



Culinary Institut

TECHNIQUE OF THE QUARTER: GRILLING AND BROILING

G c a a a a c ca b .S c a ac a c c
 • a a .G a a , c a a a c
 a a a a a c ,a a c c ac ac .

B a b a a c ca ab a a b .F , ca
 a a b b , a a , • a ,a • ac ac b
 a c a c .l • • a a a b a b a
 , b c a ac a c ba .S a ,
 b aa a ca b • • a a a , c a a a a .

Ba b c a a a ca ca c .l • a c , a a a b ba
 • a abab c a c .l , • - • - a .O , a
 a a a• , • , .A ba b c b a c a • b a b a
 a b c a abab c a c .

Pa -b a c • a a ca - a• a a• a a .
 A a c a c a a acc a ; a a a .
 S• ca• a a a a ' • c a b ; • a a c a • a a a
 a c a a a c c .

SELECTION OF INGREDIENTS

T • - c • ,c a , b, • a a ,a c a a

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F ba , ca b c a a b , ba c a
 .T ca b a ac a a .
 T a ac a a a b .F a a , c
 ca c c b a .

3. Evaluate the quality of the nished grilled or broiled food.

M a , ,a c b a a b a a .M a c
 .l ca ,a c a a ab a c a a b a
 c .
 P a a b a a c a , c a c b a c a a
 c a a b a a a a b .T a a a a
 b ca b a .A a a a a a a a
 G a a - c a a .l a a bb
 , a c a c c .

DETERMINING DONENESS

D c b - a a c c c .A c A S
 a b , O c a c a a a b b a c .l
 b ac c a , ,a ,b ca a a a ab .

RED MEATS

B , a b,a a ca b c a a .Acc a a c
 a a ac ca b a c .H , ca c a
 a a c a ac b a .

Touch

P a a a a c .T - a c a , a

Recognizing Doneness through Touch:

T ac c c a c a a :
 H a ,a , c
 T c a ba b; a
 A a a a a a , c a

Appearance

A a c , a b c .l a a a a , a b
 a a c .T c a a , a b c c c ; a
 a , b c a a .

Recognizing Doneness through Appearance:

T c a a a c a ca .B c :

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THE RECIPE CORNER: GRILLING & BROILING

B a b c c c b a b a c b a a c
 B a c b a a c

B a a a a c a
 S a a c a
 B a b c a c

B a b b a b ● b
 P b

B a b

B ● a c

G c c b a a a a

G b ● c ● a a c
 S a a c

G a
 M a b

G a a ● ● ● & b a a c a a c
 R a ● ● ● & b a a c a a c

G a b ● a -

BARBECUED CHICKEN BREAST WITH BLACK BEAN SAUCE

Yield: 10.

Method

- 1.

BLACK BEAN SAUCE

Yield: 10

8 bac b a , a
40 c c c
 c bac
3 c c b

Method

1. S b a c .
2. R bac a a a .A , a c, a ,c , aa
3. C a a a , cca a , a a a c ,
ab 6 8 .A a a c b a .
4. S a a c a a a c 10 15 .R c a a
 b a .
5. A bac a c a - a . S a c a
 a .

BROILED FLANK STEAK WITH SALSA FRESCA

Yield: 10

2 lb flank steak (1 2 lb pack)

MARINADE

4 Tbsp olive oil
2 Tbsp lime juice
1 Tbsp fresh cilantro
1 Tbsp fresh jalapeño
1 Tbsp fresh serrano
1 Tbsp fresh onion
1 Tbsp fresh garlic
1 Tbsp fresh ginger
1 Tbsp fresh turmeric
1 Tbsp fresh cumin
1 Tbsp fresh coriander
1 Tbsp fresh paprika
1 Tbsp fresh chili powder
1 Tbsp fresh salt
1 Tbsp fresh pepper

Method

1. Trim the fat from the flank steak, leaving a thin layer.
2. Marinate the steak in the marinade for 2-3 hours.
3. Preheat the broiler to 450°F.
4. Broil the steak for 3-5 minutes per side. (For a medium-rare steak, broil to an internal temperature of 135°F.)
5. Cut the steak into 1/2-inch thick slices. Serve with fresh salsa.

NOTE: Flank steak may be paired with a variety of sauces such as Mushroom Sauce, Corn and Pepper Sauce, or Barbecue Sauce.

BARBECUE SAUCE

Yield: 24 cups

Method

1. Heat a large pot over medium heat. Add 5 cups of barbecue sauce, 1 cup of ketchup, and 1 cup of brown sugar. Stir well and simmer for 10 minutes.

BROILED LAMB KEBABS WITH PIMIENTO BUTTER

Yield: 10

2 lb lamb chops
 2 lb lamb skewers

MARINADE

1 cup olive oil
 4 tablespoons lemon juice
 4 tablespoons red wine vinegar
 4 tablespoons honey
 2 tablespoons salt
 1 cup black pepper
 12 cloves garlic

Method

1. Season lamb chops with salt and pepper.
2. Combine marinade ingredients in a large bowl. Toss lamb chops in the marinade.
3. Preheat broiler. Broil lamb chops for 3-4 minutes per side.
4. Broil lamb skewers for 4-5 minutes per side.
5. Serve lamb kebabs with pimiento butter.

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BROILED SHRIMP WITH GARLIC

Yield: 20

GRILLED CHICKEN WITH BASIL AND MOZZARELLA

Yield: 10

3 • b b c c b a

MARINADE

2

1 • a
• • •

2 c

2 • c • • ba a

20 c a a

Method

1. Cut chicken into 10 pieces (5 6 ac). Toss with marinade.
2. Cook chicken in a large skillet over medium heat for 3-4 minutes on each side.
3. Remove chicken from skillet and set aside. Add marinade to skillet and cook for 2-3 minutes. (Optional: Add garlic and basil.)
4. Toss chicken with marinade and cook for 3-4 minutes (170 F).
a).
5. Toss chicken with marinade and cook for 3-4 minutes.
6. Add chicken to skillet and cook for 3-4 minutes.

GRILLED SIRLOIN STEAK

Yield: 10

10 - 8
 10

a a
 a ● ● ●
 a
 a ab
 Ma H b

Method

1. Season steak with salt and pepper. Preheat grill to medium-high heat.
2. Place steak on grill. Cook for 4-5 minutes on each side for medium-rare. (Internal temperature should reach 135°F.)
3. Transfer steak to a cutting board and let rest for 5 minutes. Slice against the grain.
4. Serve with a side of vegetables and a sauce of your choice.

MAÎTRE D'HÔTEL BUTTER

Yield: 10 cups

8 cups butter, softened
2 cups granulated sugar
2 cups all-purpose flour
2 cups cake flour
2 cups confectioners' sugar
2 cups whole eggs
2 cups heavy cream
2 cups vanilla extract

Method

1. Whisk together butter, sugar, and eggs in a large bowl. Add flour, cake flour, and confectioners' sugar. Beat until smooth. Add heavy cream and vanilla extract. Beat until thick and creamy.
2. Transfer to a piping bag. Pipe into a decorative swirl on a parchment-lined tray. Bake at 350°F for 10-12 minutes. Cool completely.

GRILLED TUNA WITH ROASTED PEPPER & BALSAMIC VINEGAR SAUCE

Yield: 10

- 3 • b
 - a a
 - a a
 - a • • •
 - a ab
- 1 c •
 - a • • • &ba a c a a c

Method

1. C a 10 a a ,5 6 ac .S a a a • • • .B
A c a a a b • ac .
2. Pac a • a b .G b b ab 2
(O • a :G ac a a a [90] b ac a .)T
a a c • c ,ab 2 4 .
3. S a ba a c a a • • • a c .

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GRILLED VEGETABLES PROVENÇAL-STYLE

Yield: 10

- 1 lb
- 1 lb
- 2
- 8
- 2 lb
- 6
- 6
- 7
- 4
- 1

Method

1. Toss with oil and salt. Grill for 3-4 minutes per side.
2. Place in a large bowl. Add the remaining ingredients and toss. Season with salt and pepper. Serve immediately.
3. Place in a large bowl. Add the remaining ingredients and toss. Season with salt and pepper. Serve immediately.
4. Grill for 3-4 minutes per side. Season with salt and pepper. Serve immediately.
5. Place in a large bowl. Add the remaining ingredients and toss. Season with salt and pepper. Serve immediately.

TEST YOUR GRILLING & BROILING KNOWLEDGE

1. T $(a + b)^2 = a^2 + 2ab + b^2$.
2. W $(a - b)^2 = a^2 - 2ab + b^2$, $(a + b)(a - b) = a^2 - b^2$.
3. P $(a + b)^2 = a^2 + 2ab + b^2$.
4. G $(a + b)^2 = a^2 + 2ab + b^2$.
5. Ca $(a + b)^2 = a^2 + 2ab + b^2$.
6. B $(a + b)^2 = a^2 + 2ab + b^2$.
7. B $(a + b)^2 = a^2 + 2ab + b^2$.
8. F $(a + b)^2 = a^2 + 2ab + b^2$.
 - a. S $(a + b)^2 = a^2 + 2ab + b^2$.
 - b. A $(a + b)^2 = a^2 + 2ab + b^2$.

TEST YOUR GRILLING & BROILING KNOWLEDGE (ANSWER KEY)

1. T c . *True*
2. W a b a , b c , b c . *True*
3. P a a • a -b . *False*
4. G b c a c a . *False*
5. Ca c ac a c c a a b a c . *True*
6. B a c c a c ca b . *False*
7. B a c c a c ca ab b c . *True*
8. F c b a , , b , •
 - a. S b a • c c
 - b. A a a c a a
 - c. S b a a
 - . S a a a a a
 - . Aa C
9. A • c c a a ac a a c • a
 - a. Pa - a
 - b. S• - a
 - c. Ba b c
 - . S - a
 - . B
10. A ; a a c b ac a c
 - a. R a
 - b. B
 - c. Ba b c
 - . P
 - . G