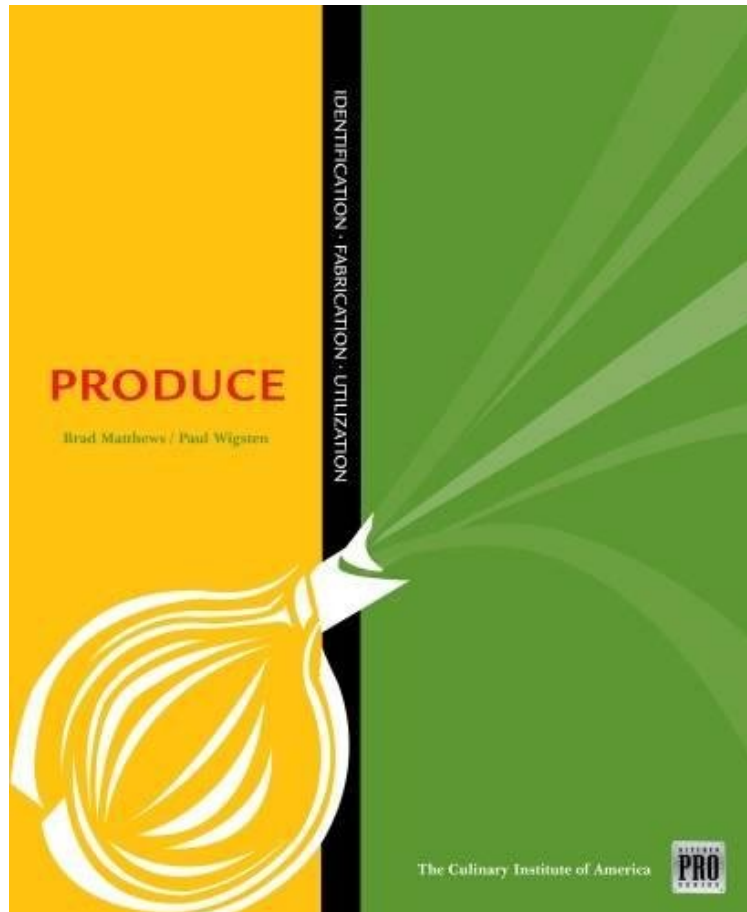


[Ebook free] Kitchen Pro Series: Guide to Produce Identification, Fabrication and Utilization

Kitchen Pro Series: Guide to Produce Identification, Fabrication and Utilization

Brad Matthews, Paul Wigsten

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must have. The photography is fabulous. This is a great gift for the farmer in your life.

Kitchen Pro Series: Guide to Produce Identification, Fabrication, and Utilization is the definitive guide to selection, purchasing and fabricating produce for professional chefs, foodservice personnel, culinarians, and food enthusiasts. Part of CIA's new Kitchen Pro Series focusing on kitchen preparation skills, this user-friendly, full-color resource provides practical and detailed information on product identification, seasonality, availability, storage, maturity and ripeness, taste and utilization tactics. If you're seeking a comprehensive guide to produce, then this publication is for you.

Contents Recipe Contents About the CIA Author Biography Acknowledgements Chapter 1: Selecting Produce Chapter 2: Salad and Cooking Greens Chapter 3: Cabbage Family Chapter 4: Mushrooms Chapter 5: Stalks Chapter 6: Onions Chapter 7: Roots and Tubers Chapter 8: Pod and Seed Vegetables Chapter 9: Tomatoes Chapter 10: Peppers Chapter 11: Squash Chapter 12: Herbs Chapter 13: Apples and Pears Chapter 14: Citrus Chapter 15: Grapes and Berries Chapter 16: Stone Fruits Chapter 17: Melons Chapter 18: Tropical Fruits Chapter 19: Preparing Produce Chapter 20: Recipes Glossary Index Photo Credits CIA Conversion Charts Recipe Contents Vol au Vent with Mushroom Ragout Sicilian Style Baby Arugula Saffron Cauliflower with Onions Asparagus with Hollandaise Jalapeno Coleslaw Onion Focaccia Glazed Carrots and Parsnips with Thyme Braised Red Cabbage Baked Tomatoes with Goat Cheese Fresh Harissa Onion Soup Gratinee Italian Sausage with Onion and Pepper Saute on Italian Roll Zucchini Pancakes with Tzatziki Sauce Pesto Port Poached Pears with Roquefort and Walnuts Red Snapper with Grapefruit Salsa Summer Pudding Summer Melon Salad with Prosciutto Avocado and Black Bean Crostini Spicy Garlic Stir Fried Green Beans Sauteed Brussels Sprouts with Pancetta

About the Author Brad Matthews is the director of purchasing and storeroom operations at The Culinary Institute of America (CIA). Directing a storeroom staff of more than two dozen, Mr. Matthews is responsible for all purchases on the college's Hyde Park, NY campus, including more than \$6.5 million of food products for the college each year. Mr. Matthews and his staff must assure the value of those purchases through proper receipt, evaluation, storage, and timeliness of deliveries. He also oversees the distribution to the 41 kitchens and bakeshops of all food coming into the CIA campus. Paul Wigsten is the produce buyer at The Culinary Institute of America (CIA) in Hyde Park, NY. Mr. Wigsten also owns and operates Wigsten Farm in Pleasant Valley, NY with his family. In 2002, Wigsten Farm was awarded the Agri-Business Award by the Dutchess County Economic Development Corporation. Along with Mr. Matthews, Mr. Wigsten was awarded the 2006 Glynwood Harvest Good Neighbor Award.