



# 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 ac ac b  
 a c a c .l • a 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

1 Tbsp lime juice

2 Tbsp fresh cilantro

2 Tbsp fresh jalapeño

1 Tbsp salt

## Method

1. Trim fat from flank steak, leaving a thin layer.

2. Marinate flank steak in marinade for 2 hours.

3. Preheat broiler to 450°F.

4. Broil flank steak for 3-5 minutes per side. (For medium-rare, broil to 135°F internal temperature.)

5. Cut flank steak into 1/2-inch slices. Serve with Salsa Fresca.

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



# SALSA FRESCA

Y :1 a

1 b		a	c	a
4		c		
4		c	• • •	
—		c	a c	
		c	• • c a	
1 •		c	• •	a
2			c	
—		c		a a • •
1				—
		a	a	

## Method

1. C b a .A a a a • • • a .U 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 skewers

## MARINADE

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

## Method

1. Season lamb chops with salt and pepper.
2. Cook lamb chops in a 11/2 inch skillet over medium heat for 3-4 minutes on each side. Remove from heat and let rest for 5 minutes.
3. Cook lamb skewers in a 11/2 inch skillet over medium heat for 3-4 minutes on each side. Remove from heat and let rest for 5 minutes.
4. In a large bowl, combine olive oil, lemon juice, red wine vinegar, Dijon mustard, salt, black pepper, and garlic. Toss lamb chops and skewers in the marinade.
5. Broil lamb chops and skewers in a preheated broiler for 4-5 minutes on each side. Remove from broiler and let rest for 5 minutes.

# 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.

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# **BROILED SHRIMP WITH GARLIC**

Yield: 20.

# GRILLED CHICKEN WITH BASIL AND MOZZARELLA

Yield: 10

3 lbs boneless, skinless chicken breasts

## MARINADE

2

1 cup olive oil

1/2 cup balsamic vinegar

2 tablespoons Dijon mustard

2 tablespoons fresh basil leaves, finely chopped

20 cloves garlic, minced

## Method

- Preheat grill to medium-high heat (375-400°F). Toss chicken with marinade.
- Grill chicken for 5-6 minutes per side, until cooked through and slightly charred.
- Remove chicken from grill and let rest for 5 minutes. Meanwhile, prepare the sauce by combining the remaining marinade ingredients in a small bowl. (Optional: Add a pinch of salt and pepper.)
- Transfer the chicken to a serving platter and drizzle with the sauce. (170°F internal temperature.)
- Top with sliced mozzarella and fresh basil leaves.
- Serve immediately.







# 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 c

8 a b , a  
 2 c a  
 2 c  
 a a  
 a a

## Method

1. W b b a a a ac . A a a b  
 . A a a a .
2. T c b a , a b a a c  
 a c .

# 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 3/4-1 hour (depending on thickness).
2. Prepare a vinaigrette with olive oil, vinegar, salt, pepper, and herbs. Dress the vegetables and let marinate for 15-20 minutes.
3. Prepare a sauce with olive oil, salt, pepper, and herbs. Add a splash of lemon juice.
4. Grill the vegetables for 3-4 minutes. Season with salt and pepper.
5. Prepare a sauce with olive oil, salt, pepper, and herbs. Add a splash of lemon juice. Serve the vegetables with the sauce.

## TEST YOUR GRILLING & BROILING KNOWLEDGE

1. T  $(a + b)^2 = a^2 + 2ab + b^2$  .
2. W  $(a - b)^2 = a^2 - 2ab + b^2$  ,  $(a + b)^2 = a^2 + 2ab + b^2$  .
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