

US ARMY CULINARY ARTS PROGRAM



Cold Food



- THEME - HOLIDAY, SEASON, REGIONAL
- MENU - GOOD HARMONY BETWEEN DISHES
 - COMPATIBLE INGREDIENTS AND FLAVORS
 - VARIETY OF SKILLS
- EXECUTION
 - CLEAN SLICING, KNIFE SKILLS, GLAZING
 - CORRECT DONENESS, CONSISTENCY



Photos From Olympics 2000



USACAT Teamwork - Marzipan Tree - SGT Villarreal, USAREUR

Glazing Cold Food



- GRAYS LAKE GELATIN 40 MESH 300 BLOOM
- Tel (1 847-223-8141)
- 12 - 16 OZ OF GELATIN TO 1 GAL DISTILLED H2O
- UTILIZE CHAFFING DISHES AND PLASTIC TRAYS
- 82-88 DEGREES FOR GELATIN THAT IS READY
- 3 COATS ON MOST ITEMS, SOME REQUIRE HERBS
- DIPPING METHOD IS MOST MODERN
- STYROFOAM BLOCKS WRAPPED IN PLASTIC
- COOL ATMOSPHERE, PROPER TEMPERATURES
- TIMING AND TEAMWORK



Proper Planning Drawings and Photos





Proper Planning and Documentation with Drawings and Photos

- 1. Saves Time, Money, Confusion during stressful environment**
- 2. Product needs, preparation - easier with visual record**
- 3. Necessary to ensure you are not duplicating items, techniques, flavors, textures**
- 4. Make assembly easier in busy, intense situations**
- 5. Insure consistency**
- 6. Part of the “Three-step method” to achieve the “Gold Medal Standard”**



Proper Planning Drawings and Photos





Proper Planning Drawings and Photos



Garnishing Techniques



Functional Batch Garnishes

These garnishes are edible food items that actually enhance the presentation of the product while enhancing the dining experience and value of food on the diners plate. They are normally small diced vegetables that always compliment the flavor of the dish which they garnish. They are always cooked and used heated if the food they garnish is served hot. Cold batch garnish is utilized to garnish cold foods.

Individual Garnishes

These garnishes are intended for single serving sized portions, for example, chicken breasts or fish fillets. They compliment the food they garnish in flavor, temperature, and eye appeal. They should enhance the eating quality and value of the food that the customer sits down to eat at the table.

Garnishing Examples



Functional Batch Garnishes

Enchiladas - sliced black olives and green onions

Beef Stroganoff - sautéed mushroom quarters and pearl onions

Chicken A La King - steamed peas, diced celery and carrots

Individual Garnishes

Chicken breast teriyaki - grilled pineapple and green pepper

Grilled steak - sautéed mushroom cap and tomato slice with parsley

Baked herbed flounder with sautéed diced tomatoes, cucumbers, and dill



Garnishing Examples

- **FUNCTIONAL BATCH**

- **Maple Glazed Green Beans with Carrots and Almonds**
- **Roast Turkey Breast with Fresh Chopped Parsley**
- **Baked Pineapple Glazed Ham with Diced Pineapple Compote**
- **Chive Whipped Potatoes with Diced Tomatoes and Parsley**
- **Candied Yams with Orange Zest and Marshmallows**
- **Giblet Gravy with Chopped Fresh Parsley**



Garnishing Examples

•FUNCTIONAL INDIVIDUAL

- Sweet Potato Duchess with Walnuts, Marshmallows, and Apples
- Baked Chicken Breast with Glazed Apple Fans and Parsley
- Dill Baked Fish with Lemon Twists
- Grilled Steak with Sauteéd Mushroom Caps and Parsley
- Sweet Potato Pie with Whipped Cream
- Cheesecake with Strawberries





Garnishing Technique #3

•DELIVERY SYSTEM

- Steamship Round with Au Jus, Dinner Rolls, and Creamy Horseradish Sauce
- Assorted Whole Desserts presented on a table with a server
- Bananas Foster and Cherries Jubilee with Ice Cream
- Dinner Rolls presented flowing from a wicker basket with whipped butter
- Sparkling Cider or Punch from a fountain
- Shrimp Cocktail served from an Ice Sculpture Shell



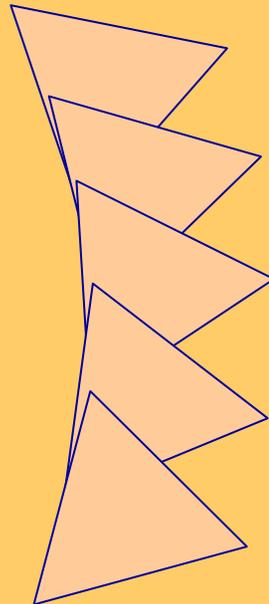
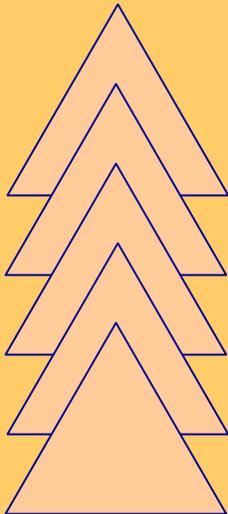
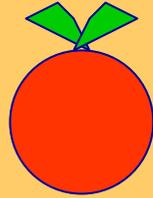
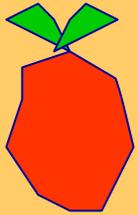
Food Presentation Techniques

- Character and Flavor
- Actual Presentation should focus on
 - Balance
 - Line
 - Layout
 - Dimension / Height
 - Slicing / Angle slicing
 - Serviceability





Food Presentation



Weak

Strong

Weak

Strong

FACT: The human eye is attracted to strong lines.



The Menu

- Same meat or poultry should not appear twice on one menu even if it is different preparation
- Cooking methods must be varied, don't follow poached fish with poached chicken
- Complimentary flavors must be evident
- Proper balance of textures should be noticed
- Garnishes should be varied
- Colors should be alternated





The Menu

- **Menu should be written in clear, comprehensive language**
- **Classical garnishes such as lardons, mushrooms, and pearl onions in Beef Bourguignon are usually part of the dish and should not be considered the vegetable or starch**
- **Food should follow current nutritional standards**
- **Appetizers should be small in portion size and establish the theme of the meal to come**

Sample Menu Presentations

From The *Colonial American Kitchen*

Seared Pollocksteak Tuna with Mango Salsa, accompanied by Dry-roast Eggplant and
Zucchini Salad with Sweet Soybean Sauce... 29

Chrysanthemum Dry Roasted Chicken with
Honey Vegetable Marinade and Creamy Dill Sauce... 30

Roasted Orange Chicken prepared in seasoned liquid, and chilled, nonfat soup crusted fish
with Honey-mustard Cucumber Sauce... 31

Vegetable Parmesan with herb butter sauce... 32

SOUP

Five Seasoned Hot Pepper Soup with Chive Cream... 33

SALAD

Asian Green Composition with grilled marinated portobello mushrooms, Fennel, carrots,
zucchini, and citrus dress dressing... 37

SIGNATURE MEAT COURSES

* Entrees accompanied by vegetable de jour and a choice of wild game pasta and main
protein, chicken over potatoes, wild rice and cranberry medley, or herb and garlic pasta

Double Cut BBQ Pork Chops with Scrumptious Style Blackstrap Molasses Sauce... 322

Natures Bounty

Seared Foie Gras Hudson Valley
wild mushrooms, fried onion polenta, berry sauce
caramelized leek, white bean chive puree, chive cracker

Sea-Fest Melange in Manhattan Fish Consommé
brunoise vegetables, shellfish, and fish sausage
potato and bacon dumpling

Grilled Mushroom Composition
a medley of mushroom preparations romancing a citrus mignonette tossed
foundation of mesclin with sundried tomato and onion wfer gallette

Hunter's Jerked Venison
with roasted garlic mashed potatoes, pea puree
concasse of tomato and shallot
seasonal vegetables

Pistachio and Cherry Log Terrine
cherry and vanilla sauce

Christmas Capon Platter for Eight

Smoke Roasted Breast of Sage Infused Capon

Capon Thigh Pastrami

Chestnut, Blue Cheese, and Dried Fruit Salad

Terrine of Brine Cured and Summured Giblets
With Fine Herbs and Pomey Mustard Chaud Froid





The Menu

Hot Food 4-course

- **First and second course:** Appetizer, soup, egg dish and salad - these are usually served before the main course.
 - Any two of the four are correct.
 - Salads may be served before or after the main course but not both.
- **Third course:** Main entrée - must be accompanied by appropriate vegetable garnishes
- **Fourth:** Dessert - hot or cold.



The Menu

Cold Food 7-course

- May consist of the following:

- 1. Cold or hot hors d' oeuvre or appetizer**
- 2. Soup - potage in a soup plate, clear soup in a cup**
- 3. Fish or shellfish - depending on the entrée, a poultry item may be used**
- 4. Palate cleanser no more than one bite, (acidic)**
- 5. Main course - with appropriate vegetable garnish**
- 6. A cold dish with salad or fine vegetable (may be served before or after entrée in modern service)**
- 7. Hot or cold dessert**



The Most Common Mistakes in Course Meals

- 1. Portion size too large (how much is enough?)**
- 2. Menu does not use a variety of preparations, techniques (example)**
- 3. Menus do not contain proper variety of textures (example)**
- 4. Improper or confusing progression of the courses**
- 5. Sliced pieces on platters or plates are not properly arranged (how should they be arranged?)**



The Most Common Mistakes in Course Meals



6. Improper balance of carbohydrate and protein (how much?)
7. Lack of accompanying sauces or dressing for menu
8. Improper descriptions of preparations on menu
9. Lack of theme and flavors throughout the meal
10. The use of classical terms without proper follow-through on the plate (example)



Menu

- FOUR COURSE MENU - HOT, COLD, HOT, COLD
- FLAVORS AND COMBINATIONS THAT ARE FAMILIAR
- AVOID BEING TOO SPECIFIC IN DESCRIPTIONS
- BELLS AND WHISTLES ARE FUN FOR EVERYONE
- NUTRITION (30% FAT, 50% CARBOHYDRATE, 20% PROTEIN)
- INCORPORATE DIFFERENT TEXTURES
- ADVANCED TECHNIQUES

MENU SAMPLE Category K



***Roasted Stuffed Breast of Duck
with Duck Jus Lie (not Thyme Jus Lie)
Savory Wild Rice Blend
Green Beans with Shallots and Tomatoes
Leek Garnish, Glazed Orange Sections
Rye Cracker***

Army Center of Excellence, Subsistence

27th Annual

Us Army Culinary Competition



- **TRADITIONAL MENU**
- **DIFFERENT TECHNIQUES**
- **QUALITY FOOD**

FOOD PREPARATION



MENU SAMPLE Category F



Contemporary American Cuisine 1st and 2nd course

Essence of Celery

Chiffonade of Leek and Diced Apple

Celery Seed and Herb Cracker

Seafood Melange

*With a Vegetable Terrine, Tarragon Vinaigrette Tossed Mesclun
and Roasted Red Pepper Coulis, Chive Oil*

and a Savory Coux Paste Crisp

MENU SAMPLE Category F



Contemporary American Cuisine 3rd and 4th course

*Filet of Ostrich on an Aisago Cheese Polenta
And Tomato Mushroom Ragout
with Thyme and Rosemary Infused Jus Lie
Bernaise Sauce
Medley of Vegetables*

*Cream Moule
Accompanied by a Cinnamon Spiced Syrup Sauce
with Orange Sections and Strawberries
Almond Tuille Cookie*

MENU SAMPLE Category A



Pacific Rim Seared Ahi Tuna With Mango Daikon Salad

Chilled Grilled Shrimp Terrine With Potato Caper Salad

Vegetable and Chevre Terrine With mesclun in light vinaigrette

Cured Lamb Sausage With Eggplant and Garlic

Smoked Cured Salmon and Cream Cheese Galette With Asparagus and Dill

Chicken Liver Galantine With Truffle Trimmings and Patty Pan Salad

Composition Salad



MENU SAMPLE Category B



Picnic Salad Composition
Potato, Coleslaw, and Pasta Salads
Accompanied by a Deviled Egg and Pickle Terrine
Potato-Herb Crisp

Barbecued Pork Chop
Baked Beans, Collard Greens, Corn Bread Johnny Cake

Strawberry Charlotte
with Chocolate Decoration and Strawberry Sauce

MENU SAMPLE Category B



MENU SAMPLE Category C



Cold Buffet Desserts

Trio of Pears Dessert Platter

*Pear and Bavarian Cream Terrine
With Chocolate Jocande and Chocolate Curls
Citrus Poached Spiced Pears with Pistachio Paste
Gran Manier, Raspberry Truffle Pears
Pistachio Tuile*

Currant Sauce Orange Sauce



Pastry Components

- **Creamy, Meaty, Crunchy - Essential Textures**
- **Sauce consistency**
- **Clean Finish with no hassle**
- **Extremely important because it is the last dish and judges remember it the most**
- **Have basic recipes printed out so you can delegate**
- **Keep it simple and execute well**
- **Cold plate or Hot plate**
- **Variety of Skills**

Pastry Components



- **Creamy, Meaty, Crunchy - Essential Textures**



Pastry Recipes

- **Have basic recipes printed out so you can delegate**

- **Tuille:**

2 oz flour

2 oz powdered sugar

2 oz melted butter

1 egg white

chopped nuts to sprinkle on before baking

extra powdered sugar for dusting

cocoa if chocolate tuille striping is desired





Pastry Recipes

- **Have basic recipes printed out so you can delegate**

- **Syrup Sauce:**

1 liter water

800 grams sugar

fresh lemon juice

cinnamon stick

cloves

fresh fruit slices, wedges, or orange sections





Petite Fours

- Ceiling of ± 1 to 1 1/4 oz.
- Important Features
 - Shine of Fondant or Glaze
 - Attractiveness
 - Thickness of Layer
 - Foot or Border gives clean, crisp finish
 - Delicate Decorations
 - Layout with Flow and Curve

Petite Fours





Hot and Cold Desserts

- Proper Size to Finish off the Meal 3-5 oz.
- Practical and Well Thought Out (Can it be reproduced?)
- Proper Plates and Sauceboats (Fill no more than 1/2 full)
- Small Cookies or Accompaniment
- Stenciling, Dusting, Dammed Sauces
- Execution of Precise Piping
- Practicality, Serviceability, Safety
- Compatible Flavors and Textures

Photos to Learn From





Cakes

- Any Formulation of Type, Genoise, Sponge, Dobos, Seven Layer, Two Tone, Chocolate etc. may be used
- Require great planning
- Require precision in the execution of basic skills
- Edible Cakes must harmonize in flavors of cake and filling
- Be careful using colors, keep to a minimum, pastels are desired
- Make decorations special and unique
- Signage may be necessary to eliminate confusion

Olympic 2K Cakes





Showpieces

- Many mediums may be used
- Stay away from artificial materials except as permitted for structure and support
- Molds do not demonstrate talent or creativity - AVOID
- Show animation or activity if possible to excite the viewer





10 Most Common Mistakes Pastry

- 1. Portion size too big or small - 1 1/4 oz. Petite fours, 3.5 oz. Dessert**
- 2. Coating too thick or sloppy**
- 3. Thickness of rolled or piped items too thick**
- 4. Improper use of glazes**
- 5. Lack of imagination and overly complex presentation**



10 Most Common Mistakes Pastry

- 6. Oversized centerpieces. Quantity and size do not show quality**
- 7. Individual dessert plates - overdone or not enough “philosophy”**
- 8. Improper use of colored sugar, too much color used**
- 9. Poor layout of plates and platters. Keep with the elements of flow, focal point, heights and dimension, balance, and strong lines.**
- 10. Failure to maintain the integrity of the dessert**



Ice Carving

- DESIGN ORIGINALITY
- TEMPLATES, PAPER, PLASTIC
- USE OF TOOLS
- SAFETY
- FINISHED LOOK
- PRACTICE THE PIECE FOR TIME AND EXECUTION





Ice Carving - Kyoto, Japan 2002





Key Points for Success

- ✓ KEEP MENU FAIRLY SIMPLE
- ✓ PREPARE FOOD YOU ARE FAMILIAR WITH
- ✓ FOCUS ON MASTERING THE BASICS
- ✓ STAY ORGANIZED
- ✓ HOT PLATES HOT, COLD PLATES COLD
- ✓ WORK WITH A SENSE OF URGENCY
- ✓ REHEARSE, GET FEEDBACK, REHEARSE AGAIN

Photos to Learn From

