



RECIPES SUBLIME

Exploring the Flavor & Texture of Finger Limes



UNIVERSITY OF FLORIDA • FOOD SCIENCE & HUMAN NUTRITION DEPARTMENT

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 With Special Thanks To: Dr. Manjul Dutt, Dr. Trent Blare, Mr. Fredy Ballen



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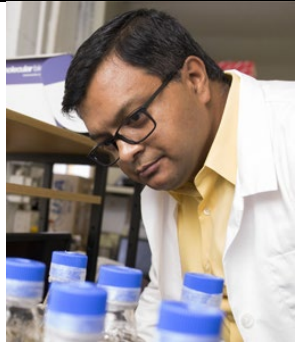
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WHAT ARE FINGER LIMES?

Also known as Australian limes, finger limes are small, finger-shaped citrus fruits that grow in shades of pink, red, and green. As their name suggests, these HLB-tolerant fruits are native to Australian rainforests. Currently, only a few growers in California and Florida produce these limes in the United States, where demand for them outstrips the supply. These fruits are tolerant to citrus greening disease (also known as Huanglongbing, or HLB), a disease devastating the Florida citrus industry, making them a potentially valuable citrus crop.

In addition to being high in vitamin C, these fruits are rich in antioxidants and phytonutrients. While finger lime peel resembles that of conventional limes, the taste is often described as a combination of lemon, lime, and grapefruit. Cutting open the fruit yields hundreds of tiny, juice-filled spheres that separate easily and pop when eaten, giving these limes the nickname “citrus caviar”. These citrus pearls come in shades of pink, champagne, green, yellow, and more, and the pulp is often enjoyed in salads, desserts, seafood dishes, and cocktails.

Dr. Manjul Dutt



Dr. Manjul Dutt is an assistant professor of horticultural sciences with an emphasis on citrus and subtropical fruit breeding and genetics. At the UF/IFAS Citrus Research and Education Center, Dr. Dutt leads a citrus breeding program designed to develop improved finger lime hybrids and has recently released two cultivars: UF SunLime and UF RedLime. He also leads the UF grape breeding program to develop new climate-resilient varieties. Other current projects include breeding with disease-resistant citrus species to incorporate disease-resistance genes into commercially cultivated but vulnerable citrus, shortening the juvenile phase in citrus plants and inducing early flower development, and increasing the health-promoting anthocyanin content in citrus.

Dr. Dutt is a fellow of the Indian Academy of Horticulture Science and a member of several professional organizations, including the American Society for Horticultural Science, the American Pomological Society, the American Association for the Advancement of Science, the Indian Academy of Horticulture Science, and the National Association of Plant Breeders. For more information on finger limes, visit <https://australianlimes.ifas.ufl.edu/> or email fingerlime@ifas.ufl.edu.

Dr. Trent Blare



Dr. Trent Blare is an assistant professor in the Food and Resource Economics Department. His extension and research program includes two areas: market development and agroecological production analysis. The first program investigates how south Florida growers can expand their current markets and access additional markets for fruits, vegetables, and ornamental plants. This work includes facilitating the creation of agricultural supply chains that are inclusive of the poor, women, youth, and ethnic minorities. In the second component, Dr. Blare determines the cost effectiveness of the adoption of sustainable farming practices. In 2022, he was awarded a UF International Center Global Fellowship to work on an international research project supporting the production and marketing of tropical fruits native to Colombia. He is the secretary/treasurer of the Applied and Agricultural Economics Association (AAEA), Latin America Section and a member of the Southern Agricultural Economics Association (SAEA). He can be reached at tblare@ufl.edu

Mr. Fredy Ballen



Fredy works in the Tropical Research and Education Center (TREC) as the Data Management Analyst II in the Agricultural Economics Extension Program. Previous experience includes research related to marketing, international trade and risk issues for tropical fruits and ornamental plants. In addition to working for UF/TREC, Fredy is a part-time PhD student; his dissertation is related to the assessment of market opportunities for Florida finger limes and consumer innovativeness in the context of new fresh fruit products. He is available at fredy.ballen@ufl.edu



HOW TO PREPARE FINGER LIMES

There are two methods commonly used to remove the pulp, also called pearls from finger limes.

Note: If there are a lot of seeds. Place the pearls in a mesh strainer and set in water to cover. Give the pearls a stir and the seeds will float to the surface for easy removal and the cold water rinse will make the pulp less sticky to work with.

Cutting across method: You will need a cutting board, serrated knife, and a bowl.



1. Split the finger limes in half crosswise.



2. Working over the bowl: Start at the base of the fruit and using your fingers, squeeze the fruit working your way to the cut end, releasing the pulp into the bowl.

Cutting lengthwise method: You will need a cutting board, serrated knife, metal spoon or melon baller, and a shallow pan or bowl (e.g. 9 x 9 baking pan, shallow soup/pasta bowl).



1. Split the finger limes in half lengthwise.



Over the pan/bowl:

1. Hold a finger lime half in one hand.
2. With the other hand and the spoon/melon baller: Starting at one side, scrape top to bottom, releasing the pearls into the container. Continue the motion until all the pearls have been released.

HOW TO SUPREME CITRUS FRUITS

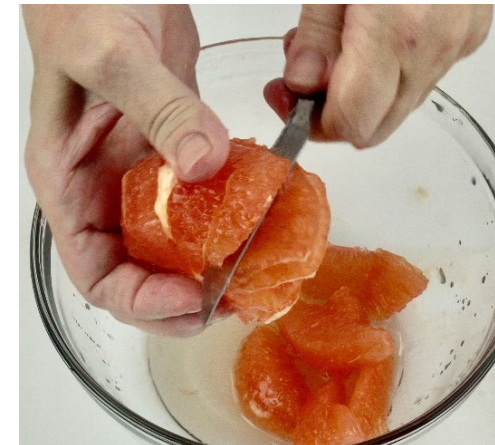
You will need a cutting board, utility or paring knife [can be a fine tooth serrated], and a bowl large enough for you to work over.



1. Cut the top and bottom peel, just enough to expose a little of the fruit sections.



2. Set the fruit on one of the cut ends. Then to remove the rind: cut top to bottom, following along the shape of the fruit. Let the rind drop away, turn inward [trimmed side toward you], and repeat the cutting and turning until all the rind is removed.



Working Over the bowl:

3. Hold the fruit in the palm of your hand, with the fruit top/bottom by your thumb, the segments parallel with your palm. Using the paring knife, follow down one side of the segment membrane. When you reach the end of the segment membrane, near the center of the fruit, twist your wrist inward—towards the uncut part of the segment. This will make the segment pop out and you can let it drop into the bowl.



4. Rotate the fruit so the emptied membrane goes under the finger tips. Repeat step #3 until all the segments are removed, then with the hand holding the membrane, squeeze the excess juice into the bowl. Discard the membrane.

HOW TO PREPARE AVOCADOS

You will need a cutting board, a Chef's knife, cutting glove (optional but recommended) rubber/silicone spatula, flexible bench scraper or large serving spoon.



1. Remove the dried stem piece if still present, then cut the avocado in half lengthwise, by following the seed all the way around. A safe way to do this is:
 - a. Hold the base of the avocado in your hand, cut down the tip to the pit.
 - b. Hold the knife in place, put the avocado on the cutting board and positioning the knife parallel to the board.
 - c. Simply spin the avocado around while cutting the avocado in half with the knife.
 - d. When the cutting line meets at the tip. Remove the knife and pick up the avocado.



2. Now take the two halves in each hand and twist in opposite directions. The pit will come out of one half and remain in the other.



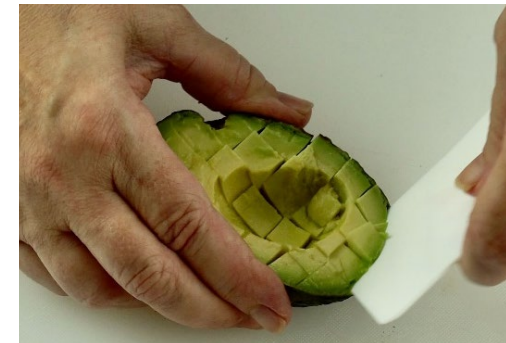
3. Hold the half with the pit in one hand [OR set the avocado on the cutting board pit side up], then with the heel of your knife carefully hit the heel of the blade into the pit. With the fruit half in your hand, hold it in place while you twist the knife about a quarter to remove the pit.



4. Then run the knife backwards over the edge of a bowl, sink edge, or scrap bucket to dislodge the pit from the knife.



5. Place the fruit half on the cutting board, using the tip of the knife, slice or dice the fruit, taking care not to cut through the skin.



6. Pick up the fruit, and using a spatula/bench scraper/spoon, follow the skin along the edge to loosen, then follow the bottom and let the fruit

SUNBURST GUACAMOLE

The finger limes add a citrus burst to this classic avocado dip. The chili pepper amount and type allow you to control the heat and use the hot pepper flavor you like. My favorites are habanero, Caribbean red lantern, or serrano. But the sky's a limit with the peppers available in Latino, farmers markets and garden centers. Either way, when the chips are down, make guacamole!

YIELD: about 4 cups/945mL

NOTE: The fruit & vegetable weights listed are their prepared amounts.

INGREDIENTS	Volume	Weight
Hass Avocado, diced 1 avocado edible portion = 140-150g	6 each	840-900g
Garlic, fresh	2 cloves	10-12g
Fresh Hot Chili peppers of your choice, seeded	1-3 each	10-20g
Cilantro, cut below leaf line, remove thick stems *Can omitted if you do not like cilantro	1/4 bunch	15-20g
Fresh Lime Juice, about 1-2 limes	2 tbsp/30mL	
Kosher sea salt	1 tsp	
Black Pepper, ground	1/4 tsp	
Cumin, ground	1/4 tsp	
Coriander seed, ground	1/4 tsp	
Finger lime pearls	3 limes	45-50g
Optional—Calcium ascorbate powder, to retard oxidation (browning)	1/2 tsp	

EQUIPMENT:

- Food Processor
- Chef knife, serrated knife, and cutting board
- Kitchen scale with 1g increments
- Assorted mixing bowls
- Rubber/Silicone Spatula
- Measuring spoons, measuring glass
- Citrus juicer

PREPARATION TIPS:

- ❖ If necessary, see fruit preparation instruction pages 3-5.

COOKING INSTRUCTIONS:



1. Using the food processor: Combine the hot peppers, garlic, two avocados (280-300g), lime juice, and the optional calcium ascorbate. Process on medium speed, periodically stopping to scrape down the sides of the bowl until smooth.



2. Add the cilantro and pulse a few times to roughly chop it in.
3. Add the remaining avocados (560-600g), salt, black pepper, cumin, coriander, and finger lime pearls. Pulse about 3-4 more times to roughly chop the avocados and blend the ingredients.
4. Transfer the guacamole to a lidded storage container, cover, and chill for at least four hours.
5. Serve with chips, our Citrus Burst Felafel (pg), or Street Corn Fritters (pg).

SUBLIME CUCUMBER SALAD

This is a refreshing fruited cucumber salad, tossed in a grapefruit mojito dressing. So pull out your favorite gin and whip up this amazing salad. And heads up, the mojito liquid generated after chilling the salad makes a tasty beverage as well.

YIELD: about 4 cups/945mL

NOTE: The fruit & vegetable weights listed are their prepared amounts.

INGREDIENTS	Volume	Weight
Red or White grapefruit, Supremed, juices retained purchase about 1 lb/470g	2 each	355-360g With Juice
Gin	3 tbsp/45mL	
Kosher sea salt	1 1/2 tsp	
Black pepper	1/4 tsp	
Sugar	1/2 tsp	
Avocado oil	2 tbsp	
Fresh mint, destemmed, coarsely chopped	1 pkg	1 oz/28g
Sweet onion, radial slice	1/4 onion	45-50g
Hass avocado, cut into strips about the same length as the onion. 1 avocado edible portion = about 140-150g	2 each	280-300g
English cucumber, cut julienne—you can use the mandoline or a chef's knife	1 each	300-315g
Finger lime pearls	3 limes	45-50g

EQUIPMENT:

- Kitchen scale with 1g increments
- Assorted Mixing Bowls
- Chef knife and cutting board
- Mandoline—optional but highly recommended
- Cutting Glove—recommended for the mandoline.
- Measuring spoons & cups
- Rubber/silicone spatula

PREPARATION TIPS:

- ❖ If necessary, see fruit preparation instruction pages 3-5.

COOKING INSTRUCTIONS:



1. Supreme the grapefruits, retaining the juice in the same bowl.



2. Add to the grapefruit, the onions, avocado, cucumber, and finger lime pearls.
3. Add the Sea salt, black pepper, sugar, avocado oil and fresh mint.
4. Toss well, then place in the refrigerator and chill for at least two hours. If you're in a rush, you can place it in the freezer for 30 minutes.

CITRUS BURST BLACK BEAN FALAFEL

This Latin flavor inspired falafel studded with finger lime pearls puts a new twist to a classic Middle Eastern Dish. Serve up these crispy treats with pita bread or grilled corn tortillas, our sunburst guacamole, and Mexican crema (pgs. 11, 13) to make your own falafel street tacos!

YIELD: 50-60 falafel

NOTE: The fruit & vegetable weights listed are their prepared amounts.

INGREDIENTS	Volume	Weight
Black beans, dried	2 cups	227g/1/2 lb
Garbanzo beans (chick peas), dried	2 cups	227g/1/2 lb
Water to cover beans	--	--
Baking soda -1/4 tsp in each soaking bean	1/2 tsp	
Cumin	2 tsp	
Turmeric	1 tsp	
Black pepper	1/4 tsp	
Cayenne pepper	1/4 tsp	
Kosher sea salt, coarse	2 1/2 tsp	
All-purpose Flour (Gluten free version—white rice flour, 68g)	1/4 cup	63g
Baking Powder	1 tsp	
Cilantro, cut bunch just below leaf line, remove thick stems *Can omitted if you do not like cilantro	1/2 bunch	20-25g
Parsley, flat or curly, cut bunch just below leaf line, remove thick stems	1 bunch	30-35g
Fresh garlic, peeled and root tip trimmed	4 cloves	20 g
Scallions, cut off root tip and cut into 1-2 inch pieces	6 each	55-60g
Lime juice (1-2 limes)	2 tbsp	30 mL
Finger lime pearls	4 limes	60-70g
Neutral flavored oil (e.g. soy, canola, grape seed) for pan frying		

EQUIPMENT:

- Food Processor
- Kitchen hand/immersion blender
- Kitchen scale with 1g increments
- Assorted mixing bowls
- Chef knife and cutting board
- Measuring spoons & cups
- Rubber/silicone spatulas
- Citrus juicer is using fresh lime
- 1 oz portion scoop
- 3-4 sheet pans
- 5 qt sautoir or stock pot
- Chopsticks or wooden dowel
- Metal Fish turner or slotted spoon
- Sheet Pan with paper toweling
- Serving tray or baking pan for cooked falafel
- Optional: Candy thermometer for frying

PREPARATION TIPS:

- ❖ An all black bean version can be made by replacing the garbanzo beans with 2 cups/1/2 lb of black beans, then proceed with the recipe as written.
- ❖ **Grinding the beans:** Fill the food processor no more than half way, process multiple batches if necessary. If the food processor does not get the beans to the corn meal/couscous consistency, you can finish the process using a hand blender. Press and hold the pulse button while pressing the wand down through the ground beans, release the button, and pull the wand out. Repeat this in various sections of the bean paste until the proper consistency is reached, then proceed to step 6.
- ❖ **While the falafel is chilling**, set up the following stations:
 - **Portioning Station:** Set up the trays, portion scoop and a small bowl of water for wetting hands.
 - **Frying Station:** Place a 5 qt sautoir or stock pot on a front burner, then fill with about 1.5-2 inches of oil. Attach the candy thermometer (if using). **Start heating the oil when shaping the falafel.**
 - **Post Fry Station:** Next to the frying pan, set the chopsticks, fish turner, and a sheet tray, lined with about 3-4 layers of paper towel. Set the serving/holding tray next to the sheet pan. Keep the roll of paper towel handy to replace oily towels as needed.

COOKING INSTRUCTIONS:



THE DAY BEFORE—SOAKING THE BEANS:

- Place each bean in a 4 qt container and cover with 3-4 in/7.6-10cm of water. Add 1/4 tsp baking soda to each container and allow to soak 12 – 18 hours. Drain the beans well just prior to grinding.

FALAFEL PREPARATION INSTRUCTIONS:

1. Seasoning blend—In a small bowl combine the cumin, turmeric, black pepper, cayenne pepper, salt, and all-purpose flour. Set it aside.
2. Garbanzo beans—Place the drained beans in the food processor, then using low speed, grind the beans [periodically stopping to scrape down the sides], until they form a coarse paste similar in texture to corn meal or couscous. Transfer to a large bowl.
3. Black beans—Place the drained beans in the processor, add the garlic, cilantro, parsley, scallions, and the reserved seasoning blend. Process using the same method and to the same consistency as the garbanzo beans.
4. Add the black bean mixture to the garbanzo beans.
5. Add the finger lime pearls, then using your hands, mix the two until well incorporated. Cover and refrigerate the falafel mixture for at least 2 hours.
6. Portion out the falafel using the portioning scoop. Fill the scoop then press it against the inside of bowl to level off. Wipe away excess from edge with finger, release onto the sheet/tray. Repeat until all the falafel is portioned out.
7. Start heating the oil over medium-low heat.
8. While oil is heating: Wet your hands, shape the portioned falafel into thick patties or round balls and place back on the tray.
9. When the oil reaches 325°F/163°C, fry the falafel until golden brown, which is about 2-3 minutes on each side using the turner or chopsticks to flip them over. Note: Do not let the oil exceed 350°F/177°C or they will get too dark, and the centers will not be cooked.
10. Remove the falafel from the oil and drain on the paper toweling for a few minutes, then transfer to the holding tray/pan. If desired you can hold the cooked falafel in a 300°F/149°C oven to keep warm while you cook the remaining falafel.
11. Plate and serve with pita or grilled corn tortillas and the following garnishes:
 - a. Sunburst guacamole (pg), diced tomato, shaved cucumber, Street corn tomatito (pg), crema (pg), and additional finger lime pearls.
12. The cooked falafel can be stored in the refrigerator for about a week or can be frozen and used later. Simply warm through in a microwave or toaster oven.

STREET CORN TOMALITO

This is not just one great recipe, its two! To serve as tomalito the corn base is steamed, then garnished and served as a side dish with your favorite entrée. On the next page we simply added egg and flour to the corn base and pan-fried to make amazing crispy corn fritters. Either way you choose to make this recipe, it will be a real crowd pleaser!

YIELD: About 7-8 Ramekins or 1 Casserole dish

NOTE: The fruit & vegetable weights listed are their prepared amounts.

INGREDIENTS	Volume	mass
Street Corn Garnishes		
Mayo	1/4 cup	56g
Sour Cream or Yogurt	1/4 cup	60g
Cotija cheese, finely grated	1/4 - 1/2 cup	
Cilantro, cut below leaf line, remove thick stems *Can omitted if you do not like cilantro	1/4 cup	15-20g
Ancho or guajillo chili powder	To taste	
Finger lime pearls	2 limes	30-35g
Tomalito Ingredients		
Fresh Ears of corn (3-4) or frozen	2 1/4 cups	310-315g
Butter, margarine or shortening	5 tbsp	71g
Masa harina	1/3 cup	67g
Sugar	1/3 cup	67g
Water	1/2 cup	118mL
Corn meal	1/2 cup	70g
Baking powder	1 tsp	
Kosher sea salt	1/2 tsp	
Milk - dairy or plant based	2 tbsp	30mL
Finger lime pearls	2 limes	30-35g

EQUIPMENT:

For All the Recipes:

- Food Processor
- Stand mixer or electric hand mixer
- Kitchen scale with 1g increments
- Assorted mixing bowls
- Serrated knife
- Measuring spoons & cups
- Rubber/silicone spatulas
- Cooking spray
- Choose one of the following for steaming the tomalito:
 - 7-8 - 5 oz/148mL Ramekins
 - 1.5 qt/1.7L casserole with lid or foil.
- Select one of the following cooking setups:
 - Electric steamer
 - Stove top—Bamboo steamer set over pot of boiling water
 - Stove top—Tamale pot ready with boiling water
 - Oven—Temperature set to 350°F/177°C. Roasting pan with water about half way up the sides of the container. Cover with lid or foil.

COOKING INSTRUCTIONS:



Garnish & Corn Prep:

1. Make Mexican crema—combine the mayonnaise and sour cream, transfer to a squeeze bottler and refrigerate until ready to use.
2. Chop the cilantro and prepare finger lime pearls.
3. Cut the corn off the cob.



Tomalito Instructions:

1. Using a stand mixer with a paddle attachment or hand mixer: Combine masa harina, fat, and sugar, and beat until fluffy.
2. Using a food processor or blender: combine the corn and water, puree until smooth. Add the cornmeal and process until just blended, then transfer into a medium bowl
3. Using the spatula, combine the corn puree with the masa mixture.
4. Add the baking powder, salt, milk, and finger lime pearls, mix until well incorporated.



Cooking Instructions:

1. Grease the ramekins or casserole dish with cooking spray and fill with the corn mixture.
2. Ramekins: Spoon corn base into ramakins—cover individually with plastic wrap for steaming or foil for baking.
3. Steam the tomalito:
 - a. Ramekins—20 minutes
 - b. Casserole—50-60 minutes



For Service:

- **Ramekins:** You can leave them in the ramekins or turn them out as serve as a timbale (pictured).
- **For the casserole:** Fluff it with a fork and serve it like rice.
- **Garnishes:** Drizzle with the crema, then sprinkle finger lime, cilantro, cotija, and ancho powder. Alternately, the garnishes can be served on the side.
- Serve immediately.

STREET CORN FRITTERS

The addition of the fresh corn and finger lime pearls combined with the Latino inspired garnishes raises the modest corn fritter to a whole new level. Enjoy these crispy bites as an appetizer or a side dish. They will be a hit no matter how to serve them up.

YIELD: About 30-35 fritters

NOTE: The fruit & vegetable weights listed are their prepared amounts.

INGREDIENTS	Volume	mass
Street corn garnishes		
Mayo	1/4 cup	56g
Sour Cream or Yogurt	1/4 cup	60g
Cotija cheese, finely grated	1/4 - 1/2 cup	
Cilantro, cut below leaf line, remove thick stems *Can omitted if you do not like cilantro	1/4 cup	15-20g
Ancho or guajillo chili powder	To taste	
Finger lime pearls	2 limes	30-35g
Sunburst Guacamole, pg 8—optional	1 batch	
Fritter ingredients		
Fresh Ears of corn (3-4) or frozen	2 1/4 cups	310-315g
Butter, margarine or shortening	5 tbsp	71g
Masa harina	1/3 cup	67g
Sugar	1/3 cup	67g
Water	1/2 cup	118mL
Corn meal	1/2 cup	70g
Baking powder	1 tsp	
Kosher sea salt	1/2 tsp	
Milk - dairy or plant based	2 tbsp	30mL
Finger lime pearls	3 limes	45-50g
All-purpose flour	1 cup	125g
Egg, whole	1 each	
Neutral cooking oil for frying, e.g. soybean, grapeseed	As needed	

EQUIPMENT:

- Food Processor
- Stand mixer or electric hand mixer
- Kitchen scale with 1g increments
- Assorted mixing bowls
- Serrated knife
- Measuring spoons & cups
- Rubber/silicone spatulas
- Wire whisk
- 1 oz/30mL portion scoop
- 5 qt sautoir or stock pot
- Chopsticks & Metal Fish turner/slotted spoon
- Sheet Pan with paper toweling
- Serving tray or baking pan for fritters
- Optional: Candy thermometer for frying

COOKING INSTRUCTIONS:



Garnish & Corn Prep

1. Make Mexican crema—combine the mayonnaise and sour cream, transfer to a squeeze bottler and refrigerate until ready to use.
2. Chop the cilantro and prepare finger lime pearls.
3. Cut the corn off the cob.



Fritter instructions:

1. Using a stand mixer with a paddle attachment or hand mixer: Combine masa harina, fat, and sugar, and beat until fluffy.



2. Using a food processor or blender: combine the corn and water, puree until smooth. Add the cornmeal and process until just blended, then transfer into a medium bowl



3. With the whisk, combine the corn puree with the masa mixture.
4. Add the baking powder, salt, milk, and egg, then mix until egg is incorporated.
5. Add the flour and finger lime pearls, mix until incorporated.



1. In a 5 qt sautoir or stock pot; heat about 2 in/5cm of neutral oil (e.g. soybean, canola) to 325°F/163°C.
2. Using a 1 oz/30mL scoop, drop the fritter into the hot oil, cook on one side until golden brown, about 2-3 minutes.
3. Flip the fritter with a fish turner, or set of wooden chopsticks, and cook until this side is golden brown, about 2-3 minutes.



4. Remove the corn fritter from the oil and drain on paper toweling for a few minutes to absorb excess oil, then transfer to the tray/pan. If desired you can hold the cooked corn fritter in a 300°F/149°C oven to keep warm while you cook the remaining falafel..
5. Garnish: Drizzle with the crema, sprinkle the finger lime, cilantro, cotija, and dust with ancho powder. Have the guacamole ready for dipping. Alternately, all the garnishes can be served on the side.
6. Serve immediately.

ROAST SALMON ON FRUITED FENNEL WITH CHAMPAGNE-FINGER LIME BEURRE BLANC

This salmon entrée can be enjoyed in two ways. You can follow the recipe and serve the fruited fennel as a cool salad to accompany the warm salmon. Alternatively, you can roast all the fennel-apple mixture, then toss it with the grapefruit just before plating it with the salmon and sauce. Either way you choose, this salmon entrée is definitely a show stopper!

YIELD: 4 dinner portions, 8 appetizer portions

NOTE: The fruit & vegetable weights listed are their prepared amounts.

Ingredients	Volume	Mass
Kosher sea salt	1 tbsp	
Black pepper	1/2 tsp	
Thyme, whole, dried	1/4 tsp	
Fennel seed, crushed	1/2 tsp	
Avocado oil, divided—amounts listed	1 1/2 tbsp/22mL 1/2 tbsp/8mL 2 tbsp/30mL	
White or red grapefruit, supremed and juices retained You can substitute Oranges for the grapefruit 4-5 count same prep weight	2-3 count	356g with juice
Fennel bulb Cut off the tops and root. Very thinly sliced using a mandoline or a chef's knife about 1/16 in/1.5mm thick	2 count	470-500g
Fresh apples (Fiji, Honeycrisp, Braeburn) Cut in quarters, core removed Then julienne cut using a mandoline or chef's knife	1 count	150-160g
Sweet onion, large, radial sliced	1/2 onion	150-160g
Salmon steaks fresh or frozen (thaw prior to use) - Skin removed and cut into 8 oz/227g steaks For appetizer portion cut the salmon steaks in half	4 count	907g/2 lb
Champagne-Finger lime Beurre Balance Recipe, pg	1 recipe	

EQUIPMENT:

- Kitchen scale with 1g increments
- Assorted mixing bowls for prep
- Mandoline (optional but highly recommended)
- Chef knife, fruit knife or similar serrated knife and cutting board
- Liquid measuring cup
- Mortar & Pestle or coffee grinder for fennel seed.
- 2 - 4 oz/59mL custard cups/ or small bowls for seasoning mix
- 2 - Metal tongs for service (salad, fish)
- Rubber/silicone spatula
- 1-2 oz/30-60mL ladle for service.
- 1 qt/946mL container to hold the sauce. A canning jar works well for this.

COOKING TIPS:

- ❖ If needed, see fruit preparation instruction pages 3-5.
- ❖ If needed the fennel can be crushed using the knifeless nut meat chopping instructions on page 46.
- ❖ Purchase at least 1 lb/470g of grapefruit.

COOKING INSTRUCTIONS:



SALMON INSTRUCTIONS

1. Prepare the grapefruit, set aside.
2. Prepare and combine in the same bowl the fennel, apple and onion
3. Make the seasoning mix—have two custard cups or small bowls ready.
 - a. Into one custard cup combine the salt, black pepper, thyme, and fennel seed, mix well.
 - b. Transfer 2 tsp of the seasoning mix into the second cup, then add 1.5 tbsp of oil and mix well.
 - c. Add the remaining seasoning mix to the fennel mixture, toss to incorporate, cover and place in the refrigerator.
4. Rub the salmon pieces with the seasoned oil. Place in a bowl or container and place in the refrigerator to marinate for at least 15 minutes.
5. Pre-heat oven to 325°F/163°C
6. When the oven is ready. Brush the remaining 1/2 tbsp/7mL of oil on the bottom and sides of a sautoir. Place half of the fennel mixture on the pan, then lay the seasoned salmon pieces on top.
7. Roast uncovered at 325°F/163°C oven, or until just cooked through. This should be about 15-20 minutes for thicker cuts, about 10 minutes for thinner or smaller pieces.
8. **While the salmon is roasting:**
 - a. Make the recipe the Finger lime Beurre Blanc (recipe follows).
 - b. Add the grapefruit sections and juice to the remaining fennel apple salad. Add 2 tbsp/30mL avocado oil, toss and chill in the freezer while salmon finishes roasting.

PLATING INSTRUCTIONS

1. Remove the salmon from the oven.
2. On the plate, make a bed of the fruit fennel about the size of the fish portion.
3. Plate the salmon on a bed.
4. Then ladle the champagne-finger lime beurre Blanc over both.

CHAMPAGNE-FINGER LIME BEURRE BLANC

This rich flavorful sauce, studded with finger lime pearls pairs with any seafood. While I originally created the sauce for the Roast Salmon on Fruited Fennel recipe (pg. 15), I think this would be decadent on calamari steaks or served with lobster as a dipping sauce.

YIELD: about 16 fl oz/473mL

Ingredients	Volume	Mass
Butter, divided, softened	1 tbsp	14g
	1 tbsp	14g
	1 1/2 cups	340g
All-purpose flour	1 tbsp	8g
Shallot, peeled, minced	1 large	13-15g
Champagne—semi-dry (not brut)-1/2 bottle	13 fl oz/384mL	
Heavy Cream	1.5 fl oz/45mL	
Kosher sea salt	To taste	
Black pepper, ground	To taste	
Finger lime pearls	3 limes	45-50g

EQUIPMENT:

- Kitchen scale with 1g increments
- Assorted mixing bowls
- Chef knife, fruit knife or similar serrated knife and cutting board
- Liquid measuring cup
- Rubber/silicone spatula
- 1.5 qt sauce pan
- Metal mesh strainer

COOKING INSTRUCTIONS:



Wine mixture at the beginning



Wine mixture reduced

1. Make the Beurre Manié by mixing together the flour and 1 tbsp butter, set aside.
2. Warm a 1.5 qt sauce pan over medium-high heat for just a few minutes. Add and melt 1 tbsp butter, add the shallot and sweat for about a few minutes.
3. Add the champagne and white wine vinegar. Bring to a boil, then reduce the heat to medium low and allow the wine to reduce to sec. There should be no more than 1/2 cup/118mL of the wine reduction in the pan.



4. Add the heavy cream, and the beurre Manié to the wine reduction, mix to incorporate and let simmer for 2-3 minutes.
5. Remove the sauce from heat, and using a wire whisk, gradually add the 1 1/2 cup/340g of butter, whisking smooth after each addition.



6. Taste and adjust seasoning with salt and pepper. Then strain the sauce through a fine wire mesh strainer, tapping the side of the strainer with a wooden spoon or spatula to help move the sauce through.



7. Add the finger lime pearls to the sauce, mix well then transfer into a heat resistant container.
8. If not using the sauce immediately, set the container in container with hot tap water to keep warm. **Do not** apply direct heat or sauce will break.

CHILLIN' CHERRY-LIME SLIDERS

Sliders is a term in Ireland and Scotland for an ice cream sandwich, and there isn't a better name for these frozen little gems. For a cookie base, you are spoiled for choice between the Finger Lime Pinwheel cookie or the Italian Macaron. Fill with the Cherry-Lime Slider Filling, freeze, and you have a dessert that is hard to beat.

YIELD: about 20 pinwheel cookies OR about 60 macarons

NOTE:

INGREDIENTS	BATCH
Cookie bases paired up Finger Lime Pinwheel Cookie (pg. 21) or Italian Meringue Macaron (pg. 23)	1
Cherry-Lime Slider Filling, chilled (pg. 25)	1

EQUIPMENT:

- Pastry bag fitted with #1A plain tip
- Rubber/silicone spatula
- 4-6 sheet trays depending on size
- For the macaron: Place bath towels folded in half on the sheet trays. This keeps the macarons from tipping during the fill and assembly process.
- Storage containers for the freezer

ASSEMBLY INSTRUCTIONS:



1. While the slider filling chills in the refrigerator, pair off the cookies/macaron by size and place them next to each other, one bottom up one bottom down, generating the slider top and bottom.



2. Fill the pastry bag with the filling (pastry bag instructions pg.). Then pipe short cylinders:
 - a. Filling **only the center area** of the slider bottoms.
 - b. Making the filling height **slightly higher than you want** the final slider filling thickness to be.
 - c. This will be about 2-3 tbsp/30-45mL for the pinwheel and 1-2 tbsp/15-30mL for the macarons.



3. Place the slider top on the filling and gently press down, so the filling expands just to the cookie edge.
4. Place the sheet pans in the freezer and let freeze overnight. Transfer to storage contains and keep frozen. Both sliders keep in the freezer very well.



FINGER LIME PINWHEEL COOKIES

The citrus pop of the finger limes rolled into this buttery cookie dough, makes a great base for the Cherry-Lime Sliders or simply enjoy them with your favorite beverage. And the cookie doesn't crumble there, you can adapt these to make a jam pinwheel as well! Simply spread with 1/2 cup of your favorite jam flavor dough, then proceed with step 7 of the recipe instructions.

NOTE: The dough can be made by hand with a mixing bowl and wooden spoon. If needed instructions on how to roll out dough is on pg. 45.

YIELD: about 40 cookies

INGREDIENTS	Volume	Weight
All-purpose flour	2 cup	250g
Baking powder	1/2 tsp	
Butter, unsalted	3/4 cup	170g
Sugar, granulated	3/4 cup	150g
Kosher sea salt, coarse	1/2 tsp	
Vanilla extract	1 tsp	
Almond extract	1/4 tsp	
Egg, whole, large	1 each	
Finger lime pearls	4 limes	60-75g
Colored decorating sugar—1 bottle is plenty	As needed	

EQUIPMENT:

- Kitchen scale with 1g increments
- Assorted mixing bowls
- Stand Mixer, electric mixer
- Measuring spoons & cups
- Rubber/silicone spatulas
- Cutting Board & Chef's knife
- Plastic food wrap
- Painters tape or masking tape
- Rolling Pin or round bottle
- Flexible cutting board and clothes pins
- 4-5 sheet pans
- Parchment paper

COOKING INSTRUCTIONS:



1. Combine flour and baking powder, mix together and set aside.
2. In the stand mixer, cream butter, sugar, extracts, and salt until light and fluffy.
3. Add the egg and blend well.
4. Mix in the dry ingredients and blend until well incorporated.
5. Transfer the dough to plastic wrap, fold top, bottom and sides, then flatten slightly to make a square. Place in the refrigerator and chill for at least 1 hour.



6. Roll out the dough:
 - a. Lay down a sheet of plastic wrap, about 30 in/76cm long and anchor with painters tape.
 - b. Cut crosswise to generate four slices. Then lay the slices end to end, then with the heel of your palm, flatten and press together to form a rectangle about 10 in/25.4cm x 7 in/17.8cm.
 - c. Lay another sheet of plastic wrap on top of the dough.
 - d. Roll into a rectangle about 20" L x 10" W in size. Remove the tape anchors.
7. Distributing the finger lime pearls by sprinkling/flicking the pearls in sections across the dough. Then gently brush with your fingertips to distribute them evenly. **Do not fill about 1 in/2.5cm along the dough length furthest from you.**



To generate the pinwheel:

- a. Starting at either end of the length closest to you: With both hands next to each other, lift the plastic wrap up and away from you over the dough. This will start the pinwheel formation with about 1 in/2.5cm of the dough. Bring the plastic wrap back to starting position, pick up the next section and repeat, working your way across the length.



- b. Repeat this again, and you should have the start of the pinwheel established.



- c. Now using both hands about 7 in/17.8cm apart, grip and lift the plastic wrap up and away from you, letting the weight of the dough roll itself. Place it down and pick up the plastic wrap closer to the cookie roll and repeat.



- d. Once the roll is done. Then take the plastic wrap furthest away and bring it towards you, gently rolling the log back to the middle of the plastic. Fold it over and roll to wrap the log, then pick up the ends and spin the roll to seal the ends.
- e. Place the roll in the refrigerator and chill for 6 hours or overnight. NOTE: you can keep the dough round by placing it on a flexible cutting board pinned in half with bull clips or clothes pins.



8. Preheat the oven to 350°F/176°C. Line 3-4 sheet trays with parchment paper.
9. Unwrap the log, then with colored sugar in a shaker, sprinkle, spread and tap into place. Rotate the log and repeat until the log is well covered with colored sugar.
10. Slice 1/4 in/6mm thick and place on the lined trays about 1 – 1.25 in/2.5-3cm apart. NOTE: Rotating the log a quarter turn after each slice will help keep the cookie shape round.
11. Bake 12-13 minutes until the bottoms are light gold.
12. Remove from oven, let cool on sheet pan for about 1 minute, then transfer to a cooling rack.



ITALIAN MACARONS

These decadent macarons with their crispy exterior and chewy center are the base to so many elegant desserts. Use them as a cookie base for the cherry-lime slider (pg), or fill with Italian meringue buttercream, some chocolate-hazelnut spread, even a little of your favorite jam. Unfilled they can be served with ice cream, chocolate fondue, caramel sauce or simply enjoyed on their own with your favorite beverage. Godere!

YIELD: about 120 macarons

INGREDIENTS	Volume	Weight
Eggs, whole, large—separated and divided in two Half for the almond mixture, half for the meringue	7 each	220g
Sugar, granulated	1 1/4 cup + 2 1/2 tbsp	280g
Water	1/4 cup/60mL	
Almond flour, superfine	2 2/3 cups	300g
Sugar, powdered, unsifted	2 1/2 cups	300g
Optional: Gel or paste food coloring	As needed	

EQUIPMENT:

- Kitchen scale with 1g increments
- Assorted mixing bowls
- Measuring spoons & cups
- Rubber/silicone spatulas
- Stand mixer with bowl, paddle, and whip attachments. OR Hand Mixer with beaters, and whip (if available).
- Sauce pan—1qt/946mL
- Candy thermometer
- Pastry Bag
- #1A plain piping tip
- 4-6 sheet trays
- Parchment paper
- Air tight storage container

PREPARATION TIPS:

- ❖ For the meringue to work there can be no yolk in the whites and the bowl must be very clean and dry.
- ❖ If needed see the Chef's tips on separating eggs (pg 47) and how to use a pastry bag (pg. 44)

COOKING INSTRUCTIONS:



EGG PREP INSTRUCTIONS:

1. Separate the white from the yolks
2. Divide the whites in two using one of the following methods:

By weight:

 - a. Place a small bowl on the scale and tare. Pour the egg whites into the bowl and record the weight (it will be about 220g-230g). Then divide by two. This will be the amount you weigh for both the almond mixture and for the meringue. E.g. $220 \div 2 = 110g$.
 - b. Place the mixing bowl for the almond mixture on the scale and tare. Weigh the amount for the almond mixture. The remaining is for the meringue.

By volume:

 - c. Use a liquid measuring glass or cup.
 - d. Pour the egg whites into the measuring glass/cup and the egg yolks in a container to use for another recipe.
 - e. Measure the total whites volume, then divide the volume in two. E.g. $236mL/2 = 118mL$. Pour half of the whites into the mixing bowl for the almond mixture. The remaining is for the meringue.



MACARON INSTRUCTIONS:

For the almond mixture: Stand mixer use the paddle, hand mixer use the beaters

1. In the mixing bowl with the egg whites add the ground almonds and powdered sugar. Mix on medium speed to form a smooth paste. Transfer to a mixing bowl and set aside.

To make the meringue: Stand mixer use the whip, hand mixer use beaters or whip.

2. Place the egg whites into the mixing bowl. **Do not turn it on.**
3. In the sauce pan over medium high heat: Combine the granulated sugar and the water, stir until sugar is incorporated, and attach the candy thermometer.
4. Bring the sugar solution to a boil, reduce the stove temperature to medium, then **immediately start whipping the egg whites** on high speed until a stiff meringue has formed. Then lower it to medium speed and keep it running.
5. When the sugar solution reaches 245°F/118°C (approx. 4-5 minutes), remove from heat and increase mixer speed medium high **and add the sugar solution in a slow and steady stream.**
6. Continue to whip for about 3-4 more minutes, then drop the speed to 2-3 and continue mixing until the meringue has cooled to room temperature. **Add optional color at the point** by stopping the mixer, add the gel color using a wooden skewer/toothpick and drag through. Bring mixer back to speed 2-3, let it incorporate, check the color and repeat if necessary until desired color is reached.
7. Using a rubber/silicone spatula, add the meringue to the almond mixture in three parts. The first addition will require tapping the meringue into almond mixture to break up its density. Once broken up begin folding the meringue into the almond mixture by circling down the bowl then up through the center, turn the bowl a quarter and repeat until **almost blended.**
8. Add the second portion and fold in until **almost blended**, the add the last portion, and fold in until just blended.
9. Transfer the mixture into a piping bag fitted with a plain #1A piping tip.
10. Pipe 1.75in/44mm rounds. 4-5 across and 6-7 down depending on the size of sheet tray. They can be fairly close as macarons do not spread while baking.
11. Give the tray a few firm taps on the counter to reduce air bubbles. If there are any peaks, slightly moisten your middle finger with a damp wash cloth and gently pat the peak top down.
12. Let set room temperature for 30 minutes for the macaron to develop a skin on its surface.
13. While they rest, pre-heat the oven to 275°F/135°C.
14. Bake the macarons for 17-18 minutes, or until they easily peel off the parchment.
15. Allow them to cool completely. Place in the storage container and allow to cure overnight. Pair them together by size for filling.

CHERRY-LIME SLIDER FILLING

When paired with either cookie base, this creamy frozen yogurt filling studded with finger lime pearls takes an ice cream sandwich to a whole new level. The recipe is a snap to make, and even better, it does not require an ice cream maker! Just, chill, fill and freeze for a decadent treat.

YIELD: about 4 cups/495mL—will fill one batch of pinwheel or Macaron cookies

NOTE: Have all the ingredients ready as it assembles very quickly.

INGREDIENTS	Volume	Weight
Heavy whipping cream	1 cup/236mL	
Sugar, powdered	1/2 cup + 2 tbsp	75g
Maraschino cherries, drained, destemmed, and dried well with paper toweling	28-30 each	110-115g
Plain Greek yogurt, drained—the weight listed is the pre-drained amount	2 3/4 cups	470g
Juice of 1 lime	2 tbsp/30mL	
Water	1/2 cup/150mL	
Sugar, granulated	3/4 cup	150g
Agar powder (not flakes)	2 tsp	6g
Almond extract	1/2 tsp	
Finger lime pearls	3 limes	45-50g

EQUIPMENT:

- Combed fine cheesecloth (grade 90-100), or a thin linen dish towel
- Metal mesh strainer with handles
- Food Processor
- Kitchen scale with 1g increments
- Assorted mixing bowls
- Chef knife and cutting board
- 1-1.5 qt/946-1420mL sauce pan
- Measuring spoons & cups
- Rubber/silicone spatulas
- Citrus juicer is using fresh lime
- Stand mixer or electric mixer

COOKING INSTRUCTIONS:

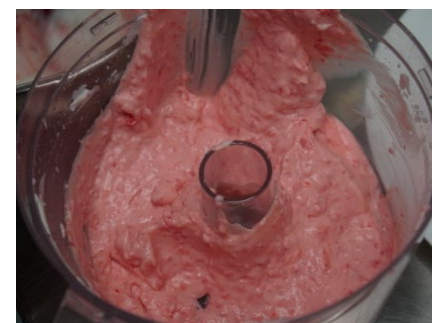


THE DAY BEFORE—YOGURT STRAINING STEP:

1. Line the metal strainer with a piece of cheesecloth large enough to drape about 3 in/7.6cm down the sides. Set it into a bowl/container that will suspend the strainer at least 2 in/5cm. Place the whole set up on the scale and tare, then weigh the yogurt directly into the lined bowl.
2. Lay a piece of plastic wrap on top of the yogurt, fold the draped cheesecloth on top. Set a plate that will fit inside the strainer on top, set a 1 lb weight) in the refrigerator overnight.

FILLING PREPARATION INSTRUCTIONS:

1. Combine the heavy cream and powdered sugar, whip until stiff peaks form, set aside. This can be done with an electric mixer or by hand with a bowl and wire whisk.
2. In a blender or food processor: Combine the strained yogurt, lime juice, and almond extract. Puree on low setting, stopping to scrape down the sides a few times. Turn it off.
3. Remove the feeding tube plunger. If your using a blender, remove the center cap. This is where you will add the hot agar solution.



4. In the saucepan: Combine the sugar, water, agar, and finger lime pearls. Over high heat, bring to a boil, then lower to medium-low heat and simmer for about 2 minutes. Remove from heat and take over to the food processor/blender.

5. Turn the processor/blender on low setting. **While it is running**—Slowly pour the hot agar solution through the feed tube into the yogurt mixture. Let run for about 5-10 seconds, stop to scrape down the sides, then pulse it a few more times to make sure it's well incorporated.

6. Add the cherries, and pulse it about 4-5 times to roughly chop and mix them in. Take the yogurt mixture over to the bowl of whipped cream

7. Fold about half of the yogurt mixture into the whipped cream, by circling down the side of the bowl then up through the center, turn the bowl a quarter and repeat. When just about mixed, add the remaining yogurt mixture.
8. Cover with plastic wrap and refrigerate for at least four hours, then proceed with Chillin' Cherry-Lime Sliders assembly recipe, page 18, step #3.

MEASUREMENTS & CONVERSIONS

How to use a scale for measuring ingredients:

1. Turn on the scale, and select the desired unit of measurement (grams, ounces, pounds).
2. Tare the container you are going to measure in using the following steps:
 - a. Place the container on the balance
 - b. Press the tare button and wait for the balance to read -0- (zero).
3. Add the ingredient until it weights the desired amount.

Good measurement practices:

1. Select a measuring container that is large and wide enough to easily measure your ingredients into. E.g. Mixing bowls, plastic storage containers, the bowl for your stand mixer.
2. For weighing liquids like honey or molasses, pour in a **slow** steady stream while watching the scale values. When the weight gets within 3-5g of the target weight, twist your wrist in while lifting to stop the pouring. The last few grams are in mid-stream, and the cut off method prevents dripping.
3. You can measure sections of your recipe into one container.
 - a. E.g. You're going to cream butter, sugar, and brown sugar until light and fluffy. Place the mixing bowl on the scale→tare the mixing bowl→add the butter→tare again→add the sugar→tare again→add the brown sugar. Everything you are mixing is in one bowl, and there are less dishes to clean.

Fractions - Decimal Conversion Table:

Fraction	1/16	1/8	1/4	1/3	1/2	2/3	3/4	7/8
Decimal	0.0625	0.125	0.25	0.3333	0.5	0.6667	0.75	0.875

Metric - Imperial measurement conversion table:

Unit	Abbreviation	1 Gram	1 Ounce	1 Pounds
Grams	g	1	28.349	453.584
Ounces	oz	28.349	1	16
Pounds	lb	453.584	16	1

Volume Table

The liquid volume in this table is based on the American pint which is 16 fl oz = 473.176mL equal to 29.574mL each. The British pint is 20 fl oz = 268.26mL, equal to 28.413mL each.

	Abbreviation	1 Teaspoon	1 Tablespoon	1 Cup	1 Pint	1 Quart	1 Gallon
Milliliters	mL	4.9	14.8	236.6	473.176	946.3	3785.4
Fluid Ounce	FO or fl oz	0.167	0.5	8	16	32	128
Teaspoons	tsp	1	3	48	96	192	768
Tablespoons	tbsp	3	1	16	32	48	256
Cups	Cup or C	48	16	1	2	4	16
Pints	pt	96	32	2	1	2	8
Quarts	qt	192	48	4	2	1	4
Gallon	Gal or G	768	256	16	8	4	1

Converting Volume to Weight

When converting volume to weight (also called mass) many people think that volume measure will convert equivocally to weight. This is due to an assumption that all ingredients have the same density. While the density of water is 1g/1mL, that is not the density of flour, sugar, or honey. The only way to convert a volume measure to weight is if you know the density of the specific ingredient. Since this information is not commonly available to the public, it is easier to find the actual weight for a volume amount using the government databases. For your reference, I have generated tables of commonly used ingredients listed in their nutrient databases.

Volume to mass conversion table of commonly used ingredients. *Weights, measures and density calculated using USDA database values.

VOLUME	Density	1 tbsp	1 Cup	2 Cup	3 Cup	4 Cup	5 Cup	6 Cup	7 Cup	8 Cup
WEIGHT/MASS	*g/mL	g	g	g	g	g	g	g	g	g
FATS										
Butter	0.9595	14.2	227	454	681	908	1135	1362	1589	1816
Lard	0.8665	12.8	205	410	615	820	1025	1230	1435	1640
Oil, Avocado	0.9214	13.6	218	436	654	872	1090	1308	1526	1744
Oil, Olive, peanut, corn	0.9214	13.6	218	436	654	872	1090	1308	1526	1744
Oil, Vegetable	0.9214	13.6	218	436	654	872	1090	1308	1526	1744
Shortening, household	0.8665	12.8	205	410	615	820	1025	1230	1435	1640
FLOURS										
All-Purpose, unsifted	0.5283	7.8	125	250	375	500	625	750	875	1000
Bread Flour	0.5791	8.6	137	274	411	548	685	822	959	1096
Cake, unsifted	0.5791	8.6	137	274	411	548	685	822	959	1096
Rye dark	0.5410	8.0	128	256	384	512	640	768	896	1024
Rye light, medium	0.4311	6.4	102	204	306	408	510	612	714	816
Whole Wheat	0.5072	7.5	120	240	360	480	600	720	840	960
SWEETENERS										
Brown, packed	0.9299	13.8	220	440	660	880	1100	1320	1540	1760
Brown, unpacked	0.6129	9.1	145	290	435	580	725	870	1015	1160
Powdered sugar, sifted	0.4227	6.3	100	200	300	400	500	600	700	800
Powdered sugar, unsifted	0.5072	7.5	120	240	360	480	600	720	840	960
Granulated	0.8454	12.5	200	400	600	800	1000	1200	1400	1600
Cane syrup	1.4202	21.0	336	672	1008	1344	1680	2016	2352	2688
Corn syrup, dark	1.3864	20.5	328	656	984	1312	1640	1968	2296	2624
Corn syrup, light	1.4413	21.3	341	682	1023	1364	1705	2046	2387	2728
Honey	1.4329	21.2	339	678	1017	1356	1695	2034	2373	2712
Maple Syrup (real)	1.3314	19.7	315	630	945	1260	1575	1890	2205	2520
Molasses	1.4244	21.1	337	674	1011	1348	1685	2022	2359	2696
Pancake syrup	1.3272	19.6	314	628	942	1256	1570	1884	2198	2512

VOLUME	Density	1 tbsp	1 Cup	2 Cup	3 Cup	4 Cup	5 Cup	6 Cup	7 Cup	8 Cup
WEIGHT/MASS	g/mL	g	g	g	g	g	g	g	g	g
NUTS										
Almonds, whole	0.6044	8.9	143	286	429	572	715	858	1001	1144
Almonds, sliced	0.3889	5.8	92	184	276	368	460	552	644	736
Almonds, slivered	0.4565	6.8	108	216	324	432	540	648	756	864
Almonds, ground	0.4015	5.9	95	190	285	380	475	570	665	760
Brazil nuts, whole	0.5622	8.3	133	266	399	532	665	798	931	1064
Cashews, whole/pieces, roasted	0.5453	8.1	129	258	387	516	645	774	903	1032
Hazelnuts, whole	0.5706	8.4	135	270	405	540	675	810	945	1080
Hazelnuts, chopped	0.4861	7.2	115	230	345	460	575	690	805	920
Hazelnuts, ground	0.3170	4.7	75	150	225	300	375	450	525	600
Macadamia nuts, whole, raw	0.5664	8.4	134	268	402	536	670	804	938	1072
Pine nuts, whole	0.5706	8.4	135	270	405	540	675	810	945	1080
Peanuts, all types, raw	0.6171	9.1	146	292	438	584	730	876	1022	1168
Peanuts, all types, roasted	0.6087	9.0	144	288	432	576	720	864	1008	1152
Peanut butter, real, chunky	1.0905	16.1	258	516	774	1032	1290	1548	1806	2064
Peanut butter, real, smooth	1.0905	16.1	258	516	774	1032	1290	1548	1806	2064
Walnuts, halves	0.4227	6.3	100	200	300	400	500	600	700	800
Walnuts, pieces	0.5072	7.5	120	240	360	480	600	720	840	960
Walnuts, chopped	0.4945	7.3	117	234	351	468	585	702	819	936
Walnuts, ground	0.3381	5.0	80	160	240	320	400	480	560	640
MISCELLANEOUS										
Cocoa, Dutch processed	0.3635	5.4	86	172	258	344	430	516	602	688
Cranberries, dried, sweetened	0.6763	10.0	160	320	480	640	800	960	1120	1280
Figs, dried	0.6298	9.3	149	298	447	596	745	894	1043	1192
Plums, dried (prunes), pitted	0.7355	10.9	174	348	522	696	870	1044	1218	1392
Raisins, packed	0.6974	10.3	165	330	495	660	825	990	1155	1320
Raisins, unpacked	0.6129	9.1	145	290	435	580	725	870	1015	1160
Yeast, dried	0.6087	9.0	144	288	432	576	720	864	1008	1152

Here are links to a few government nutrient databases.

- USDA Nutrient database [USDA FoodData Central \(https://fdc.nal.usda.gov/\)](https://fdc.nal.usda.gov/) After entering the ingredient you're looking for, I recommend clicking on the SR Legacy Tab → select the ingredient → click the drop down box to view the volume with their weights.
- Heath Canada Nutrient database [Canadian Nutrient File \(https://food-nutrition.canada.ca/cnf-fce/?lang=eng\)](https://food-nutrition.canada.ca/cnf-fce/?lang=eng)
- Finland Nutrient database [Fineli \(https://fineli.fi/fineli/en/index\)](https://fineli.fi/fineli/en/index)

How to Adjust Recipe Sizes:

How many times have you wanted to increase or decrease the size of a recipe and weren't quite sure how to adjust the ingredient amounts? Here are two formulas that will make recipe adjustment a snap.

FORMULA #1: Is used to adjust a recipe to make a larger or smaller amount. The formula is **W ÷ G = IM**, where:

- **W** = What you **Want** to make
- **G** = What the recipe **Generates**
- **IM** = Ingredient Multiplier

FORMULA #2: Is used to adjust the recipe based on an ingredient limitation. The formula is **H ÷ G = IM**, where:

- **H** = *How much* of the limited ingredient do you **Have**
- **G** = The **Given** amount listed in the recipe
- **IM** = Ingredient multiplier

!An important note when you're doing math. Do **not** round your calculations until the **very end** or you will get a different number. E.g. Not rounding the IM 48 oz x 0.1667 = 8 oz vs. rounding the IM 48 oz x 0.2 = 9.6 oz

The following are calculation examples using the following pie crust recipe:

3-2-1 Pie Crust

Recipe weight: 6 lbs/96 oz

Yields: 12 – 8 oz crusts

The ingredients are:

- 3 lb/48 oz of flour
- 2 lb/32 oz of shortening
- 1 lb/16 oz of water
- 2.4g/0.5 tsp kosher sea salt (coarse)

Combine the salt and water, set aside. Measure the flour into the bowl. Add the shortening and cut into the flour—do not over cut, you want some pea sized pieces of fat visible. Add the salt water and mix until the dough just pulls together into a shaggy ball. Roll between plastic two sheets of plastic wrap (see rolling notes pg) to 1/8 inch/3mm thick. Trim to fit the desired pan or cut into desired shapes. Blind bake crust or cut shapes Bake at 425°F/218°C until golden 12-20 minutes depending on size. Note: shapes can be dusted with sugar/cinnamon sugar or sprinkled with salt prior to baking.

1. Formula #1 **W ÷ G = IM**: Example of adjusting the recipe to make a **smaller** amount:

I **Want** to make 2 pie crusts. The recipe **Generates** 12 pie crusts. Therefore 2/12 = 0.1667

Now multiply each ingredient by the IM = 0.1667

- Flour—0.1667 x 48 oz = 8 oz
- Shortening—0.1667 x 32 oz = 5.33 oz
- Water—0.1667 x 16 oz = 2.66 oz
- Kosher sea salt—0.1667 x 2.4g = 0.4g or 0.1667 x 0.5 tsp = 0.08 or 1/12 tsp → essentially a pinch

Formula #1 **W ÷ G = IM**: Example of adjusting the recipe to make a **larger** amount:

I **Want** to make 28 pie crusts. The recipe **Generates** 12 pie crusts. Therefore 28/12 = 2.3333

Now multiply each ingredient by the IM = 2.3333 to adjust the ingredient amounts.

- Flour—2.3333 x 48 oz = 112 oz
- Shortening—2.3333 x 32 oz = 74.56 oz
- Water—2.3333 x 16 oz = 37.28 oz
- Kosher sea salt—2.3333 x 2.4g = 5.6g or 2.3333 x 0.5 tsp = 1.16 tsp

2. Formula #2 $H \div G = IM$: Example of a limited ingredient recipe adjustment:

I need to make pie crust, but I only have 12 oz of shortening in the house.

So, I **Have** 12 oz of shortening; the **Given** amount listed in the recipe is 32 oz of shortening. Therefore, $12/32 = 0.375$

Now multiply each ingredient by the IM = 0.375

- Flour— $0.375 \times 48 = 18$ oz
- Shortening— 0.375×32 oz = 12 oz
- Water— 0.375×16 oz = 6 oz
- Kosher sea salt— $0.375 \times 2.4\text{g} = 0.9\text{g}$ or 0.375×0.5 tsp = 0.2 tsp

The IM can be applied to calculate the adjusted yield as well.

To calculate how many 8 oz crusts it will make. The recipe's **Given yield** is 12 - 8 oz pie crusts yield

- Crust yield— $0.375 \times 12 = 4.5$ → the adjusted recipe will yield 4.5 - 8 oz crusts

CUTTING DEFINITIONS & INSTRUCTIONS



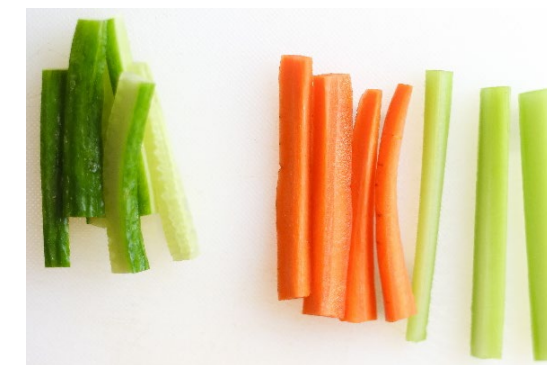
Radial slice for onions:

1. Cut off the top and root tip of the onion, cut in half and peel.
2. Set the onion cut side down. Make vertical slices from top to bottom.
3. When about 1/3 of the onion half is left, flip it down and finish slicing.



Dice for onion:

1. Cut off the top, leave the root tip intact, cut in half, and peel.
2. Set the onion cut side down.
3. Make 1-2 horizontal slices keeping root tip intact.
4. Keeping the root tip intact, make vertical slices the width of dice size desired.
5. Using the same width, cut across the slices, generating the dice.



Strip Cuts:

1. For long vegetables (e.g. carrots, celery) cut to specific length. For smaller vegetables (baby zucchini, small root vegetables) cutting the length may not apply.
2. Slice to the specified width, stack and slice the same width.
3. Strip cut names with length and diameters:
 - Pont-Neuf—a cut for potatoes $1/3 \times 1/3 \times 2.5$ -3 in / 8.5mm x 8.5mm x 63 - 76mm
 - Batonnet $1/4 \times 1/4$ 2-2.5 in / 6.3mm x 6.3 mm x 50-63.5mm
 - Julienne (called allumette for potato) $1/8 \times 1/8 \times 1$ -2 in / 3mm x 3mm x 25-50mm
 - Fine Julienne $1/16 \times 1/16 \times 1$ -2 in/ 1.5mm x 1.5mm x 25 - 50mm



Chiffonade:

This cut is used for flat leafy greens. E.g. basil leaves, lettuce, collards.

1. On a cutting board, neatly assemble a stack of leaves. They need to be in the same direction.
2. Roll the leaf stack across the width. Then while holding the roll in place.
3. Using a chef's knife, make crosswise cuts about 1/16 - 1/8 in / 1.5 - 3 mm width until all of the roll is cut.



Cube Cuts:

1. Make slices equivalent to the desired width, then stack and slice the same width. Assemble in stack/pile, hold together with thumb and fingers, then make cuts across in the same size, generating the cube/dice.
2. Dice cut names and sizes
 - Carrè/Large dice—3/4 in / 19 mm
 - Parmentier/Medium dice—1/2 in / 13 mm
 - Macédoine/Small dice—1/4 in / 6 mm
 - Brunoise—1/8 in / 3 mm
 - Fine Brunoise—1/16 in / 1.5 mm



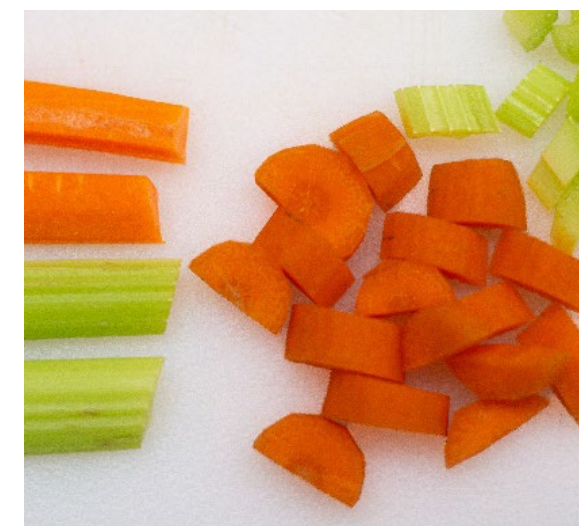
Paysanne:

1. Cut the long vegetable into manageable lengths if needed.
2. Trim the size into a log measuring 1/2 in x 1/2 in / 13mm x 13mm
3. Then slice the log crosswise about 1/8 in / 3mm thick.



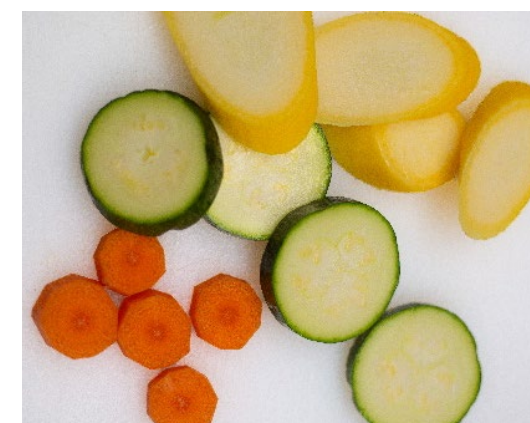
Lozange:

1. Cut the long vegetable into manageable lengths if needed.
2. Trim the length into a diamond shaped log
1/2 in x 1/2 in / 13mm x 13mm
3. Then slice the log crosswise about 1/8 in / 3mm thick



Ferrière:

1. Cut the vegetable in half lengthwise.
2. Then slice across the lengths to desired thickness. Usually 1/8 -1/2 in / 3-13mm.



Rondelle/coins:

Used for cylindrical vegetables

1. Cut across the vegetable into discs of the desired thickness between 1/8 -1/2 in / 3-13mm.
2. The cut can be done on the bias if desired.



Oblique:

A cut for cylindrical vegetables

- a. Make a cut on the diagonal about 45°
- b. Roll the vegetable 90° quarter turn, cut another 45° diagonal cut
- c. Repeat the roll cut process.



Tourné—Oblong with seven sides and tapered ends.

1. Cut the vegetable into blocks about the size selected. Hold the length between your thumb and finger.
2. With the cutting hand, grip the knife in your fingers and place the thumb at the bottom, next to the other thumb. Carefully cut toward you, tapering the ends.
3. Rotate the vegetable and repeat six more times. Tourné names sizes:
 - Château 2.5 in x 1.5 in / 6.3cm x 3.8cm
 - Anglaise—2 in x 1 in / 5cm x 2.5cm
 - Cocotte—1 in x 0.5 in / 25mm x 13mm
 - Olivette—1/2 in x 1/4 in / 13mm x 6mm



Minced—very finely chopped—Can be done by hand in or a food processor.

By Hand Instructions:

1. Using a chef's knife and cutting board. Assemble the roughly chopped ingredient into a pile in the middle of the cutting board.
2. Create a rocking cutting motion by laying a flatted hand on the spine of the knife around the tip area.
3. Hold this section in place on the cutting board while simultaneously making controlled rocking cuts with the edge of the blade. Occasionally use the heel of the knife to scrape the ingredient back into a pile.

KITCHEN EQUIPMENT IDENTIFICATION TABLE

Sauteuse/sauté pan

Slightly deeper than a fry pan with curved sides and long handle



Fry Pan

Curved sides, long handle



Sautoir

Straight sides, long handle, usually with lid



Rondeau

Straight sides, short handle, with a lid



Sauce Pan

Straight sides, long or short handle, usually with a lid.



Stock Pot

Straight high sides, short handles, usually with a lid.



Dry Measuring Cups



Liquid measuring cup
Multiple styles and sizes available



Fish Turner
Metal



Metal Tongs



Offset Turner/Spatula



Silicone



Kitchen Shears



Rubber/Silicone Spatula

Multiple widths and length available



Metal Spatula

Multiple lengths and offset models available



Measuring Spoons



Measuring glass
Multiple sizes available



Wooden Mixing Spoon

Look for spoons with a shallow bowl and a long handle.
Solid and slotted options available



Stainless Steel Mixing Spoon

Look for spoons with a shallow bowl and a long handle.
Solid and slotted options available



Metal Bowl set

3/4, 1.5, 3, 4, 5, & 8 quart size



Digital Scale

Opt for Minimum model specifications of
1g precision and 7lb/3kg capacity



Food Blender

There are top motor models available



Food Processor



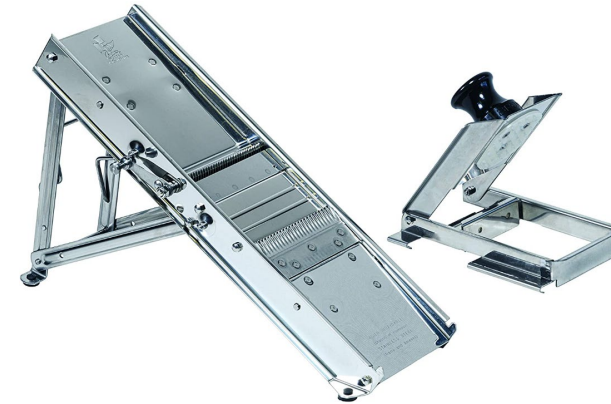
Stand Mixer



Hand Mixer



Mandoline
Opt for a stainless steel model if possible



Citrus Zester



Vegetable Peeler
Multiple styles available



Bench Scrapers
Flexible or rigid

Plastic Metal



Immersion blender/Hand Blender



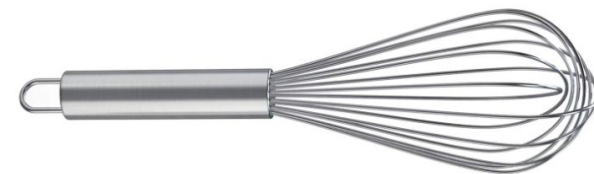
Not all types of knives are listed
All Knives have multiple sizes available
Bread Knife



Not all types of knives are listed
All Knives have multiple sizes available
Utility knife



Whisk/Whip



Chef's Knife



Paring Knife
Non-serrated edge



Filet Knife



Serrated edge



Electric Steamer



Over the Pot Steamer



Cutting Board
Plastic, wood, glass models available



Cutting Gloves



Electric Coffee Grinder with a detachable cup



Mortar & Pestle



Citrus Juicer
Multiple types of juicers are available



Pastry Bag Coupler



Wooden Pounder



Meat Mallet
Opt for a four sided model
The flat side is used for poultry and fish



Pastry Bag
Available in various sizes and
Reusable or disposable options



Pastry Tip
Multiple types and sizes available



Metal Strainer Basket



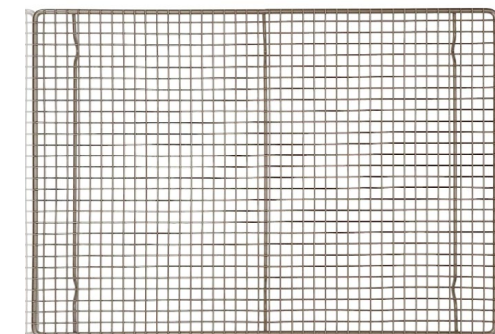
Metal Strainers with handle



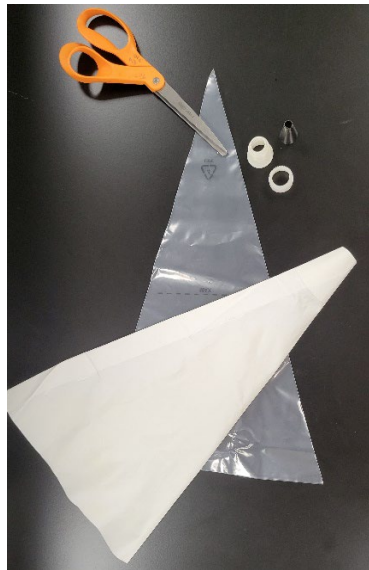
Sheet Pan
Multiple sizes and styles available



Cooling Rack
Multiple styles available



HOW TO USE A PASTRY BAG



How to attach a pastry tip to a bag

There are two ways to attach the tip:

1. Adding the pastry tip directly into the bag:

- Drop the pastry tip into the bag and guide the piping end through the opening. You will want no more than half of the tip to be exposed.

2. Using a coupler to attached a tip:

This is handy if you are going to use the same icing with different tips. E.g. rose tip, star tip, basket weave tip.

- Unscrew the base from the ring.
- Drop the base into the bag and guide the narrow end through the bag opening.
- Place the pastry tip over the coupler, making sure to tip covers end of the bag.

Slide the coupler ring over and screw in place.

How to trim a new pastry bag:

If you are using a new bag, you will need to trim the tip opening to fit the pastry tip. How you trim depends upon how your attaching the tip.

3. Trimming a bag to fit the pastry tip directly into the bag:

- Drop the pastry tip into the bag and guide the piping end to the opening. You will want no more than half of the tip to be exposed after trimming the bag.
- Mark on the bag a cutting line. Then cut about $\frac{1}{4}$ in/6mm below that line. Then if you need to trim more you can do so in very small increments.
- Be sure to check your tip after each cutting.

4. Trimming the bag to fit a pastry tip coupler:

- Unscrew the base from the ring.
- Drop the base into the bag and guide the narrow end through the bag opening. Mark where the screw thread **closest** to the tip is, then cut $\frac{1}{4}$ in/6mm **below** that.
- Insert the coupler to verify the cut is just under the thread lines
- The bag should extend about $\frac{1}{2}$ in/12mm below the thread line. The tip will fit over the end of the coupler and cover the end of the bag. The coupler ring will slide over and screw in place above this join.



Using the pastry bag:

- Attach the tip using the instructions above.
- Turn the top third of the bag out, making a wide cuff that will cover your hand. This allows the bag shape to follow the curve of your first finger and thumb area and fit comfortably in your palm.
- Fill the bag using a flexible plastic benchscraper or a rubber/silicone spatula to transfer the piping material from the bowl to the bag. Use the curved area between the finger and thumb to wipe the utensil clean as you fill the bag.
- Do not fill the bag more than $\frac{2}{3}$ full. Twist the bag 2-3 times to seal, then hold with your finger and thumb, the full part of the bag in the palm of your hand. This is the **pressure hand**. The other hand will be the **guiding hand**, and you position it about half way down the bag.
- Keep a consistent pressure, as you pipe. The guiding hand guides the bag and/or keeps it steady as you pipe the desired shape.
- When you want to stop piping, stop the pressure and make a quick and small inwards half circle as you lift up at the end. This will hinder peak formation as the bag is lifted away.
- As the bag empties, twist in the same direction to reset the pressure, letting the empty portion hang down the back of your piping hand. When the bag gets to the last $\frac{1}{4}$ full, refill.
- To refill, untwist, recuff, and repeat filling process in step #3 of these instructions.
- To clean. Empty the bag contents into the bowl. Turn the bag inside out,

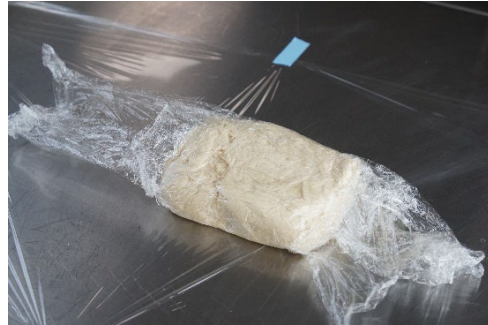
HOW TO ROLL DOUGH

This method shows you how to roll on plastic wrap. This method has many benefits.

- Cleaning up is easier without the flour from the rolling process.
- Most doughs do not stick to plastic wrap
- The plastic makes it easier to make pinwheel cookies or transfer as pie crusts to their pans.

You will need:

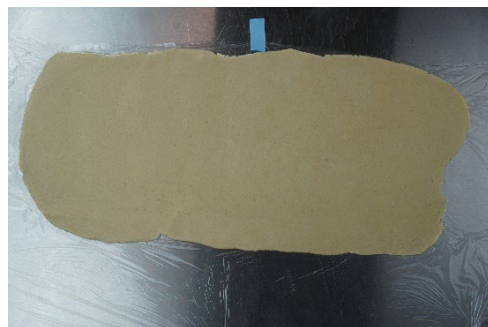
- Plastic cling wrap NOTE: most doughs do not stick to plastic wrap.
- Painters tape
- Rolling pin
- Dough chilled: NOTE: Doughs should be chilled at least 30 minutes in order to firm the fats and allow the gluten bands to rest.



1. Lay a piece of plastic wrap on the counter and anchor it with painters tape at the corners and mid sections.
 - a. If what you are rolling is very large, you can use two pieces of plastic wrap. Be sure to lay the piece furthest away from you first, then lay the other. This will ensure the dough doesn't roll under the second piece.



2. Unwrap the dough, and cut it into 3 - 4 pieces, then arrange in the direction of what the final shape will be.
 - a. The example from the finger lime pinwheel shows the arrangement to make a rectangle.
3. With the heel of your palm, press the dough to blend the edges and form the general rolling shape.
4. Cover with another piece of plastic wrap, about the same size as the bottom sheet.



- Rolling instructions:
1. Do not lock your wrists and press down hard on your dough. Use an even controlled pressure, allowing the wrists to flex downwards and upwards as you roll the dough outwards.
 2. Always roll from the center of the dough outwards
 - a. Roll from the center to each corner
 - b. Roll from the center up, then down
 - c. Roll from the center left then right



1. If filling, be sure to leave at least 1 inch uncovered. This will allow room for the filling to spread and provide an area for the dough to seal.



GRINDING SPICES:

1. Electric coffee grinder—place the spice in the grinder, pulse to desired consistency.
2. Mortar & pestle—place spice in the mortar, then rotate the pestle in a circular petal like motion, while turning the mortar in small increments in the opposite direction.



KNIFELESS NUTMEAT "CHOPPING":

You will need: a zip plastic bag, and something about 1.5-2 inches/3.8-5cm in diameter to break up the nutmeats with. E.g. The tube feeder from a meat grinder set, wooden pounder, pestle, or small mallet.

1. In the plastic bag, arrange the nutmeats in a single layer while flattening out the bag and removing excess air then zip shut.
2. Tap the nutmeats, starting at a bottom corner, winding your way across and up to the top of the bag.
3. Repeat until desired size is reached. This can be used for spices as well.



HOW TO SEPARATE EGGS:

1. Have four containers:
 - a) One for whites
 - b) One for yolks
 - c) One for when you broke the yolks.
 - d) A separating cup or bowl you will separate the egg with.
2. Take the egg in hand and give it a quick firm tap on the counter to crack the egg.
3. Gently open it over the separating bowl, holding the yolk in one half of the eggshell. Let the weight of the egg white pull itself away from the yolk. Then using the other half of the eggshell, transfer the yolk over, letting more of the white separate and fall into the cup.
4. Put the yolk on one container, the white in another and repeat.
5. If you broke the yolk, put it in the broken yolk container, and wash the cup before using it to separate another egg.

CULINARY TERMINOLOGY & DEFINITIONS

- ❖ **Baking**—An indirect dry heat cooking method, using radiating heat in an enclosed environment to cook the food—commonly an oven, can also be hot brick, stone, or ashes. This method can be used at various temperatures and times. E.g. Low temperature—macarons, high temperature—biscuits.
- ❖ **Beurre Manié**—Mix equal parts of flour and butter together. This is used to finish sauces, stews and soups to improve consistency, mouthfeel, and provide sheen. Near the end of the cooking time, a small amount is incorporated and allowed to cook for a few minutes allowing the flour to thicken the product. More can be added if a thicker product is desired.
- ❖ **Braising**—A combination of dry and moist cooking methods. A pan or pot with a tight fitting lid is needed. First, the meat and/or vegetables are browned using high heat. Second, the pan is deglazed with liquid of choice for the recipe. Once deglazed, the temperature is lowered, the pan covered, and the dish simmers until tender. The simmering step can be done on the stovetop, or the oven set between 275°/135°C—300°F/150°C. e.g. Osso Bucco
- ❖ **Boiling**—A direct moist cooking method that involves submerging food in a liquid (usually water) heated to boiling point, 212°F/100°C. E.g. boiled eggs.
- ❖ **Broiling**—An indirect dry cooking method using a high temperature radiating heat exposed to one side of the item. Examples of this can be cooking meat, or browning breadcrumbs or sauce garnish like oysters Rockefeller or clams casino.
- ❖ **Deglaze**—The process of adding a liquid of choice for the recipe (e.g. wine, stock, water) to loosen the fond from the bottom of the pan. This allows the flavors generated in the fond to be transferred to the liquid that will be used for stock, soup, or sauces. E.g. The meat/poultry/seafood would be sauteed, removed and held in the oven while the sauce is made in the same pan. Another example is the pans from roasting bones to make a brown beef or veal stock would be deglazed with water, the pan scraped out and added to the stock pot/steam kettle.
- ❖ **En Papillote**—The food is tightly encased in a packet of parchment and/or aluminum foil. The packet is placed in a hot oven or on the grill where the water from the food generates steams and cooks the food.
- ❖ **Fold**—Two products are gently incorporated together using a rubber spatula or slotted spoon. This is done by making circular motions while rotating the bowl. Starting from the side of the bowl, follow down and inwards towards the center of the bowl, then up and out the center. Give the bowl a slight turn and repeat the process until just blended.
- ❖ **Fond**—The caramelized proteins and sugars that generate on the bottom of a pan from searing meats and vegetables.
- ❖ **Frying—Deep Fry and Pan Fry**—A dry heat cooking method where the heat is transferred to a food item from the hot oil surrounding it. Deep fry is when the food item is completely submerged in the hot oil, while pan frying the food items is cooked one side at a time in about 0.5 in/1.3cm of hot oil. Successful frying requires refined oil with a high smoke point, that has been heated to the optimal cooking temperature. Most fried items are cooked in the temperature range of 325°F/163°C to 375°F/190°C. If the temperature is too low, the product will have a greasy mouthfeel and soggy exterior. Too high and the exterior will prematurely brown while the interior will be uncooked. Using a candy/frying thermometer is recommended. If you do not have one, an easy way to tell if oil is ready is to drop a grain of rice in the oil if it pops to the surface it's ready.
- ❖ **Garnish**—T term for an ingredient added to food that assists in its presentation.
 - Functional garnish—adds to the presentation and the flavor. E.g. The finger limes used in these recipes.
 - Non-functional garnish—used for aesthetics of presentation but is does not contribute flavor of the food. E.g. parsley, large sprig of rosemary setting on a plate.
- ❖ **Mise en place**—French for everything in place. Used as a culinary term for the gathering together of ingredients for a recipe just prior to cooking.

- ❖ **Monte au beurre**—The process of whisking cold butter into a sauce at the end of the reduction process. This step is done after removing the sauce from heat. The purpose is to add flavor and richness and sheen to the final produce.
- ❖ **Poaching**—A direct moist cooking method where food is cooked by submerging it in a hot liquid (140°F/60°C—190°F/88°C). Common liquids are water, wine, court bouillon, milk, oil, or butter. E.g. poached fish, poached eggs, fruits like pears or peaches.
- ❖ **Reduce to Sec**—Means to reduce the liquid in the pan until there is very little liquid left, it is almost dry.
- ❖ **Roasting**—An indirect dry heat cooking method using low and slow radiating heat to evenly cook all sides; typically an oven or indirect charcoal/gas grilling with the lid closed. E.g. roast chicken, barbeque pulled pork.
- ❖ **Sauté**—A quick direct dry heat cooking method using direct heat. A small amount of oil/clarified butter will be added to coat the bottom of a hot pan. The food will be added and stirred or tossed until cooked. This method is ideal for items that do not require a lot of cooking. Commonly the pan will be deglazed and a sauce for the sauteed item sauteed is made. E.g. chicken saltimbocca, trout almondine.
- ❖ **Steaming**—An indirect moist cooking method using the application boiling water which vaporizes into steam which carries the heat to the food. Unlike boiling, the food does not come into direct contact with the water. There are four methods of steaming: A steamer basket which is placed in or fitted on top of a sauce pan, microwave steaming, en papillote, or steam ovens. E.g. steamed vegetables, Chinese steamed buns, fish en papillote.
- ❖ **Sweating**—Using gentle heat to soften vegetables slowly in order to draw out their flavors. Commonly used to prepare vegetables for soups, stews, and sauces.
- ❖ **To taste**—a term of adding the specified seasoning to the cooks taste.
- ❖ **Whip**—The incorporation of air into fatty or protein rich liquids. Usually egg whites or whipped cream. Usually done with a whip/whisk, or electric mixer. E.g. whipped cream or meringue.

ELECTRIC MIXER SPEED SETTING TABLE:

MIXER SPEED DESCRIPTION	STAND MIXER SETTING	HAND MIXER 6 SPEED	HAND MIXER 10-12 SPEED	MIXER USE GUIDE
LOW	1-3	1	1-3	Stirring and combining. Incorporating ingredients, like dry to wet. Kneading bread dough.
LOW-MEDIUM	3-4	2-3	3-4	Heavy batters like cookie dough, brownie batter, heavy cakes (pound, fruit).
MEDIUM	4-8	3-4	4-8	Creaming or beating. Cake batters, initial speed for frosting and mashed potatoes.
MEDIUM-HIGH	8-10	4-5	8-10	Fast beating and whipping. Used for finishing frosting and mashed potatoes, also meringues
HIGH	10-12	5-6	10-12	Whipping. Best for whipping cream and egg whites.