

Based on classical Escoffier, Asian and Latin culinary techniques, with an emphasis on progressive trends and practices, the schools' curriculum are designed to develop and sharpen fundamental cooking techniques and professional skills and introduce a variety of international cuisines. Internships, student-run school restaurants, guest lectures and Web-based seminars, and study abroad programs help broaden the scope of learning for students.

Program offerings vary at each school. Prospective students should check the course offerings at The Art Institutes school they are interested in attending before enrolling. To learn more about The International Culinary Schools at The Art Institutes, visit www.artinstitutes.edu/culinary or www.exploreculinary.com.

About The Art Institutes

The Art Institutes (www.artinstitutes.edu) is a system of over 40 education institutions located throughout North America, providing an important source of design, media arts, fashion and culinary arts professionals.

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THE
INTERNATIONAL
CULINARY
SCHOOLSSM
at The Art Institutes

Best Teen Chef Final Round Competition 2009 Menu:

- Curly Endive Salad with Bacon and Poached Egg (Salade Lyonnaise)
- Oyster Stew with Diced Tomato and Benne Seeds
- Catfish “Creative” Garnish with “Creative” Vegetable

Cooking skills, plating and cleanup (2 hours)

Cooking 90 minutes

Plating 15 minutes

Clean-up 15 minutes

2 hours total



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Best Teen Chef Final Round Competition 2009 Menu:

Curly Endive Salad with Bacon and Poached Egg (Salade Lyonnaise)

Yield: 2

<u>Amount</u>	<u>Measure</u>	<u>Ingredient</u>
2 slices	2 ounces, 56 g	White bread, crusts removed, cut into ½-inch (1.25 cm) cubes
3 tablespoons	1½ ounces, 45 ml	Olive oil
2 slices	2.5 ounces, 70 g	Bacon, 12-14 count, cut crosswise into ½-inch (1.25 cm) strips
1 teaspoon	5 ml	White wine vinegar
2		Eggs
½ clove		Garlic, minced
½ teaspoon		Thyme, fresh leaves
TT		Salt and pepper
1½ tablespoons	¾ ounce, 22 ml	Red wine vinegar
2 cups	4 ounces, 112 g	Curly endive, torn into bite-size pieces

1. Place an 8-inch sauté pan over medium heat. Toss the bread cubes with 2 tablespoons (30 ml) olive oil and season with salt and pepper. Add the bread cubes to the pan.
2. Stirring frequently, cook croutons until crisp and brown, about 5 minutes. Remove croutons from pan and set aside until needed.
3. Wipe out pan, add bacon, and cook until crisp. Transfer bacon to paper towels and drain.
4. Pour off all but 2 tablespoons (30 ml) of bacon fat from pan. Reserve pan to make the salad dressing.
5. Fill a 2-quart saucepan two-thirds full with water. Add the white wine vinegar and bring to a boil. Break each egg into a cup or small bowl and slide one at a time into the water. Reduce the heat to a bare simmer. Poach the eggs until the whites are set but the yolks are still soft, about 3 minutes. Remove with a slotted spoon and drain on paper towels. Season with salt and pepper.
6. To the fat in the pan, add the remaining 1 tablespoon (15 ml) olive oil, garlic, and thyme and season with salt and pepper. Warm the dressing over moderately low heat, stirring occasionally, until the garlic barely starts to brown, about 2 minutes. Add the red wine vinegar and remove from the heat. Toss the dressing with the endive and bacon until the endive wilts slightly. Add the croutons and toss again.
7. Arrange the salad on two plates. Top each salad with a warm egg.

Oyster Stew with Diced Tomato and Benne Seeds

Yield: 2

<u>Amount</u>	<u>Measure</u>	<u>Ingredient</u>
4 tablespoons	2 ounces, 60 ml	Butter
¼ cup		Celery, ¼-inch (.6 cm) dice
2 each		Green onions: white parts minced; 1 to 2 inches of green parts chopped fine; each color kept separate
1 tablespoon		All-purpose flour
2 cups	16 ounces, 480 ml	Milk
1 cup	8 ounces, 240 ml	Oysters, shucked with liquor
TT		Worcestershire sauce (about ¼ teaspoon/1 ml)
TT		Salt and pepper
1 each	4 ounces, 112 g	Tomato, peeled, seeded, ¼-inch (.6 cm) dice
½ teaspoon		Sesame seeds, toasted

1. In a 2-quart saucepot, melt butter over medium heat.
2. Add celery and white part of the onion and cook 1 minute, stirring frequently.
3. Add flour and stir to combine to make a roux.
4. Cook 3 minutes over medium-low heat, stirring frequently.
5. Add milk and all but 1 tablespoon (15 ml) of the oyster liquor.
6. Bring to a boil, reduce to a simmer, and cook 15 minutes.
7. When ready to serve, add most of the green onion tops, reserving a few for garnish. Add the oysters and simmer until their edges begin to curl and the oysters plump.
8. Correct seasoning with Worcestershire sauce, salt, and pepper.
9. In a separate pan, heat the diced tomato in the 1 tablespoon (15ml) reserved oyster liquor.
10. Ladle soup into two warm bowls. Garnish with diced tomato, reserved green onion tops, and sesame seeds

Catfish “Creative” Garnish

- Catfish fillets may be cooked using any proper culinary technique—the technique will be evaluated. The deep-fryer, grill and broiler (salamander) will not be available.
- Sautéed items must be finished in a sauce.

Yield: 2

<u>Amount</u>	<u>Measure</u>	<u>Ingredient</u>
2 each each		Farm-raised catfish fillets, 5 ounces (140 g) average

“Creative” Garnish:

The following items will be available to use to garnish or enhance the entrée, vegetable, or starch. **However, no item is required to be used.**

1 cup	8 ounces, 240 ml	Chicken stock
1 cup	8 ounces, 240 ml	Fish stock
1 cup	4 ounces, 112 g	Long-grain white rice
1 cup	5 ounces, 112 g	Stone-ground grits
1 cup	4 ounces, 112 g	Fresh bread crumbs
	16 ounces, 448 g	Sweet potatoes, 100 count
½ cup	2 ounce, 56 g	Roasted unsalted peanuts
1 each		Red and green bell peppers
	4 ounces, 112 g	Celery stalks
	3 ounces, 84 g	Sharp cheddar cheese
1 cup	3 ounces, 84 g	Mushrooms, cremini
	1 ounce, 28 g	Ginger, fresh
2 each		Garlic cloves
2 each		Thyme sprigs, fresh
6 each		Italian (flat-leaf) parsley sprigs, fresh
½ each		Yellow onion, medium
2 each		Eggs, large
1 each		Orange, lime, and lemon, fresh
½ cup	4 ounces, 120 ml	Vegetable oil
¼ cup	2 ounces, 60 ml	Butter, whole, unsalted

“Creative” Vegetable:

The following items will be available to use as the accompanying vegetable or to garnish or enhance the catfish entrée only. **However, no item is required to be used.**

1 each		Zucchini
1 each		Corn, on the cob
	2 ounces, 48 g	Okra, fresh
	2 ounces, 48 g	Green beans, whole

All competitors may draw from the Community Storeroom/Par Stock, which will include the following items:

Cayenne	Old Bay seasoning
Chili powder	Oregano (dried), ground and leaves
Cinnamon, ground	Pepper, black and white
Cornstarch	Salt, Diamond Crystal Kosher
Cornmeal flour	Sugar, brown and granulated white
Cumin, ground	Tabasco Sauce
Cumin, seeds	Vinegar, cider and red wine
Flour, all-purpose	Worcestershire sauce



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CULINARY ARTS PROGRAM BACKGROUNDER

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Dining is more than just eating; it's the full experience of taste, aroma, and presentation. Few professions offer the creativity, excitement, and opportunities found in the culinary arts. And, America's interest in culinary arts is growing and prospering. Restaurants, hotels, clubs, resorts, convention centers, lifestyle communities, hospitals and entertainment facilities all offer growing career opportunities for the culinary profession.

According to the U.S. Department of Labor 2008-2009 *Occupational Outlook Handbook* (<http://www.bls.gov/oco/ocos161.htm>), opportunities for chefs, cooks and other kitchen professionals are expected to be plentiful through 2016 and grow as fast as the average of all occupations for the 2004-2014 period.

The Art Institutes schools' Culinary Arts programs began in 1991 at The Art Institute of Atlanta and has grown exponentially, building a strong reputation in culinary circles.

Culinary Arts programs are offered at more than 30 Art Institutes schools throughout North America.

The Art Institutes introduced The International Culinary Schools at The Art Institutes on November 6, 2007 in order to address the world's growing appetite for international cuisine and employers' demand for talented people to satisfy it. The International Culinary Schools at The Art Institutes aim to help prepare students for the ever-changing and increasingly sophisticated tastes in world cuisines.

The curriculum for The International Culinary Schools at The Art Institutes is based on classical Escoffier, Asian and Latin culinary techniques, emphasizing progressive trends and practices and introduces a variety of international cuisines. Students have the opportunity to learn in modern kitchens and receive practical, hands-on experience.

Our culinary curriculum is designed to develop and sharpen fundamental cooking techniques and professional skills – from using kitchen tools, to managing a menu, to working as part of a team. Once the basics are covered, then it's on to explore a world of cuisines—from the classics to those emerging in popularity.

The International Culinary Schools at The Art Institutes can provide students with unique opportunities for a culinary education beyond the classroom. Real-world internships, student-run school restaurants, guest lectures and webinars, and study abroad programs are available to help broaden the scope of learning.

Program offerings vary at each school. Prospective students should check the course offerings at The Art Institutes school they are interested in attending before enrolling.

Areas of Study and Degree Offerings

- Culinary Arts: bachelor's degree, associate's degree, diploma/certificate
- Culinary Management: bachelor's degree
- Baking & Pastry: associate's degree, diploma/certificate
- Food & Beverage Management: bachelor's degree
- Wine, Spirits & Beverage Management: associate's degree

*Degrees and areas of study vary by location.

- **Culinary Arts**

The Culinary Arts associate's degree program consists of courses introducing international cuisine, basic skills and techniques, including purchasing and cost control, human relations, kitchen management, nutrition, dining room procedures, garde manger, baking and pastries, a la carte kitchen, and an internship, as well as general education courses. Graduates of this program will be prepared to pursue entry-level positions in the field of culinary arts.

- **Culinary Management**

Students in the Culinary Management bachelor's degree program integrate culinary technique, entrepreneurial business skills, general education and hands-on technical skills classes that introduce international cuisine in a curriculum designed to foster their culinary leadership ability. They explore factors affecting the food service industry in a global marketplace and develop proficiency in industry technology through advanced training. Graduates are prepared to pursue entry-level positions with restaurants, hotels, food service institutions, catering and other culinary or hospitality related business.

- **Baking & Pastry**

The Baking & Pastry associate's degree program provides students with culinary skills combined with a focus on baking and pastry. Students are also introduced to the fundamental concepts, skills and techniques of chocolate and confections.

- **Food & Beverage Management**

The Food & Beverage Management bachelor's degree program provides a wide variety of specialized education to students planning to pursue a management career in food and beverage. Students are introduced to both kitchen skills and "front of the house" service operations and management.

- **Wine, Spirits & Beverage Management**

The associate's degree program in Wine, Spirits & Beverage Management focuses on beverage management operations for coffee, tea, other non-alcoholic beverages, wine, beer, and spirits as well as "front of the house" service operations and management. The content of the curriculum includes product knowledge, trends, inventory, purchasing and cost control, general business, management, and marketing skills, laws and liability, food pairings, catering and event management and service.

Students at The International Culinary Schools at The Art Institutes compete in local, regional, or national competitions, and have achieved national recognition for their skills.

Every year, The Art Institutes hosts the "Best Teen Chef" Competition (www.artinstitutes.edu/btc) to choose the top young chef among high school seniors across the United States and Canada.

The International Culinary Schools at The Art Institutes locations include:

The Art Institute of Atlanta®, GA

The Art Institute of CaliforniaSM — Inland Empire

The Art Institute of CaliforniaSM — Los Angeles

The Art Institute of CaliforniaSM — Orange County

The Art Institute of CaliforniaSM — Sacramento

The Art Institute of CaliforniaSM — San Diego

The Art Institute of CaliforniaSM – San Francisco

The Art Institute of CharlestonSM, SC
A branch of The Art Institute of Atlanta, GA

The Art Institute of Charlotte®, NC

The Art Institute of Colorado® (Denver)

The Art Institute of Dallas®, TX

The Art Institute of Fort Lauderdale®, FL

The Art Institute of Houston®, TX

The Art Institute of IndianapolisSM, IN*

The Art Institute of JacksonvilleSM, FL
A branch of Miami International University of Art & Design

The Art Institute of Las Vegas®, NV

The Art Institute of MichiganSM (Detroit)

The Art Institute of OhioSM — Cincinnati**

The Art Institute of Philadelphia®, PA

The Art Institute of Phoenix®, AZ

The Art Institute of Pittsburgh®, PA***

The Art Institute of Portland®, OR

The Art Institute of Raleigh – DurhamSM, NC
A branch of The Art Institute of Charlotte, NC

The Art Institute of Salt Lake CitySM, UT

The Art Institute of Seattle®, WA

The Art Institute of TampaSM, FL
A branch of Miami International University of Art & Design

The Art Institute of TennesseeSM — Nashville
A branch of The Art Institute of Atlanta, GA

The Art Institute of TucsonSM, AZ

The Art Institute of VancouverSM, BC
Dubrulle Culinary Arts location

The Art Institute of Washington® (Arlington, VA)^{****}
A branch of The Art Institute of Atlanta, GA

The Art Institutes International – Kansas CitySM

The Art Institutes International MinnesotaSM (Minneapolis)

The Illinois Institute of Art® — Chicago

*The Art Institute of Indianapolis is licensed by the Indiana Commission on Proprietary Education, 302 W. Washington St., Rm E201, Indianapolis, IN 46204. AC-0080

**The Art Institute of Ohio — Cincinnati, 8845 Governors Hill Drive, Suite 100, Cincinnati, OH 45249-3317, OH Reg # 04-01-1698B

***Location includes The Art Institute of Pittsburgh — Online Division.

A range of online course opportunities is available. Degrees and programs vary by location.

****The Art Institute of Washington is certified by the State Council of Higher Education to operate in Virginia.

To learn more about The International Culinary Schools at The Art Institutes, visit www.exploreculinary.com or www.artinstitutes.edu/culinary.

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Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook, 2008-09 Edition*, Chefs, Cooks, and Food Preparation Workers, on the Internet at <http://www.bls.gov/oco/ocos161.htm> (visited October 4, 2008).

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ABOUT THE ART INSTITUTES

The Art Institutes (www.artinstitutes.edu), a system of over 40 education institutions located throughout North America, is an important source of design, media arts, fashion and culinary arts professionals.

The Art Institutes schools faculty members are not only skilled instructors, but also trained professionals in their fields. Many faculty members have extensive industry experience, in addition to standard academic qualifications.

The Art Institutes operate in Arlington, VA; Atlanta, GA; Austin, TX; Brookline (Boston), MA; Charleston, SC; Charlotte, NC; Chicago, IL; Cincinnati, OH; Dallas, TX; Decatur, GA; Denver, CO; Novi (Detroit), MI (Detroit); Durham, NC; Fort Lauderdale, FL; Houston, TX (two locations); Indianapolis, IN; Jacksonville, FL; Lenexa (Kansas City), KS; Henderson (Las Vegas), NV; Los Angeles (Hollywood), CA; Santa Anna (Orange County), CA; Santa Monica (Los Angeles), CA; Miami, FL; Minneapolis, MN; Nashville, TN; New York, NY; Philadelphia, PA; Phoenix, AZ; Pittsburgh, PA; Portland, OR; Sacramento, CA; Draper (Salt Lake City), UT; San Bernardino, CA; San Diego, CA; San Francisco, CA; Schaumburg, IL; Seattle, WA; Sterling, VA; Sunnyvale, CA; Tampa, FL; Tucson, AZ; Burnaby (Vancouver), BC; and York, PA.

The Art Institutes schools offer a broad range of programs including Audio Production, Culinary Arts, Culinary Management, Fashion Design, Fashion Marketing, Graphic Design, Industrial Design, Web Design & Interactive Media, Interior Design, Media Arts & Animation, Photography, Restaurant Management and Video Production. Not all programs are offered at all schools. The Art Institutes schools work closely with employers to design programs that meet specific industry needs.

The parent company of The Art Institutes, Education Management LLC (<http://www.edmc.com>), with more than 110,800 students (as of October 2008), is among the largest providers of post-secondary education in North America, based on student enrollment and revenue. Education Management has 90 locations in 28 U.S. states and in Canada. Education Management's educational institutions offer a broad range of academic programs concentrated in the media arts, design, fashion, culinary arts, behavioral sciences, health sciences, education, information technology, legal studies and business fields, culminating in the award of associate's through doctoral degrees. Education Management has provided career-oriented education for over 40 years.

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