

Table of Contents

Introduction “ <i>Mental Mise en Place</i> ”	3		
Culinary Methods- Dry Heat	3	Recipes and Formula Charts Continued	
Roast	3	Casseroles	78
Bake	5	Meatloaf and Meatballs	79
Grill	7	New World One Pot Meals	80
Broil	8	Old World One Pot Meals	85
Sauté	9	European Ala Carte Entrees	91
Pan Fry	11	European Side Dishes	95
Griddle	12	Chinese Cuisine	97
Pan Sear	13	Japanese Cuisine	99
Deep Fat Fry	14	Korean Cuisine	100
Culinary Methods – Moist Heat	15	South East Asian Cuisine	101
Poach	15	Indian Cuisine	102
Simmer	16	Eastern Mediterranean	103
Boil	17	Italian Soups	105
Steaming	18	Pasta Sauces	106
Culinary Methods- Combination	19	Pastas and Fillings	109
Stew	19	Italian Preparations	110
Braise	22	Italian Entrees	111
Culinary Methods – Baking	24	Italian Desserts	112
Bread Baking	24	Italian Pastries	113
Pastry Methods	25	Batters	114
Culinary Methods- Garde Manger	28	Quick Breads	116
Food Preservation	28	Breakfast Dough and Batters	118
Charcuterie	31	Doughnuts	119
Recipes and Formula Charts		Bread Dough	121
Mise en Place Formulas	33	Artisanal Breads	124
Classical Sauce A-C	36	Pastry Mise en Place Formulas	125
Classical Sauces C-G	37	Puddings	127
Classical Sauces G-P	38	Basic Dessert Creams	128
Classical Sauces R-Z	39	Bavarian Creams	129
Modern Sauces	40	Mousses	131
Compound Butters	41	Frozen Desserts	133
Cold Sauces	42	Ice Cream	134
Salsas	43	Traditional Pies	136
Condiments	44	Regional Pies	137
BBQ Sauces	45	Tarts	138
Relishes and Preserves	46	Hot Desserts	139
Marinades	47	Dessert Sauces	141
Garde Manger	49	Cake Batters	142
Brines and Cures	49	Torte and Cake Components	145
Dough	50	Icings, Butter Creams & Glazes	147
Forcemeat	51	Confections	148
Charcuterie	53	Cookies	149
Miscellaneous	54	Bar Cookies	152
Sausages	55	American Spices & Rubs	153
Appetizers	57	Curry Rubs and Pastes	154
Shellfish	58	Mexican and Caribbean Spices	155
Composed Salads	60	Punches and Cocktail Mixes	156
Salad Dressings	63	Emergency Provisions	157
Basic Soups	65		
American Regional Soups	67	Culinary Terminology	159
Chowders and Gumbos	70	Recommended Resources	171
International Soups	73	Food Safety Study Guide	172
Chilled Soups	75	Reference Charts	174
Chili and Beans	76		