



Basic Information About our Recipes

Important Note: All the **Amounts** indicated in every recipe **are net**.

As an example, if a recipe calls for 25 pounds of onions, it means you must put 25 pounds of onions into the recipe. The typical loss from peeling and trimming onions is about 15%. If you need 25 pounds, you will have to start with about 30 pounds to end up with 25 usable pounds. Be sure to weigh the final amount of your ingredients before starting to cook.

When the *Recipes & Rotations* software calculates the amount of each ingredient that will appear on **your Order List, it takes the appropriate yields into account**, so you will have enough product on hand to make each recipe according to the number of portions you've indicated in your **Weekly Menu Planner**.

The recipes also take into account shrinkage that will result **from the cooking process**. A good - though extreme - example is Beef Brisket. After cooking and trimming, the usable meat that this cut produces is only about half of the purchased weight. (If you need to end up with 30 pounds of brisket on your plates, the recipe will call for 60 pounds of raw brisket.)

Definitions of Terms Used in the Recipes

Al dente The point at which cooked pasta is tender but still firm, not mushy. It's Italian for, "to the tooth."

Appareil ("a-par-AA") A prepared item used alone or as a part of another dish. Examples are salad croutons, roasted garlic and simple syrup.

Bâtonnet ("bat-oh-NAY") A knife cut that looks like a matchstick, about $\frac{1}{4}$ " x $\frac{1}{4}$ " x 2-2 $\frac{1}{2}$ ". It's a little bigger than "Julienne."

Blanch To just barely cook something in simmering water. It's like poaching, but the item isn't cooked as much.

Braise To cook a product covered in liquid (usually stock), very slowly at barely a simmer. It can be done either in an oven or on a stove top. A stew is an example of a braised dish.

Brunoise ("brun-WAZ") Very small dice, about $\frac{1}{8}$ " cube.

Chiffonade ("chif-oh-NOD") Leafy herbs or vegetables that are cut into very thin strips. Several leaves are stacked, then rolled, then cut with a sharp knife.

Chow Sauce A mixture used as a sauce base in the preparation of Chinese food. It consists of 2 parts stock, 1 part white wine, 1 part soy sauce and an amount of cornstarch that varies with the particular recipe.

Deglaze To use a liquid such as wine or stock to release and dissolve flavorful food particles and drippings that have stuck to the bottom of a pan after cooking in it.

Demi-sec When items are cooked until they're almost dry, with hardly any liquid left. It's a common early step in sauce recipes, where a mixture of various vegetables and red wine are cooked together until the wine is almost all gone. (Among other things, it prevents the sauce from having a purple color, and eliminates the alcohol.)

Dice: Small, Medium and Large To cut into cubes. Small: $\frac{1}{4}$ "; Medium: $\frac{1}{3}$ "; Large: $\frac{3}{4}$ ".

Fleck To "fleck" a plate or item with salt, chopped parsley or anything else, means to evenly sprinkle that item over the surface.

Garnish An edible decoration used to finish a dish.

Julienne A knife cut that looks like a matchstick, about $\frac{1}{8}$ " x $\frac{1}{8}$ " x 2". It's a little smaller than "Bâtonnet."

Lardons Bacon cut into small strips, against the grain.

Mark on Grill To put “grill marks” on a product before finishing the cooking process by other means, often roasting. It’s important for the product to have a very thin coating of oil and for the grill to be very hot. It should take less than a minute to achieve nice, darkish-brown marks. As soon as you’ve marked the product, either finish the cooking process as directed or immediately chill it to <40°F.

Mirepoix (“MEER-uh-pwah”) A mix of aromatic vegetables – usually onions, carrots and celery – used to flavor stocks, sauces and other dishes.

Poach To cook items in barely simmering liquid. Don’t add the item to be poached to the liquid until *after* it comes to a simmer.

Reduce To lessen the volume of a liquid by simmering or boiling. To reduce “by half” means to continue to cook the liquid till there’s about half as much as when you started. It’s a way to concentrate flavors and thicken the product.

Roast To cook in an oven, uncovered, often on a rack. Browning is desired, although if a product gets too brown too soon, it can be covered in foil while the roasting continues.

Roasting a Pepper Bell peppers and chilies are roasted by lightly coating the whole pepper in oil, and then cooking them over an open range flame or on a very hot grill until they become black (turn the item frequently.) After they cool, the blackened skin is removed, the peppers are seeded, and then used in various recipes.

Roll Cut A knife cut used on long, skinny vegetables that vary in their thickness from one end to the other, like carrots, so that the entire vegetable can be cut into similar-sized pieces. Start at the skinnier end, cutting the carrot with the knife perpendicular to the table, at a 45-degree angle to the carrot. Turn the carrot a quarter turn, and cut again at the same angle. Keep doing that but, as the carrot gets thicker, cut slightly thinner slices, always at a 45-degree angle.

Roux (“ROO”), Blonde and White Roux is used to thicken liquids. It consists of a mixture of equal parts fat and flour, which is cooked over medium heat, stirring frequently, till the desired color is reached. White Roux is barely colored, while Blonde Roux is a golden straw color. To avoid lumps, the temperature of the liquid to be thickened and the roux should be different: either add hot roux to cold liquid, or cold roux to hot liquid, beating with a whisk in both cases. In general, 2½ ounces of flour, by weight, will thicken 1 quart of liquid to a medium sauce consistency.

Sachet d’épices (“sah-shay-dew-PIECE”) A cheesecloth bag, tied with butcher’s twine, that contains various aromatic flavorings such as parsley stems and whole peppercorns. It’s used to make it easy to remove the flavorings from soups, stocks and sauces when they’re done cooking.

Sauté To cook a product quickly in a small amount of very hot oil (safflower is a good choice) in a sauté pan on a stove top.

Sear To brown the surface of a product in very hot oil (safflower is a good choice) in a sauté pan on a stove top. It’s important that the product be very dry (use paper towels) and that you be very careful of the hot oil. The main point is to get a nice, golden-brown color on the product before (usually) finishing the cooking process by other means, often roasting or braising.

Slurry A mixture of cornstarch with just enough water to turn it into a thick liquid. To be sure there are no lumps, it’s a good idea to use your fingers to mix it. The slurry is then slowly poured into simmering liquid, while stirring, as a thickener. ¼ cup of cornstarch will thicken one quart of liquid to a medium-sauce consistency.

Streaker Bottle A plastic “mustard” bottle with a narrow tip used to decorate plates with various sauces.

Sweat To cook vegetables, often onions, in a small amount of fat in a pan on a medium-hot stove top until they begin to soften and become translucent, but *before any* browning occurs. It’s one of the early steps in many recipes.