



Culinary Arts Fundamentals for Food Technologists

Location: Tyson Building U of A Fayetteville

1260 W Maple, Fayetteville, Arkansas

May 23 – 27, 2022



Day 1 8:00 AM to 4:00 PM Chef Instructor: Steven Ross – Tyson Foods

Welcome, Introductions and Discussion of Kitchen Logistics / Plan of Work for Week

Knife Safety / Knife Cuts + small **mirepoix** for chicken stock, start Velvet Chicken

Morning Lecture - Intro, **Mise en Place**, and Production Review

PRODUCTION 10:00 AM Techniques: Deboning a Chicken, **Clarifying** Butter,

Each person debones 1 Chickens; Class makes Chicken Stock, Brine one Bone-In Breast to roast

DEMO Tomato Concassée

Brown Butter Old Bay Chicken Wings, Warm Bacon, Feta cheese & Spinach Salad, Shredded Parmesan Brussels Sprouts, **Sous Vide** Honey Glazed Carrots, Marinated & Grilled Pork Tenderloin, and Pork Tenderloin Chimichurri.

LUNCH 1:00 PM

Afternoon Lecture – Stocks and Sauces

DEMO - in-shell Poached Eggs

Strain & chill chicken stock

CLEAN UP & AJOURN

Day 2 7:30 AM to 4:00 PM Chef Instructor: Vincent Fazi – Symrise Flavors

Techniques: **Hollandaise**, Poaching and Eggs Benedict

Morning Lecture - Cooking Methods, Plate Presentation & Production Review

PRODUCTION Technique: **Stewing** Sauces **Hollandaise & Velouté**

Trimming Beef Tenderloin & cutting steaks

Chicken **Velouté** & Chicken Pot Pie and Grilled Summer Vegetable Salad

Poached Salmon w/ **Avocado Hollandaise** and grilled asparagus

Veal Fricassee (**Velouté**) and Rice Pilaf,

Texas Chili with Jalapeño Cornbread and Pinto beans & cheese

Orecchiette with Mini Chicken Meatballs

1:00 PM

Tasting: Steak Diane

Work on menus for Friday, grocery list due on Wednesday

CLEAN UP & AJOURN

Day 3 7:30 AM to 4:00 PM Chef Instructor: Nick Gibbs – Newly Weds Foods

Morning Lecture - Meat Cookery, Beef and Veal & Production Review **GROUP PHOTO**

PRODUCTION Technique: Braising, Savory & Dessert Crêpes, and **Béchamel and**

Tomato Sauce

Chicken and Mushroom Crêpes w/ **Mornay Sauce (Béchamel)**,

Sautéed Spinach w/ Raisins and Pine Nuts

Grillades and Cheese Grits, Crab & artichoke orzo salad

Pasta e Fagioli soup, Chicken with **Mustard Sauce**,

Chicken **Tagine** with Apricots and Almonds, Couscous

LUNCH 1:00 PM Dessert: Crêpes Suzette





Culinary Arts Fundamentals for Food Technologists

Location: Tyson Building U of A Fayetteville

1260 W Maple, Fayetteville, Arkansas

May 23 – 27, 2022



PM: Make Béchamel or Tomato Sauce or Ragù Bolognese if you did not make in the AM – serve with pasta

DEMO Garlic Conserve

MEP for Thursday Prep baby back ribs

CLEAN UP & AJOURN

Day 4 7:30 AM to 4:00 PM Chef Instructor: Chris Spagna – Simmons Foods

Morning Lecture - Lamb & Pork Cuts & Production Review

PRODUCTION Technique: Trimming Beef Striploin & cutting steaks

Carolina Barbecued Ribs with **hot sauce** and Apple Coleslaw

Chicken Roulade with Pesto Asiago & Farro salad with Feta

Lasagne Bolognese al Forno

Turkey Scallopine with Capers and Lemons

Risotto al Quattro Formaggi, Eggplant with Toasted Spices.

LUNCH 1:30 PM

Small Brown Sauces or sauce for Friday

DEMO Flavor enhancement by reduction –balsamic vinegar reduction

DEMO: Chorizo de Springdale in the food processor, Steak au Poivre

MEP for Friday

CLEAN UP & AJOURN

Day 5 7:30 AM to 2:00 PM Chef Instructor: Chris Spagna – Simmons Foods

Breakfast - Chicken Chorizo & Scrambled Eggs, Pico de Gallo

Morning Lecture - Poultry & Culinary Terms

PRODUCTION SPECIAL PROJECTS: Each pair to make one (1) entrée w/ sauce and one (1) side dish of their choosing

NOON Presentations and Lunch

1:45 pm Course Evaluations

2:00 PM CERTIFICATES AND CONCLUSION

Faculty: John Marcy, Ph.D. U of A System Division of Agriculture Cooperative Extension

Ashley Sutterfield, Certified Culinary Scientist®

Research Chefs from the NW Arkansas RCA Affiliate

