



# 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 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 bac b a a c  
B a c b a a c

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

B a b bab • 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 ,
4. S a                a c        a a        a c        10 15                .R                c        a        a
5. A                bac                a c a                -                a        .S a                c 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 cayenne  
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.*



# 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 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 marinade.
3. Preheat grill to medium-high heat. Grill lamb chops for 3-4 minutes.
4. Grill lamb skewers for 4-5 minutes. Baste with marinade.
5. Serve lamb kebabs 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.

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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

1/2 cup

2

2

20

1/2 cup olive oil  
1/2 cup balsamic vinegar  
1/2 cup soy sauce  
1/2 cup honey  
1/2 cup Dijon mustard  
1/2 cup fresh basil leaves, finely chopped  
1/2 cup fresh mozzarella cheese, finely chopped

1/2 cup  
1/2 cup  
1/2 cup  
1/2 cup  
1/2 cup  
1/2 cup  
1/2 cup

## 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 bowl. (Optional: Add a pinch of salt and pepper.)
- Drizzle the sauce over the chicken and garnish with fresh basil leaves and mozzarella cheese.
- Serve immediately.
- Enjoy!







# 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 plate 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	1/2 lb	cc
1	1/2 lb	• a
2		a cc
8		, a
2	b •	c a
6		c
		a a
		a • • •
6		• • •
7		• • •
4		a c ca
		a ba a c a
1		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 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  
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