

FIFTH EDITION UPDATE

# ON COOKING

A TEXTBOOK OF CULINARY FUNDAMENTALS



SARAH R. LABENSKY

ALAN M. HAUSE

PRISCILLA A. MARTEL

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# Approach and Philosophy of **ON COOKING**

This update of *On Cooking*, Fifth Edition, follows the model established in our previous editions, which have prepared thousands of students for successful careers in the culinary arts by building a strong foundation based on sound fundamental techniques. Students and instructors alike have praised *On Cooking* for its comprehensive yet accessible coverage of culinary skills and cooking procedures.

*On Cooking* focuses on teaching the hows and whys of cooking. *On Cooking* starts with general procedures, highlighting fundamental principles and skills, and then presents specific applications and sample recipes. Core cooking principles are explained as the background for learning proper cooking techniques. Once mastered, these techniques can be used to cook a wide array of foods. The culinary arts are shown in cultural and historical context as well so that students understand how different techniques form the basis for various cuisines.

Chapters focus on six areas essential to a well-rounded culinary professional:

- ➊ **Professionalism** Background chapters introduce students to the field with material on food history, food safety and menu planning. Food safety information has been updated to reflect the most recent regulations.
- ➋ **Preparation** *On Cooking* covers those core subjects with which all culinary students should be familiar before stepping into the kitchen. Equipment, basic knife skills and mise en place concepts and techniques are presented. Staple ingredients such as dairy products, herbs, spices and flavor profiles are covered.
- ➌ **Cooking** Fundamental cooking techniques are explained and then demonstrated with a wide range of recipes. Individual chapters focus on different categories of key ingredients: meats, poultry, fish, eggs, vegetables and so forth. A new chapter devoted to healthy cooking completes this emphasis.
- ➍ **Garde Manger** Cold kitchen preparations from salad and sandwich making to more complex charcuterie preparations are covered. We present this material in sufficient depth to support a unit on garde manger skills, including charcuterie and hors d'oeuvre.
- ➎ **Baking** Several chapters cover the aspects of bread and pastry making that every student should know. The material is sufficient to support a stand-alone unit on bread baking and dessert preparation.
- ➏ **Presentation** Chapters on plate and buffet presentation demonstrate traditional and contemporary techniques for enhancing the visual presentation of food, along with the basics of buffet setup and management.

## UPDATES

- ▶ More than **250 new photographs, line drawings and illustrations** provide clear representation of core techniques that are the foundation of any good culinary textbook.
- ▶ Content updates reflect **current trends in the culinary arts**, such as sustainable/seasonal cooking, small plate dishes, global techniques, Asian knife skills, molecular trends, sous-vide cooking and international cuisine.
- ▶ **New Healthy Cooking chapter combines** material on basic nutrition, healthy cooking techniques and cooking for special diets such as vegetarian or allergic diets.
- ▶ **Increased emphasis on sanitation** through more safety alerts reflects current restaurant industry concerns. The fifth edition reflects any recent updates in food safety.
- ▶ **Expanded coverage of flavors** offered in new sidebars; expanded coverage of small plates and additional plate presentation techniques.
- ▶ **Greatly enhanced support package**, including MyCulinaryLab™, instructor's manual featuring performance-based learning activities, improved test bank and lecture-based PowerPoint™ slides.

# GUIDED TOUR FOR THE READER

Easy to navigate, *On Cooking* is broken down into bite-size subsections as reflected in the table of contents. We invite you to take the Guided Tour to capture the flavor of *On Cooking*.

## HALLMARK FEATURES

### Learning Objectives

Each chapter begins with clearly stated objectives that enable you to focus on what you should achieve by the end of the chapter.

After studying this chapter, you will be able to:

- organize and plan your work more efficiently
- understand basic flavoring techniques
- prepare items needed prior to actual cooking
- set up and use the standard bread-making procedure

**THE FRENCH TERM MISE EN PLACE** (meez ahn plahs) literally means “to put in place” or “everything in its place.” But in the culinary context, it means much more. Escoffier defined the phrase as “those elementary preparations that are constantly resorted to during the various steps of most culinary preparations.” He meant, essentially, gathering and prepping the ingredients to be cooked as well as assembling the tools and equipment necessary to cook them.

In this chapter, we discuss many of the basics that must be in place before cooking begins: for example, creating bouquets garnis, clarifying butter, making bread crumbs, toasting nuts and battering foods. Chopping, dicing, cutting and slicing—important techniques used to prepare foods as well—are discussed in Chapter 5, Knife Skills; specific preparations, such as roasting peppers and trimming pineapples, are discussed elsewhere.

The concept of mise en place is simple: A chef should have at hand everything he or she needs to prepare and serve food in an organized and efficient manner. Proper mise en place can consist of just a few items—for example, those needed to prepare a small amount of chicken soup. Or it can be quite extensive—for example,

### Chapter Introduction

Chapter introductions summarize the main themes in each chapter and help reinforce topics.

### Margin Definitions

Important terms appear in the margins to help you master new terminology. There is a helpful phonetic pronunciation guide for non-English terms.

**palate** (1) the complex of smell, taste and touch receptors that contribute to a person’s ability to recognize and appreciate flavors; (2) the range of an individual’s recognition and appreciation of flavors

**unami** the taste sensation caused by the naturally occurring amino acid glutamate; gives food a savory richness or meatiness; found primarily in fermented foods and those to which monosodium glutamate has been added

**cuison** (kwee-sohn) the liquid used for shallow poaching

### Safety Alerts

Brief notes remind you of safety concerns and encourage you to incorporate food safety and sanitation into your regular kitchen activities.

#### SAFETY ALERT

Never leave an egg dish at room temperature for more than 1 hour, including preparation and service time. Never reuse a container after it has held raw eggs without thoroughly cleaning and sanitizing it.

**PROCEDURE FOR WHIPPING EGG WHITES**

- 1 Use fresh egg whites that are completely free of egg yolk and other impurities. Warm the egg whites to room temperature before whipping; this helps a better foam to form.
- 2 Use a clean bowl and whisk. Even a tiny amount of fat can prevent the egg whites from foaming properly.
- 3 Whip the whites until very foamy, then add salt or cream of tartar as directed.
- 4 Continue whipping until soft peaks form, then gradually add granulated sugar as directed.
- 5 Whip until stiff peaks form. Properly whipped egg whites should be moist and shiny; overwhipping will make the egg whites appear dry and spongy or curdled.
- 6 Use the whipped egg whites immediately. If liquid begins to separate from the whipped egg whites, discard them; they cannot be rewhipped successfully.



1 Egg whites whipped to soft peaks.



2 Egg whites whipped to stiff peaks.



3 Spongy, overwhipped egg whites.

**THE VERSATILE EGG**

For versatility, the egg has few rivals. Poached eggs work in breakfast and brunch dishes but also complement tender green salads. When stuffed, hard-boiled eggs become simple hors d'oeuvre. Finely chopped and bound with mayonnaise, hard-boiled eggs fill sandwiches and canapés. Omelets, quiches and scrambled eggs benefit from countless additions, including finely diced bell peppers, onions, mushrooms, zucchini or tomatoes; cottage cheese, creamy goat cheese or any variety of shredded firm cheese; crumbled bacon or pancetta; diced ham, turkey or beef; bits of smoked salmon, cooked shrimp or cooked sausage; and fresh herbs.

◀ **New!** Flavor sidebars show how flavoring ingredients may be used to change the character of a dish.

**MISE EN PLACE**

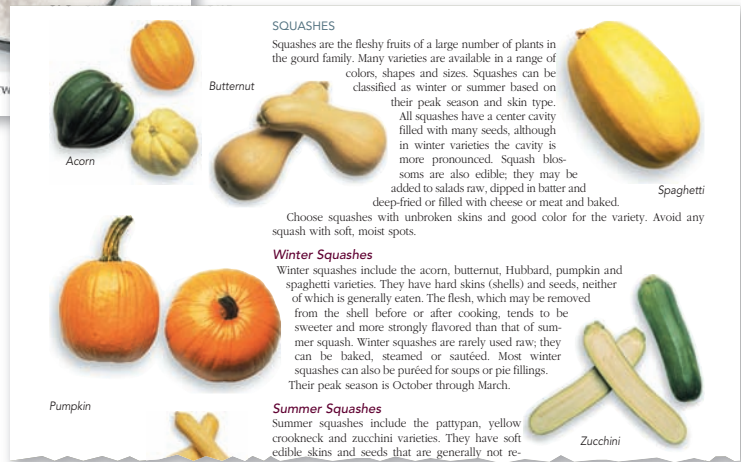
- ▶ Heat water.
- ▶ Peel and Mince onions.
- ▶ Grate cheese.

◀ **Procedures**

Step-by-step color photographs of various stages in the preparation of ingredients and dishes help you visualize unfamiliar techniques and encourage you to review classroom or kitchen activities whenever necessary.

▼ **Product Identification**

Hundreds of original color photographs help you recognize and identify ingredients. You can explore a huge variety of items such as fruits, berries, chocolates, fresh herbs, fish, dried spices, game, meats and fine cheeses.



**Line Drawings ▶**

Detailed line drawings illustrate tools and equipment without brand identification. Other drawings depict the skeletal structure of meat animals, fish and poultry.

◀ **Icons**

Icons identify additional recipes that are accessible through electronic resources, as well as recipes that are vegetarian or healthy options.

Healthy



Vegetarian

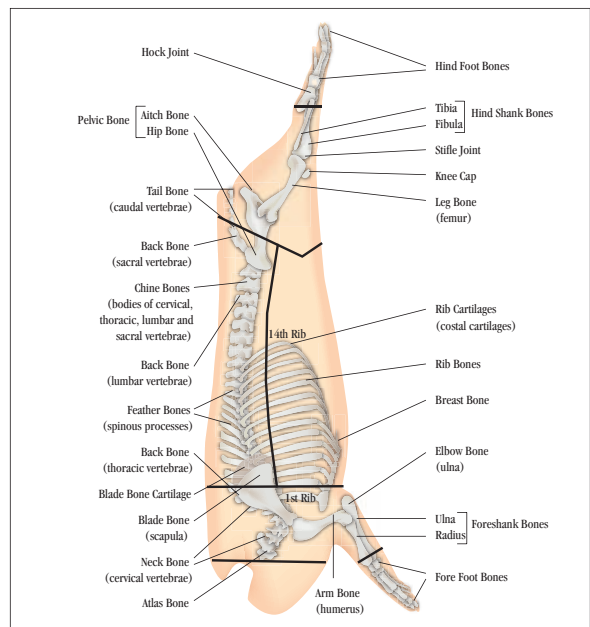


Additional Online Resources



◀ **Mise en Place**

French for “put in place,” this feature accompanying in-chapter recipes provides a list of what you must do before starting a recipe, such as preheating the oven, chopping nuts or melting butter.



**FIGURE 16.1** ▶ The skeletal structure of a hog.

## Recipes

### Measurements

All recipes include both U.S. and metric measurements. To aid in teaching scaling and consistent baking practices, we also provide metric equivalents for all temperatures, pan sizes and length measurements throughout the text.

### Illustrations

Recipes are illustrated with both sequential photos showing fabrication and assembly of dishes and many finished-dish photos that show you the author's finished work created while testing the recipes.

### Variations

Recipe variations show you how to modify recipes to create new dishes.

### Nutritional Analysis

All recipes include a nutritional analysis prepared by a registered dietician.



Finished dish photos illustrate ways to present the recipe.

## Sidebars

Sidebars present information on food history, food in culture and the background of professional foodservice. These sidebars help you understand the culinary arts in a wider social context.

## Questions for Discussion and Terms to Know

Questions for Discussion, which appear at the end of each chapter, encourage you to integrate theory and technique into a broader understanding of the material. Web-based activities, indicated by this icon, encourage you to conduct original research and seek answers from outside your primary classroom material.



### PROCEDURE FOR BROILING OR GRILLING VEGETABLES

- 1 Heat the grill or broiler.
- 2 Use a wire brush to remove any charred or burnt particles that may be stuck to the broiler or grill grate. The grate may be wiped with a lightly oiled towel to remove any remaining particles and help season it.
- 3 Prepare the vegetables to be broiled or grilled by cutting them into appropriate shapes and sizes, then seasoning, marinating or otherwise preparing them as desired or directed in the recipe.
- 4 Place the vegetables on the broiler grate, broiler platter or grill grate and cook to the desired doneness while developing the proper surface color.

### GRILLED VEGETABLE SKEWERS

Yield: 12 Skewers	Method: Grilling	
<b>Marinade:</b>		
Rice wine vinegar	4 fl. oz.	120 ml
Vegetable oil	8 fl. oz.	240 ml
Garlic, chopped	1 oz.	30 g
Dried thyme	2 tsp.	10 ml
Salt	1 Tbsp.	15 ml
Black pepper	½ tsp.	2 ml
Zucchini	6 oz.	180 g
Yellow squash	6 oz.	180 g
Broccoli florets, large	12	12
Cauliflower florets, large	12	12
Onion, large dice	24 pieces	24 pieces
Red bell pepper, large dice	12 pieces	12 pieces
Mushroom caps, medium	12	12

- 1 Combine all the marinade ingredients and set aside.
- 2 Cut the zucchini and yellow squash into ½-inch- (1.2-centimeter) thick semicircles.
- 3 Blanch and refresh the zucchini, yellow squash, broccoli florets, cauliflower florets, onion and bell pepper as discussed later under Moist-Heat Cooking Methods.
- 4 Drain the vegetables well and combine them with the marinade. Add the mushroom caps to the marinade. Marinate the vegetables for 30 to 45 minutes, remove and drain well.
- 5 Skewer the vegetables by alternating them on 6-inch (10-centimeter) bamboo skewers.
- 6 Place the vegetable skewers on a hot grill and cook until done, turning as needed. The vegetables should brown and char lightly during cooking. Serve hot.

#### VARIATION:

**Grilled Sliced Vegetables**—Slice the zucchini, yellow squash, onion and bell pepper into large pieces. Marinate and then grill these vegetables along with the broccoli, cauliflower and mushroom caps without skewering.

Approximate values per serving: **Calories** 60, **Total fat** 2.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 610 mg, **Total carbohydrates** 8 g, **Protein** 2 g, **Vitamin C** 90%, **Claims**—low fat, no cholesterol, good source of fiber

#### ROASTING AND BAKING

The terms *roasting* and *baking* are used interchangeably when referring to vegetables. Roasting or baking is used to bring out the natural sweetness of many vegetables while preserving their nutritional values. The procedures are basically the same as those for roasting meats.



#### MISE EN PLACE

- ◀ Peel and chop garlic.
- ◀ Wash broccoli and cauliflower and cut into large florets.
- ◀ Peel and dice onion.
- ◀ Wash and seed bell pepper and cut into large dice.
- ◀ Wash mushroom caps.



Grilling skewers of marinated vegetables.



Grilled sliced vegetables as an accompaniment to an entrée plate.

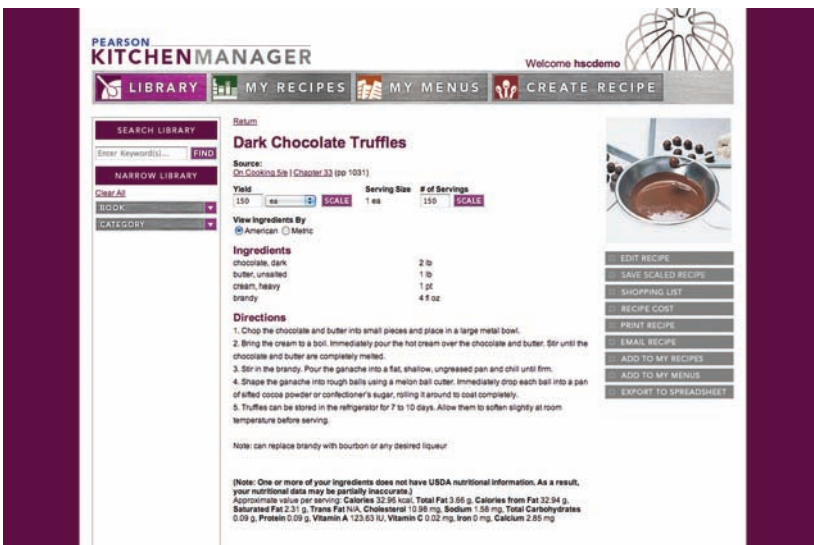
# Comprehensive Learning

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## FOR THE STUDENT

*MyCulinaryLab*<sup>™</sup>, a dynamic online tool, supports the many ways students learn. *MyCulinaryLab*<sup>™</sup> enables the student to study and master the content online on their own time and at their own pace. Media-rich personalized study plans are based on the student's performance using the site's interactive testing and games.

- ▶ Interactive learning modules. Self-guided tutorials engage students by enriching textbook content with videos, learning activities and knowledge checks to better prepare students for the kitchen.
- ▶ Pearson Kitchen Manager. This valuable resource for culinary students as well as professional chefs features a vast collection of recipes tested in the kitchens of top culinary schools. Powered by an extensive ingredient database, Pearson Kitchen Manager allows users to simply perform tasks such as recipe scaling, recipe costing, recipe conversion, and other essential applications.



## Student Study Guide

Authored by Christine Stamm-Griffin, the Student Study Guide (ISBN-10: 0-13-345858-X) allows students to test their knowledge of key concepts and vocabulary by chapter. The study guide provides an excellent way for students to review for tests using a variety of practice techniques.



# and Teaching Package

## FOR THE INSTRUCTOR

### Manage your Course with MyCulinaryLab™

MyCulinaryLab is an easy-to-use online resource designed to supplement a traditional lecture course. It provides instructors with basic course management capabilities in the areas of course organization, grades, communication and personalization of content. Instructors benefit from course management tools such as a robust grade book, integrated course email and reporting tools. MyCulinaryLab also includes grading rubrics; these downloadable documents that can be used to grade and assess kitchen skills.

**Reporting features include:** Data tracking and reporting for students, grades and question usage. Provides detailed results of students' performance and use of the program.

Qualified adopters can download the following instructor supplements by registering at our Instructors' Resource Center at [www.pearsoned.com](http://www.pearsoned.com). (For Qualified Adopters)

### Online Instructor's Manual

Includes chapter outlines, examination questions and answers, performance-based learning activities, answers to end-of-chapter questions for discussion and maps to ACF skill standards and competencies. (ISBN-10: 0-13-345859-8)

### PowerPoint Lecture Presentations

This comprehensive set of slides can be used by instructors for class presentations or by students for lecture preview or review. There is a presentation for each chapter, including a selection of full-color photographs from the book. (ISBN-10: 0-13-510898-5)

### MyTest (Computerized Test Bank)

MyTest contains text-based questions in a format that enables instructors to choose questions in order to create their own examinations. (ISBN-10: 0-13-510929-9)

*For additional information on media resources or instructor materials, please contact Pearson Education faculty services at 1-800-526-0485*



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SARAH R. LABENSKY, CCP

ALAN M. HAUSE

PRISCILLA A. MARTEL

Photographs by Richard Embery

Drawings by Stacey Winters Quattrone and William E. Ingram

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**Cover Art:** © Susan Wolfe/Getty Images, Inc.  
**Media Director:** Matt Norris  
**Lead Media Project Manager:** Leslie Brado  
**Composition:** S4Carlisle Publishing Services  
**Printer/Binder:** Courier/Kendallville  
**Cover Printer:** Lehigh-Phoenix Color  
**Text Font:** Garamond

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Library of Congress Cataloging-in-Publication Data is available from the Publisher upon request.



# CONTENTS

## CHAPTER ONE

PROFESSIONALISM  
2



## CHAPTER TWO

FOOD SAFETY AND SANITATION  
16



## CHAPTER THREE

MENUS AND RECIPES  
36



## CHAPTER FOUR

TOOLS AND EQUIPMENT  
52



## CHAPTER FIVE

KNIFE SKILLS  
76



## CHAPTER SIX

FLAVORS AND FLAVORINGS  
90



## CHAPTER SEVEN

DAIRY PRODUCTS  
130



## CHAPTER EIGHT

MISE EN PLACE  
148





CHAPTER NINE

PRINCIPLES OF COOKING  
160



CHAPTER TEN

STOCKS AND SAUCES  
182



CHAPTER ELEVEN

SOUPS  
232



CHAPTER TWELVE

PRINCIPLES OF MEAT COOKERY  
270



CHAPTER THIRTEEN

BEEF  
300



CHAPTER FOURTEEN

VEAL  
326



CHAPTER FIFTEEN

LAMB  
348



CHAPTER SIXTEEN

PORK  
370



CHAPTER SEVENTEEN

POULTRY  
392



CHAPTER EIGHTEEN

GAME  
448



CHAPTER NINETEEN

FISH AND SHELLFISH  
462



CHAPTER TWENTY

EGGS AND BREAKFAST  
532



CHAPTER TWENTY-ONE

VEGETABLES  
564



CHAPTER TWENTY-TWO

POTATOES, GRAINS AND PASTA  
624



CHAPTER TWENTY-THREE

HEALTHY COOKING  
678



CHAPTER TWENTY-FOUR

SALADS AND SALAD DRESSINGS  
710



CHAPTER TWENTY-FIVE

FRUITS  
748



CHAPTER TWENTY-SIX

SANDWICHES  
786



CHAPTER TWENTY-SEVEN

CHARCUTERIE  
808



CHAPTER TWENTY-EIGHT

HORS D'OEUVRE AND CANAPÉS  
846



CHAPTER TWENTY-NINE

PRINCIPLES OF THE BAKESHOP  
880



CHAPTER THIRTY

QUICK BREADS  
904



CHAPTER THIRTY-ONE

YEAST BREADS  
922



CHAPTER THIRTY-TWO

PIES, PASTRIES AND COOKIES  
958



CHAPTER THIRTY-THREE

CAKES AND FROSTINGS  
1006



CHAPTER THIRTY-FOUR

CUSTARDS, CREAMS, FROZEN DESSERTS  
AND DESSERT SAUCES  
1046



CHAPTER THIRTY-FIVE

PLATE PRESENTATION  
1078



CHAPTER THIRTY-SIX

BUFFET PRESENTATION  
1092



**APPENDIX I**

PROFESSIONAL ORGANIZATIONS 1111

**APPENDIX II**

MEASUREMENT AND CONVERSION CHARTS 1113

**APPENDIX III**

FRESH PRODUCE AVAILABILITY CHART 1115

**APPENDIX IV**

VITAMIN AND MINERAL FUNCTIONS AND SOURCES 1118

GLOSSARY 1121

BIBLIOGRAPHY AND RECOMMENDED READING 1145

INDEX 1151



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# PREFACE

Learning to cook is much more than simply learning to follow a recipe. Consequently, *On Cooking*, Fifth Edition Update, is not a cookbook or a collection of recipes. It is a carefully designed text intended to teach you the fundamentals of the culinary arts and to prepare you for a rewarding career in the food service industry.

This book is extensively illustrated with photographs and line illustrations to help you identify foods and equipment. The goal of *On Cooking* is to focus on general procedures, highlighting fundamental principles and skills, whether it be for preparing a yeast bread or grilling a piece of fish. We discuss both the how and why of cooking. Only then are specific applications and sample recipes given. Most recipes include photographs of the finished dish, ready for service. Many procedures are illustrated with step-by-step photographs as well.

Numerous hotel and restaurant chefs throughout the country contributed recipes to this book, usually accompanied by photographs of the dishes as prepared in their kitchens. These recipes and illustrations enable you to explore different techniques and presentation styles. Teaching professionals from culinary schools across the country also share some of their most successful recipes in this new edition.

In order to provide you with a sense of the rich traditions of cookery, informative sidebars on food history, chef biographies and other topics are scattered throughout the book. Also included are several short essays written by prominent culinarians on topics ranging from tempering chocolate to tasting spicy foods. Sidebars that relate to flavors and flavorings have been added throughout the book to enhance your understanding of key cooking ingredients.

We wish you much success in your culinary career and hope that this text will continue to inform and inspire you long after graduation.

## A NOTE ON RECIPES

Recipes are important and useful as a means of standardizing food preparation and recording information. We include recipes that are designed primarily to reinforce and explain techniques and procedures presented in the text. Many recipe yields are intentionally low in order to be less intimidating to beginning cooks and more useful in small schools and kitchens.

All ingredients are listed in both U.S. and metric measurements. The metric equivalents are rounded off to even, easily measured amounts. You should consider these ingredient lists as separate recipes or formulas; do not measure some ingredients according to the metric amounts and other ingredients according to the U.S. amounts or the proportions will not be accurate and the intended result will not be achieved. Throughout this book, unless otherwise noted:

- ▶ *mirepoix* refers to a preparation of 2 parts onion, 1 part celery and 1 part carrot by weight
- ▶ *pepper* refers to ground black pepper, preferably freshly ground
- ▶ *butter* refers to whole, unsalted butter
- ▶ *milk* refers to whole or reduced fat (not nonfat) milk, and
- ▶ *TT* means “to taste”

Detailed procedures for standard techniques are presented in the text and generally are not repeated in each recipe (for example, “deglaze the pan” or “monté au beurre”). Variations appear at the end of selected recipes. These variations give you the opportunity to see

how one set of techniques or procedures can be used to prepare different dishes with only minor modifications.

A *mise en place* feature is included with recipes that appear in the front section of recipe chapters. Ingredients that require preparation before beginning to prepare the recipe are listed in the margin. You should consult this brief checklist after you read the recipe but before you begin to cook. Headnotes that describe the cultural or historical background of a dish or the unique techniques used in its preparation appear with many recipes. This short text should help enhance your understanding of a cuisine or cooking technique.

No matter how detailed the written recipe, however, we must assume that you have certain knowledge, skills and judgment. It becomes a judgment call to know, for example, when a loaf of bread or a casserole is finished cooking. Ovens may vary in efficiency. For these reasons, we give alternate tests for doneness, as well as timing each recipe. Use your developing skills to determine when a dish is fully cooked. You should also rely upon the knowledge and skills of your instructor for guidance. Although some skills and an understanding of theory can be acquired through reading and study, no book can substitute for repeated hands-on preparation and observation.

A registered dietician analyzed all the recipes in this book using nutritional analysis software that incorporates data from the U.S. Department of Agriculture, research laboratories and food manufacturers. The nutrient information provided here should be used only as a reference, however. A margin of error of approximately 20 percent can be expected because of natural variations in ingredients.

Preparation techniques and serving sizes may also significantly alter the values of many nutrients. For the nutritional analysis, if a recipe offers a choice of ingredients, the first-mentioned ingredient is the one used. Ingredients listed as “to taste” (TT) and “as needed” are omitted from the analysis. Corn oil and whole milk are used throughout for “vegetable oil” and “milk,” respectively. In cases of a range of ingredient quantities or numbers of servings, the average is used.



Throughout this book various recipes are marked with the apple symbol. This symbol identifies dishes that are particularly low in calories, fat, saturated fat or sodium; they may also be a good source of vitamins, protein, fiber or calcium.



Vegetarian dishes are indicated with a green vegetable symbol. These recipes do not contain meat, fish, shellfish or poultry, but may contain dairy products and/or eggs. (We do not use this symbol for the baked goods recipes in Chapters 30 through 34, however, because none of them contains meat, fish, shellfish or poultry.) Vegetarian dishes are not necessarily low in calories, fat or sodium; nor are they automatically good sources of vitamins, protein, fiber or calcium.



The World Wide Web symbol appears next to end-of-chapter discussion questions whose answers may be researched on the Internet.

# ACKNOWLEDGMENTS

This book would not have been possible without the assistance and support of many people. Special thanks to our photographers, Richard Embery and Jim Smith, for their talent, professionalism and commitment to quality; and to Sharon Salomon, MS, RD and Catharine Powers, MS, RD, LD, for assistance with the preparation of the Healthy Cooking chapter. The nutritional analysis for this edition was prepared by Mindy Hermann, MS, RD, whose thoroughness and prompt replies were greatly appreciated. Thanks also to Bill Ingram for his artistry. We are also grateful to the many chefs, restaurateurs, writers and culinary professionals who provided recipes and essays for this book.

Alan thanks his wife Chantal for her love, support, understanding and patience as he and his partners worked through the production of yet another edition of the text. He thanks his sons Logan and Grayson for their unconditional love and for being considerate enough to come into this world between editions. He thanks his many friends and coworkers whose contributions were invaluable to the success of the text including: Gregory Reynolds, Reynalda Montes, Mark Bookhamer, Stephen Eldridge, Albert Torrisi, Marisa Lown, Bob Tam, Jon Luiz, Rosalino Morales, Estella Morales, Juan Soto, Jimmy Curry, April Zehr, Susan Cope, Stephanie Jakymiw and Raul Cinceros. He thanks Sarah Labensky for all her hard work over the past two decades and finally he thanks Priscilla Martel for taking point on the project and keeping him on track throughout the process.

Sarah notes that 2014 marks 20 years since publication of the first edition of *On Cooking*, and she thanks Steve Labensky, Richard Embery and Robin Baliszewski for their hard work and participation over the years. She especially thanks Skip for saying "yes" so long ago and for always producing gorgeous and delicious food. She would also like to thank the many students she has worked with over the years. They are the real reason that books such as this are written.

Priscilla would like to acknowledge the contributions of Carole Pierce and J. Patrick Truhn, two fine writers and editors, and the support of Chef Jeffrey Lizotte, Sous Chef Bryant Miller and the staff at On20 Restaurant as well as Todd Bates, Toni Manning, Doerte McManus, Robin Schremp and Eddy Van Damme.

The authors wish to thank the following companies for their generous donations of equipment and supplies: J.A. Henckels Zwillingwerk, Inc., All-Clad Metalcrafters, Inc. and Parrish's Cake Decorating Supplies, Inc. We are most appreciative of the support of the Hotel Adlon Kempinski Berlin and Sabina C. Held for the use of photographs. We also wish to thank Demarle USA, Shamrock Foods Company, KitchenAid Home Appliances, Taylor Environmental Instruments, Hobart Corporation, James Fagan, Table de France, North America, LLC., Elizabeth Jones of ISF International, and Kristine Cueto, Manager Hotel Operations of Rosenthal USA, Ltd.

Finally, we wish to thank everyone involved in this project at Pearson Education, including Vernon Anthony, Product Manager; John Christiana, Manager of Design Development; Alexis Duffy, Program Manager; Stacey Martinez, Assistant Marketing Manager and Kris Roach, Project Manager.

## ADDITIONAL CREDITS

The reviewers of *On Cooking* provided many excellent suggestions and ideas for improving the text: Chris Argento, Nassau Community College; Mike Artlip, Kendall College; David Barrish, J. Sargeant Reynolds Community College; Patricia Bowman, Johnson & Wales University; Michael Carmel, Trident Technical College; Dorothy Chen-Maynard, CSU San



Bernardino; Chris Crosthwaite, Lane Community College; Elizabeth Dickson, Bossier Parish Community College; Thom England, Ivy Tech State College Central; Gregory Forte, Cuyahoga Community College Metro; Debbie Foster, Ball State University; Wendy Gordon, Rockland Community College; Jeff Hamblin, Brigham Young University - Idaho; Brandon Harpster, Southeast Community College - Lincoln; Travis Herr, Pensacola State College; Dorothy Johnston, Erie Community College; Joseph LaVilla, Art Institute of California; Warren Leigh, Holyoke Community College; Lawrence Matson, The Art Institute of Dallas; Tony Pisacano, Ogeechee Technical College; David Schneider, Macomb Community College; Curtis Smith, Spokane Community College; Linda Sullivan, Indiana University of Pennsylvania; James Trebbien, The Institute for the Culinary Arts at MCC; Katrina Warner, Tarrant County Junior College Southeast; Louis Woods, Anne Arundel Community College. The quality of the reviews was outstanding and played a major role in the preparation of this revision. Their assistance and expertise is greatly appreciated.

The authors wish to thank the instructors who participated in our focus group and helped us refine the contents of this revision.

Brandon Harpster,  
Southeast Community College

Mary G. Trometter,  
Pennsylvania College of Technology

Fiona McKenzie,  
Sandhills Community College

Louis R. Woods, Jr.,  
Anne Arundel Community College

We extend our thanks to the many chefs and instructors who took the time to complete our general survey regarding introductory cooking textbooks. Their feedback has contributed greatly to the production of our text.

Karin Allen, Utah State University  
 Chris Argento, Nassau Community College  
 Mike Artlip, Kendall College  
 Victor Bagan, Hibbing Community College  
 Jeff Bane, The Chef's Academy, Harrison College  
 Todd Barrios, CEC, Northwestern State University  
 Erica Beirman, Iowa State University  
 Paul John Bernhardt, Diablo Valley College  
 LeRoy Blanchard, Los Angeles Trade Technical College  
 Patricia Bowman, Johnson & Wales University  
 Eric Breckoff, J. Sargeant Reynolds Community College  
 Scott Bright, The Chef's Academy  
 Tracey Brigman, University of Georgia  
 Stephen Burgeson, Buffalo State College  
 Angelo Camillo, Daniels College of Business—University of Denver  
 Kristina Campbell, Columbus Technical College  
 Mary Ann Campbell, Trenholm State Technical College  
 Michael Carmel, Culinary Institute of Charleston at Trident Technical College  
 Mark Carpenter, MBA, CEC, Del Mar College  
 Paul Carrier, Madison Area Technical College  
 Melinda Casady, Oregon Culinary Institute  
 Amy Chaffin, West Central Technical College  
 Dorothy Chen-Maynard, California State University—Santa Barbara  
 Jerry Comar, Johnson & Wales University  
 Matt Cooper, Mott Community College  
 Sharron Coplin, Ohio State University  
 Anne Corr, Penn State University  
 Philip Cragg, Atlantic Cape Community College  
 William Crawford, Moatt Community College  
 Sylvia Crixell, Texas State University—San Marcos  
 Chris Crosthwaite, Lane Community College  
 Chris Currier, Sandhills Community College

Scott Dahlberg, WOR-WIC Community College  
Jacqueline deChabert-Rios, East Carolina University  
Michael Downey, St. Louis Community College at Forest Park  
Charles Drabkin, Edmonds Community College  
Jerome Drosos, Triton College  
Jodi Lee Duryea, University of North Texas  
Kimberly Emery, SUNY–Plattsburgh  
Richard Exley, Scottsdale Culinary Institute  
Doug Flick, Johnson County Community College  
Debbie Foster, Ball State University  
Thomas Gaddis, Pellissippi State Community College  
Wendy Gordon, Rockland Community College  
Debra Gourley, Ivy Tech Community College  
Clarke Griffin, Kaskaskia College  
Lauri Griffin, Ivy Tech Community College  
Jeff Hamblin, Brigham Young University–Idaho  
Brandon Harpster, Southeast Community College  
Joe Harrold, Florida Community College at Jacksonville  
Ed Hennessy, Delaware Technical and Community College  
Vern Hickman, Boise State University  
Martina Hilldorfer, Kauai Community College  
Carol Himes, Pueblo Community College  
David Hoffman, Mohawk Valley Community College  
Thomas Hosley, Carteret Community College  
Julie Hosman Kulm, Boise State University, College of Applied Tech  
John Hudoc, Robert Morris College  
Sharon Hunt, Fort Valley State University  
Dorothy Johnston, Erie Community College  
Wendy Jordan, Le Cordon Bleu College of Culinary Arts–Las Vegas  
Thomas Kaltenecker, Elgin Community College  
Debbie Kern, Delgado Community College  
Linda Kinney, University of Massachusetts  
Kathy Knight, University of Mississippi  
Chris Koch, Drexel University  
Claude Lambertz, University of Nevada–Las Vegas  
Steve Lammers, Olympic College  
Barbara Lang, Cornell University–School of Hotel Administration  
Joe LaVilla, Art Institute of Phoenix  
Julie Lee, Western Kentucky University  
Peter Lehmuller, Johnson & Wales University  
Dean Louie, Maui Community College  
Beth Lulinski, Northern Illinois University  
George Macht, College of DuPage  
Mark Mattern, Art Institute of Jacksonville  
Donnie McBride, North Arkansas College  
Paula McKeegan, Tarleton State University  
Fiona McKenzie, Sandhills Community College  
Ken Mertes, Robert Morris College  
David Miller, Idaho State University–College of Technology  
Maria Montemagni, College of the Sequoias  
Sylvia H. Marple, University of New Hampshire  
Judy Myhand, Louisiana State University  
Karla Nardi, National Park Community College  
Ethel Nettles, Michigan State University  
Darla O’Dwyer, Stephen F. Austin State University  
Erich Ogle, Mississippi University for Women  
Lisa O’Neill, East Central Community College

Joel Papcun, Great Lakes Culinary Institute  
 Ellen Piazza, Saint Louis Community College  
 Christine Piccin, Santa Rosa Junior College  
 Tony Pisacano, Ogeechee Technical College  
 Leonard Pringle, San Jacinto College–Central  
 Joan E. Quinn, Northern Illinois University  
 Charles Robertson, Illinois Central College  
 Colin Roche, Johnson & Wales University  
 Gary Rodrick, University of Florida  
 Linda Rosner, Lexington College  
 Charles Rossi, St. Louis Community College  
 Warren Sackler, Rochester Institute of Technology  
 Carl Sandberg, Gwinnett Technical College  
 Janet Saros, Montgomery College  
 Craig Schmantowsky, Lynn University  
 Jules Schmitz, Cascade Culinary Institute  
 Bridget Schwartz, Bainbridge College  
 Janet Shaffer, Lake Washington Technical College  
 Gregg Shiosaki, Seattle Central Community College  
 Cory Shute, Kansas City Kansas Community College, Technical Education Center  
 Curtis Smith, Spokane Community College  
 Wayne Smith, Western Colorado Community College  
 Beth Sonnier, El Centro College  
 Stephen Sparks, South Seattle Community College  
 Rupert Spies, Cornell University, School of Hotel Administration  
 Nancy St. John, Bridgewater College  
 Brian Stahlsmith, Mercyhurst College  
 Trent Starks, The Keeter Center–College of the Ozarks  
 Wendy Stocks, Purdue University–Calumet  
 Linda Sullivan, Indiana University of Pennsylvania  
 Janis Taylor, Freed-Hardeman University  
 Klaus Tenbergen, California State University–Fresno  
 Clorice Thomas-Haysbert, University of Delaware  
 Peter Tobin, Inland Northwest Culinary Academy at Spokane Community College  
 Arthur Tolve, Bergen Community College  
 Mary Trometter, Pennsylvania College of Technology  
 Armando Trujillo, Pima Community College  
 Katrina Warner, Tarrant County College, Southeast Campus  
 Diana Watson-Maile, East Central University  
 Boo Wells, Jefferson Community College  
 Seunghee Wie, California State University–Sacramento  
 Brenda Wilkening, Estrella Mountain Community College  
 Gay Winterringer, PhD, RD, Mission College  
 Chris Woodruff, Lake Michigan College  
 Louis Woods, Anne Arundel Community College  
 Mark Wright, Erie Community College (State University of New York)  
 Charles Ziccardi, Drexel University–Goodwin College of Professional Studies

Grateful acknowledgment is extended to the following schools for testing various recipes from the fifth edition for accuracy, level of difficulty and appropriateness. Their feedback helped the authors refine recipes so that the concerns of the classroom appear on the printed page.

G. Allen Akmon,  
Sullivan University

Bea Beasley,  
Santa Rosa Junior College

Leslie Bartosh,  
Alvin Community College

Carol Bennett,  
Central Arizona College

Frank Benowitz,  
Mercer County Community College

Ben Black,  
Culinary Institute of Charleston at  
Trident Technical College

Larry Bressler,  
California School of Culinary Arts,  
Le Cordon Bleu Program

Scott Bright,  
The Chefs Academy, Harrison College

Tracey Brigman,  
University of Georgia

Angelo Camillo,  
Daniels College of Business,  
University of Denver

Paul Carrier,  
Milwaukee Area Technical College

Melinda Casady,  
Oregon Culinary Institute

Susan Ciriello,  
Art Institute of Washington

Jerry Comar,  
Johnson & Wales University

Chris Crosthwaite,  
Lane Community College

Cathy Cunningham,  
Tennessee Technological University

Jacqueline deChabert-Rios,  
East Carolina University

Richard Donnelly,  
East Stroudsburg University

Jodi Lee Duryea,  
University of North Texas

Tuesday Eastlack,  
Northwest Arkansas  
Community College

Sari Edelstein,  
Simmons College

Thom England,  
Ivy Tech Community College of  
Central Indiana

Naomi Everett,  
University of Alaska

Melanie Ewalt,  
Kirkwood Community College

Richard Exley,  
Scottsdale Culinary Institute

Francois Faloppa,  
Macomb Community College

Stephen Fernald,  
Lake Tahoe Community College

Edward Fernandez,  
Kapiolani Community College

Deborah Foster,  
Ball State University

Wendy Gordon,  
SUNY Rockland Community College

Kristen Grissom,  
Daytona State College

Marian Grubor,  
West Virginia Northern Community  
College

Jeff Hamblin,  
Brigham Young University-Idaho

Lois Hand,  
Bob Jones University

Brandon Harpster,  
Southeast Community College

Kathleen Hassett,  
Horry-Georgetown Technical College

Michael Herbert,  
Northern Virginia Community College

David Horsfield,  
Kirkwood Community College

Julie Hosman Kulm,  
Boise State University

Robert Hudson,  
Pikes Peak Community College

Robert "Miles" Huff,  
Culinary Institute of Charleston at  
Trident Technical College

Barry Infuso,  
Pima Community College

Bruce Johnson,  
Salt Lake City Community College

Dorothy Johnston,  
Erie Community College

Melodie Jordan,  
Keystone College

Deborah Karasek,  
Bob Jones University

Debbie Kern,  
Delgado Community College

Mary Ann Kiernan,  
Syracuse University

Christopher Koch,  
Drexel University

Cindy Komarinski,  
Westmoreland County  
Community College

Heinz Lauer,  
Le Cordon Bleu College of Culinary  
Arts Las Vegas

Julie Lee,  
Western Kentucky University

Larry Lewis,  
San Diego Culinary Institute

Dean Louie,  
Maui Culinary Academy

Beth Lulinski,  
Northern Illinois University

Nicole Martinelli,  
Keiser University

Dean Massey,  
Clover Park Technical College

Fiona McKenzie,  
Sandhills Community College

Brenden Mesch,  
The Art Institute of Dallas

Maria Montemagni,  
College of the Sequoias

Andrea Nickels,  
Robert Morris College

Adrienne O'Brien,  
Luna Community College

Charlie Olawsky,  
Grand Rapids Community College

Shelly Owens,  
Metropolitan State College of Denver

Clarence Pan,  
Daytona State College

Jayne Pearson,  
Manchester Community College

Donna Pease,  
Technical College of the Lowcountry

Sean M. Perrodin,  
San Jacinto College–North Campus

Toussaint Potter,  
Art Institute of California–Sacramento

Joan E. Quinn,  
Northern Illinois University

Scott Rudolph,  
California State Polytechnic  
University–Pomona

Craig Schmantowsky,  
Lynn University

Jules Schmitz,  
Central Oregon Community College

Dave Schneider,  
Macomb Community College

Janet Shaffer,  
Lake Washington Technical College

Cherie Simpson,  
The University of Alabama

Wayne Smith,  
Western Colorado Community College



James Swenson,  
MilitaryChefs.com

Jim Switzenberg,  
Harrisburg Area Community College

Katie Thomas,  
Blackhawk Technical College

George Thompson,  
Oregon Culinary Institute

Mary Trometter,  
Pennsylvania College of Technology

Anna Turner,  
Bob Jones University

Katrina Warner,  
Tarrant County College

Diana Watson-Maile,  
East Central University

Lorna Williams,  
Bob Jones University

Josef Wollinger,  
Blackhawk Technical College

Louis Woods,  
Anne Arundel Community College

Kimberly Youkstetter,  
Salter College

Michael Zema,  
Elgin Community College

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# RECIPES

## CHAPTER SEVEN

### DAIRY PRODUCTS

Crème Fraîche	134
Ricotta Cheese	138
Herb Cheese Spread	139

## CHAPTER TEN

### STOCKS AND SAUCES

White Stock	188
Brown Stock	190
Fish Stock	191
Fish Fumet	192
Vegetable Stock	192
Court Bouillon	193
Béchamel	201
Small Béchamel Sauces	
Cheese	202
Cream Sauce	202
Mornay	202
Nantua	202
Soubise (Modern)	202
Velouté	202
Small Fish Velouté Sauces	
Bercy	203
Cardinal	203
Normandy	203
Allemande Sauce	203
Small Allemande Sauces	
Aurora	203
Horseradish	203
Mushroom	203
Poulette	203
Suprême Sauce	204
Small Suprême Sauces	
Albufera	204
Hungarian	204
Ivory	204
Espagnole (Brown Sauce)	204
Demi-Glace	205
Small Brown Sauces	
Bordelaise	206
Chasseur (Hunter's Sauce)	206
Châteaubriand	206
Chevreuil	206
Madeira or Port	206

Marchand de Vin	206
Mushroom	206
Périgueux	206
Piquant	206
Poivrade	206
Robert	206
Tomato Sauce	207
Small Tomato Sauces	
Creole	207
Spanish	207
Milanaise	207
Hollandaise	208
Small Hollandaise Sauces	
Béarnaise	209
Choron	209
Foyot	209
Grimrod	209
Maltaise	210
Mousseline (Chantilly Sauce)	210
Beurre Blanc	211
Beurre Rouge	211
Lemon-Dill	211
Pink Peppercorn	211
Recipes for Compound Butters	
Basil Butter	211
Herb Butter	211
Lobster or Crayfish Butter	212
Maître d'Hôtel Butter	212
Montpelier Butter	212
Red Pepper Butter	212
Shallot Butter	212
Red Pepper Coulis	214
Pico de Gallo (Tomato Salsa)	215
Thyme-Scented Celery Essence	216
Shallot Curry Oil	217
Hollandaise, Blender Method	220
Red-Wine Thyme Sauce	Online
Roasted Garlic Sauce	220
Horseradish Cream Sauce	221
Duxelles Sauce	221
Fresh Tomato Sauce for Pasta	222
Bolognese Sauce	222
Mole	223
Fresh Tomato Vinaigrette for Pasta	224
Orange Gastrique	224
Pesto Sauce	225
Walnut Pesto	225
Sun-Dried Tomato Pesto	225

Citrus Beurre Blanc	226
Cream Beurre Blanc	226
Beer Beurre Blanc Sauce	Online
Tomato Butter Sauce with Thyme	227
Sorrel Sauce	Online
Barbecue Sauce	227
Southeast Asian-Style Peanut Sauce	228
Vegetarian Peanut Sauce	228
Thai Melon Salsa	228
Avocado Salsa	Online
Tomatillo Salsa	229
Spanish Romesco Sauce	229
Mignonette Sauce	230
Nuoc Cham (Vietnamese Dipping Sauce)	230
Persillade	230

## CHAPTER ELEVEN

### SOUPS

Beef Broth	236
Hearty Vegetable Beef Soup	238
Beef Consommé	240
Cream of Broccoli Soup	243
Cream of asparagus, cauliflower, corn, pea or spinach soup	243
Purée of Split Pea Soup	244
Shrimp Bisque	246
New England-Style Clam Chowder	248
Vichyssoise (Cold Potato-Leek Soup)	249
Fresh Peach and Yogurt Soup	250
Gazpacho	251
Chicken and Sausage Gumbo	254
Chicken Soup with Matzo Balls	255
Matzo Balls	255
French Onion Soup	256
Southeast Asian Consommé with Lemongrass	257
Pho Bo (Hanoi Beef and Noodle Soup)	258
Javier's Redfish Sopa	Online
Redfish Sopa Base	Online
Minestrone	259
Posole	260
Cream of Tomato Soup	261
Cream of Wild Mushroom Soup	Online
Cheddar and Leek Soup	262
Mulligatawny Soup	262
Potato Chowder with Nisqually Smoked Salmon	263
Roasted Poblano Chile and Corn Soup	264
Roasted Vegetable Soup	Online
Sausage, White Bean and Kale Soup	265
Callaloo with Crab	266
Roasted Corn Chowder	267
Wild Mushroom and Veal Soup	267
Artichoke Soup	Online
Opal Basil Oil	Online
Harvest Lobster and Corn Chowder	268
Borsch (Chilled Beet Soup)	269

Chilled Cucumber and Yogurt Soup	269
Chilled Beet and Buttermilk Soup	Online
Chilled Cherry Soup	Online

## CHAPTER TWELVE

### PRINCIPLES OF MEAT COOKERY

Grilled Lamb Chops with Herb Butter	280
Roast Prime Rib of Beef au Jus	282
Sautéed Veal Scallops with White Wine Lemon Sauce	287
Breaded Veal Cutlets	289
New England Boiled Dinner	291
Aunt Ruthie's Pot Roast	294
Brown Beef Stew	296

## CHAPTER THIRTEEN

### BEEF

Flat Iron Steak with Coffee Beans	312
Marinated London Broil	313
Châteaubriand	313
Beef Wellington	314
Home-Style Meatloaf	314
Hugo's Meatballs	315
Salisbury Steak	316
Tournedos Rossini	316
Minute Steak Dijonaise	317
Beef Stroganoff	317
Entrecôtes Bordelaise	318
Pepper Steak	318
Beef Fajitas	319
Swiss Steak	320
Braised Short Ribs of Beef	321
Orange-Scented Braised Short Ribs of Beef	321
Ginger Braised Short Ribs of Beef	321
Boeuf à la Ficelle (Beef Poached on a String)	322
Hungarian Goulash	322
Beef Bourguignonne	323
Chili Con Carne	324
Chili with Beans	324
Venison Chili	324
Chili-Stuffed Baked Sweet Potatoes	324
Chili-Stuffed Bread Bowl	324
Texas Chili and Beans	Online
Pinto Beans	Online
Carpaccio	325

## CHAPTER FOURTEEN

### VEAL

Wood Grilled Veal Chops with Basil Butter	339
Rosemary-Roasted Veal Chops with Porcini Mushrooms	Online
Veal Kebabs	Online

Roast Veal Loin	340
Sautéed Veal Scallops with Calvados	340
Veal Marsala	341
Wild Mushroom Veal Marsala	341
Veal Cordon Bleu	342
Turkey Cordon Bleu	342
Veal Pojarski	343
Veal Marengo	344
Sautéed Calves' Liver with Onions	345
Sweetbreads Grenoble	345
<b>Braised Veal "Sloppy Joes"</b>	<b>Online</b>
Osso Buco	346
<b>Stuffed Breast of Veal</b>	<b>Online</b>
Veal Fricassee	347

## CHAPTER FIFTEEN

### LAMB

Turkish Spicy Lamb Kebabs	359
Shish Kebab	360
Chimichurri Sauce	360
<b>Lamb Patties with Mint</b>	<b>Online</b>
<b>Broiled Lamb Kidneys</b>	<b>Online</b>
Rack of Lamb with Mustard and Hazelnuts	361
Rack of Lamb Persillé	361
<b>Roast Rack of Lamb with Mint and Celeriac Sauce</b>	<b>Online</b>
Potato and Celeriac Purée	<b>Online</b>
Mint and Celeriac Sauce	<b>Online</b>
<b>Roast Leg of Lamb with Jalapeño</b>	<b>Online</b>
Rack of Spring Lamb with Mint Pesto	362
<b>Roast Loin of Colorado Lamb</b>	<b>Online</b>
Goat Cheese and Potato Custard	<b>Online</b>
Thyme Merlot Sauce	<b>Online</b>
Stuffed Leg of Lamb	362
Honey-Mustard Denver Ribs	363
Moroccan Lamb Tagine with Preserved Lemon	364
Moroccan Preserved Lemons	364
Noisettes of Lamb with Garlic Sauce	365
Chiappetti's Lamb Shank with Lentils and Country Vegetables	365
Irish Lamb Stew	366
<b>Winter Lamb Stew</b>	<b>Online</b>
Lamb in Indian Coconut Curry Sauce	367
Blanquette of Lamb	368
Lamb Navarin	369

## CHAPTER SIXTEEN

### PORK

Carolina Barbecued Ribs	380
Beer-Marinaded Pork Tenderloin	380
Pork Chimichurri Kabobs	381
Fresh Roasted Ham	382

<b>Bourbon-Baked Ham</b>	<b>Online</b>
Chinese Barbecued Spareribs	382
Pork Loin with Prunes	383
<b>Roasted Pork Loin with Peanut Sauce</b>	<b>Online</b>
Peanut Sauce	<b>Online</b>
<b>Cumin-Roasted Pork Tenderloin with Apples and Onions</b>	<b>Online</b>
Sautéed Pork Medallions with Red Pepper and Citrus	384
Jambalaya	384
Vegetarian Jambalaya	385
Cajun Spice Mix	385
Escalope de Porc à la Normande (Pork Scallops with Apples)	386
Pork Tenderloin au Poivre	386
<b>Mie Goreng (Indonesian Fried Noodles with Pork)</b>	<b>Online</b>
Vegetarian Indonesian Fried Noodles	<b>Online</b>
Nataing (Cambodian-Style Red Pork)	387
Cambodian-Style Red Vegetarian Stir-Fry	387
Crispy Sweet and Sour Pork	388
Stuffed Pork Chops	389
Choucroute	390
<b>Cassoulet</b>	<b>Online</b>
Thai Style Tea-Smoked Ribs	391

## CHAPTER SEVENTEEN

### POULTRY

White Wine Marinade	404
Grilled Chicken Breast with Red Pepper Butter	406
Grilled Marinated Chicken Breasts	407
Roast Turkey with Chestnut Dressing and Giblet Gravy	410
Poêlé of Chicken with Pearl Onions and Mushrooms	414
Chicken Sauté with Onions, Garlic and Basil	416
Pan-Fried Chicken with Pan Gravy	418
Spicy Fried Chicken Tenders with Herb Buttermilk Dressing	420
Poached Breast of Chicken with Tarragon Sauce	422
Chicken Fricassee	424
Jamaican Jerked Chicken	426
<b>Apricot and Bourbon Grilled Chicken</b>	<b>Online</b>
<b>Murgh Kebab (Chicken Kebab)</b>	<b>Online</b>
Indian-Style Marinated Grilled Vegetarian Skewers	<b>Online</b>
Chicken Yakitori	427
Roman-Style Free-Range Chicken	427
<b>Pan-Roasted Sonoma Free-Range Chicken with Fingerling Potatoes and Herb Jus</b>	<b>Online</b>
Grilled Cornish Game Hens with Basil Butter	428
Roast Cornish Game Hen with Wild ice Stuffing	429
<b>Chilli Barbecued Chicken</b>	<b>Online</b>



Chicken Leg Stuffed with Mushrooms and Prosciutto	430
Roast Chicken with Mashed Potatoes and Natural Pan Gravy	431
Chicken Breast Sauté with Roasted Red Pepper Sauce	Online
Chicken Stuffed with Spinach and Ricotta Cheese in Saffron Sauce	432
Sautéed Chicken with Kentucky Bourbon Spiced Chicken Cutlets	Online
Chicken and Snow Peas in Black Bean Sauce	432
Chicken Kiev	Online
Chicken and Mushroom Crêpes with Sauce Mornay	433
Chicken Curry	434
Thai Green Curry with Chicken and Eggplant	Online
Thai Green Curry with Eggplant and Tofu	Online
Green Curry Paste	Online
Coq au Vin	434
Chicken Cacciatore	Online
Chicken with 40 Cloves of Garlic	435
Louisiana Chicken	Online
Country Braised Chicken	436
Braised Chicken with Apple Cider and Cashew Butter	Online
Chicken Pot Pie	437
Individual Chicken Pot Pies	437
Turkey Pot Pie	437
Lavender and Spice-Crusted Duck Breast with Apricot Compote	438
Kolanta Duck Salad	Online
Warm Duck Breast Salad with Asian Spices and Hazelnut Vinaigrette	Online
Duck Confit	439
Duck Confit with Dirty Rice and Orange Gastrique	Online
Dirty Rice	Online
Duck à l'Orange	440
Turkey Burgers	440
Turkey Meatloaf	441
Turkey Scallopine with Capers and Lemon	442
Turkey Tonnato (Turkey in Tuna Sauce)	Online
Sautéed Chicken Livers	442
Spiced Ostrich Tenderloin	443
Grilled Ostrich Tenderloin with Togarishi Yams and Western Slope Cherry Glaze	Online
Togarishi Yams	Online
Western Slope Cherry Glaze	Online
Squab Salad with Melon	443
Bangkok Deep-Fried Chicken Wings	444
Asian Chili Dipping Sauce	445
Torchon of Foie Gras with Apple and Duck Gelées	Online
Apple Gelée	Online
Sautéed Foie Gras on Wild Mushroom Duxelles with Toasted Brioche	445
Roast Goose with Cabbage and Apples	446
Fried Frog Legs in Fines Herbes Butter	447

## CHAPTER EIGHTEEN

### GAME

Red Wine Marinade	456
Marinated Loin of Venison Roasted with Mustard	Online
Chilli-Rubbed Venison with Caramelized Berry Sauce	Online
Caramelized Berry Sauce	Online
Grilled Rosemary Quail with Orange Gastrique and Fresh Fennel Gratin	457
Venison Medallions with Black Currant Sauce	458
Venison Medallions Grand Veneur	458
Achiote-Basted Rack of Venison with Smoked Corn Pudding	Online
Achiote Paste	Online
Smoked Corn Pudding	Online
Barley Risotto	Online
Venison Red Wine Jus	Online
Citrus and Juniper Elk Loin with Parsnip Purée and Port Reduction	Online
Venison and Black Bean Chili	Online
Grilled Buffalo Steak	Online
Braised Rabbit with Orecchiette Pasta	459
Braised Rabbit with Chorizo	460
Roast Pheasant with Cognac and Apples	461
Braised Antelope in Sour Cream	461
Pheasant Roasted with Cinnamon and Bacon with Red Chile Pecan Sauce	Online
Grilled Quail with Balsamic Honey Glaze	Online
Smoked Bacon and Black Quinoa Pilaf	Online
Balsamic Honey Glaze	Online

## CHAPTER NINETEEN

### FISH AND SHELLFISH

Broiled Black Sea Bass with Herb Butter and Sautéed Leeks	490
Baked Red Snapper	492
Sautéed Halibut with Three-Color Peppers and Spanish Olives	494
Blue Crab Cakes	496
Deep-Fried Catfish Fillets with Tartar Sauce	497
Steamed Salmon with Lemon and Olive Oil	499
Red Snapper en Papillote	500
Whole Poached Salmon	502
Fillets of Sole Bonne Femme	503
Boiled Lobster	504
Whole Roasted Red Snapper	Online
Pesce's Salsa Verde	Online
Provençal Sauce	Online
Cajun-Grilled Trout with Apple Salsa	Online
Cajun Spice Mix	Online
Apple Salsa	
Roasted Monkfish with Bacon and Garlic	506
Teriyaki Salmon	507

Acapulco Catfish Grill	Online	Avocado Relish	Online
Acapulco Spice Blend	Online	Curried Chickpea Crisps	Online
Oven-Fried Pecan Catfish	507	Shrimp and Corn Sauté	521
Tropical Oven-Fried Catfish	507	Shrimp with Olive Oil and Garlic	521
Pistachio-Crusted Salmon with Gingered		Shrimp Curry with Mango	Online
Dal and Cilantro Chutney	Online	Lobster à l'Américaine	Online
Tamarind Glaze	Online	Bouillabaisse (Provençal Fish Stew)	522
Gingered Dal	Online	Rouille	522
Cilantro Chutney	Online	Jumbo Lump Blue Crab and Langoustine Cake	
Oven-Roasted Spiced Salmon	Online	with Rhubarb Preserves and Citrus	
Cha Ca (Hanoi-Style Fish with Dill)	508	Vanilla Sauce	Online
Red Snapper Veracruz	508	Citrus Vanilla Sauce	Online
Freshwater Shrimp Wrapped in Potato	509	Rhubarb Preserves	Online
Macadamia Nut-Crusted Halibut with Red Onion,		Fried Oysters with Herbed Crème Fraîche	523
Tomato and Balsamic Salsa	510	Fried Calamari with Lemon, Olive	
Red Onion, Tomato and Balsamic Salsa	510	and Pepper Relish	524
Blackened Swordfish with Risotto Cake	Online	Soft-Shell Crab Po' Boy Sandwich	524
Risotto Cakes	Online	Shrimp Poached in Orange Juice, Ginger	
Sesame Swordfish	511	and Sauternes	525
Speckled Trout Benestante	Online	Grilled Soft-Shell Crabs with Citrus Aioli	Online
Seared Tuna with Jasmine Rice and Wasabi Ponzu	511	Chilled Shellfish Platter	Online
Pan-Seared Bass with Beet Vinaigrette	512	Steamed Scallops with Ginger, Basil	
Beet Vinaigrette	512	and Orange	Online
Pan-Fried Trout with Toasted Garlic	513	Steamed Mussels with Leeks and Carrots	525
Miso Glazed Broiled Black Cod	513	Mussels in Curry and Cream Sauce	Online
Salmon Croquettes	514	Spicy Sausage, Mussel and Clam Stew	
Whole Sizzling Catfish with Ginger and Ponzu		with Rouille	Online
Sauce	Online	Rouille	Online
Poached Halibut with Chanterelles, Fiddlehead		Paella	526
Ferns and Wild Mushroom Foam	515	Seafood Fricassee	Online
Chilled Poached Salmon Roulade with Thai		Champagne Cream Sauce	Online
Noodle Salad and Soy Molasses Vinaigrette	Online	Crawfish Étouffée	527
Thai Noodle Salad	Online	Soft-Poached Salmon with Root Vegetables,	
Soy Molasses Vinaigrette	Online	Pernod Beurre Blanc	528
Steamed Bass with Sansho Pepper	516	Insalata di Mare (Italian Seafood Salad)	Online
Paupiettes of Sole with Mousseline of Shrimp	516	Pickled Shrimp	530
Stuffed Striped Bass Cartoccio	Online	Seviche	531
Escolar with Eggplant and Carrot Purées and		Fin Fish Carpaccio with Lemon Thyme Vinaigrette	531
Tomato, Olive and Preserved Lemon Sauce	Online		
Eggplant Purée	Online		
Carrot Purée	Online		
Tomato, Olive and Preserved Lemon Sauce	Online		
Braised Shark with Lemon Pesto	Online		
Lemon Pesto	Online		
Rosemary Grilled Shrimp	517		
Lobster Thermidor	518		
Clams Casino	518		
Oysters Rockefeller	519		
Pan-Seared Diver Scallops with Squash Three Ways	520		
Kabocha Squash Purée	520		
Scallops and Shrimp Sambuca	Online		
Seared Diver Scallop with Chanterelles,			
Potato Gaufrettes and Blood Orange Cream	Online		
Seared Diver Scallops with Tomatillo Sauce,			
Avocado Relish and Tomato Syrup	Online		
Tomatillo Sauce	Online		
Tomato Syrup	Online		

## CHAPTER TWENTY

### EGGS AND BREAKFAST

Shirred Eggs with Ham	538
Quiche Lorraine	539
Scrambled Eggs	540
Shrimp and Avocado Omelet	541
Asparagus Frittata with Goat Cheese	
and Fresh Herbs, Parsley Radish Salad	543
Garden Frittata	Online
Poached Eggs	546
Buttermilk Pancakes	548
Blueberry Pancakes	548
Apple-Pecan Pancakes	548
Crêpes	549
Savory Crêpes	549
Savory Crêpes Florentine	549

Crunchy Granola	550	Garlic Timbales	611
Southwestern Scrambled Eggs with Green Chile and Chorizo	Online	Broccoli or Cauliflower Timbales	611
Greek-Style Scrambled Eggs	558	Mushroom and Manchego Timbales	Online
Rolled Soufflé	558	Vegetable Strudel	612
Eggs Benedict	559	Roasted Tomato, Onion and Goat Cheese Frittadini	Online
Poached Eggs Florentine	559	Mushroom and Leek Tart	612
Poached Eggs Norwegian Style	559	Fennel Gratin	613
Poached Eggs Princess Style	559	Stuffed Cubanelle Peppers	Online
Poached Eggs Sardou	559	Scalloped Eggplant	Online
Eggs Hussarde	Online	Maple-Glazed Carrots	614
Crabcakes Benedict	Online	Duxelles	614
Tomato Chile Hollandaise	Online	Creamed Corn with Basil	Online
Oysters Benedict	Online	Ratatouille	615
Egg, Bacon, Lettuce and Tomato Breakfast Sandwich	560	Amish Corn Relish	Online
Scotch Eggs	560	Beet and Corn Salad	616
Corned Beef Hash	561	Peas with Fennel and Bacon	Online
Tortilla Española (Spanish Egg and Onion Tortilla)	561	Sautéed Broccoli Rabe	616
Buckwheat Crêpes with Sausage and Apple Stuffing	Online	Pan-Fried Eggplant with Tomato Sauce	617
Cheese Blintzes	562	Tempura Vegetables with Dipping Sauce	618
Waffles	562	Shrimp Tempura	618
Pecan Waffles	563	Collard Greens	619
Dutch Baby Pancake	Online	Fried Green Tomatoes with Shrimp and Creole Rémoulade	619
Cinnamon French Toast	563	Calabacitas (Southwestern-Style Vegetables)	Online
Orange French Toast	Online	Stir-Fried Snow Peas	620
Frozen Cappuccino	Online	Glazed Pearl Onions	620
Chai Masala (Indian Spiced Tea with Milk)	Online	Mixed Bean Salad	Online

## CHAPTER TWENTY-ONE

### VEGETABLES

Grilled Vegetable Skewers	595	Fennel and Mushrooms à La Grecque	Online
Grilled Sliced Vegetables	595	Oriental Stuffed Cabbage Rolls	622
Baked Butternut Squash	596	Soy Dipping Sauce	622
Stir-Fried Asparagus with Shiitake Mushrooms	597	Braised Red Cabbage with Apples	622
Beer-Battered Onion Rings	598	Braised Romaine Lettuce	Online
Brussels Sprouts in Pecan Butter	601	Braised Pumpkin	Online
White Bean Salad	602	Artichokes Stuffed with Italian Sausage	623
Broccoli Almondine	604		
Braised Celery with Basil	605		
Parsnip Purée	607		
Turnip Purée	607		
Winter Squash Purée	607		
Summer Vegetables with Tarragon Aioli	Online		
Tarragon Aioli	Online		
Swiss Chard with Lemon and Pine Nuts	609		
Grilled Portabella Mushrooms	609		
Grilled Baby Squash with Honey Cardamom Butter	Online		
Honey Cardamom Butter	Online		
Arizona Baked Corn	610		
Baked Beans	610		
Boston-Style Baked Beans	610		
Oven-Roasted Garlic	611		

## CHAPTER TWENTY-TWO

### POTATOES, GRAINS AND PASTA

Baked Potatoes	630
Twice-Baked Potatoes	630
Gratin Dauphinoise	631
Lyonnais Potatoes	632
Deep-Fried Potatoes	633
Mashed Potatoes	635
Garlic Mashed Potatoes	635
Horseradish Mashed Potatoes	635
Mashed Sweet Potatoes	635
Simmered Rice	642
Risotto Milanese	643
Risotto with Radicchio (al Radicchio)	643
Risotto with Four Cheeses (al Quattro Formaggi)	643
Arancini (Deep-Fried Rice Balls)	643

Classic Rice Pilaf	644	Fettuccine Carbonara	672
Spanish Rice	645	Fettuccine con Pesto alla Trapanese	673
Basic Pasta Dough	650	<b>Pepe Pasta with Shrimp, Tomato and Tarragon</b>	Online
Garlic-Herb	650	Penne with Asparagus and Tomatoes	673
Spinach	650	<b>Cappelletti in Brodo</b>	Online
Tomato	650	Macaroni and Cheese	674
<b>Chipotle</b>	Online	Macaroni and Cheese with Ham and Tomato	674
Goat Cheese Ravioli with Roasted Red Peppers and Baby Spinach	655	Baked Ziti with Fresh Tomato Sauce	674
<b>Grilled Sweet Potatoes with Poblano   Chiles and Onions</b>	Online	Spinach and Ricotta Lasagna with Bolognese Sauce	675
<b>Barbecue Spice</b>	Online	<b>Vegetable Lasagna</b>	Online
<b>Mopping Sauce</b>	Online	Chilled Chinese Noodle Salad	676
Château Potatoes	656	Spaetzle	677
Parisienne Potatoes and Noisette Potatoes	656		
Roasted Fingerling Potatoes	657		
<b>Rosemary Roasted New Potatoes</b>	Online		
Candied Sweet Potatoes	657		
Scalloped Potatoes	658		
<b>Spicy Sweet Potato and Chestnut Gratin</b>	Online		
Delmonico Potatoes	659		
<b>Thyme and Swiss Cheese Potatoes</b>	Online		
German-Style Potato Salad	659		
Potato Pancakes	660		
Rösti Potatoes	660		
Cheddar Cheese Rösti Potatoes	660		
<b>Potato-Ginger Purée</b>	Online		
<b>Truffle Mashed Potatoes</b>	Online		
<b>Herbed Mashed Potatoes with White Sauce</b>	Online		
Duchesse Potatoes	661		
Potato Croquettes	661		
Dauphine Potatoes	662		
Lorette	662		
Potato Gnocchi	663		
Polenta	664		
Creamy Polenta with Wild Mushrooms	665		
<b>Polenta Napoleon with Smoked Tomato Coulis</b>	Online		
<b>Smoked Tomato Coulis</b>	Online		
Grits and Cheddar Soufflé	666		
Saffron Rice	666		
Brown Rice with Spiced Pecans	667		
Spiced Pecans	667		
Pilau (Indian-Style Rice Pilaf)	668		
<b>Red Rice</b>	Online		
Thai Fried Rice	668		
Chinese-Style Fried Rice	669		
House-Special Fried Rice	669		
Wild Rice and Cranberry Stuffing	669		
Hoppin' John	670		
Quinoa	670		
Bulgur Pilaf	670		
Barley Pilaf	671		
<b>Baked Barley with Mushrooms</b>	Online		
Orzo and Herb Salad	671		
<b>Creamed Orzo and Leeks</b>	Online		
<b>Mushroom Ravioli in Rich Chicken Broth</b>	Online		
Fettuccine Alfredo	672		

## CHAPTER TWENTY-THREE

### HEALTHY COOKING

Rich Brown Vegetable Stock	702
Vegetable Demi-Glace	702
Southwestern Black Bean Soup	703
Grilled BBQ Portabella Mushroom Sandwich on Focaccia	703
Ribbon Salad of Zucchini, Carrots, Green Beans and Tomatoes	704
Falafel	704
<b>Veggie Wrap</b>	Online
<b>Garlic Yogurt Dressing</b>	Online
<b>Cannellini Bean Relish</b>	Online
Tofu and Walnut Tabouli	705
Carrot Salad	706
<b>Wok Vegetables</b>	Online
Spiced Bean Curd	706
Saffron Vegetable Risotto	707
Healthy Beef Stroganoff	708
<b>Sweet and Sour Tempeh</b>	Online
Seitan Stroganoff	708
Pan-Seared Tofu Provençal	709

## CHAPTER TWENTY-FOUR

### SALADS AND SALAD DRESSINGS

Basic Vinaigrette Dressing	720
Dijon Vinaigrette	720
Herb Vinaigrette	720
Mayonnaise	722
Aioli (Garlic Mayonnaise)	722
Caesar Dressing	724
Mesclun Salad with Raspberry Vinaigrette	726
Salad Niçoise	727
Chutney Chicken Salad	728
Tomato and Asparagus Salad with Fresh Mozzarella	729
Caesar Salad for Tableside Service	731
Carrot Ginger Miso Dressing	731
Garlic Croutons	732
<b>Caesar Salad in a Garlic Tuile</b>	Online
Raspberry Vinaigrette	732

Fat-Free Vinaigrette	733
Vegetarian Fat-Free Vinaigrette	733
Low-Fat Creamy Mustard Yogurt Dressing	Online
Orange Soy Vinaigrette	Online
Blue Cheese Vinaigrette	733
Poppy Seed Dressing	734
Sauce Gribiche	734
Thousand Island Dressing	735
Herb Buttermilk Dressing	735
Green Goddess Dressing	Online
Roquefort Dressing	736
Low-Fat Blue Cheese Dressing	736
Sun-Dried Tomato and Basil Aioli	Online
Tartar Sauce	736
Rémoulade Sauce	737
Creole Rémoulade	737
Sherry Walnut Vinaigrette	737
Khira Raita (Cucumber-Yogurt Salad)	738
Japanese-Style Cucumber Salad	738
Organic Microgreens and Spring Vegetables with Fragrant Herb Vinaigrette and Dry Farmer's Cheese	739
Salad of Sweet and Bitter Greens with Balsamic Mustard Vinaigrette	Online
Balsamic Mustard Vinaigrette	Online
Gemischter Salat (German Mixed Salad)	Online
Mustard Vinaigrette Dressing	Online
Spinach Salad with Warm Bacon Dressing	740
Curly Endive, Apple and Gorgonzola Salad	740
Winter White Salad	Online
Orange Vinaigrette	Online
Pink Grapefruit and Avocado Salad	Online
Salad of Lavender and Pepper Seared Ahi Tuna with Whole-Grain Mustard Sauce	Online
Vine-Ripened Tomato Salad	Online
Caprese Salad	741
Smoked Mushroom and Lentil Salad with Hot Bacon Vinaigrette	Online
Hot Bacon Vinaigrette	Online
Cobb Salad	741
Greek Salad	742
Asian Chicken Salad	Online
New Potato Salad with Mustard and Dill	742
Potato Salad	743
Creamy Coleslaw	743
Asian Coleslaw	744
Couscous Salad	745
Tabouli	746
Raw Kale and Avocado Salad with Carrots, Raisins and Lemon Dressing	746
Panzanella (Italian Bread Salad)	747

## CHAPTER TWENTY-FIVE

## FRUITS

Broiled Grapefruit	772
Warm Baked Peaches or Nectarines	773

Savory Fruit Compote	774
Apple Fritters	775
Banana Fritters	775
Pears Poached in Red Wine	776
Dried Fruit Compote	777
Figs with Berries and Honey Mousse	779
Pineapple Papaya Salsa	779
Tropical Fruit Salad with Yogurt Dressing	Online
Watermelon and Cherry Salad with Fresh Mint Syrup	780
Sweet Ricotta and Mascarpone Mousse with Fresh Berries	Online
Gratin of Fresh Berries with Crème Fraîche	780
Baked Apples	781
Grilled Fruit Kebabs	781
Cherry Confit	782
Braised Rhubarb	782
Berry Compote	783
Applesauce	783
Fresh Cranberry-Orange Relish	784
Jalapeño-Cranberry Relish	784
Mango Chutney	785
Candied Citrus Rind	785
Compressed Fresh Watermelon	785

## CHAPTER TWENTY-SIX

## SANDWICHES

Mahi-Mahi Fish Tacos	796
Grouper Sandwich with Lemon Rémoulade	Online
Lemon Rémoulade	Online
Hamburger	797
Cheeseburger	797
Bacon Blue Cheeseburger	797
Mushroom Burger	797
California Burger	797
Grilled Red Snapper Burger with Mango Ketchup	Online
Mango Ketchup	Online
Blackened Steak Sandwich	798
Blackened Steak Seasoning	798
Arugula, Capicola Ham and Provolone Panino	799
Cubano (Cuban Grilled Ham and Pork Sandwich)	799
Grilled Chicken, Avocado and Vegetable Wrap	800
Southwestern Grilled Chicken Wrap	Online
Black Bean Spread	Online
Philly Cheese Steak Sandwich	Online
Reuben Sandwich	801
Southwestern Grilled Cheese Sandwich with Chipotle Purée and Avocado	Online
Chipotle Purée	Online
Monte Cristo Sandwich	801
Kentucky Hot Brown Sandwich	802
Roast Beef and Blue Cheese Sandwich	Online
Herb Mayonnaise	Online
Muffuletta Sandwich	802
Roasted Red Beet and Goat Cheese Pita Sandwich	803



Egg Salad and Smoked Salmon Sandwich	804
Pan Bagnat (Provençal Tuna Sandwich)	804
Club Sandwich	805
Chicken Pesto and Tomato Sandwich	805
Grilled Vegetable Sandwich	806
Whole-Wheat Calzone with Spinach and Feta	807

## CHAPTER TWENTY-SEVEN

### CHARCUTERIE

Pâté Spice	812	
Country-Style Force meat	814	
Basic Force meat	816	
Mousseline Force meat	818	
Dough for Pâté	823	
Mayonnaise Chaud-Froid	831	
Basic Game Force meat	834	
Liver Terrine	835	
Pork Rillettes	836	
Smoked Duck and Foie Gras Galantine on a Pear Galette	836	
Rabbit Pâté en Croûte	Online	
Salmon and Sea Bass Terrine with Spinach and Basil	838	
Vegetable Terrine	839	
Vegetable Terrine in Brioche	840	
Seafood Boudin	Online	
Creole Spice Mix	Online	
Roasted Red Pepper Mousse	841	
Broccoli Mousse	841	
Salmon Mousse	841	
Galantine of Turbot and Lobster	Online	
Chopped Chicken Liver	842	
Breakfast Sausage Patties	842	
Tex-Mex Turkey Sausage	Online	
Spicy Italian Sausage	843	
Chorizo	843	
Lamb Sausage with Tricolor Bean Salad	Online	
Tricolor Bean Salad	Online	
Duck Prosciutto with Fresh Mango	Online	
Hot Smoked Trout	844	
Gravlax	845	
Curried Chicken Canapés	863	
Chicken Curry Spread	863	
Buckwheat Blini	864	
Chive Ginger Pancakes	Online	
Baked Wonton Crisps	864	
Poached Sea Scallop, Salmon and Caviar Canapés	Online	
Tostaditas of Gulf Crab with Guacamole	865	
Kalamata Olive and Asiago Crostini	866	
Clam Dip	Online	
Baba Ghanoush	866	
Tapenade	867	
Guacamole	867	
Spinach and Artichoke Dip	868	
Brandade de Morue (French Salt Cod Spread)	868	
Sautéed Garlic Croutons	869	
Date and Chorizo Rumaki	869	
Norimaki Zushi	870	
Grilled Shrimp with Prosciutto and Basil	Online	
Date and Chorizo Rumaki	Online	
Red Potatoes with Walnuts and Gorgonzola	Online	
Stuffed Figs with Taleggio and Orange Basil Glaze	871	
Stuffed Mushroom Caps	872	
Tricolor Potato Canapés with Crème Fraîche and Caviar	Online	
Escargots in Garlic Butter	872	
Chèvre Tarts	873	
Spanakopitta	874	
Shrimp Crumble	Online	
Tuna Tartar	875	
Samosas (Deep-Fried Indian Turnovers)	876	
Vegetarian Samosas	876	
Cha Gio (Deep-Fried Vietnamese Spring Rolls)	877	
Crab and Somen Summer Rolls with Garlic Cilantro Sauce	878	
Garlic Cilantro Sauce	878	
Cherry Tomato Stuffed Bites	879	
Blue Corn and Shrimp Tamales	Online	

## CHAPTER THIRTY

### QUICK BREADS

## CHAPTER TWENTY-EIGHT

### HORS D'OEUVRE AND CANAPÉS

Hummus	853	
Nigiri Sushi	855	
Zushi (Sushi Rice)	856	
Lamb Satay	857	
Rabbit and Shiitake Skewers	Online	
Swedish Meatballs	858	
Rumaki	859	
Stuffed Wontons with Apricot Sauce	860	
Apricot Sauce	860	
Country Biscuits	908	
Blueberry Muffins	910	
Cranberry Orange Muffins	910	
Pecan Spice Muffins	911	
Sour Cream Muffins	912	
Streusel Topping	913	
Cream Scones	914	
Shortcakes	914	
Fresh Strawberry Shortcake	Online	
Sweet Potato Biscuits	Online	
Chocolate Cherry Scones	915	
Basic Berry Muffins	916	
Morning Glory Muffins	916	
Basic Bran Muffins	917	

Pumpkin Muffins	917
Lemon Poppy Seed Muffins	918
Irish Soda Bread	918
Basic Corn Muffins	919
Southern-Style Cornbread	919
Tijuana Cornbread	919
Zucchini Bread	919
<b>Blue Corn Muffins</b>	<b>Online</b>
Hush Puppies (Deep-Fried Cornbread)	920
<b>Lemon Tea Bread</b>	<b>Online</b>
Sour Cream Coffeecake	920
Popovers	921
Onion Popovers	921

## CHAPTER THIRTY-ONE

### YEAST BREADS

Simple Sourdough Starter	927
Soft Yeast Dinner Rolls	934
Light Rye Bread	936
Parisian Croissants	938
White Sandwich Bread	942
Whole-Wheat Bread	942
Potato Cheddar Cheese Bread	942
<b>Tender Potato Herb Rolls</b>	<b>Online</b>
French or Italian Bread	943
<b>Pain de Campagne (French Country Loaf)</b>	<b>Online</b>
Walnut Bread	<b>Online</b>
Whole Wheat Bread	944
<b>Multigrain Sourdough Bread</b>	<b>Online</b>
San Francisco Sourdough Bread	944
Breadsticks	945
Garlic Breadsticks	945
Herb Breadsticks	945
Focaccia (Roman Flatbread)	946
Eggplant and Sun-Dried Tomato Pizza	947
Pizza Dough	947
Naan (Indian Flatbread)	948
Challah	949
<b>Italian Panettone</b>	<b>Online</b>
Brioche	950
Large Brioche à Tête	950
Raisin Brioche	950
Brioche for Sandwiches	
or Coulibiac	950
Savory Cheese and Herb Brioche	950
Jumbo Cinnamon Buns	952
Powdered Sugar Glaze	952
Pecan Sticky Buns	953
Danish Pastries	954
Fillings for Danish Pastries	956
Cream Cheese Filling	956
<b>Frangipane</b>	<b>Online</b>
Apricot Filling	956
Ricotta Filling	956
Kugelhopf	957

## CHAPTER THIRTY-TWO

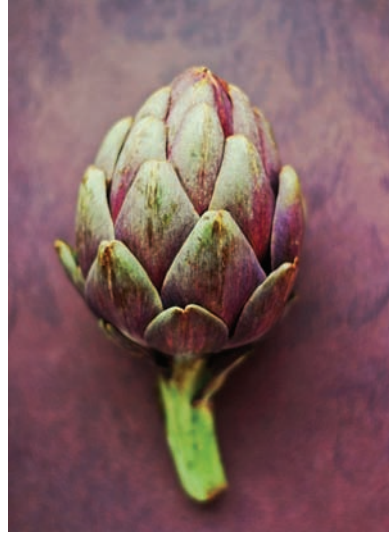
### PIES, PASTRIES AND COOKIES

Basic Pie Dough	962
Sweet Dough	963
Basic Cream Pie	968
Chocolate Cream Pie	968
Banana Cream Pie	968
Coconut Cream Pie I	968
Coconut Cream Pie II	968
Apple-Cranberry Pie	969
Apple-Rhubarb Pie	969
Blueberry Pie Filling	970
Cherry Pie	971
Pumpkin Pie	972
Puff Pastry	975
Éclair Paste (Pâte à Choux)	979
Italian Meringue	981
Shortbread Tart Dough	985
Quiche Dough	985
Lemon Meringue Pie	986
Fresh Strawberry Pie	986
Freeform Apple Pies	987
<b>Peach Crumb Pie</b>	<b>Online</b>
Blackberry Cobbler	988
Fresh Berry Tart	988
French Apple Tart	989
Almond Cream	989
<b>Fresh Peach Tart with Almond Cream</b>	<b>Online</b>
<b>Chocolate Tart with Fresh Berries</b>	<b>Online</b>
Flourless Chocolate Spongecake	<b>Online</b>
Raspberry Ganache	<b>Online</b>
<b>Purple Fig Tart with Minted</b>	
Cheese Mousse	<b>Online</b>
Minted Cheese Mousse	<b>Online</b>
Orange Glaze	<b>Online</b>
Tarte Tatin	990
Strawberry Napoleon	990
Palmiers	991
Chocolate Éclairs	992
Diplomat Cream and Fruit-Filled Éclairs	<b>Online</b>
<b>Paris-Brest</b>	<b>Online</b>
Paris-Brest Cream	<b>Online</b>
Baked Meringue	992
Chocolate Délice	993
Ganache	993
Classic Dacquoise	994
Candied Almonds	994
Apple Strudel	995
<b>Galactobourekó (Greek Custard Pie)</b>	<b>Online</b>
<b>Peach and Blueberry Napoleon</b>	<b>Online</b>
Phyllo Crisps	<b>Online</b>
Muscat Pastry Cream	<b>Online</b>
Linzer Tart	996
<b>Chocolate Beignets</b>	<b>Online</b>
Chocolate-Mint Crinkle Cookies	996
Oatmeal Cookies	997

Peanut Butter Sandies	998	German Chocolate Cake	1040
<b>Flourless Chocolate Chewies</b>	<b>Online</b>	Coconut Pecan Frosting	1040
Chocolate Chip Cookies	998	Sacher Torte	1041
Biscotti	999	Dark Chocolate Glaze	1041
Orange Biscotti	999	Swedish Apple Cake	1042
Anise Biscotti	999	<b>Vanilla Raspberry Wedding Cake with White</b>	
Chocolate Biscotti	999	<b>Chocolate Buttercream</b>	<b>Online</b>
Cherry-Almond Florentines	1000	<b>White Chocolate Buttercream</b>	<b>Online</b>
Lemon or Lime Bars	1001	Chocolate Flourless Cake	1042
Linzer Cookies	1001	<b>Bûche De Noël (Yule Log)</b>	<b>Online</b>
Sugar Cookies	1002	Ladyfingers	1043
Decorative Cookie Icing	1002	<b>Rio Torte</b>	<b>Online</b>
Gingerbread Cookies	1003	<b>Coconut Macadamia Cake</b>	<b>Online</b>
Spritz Cookies	1003	<b>Chocolate Caramel Maxine Torte</b>	<b>Online</b>
Lacy Pecan Cookies	1004	<b>Chocolate Caramel Mousse</b>	<b>Online</b>
Tulipe Cookies	1005	<b>Caramel Filling</b>	<b>Online</b>
<b>Madeleines</b>	<b>Online</b>	<b>Dark Chocolate Glaze</b>	<b>Online</b>
		<b>Chocolate Cutouts</b>	<b>Online</b>
		Fudge Brownies	1044
		Chocolate Peanut Butter Brownies	1044
		<b>Applesauce Brownies</b>	<b>Online</b>
		<b>Praline Squares</b>	<b>Online</b>
		German Chocolate Layered Brownies	1045
<b>CHAPTER THIRTY-THREE</b>			
<b>CAKES AND FROSTINGS</b>			
American Poundcake	1010		
French-Style Fruitcake	1011		
High-Ratio Yellow Cake	1012		
Classic Genoise	1013		
Chocolate Genoise	1013		
Classic Spongecake	1014		
Swiss Jelly Roll	1015		
Chocolate Spongecake	1015		
Chocolate Angel Food Cake	1016		
Vanilla Angel Food Cake	1017		
Lemon Angel Food Cake	1017		
Orange Chiffon Cake	1018		
Lemon Chiffon Cake	1018		
Pan Coating	1019		
Simple Buttercream	1023		
Light Chocolate Buttercream	1023		
Lemon Buttercream	1023		
Italian Buttercream	1024		
Chocolate Italian Buttercream	1025		
<b>Lemon Italian Buttercream</b>	<b>Online</b>		
Coffee Italian Buttercream	1025		
French Mousseline Buttercream	1026		
Chocolate Mousseline Buttercream	1026		
Basic Fudge Frosting	1027		
Cocoa Fudge Frosting	1027		
Basic Sugar Glaze	1028		
Flavored Sugar Glaze	1029		
Royal Icing	1029		
Chocolate Ganache	1030		
Dark Chocolate Truffles	1031		
Carrot Cake with Cream Cheese			
Frosting	1038		
Cream Cheese Frosting	1038		
Marble Cake	1039		
Marble Cake	1039		
		<b>CHAPTER THIRTY-FOUR</b>	
		<b>CUSTARDS, CREAMS, FROZEN DESSERTS AND DESSERT SAUCES</b>	
		Vanilla Custard Sauce (Crème Anglaise)	1050
		Chocolate Custard Sauce	1050
		Coffee Custard Sauce	1050
		Frangelico Custard Sauce	1050
		Ginger Custard Sauce	1050
		Pistachio Custard Sauce	1050
		Pastry Cream (Crème Pâtissière)	1051
		Chocolate Pastry Cream	1051
		Coffee Pastry Cream	1051
		Mousseline Pastry Cream	1051
		Coconut Pastry Cream	1051
		Champagne Sabayon	1052
		Toffee Caramel Flan	1053
		Baked Crème Brûlée	1054
		Chocolate Soufflés	1056
		Crème Chantilly (Chantilly Cream)	1057
		Stabilized Whipped Cream	1057
		Chocolate Chantilly	1057
		Bavarian Cream	1058
		Charlotte Bavarian	1059
		Lime Chiffon	1060
		Lemon Chiffon	1060
		Orange Chiffon	1060
		Classic Chocolate Mousse	1061
		Ice Cream Base	1063
		Chocolate Ice Cream	1063
		Cappuccino Ice Cream	1063
		Brandied Cherry Ice Cream	1063

Grapefruit Sorbet	1064	Lemon Curd	1072
Mango Sorbet	1064	Lime Curd	1072
Raspberry Sorbet	1064	White Chocolate Frangelico Bavarian	1073
Raspberry Sauce	1065	Longchamp	Online
Caramel Sauce	1066	Kirsch Mousse	Online
Dark Chocolate Syrup	1066	Cheese Soufflé	1073
Crème Brûlée	1069	Hot Lemon Soufflé	Online
Passion Fruit Crème Brûlée	1069	Chocolate Chiffon Pie	Online
Coffee Crème Brûlée	Online	Raspberry Mousse	1074
Ginger Crème Brûlée	Online	Tapioca Pudding with Fresh Orange and Berries	Online
Diplomat Cream Filling	Online	Chocolate Ice Cream	Online
Crème Chiboust	Online	Honey Ice Cream	Online
Passion Fruit Crème Chiboust	Online	Lemon Sorbet	1074
Chocolate Pots de Crème	1069	Strawberry Sorbet	Online
New York Cheesecake	1070	Coffee Granita	1075
Turtle Cheesecake	1070	Chocolate Hazelnut Marquise with Frangelico Sauce	1076
Pistachio Citrus Cheesecake	Online	Fruit Coulis	1076
Bread Pudding with Bourbon Sauce	1071	Ginger Caramel Sauce	Online
Chocolate Bread Pudding	1071	Butterscotch Sauce	1077
Bourbon Sauce	1071	Chocolate Fudge Sauce	1077
Cherry Clafouti	1072	Espresso Sauce	1077
Buttermilk Panna Cotta	Online		
Caramel Buttermilk Panna Cotta	Online		

# ON COOKING





“Cookery is become an art, a noble science; cooks are gentlemen.”  
—ROBERT BURTON, BRITISH AUTHOR (1577–1640)

CHAPTER ONE

# PROFESSIONALISM





After studying this chapter, you will be able to:

- discuss the development of the modern food service industry
- name key historical figures responsible for developing food service professionalism
- explain the organization of classic and modern kitchen brigades
- appreciate the role of the professional chef in modern food service operations
- understand the attributes a student needs to become a culinary professional

**cooking** (1) the transfer of energy from a heat source to a food; this energy alters the food's molecular structure, changing its texture, flavor, aroma and appearance; (2) the preparation of food for consumption

**cookery** the art, practice or work of cooking

**professional cooking** a system of cooking based on a knowledge of and appreciation for ingredients and procedures

**LIKE ANY FINE ART**, great cookery requires taste and creativity, an appreciation of beauty and a mastery of technique. Like the sciences, successful cookery demands knowledge and an understanding of basic principles. And like any successful leader, today's professional chefs must exercise sound judgment and be committed to achieving excellence in all their endeavors.

This book describes foods and cooking equipment, explains culinary principles and cooking techniques and provides recipes using these principles and techniques. No book, however, can provide taste, creativity, commitment and judgment. For these, chefs and other culinary professionals must rely on themselves.

## CHEFS AND RESTAURANTS

Cooks have produced food in quantity for as long as people have eaten together. For millennia, chefs have catered to the often elaborate dining needs of the wealthy and powerful, whether they be Asian, Native American, European or African. And for centuries, vendors in China, Europe and elsewhere have sold to the public foods that they prepared themselves or bought from others.

But the history of the professional chef is of relatively recent origin. Its cast is mostly French, and it is intertwined with the history of restaurants—for only with the development of restaurants during the late 18th and early 19th centuries were chefs expected to produce, efficiently and economically, different dishes at different times for different diners.

### The 18th Century—Boulangier's Restaurant

The word *restaurant* is derived from the French word *restaurer* (“to restore”). Since the 16th century, the word *restorative* had been used to describe rich and highly flavored soups or stews capable of restoring lost strength. Restoratives, like all other cooked foods offered and purchased outside the home, were made by guild members. Each guild had a monopoly on preparing certain food items. For example, during the reign of Henri IV of France (1553–1610), there were separate guilds for *rôtisseurs* (who cooked *la grosse viande*, the main cuts of meat), *pâtissiers* (who cooked poultry, pies and tarts), *tamisiers* (who baked breads), *vinaigriers* (who made sauces and some stews, including some restoratives), *traiteurs* (who made ragoûts) and *porte-chapes* (caterers who organized feasts and celebrations).

The French claim that the first modern restaurant opened one day in 1765 when a Parisian tavern keeper, a Monsieur Boulangier, hung a sign advertising the sale of his special restorative, a dish of sheep feet in white sauce. His establishment closed shortly thereafter as the result of a lawsuit brought by a guild whose members claimed that Boulangier was infringing on their exclusive right to sell prepared dishes. Boulangier triumphed in court and later reopened.

Boulangier's establishment differed from the inns and taverns that had existed throughout Europe for centuries. These inns and taverns served foods prepared (usually off premises) by the appropriate guild. The food—of which there was little choice—was offered by the keeper as incidental to the establishment's primary function: providing sleeping accommodations or drink. Customers were served family style and ate at communal tables. Boulangier's contribution to the food service industry was to serve a variety of foods prepared on premises to customers whose primary interest was dining.

Several other restaurants opened in Paris during the succeeding decades, including the Grande Taverne de Londres in 1782. Its owner, Antoine Beauvilliers (1754–1817), was the former steward to the Comte de Provence, later King Louis XVIII of France. He advanced the development of the modern restaurant by offering his wealthy patrons a menu listing



available dishes during fixed hours. Beauvilliers's impeccably trained wait staff served patrons at small, individual tables in an elegant setting.

The French Revolution (1789–1799) had a significant effect on the budding restaurant industry. Along with the aristocracy, guilds and their monopolies were generally abolished. The revolution also allowed the public access to the skills and creativity of the well-trained, sophisticated chefs who had worked in the aristocracy's private kitchens. Although many of the aristocracy's chefs either left the country or lost their jobs (and some their heads), a few opened restaurants catering to the growing urbanized middle class.

## The Early 19th Century—Carême and *Grande Cuisine*

As the 19th century progressed, more restaurants opened, serving a greater selection of items and catering to a wider clientele. By midcentury, several large, grand restaurants in Paris were serving elaborate meals, decidedly reminiscent of the *grande cuisine* (also known as *haute cuisine*) of the aristocracy. **Grande cuisine**, which arguably reached its peak of perfection in the hands of Antonin Carême, was characterized by meals consisting of dozens of courses of elaborately and intricately prepared, presented, garnished and sauced foods. Other **restaurateurs** blended the techniques and styles of *grande cuisine* with the simpler foods and tastes of the middle class (*cuisine bourgeoise*) to create a new cuisine simpler than *grande cuisine* but more than mere home cooking.

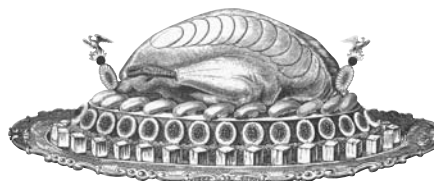
**grande cuisine** the rich, intricate and elaborate cuisine of the 18th- and 19th-century French aristocracy and upper classes. It is based on the rational identification, development and adoption of strict culinary principles. By emphasizing the how and why of cooking, *grande cuisine* was the first to distinguish itself from regional cuisines, which tend to emphasize the tradition of cooking.

**restaurateur** a person who owns or operates an establishment serving food, such as a restaurant

## MARIE-ANTOINE (ANTONIN) CARÊME (1783–1833)

Carême, known as the “cook of kings and the king of cooks,” was an acknowledged master of French *grande cuisine*. Abandoned on the streets of Paris as a child, he worked his way from cook's helper in a working-class restaurant to become one of the most prestigious chefs of his (or, arguably, any other) time. During his career, he was chef to the famous French diplomat and gourmand Prince de Talleyrand, the Prince Regent of England (who became King George IV), Tsar Alexander I of Russia and Baron de Rothschild, among others.

His stated goal was to achieve “lightness,” “grace,” “order” and “perspicuity” in the preparation and presentation of food. As a pâtissier, he designed and prepared elaborate and elegant pastry and confectionery creations, many of which were based on architectural designs. (He wrote that “the fine arts are five in number, namely: painting, sculpture, poetry, music, architecture—the main branch of which is confectionery.”) As a showman, he garnished his dishes with ornamental *hâtelets* (skewers) threaded with colorful ingredients such as crayfish and intricately carved vegetables, and presented his creations on elaborate *socles* (bases). As a *saucier*, he standardized the use of roux as a thickening agent, perfected recipes and



devised a system for classifying sauces. As a *garde-manger*, Carême popularized cold cuisine, emphasizing molds and aspic dishes. As a culinary professional, he designed kitchen tools, equipment and uniforms.

As an author, he wrote and illustrated important texts on the culinary arts, including *Le Maître d'hôtel français* (1822), describing the hundreds of dishes he personally created and cooked in the capitals of Europe; *Le Pâtissier royal parisien* (1825), containing fanciful designs for *les pièces montées*, the great decorative centerpieces that were the crowning glory of grand dinners; and his five-volume masterpiece on the state of his profession, *L'Art de la cuisine française aux XIXe siècle* (1833), the last two volumes of which were completed after his death by his associate Plumerey. Carême's writings almost single-handedly refined and summarized five hundred years of culinary evolution. But his treatises were not mere cookbooks. Rather, he analyzed cooking, old and new, emphasizing procedure and order and covering every aspect of the art known as *grande cuisine*.

Carême died before age 50, burnt out, according to Laurent Tailhade, “by the flame of his genius and the coal of the spits.”

**New American cuisine** a late-20th-century movement that began in California but has spread across the United States; it stresses the use of fresh, locally grown, seasonal produce and high-quality ingredients simply prepared in a fashion that preserves and emphasizes natural flavors

**classic cuisine** a late 19th- and early 20th-century refinement and simplification of French *grande cuisine*. Classic (or classical) cuisine relies on the thorough exploration of culinary principles and techniques and emphasizes the refined preparation and presentation of superb ingredients.

**nouvelle cuisine** French for “new cooking”; a mid-20th-century movement away from many classic cuisine principles and toward a lighter cuisine based on natural flavors, shortened cooking times and innovative combinations

## The Late 19th Century—Escoffier and *Cuisine Classique*

Following the lead set by the French in both culinary style and the restaurant business, restaurants opened in the United States and throughout Europe during the 19th century. Charles Ranhofer (1836–1899) was the first internationally renowned chef of an American restaurant, Delmonico’s in New York City. In 1893, Ranhofer published his “Franco-American” encyclopedia of cooking, *The Epicurean*, containing more than 3500 recipes.

One of the finest restaurants outside France was the dining room at London’s Savoy Hotel, opened in 1898 under the directions of César Ritz (1850–1918) and Auguste Escoffier. Escoffier is generally credited with refining the *grande cuisine* of Carême to create *cuisine classique* or **classic cuisine**. By doing so, he brought French cuisine into the 20th century.

## The Mid-20th Century—Point and *Nouvelle Cuisine*

The mid-20th century witnessed a trend toward lighter, more naturally flavored and more simply prepared foods. Fernand Point was a master practitioner of this movement. But this master’s goal of simplicity and refinement was carried to even greater heights by a generation of chefs Point trained: principally, Paul Bocuse, Jean and Pierre Troisgros, Alain Chapel, François Bise and Louis Outhier. They, along with Michel Guérard and Roger Vergé, were the pioneers of **nouvelle cuisine** in the early 1970s. At the same time, Gaston Lenôtre modernized the classic pastries of *grande cuisine*, infusing them with the bright, fresh flavors of *nouvelle cuisine*.

Their culinary philosophy was principled on the rejection of overly rich, needlessly complicated dishes. These chefs emphasized healthful eating. The ingredients must be absolutely fresh and of the highest possible quality; the cooking methods should be simple and direct whenever possible. The accompaniments and garnishes must be light and contribute to an overall harmony; the completed plates must be elegantly designed and decorated. Following these guidelines, some traditional cooking methods have been applied

## AUGUSTE ESCOFFIER (1846–1935)

Escoffier’s brilliant culinary career began at age 13 in his uncle’s restaurant and continued until his death at age 89. Called the “emperor of the world’s kitchens,” he is perhaps best known for defining French cuisine and dining during La Belle Époque (the “Gay Nineties”).

Unlike Carême, Escoffier never worked in an aristocratic household. Rather, he exhibited his culinary skills in the dining rooms of the finest hotels in Europe, including the Place Vendôme in Paris and the Savoy and Carlton Hotels in London.

Escoffier did much to enhance *grande cuisine* as defined by Carême. Crediting Carême with providing the foundation for great—that is, French—cooking, Escoffier simplified the profusion of flavors, dishes and garnishes typifying Carême’s work. He also streamlined some of Carême’s overly elaborate and fussy procedures and classifications. For example, he reduced Carême’s elaborate system of classifying sauces into the five families of

sauces still recognized today. Escoffier sought simplicity and aimed for the perfect balance of a few superb ingredients. Some consider his refinement of *grande cuisine* to have been so radical as to credit

him with the development of a new cuisine referred to as *cuisine classique* (classic or classical cuisine).

His many writings include *Le Livre des menus* (1912), in which, discussing the principles of a well-planned meal, he analogizes a great dinner to a symphony with contrasting movements that should be appropriate to the occasion, the guests and the season, and *Ma cuisine* (1934), surveying *cuisine bourgeoise*. But his most important contribution is a culinary treatise intended for the professional chef titled *Le Guide culinaire* (1903). Still in use today, it is an astounding collection of more than 5000 classic cuisine recipes and garnishes. In it, Escoffier emphasizes the mastery of techniques, the thorough understanding of cooking principles and the appreciation of ingredients—attributes he considered to be the building blocks professional chefs should use to create great dishes.



to nontraditional ingredients, and ingredients have been combined in new and previously unorthodox fashions. For chefs with knowledge, skill, taste and judgment, this works.

## The Late 20th and Early 21st Century— An American Culinary Revolution

During the last 30 to 40 years, broad changes first launched in the United States have affected the global culinary landscape. Two such trends are “bold, ethnic flavors” and “fresh food, simply prepared.”

The first trend is due, in large part, to an unlikely source: the Immigration Act of 1965. Under its provisions, a large number of Asians immigrated to the United States. They brought with them their rich culinary traditions and ignited America’s love affair with fiery hot cuisines. By the late 1970s, many Americans were no longer content with overly salty pseudo-Chinese dishes. They demanded authenticity and developed cravings for spicy dishes from Szechuan and Hunan provinces, Vietnam and Thailand. At the same time, Mexican food left the barrio and became mainstream. Now authentic regional Mexican dishes are commonplace throughout America.

During this same time period, restaurateurs and chefs began Americanizing the principles of French *nouvelle cuisine*. When Alice Waters opened Chez Panisse in Berkeley, California, in 1971, her goal was to serve fresh food, simply prepared. Rejecting the growing popularity of processed and packaged foods, Waters wanted to use fresh, seasonal and locally grown produce in simple preparations that preserved and emphasized the foods’ natural flavors. Chez Panisse and the many chefs who passed through its kitchen launched a new style of cuisine that became known as **New American cuisine**. As Waters’s culinary philosophy spread across the United States, farmers and chefs began working together to make fresh, locally grown foods available, and producers and suppliers began developing domestic sources for some of the high-quality ingredients that were once available only from overseas.

This ushered in a period of bold experimentation. American chefs began to combine ingredients and preparation methods from a variety of cuisines. Their work resulted in **fusion cuisine**. With fusion cuisine, ingredients or preparation methods associated with one ethnic or regional cuisine are combined with those of another. A fillet of Norwegian salmon might be grilled over hickory wood, and then served on a bed of Japanese soba noodles, for example, whereas a traditional French duck confit may now be seasoned with lemongrass, ginger and chiles. The fluidity of international borders, the accessibility of global travel and the Internet have made the larders of the world available to chefs and home cooks everywhere. At the same time that chefs are sourcing ingredients globally, they are also working in tandem with farmers to supply their diners with fresh flavors while preserving local agriculture and heirloom varieties. The concern for locally raised ingredients, referred to as the **farm-to-table** or **locavore movement**, has influenced chefs to serve fresh seasonal foods, such as wild greens or seafood from day-boat fishermen that is grown or harvested within a few miles of their restaurants thus providing economic support for small local farmers and farmers markets and emphasizing seasonal ingredients. Chefs and restaurateurs can take this a step further by working with local growers to preorder specific crops, ensuring that farmers have a market for their products and restaurants have a steady supply of fresh, seasonal items.

The goal is to get foodstuffs from the water or the land to the kitchen as quickly as possible so that it retains flavor and nutrients that would otherwise be lost during storage and transportation. While the locavore movement gained popularity and media attention in the United States in the early 21st century, it is nothing new or revolutionary. For millennia cooks worldwide relied upon local sources for their ingredients. The American development of packaged convenience foods following World War II made seasonality and transportation issues irrelevant. Concerns with eating locally began in the 1960s and have been reinvigorated in response to economic and health issues in the 2010s.

### FERNAND POINT (1897–1955)

A massive man with a monumental personality, Point refined and modernized the classic cuisine of Escoffier. By doing so, he laid the foundations for *nouvelle cuisine*.

Point received his early training in some of the finest hotel-restaurant kitchens in Paris. In 1922, he and his family moved to Vienne, a city in southwest France near Lyon, and opened a restaurant. Two years later his father left the restaurant to Fernand, who renamed it La Pyramide. During the succeeding years, it became one of the culinary wonders of the world.

Point disdained dominating sauces and distracting accompaniments and garnishes. He believed that each dish should have a single dominant ingredient, flavor or theme; garnishes must be simple and match “like a tie to a suit.” Procedure was of great importance. He devoted equal efforts to frying an egg and creating the marjolaine (a light almond and hazelnut spongecake filled with chocolate and praline buttercreams). His goal was to use the finest raw ingredients to produce perfect food that looked elegant and simple. But simplicity was not easy to achieve. As he once said, “a béarnaise sauce is simply an egg yolk, a shallot, a little tarragon vinegar, and butter, but it takes years of practice for the result to be perfect.”

**ethnic cuisine** the cuisine of a group of people having a common cultural heritage, as opposed to the cuisine of a group of people bound together by geography or political factors

**fusion cuisine** the blending or use of ingredients and/or preparation methods from various ethnic, regional or national cuisines in the same dish; also known as transnational cuisine



**farm-to-table** or **locavore movement**

an awareness of the source of ingredients with an emphasis on serving locally grown and minimally processed foods in season

**global cuisine** foods (often commercially produced items) or preparation methods that have become ubiquitous throughout the world; for example, curries and French-fried potatoes

**national cuisine** the characteristic cuisine of a nation

**regional cuisine** a set of recipes based on local ingredients, traditions and practices; within a larger geographical, political, cultural or social unit, regional cuisines are often variations of one another that blend together to create a national cuisine

## INFLUENCES ON MODERN FOOD SERVICE OPERATIONS

From Monsieur Boulanger's humble establishment, a great industry has grown. Today, more than 980,000 public dining facilities operate in the United States alone. The dramatic growth and diversification of the food service industry is due in part to the Industrial Revolution and the social and economic changes it wrought, including the introduction of new technologies, foods, concerns and consumers.

### New Technologies

Technology has always had a profound effect on cooking. For example, the development of clay and, later, metal vessels that could contain liquids and withstand as well as conduct heat offered prehistoric cooks the opportunity to stew, make soups and porridge, pickle and brine foods and control fermentation. But it was not until the rapid technological advances fostered by the Industrial Revolution that anything approaching the modern kitchen was possible.

One of the most important advancements was the introduction of the cast-iron stove. Prior to the 19th century, most cooking was done on spits or grills or in cauldrons or pots set on or in a wood- or coal-burning hearth. Hearthside cooking did not lend itself well to the simultaneous preparation of many items or to items requiring constant and delicate attention. With the introduction of cast-iron stoves during the 1800s (first wood- and coal-burning; by midcentury, gas; and by the early 20th century, electric), cooks could more comfortably and safely approach the heat source and control its temperatures. They could also efficiently prepare and hold for later use or service a multitude of smaller amounts of items requiring different cooking methods or ingredients, a necessity at a restaurant simultaneously catering to different diners' demands.

## GASTON LENÔTRE (1920–2009)

Gaston Lenôtre started baking in the heart of Normandy in the 1930s. By age 15, he had passed his professional exams. In 1947, he bought the boulangerie/pâtisserie of his boss in Pont Audemer. His bakery became a destination for sophisticated Parisians on their way to their country estates. In 1957 he was enticed to open a shop in Paris in the stylish 16th arrondissement. It was the first of more than a baker's dozen of locations, plus a vast catering business that literally catered to "le tout Paris."

His third location in Plaisir outside Paris, a vast production kitchen, became the heart of his expanding empire. In 1971, he began an in-house school, L'École Lenôtre, to train workers he would need for his expansion. But here is where Gaston Lenôtre showed himself to be much more than a talented baker and inspired businessman. There was a crisis in the trade at the time due to a lack of qualified bakers, so Lenôtre opened the school, a few years later, to the entire professional community. For a fee, even his competitors could come learn from his



*Meilleurs Ouvriers de France*—chefs recognized by the French government as the best artisans in the trade.

As befitting a native of Normandy, the heart of France's dairy industry, Lenôtre's innovations came in the area of Bavarians,

charlottes and fruit mousses. Many of his cakes and tortes became modern classics. La Feuille d'Automne, Le Concorde, L'Opéra and the Charlotte Cécile seemed to be in all the Parisian bakeries in the early 1980s. Lenôtre mastered the technique of freezing, using it with respect to protect the quality of his products without adulterating them. He used the latest technology and had a staff of laboratory experts to maintain the integrity of his products. Proper freezing preserves the product, extending its shelf life without the chemicals and preservatives common in industrial food production. Many professionals believe that Lenôtre single-handedly saved the pastry profession when it was threatened by mass production.

Many consider Lenôtre the father of modern French pastry, and his impact is felt worldwide. Today, whether you go to Rio de Janeiro, Disney World in Florida, Lebanon or Las Vegas, you will find Lenôtre's name on the marquee.

—ALEX MILES is a Pastry Chef and Culinary Educator in Dijon, France

Also of great importance were developments in food preservation and storage techniques. For thousands of years, food had been preserved by sun-drying, salting, smoking, pickling, sugar-curing or fermenting. Although useful, these procedures destroy or distort the appearance and flavor of most foods. By the early 19th century, preserving techniques that had minimal effect on appearance and flavor began to emerge. For example, by 1800, the Frenchman François Appert successfully “canned” foods by subjecting foods stored in sterilized glass jars to very high heat. An early mechanical refrigerator was developed by the mid-1800s; soon reliable iceboxes, refrigerators and, later, freezers were available. During the 20th century, freeze-drying, vacuum-packing and irradiation became common preservation techniques.

While advancements were being made in preservation and storage techniques, developments in transportation technology were also underway. During the 19th century, steam-powered ships and railroads brought foods quickly to market from distant suppliers. Indeed, by the 1870s, Chicago meat packers were routinely supplying Europe with beef from the western Great Plains. During the 20th century, temperature-controlled cargo ships, trains, trucks and airplanes all were used as part of an integrated worldwide food transportation network. Combined with dependable food preservation and storage techniques, improved transportation networks freed chefs from seasonal and geographic limitations in their choice of foods and expanded consumers’ culinary horizons.

## FERRAN ADRIÀ (1962–)

*Cooking is a language through which all the following properties may be expressed: harmony, creativity, happiness, beauty, poetry, complexity, magic, humor, provocation and culture.*

—Ferran Adrià

Ferran Adrià is an experimental Spanish chef called the Salvador Dalí of the kitchen. Adrià’s restaurant, elBulli (slang for “the bulldog”), which closed in 2011, was voted World’s Best Restaurant four times by Britain’s *Restaurant* magazine. ElBulli also earned three Michelin stars, the highest rating, an award it maintained from 1997 until it closed.

Born near Barcelona, this food futurist planned a business career before a temporary dishwashing job redirected his path. Inspired by classic cuisine and an encouraging chef, Adrià began his self-education, reading from cover to cover *El Práctico*, a cooking manual edited by a Spanish chef heavily influenced by Escoffier. A month working at elBulli, a prestigious resort restaurant in the tiny town of Roses on the Costa Brava, was an experience so stimulating that he returned there upon completion of his military service in 1984.

At the time, the cuisine at elBulli was heavily influenced by *nouvelle cuisine*,



then at its height. Working alongside the restaurant’s chef, Adrià created new versions of acclaimed French dishes, earning the restaurant its first star in the influential Michelin Guide. He enhanced his skills and knowledge of classic technique through brief apprenticeships in top kitchens in France. But in 1987, Adrià heard an expression that was to change his direction as a chef. “Creativity means not copying,” said Jacques Maximin, then chef of Le Chanticleer in Nice, France. At that moment Adrià and his team committed themselves to reinventing cuisine as we know it.

The food served at elBulli engaged all of one’s senses. Dinner was a tasting menu of up to 35 bite-sized dishes. What appeared

to be cooked may actually have been flash frozen. An herb clipped to a spoon allowed guests to smell the aroma before tasting the herb in the dish. Warm foam that tasted of carrots or mushrooms, hot gelatin, encapsulated mango purée that resembled egg yolks and ravioli filled with liquid were some of the show-stopping techniques for which Adrià became known. At the vanguard of experimental cooking, Adrià and staff spent 6 months each year working with food technologists, industrial designers and artists experimenting with new techniques. The chef and his staff documented their style of cooking in a 23-point synthesis. Using the freshest ingredients and mastery of technique are given, they write. But all foods are of equal gastronomic value, with a preference for vegetables and seafood to create a “light, harmonic cuisine” based on classic and modern technologies.

Among those who worked at elBulli, Chef Grant Achatz of Alinea in Chicago and Chef Wylie Dufresne of wd-50 in New York City have become leaders in this emerging modern style of cooking. Chef Adrià continues his experimentation and research into gastronomy, sharing his knowledge through the Internet and at elBulli Museum and Foundation.