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# Recipes from Consorzio Tutela Aceto Balsamico di Modena

Recipes developed by The Culinary Institute of America as an industry service to Consorzio Tutela Aceto Balsamico di Modena.

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# RECIPES

# BALSAMIC VINAIGRETTE

*Yield: 6 to 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic clove, finely minced	1 ea.
Shallot, finely minced	½ ea.
Dijon mustard	1 Tbsp.
Honey	2 Tbsp.
Thyme leaves, optional	1 tsp.
Balsamic vinegar of Modena	¼ cup
Extra-virgin olive oil	¼ cup
Salt	as needed
Ground black pepper	as needed

## **Method**

1. Place the garlic, shallots, honey, Dijon mustard and thyme in a small mixing bowl.
2. Whisk in the balsamic vinegar.
3. Drizzle in the olive oil, while continuously whisking to create an emulsion.
4. Season to taste with salt and freshly ground black pepper.

**Variation:** This vinaigrette is perfect for heartier greens such as arugula or romaine and is also perfect for dressing hot roast vegetables.

**Note:** To make a creamy vinaigrette, whisk in 3 tablespoons of mayonnaise to the vinaigrette in step 1.

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# BALSAMIC VINEGAR-ROASTED BRUSSELS SPROUTS, PEARL ONIONS AND PINK PEPPERCORNS

*Yield: 6 to 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Brussels sprouts, pared, cut in half	1 lb.
Red pearl onions, small, peeled	18 ea.
Garlic clove, finely minced	1 ea.
Sage, chopped	1 Tbsp.
Parsley, chopped	1 Tbsp.
Thyme, chopped	1 Tbsp.
Rosemary, chopped	1 Tbsp.
Balsamic vinegar of Modena	2 oz.
Extra-virgin olive oil	3 oz.
Pink peppercorns	1 Tbsp.
Smoked salt	as needed

## **Method**

1. Preheat the oven to 425°F.
2. Bring a small pot of water to a boil and season with salt.
3. Cut the Brussels sprouts in half lengthwise, setting aside some outer leaves.
4. Line a small cookie sheet with tin foil.
5. In a medium bowl, mix the olive oil, balsamic vinegar, garlic, sage, parsley, thyme, and rosemary.
6. Toss the pared Brussels sprouts, peeled onions and some of the pink peppercorns in the balsamic marinade, and season to taste with salt. Let sit for 10 minutes.
7. Scoop the vegetables out of the marinade and spread on the foil-lined cookie sheet, reserving the leftover marinade.
8. Roast in the 425°F oven, stirring occasionally. Remove when the Brussels sprouts and onions are tender and nicely caramelized.
9. While the Brussels sprouts are roasting, blanch the reserved leaves in the boiling salted water and shock in ice water. Drain and toss the leaves in the reserved balsamic marinade.
10. Toss the hot roasted Brussels sprouts into the reserved marinade, add the blanched leaves, and garnish with additional pink peppercorns and smoked salt to serve.

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# FARRO SALAD WITH BALSAMIC APRICOTS, FETA AND PISTACHIOS

*Yield: 6 to 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Farro	4 ½ oz.
Lentils	4 ½ oz.
Dried apricots	4 oz.
Balsamic vinegar of Modena	4 oz.
Water	5 ½ oz.
Honey	2 Tbsp.
Thyme sprigs	6 ea.
Garlic clove, crushes	2 ea.
Lemon, zest and juice of	½ ea.
Pistachio oil or olive oil	4 ½ oz.
Salt	as needed
Aleppo pepper	1 tsp.
Cumin	1 tsp.
Red onion	2 oz.
Pistachios	3 oz.
Feta cheese	5 ½ oz.
Dill	½ cup
Mint	½ cup
Parsley	½ cup
Cilantro	½ cup
Rocket leaves	2 bu.
Pomegranate, arils separated	1 ea.

## **Method**

1. Cook the farro and lentils separately in boiling salted water, until tender. Drain and reserve.
2. Place the dried apricots, balsamic vinegar, water, honey, fresh thyme and garlic in a small pot. Bring to a simmer; cover with a lid and turn off the heat. Set aside for 15 minutes. Remove the apricots from the liquid, and cut into quarters. Set aside in a large mixing bowl.
3. Discard the garlic, and thyme stems and reserve the liquid to make the dressing.
4. To make the dressing, mix the lemon zest, juice, cumin, and pistachio oil into the balsamic vinegar mixture, and season to taste with salt and pepper.
5. Add the warm farro, lentils, and red onions to the apricots and toss with the dressing.
6. When ready to serve, toss in the arugula, feta, pomegranate and pistachios. Season to taste with more salt and Aleppo pepper.

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# TANGY & SPICY ASIAN BALSAMIC MARINADE

*Yield: 6 to 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Ginger, roughly chopped	1 oz.
Garlic, roughly chopped	1 Tbsp.
Serrano chili, seeds removed, roughly chopped	½ ea.
Balsamic vinegar of Modena	3 ½ oz.
Soy sauce	3 ½ oz.
Thai sweet chili sauce	4 oz.
Tamarind liquid	1 Tbsp.
Sesame oil	3 Tbsp.
Gochujang	2 Tbsp.
Brown sugar	3 Tbsp.
Chicken wings	2 lb.
Cilantro leaves	as needed
Sesame seeds	as needed

## **Method**

1. Pound the ginger, garlic and Serrano in a mortar and pestle until you have a smooth paste. Set aside in a small mixing bowl.
2. Stir in the balsamic vinegar, soy sauce, sweet chili sauce, tamarind, sesame oil, gochujang and brown sugar. Adjust for sweetness with a little more brown sugar in necessary.
3. Put the chicken wings in a large mixing bowl. Add ¼ of the marinade or just enough to lightly coat the wings. Refrigerate for at least 1 hour or overnight.
4. Put the remainder of the marinade in a small pot and bring to a boil. Simmer for 5 minutes or until the marinade becomes glossy and syrupy. Reserve.
5. Grill the chicken wings until they are a nice dark color, and are cooked through. Toss the wings into the remaining glaze to coat, and toss with cilantro.
6. Sprinkle with sesame seeds to serve.

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# BALSAMIC BOURBON BBQ SAUCE

*Yield: 6 to 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Olive oil	2 Tbsp.
Onion, finely minced	½ ea.
Garlic, finely minced	1 Tbsp.
Chipotle chili, whole, stem removed	1 ea.
Bourbon	3 ½ oz.
Balsamic vinegar of Modena	2 ½ oz.
Ketchup	½ cup
Liquid smoke	1 Tbsp.
Brown sugar	3 Tbsp.
Maple syrup	3 oz.
Worcestershire Sauce	30 g
Chili powder	1 Tbsp.
Dry mustard	1 Tbsp.
Liquid aminos or soy sauce	2 Tbsp.
Tomato, canned, crushed	400 g
Salt	as needed
Ground black pepper	as needed

Baby Back Ribs  
BBQ Rub (recipe follows)

## **Method**

1. Heat a small saucepan with the olive oil. Add the onion, garlic and whole chipotle and sauté, stirring now and then until the onions are nicely caramelized.
2. Deglaze the pan with the bourbon.
3. Add all other ingredients to the pot. Bring to a boil then simmer over low heat for 15 minutes until the mixture is thickened. Season to taste with salt and pepper.
4. Purée in a blender. Cool and store in a covered container in the refrigerator for up to 4 weeks.
5. *To make BBQ Ribs:* Score the ribs. Brush liberally with Balsamic vinegar and rub with the BBQ Spice Rub.
6. Allow to marinate, uncovered in the fridge for up to 2 days.
7. To cook, heat an oven to 325°F.
8. Place a sheet of tin foil down on a cutting board. Place a sheet of oiled parchment paper on top. Place the rubbed ribs on the parchment paper and slather them with BBQ sauce.
9. Wrap the ribs in the parchment and foil, and place on a baking sheet. Cook at 325°F for 2 ½ hours.
10. Remove the ribs from the oven and turn the oven to 425°F.



11. Open the foil and parchment paper package, and slather the ribs with additional BBQ sauce. Return the ribs to the oven, leaving the package open, and continue cooking until they are nicely caramelized.
12. Cut in the ribs and serve.

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# DRY RUB FOR BBQ RIBS

*Yield: 1 Cup*

<b>Ingredients</b>	<b>Amounts</b>
Salt	2 Tbsp.
Brown sugar	4 Tbsp.
Smoked sweet paprika	4 Tbsp.
Onion powder	2 Tbsp.
Garlic powder	1 Tbsp.
Chili powder	2 Tbsp.
Cayenne	1 tsp.
Celery salt	1 Tbsp.
Dry mustard	1 Tbsp.

## **Method**

1. Mix all ingredients together.
2. Store in an airtight container.

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# BALSAMIC, SOY AND PLUM MARINADE FOR STEAK

*Yield: 6 to 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Marinade</i>	
Olive oil	½ cup
Balsamic vinegar of Modena	½ cup
Prune juice	1 cup
Apple juice	½ cup
Soy sauce	½ cup
Garlic cloves, peeled, sliced thin	3 ea.
Shallots, peeled, sliced thinly	2 ea.
Rosemary leaves	1 Tbsp.
Thyme leaves	1 Tbsp.
Ground black pepper	1 tsp.
Trimmed hangar steak, rib eye or fillet steak	3 lb.

## **Method**

1. Place all of the ingredients for the steak marinade in a bowl and whisk together.
2. Submerge steaks in marinade and refrigerate overnight. Remove from the fridge ½ hour before grilling to temper the meat.
3. Prepare a hot grill and remove the steaks from the marinade.
4. Grill the steaks 3 to 4 minutes per side or until they are cooked to your desired doneness.
5. Remove the steaks from the grill and season liberally with salt and pepper. Allow to rest for 5 minutes.
6. Slice the steaks on a bias, and serve.

**Note:** This marinade is perfect for chicken, salmon, portabella mushrooms, or other vegetables.

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# POUTINE WITH BALSAMIC-SHORTTRIB GRAVY & CHEESE CURDS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Shortribs	44 oz.
Salt	as needed
Aleppo pepper	as needed
Olive oil	as needed
Onion	11 oz.
Garlic cloves	4 ea.
Carrot	6 oz.
Celery	4 oz.
Fennel	4 oz.
Tomato paste	3 Tbsp.
Sage sprigs	4 ea.
Parsley sprigs	4 ea.
Thyme sprigs	4 ea.
Balsamic vinegar of Modena	8 oz.
Dark beer	12 oz.
Chicken stock	32 oz.
Salt	as needed
Ground black pepper	as needed
<i>Roux</i>	
Butter	4 Tbsp.
All-purpose flour	4 Tbsp.
Potatoes, cut into French fries	6 ea.
Canola oil, for frying	as needed
Cheese curds	as needed
Gremolata (recipe follows)	as needed

## **Method**

1. The night before you are going to cook, brush the short ribs on all sides with balsamic vinegar. Season them heavily with salt and Aleppo pepper. Place them on a rack, uncovered in the fridge overnight.
2. Preheat the oven to 325°F.
3. Heat a large heavy braising pot and brown all sides of the short ribs in olive oil.
4. Remove the ribs to a rack.
5. Sauté the onion, garlic, carrot, celery and fennel until it begins to caramelize, scraping the brown fond from the bottom of the pot.
6. Add the tomato paste, herbs, balsamic, beer and chicken stock.

7. Tuck the browned short ribs back into the vegetables, and season lightly with salt and pepper. The liquid should just come to the top of the ribs.
8. Cover with parchment, tin foil and place in the oven.
9. Cook for 2 ½ hours or until the meat is fork tender.
10. When the meat is done, remove the ribs from the braise, to a plate. Strain the liquid and discard the vegetables.
11. Pull the short ribs into large chunks with two forks.
12. In a small saucepan, stir together the flour and butter to make a roux.
13. Place the braising liquid in the stove and bring to a boil. When it is boiling add roux, whisking to thicken.
14. Add the meat to the gravy and season to taste with salt, pepper and a touch of balsamic.
15. Serve the piping hot gravy over fries with cheese curds and sprinkle with gremolata to garnish.

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# GREMOLATA

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic cloves, finely minced	2 ea.
Shallot, finely minced	1 ea.
Oil, for frying	as needed
Parsley, finely chopped	1 bu.
Lemon zest	2 Tbsp.
Smoked salt	as needed

## **Method**

1. In a small sauté pan, fry the garlic and shallot in some oil until golden brown. Strain and drain on paper towels.
2. Mix the garlic and shallots with the parsley, lemon zest and smoked salt.
3. Use as a garnish.

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# MAPLE BALSAMIC & CANDIED WALNUT ICE CREAM

*Yield: 6 to 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Balsamic vinegar of Modena	6 ½ oz.
Dark maple syrup	8 oz.
Confectioner's sugar	8 oz.
Walnut pieces	8 oz.
Salt	a pinch
Oil, for frying	as needed
Vanilla ice cream, excellent quality	as needed

## **Method**

1. Bring the balsamic vinegar and maple to a boil in a deep sauce pan and boil until it reaches 230°F on a digital thermometer. Set aside and allow the mixture to cool to room temperature. When cool, it should be the consistency of honey. Store in the refrigerator until ready to use.
2. Heat the frying oil to 300°F.
3. Blanch the walnuts in a pot of boiling water. Drain.
4. Toss the walnuts in the confectioner's sugar with a pinch of salt until well coated.
5. Carefully fry the sugar coated walnuts in oil until a deep golden brown. Allow to cool on a silicone sheet. Keep in an airtight container at room temperature until ready to use.
6. In a large bowl, soften the vanilla ice cream with a spatula just until it is flexible but still frozen.
7. Drizzle in the balsamic syrup and stir in the nuts. Serve immediately with more drizzle or pack back into the ice cream tub and re-freeze to enjoy later.

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# CHERRY BALSAMIC SODA OR CHERRY BALSAMIC COLA

*Yield: 6 to 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Cherry syrup, strained from jar of high quality maraschino cherries	5 oz.
Balsamic vinegar of Modena	5 oz.
Vanilla bean, split and scraped	1 ea.
Sparkling water, soda water or cola	as needed
Maraschino cherries, to garnish	as needed

## **Method**

1. In a saucepot, add cherry syrup, balsamic vinegar, and the vanilla bean, and bring to a boil. Reduce heat and simmer for 3 minutes, gently stirring.
2. Cool the mixture to room temperature and pour into a container for storage, leaving in the vanilla bean to infuse. Chill until ready to use.
3. Mix the cherry balsamic syrup with soda water for a twist on a cherry soda, or with a cola to make a cherry cola. The syrup is also a delicious ingredient in a cocktail.

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# BEET, MAPLE AND BALSAMIC SHRUB

*Yield: 6 to 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Dark red beets, medium, peeled, thinly sliced	2 ea.
Pink peppercorns	1 Tbsp.
Lemon peel	1 pc.
Bay leaves, fresh	5 ea.
Water	6 oz.
Maple syrup	12 oz.
Balsamic vinegar of Modena	8 oz.
 Mason jar, glass, 1 quart	 1 ea.
 Bay leaves	 as needed
Pink peppercorns	as needed
Bourbon	as needed
Ice	as needed

## **Method**

1. Place the beets, peppercorns, lemon peel and bay leaves in the mason jar.
2. Bring the water and maple syrup in a saucepot, and bring to a boil for 4 minutes, being careful not to let it boil over.
3. Pour the hot syrup over the beets.
4. Add the balsamic vinegar and stir. Allow to cool to room temperature.
5. Place a lid on the jar and store at cool room temperature or in the fridge.
6. Use to flavor sparkling water or in champagne.
7. For a delicious cocktail, mix 1 part shrub, 1 part Bourbon or Rye and a splash of sparkling water over ice. Float a few pink peppercorns and a bay leaf for garnish.

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