide to Poultry Identification, Fabrication, and Utilization

Hardcover \$74.95

This user-friendly resource offers practical information on fabricating chicken, duck, goose, turkey, and game birds. CIA Chef Thomas Schneller provides readers with helpful storage information, basic preparation methods for each variety of bird, and all the tools professional and home chefs need to create well-prepared meals from a variety of poultry. Features include:

- Practical information on purchasing and fabricating
- Storage information and basic preparation methods for each type of poultry product
- Full-color photographs and recipes

Kitchen Pro Series: Guide to Meat Identification, Fabrication, and Utilization

Hardcover \$74.95

In this user-friendly, full-color text, CIA Chef Thomas Schneller provides a close examination and explanation of the craft of butchery. This definitive guide offers:

- Practical information on purchasing and fabricating beef, pork, veal, lamb, game, and exotic meats
- Helpful storage information
- Basic preparation methods and recipes to give professional and home chefs the information they need to produce well-primed cuts of meat

Kitchen Pro Series: Guide to Fish and Seafood Identification, Fabrication, and Utilization

Hardcover \$74.95

Throughout this lavishly illustrated text, The Culinary Institute of America's Chef Mark Ainsworth offers professional and home chefs a satisfying alternative to meat by educating them about:

- Purchasing and properly fabricating fish and shellfish
- Basic preparation skills and storage tips for the fish kitchen
- Using the recipes included to prepare healthy and delicious fish and seafood dishes

Frozen Desserts

Hardcover \$60

Frozen desserts have long been a key part of every pastry chef's repertoire, and recent innovations such as the Pacojet have expanded today's frozen dessert options. Offering comprehensive coverage of ingredients, theory, techniques, and formulas, this unprecedented guide explains how to produce the full range of today's frozen desserts using both classic and modern methods.

Illustrated throughout with 125 striking full-color photographs, *Frozen Desserts* provides a thorough foundation in every aspect of frozen dessert making. From yuzu sorbet with cotton candy and black sesame seeds to frozen praline parfait with hazelnut mascarpone gâteau, these stellar creations exemplify the range of frozen dessert possibilities available today.

Catering—A Guide to Managing a Successful Business Operation

Hardcover \$45

This invaluable reference provides all the information caterers and would-be caterers need to set up and run a successful catering operation. From launching the business, establishing pricing, setting up a kitchen, staffing, and marketing to planning events, organizing service, preparing food, managing the dining room and beverages, developing menus, and troubleshooting problems, *Catering* provides detailed guidance on every aspect of the business. Supported by more than 50 photographs and 30 illustrations, this must-have guide is perfect for anyone who wants to succeed in the highly competitive world of catering—one of the fastest-growing segments of the restaurant industry.

At Your Service: A Hands-on Guide to the Professional Dining Room

Paperback \$29.95

At Your Service is a guide foodservice professionals can rely on to help them develop and improve hospitality and service, and achieve exceptional results in mid- and upscale dining establishments. Through lively and engaging discussions, readers will learn the ins and outs of running a successful front-of-the-house operation: taking reservations and greeting guests, basic service, table-side service, beverage service, and building and maintaining a good relationship between the front and back of the house staff. Real-life situations and industry anecdotes also cover potential problems and challenges that all restaurants are sure to face.

Baking and Pastry: Mastering the Art and Craft, 2nd Edition

Hardcover \$70

This latest edition of *Baking and Pastry* is an essential resource for anyone who wants to create professional-caliber baked goods and desserts. The text offers:

- Detailed instructions on basic techniques along with 625 standout recipes, from yeast breads and custards to frozen desserts, pies, cakes, and chocolates and confections.
- Color photographs and illustrations—more than half of which are all-new
- New step-by-step methods for core baking techniques
- Expanded coverage of vegan and kosher baking, petit fours and other mini desserts, plated desserts, decorating principles and techniques, and wedding cakes

Chocolates & Confections: Formula, Theory, and Technique for the Artisan Confectioner

Hardcover \$65

Chocolate and candy making is undergoing a renaissance in public awareness and status. This comprehensive book combines artisan confectionery techniques with accessible explanations of the theory and science, as well as formulas for use in production. Fundamental information for the confectioner includes ingredient function and use, chocolate processing, and artisan production techniques. The book contains 140 formulas and variations for beautiful confections, including dairy-based centers, crystalline and non-crystalline sugar confections, jellies, and nut center and aerated confections.

Gluten-Free Baking with The Culinary Institute of America

Paperback \$18.95

In past years, people with gluten sensitivities had to give up their favorite wheat-based foods like cinnamon buns, French bread, pizza, and bagels. But thanks to the CIA's Chef Richard Coppedge, that's no longer the case. This book and the companion DVD (page 8) show people with celiac disease and gluten sensitivities—as well as professionals who want to offer baked goods to customers living a gluten-free lifestyle—how to bake classic favorites using alternatives to gluten.

Features include Chef Coppedge's five gluten-free flour blends, tips on working with and storing gluten-free baked goods, and more than 125 recipes.

Culinary Fundamentals

Produced by the American Culinary Federation, with text and recipes provided by the CIA.

Hardcover \$80

Culinary Fundamentals is a tool that students can use throughout their culinary education and certification, as well as their career. From the objectives and key terms introducing each chapter to the activities and recipes that round it out, the book is organized to highlight and explain the basic competencies of a professional cook or chef.

Culinary Math, Third Edition

Softcover \$35

Discover proven methods for understanding foodservice math and using it appropriately. Shows how to:

- Calculate yield percentage.
- Determine costs, edible portion costs, and recipe costs.
- Find out the amount of a product needed for a particular use.
- Carry out conversions for purchasing and food costing.
- Understand and use kitchen ratios.
- Convert U.S. measures and metric units.

Exploring Wine, Second Edition

Hardcover \$60

This definitive text from CIA wine instructors will demystify the world of wine for you. With this book, you will:

- Examine the business of wine—purchasing, storing, developing a wine list, and service.
- Explore the process of making wine.
- Discover the major wine-producing regions of the world.
- Learn the most appealing wine and food pairings.

Exploring Wine Instructor's Manual

Softcover \$22.50

This companion to *Exploring Wine* includes: lecture outlines, critical-thinking problems, and words of wisdom.

Garde Manger: The Art and Craft of the Cold Kitchen, Third Edition

Hardcover \$70

Garde Manger has been thoroughly revised to reflect the latest trends, techniques, and flavors, including new information on topics such as brining ratios, fermented sausages, micro greens, artisanal American cheeses, tapas menus, “action” buffet stations, and ice carving. With more than 540 recipes—including 100 created new for this edition—and more than 340 all-new photographs illustrating step-by-step techniques and finished dishes, it's an indispensable reference for culinary students and working chefs everywhere.

The Professional Chef®, 8th Edition

Hardcover \$70

The Professional Chef® includes essential information on nutrition, food and kitchen safety, and tools and ingredients, as well as more than 640 classic and contemporary recipes plus variations. An unrivaled reference and source of inspiration for the serious cook, this newest edition includes:

- More than 130 basic recipe formulas that illustrate fundamental techniques and guide cooks clearly through every step, from mise en place to finished dishes
- Nearly 650 all-new, full-color photographs of fresh food products, step-by-step techniques, and plated dishes taken by award-winning photographer Ben Fink
- An exploration of the culinary traditions of the Americas, Asia, and Europe, with full-color photographs of commonly used ingredients and maps of all the regions

In the Hands of a Chef: The Professional Chef's® Guide to Essential Kitchen Tools

Softcover \$24.95

What are the essential knives that cooks must own, and what are the proper techniques for using them? And how do cooks make the most of other tools, such as peelers, piters, and Parisienne scoops? This reference provides the answers. Illustrated throughout with more than 100 photographs, the text offers a complete course in knife skills as well as guidance on using a wide array of other kitchen tools and gadgets. It also features advice from real-world chefs on choosing, using, and caring for knives, as well as detailed cutting techniques for all kinds of foods.

The Professional Chef's® Techniques of Healthy Cooking, Third Edition

Hardcover \$65

This completely updated guide to healthy cooking is indispensable in today's health-conscious world. Drawing on the latest dietary guidelines, the book provides detailed nutrition information and more than 400 delicious, healthy recipes, including 100 that are brand new to this edition. Throughout, nearly 150 vibrant, all-new color photographs showcase finished dishes and illustrate techniques and equipment.

Remarkable Service: A Guide to Winning and Keeping Customers for Servers, Managers, and Restaurant Owners, 2nd Edition

Paperback \$29.95

As competition for customers is constantly increasing, contemporary restaurants must distinguish themselves by offering consistent, high-quality service. This second edition of the most comprehensive guide to service and hospitality on the market explores:

- How to address the service needs of a wide range of dining establishments, from casual and outdoor dining to upscale restaurants and catering operations
- Training and hiring staff, preparation for service, front-door hospitality, and money handling
- Styles of modern table service, the relationship between the front and back of the house, and much more