



Culinary Arts Fundamentals for Food Technologists

Location: Brightwater (<http://www.brightwater.org/>)

801 SE 8th St; Bentonville, Arkansas

May 20 -24, 2019



Day 1 8:00 AM to 4:00 PM

Welcome, Introductions and Discussion of Kitchen Logistics / Plan of Work for Week

Roasting Veal Bones, Start – **Italian Bread**

Knife Safety / Knife Cuts + large mirepoix - **Veal Stock to simmer (will go overnight)**

Morning Lecture - Intro, Mise en Place, and Production Review

PRODUCTION 10:30 AM Techniques: Deboning a Chicken, Clarifying Butter, Tomato Concassée

Knife Skills Practice – small mirepoix for chicken stock

Each person debones 1 Chicken; Groups of 4 make Chicken Stock,

Baked Old Bay Chicken Wings, Goat cheese & Spinach Salad, Italian Bread & Chicken Salad with cumin-scented carrot raita, Shredded Parmesan Brussels Sprouts, Chicken Sauté with Onions, Garlic and Basil, Honey-glazed Carrots and Spinach stuffed Chicken Thighs.

LUNCH 1:00 PM

Afternoon Lecture – Stocks and Sauces

GROUP PHOTO

Demo: Consommé

MEP for Tuesday soak Pinto Beans, strain & chill chicken stock

CLEAN UP & AJOURN

Day 2 7:30 AM to 4:00 PM

Techniques: **Hollandaise**, Poaching and Eggs Benedict, Strain and chill veal stock,

Morning Lecture - Cooking Methods, Plate Presentation & Production Review

PRODUCTION Technique: **Stewing** Sauces **Hollandaise & Velouté**
Trimming Beef Tenderloin & cutting steaks

Chicken Velouté & Chicken Pot Pie, Poached Salmon w/ **Avocado Hollandaise**, Green Salad, Veal Fricassee (Velouté) and Rice Pilaf, Texas Chili & Aaron Franklin's Texas Pinto Beans, Donna Delozier's Jalapeno Cornbread, **Steak Oscar (Hollandaise)** and Steak Diane, chicken thighs with Moutarde Sauce

LUNCH 1:00 PM

Tasting:

Work on menus for Friday, grocery list due on Wednesday

CLEAN UP & AJOURN

Day 3 7:30 AM to 4:00 PM

Morning Lecture - Meat Cookery, Beef and Veal & Production Review



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PRODUCTION Technique: Braising, Savory & Dessert Crêpes, and **Béchamel and**

Tomato Sauce

Pasta e Fagioli, Tossed Green Salad, Crab & artichoke orzo salad, Chicken and Mushroom Crêpes w/ **Mornay Sauce (Béchamel)**, Grillades & Baked Cheese Grits, Chicken w/ apricots & almonds Tagine & Lemon Couscous, Osso Buco with Saffron Risotto, Pan fried pork chops with **Creole Sauce (Tomato Sauce)** and Sautéed Spinach w/ Raisins and Pine Nuts and Crêpes Suzette

LUNCH 1:00 PM

PM: Make Béchamel or Tomato Sauce if you did not make in the AM – serve with pasta

Dessert: Crêpes Suzette

MEP for Thursday: prep baby back ribs

CLEAN UP & AJOURN

Day 4 7:30 AM to 4:00 PM

Morning Lecture - Lamb & Pork Cuts & Production Review

PRODUCTION Technique: Trimming Beef Striploin & cutting steaks

Carolina Barbecued Ribs with hot sauce and Apple Coleslaw,
Turkey Scallopine, Farro salad with Feta, Steak au Poivre
Roasted Pork Loin with **Peanut Sauce** & Stir-Fried Vegetables,

LUNCH 1:30 PM

Small Brown Sauces or sauce for Friday

DEMO Flavor enhancement by reduction – jus lie and balsamic vinegar reduction

DEMO: Chicken Chorizo de Springdale in the food processor

Pairs MEP for Friday

CLEAN UP & AJOURN

Day 5 7:30 AM to 2:00 PM

Breakfast - Chicken Chorizo & Scrambled Eggs, Pico de Gallo

Morning Lecture - Poultry & Culinary Terms

PRODUCTION **SPECIAL PROJECTS: Each pair to make one entrée w/ sauce and 1 starch or veg side plus soup, salad or appetizer of their choosing**

NOON **Group presentations and Lunch**

1:45 pm Course Evaluations

2:00 PM **CERTIFICATES AND CONCLUSION**