

The
Professional
chef

8th edition

The Culinary Institute of America



The Professional Chef

8th Edition

The Culinary Institute of America

PRESIDENT Dr. Tim Ryan

VICE-PRESIDENT, CONTINUING EDUCATION Mark Erickson

DIRECTOR OF INTELLECTUAL PROPERTY Nathalie Fischer

MANAGING EDITOR Kate McBride

EDITORIAL PROJECT MANAGER Mary Donovan

EDITORIAL PROJECT MANAGER Lisa Lahey

EDITORIAL ASSISTANT Margaret Otterstrom

PROJECT ASSISTANT Patrick Decker

RECIPE TESTERS Alexis Jette-Borggaard, Scott Kupferschmidt, Rachel Toomey, Lynn Tonelli, Danny Trotter

This book is printed on acid-free paper. ∞

Copyright © 2006 by The Culinary Institute of America. All rights reserved

Published by John Wiley & Sons, Inc., Hoboken, New Jersey

Published simultaneously in Canada

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher, or authorization through payment of the appropriate per-copy fee to the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923, (978) 750-8400, fax (978) 646-8600, or on the Web at www.copyright.com. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008, or online at <http://www.wiley.com/go/permissions>

Limit of Liability/Disclaimer of Warranty: While the Publisher and the author have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. Neither the Publisher nor the author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

For general information about our other products and services, please contact our Customer Care Department within the United States at (800) 762-2974, outside the United States at (317) 572-3993 or fax (317) 572-4002.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books. For more information about Wiley products, visit our Web site at www.wiley.com.

LIBRARY OF CONGRESS CATALOGING-IN-PUBLICATION DATA:

The professional chef / the Culinary Institute of America.— 8th ed.

p. cm.

Includes index.

ISBN-13: 978-0-7645-5734-7 (cloth)

ISBN-10: 0-7645-5734-3 (cloth)

1. Quantity cookery. I. Culinary Institute of America.

TX820.P738 2006

641.5'7—dc22

2004027110

Printed in the United States of America

10 9 8 7 6 5

Cover and interior photography by Ben Fink

Cover and interior design by Vertigo Design, New York City

The Professional Chef



《中国书画函授大学肇庆分校建校二十周年纪念册》



John Wiley & Sons, Inc.

此为试读, 需要完整PDF请访问: www.ertongbook.com

Acknowledgments

The common wisdom says “Leave well enough alone.” It is because the following people at The Culinary Institute of America knew that “well enough” isn’t the same thing as “as good as we can make it” that this revised edition came into being: Tim Ryan, CMC; Mark Erickson, CMC; Victor Giellisse, CMC; and the Institute’s associate deans Eve Felder; Gregory P. Fatigati; Ron Desantis, CMC; Thomas E. Peer, CMC; Anthony Ligouri; Robert Briggs; Thomas L. Vaccaro.

The heart of this book is the detailed explanation of cooking methods in words and images, as well as an amazingly diverse collection of recipes. For their dedication to excellence in several areas (reading and critiquing the text, testing and reviewing recipes, and being the hands you see in the photographs), the following individuals are also to be congratulated and thanked: Mark Ainsworth '86, C.H.E.; Olivier Andreini, C.M.C., C.H.E.; Clemens Averbeck, C.E.C.; David J. Barry '95; Frederick C. Brash '76, C.H.E.; Elizabeth E. Briggs, C.H.E.; David J. Bruno '88, P.C. II/C.C.C., C.H.E.; Kate Cavotti, C.M.B., C.H.E.; Shirley Shuliang Cheng, C.W.C., C.H.E.; Howard F. Clark '71, C.C.E., C.W.C., C.H.E.; Richard J. Coppedge, Jr., C.M.B., C.H.E.; Gerard Coyac, C.H.E.; Phillip Crispo; Philip Delaplane, C.W.C., C.H.E.; John DeShetler '68, C.H.E.; Joseph W. DiPerri '77, C.H.E.; Alain Dubernard, C.H.E.; Stephen J. Eglinski, C.H.E.; Anita Olivarez Elsenhauer, C.H.E.; Joseba Encabo, C.H.E.; Martin Frei, C.H.E.; Richard T. Gabriel '77, C.E.C.; Michael A. Garnerio, C.H.E.; Lynne Gigliotti '88, C.H.E.; Peter Greweling, C.M.B., C.H.E.; Thomas W. Griffiths '80, C.M.C., C.H.E.; Carol D. Hawran '93; Marc Haymon '81, C.M.B., C.H.E.; James W. Heywood '67, C.H.E.; George B. Higgins '78, C.M.B., C.H.E.; James Michael Jennings '93; Stephen J. Johnson '94; Lou Jones, C.H.E.; David Kamen '88, P.C. III/C.E.C., C.C.E., C.H.E.; Morey Kanner '84, C.H.E.; Eric W. Kastel '90, C.H.E.; Thomas Kief '78, C.H.E.; Joseph Klug '82, C.H.E.; Todd R. Knaster, C.H.E.; John Kowalski '77, C.H.E.; Prem Kumar; Pierre LeBlanc, C.H.E.; Xavier Le Roux, C.H.E.; Alain L. Levy, C.C.E., C.H.E.; Anthony J. Ligouri, C.H.E.; Dwayne F. LiPuma '86, C.H.E.; James Maraldo, C.H.E.; Hubert J. Martini, C.E.C., C.C.E., C.H.E., A.A.C.; Bruce S.

Mattel '80, C.H.E.; Alison McLoughlin '93; Francisco Migoya; Michael Pardus '81, C.H.E.; William Phillips '88, C.H.E.; Katherine Polenz '73, C.H.E.; Heinrich Rapp, C.H.E.; Charles Rascoll, C.H.E.; John Reilly '88, C.C.C., C.H.E.; Theodore Roe '91, C.H.E.; Jose Sanchez, C.E.C., C.H.E.; Paul R. Sartory '78; Giovanni Scappin; Eric L. Schawaroch '84; Thomas Schneller, C.H.E.; Dieter G. Schorner, C.M.B., C.H.E.; Johann Sebal, C.H.E.; Michael Skibitcky, C.E.C., C.H.E.; David F. Smythe, C.C.E., C.E.C., C.H.E.; Rudolf Spiess, C.H.E.; John J. Stein '80, C.F.B.E., C.H.E.; Jürgen Temme, C.M.B., C.H.E.; Daniel Turgeon '85, C.H.E.; Alberto Vanoli; Gerard Viverito, C.E.C., C.H.E.; Frank Vollkommer, C.M.P.C., C.H.E.; Hinnerk von Barga, C.H.E.; Stéphane Weber, C.H.E.; Jonathan A. Zearfoss, C.E.C., C.C.E., C.C.P., C.H.E.; Gregory Zifchak '80, C.H.E.

For the professional chef there are many subjects to master. A special thank you to those who helped develop and review chapters dedicated to world cuisines, management, food safety and nutrition: Marjorie Livingston, R.D., C.H.E.; Marianne Turow '83, R.D., C.H.E.; Richard Vergili, C.H.E.; Robert Danhi; Michelle Graas; Rachel Toomey; Amy Townsend.

The images in this book were created in the Institute’s studios and kitchens. Many thanks to photographer Ben Fink, whose expertise and artistry are the perfect complement to the text, techniques, and recipes. A debt of gratitude to Shannon O’Hara and Frank Lopez for their assistance during the photo shoots. Thanks to those CIA staff members without whom carrying through the photo shoots would have been a near impossibility: Edward Bakter, James Creighton, Michael Murphy, and Paul Wigsten. Our thanks also to Villeroy & Boch for supplying most of the dishes and props used in the photography.

Thanks to the book’s designer, Alison Lew (Vertigo Design, NYC), who brought it all together beautifully, and to the Senior Production Editor at Wiley, Leslie Anglin, for her tireless attention to every detail, large and small. And finally, thank you to Senior Editor Pam Chirls, for her overall guidance and vision.

Recipes

CHAPTER FIFTEEN

Stocks

Chicken Stock 351
White Veal Stock 351
White Beef Stock 351
Brown Veal Stock 352
Brown Game Stock (Jus de Gibier) 352
Estouffade 352
Brown Lamb Stock 352
Brown Pork Stock 352
Brown Chicken Stock 352
OBrown Duck Stock 352
Fish Fumet 353
Fish Stock 353
Shellfish Stock 353
Vegetable Stock 353
Roasted Vegetable Stock 353
Court Bouillon 354
Poultry and Meat Stock (Brodo) 354
Dashi 354

CHAPTER SIXTEEN

Sauces

Jus de Veau Lié 382
Jus de Volaille Lié 382
Jus de Canard Lié 382
Jus d'Agneau Lié 382
Jus de Gibier Lié 382
Espagnole Sauce 382
Demi-Glace 383
Chicken Velouté 383
Suprême Sauce 383
Ordinary Velouté 383
Fish Velouté 383
Shrimp Velouté 383
Vegetable Velouté 383
Béchamel Sauce 384
Cheddar Cheese Sauce 384
Mornay Sauce 384
Cream Sauce 384
Tomato Sauce 384
Tomato Coulis 385
Bolognese Meat Sauce (Ragu Bolognese) 385
Hollandaise Sauce 386

Mousseline Sauce 386
Maltaise Sauce 386
Béarnaise Sauce 386
Mint Sauce (Paloise Sauce) 387
Choron Sauce 387
Buerre Blanc 387
Red Pepper Coulis 387
Maitre d'Hôtel Butter 388
Tarragon Butter 388
Pimiento Butter 388
Green Onion Butter 388
Dill Butter 388
Sun-Dried Tomato and Oregano Butter 388
Basil Butter 388
Pesto 388

CHAPTER SEVENTEEN

Soups

Chicken Broth 426
Amish Corn and Chicken Soup 426
Beef Broth 426
Veal Broth 426
Ham or Smoked Pork Broth 426
Lamb Broth 426
Turkey or Game Broth 426
Fish Broth 426
Shellfish Broth 426
Vegetable Broth 426
Chicken Rice Soup (Canja) 426
Beef Consommé 429
Chicken Consommé Royale 429
Royale Custard 429
Cream of Broccoli Soup 430
Cream of Asparagus (Crème Argenteuil) 430
Cream of Lettuce (Crème Choisy) 430
Cream of Celery (Crème Celéri) 430
Cream of Tomato Soup 430
Cream of Tomato Soup with Rice 430
Tortilla Soup 432
Onion Soup 432
White Onion Soup 432
Onion Soup Gratinée 432
New England-Style Clam Chowder 433

Conch Chowder 433
Corn Chowder 434
Pacific Seafood Chowder 434
Manhattan-Style Clam Chowder 436
Purée of Lentil Soup 436
Purée of Split Pea Soup 437
Purée of Yellow Split Pea Soup 437
Caribbean-Style Purée of Black Bean Soup 437
Senate Bean Soup 438
Potage Garbure 438
Vichyssoise 439
Shrimp Bisque 439
Lobster Bisque (Bisque de Homard) 440
Wisconsin Cheddar Cheese and Beer Soup 440
Chicken and Shrimp Gumbo 441
Gazpacho Andaluz (Andalucian Gazpacho) 442
Ham Bone and Collard Greens Soup 442
Chinese Hot and Sour Soup (Suan La Tang) 443
Spicy Beef Soup (Yukkaejang) 443
Miso Soup 444
Thai Chicken Soup with Coconut Milk and Galangal 446
Thai Hot and Sour Soup (Tom Yum Kung) 446
Wonton Soup 447
Vegetable Soup Emilia Romagna Style (Minestrone alla Emiliana) 449
Minestrone 449
Tuscan White Bean and Escarole Soup 450

CHAPTER EIGHTEEN

Mise en Place for Meats, Poultry, and Fish

Garam Masala 462
Chinese Five-Spice Powder 462
Barbecue Spice Mix 462
Chili Powder 463
Curry Powder 463
Quatre Épices 463
Fines Herbes 463
Red Curry Paste 464

Green Curry Paste 464
 Yellow Curry Paste 465
 Seasoning Mix for Spit-Roasted Meats and Poultry 465
 Asian-Style Marinade 466
 Barbecue Marinade 466
 Fish Marinade 466
 Red Wine Game Marinade 466
 Rosemary and Gin Marinade for Game Meats 467
 Lamb Marinade 467
 Latin Citrus Marinade (Mojo) 468
 Red Wine Marinade for Grilled Meats 468
 Teriyaki Marinade 468

CHAPTER TWENTY

Grilling and Broiling, Roasting and Baking

Grilling and Broiling

Grilled or Broiled Sirloin Steak with Mushroom Sauce 521
 Grilled or Broiled Sirloin Steak with Maitre d'Hotel Butter 521
 Mushroom Sauce 521
 Grilled or Broiled Sirloin with Marchand de Vin Sauce 522
 Marchand de Vin Sauce 522
 Barbecued Steak with Herb Crust 523
 Skewered Beef and Scallions 523
 Beef Teriyaki 525
 Grilled Rib Eye Steak 525
 Pork and Veal Skewers (Raznijici) 526
 Broiled Lamb Kebabs with Pimiento Butter 526
 Dill Sauce 526
 Grilled (or Broiled) Pork Chops with Sherry Vinegar Sauce 527
 Sherry Vinegar Sauce 527
 Grilled Smoked Iowa Pork Chops 529
 Apple Cider Sauce 529
 Caramelized Apples 530
 Grilled Lamb Chops with Rosemary, Roasted Artichokes, and Cipollini Onions 530
 Pakistani-Style Lamb Patties 531
 Indian Grilled Lamb with Fresh Mango Chutney 533
 Fresh Mango Chutney 533
 Grilled or Broiled Chicken Breasts with Sun-Dried Tomato and Oregano Butter 534

Grilled Chicken Breasts with Fennel 534
 Grilled Paillards of Chicken with Tarragon Butter 535
 Barbecued Chicken Breast with Black Bean Sauce 535
 Black Bean Sauce 536
 Brazilian Mixed Grill 536
 Hot Pepper Sauce (Molho Apimentado) 538
 Jerked Game Hens 538
 Fillet of Mahi Mahi with Pineapple Jicama Salsa 539
 Pineapple Jicama Salsa 539
 Broiled Bluefish à l'Anglaise with Maitre d'Hotel Butter 540
 Broiled Stuffed Lobster 540

Roasting and Baking

Fish Kebabs 542
 Mint and Yogurt Chutney 542
 Standing Rib Roast au Jus 543
 Beef Wellington 543
 Madeira Sauce 544
 Corned Beef Hash 544
 Veal Shoulder Poêlé 545
 Pork Roast with Jus Lié 545
 Baked Stuffed Pork Chops 546
 Cantonese Roast Pork (CHAR Sieu) 546
 Guava-Glazed Pork Ribs 547
 Guava Barbecue Sauce 547
 Carolina Barbecue 549
 North Carolina Piedmont Sauce 549
 Barbecue Sauce (North Carolina Western Sauce) 549
 Mustard Barbecue Sauce (North Carolina Eastern Low Country Sauce) 550
 Lacquer-Roasted Pork Ribs (Kao Paigu) 550
 Roast Rack of Lamb Persillé 551
 Persillade 551
 Roasted Shoulder of Lamb and Couscous (Mechoui) 552
 Roast Leg of Lamb Boulangère 554
 Roasted Leg of Lamb with Haricots Blancs (Gigots à la Bretonne) 554
 Roast Leg of Lamb with Mint Sauce 555
 Salt Herbs 555
 Roast Chicken with Pan Gravy 556
 Chicken Legs with Duxelles Stuffing 556
 Pan-Smoked Chicken 557
 Breast of Rock Cornish Game Hen with Mushroom Force meat 557
 Mushroom Force meat 558

Roast Duckling with Sauce Bigarade 558
 Roast Turkey with Pan Gravy and Chestnut Stuffing 559
 Chestnut Stuffing 560
 Salmon Fillet with Smoked Salmon and Horseradish Crust 560

CHAPTER TWENTY-ONE

Sautéing, Pan Frying, and Deep Frying

Sautéing

Sautéed Chicken with Fines Herbes Sauce 573
 Fines Herbes Sauce 573
 Chicken Provençal 574
 Beef Tournedos Provençal 574
 Veal Scaloppine Marsala 575
 Marsala Sauce 575
 Pork Scaloppine with Tomato Sauce 575
 Swiss-Style Shredded Veal 577
 Noisettes of Pork with Green Peppercorns and Pineapple 577
 Pork Medallions with Warm Cabbage Salad 578
 Noisettes of Pork with Red Onion Confit 578
 Warm Cabbage Salad 578
 Sautéed Medallions of Pork with Winter Fruit Sauce 580
 Winter Fruit Sauce 580
 Pork Cutlet with Sauce Robert 581
 Sauce Robert 581
 Sauce Charcuterie 581
 Ancho-Crusted Salmon with Yellow Mole 583
 Yellow Mole 583
 Red Snapper with Grapefruit Salsa 584
 Trout Amandine 584
 Vatapa 585
 Sautéed Trout à la Meunière 586
 Bibimbap 586
 Stir-Fried Squid with Thai Basil 587
 Breast of Chicken with Duxelles Stuffing and Suprême Sauce 587

Pan Frying

Buttermilk Fried Chicken 589
 Country Gravy 589
 Pan-Fried Veal Cutlets 590
 Weiner Schnitzel 590
 Pan-Fried Breaded Pork Cutlet 590

Veal Cordon Bleu 590
 Veal Piccata with Milanese Sauce
 (Piccata di Vitello alla Milanese) 591
 Milanese Sauce 591
 Fisherman's Platter 592
 Rémoulade Sauce 592
 Old-Fashioned Salt Cod Cakes 593
 Pan-Fried Brook Trout with Bacon 595
 Shrimp Tempura 595
 Tempura Dipping Sauce 595

Deep Frying

Crispy Tangerine-Flavored Chicken 596
 Sweet Garlic Sauce 596
 Shrimp in Achiotte Sauce, Yucatan Style 598
 Flounder à l'Orly 598
 Beer Batter 599
 Hanoi Fried Fish with Dill (Cha Ca Thang Long) 599
 Fried Fish Cakes 600

CHAPTER TWENTY-TWO

Steaming and Submersion Cooking

New England Shore Dinner 617
 Bass and Scallops en Papillote 617
 Poached Trout Paupiettes with Vin Blanc Sauce 618
 Fillet of Snapper en Papillote 618
 Poached Trout Paupiettes with Saffron 621
 Trout and Saffron Mousseline 621
 Sole Mousseline 621
 Poached Sole with Vegetable Julienne and Vin Blanc Sauce 622
 Poached Sole Paupiettes Veronique 622
 Royal Glacage 623
 Poached Sea Bass with Clams, Bacon, and Peppers 623
 Boston Scrod with Cream, Capers, and Tomatoes 624
 Pescada à la Veracruzana 624
 Poached Chicken Breast with Tarragon Sauce 625
 Farmhouse Chicken with Angel Biscuits 626
 Poule au Pot (Chicken with Vegetables) 626
 Udon Noodle Pot 627
 Poached Salmon with Dill Butter 627
 Beef Noodle Soup (Pho Bo) 628

Corned Beef with Winter Vegetables 631
 Boiled Beef with Spätzle and Potatoes (Gaisburger Marsch) 631
 New England Boiled Dinner 632
 Seafood Poached in a Saffron Broth with Fennel 632

CHAPTER TWENTY-THREE

Braising and Stewing

Braised Oxtails 644
 Deep-Fried Onions 644
 Braised Short Ribs 645
 Korean Braised Short Ribs (Kalbi Jjim) 646
 Beef Rouladen in Burgundy Sauce 648
 Rouladen Stuffing 648
 Yankee Pot Roast 649
 Sauerbraten 650
 Beef Stew 651
 Braised Pork Rolls and Sausage in Meat Sauce with Rigatoni (Bracirole di Maiale al Ragu e Rigatoni) 653
 Choucroute 654
 Homemade Sauerkraut 654
 Cassoulet 656
 New Mexican Green Chile Stew 657
 Duck Confit 657
 Pork in a Green Curry Sauce 658
 Pork Vindaloo 658
 Székely Goulash (Székely Gulyás) 659
 Veal Blanquette 660
 Braised Veal Breast with Mushroom Sausage 660
 Mushroom Sausage 661
 Pork Goulash 661
 Beef Goulash 661
 Osso Buco Milanese 662
 Gremolata 662
 Polish Stuffed Cabbage 665
 Braised Lamb Shanks 666
 Portuguese Stuffed Leg of Lamb 667
 Herbed Forcemeat Stuffing 667
 Lamb Navarin 668
 Lamb Khorma 668
 Chicken Fricassee 669
 Veal Fricassee 669
 Curried Goat with Green Papaya Salsa 670
 Couscous with Lamb and Chicken Stew 670

Irish Stew 671
 Chicken Tagine 672
 Preserved Lemons 672
 Chicken and Prawn Ragout (Mar i Muntanya) 675
 Cioppino 676
 Garlic-Flavored Croutons 676

CHAPTER TWENTY-FOUR

Cooking Vegetables

Boiled Carrots 737
 Boiled Edamame 737
 Steamed Broccoli 737
 Broccoli and Toasted Garlic 737
 Glazed Beets 739
 Creamed Corn 739
 Pan-Steamed Carrots 740
 Pan-Steamed Haricots Verts 740
 Pecan Carrots 740
 Gingered Snow Peas and Yellow Squash 740
 Green Beans with Walnuts 741
 Glazed Carrots 741
 Grilled Vegetables Provençal Style 743
 Grilled Shiitake Mushrooms with Soy-Sesame Glaze 743
 Marinated Grilled Vegetables 743
 Butternut Squash Purée 744
 Spaghetti Squash 744
 Baked Acorn Squash with Cranberry-Orange Compote 746
 Cranberry-Orange Compote 746
 Oven-Roasted Tomatoes 746
 Marinated Roasted Peppers 749
 Roasted Carrots 749
 Shrimp-Stuffed Mirlitons 750
 Eggplant Parmesan 750
 Poblanos Rellenos 753
 Summer Squash Salsa 753
 Sautéed Arugula 754
 Stir-Fried Shanghai Bok Choy (Qinchao Shanghai Baicai) 754
 Summer Squash Noodles 756
 Belgian Endive à la Meunière 756
 Broccoli Rabe with Garlic and Hot Crushed Pepper (Cime di Broccoli con Aglio e Pepperoncino) 757
 Garden Treasures 757
 Jardinière Vegetables 758
 Vegetable Julienne 758

Macédoine of Vegetables 758
 Mushrooms with Chiles and Garlic
 (Hongos con Guajillos y Ajo) 759
 Spinach Pancakes 759
 Pan-Fried Zucchini 760
 Corn Fritters 760
 Vegetable Tempura 761
 Boniato Fries 761
 Fried Plantains 763
 Tostones 763
 Ratatouille 763
 Braised Greens 764
 Braised Fennel in Butter 764
 Braised Red Cabbage 765
 Braised Romaine 765
 Braised Sauerkraut 766
 French-Style Peas 766

CHAPTER TWENTY-SIX

Cooking Potatoes

Boiled Parsley Potatoes 789
 Duchesse Potatoes 789
 Whipped Potatoes 790
 Baked Potatoes with Deep-Fried Onions
 790
 Roasted Tuscan-Style Potatoes 791
 Glazed Sweet Potatoes 791
 Mashed Sweet Potatoes with Ginger 792
 Potatoes au Gratin (Gratin Dauphinoise)
 792
 Lyonnaise Potatoes 793
 Château Potatoes 793
 Delmonico Potatoes 794
 Hash Brown Potatoes 794
 Potato Galettes (Galette de Pommes de
 Terre Alsacienne) 797
 Potato Pancakes 797
 Rösti Potatoes 798
 Stuffed Rösti Potatoes 798
 Potatoes Anna 800
 Macaire Potatoes 800
 French-Fried Potatoes 801
 Berny Potatoes 801
 Sweet Potato Chips 803
 Souffléd Potatoes 803
 Croquette Potatoes 804
 Lorette Potatoes 804

CHAPTER TWENTY-SEVEN

Cooking Grains and Legumes

Beans from the Pot (Frijoles de Olla) 819
 Frijoles à la Charra 819
 Black Bean Mash 819
 Black Beans with Peppers and Chorizo
 821
 Corona Beans (Fagioli all'Uccelletto) 821
 Creamed Pinto Beans (Frijoles
 Maneados) 822
 Middle Eastern Chickpeas 822
 Roman-Style Lima Beans 823
 Southwest White Bean Stew 823
 Stewed Black Beans 824
 Falafel 824
 Red Beans and Boiled Rice 825
 Boiled White Beans 825
 Vegetarian Chili 826
 Rice and Beans 828
 Rice Pilaf 828
 Short-Grain White Rice Pilaf (Valencia)
 828
 Converted White Rice Pilaf 828
 Wild Rice Pilaf 829
 Wheat Berry Pilaf 829
 Pearl Barley Pilaf 829
 Brown Rice Pilaf with Pecans and Green
 Onions 829
 Short-Grain Brown Rice Pilaf 829
 Annatto Rice 829
 Arroz Blanco 830
 Arroz Brasileiro 830
 Coconut Rice 830
 Risotto 831
 Parmesan Risotto 831
 Wild Mushroom Risotto 831
 Green Pea Risotto (Risi e Bisi) 831
 Risotto with Asparagus Tips 831
 Risotto alla Milanese 831
 Risotto with Mussels 832
 Basic Boiled Rice 832
 Steamed Long-Grain Rice (Lo Han) 832
 Sushi Rice 833
 Thai Sticky Rice with Mangos (Mamuang
 Kao Niew) 833
 Saffron Rice 834
 Fried Rice with Chinese Sausage 834
 Paella Valenciana 837
 Rice Croquettes 837

Congee 838

Basic Polenta 838
 Polenta with Parmesan 838
 Green Onion-Bulgur Pilaf 841
 Kasha with Spicy Maple Pecans 841
 Quinoa à la Jardinera 842

CHAPTER TWENTY-EIGHT

Cooking Pasta and Dumplings

Fresh Egg Pasta 855
 Whole Wheat Pasta 855
 Buckwheat Pasta 855
 Spinach Pasta 855
 Saffron Pasta 855
 Citrus Pasta 855
 Curried Pasta 855
 Herbed Pasta 855
 Black Pepper Pasta 855
 Red Pepper Pasta 855
 Tomato Pasta 855
 Pumpkin, Carrot, or Beet Pasta 855
 Basic Boiled Pasta 855
 Pasta alla Carbonara 856
 Orecchiette with Italian Sausage,
 Broccoli Rabe, and Parmesan Cheese
 856
 Pad Thai 859
 Stir-Fried Glass Noodles (Jap Chae) 860
 Lasagna di Carnevale Napolitana 861
 Couscous 861
 Classic Bolognese Lasagna with Ragu
 and Béchamel (Lasagna al Forno) 863
 Gnocchi di Semolina Gratinati 863
 Gnocchi Piemontese 864
 Gnocchi di Ricotta 866
 Spätzle 866
 Bread Dumplings 868
 Biscuit Dumplings 868
 Hush Puppies 869
 Steamed Dumplings (Shao-Mai) 870
 Pan-Fried Dumplings (Guo Tie) 872
 Ginger-Soy Dipping Sauce 872
 Potato and Cheddar-Filled Pierogi with
 Caramelized Onions, Beurre Noisette,
 and Sage 875
 Dim Sum 876
 Potstickers 876

CHAPTER TWENTY-NINE

Cooking Eggs

Hard-Cooked Eggs 897
Coddled Eggs 897
Soft-Cooked Eggs 897
Medium-Cooked Eggs 897
Pickled Eggs 897
Red Pickled Eggs 897
Deviled Eggs 899
Deviled Eggs with Tomato 899
Deviled Eggs with Greens 899
Deviled Eggs with Vegetables 899
Deviled Eggs with Peppers 899
Deviled Eggs with Cheese 899
Deviled Eggs with Fish or Shellfish 899
Poached Eggs 900
Eggs Benedict 900
Eggs Florentine 900
Poached Eggs American Style 900
Poached Eggs with Chicken Liver Chasseur 900
Poached Eggs with Smoked Salmon 900
Poached Eggs Mornay 902
Poached Eggs Farmer Style 902
Poached Eggs with Mushrooms 902
Poached Eggs Massena 902
Poached Eggs on Hash 902
Fried Eggs 902
Eggs over Easy, Medium, or Hard 902
Scrambled Eggs 903
Scrambled Egg Whites 903
Scrambled Eggs with Cheese 903
Scrambled Eggs Swedish Style 903
Scrambled Eggs Hunter Style 903
Scrambled Eggs with Bratwurst 903
Scrambled Eggs Gratiné 903
Scrambled Eggs Greek Style 903
Plain Rolled Omelet 904
Plain Rolled Egg White Omelet 904
Cheese Omelet 904
Cheese and Vegetable Omelet 904
Meat and Cheese Omelet 904
Herb Omelet 904
Tomato Omelet 904
Omelet Florentine 904
Omelet Marcel 904
Omelet Opera 904
Seafood Omelet 904
Shellfish Omelet 904

Western Omelet 904
Spanish Omelet 904
Jelly Omelet 904
Farmer-Style Omelet 905
Souffléd Cheddar Omelet 905
Spinach Soufflé 906
Savory Cheese Soufflé 906
Artichoke Soufflé 907
Warm Goat Cheese Custard 907
Quiche Lorraine 909
Spinach Quiche 909
Tomato and Leek Quiche 909
Caramelized Onion Quiche 909
Smoked Salmon and Dill Quiche 909
Broccoli and Cheddar Cheese Quiche 909
French Toast 910

CHAPTER THIRTY

Salad Dressings and Salads

Red Wine Vinaigrette 929
White Wine Vinaigrette 929
Mustard-Herb Vinaigrette 929
Roasted Garlic and Mustard Vinaigrette 929
Lemon-Garlic Vinaigrette 929
Lemon-Parsley Vinaigrette 929
Almond-Fig Vinaigrette 929
Apple Cider Vinaigrette 930
Balsamic Vinaigrette 930
Chipotle-Sherry Vinaigrette 930
Curry Vinaigrette 931
Honey-Poppy Seed-Citrus Dressing 931
Fire-Roasted Tomato Vinaigrette 932
Guava-Curry Vinaigrette 932
Herb and Truffle Vinaigrette 933
Peanut Oil and Malt Vinegar Salad Dressing 933
Pesto Vinaigrette 933
Vinaigrette Gourmande 934
Walnut Oil and Red Wine Vinaigrette 934
Green Goddess Dressing 934
Catalina French Dressing 934
Peanut Dressing 935
Caesar-Style Dressing 935
Cucumber Dressing 935
Mayonnaise 936
Anchovy-Caper Mayonnaise 936

Tartar Sauce 936
Green Mayonnaise 936
Aioli 936
Blue Cheese Dressing 937
Creamy Black Peppercorn Dressing 937
Japanese Salad Dressing 938
Ranch-Style Dressing 938
Thousand Island Dressing 939
Basil Oil 939
Orange Oil 939
Green Onion Oil 939
Paprika Oil 940
Mixed Green Salad 940
Table Salad 940
Caesar Salad 940
Wedge of Iceberg with Thousand Island Dressing 941
Chef's Salad 941
Greek Salad 942
Endive Salad with Roquefort and Walnuts (Salade de Roquefort, Noix, et Endives) 942
Cobb Salad 945
Taco Salad 945
Taco Sauce 946
Wilted Spinach Salad with Warm Bacon Vinaigrette 946
Mushrooms, Beets, and Baby Greens with Robiola Cheese and Walnuts (Fungetti e Barbe con Cambozola e Noci) 949
Sherried Watercress and Apple Salad 950
Baby Spinach, Avocado, and Grapefruit Salad 950
Celeriac and Tart Apple Salad 950
Waldorf Salad 951
Chayote Salad with Oranges (Salada de Xuxu) 951
Summer Melon Salad with Prosciutto 952
Onion and Cucumber Salad (Kachumber) 952
Classic Polish Cucumber Salad (Mizeria Klasyczna) 952
Coleslaw 953
Moroccan Carrot Salad 953
Corn and Jicama Salad 953
Thai-Style Green Papaya Salad 954
Jicama Salad 954
Cucumber and Wakame Salad (Sunonono) 955

Sliced Daikon Salad (Mu Chae) 955
 Cucumber Salad 956
 Cucumber-Yogurt Salad (Cacik) 956
 Hue-Style Chicken Salad 956
 Crispy Shallots 957
 Chicken Salad 957
 Tuna Salad 957
 Egg Salad 958
 Ham Salad 958
 Shrimp Salad 958
 Pasta Salad with Pesto Vinaigrette 958
 European-Style Potato Salad 959
 Potato Salad 959
 Panzanella 961
 Eastern Mediterranean Bread Salad (Fattoush) 961
 Tomato and Mozzarella Salad 962
 Roasted Peppers (Peperoni Arrostiti) 962
 Green Lentil Salad (Salade des Lentilles du Puy) 962
 Mixed Bean Salad 963
 Warm Black-Eyed Pea Salad 963
 Curried Rice Salad 964
 Seafood Ravigote 964

CHAPTER THIRTY-ONE

Sandwiches

CIA Club 971
 Philly Hoagie 971
 Chicken Burger 972
 Barbecued Beef 972
 Open-Faced Turkey Sandwich with Sweet and Sour Onions 973
 Croque Monsieur 973
 Eggplant and Prosciutto Panini 975
 Marinated Eggplant Filling 975
 Three Cheese Melt 975
 Reuben Sandwich 976
 Cucumber Sandwich with Herbed Cream Cheese 976
 Watercress Sandwich with Herb Mayonnaise 977
 Apple Sandwich with Curry Mayonnaise 978
 Gorgonzola and Pear Sandwich 978
 Tomato Sandwich with Oregano Sour Cream 978

CHAPTER THIRTY-TWO

Hors d'Oeuvre and Appetizers

Smoked Salmon Mousse 987
 Red Pepper Mousse in Endive 987
 Blue Cheese Mousse 987
 Goat Cheese Mousse 987
 Pico de Gallo 988
 Salsa Verde 988
 Papaya Black Bean Salsa 989
 Grapefruit Salsa 989
 Green Papaya Salsa 989
 Cocktail Sauce 990
 Cumberland Sauce 990
 Asian Dipping Sauce 990
 Vietnamese Dipping Sauce 991
 Spring Roll Dipping Sauce 991
 Yogurt Cucumber Sauce 991
 Guacamole 992
 Hummus bi Tahini 992
 Baba Ghanoush 993
 Muhammara 993
 Harissa 994
 Tapenade 994
 Z'hug 994
 Wasabi 995
 Spicy Mustard 995
 Cranberry Relish 995
 Pickle Relish 996
 Spicy Mango Chutney 996
 Roasted Red Pepper Marmalade 996
 Curried Onion Relish 997
 Pickled Ginger 997
 Pickled Red Onions 997
 Pineapple Raita 997
 Tortilla Chips 998
 Marinated Mackerel in White Wine 998
 Seiche of Scallops 999
 Carpaccio of Salmon 999
 Smoked Salmon Platter 999
 Tuna Carpaccio (Crudo di Tonno alla Battuta) 1000
 Clams Casino 1003
 Poached Scallops with Tarragon Vinaigrette 1003
 Coconut Macadamia Shrimp 1004
 Chesapeake-Style Crab Cakes 1004
 Broiled Shrimp with Garlic 1007
 Pescado Frito 1007

Oysters Diamond Jim Brady 1008
 Mussels with White Wine and Shallots (Moules à la Marinière) 1008
 Hot Smoked Bluefish with Horseradish Cream 1010
 Tuna and Bean Salad (Insalata di Tonno e Fagioli) 1010
 Stuffed Shrimp 1011
 Samosas 1011
 Spinach Crêpes with Seafood 1012
 Baby Squid in Black Ink Sauce (Txipirones Saltsa Beltzean) 1013
 Octopus "Fairground Style" (Pulpo a Feira) 1013
 Grilled Shrimp Paste on Sugarcane (Chao Tom) 1014
 Mushroom Strudel with Goat Cheese 1014
 Black Bean Cakes 1015
 Potato Omelet (Tortilla Española) 1016
 Spring Rolls 1016
 California Rolls 1017
 Sushi Rice 1017
 Vietnamese Salad Rolls 1018
 Beef Carpaccio 1018
 Beef Satay with Peanut Sauce 1019
 Vitello Tonnato 1020
 Lobster Salad with Beets, Mangos, Avocados, and Orange Oil 1020
 Pork Pepper Pie (Empanada Gallega de Cerdo) 1021
 Paper-Wrapped Chicken 1021
 Corn Crêpes with Asparagus Tips and Smoked Salmon 1022

CHAPTER THIRTY-THREE

Charcuterie and Garde Manger

Seafood and Salmon Terrine 1030
 Flounder Mousseline 1030
 Pâté Grand-Mère 1030
 Country-Style Terrine (Pâté de Campagne) 1031
 Pâté Maison 1031
 Chicken and Crayfish Terrine 1033
 Shellfish Essence 1033
 Chicken Galantine 1034
 Pork Tenderloin Roulade 1034
 Meat Brine 1036
 Venison Terrine 1036

Duck Terrine with Pistachios and Dried Cherries 1036
 Foie Gras Terrine 1037
 Foie Gras Roulade 1037
 Chicken Liver Pâté 1037
 St Andrew's Vegetable Terrine 1038
 Pâté Dough 1041
 Saffron Pâté Dough 1041
 Seafood Pâté en Croûte 1042
 Vegetable Terrine with Goat Cheese 1043
 Pâté Spice 1044
 Gravlax 1044

CHAPTER THIRTY-FOUR

Baking Mise en Place

Egg Wash 1061
 Simple Syrup 1061
 Coffee Simple Syrup 1061
 Liqueur-Flavored Simple Syrup 1061
 Common Meringue 1062
 Swiss Meringue 1062
 Italian Meringue 1062
 Chantilly Cream/Whipped Cream for Garnish 1062

CHAPTER THIRTY-FIVE

Yeast Breads

Basic Lean Dough 1069
 Baguettes 1069
 Boules 1070
 Focaccia 1070
 Hard Rolls 1072
 Ciabatta 1072
 Pita Bread 1073
 Semolina Pizza Crust 1073
 Margherita Pizza 1073
 Spinach Pizza 1073
 Naan Bread 1075
 Cottage Dill Rolls 1075
 Brioche Loaf 1076
 Brioche à Tête 1076
 Raisin Bread with Cinnamon Swirl 1079
 Challah (3-Braid) 1080
 Soft Dinner Rolls 1080
 Sweet Dough 1081
 Cinnamon Raisin Buns 1081
 Sticky Buns 1082

CHAPTER THIRTY-SIX

Pastry Doughs and Batters

Basic Pie Dough (3-2-1) 1104
 Buttermilk Biscuits 1104
 Cream Scones 1106
 Raisin Scones 1106
 Ham and Cheddar Scones 1106
 Buttermilk Pancakes 1106
 Basic Waffles 1106
 Banana Pancakes 1106
 Chocolate Chip Pancakes 1107
 Blueberry Pancakes 1107
 Oatmeal Pancakes 1107
 Irish Soda Bread 1107
 Johnny Cakes 1107
 Fried Bread (Puri) 1108
 Crêpes Suzette 1108
 Dessert Crêpes 1109
 Puff Pastry Dough 1110
 Blitz Puff Pastry Dough 1110
 Basic Muffin Recipe 1111
 Cranberry-Orange Muffins 1111
 Blueberry Muffins 1111
 Bran Muffins 1111
 Corn Muffins 1112
 Corn Bread 1112
 Pumpkin Bread 1112
 Banana-Nut Bread 1114
 Pound Cake 1114
 Devil's Food Cake 1115
 Angel Food Cake 1115
 Vanilla Sponge Cake 1116
 Chocolate Sponge Cake 1116
 Cheesecake 1116
 Graham Cracker Crust 1117
 Chocolate XS Cake 1117
 Pâte à Choux 1117
 Gougres (Gruyère Cheese Puffs) 1117
 Profiteroles 1119
 Ice Cream-Filled Profiteroles 1119
 Éclairs 1119
 Chocolate Éclairs 1119
 1-2-3 Cookie Dough 1120
 Almond-Anise Biscotti 1120
 Chocolate Chunk Cookies 1122
 Cherry-Chocolate Chunk Cookies 1122
 Mudslide Cookies 1122
 Oatmeal-Raisin Cookies 1123
 Nut Tuile Cookies 1123
 Fudge Brownies 1124

CHAPTER THIRTY-SEVEN

Custards, Creams, and Mousses

Vanilla Sauce 1133
 Pastry Cream 1133
 Chocolate Pastry Cream 1133
 Pastry Cream for Soufflés 1133
 Crème Brûlée 1134
 Crème Caramel 1134
 Diplomat Cream 1136
 Vanilla Ice Cream 1136
 Chocolate Ice Cream 1136
 Coffee Ice Cream 1136
 Raspberry Ice Cream 1136
 Raspberry Mousse 1139
 Chocolate Mousse 1139
 Chocolate Soufflé 1140
 Bread and Butter Pudding 1140

CHAPTER THIRTY-EIGHT

Fillings, Frostings, and Dessert Sauces

Italian Buttercream 1156
 Coffee Buttercream 1156
 Mocha Buttercream 1156
 Chocolate Buttercream 1156
 Apple Pie 1156
 Cherry Pie 1157
 Pecan Pie 1157
 Cranberry Pecan Pie 1157
 Lemon Meringue Pie 1159
 Pumpkin Pie 1159
 Frangipane Filling 1159
 Pecan Diamonds 1160
 Hard Ganache 1160
 Chocolate Sauce 1160
 Classic Caramel Sauce 1161
 Raspberry Coulis 1161
 Sabayon 1161
 Zabaglione 1161
 Apple Butter 1162
 Apricot Glaze 1162
 Pear Frangipane Tartlets 1162
 Poached Pears 1164
 Fruit Salsa 1164
 Dried Cherry Sauce 1164

Introduction

Becoming a chef is a career-long process. Cooking is a dynamic profession—one that provides some of the greatest challenges as well as some of the greatest rewards. There is always another level of perfection to achieve and another skill to master. It is our hope that this book will function both as a springboard for future growth and as a reference point to give ballast to the lessons still to be learned.

By nature of its encyclopedic subject coverage, this text is suited to a variety of curricula, whether as part of an existing program or through independent study. An instructor may choose to use all or part of its contents; the student may use it to advance his or her learning by employing it as a broad, basic text or as a reference tool to answer specific questions about a particular technique. The techniques as explained in this book have all been tested in the Institute's kitchens. Each represents one of many possible variations. The fact that all variations are not included in this text does not imply that other methods are incorrect. Experience will teach the student many "tricks of the trade." The title of this work should not put it into the rarified category of books to be used only by those working in restaurant or hotel kitchens. The basic lessons of cooking are the same whether one prepares food for paying guests or for one's family and friends. Therefore, we hope that those who look to cooking for a creative outlet will come to regard this book as a valuable tool.

The Professional Chef is suited to a variety of teaching situations because the material is arranged in a logical, progressive sequence. Chapter One covers the history of cooking as a profession and examines the skills and attributes of a professional chef and other members of the foodservice profession. (For more information about table service and dining room operations, consult *At Your Service or Remarkable Service*.)

Since foodservice is a business, some of the elementary aspects of food costing are discussed in Chapter Two, as well as how to adapt recipes, from this book or any other, for use in a specific professional kitchen. Knowing how to adapt recipes is useful for

scheduling, controlling costs, and improving quality. (For more details about culinary math, consult *Culinary Math*.) Nutrition and food science have become part of the everyday language of the professional kitchen, and Chapter Three reviews some basic concepts of nutrition and science, particularly as they relate to cooking. (For more information about nutritional cooking, consult *The Professional Chef's Techniques of the Healthy Cook*, Second Edition.) Food and kitchen safety are of increasing concern in all foodservice operations, and Chapter Four presents fundamental concepts and procedures for assuring that safe, wholesome food is prepared in a safe environment.

Another elemental base of information that benefits every professional chef is a basic understanding of the origins and cultures surrounding the foods we consume. This understanding will not only encourage respect for other foods and cuisines around the world, but will also help to bring about creative play that will lead to the development of new foods and cuisine. Part Two is devoted to exploring a few of the most influential cuisines around the world.

Counted among the basics in the kitchen is the ability to seek out and purchase the best possible ingredients. Part Three is a catalog of the ingredients and tools used in the professional kitchen and includes information regarding product specifications, purchasing, and such processing concerns as trim loss. Separate chapters are devoted to meats and poultry; fish; fruits, vegetables, and fresh herbs; dairy products and eggs; and nonperishable goods such as oils, flours, grains, and dried pastas. The information is presented in such a way that it can act as a quick reference to quality, seasonality, and appropriate cooking styles or techniques.

Cooking is not always a perfectly precise art, but a good grasp of the basics gives the chef or student the ability not only to apply the technique, but also to learn the standards of quality so that they begin to develop a sense of how cooking works. Part Four is devoted to stocks, sauces, and soups. The part opens with a chapter covering such basic *mise en place* techniques as preparing and using seasoning and aromatic

combinations (bouquet garni and sachet d'épices), thickeners (roux and arrowroot), and mirepoix.

Part Five presents the techniques used to cook meats, poultry, and fish. This part covers the basic fabricating methods for familiar cuts of meat, poultry, and fish and then demonstrates how to grill, roast, sauté, pan fry, stir fry, steam, poach, stew, and braise. These important lessons are presented in clear step-by-step photographs, with explanatory text and a model recipe.

In Part Six, chapters concentrate on preparation techniques for vegetables, grains and legumes, pasta and dumplings, and potatoes. Part Seven covers breakfast and garde manger, with chapters covering eggs, salad dressings and salads, sandwiches, and garde manger items such as pâtés and terrines. (For further information on these subjects, consult *Garde Manger: The Art and Craft of the Cold Kitchen*.) Baking and pastry is presented in Part Eight, with attention paid to the preparation of breads and rolls; cakes and cookies; pastry doughs and crusts; and a variety of fillings, icings, and glazes.

The recipes included in this book are an example of the wide range of possibilities open to the student

once the basics are mastered. It should be noted that these recipes have both metric and American measurements. The recipe yields reflect real-life cooking situations: some items, such as stocks and soups, are prepared in large quantities, while others, such as sautés and grills, are prepared à la minute, for a few portions at a time. Larger roasts, braises, stews, and side dishes generally have yields of 10 or 20 servings; any marinades, sauces, or condiments included in the recipes that are prepared in advance are normally given in quantities to produce a yield of 10 servings. These yields may not always suit the student who is using the book outside of a professional kitchen. In most cases, they can be reduced or increased in order to prepare the correct number of servings. Baking recipe yields are based on specific weight ratios, however, and must be followed exactly.

The new look of this edition reflects the way we think about teaching cooking. We learn best when we understand not only how to do something, but why we should do it that way. From this grounded approach, students at any level can confidently take new directions in their cooking careers.

List of Recipes viii

Introduction xv

PART ONE: The Culinary Professional

- 1 Introduction to the Profession 3
- 2 Menus and Recipes 11
- 3 The Basics of Nutrition and Food Science 19
- 4 Food and Kitchen Safety 27

PART TWO: World Cuisines

- 5 The Americas 37
- 6 Asia 53
- 7 Europe 103

PART THREE: Tools and Ingredients in the Professional Kitchen

- 8 Equipment Identification 147
- 9 Meat, Poultry, and Game Identification 171
- 10 Fish and Shellfish Identification 199
- 11 Fruit, Vegetable, and Fresh Herb Identification 225
- 12 Dairy and Egg Purchasing and Identification 273
- 13 Dry Goods Identification 291

PART FOUR: Stocks, Sauces, and Soups

- 14 Mise en Place for Stocks, Sauces, and Soups 329
- 15 Stocks 343
- 16 Sauces 355
- 17 Soups 389

Contents





PART SEVEN: Breakfast and Garde Manger

- 29 Cooking Eggs 879
- 30 Salad Dressings and Salads 911
- 31 Sandwiches 965
- 32 Hors d'Oeuvre and Appetizers 979
- 33 Charcuterie and Garde Manger 1023

PART EIGHT: Baking and Pastry

- 34 Baking Mise en Place 1047
- 35 Yeast Breads 1063
- 36 Pastry Doughs and Batters 1083
- 37 Custards, Creams, and Mousses 1125
- 38 Fillings, Frostings, and Dessert Sauces 1141

Appendix 1165

Glossary 1170

Readings and Resources 1190

Recipe Index 1197

Subject Index 1207

PART FIVE: Meats, Poultry, Fish, and Shellfish

- 18 Mise en Place for Meats, Poultry, and Fish 453
- 19 Fabricating Meats, Poultry, and Fish 469
- 20 Grilling and Broiling, Roasting and Baking 507
- 21 Sautéing, Pan Frying, and Deep Frying 561
- 22 Steaming and Submersion Cooking 601
- 23 Braising and Stewing 633

PART SIX: Vegetables, Potatoes, Grains and Legumes, and Pasta and Dumplings

- 24 Mise en Place for Vegetables and Fresh Herbs 679
- 25 Cooking Vegetables 707
- 26 Cooking Potatoes 767
- 27 Cooking Grains and Legumes 805
- 28 Cooking Pasta and Dumplings 843

