



**Global / Advanced Culinary Arts for Food Technologists**  
Location: John Tyson Building 1260 W. Maple, Fayetteville  
**August 8 - 12, 2022**



Faculty: John Marcy, Ph.D. U of A Division of Agriculture Cooperative Extension Service  
Ashley Sutterfield, Certified Culinary Scientist®, Metzger & Roth.

**Day 1 – 7:30 am to 4:00 pm Western Mediterranean - Italy, Spain, Tunisia and Morocco**

**7:30 am REGISTRATION Class begins at 8:00 am**

**Chef Instructor:**

Course & Kitchen Introduction, Knife Safety & review

Lecture - Chap. 22: Starches & Culinary aspects of Western Mediterranean cuisine

Production Review and work assignments

**PRODUCTION**

**Albondigas** (meatballs) with almond sauce, Tortilla Española, Olive & Rosemary Focaccia, Fennel and orange salad, Cannellini White Bean and Tuna Salad, **Paella**, Moroccan chicken w/ **preserved lemon** & couscous, fresh Pappardelle with Lamb **Ragù**, Cherry **Clafouti**

**Lunch at 1:00 pm**

Demos: **Preserved Lemon** – Dr. Marcy & **Moroccan Mint Tea** – Ashley Sutterfield  
Prepare Lamb Gyro meat and **Spanakopita** Pie for Tuesday, soak chickpeas for Israeli Hummus

**Clean-up and adjourn**

**Day 2 – 7:30 am to 4:00 pm Eastern Mediterranean– Greece, Lebanon, Turkey,**

**Egypt/Jordan/Israel**

**Chef Instructor:**

**Breakfast** Fruit & melon, Spanakopita Pie

**Class Photo**

Lecture - Chap. 19: Fish/Shellfish & Culinary Aspects of Eastern Mediterranean

Production Review and work assignments

**PRODUCTION**

**Avgolemono** (chicken & rice soup with egg-lemon sauce) Greek Salad, **Baba Ghanoush**, Israeli **Hummus**, Grilled Vegetables with Toasted **Israeli Couscous**, Pork Tenderloin / Olive-Mustard **Tapenade**, Chicken and Onion **Kebabs**, **Lamb Gyros** w/ Tzatziki sauce, Whole wheat pita bread, Grilled Middle Eastern Turkey Meatballs w/ **Avocado Tzatziki**, Sautéed spinach w/ raisins & pine nuts, Baked fish w/ capers, Greek Yogurt **Panna Cotta** w/ honey glazed apricots, **Baklava**

**Lunch at 1:00 pm**

Make Homemade **Boudin** for Wednesday

**Clean-up and adjourn**

**Day 3 – 7:30 am to 4:00 pm Creole – Africa, Atlantic Rim, Caribbean & Gulf Coast**

**Chef Instructor:**

Lecture - Chap. 21: Vegetables & Culinary aspects of Creole cuisine / Atlantic Rim

Production Review and work assignments



PRODUCTION

**Boudin** Balls, Crunchy **Jicama** and Mango Salad with Chile and Lime, **Chayote** with Tomato and Green Chile, Duck and Andouille Gumbo, Okra & Tomatoes, Collard Greens w/ **Tasso** & Chickpeas, **Perlo** (Low country Carolina Chicken and Rice), Cuban Seafood Creole, Cuban red beans and rice, Cassoulet.

**Praline Demo** – Dr. Marcy

**Lunch at 1:00 pm**

Make **Paneer** Cheese for Thursday,  
**Mozzarella Demo** – Ashley Sutterfield

Soak Sticky Rice overnight

**Clean-up and adjourn**

**Day 4 – 7:30 am to 4:00 pm      Asia – Japan, China, Thailand, Korea and India**  
**Chef Instructor:**

**Breakfast** Korean **Pajeon** (savory scallion pancake) & **Tamago Kake Gohan** (raw egg over rice)  
Lecture - Chap. 20 - Eggs / Breakfast and Culinary aspects of Asia  
Production Review and work assignments

PRODUCTION

Spring Rolls, Egg Rolls, Egg Drop Soup, Thai **Larb** Salad, Sautéed Baby Bok Choy, Pork Sticks w/lettuce cups, **sous vide** Bulgogi beef, **Kaali Daal** (North Indian Black Lentils), Butter Paneer, Japanese Fried Chicken (**Karaage**), , **Asian glazed Pork Shoulder**, Thai Sticky Rice w/ Mango

**Lunch at 1:00 pm**

Demo: **Thai Tea with Milk Jam** – Ashley Sutterfield

Menu Development for Friday

**Clean-up and adjourn**

**Day 5 – Student Demonstration Baskets and Assigned Cuisines - 7:30 am to 2:00 pm**  
**Chef Instructor:**

**Breakfast** – **Shakshuka** (Tunisia)

**Discussion** - Certified Culinary Scientist certification process

PRODUCTION

**Student Baskets    Dishes for lunch in the cuisines studied this week**

**Lunch at 12:00 pm**

**Clean-up, Course Evaluations / Certificates**

**2:00 pm    Conclude & Safe Travels**