



# 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

Intellectual property of The Culinary Institute of America  
Courtesy of the Admissions Department. Items can be reproduced for classroom purposes only and cannot be altered for individual use.

1-800-CULINARY (285-4627) | [admissions@culinary.edu](mailto:admissions@culinary.edu) | [ciachef.edu](http://ciachef.edu)

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 :

Intellectual property of The Culinary Institute of America  
Courtesy of the Admissions Department. Items can be reproduced for classroom purposes only and cannot be altered for individual use.

1-800-CULINARY (285-4627) | [admissions@culinary.edu](mailto:admissions@culinary.edu) | [ciachef.edu](http://ciachef.edu)

## 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. Sauté bac b a c .
2. Rins bac a a a .A , a c, a ,c , a a .
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 a b a .
5. A bac a c a - a .S a c a a .







# 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

## 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  
 12 whole black peppercorns

## Method

1. Season lamb chops with salt and pepper.
2. Combine marinade ingredients in a large bowl. Toss lamb chops in marinade.
3. Preheat broiler. Broil lamb chops for 3-4 minutes on each side.
4. Meanwhile, combine remaining marinade ingredients in a small bowl. Simmer for 10 minutes. Strain and reduce by half.
5. Serve lamb chops with pimiento butter.

# PIMIENTO BUTTER

Yield: 1 lb.

- 12 lb. butter
- 3 cups salt
- 1 lb. black pepper
- 1 lb. white pepper
- 1 lb. red pepper

## Method

1. Butter, salt, and pepper are combined in a large bowl. A small amount of salt is added to the butter.
2. The mixture is then divided into three equal parts, each containing one-third of the total salt and pepper.
3. The three parts are then combined and mixed thoroughly.

Intellectual property of The Culinary Institute of America  
Courtesy of the Admissions Department. Items can be reproduced for classroom purposes only and cannot be altered for individual use.

1-800-CULINARY (285-4627) | [admissions@culinary.edu](mailto:admissions@culinary.edu) | [ciachef.edu](http://ciachef.edu)

## **BROILED SHRIMP WITH GARLIC**

Yield: 20

**MIC**

# 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 pan with a little oil.
3. Remove chicken and sauté the marinade. Add chicken back in and cook for 3-4 minutes. (Optional: Add a little oil to the pan.)
4. Toss chicken with marinade and cook for 3-4 minutes (170 F).
5. Toss chicken with marinade and cook for 3-4 minutes.
6. Add chicken to the pan 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. A cast iron skillet is preheated over medium-high heat. Add oil and sear steak for 2-3 minutes on each side. Remove from heat and let rest for 5 minutes.
2. Place steak on a plate. Garnish with sliced onions and mushrooms. (Optional: Add a side of mashed potatoes and a green salad.)
3. To serve, slice steak against the grain into 1/2 inch thick slices. (135 F)
4. To serve, slice steak against the grain into 1/2 inch thick slices. (145 F)

# MAÎTRE D'HÔTEL BUTTER

Yield: 10 cups

8 cups butter, softened  
2 cups granulated sugar  
2 cups egg whites  
1/2 cup vanilla extract  
1/2 cup almond extract

## Method

1. Whisk together butter, sugar, egg whites, vanilla, and almond extract. Beat until light and fluffy. Add flour and baking powder, and mix until just combined. Divide into two equal parts. Roll each part into a log, wrap in plastic, and freeze for 2 hours.
2. Preheat oven to 350°F. Slice each log into 1/2-inch thick rounds. Bake for 10-12 minutes. Cool on a wire rack.

# 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 .

Intellectual property of The Culinary Institute of America  
Courtesy of the Admissions Department. Items can be reproduced for classroom purposes only and cannot be altered for individual use.

1-800-CULINARY (285-4627) | [admissions@culinary.edu](mailto:admissions@culinary.edu) | [ciachef.edu](http://ciachef.edu)

# GRILLED VEGETABLES PROVENÇAL-STYLE

Yield: 10

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

cc  
 a  
 a cc  
 , a  
 c a  
 c  
 a a  
 a ● ● ●  
 ● ● ●  
 ● ● ●  
 a c ca  
 a ba a c a  
 ba c a

## Method

1. T cc a ● a .C 3/4- c c c ( a a ba ).
2. P a c a a , a ● a a a ba c .A a a , ● a a c , a , a c c b a ● a ,15 20 . R a a c ● a .R .
3. P a a b .B cc , ● a ,a c a c-a - a a a b .T c a c ● c c ab a c ,ab 3 .R ,c c ,a .
4. G b ● ● ● c a a .R a ● ● ● c . R ,c , ,a b .C ● ● ● c ,a .
5. P a ca 2 a a a , ● a c ● a a a a .A ab a a c ca a c ab a b a .A a a , ● ● ● ,a ba a c a a .F ba a a ● .S a c , ● c .

## 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