



2023/2024
C-CAP
COOKING
COMPETITION
RECIPE BOOK

**The C-CAP
Classic Salad**

**French
Omelet**

**Dessert
Crepe**

**Pan-Roasted
Chicken**

C-CAP Cooking Competition Recipes

Preliminary Competition Recipes:

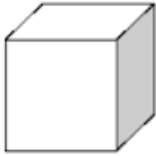
1. Knife Skills
2. The C-CAP Classic Salad
3. French Omelet

Final Competition Recipes:

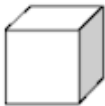
1. Dessert Crepe
2. Pan-Roasted Chicken with Olive Oil Mashed Potatoes, finished with Strawberry Gastrique

C-CAP Competition Knife Cuts

Knife Cuts – These classic knife cuts will now be included in the **Preliminary Competition** – displayed for the judges on a plate.



Large Dice – 3/4" x 3/4" x 3/4"



Medium Dice – 1/2" x 1/2" x 1/2"



Small Dice – 1/4" x 1/4" x 1/4"



Brunoise – 1/8" x 1/8" x 1/8"



Bâtonnet – 1/4" x 1/4" x 2"



Julienne – 1/8" x 1/8" x 2"



Fine Julienne – 1/16" x 1/16" x 2"



From Bâtonnet we get Small Dice

From Julienne we get Brunoise

From Fine Julienne we get Fine Brunoise *not shown



Tourné (tumed) – 7 Sides – 3/4" width x 2" length

The C-CAP Classic Salad

Tomato, Cucumber & Bell Pepper Salad



Description:

This is the salad that every C-CAP student prepares for the annual scholarship competition. It's a test of their knife skills, tomato concasse, emulsification, seasoning ability, organization, food safety and ability to work under pressure.

By Richard Grausman

Founder, C-CAP



Yield: 1 Salad

Servings: 1

Total Time: 30 Minutes

Key Techniques to Master:

Organization skills/mise en place/prep

Recipe memorization

Food safety practices

Time management

Knife skills

Tomato concasse

Emulsification

Set-Up: Organization Skills/Mise en Place/Prep



Required Equipment & Disposables:

1 large bowl	Chef's knife	Compost container - optional
1 small bowl	2 paring knives	Trash container 32 oz
1 small whisk	1 Peeler	Sanitation bucket
4 hand towels	Cutting board	Sanitation test strips
2 heat resistant spatulas	Napkins	4 disposable towels
Disposable tasting spoons	32 oz deli containers	16 oz deli containers
2 oz plastic souffle cups	4 oz plastic souffle cups	1 10" China Plate

Vinaigrette Ingredients:

- 1 tablespoon fresh lime juice from 1 lime
- 1 tablespoon rice wine vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon shallot, brunoise cut, from 1/2 shallot
- 1/2 teaspoon sugar--adjust to taste to balance flavor
- 1/8 teaspoon salt--adjust to taste to balance flavor
- Pinch white pepper--adjust to taste to balance flavor
- 1/4 cup extra-virgin olive oil preferably Filippo Berio
- 2 teaspoons cilantro, chiffonade, half goes into our vegetables and half into the vinaigrette

Vinaigrette Procedure:

1. In a small bowl, whisk together the lime juice, rice wine vinegar, mustard, shallots and preliminary measurements of sugar, salt, and pepper.
2. Place a small bowl onto a towel ring to steady the bowl while whisking vinaigrette.
3. **Emulsification:** Whisking constantly, slowly drizzle in the olive oil to create an emulsion.
4. Place the vinaigrette into a larger bowl of ice water.
5. Add cilantro. Taste dressing, adjust seasoning, and balance the flavor.

Place small bowl onto towel ring while mixing vinaigrette



Salad Vegetable Ingredients:

- 1/4 cup Roma tomato, peeled, seeded, and cut into small dice (Tomato Concasse Steps)
 1. Cut out the core at the top of the tomato
 2. Cut an "X" on the bottom of the tomato
 3. Place into boiling water for 30-45 seconds – watch carefully-do not overcook.
 4. Place into an ice bath

Salad Vegetable Ingredients (cont.):

(as vegetables are cut take them off cutting board and into a 16Z deli container)

1/4 cup red bell pepper, seeded and cut into small dice

1/4 cup yellow bell pepper, seeded and cut into small dice

1/4 cup red onion, peeled and cut into small dice

1/4 cup jicama, peeled, cut into small dice (if available)

2 teaspoons cilantro, chiffonade, half goes into our vegetables and half into the vinaigrette

1/4 cup tomato concasse, small dice

1/4 cup English cucumber, peeled, seeded, cut into small dice

1/2 English cucumber, evenly and thinly sliced into 1/16" slices

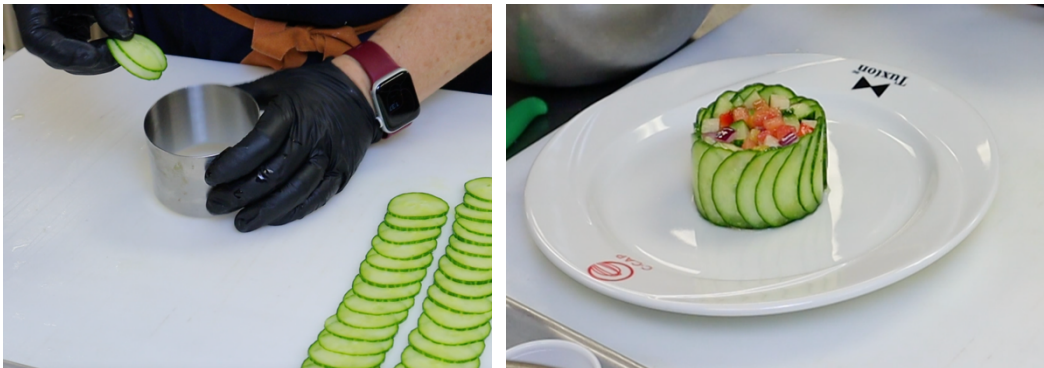
Assembly Procedure:

1. In a medium bowl, combine all the diced vegetables and toss with a small amount of vinaigrette.
2. Coat the vegetables with approximately 2 to 3 teaspoons of vinaigrette.
3. Taste and adjust the amount of dressing and/or seasoning-salt and pepper.
4. Arrange the thinly sliced cucumbers in a lightly oiled ring mold that is 2" deep, 3" round, and center it on a large plate.
5. Fill the ring mold lined with cucumbers with the dressed vegetables.
6. Carefully unmold the salad and garnish with cilantro sprigs.

Tomato Concasse:



Assembling the Salad:



YOUTUBE VIDEO: C-CAP CLASSIC SALAD

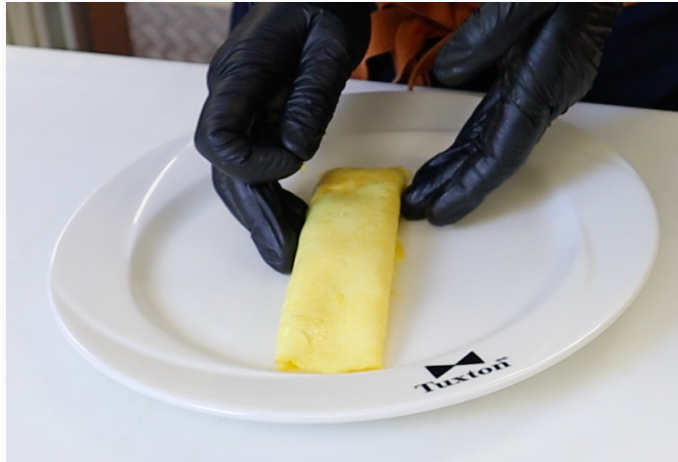
<https://youtu.be/pmOQIBNTTLk?list=PL4vzjOL-PnLoa8IJ219FyXvsUmqyz0KB5>



French Omelet

Description:

Many French meals include an egg – poached, fried or scrambled. Working quickly and learning to control the heat of your pan are essential to mastering the C-CAP French Omelet.



Yield: 1 Omelet

Servings: 1

Total Time: 15 minutes

Omelet Presentation:

1. Handling raw eggs requires a high level of sanitation.
2. Omelet should appear smooth with no egg white spots-uniform color.
3. Practicing the heat level of the pan using a flame or induction is key.
4. The Omelet should have no browning.
5. The Omelet should be cooked to the proper doneness -moist & creamy.
6. The Omelet should have the correct flavor and be seasoned properly.

Key Omelet Techniques to Master:

Organization skills/mise en place/prep

Food safety practices

Time management

Using a whisk to completely mix yolk and whites

Mixing, whisking, rolling & folding

Equipment Needed:

1 6" non-stick pan

1 medium stainless steel bowl

1 small whisk

1 heatproof spatula

1 10" China plate

1 compost deli container (if composting)

1 trash deli container

1 sanitation bucket

Set-Up: Organization Skills/Mise en Place/Prep



Omelet Ingredients:

- 2 eggs
- 1 tablespoon clarified butter
- Salt & white pepper, to taste

Omelet Procedure:

1. In a bowl, beat the eggs with a small whisk - the more air you incorporate the fluffier and lighter the Omelet will be.



2. Heat a nonstick omelet pan* over medium-high heat.
3. Add the clarified butter.
4. Add the egg mixture to the pan and start rapidly stirring with a heatproof spatula while gently shaking the pan at the same time.
5. When the eggs are nearly set but with a little moist egg still remaining, stop stirring and shaking the pan for a couple of seconds, making sure that the bottom of the pan is completely covered by the egg.
6. At this point the eggs should be set, yet still moist with no color. Season with salt & white pepper.
7. Stop shaking the pan and allow the bottom of the omelet to firm slightly, 4 to 5 seconds.

8. Fold the omelet into thirds by lifting the handle and tilting the pan at a 30-degree angle. With the spatula, fold the portion of the omelet nearest the handle toward the center of the pan.
9. Gently push the omelet forward in the pan so the unfolded portion rises up the side of the pan. Using the spatula, fold this portion back into the pan, overlapping the first fold.
10. Remember rolling & folding, adjust shaping to that of a cigar.
11. Turn the omelet out onto a serving plate so it ends up folded side down. A French omelet should not have any browning color.
12. Serve immediately.

YouTube Video - French Omelet

<https://youtu.be/tQS3SWg1nY?list=PL4vzjOL-PnLoa8IJ219FyXvsUmqyz0KB5>



Dessert Crepe

The French Classic Dessert

Description

A quintessential French dessert, also known as crepes surees, this simple recipe is one of the easiest things to make. A fresh batter, pastry cream and chocolate sauce are a perfect ending to a meal.



Yield: 6 Crepes

Total Time: 15-20 minutes

Crepe Presentation:

1. The surface of the crepe should be lacey brown in color (presentation side).
2. It should be medium brown in color, thin and light, not thick and rubbery.
3. Crepe Plate: 3 crepes, 3 to 4 oz pastry cream, chocolate sauce, 3 strawberries

Key Crepe Techniques to Master:

Organization skills/mise en place/prep

Food safety practices – egg handling

Time management

Resting the batter

Pan tilting w/batter

Correct pan temperature

Equipment Needed:

1-6" non-stick pan

1 small whisk

1 heatproof spatula

Small stainless-steel bowl

10" China plates

Set-Up: Organization Skills/Mise en Place/Prep



Crepe Batter Ingredients:

- 1/3 cup plus 1 teaspoon all-purpose flour
- 1 egg
- 1 tablespoon sugar
- 1/4 teaspoon vanilla extract
- 1/2 cup milk
- 1 tablespoon melted butter
- 1 tablespoon clarified butter (for greasing pan)

Crepe Batter Procedure:

1. Put the flour into a bowl and add the egg, sugar, vanilla, and half of the milk. Whisk slowly until a smooth batter is formed.
2. Add the remaining milk and whisk well. If time permits, allow the batter to rest 30 minutes. (As the batter rests, the granules of flour absorb the milk and swell, creating a smoother batter and a slightly stronger crêpe than if used right away.)
3. Whisk in the butter just before using the batter.
4. Heat pan with a nonstick surface over medium-heat. The pan is ready when a drop of water dances on the hot surface. You can use clarified butter to grease the pan.
5. Hold the pan in one hand, tilting it slightly. Using a small ladle pour about 2 tablespoons of batter into the pan where the sides and bottom meet.



6. Turn the pan in a circular motion to spread the batter evenly. The amount of batter used should just coat the bottom of the pan. Any excess should be poured back.
7. Cook the crêpe until the edge begins to brown. Turn the crêpe with a spatula or flip it. The surface of the crêpe should be lacey medium brown in color. Cook the second side for only 10 to 15 seconds and slide the crêpe onto a plate.
8. If after making two crêpes you find the color is either too dark or too light, adjust your heat accordingly. If you find the crêpe too thick, thin the batter with a little more milk.
9. Repeat until all the crêpes are made, stacking them one on top of the other, and allow them to cool. Select your best crepes for presentation. Be careful to present the right side.

Creme Patisserie (Pastry Cream):

Yield: 1-1/4 cups

Total Time: 10 minutes

Pastry Cream Presentation:

1. Pastry cream should be chilled, smooth, creamy.
2. A rich and creamy custard.
3. Adding 2 strawberries, small dice to cream for extra flavor.

Key Techniques to Master:

Organization Skills/Mise en Place/Prep

Food Safety Practices – egg handling & cooling cream quickly

Time Management

Tempering egg yolk mixture

Plastic wrap procedure

Whisking before/after for smooth cream

Equipment Needed:

1 saucepan

1 small whisk

1 small bowl

Plastic-wrap

Crème Patissiere Ingredients:

- 1 cup milk
- 3 egg yolks
- 3 tablespoons sugar
- 2 tablespoons cornstarch
- 1 teaspoon vanilla extract
- 2 strawberries, small dice

Crème Patissiere Procedure:

1. In a small saucepan, bring the milk and half the sugar (prevents milk from scalding) to a boil over medium heat.
2. Meanwhile, whisk the egg yolks and the other half of the sugar together in a small bowl. Add the cornstarch to the yolks and mix well until smooth and free of lumps.
3. Temper the egg yolk mixture with approximately 1/4 cup of the warm milk.
4. Return the mixture to the saucepan and whisk rapidly over high heat, whisking the bottom and the sides of the pan until the pastry cream thickens and boils, about 1 minute. Turning the pan as you whisk helps to easily reach all areas of the pan.
5. Reduce the heat to medium and cook an additional 2 minutes, whisking as the pastry cream gently boils. It will become shiny and easier to stir.
6. Pour the pastry cream into a clean bowl and stir in the vanilla.
7. Place plastic-wrap directly on the surface of the pastry cream (this prevents a skin from forming on the surface) and let it cool on a bed of ice in a bowl. Remember to taste.
8. Add diced strawberries to cream and stir with spoon to combine.
9. You should whisk briskly before using to make sure pastry cream is the right texture and consistency. Taste your pastry cream before serving.
10. Serve inside the crêpes.

Chocolate Sauce

Yield: 2.5 oz.

Chocolate Sauce Ingredients:

- 2 oz. dark chocolate
- 2 tbsp. water

Chocolate Presentation:

Shiny, with a fluid consistency

Chocolate Sauce Procedure:

1. In a small saucepan, melt the chocolate together with the water over medium heat, about 2 minutes.
2. When the water and chocolate come to a boil, stir gently with a whisk until smooth.
3. If the sauce is too thin, cook it longer. If it is too thick, add more liquid and return to boil.
4. Remove the sauce from the heat and allow it to cool to room temperature for use with the dessert crêpes. Note: The chocolate sauce is a garnish and should be used sparingly. The chocolate sauce should be shiny and have a fluid consistency. The sauce should complement your dessert crêpe, not overwhelm it.

YouTube Video - Dessert Crepe

https://youtu.be/NG42_OgbC2k?list=PL4vzjOL-PnLoa8IJ219FyXvsUmqyz0KB5



Pan-Roasted Chicken With Olive Oil Mashed Potatoes, Finished with Strawberry Gastrique

Description:

This recipe uses sautéed chicken, served with what's called a chasseur sauce, made with shallots, garlic, sliced mushrooms, fresh tomato, parsley and tarragon. This French classic sauce is finished with what's known as monter au beurre and garnished with a Strawberry Gastrique.



Yield: 2 portions

Servings: 2

Total Time: 25 minutes

Oven Temperature: 350

Key Techniques to Master:

- Recipe memorization
- Organization skills/mise en place/prep
- Food safety practices
- Time management
- Frenching chicken wing
- Chicken sautéed – proper temperature control
- Tomato concasse
- Sauce reduction
- Monter au Beurre
- Plating

Process:

1. Mise en place
2. Gastrique
3. Mashed
4. Pan/seared-roasted chicken
5. Sauce Chasseur

Set-Up Organization Skills/Mise en Place:



Required Equipment & Disposables::

1 large bowl ice-chicken	Chefs knife	Compost container-optional
1 medium bowl ice – concasse	2 paring knives	Trash container 32 oz
1 small whisk	1 peeler	Sanitation bucket
4 hand towels	Cutting board 14 X 21	Sanitation test strips
2 heat resistant spatulas	Napkins	4 disposable towels
Disposable tasting spoons	32 oz deli containers	16 oz deli containers
2 oz plastic souffle cups	4 oz plastic souffle cups	Disposable gloves

Strawberry Gastrique (garnish)

Ingredients:

- ½ cup sugar
- 2 tablespoons water
- 1/3 cup balsamic vinegar, preferably Filippo Berio
- 1 large strawberries, diced

Procedure:

1. Add sugar to heavy saucepan with 2 tablespoons water.
2. Don't stir-gently swirl – sugar dissolved – 3 to 4 minutes.
3. Take off the heat and add balsamic vinegar.
4. Add diced strawberries.
5. Whisk and back on heat 2 to 3 minutes and reduce.
6. Strain out strawberries and cool.

Rustic Olive Oil Mashed Potatoes

Yield: 2 portions

Ingredients:

4 cups cold water
1 large russet potato, large dice
1 to 2 tablespoons salt
2 tablespoons of unsalted butter, softened
3 ounces olive oil, preferably Filippo Berio
Salt and pepper to taste

Procedure:

1. Cut potatoes into large dice cubes.
2. Add potatoes to cold water and add 1-2 tablespoons of salt. Bring to a boil then reduce to a slow simmer. Cook potatoes until fork tender. 10-15 minutes (the fork must go all the way through the potato with ease).
3. Drain potato and set to evaporate extra water.
4. Mash and fluff potatoes with a whisk until lumps are gone. (Important to drain all water off of cooked potatoes).
5. Gradually add olive oil.
6. The mashed potatoes should be light and fluffy.
7. Season with salt and pepper to taste.
8. Keep mash potatoes warm until ready to plate.

Pan-Roasted Chicken Ingredients:

2 each (6 to 7 oz.) chicken breasts, skin on, frenched wing bone attached
Salt and ground white pepper, to taste
1 oz. olive oil



Pan-Roasted Chicken Procedure:

1. Pat chicken breast down with a clean paper towel to ensure the skin is dry.
2. Season chicken breast lightly with salt and white pepper on both sides.
3. Sear breasts, skin side down, in a hot pan until the skin is golden to caramel brown.
4. Remove the breasts from the sauté pan and place skin side up in a metal oven-proof pan (such as a pie tin or a sizzler platter) and bake in a 350°F oven until done. This may be approximately 10-12 minutes. Use an instant read thermometer, to check doneness. (Temperature to 160 and will finish to 165.)
5. Serve evenly sliced chicken with sauce and potatoes from the following recipes.
6. Plating/garnish with Strawberry Gastrique.



Sauce Chasseur for Chicken

Yield: 2 Portions

Ingredients:

- 2 tablespoons olive oil, preferably Filippo Berio
- 1 shallot-half, brunoise
- 6 large cleaned, sliced white button mushrooms
- 1 clove garlic, brunoise
- 1 plum tomato, concassed (peeled, seeded, and rough chopped)
- ½ teaspoon salt & white pepper
- 10 oz chicken stock, plus extra as needed
- 2 tablespoons unsalted butter, chilled and cut into small cubes (*Monter au Beurre*)
- 1 teaspoon fresh tarragon, chopped
- 2 teaspoon parsley, chopped
- Salt and ground white pepper, to taste

Procedure:

1. Using the same pan in which the chicken was seared, add half the olive oil.
2. Add shallots.
3. Add sliced mushrooms and cook approximately 3 minutes while stirring.
4. Add garlic, sauté for one minute more. Do not overcook or brown garlic.
5. Add the concasse tomato.
6. Season with half teaspoon of salt and pepper.
7. Add 8oz chicken stock.
8. Bring to quick boil and simmer to reduce.
9. Add the tarragon and parsley.
10. Finish by adding the chilled cubed butter and stirring or shaking pan constantly (*Monter au Beurre*). Do not boil. Be careful not to break the sauce.
11. Taste and adjust seasoning.
12. Serve sauce with the sliced chicken breast.

YouTube Video - Pan-Roasted Chicken with Olive Oil Mashed Potatoes, finished with Strawberry Gastrique

https://youtu.be/xOI2_f9Fc4?list=PL4vzjOL-PnLoa8IJ219FyXvsUmqyz0KB5

