



WELCOME!

TOP 10 CIA BOOT CAMP RECIPES



ROAST SIRLOIN OF BEEF WITH JUS LIÉ

Source: The Culinary Institute of America®

SERVES 6

- 3 lb. beef sirloin, boneless, tied at 1" intervals
- Salt, as needed
- Ground black pepper, as needed
- Vegetable oil, as needed
- ⅓ cup onion, diced
- ¼ cup carrot, diced
- ¼ cup celery, diced
- 2 Tbsp. tomato paste
- 2½ cups brown veal stock
- 1 tsp. cornstarch



1. Place a rack in a roasting pan and preheat the oven to 350°F.
2. Season the meat generously with salt and pepper.
3. Heat enough oil to create a film in a large sauté pan over medium-high heat and brown the meat on all sides. Transfer to the roasting pan. Add the onions, carrots, and celery to the bottom of the roasting pan.
4. Roast the meat to medium-rare (125°F internal temperature), about 1 hour. Remove from the pan and place on a platter or cutting board, cover loosely with foil, and let stand for 20 minutes while you make the jus.
5. Pour off the fat from the pan, leaving 1 tablespoon, and add the tomato paste. Place the pan over medium heat on the stove top and cook the vegetables and tomato paste, stirring until caramelized, 3 to 5 minutes. Add the stock and stir and scrape with a wooden spoon to deglaze the bottom of the pan.
6. Blend the cornstarch with 1 tablespoon of water to form a slurry and whisk into the sauce. Bring to a boil over medium heat. As soon as the sauce thickens, remove from the heat and strain. Season to taste with salt and pepper.
7. Remove the string from the meat, slice, and serve on a heated platter with the jus.

GARGANELLI WITH RAGÙ BOLOGNESE

Source: *The Professional Chef*, 9th Edition

SERVES 8 (1½ quarts of ragu)

RAGÙ BOLOGNESE

- 2½ oz. pancetta, finely diced
- 1¼ Tbsp. extra virgin olive oil
- ⅔ oz. (1 Tbsp. + 1 tsp.) butter
- 6¼ oz. onion, fine dice
- 2½ oz. carrot, fine dice
- 2 oz. celery, fine dice
- 10 oz. ground beef, lean
- 10 oz. ground pork, lean
- 2 oz. tomato paste

- 10 fl. oz. white wine
- Salt, as needed
- Ground black pepper, as needed
- Freshly grated nutmeg, as needed
- 20 fl. oz. chicken stock
- 10 fl. oz. heavy cream, heated

FRESH EGG PASTA

recipe follows (omit the herb butter)

- 4 oz. Parmesan cheese,
freshly grated



RAGÙ BOLOGNESE

1. Combine the pancetta with the oil and butter in a medium nonreactive stockpot. Cook over medium-low heat, stirring frequently, until the pancetta is golden brown and the fat is rendered, about 15 minutes.
2. Increase the heat to medium-high. Add the onions, carrots, and celery and cook, stirring frequently, until the vegetables are softened and the onions are translucent, 5 to 7 minutes.
3. Add the beef and pork. Cook, stirring continuously, until the meat is browned, 3 to 4 minutes. Drain the fat if necessary.
4. Stir in the tomato paste and cook until lightly caramelized, 2 to 3 minutes. Stir in the wine and reduce the mixture until nearly dry.
5. Season with salt, pepper, and nutmeg. Add the stock, bring the sauce to a boil, reduce the heat to low, and simmer uncovered until the mixture has reduced and the flavors have concentrated. Add additional stock if necessary to avoid scorching.
6. Stir in the cream just prior to service and return the sauce to a simmer. Do not allow the sauce to boil. Adjust seasoning with salt and pepper. Set aside and keep warm.

continued

GARGANELLI WITH RAGÙ BOLOGNESE: CONTINUED

PASTA

1. Prepare pasta using the machine method.*
2. Roll the dough by machine or by hand. To form garganelli shape, cut pasta into small squares and pinch the corners together.

SERVICE

1. Bring a large pot of salted water to a boil. Add the pasta and cook, stirring until the pasta is al dente (cooked through but still firm). Drain, reserving some of the pasta water.
2. Toss the pasta with the sauce. Adjust the consistency with pasta water as needed.
3. Serve in a heated bowl, garnished with Parmigiano-Reggiano.



*NOTES

As an alternative, pasta may also be prepared in the following manner. Mound the flour in the center of your work surface. Make a well in the middle. Add the eggs. Using a wooden spoon, beat together the eggs and any flavorings. Gradually incorporate shallow scrapings of flour from the sides of the well into the liquid. Once it forms a cohesive mass, remove any bits of hard flour on the work surface, then knead the dough about 3 minutes. Its consistency should be elastic and just slightly sticky. If it is too sticky, knead in a few more tablespoons of flour. Continue kneading 10 minutes, or until the dough is satiny, smooth, and very elastic. Wrap the dough in plastic wrap, and let it rest at room temperature 30 minutes to 3 hours.

Garganelli's name is derived from the Latin gargalla, meaning trachea. The pasta's elongated shape is similar to the tubular device used to examine the throat.

COQ AU VIN WITH FRESH EGG PASTA

Source: The Culinary Institute of America®

SERVES 6

- 5 oz. slab bacon or pancetta*, medium dice
- 1 tsp. butter
- 4 chicken breasts, frenched
- 4 chicken thighs
- 4 chicken legs
- Salt, as needed
- Ground black pepper, as needed
- 24 pearl onions, peeled
- 12 white mushrooms, small, whole
- 1 onion, large dice
- 2 carrots, large dice
- 1 celery rib, large dice
- 3 garlic cloves, crushed
- 2 Tbsp. all-purpose flour, toasted
- 2 Tbsp. brandy
- 1 full-bodied red wine, 750 ml bottle
- 3 thyme sprigs
- 2 bay leaves
- 1 qt. (or as needed) chicken stock
- 1 Tbsp. butter

FRESH EGG PASTA
WITH HERB BUTTER
recipe follows

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1. Place the bacon into a 5½ quart cast-iron casserole with 1 teaspoon of butter. Cook gently over medium-low heat until the fat is rendered and the bacon is medium brown but not yet crispy, about 6 minutes. Remove the bacon with a slotted spoon and drain on a paper towel.
 2. Season the chicken with salt and pepper. Working in batches if necessary, brown in the pork fat on medium heat, about 4 minutes on each side. (Note: avoid overcrowding the pan or scorching the fond, as it will be the basis of the sauce.) Remove and reserve the browned chicken pieces. Remove all but 2 tablespoons of the fat in the pan, reserving what you removed.
 3. In the same casserole, sear the pearl onions and mushrooms separately until lightly browned. Remove with a slotted spoon and reserve. Add the onions, carrots, and celery to the casserole and cook over medium heat until the onion is deep brown, about 10 to 12 minutes. Add the garlic and cook until fragrant, about 3 minutes.
 4. Sift the flour into the vegetables. Cook until evenly combined, 1 to 3 minutes. Remove from the heat and let it cool for about 5 minutes. Add the brandy and wine to deglaze the pan, stirring to loosen any drippings that have begun to stick to the pan, and evenly blend in the flour. Add the thyme and bay leaves, and return the chicken (with its juices) and bacon to the pan.

continued

COQ AU VIN WITH FRESH EGG PASTA: CONTINUED

5. Add enough stock to the casserole so it just covers the chicken pieces. Bring the stock to a boil, then lower the heat to establish a simmer. Cook, partially covered, for 1 hour, then add the pearl onions and cook another 45 minutes. When the poultry is tender, but not falling off the bone, remove the pieces and keep warm. Reduce the sauce to a slightly syrupy consistency, about 10 minutes, and swirl in the butter. Add the mushrooms and return the poultry to the sauce to heat it through. Season to taste with salt and pepper.
6. Serve the poultry pieces coated with the sauce and vegetables and accompanied by the pasta.



*NOTES

Rooster or stewing hens are traditional choices for coq au vin, but chicken and other poultry options can be substituted. Unsmoked bacon is preferable to give the final dish a cleaner flavor, but smoked bacon will suffice.

FRESH EGG PASTA WITH HERB BUTTER

Source: The Culinary Institute of America®

SERVES 6

PASTA

- 1 lb. (3¼ cups) durum flour
- 1 pinch salt
- 4 eggs
- 2 Tbsp. oil (optional)

HERB BUTTER

- 1 cup butter, room temperature
- 3½ Tbsp. flat-leaf parsley*, minced
- 2¼ tsp. lemon juice
- Salt, as needed
- Ground black pepper, as needed

PASTA

1. Combine the flour and salt in a food processor. Add the eggs and oil, if using. Process the mixture until it resembles coarse meal. When pressed, the dough will form a cohesive mass.
2. Turn the dough out onto a work surface and knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or using a pasta machine. The pasta is ready to cook now, or it may be refrigerated for up to 2 days.
4. To cook, bring 1½ gallons of water to a rolling boil in a large saucepot. Generously salt the water using about 1½ tablespoons of salt (the water should be noticeably salty, but not unpleasant). Add the pasta and stir to separate the strands or shapes.
5. Cook the pasta until it is al dente. Drain immediately in a colander.
6. Toss the pasta with enough herb butter to coat the strands and flavor the pasta. Serve hot.

HERB BUTTER

1. Work the butter by hand or with the paddle attachment in an electric mixer until it is soft. Add the remaining ingredients and blend well. Taste and adjust seasoning with salt and pepper.
2. The compound butter is ready to use, or it may be rolled into a log or piped into shapes and chilled for later use.

*VARIATIONS

Substitute tarragon, basil, dill, or other herbs for the parsley, depending on your preference.

ROAST STUFFED PORK LOIN GENOA-STYLE WITH GARLIC JUS

Source: The Culinary Institute of America®

SERVES 6

DRY PESTO

- 4 garlic cloves, minced
- 3½ Tbsp. flat-leaf parsley, chopped
- 2½ Tbsp. basil, chopped
- ½ cup pine nuts, toasted, crushed
- ¼ cup Pecorino Romano, grated

STUFFING

- ¼ lb. ground pork
- ¼ lb. Italian sausage, casing removed
- ½ cup breadcrumbs
- 3 Tbsp. heavy cream
- 1 egg, beaten

GARLIC JUS

- ½ cup onions, diced
- ¼ cup carrots, diced
- ¼ cup celery, diced
- 4 Tbsp. tomato paste
- 1 garlic clove, minced
- 1 bay leaf
- 2¼ cups brown veal stock
- Salt, to taste
- Ground black pepper, to taste

- 2 lb. pork loin, boneless, well trimmed
- Salt, as needed
- Ground black pepper, as needed
- 1 caul fat, 12" x 12"

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1. Preheat the oven to 350°F.
 2. To prepare the dry pesto, combine the garlic, parsley, basil, nuts, and Pecorino in a mixing bowl and mix well. Set aside.
 3. To prepare the stuffing, combine the ground pork, sausage, breadcrumbs, heavy cream, and egg in a mixing bowl and mix well. Set aside.
 4. Butterfly the pork loin, then pound lightly with a meat mallet. Season with salt and pepper.
 5. Spread the pesto mixture over the pork, then spread the stuffing over the pesto, leaving a ½" border on all sides.
 6. Roll up the pork loin, jelly roll fashion; wrap in caul fat and secure with butcher's twine.
 7. Place a rack in a roasting pan, and put the pork on the rack. Roast the pork in a 350°F oven until the internal temperature reaches 150°F. Remove from oven and place the pork on a cutting board, tent with foil, and allow meat to rest.

continued

ROAST STUFFED PORK LOIN GENOA-STYLE WITH GARLIC JUS: CONTINUED

8. To prepare the jus, drain the fat from the roasting pan, leaving 1 tablespoon. Add the onions, carrots, celery, and tomato paste to the roasting pan. Place the pan over medium-high heat on the stovetop, and caramelize the vegetables lightly.
9. Add the garlic and sauté until aromatic, about 1 minute. Add the bay leaf and stock. Simmer to reduce the jus to approximately 1½ cups. Strain, then season with salt and pepper to taste. Reserve hot.
10. Remove the string from the pork loin, and slice into ¼" to ½" thick slices. Serve on a warmed platter with the jus.

RISOTTO WITH PORCINI MUSHROOMS AND PEAS

Source: The Culinary Institute of America®

SERVES 6

- 1½ cups dried porcini mushrooms
- 3¼ cups chicken stock
- Salt, to taste
- Ground black pepper, to taste
- ½ cup butter
- ¾ cup peas, fresh or frozen, blanched or thawed
- ½ cup onions, minced
- 2 garlic cloves, minced
- 8½ oz. (1¼ cups) arborio rice
- ¼ cup dry white wine
- 1 cup Parmesan cheese, grated



1. Place the dried mushrooms in a bowl and add enough boiling water to cover (about 2 cups). Allow to soak until softened, about 15 to 30 minutes. Place a strainer lined with cheesecloth over a bowl and drain the mushrooms. Reserve the mushrooms.
2. In a small sauce pot, heat the stock over low heat and season with salt and pepper.
3. In a small sauté pan over medium heat, add 2 tablespoons of butter and sauté the mushrooms until tender. Add the peas and continue to cook until the peas are heated through. Remove from the heat and reserve.
4. In a sautoir (a straight-sided sauté pan) over medium heat, sauté the onion in 2 tablespoons of the butter until translucent but without color. Add the garlic and sauté until aromatic, but without color, about 1 minute.
5. Add the rice and cook, stirring constantly, until the rice grains are coated with butter and have changed from completely white to somewhat translucent, but without browning. (The center will still be white.)
6. Add the wine and simmer over medium-low heat, stirring until the wine is almost completely absorbed. Add the stock in three additions, stirring and allowing the stock to be absorbed between additions. The rice should still be just tender, and the grains separate, but creamy. When most of the liquid is absorbed, add the remaining ¼ cup of butter, mushroom and pea mixture, and cheese.
7. Adjust consistency if necessary by adding additional chicken stock. The risotto should be “all’onda” (wave-like), meaning it should be creamy like porridge, rather than firm and stiff. Season with salt and pepper to taste. Serve in a heated bowl.

KOREAN STIR-FRIED GLASS NOODLES

Source: The Culinary Institute of America®

SERVES 6

- 10 shiitake mushrooms
- 1 oz. dried wood-ear mushrooms
- 1 lb. sweet potato noodles
- 3 green onions, thinly sliced
- ½ cup light soy sauce
- 2 Tbsp. sugar
- 1 Tbsp. sesame oil
- ½ cup vegetable oil
- 2 cups onions, thinly sliced
“with the grain”
- 8 garlic cloves, minced
- 3 cups green cabbage, chiffonade
- 2 cups carrots, julienne
- 2 cups red bell peppers, julienne
- Salt, to taste
- Ground black pepper, to taste

GARNISH

- 5 eggs, beaten lightly; ⅛" thin omelets, cut into julienne

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1. Cut off entire stem of the shiitake mushrooms. Cut caps into ⅛" wide strips. Reserve.
 2. Soak wood-ear mushrooms. Drain, trim off hard parts, and cut into ⅛"-wide strips. Reserve.
 3. Pour enough boiling water over noodles to cover by at least 2 inches. Soak until re-hydrated and elastic. Drain, rinse with cool water, and reserve.
 4. Whisk together the green onions, soy sauce, sugar, and sesame oil in a mixing bowl. Set aside.
 5. Heat vegetable oil in a wok over medium-high heat; stir-fry the onions and garlic until aromatic.
 6. Add the mushrooms, cabbage, carrots, and peppers. Stir-fry until vegetables are almost cooked through.
 7. Add the noodles and stir-fry until ingredients are heated through.
 8. Add the soy sauce mixture. Season with salt and pepper to taste and toss well to coat. If mixture appears dry, use water to moisten slightly.
 9. Serve on a heated platter, garnished with the omelet julienne.

GRILLED SALMON WITH ORANGE-THYME BUTTER

Source: The Culinary Institute of America®

SERVES 6

ORANGE-THYME BUTTER

- ½ cup butter, softened
- 4 Tbsp. almonds, blanched and ground
- 2 Tbsp. orange juice, fresh
- 2 tsp. thyme leaves, fresh
- 1 tsp. orange zest
- Salt, as needed
- Ground black pepper, as needed
- 6 salmon fillets, skin removed, about 6 oz. each
- 1 lemon, juiced
- Vegetable oil (for brushing), as needed

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1. To prepare the orange-thyme butter, blend the butter with the ground almonds, orange juice, thyme, orange zest, ½ tsp. salt, and ½ tsp. pepper. Place on a piece of plastic wrap. Roll into a 1" diameter cylinder and secure the ends by twisting. Chill until firm, about 2 hours.
 2. Preheat a gas grill to medium; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
 3. Season the fish with salt, pepper, and lemon juice. Brush evenly with oil.
 4. Grill each salmon fillet to the desired doneness (usually medium).
 5. Top each fillet with a slice of the orange-thyme butter. Place into a hot oven or pass under a broiler just long enough to begin melting the butter.
 6. Serve immediately on a warm platter.

MUDSLIDE COOKIES

Source: The Culinary Institute of America®

YIELD: 36 COOKIES

- ⅔ cup cake flour
- 1½ tsp. baking powder
- 1 pinch salt
- 5½ oz. unsweetened chocolate
- 1 lb. bittersweet chocolate
- 5 Tbsp. butter
- 6 eggs
- 2¼ cups sugar
- ¾ tsp. vanilla extract
- 1¼ cups walnuts, chopped
- 18 oz. semi-sweet chocolate chips

1. Preheat the oven to 350°F. Line two cookie sheets with parchment paper. Set aside.
2. In a small bowl, sift together the flour, baking powder, and salt. Set aside.
3. Melt the unsweetened and bittersweet chocolates together with the butter in a metal bowl over a pot of barely simmering water. Stir to blend. Set aside.
4. In a stand mixer fitted with the whisk attachment, beat the eggs, sugar, and vanilla extract on high speed until light in color and thick, about 6 to 8 minutes.
5. Reduce the speed, change to the paddle attachment, and add the chocolate mixture. Blend on medium speed until homogenous, 1 to 2 minutes.
6. On low speed, mix in the dry ingredients until just blended.
7. Fold in the walnuts and chocolate chips, making sure they are evenly distributed.
8. If the dough seems very soft at this point, place it in the refrigerator to firm it up before proceeding.
9. Using a ¼ cup (2-ounce) measuring cup, scoop the dough onto the prepared sheet pans.
10. Bake the cookies until they are cracked on top but still appear moist, about 12 minutes. Be sure not to overbake.
11. Cool slightly on the pans, then transfer to wire racks to cool completely. Store in an airtight container.

NOTES

The middle will still be very soft when this cookie is finished baking. Only the sides will be firm to the touch. These cookies are also good with the addition of dried cherries or cranberries.

CREAM SCONES

Source: The Culinary Institute of America®

YIELD: 10 SCONES

- 3 cups all-purpose flour
- ½ cup sugar
- 2 Tbsp. baking powder
- ½ tsp. salt
- 2 cups heavy cream, cold
- 2 Tbsp. milk
- 3 Tbsp. coarse sugar



1. Cut two 10-inch circles of parchment paper. Use one to line a 10-inch round cake pan. Reserve the second piece.
2. Sift the flour, sugar, baking powder, and salt together into a mixing bowl. Make a well in the center of the flour mixture.
3. Add the cream to the flour mixture and stir by hand just until the batter is evenly moistened.
4. Place the dough into the lined cake pan and press into an even layer. Cover the dough with the second parchment paper circle. Freeze the dough until very firm, at least 2 hours.
5. Preheat the oven to 350°F. Prepare a baking sheet by spraying it lightly with cooking spray or lining it with parchment paper.
6. Thaw the dough for 5 minutes at room temperature; turn it out of the cake pan onto a cutting board. Cut the dough into 10 equal wedges and place the individual wedges on the baking sheet about 2 inches apart. Brush the scones with milk and sprinkle with the sugar.
7. Bake the scones until golden brown, 30 to 40 minutes. Cool the scones on the pans for a few minutes then transfer to cooling racks. Serve scones warm or at room temperature. Serve baked scones the same day they are made or freeze for up to 4 weeks.

APPLE PIE

Source: The Culinary Institute of America®

YIELD: ONE DOUBLE-CRUST 9-INCH PIE

PIE DOUGH

recipe follows

- $\frac{3}{4}$ cup light brown sugar, tightly packed
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{3}{4}$ tsp. ground cinnamon
- $\frac{1}{4}$ tsp. nutmeg, freshly grated
- 7 cups apples, peeled, cored, sliced $\frac{1}{4}$ " thick
- 2 Tbsp. lemon juice, freshly squeezed
- 3 Tbsp. butter, diced
- Egg wash, optional, as needed (1 egg with 2 Tbsp. milk or water)



1. Prepare the pie dough as directed in the recipe that follows. Roll out the pie dough into two rounds. Use one round to line a 9-inch pie pan and reserve the other for the top crust. Keep the dough-lined pan and other round chilled while you prepare the filling.
2. Preheat the oven to 425°F.
3. Stir together the brown sugar, flour, cinnamon, and nutmeg in a small bowl. In a large bowl, sprinkle the apples with the lemon juice. Scatter the sugar mixture evenly over the apples, and toss evenly to coat all the slices.
4. Place the apples in the dough-lined pan and distribute in a dome or even layer, depending on preference. Dot the top evenly with diced butter pieces. If desired, brush the rim of the pie shell with egg wash.
5. Cut vents in the other dough round, then place the round over the filling. Press together the top and bottom edges to seal, trim the excess dough so that the edges of the dough are almost even with the edges of the pan, and crimp or flute the edges. Brush the top lightly with egg wash.
6. Place the pie on a baking sheet and transfer to the oven. Bake the pie for 15 minutes. Reduce the oven temperature to 350°F and bake, rotating the pan as necessary for even browning, until the top crust is golden brown and the apples feel tender when pierced through the steam vents with a knife, about 40 to 45 minutes.
7. Remove the pie from the oven and cool on a wire rack. Let the pie rest before slicing to allow the filling to set. Serve warm or at room temperature.

PIE DOUGH

Source: The Culinary Institute of America®

YIELD: DOUGH FOR ONE DOUBLE-CRUST 9-INCH PIE

- 2½ cups pastry flour
- 1 tsp. salt
- 14 Tbsp. butter, cubed
- 3½ oz. water, cold



1. Combine the flour and salt together.
2. For flaky pie dough, rub the butter into the flour to form large nuggets. For mealy pie dough, work the butter into the flour to resemble crumb topping.
3. Add the water, 1 tablespoon at a time, just until it holds together when you press a handful of it into a ball. The dough should be evenly moist (not wet), and shaggy or rough in appearance.
4. Turn the dough out onto a lightly floured work surface. Gather and press the dough into a ball. Pat the ball into an even disk, wrap well, and allow to chill in the refrigerator for 20 minutes.
5. To roll out, unwrap the dough, place it on a lightly floured work surface, and scatter a little flour over the top. Alternatively, place the dough between 2 sheets of parchment or waxed paper. Roll out the dough into an even round about 10 inches in diameter. The dough is now ready for use.