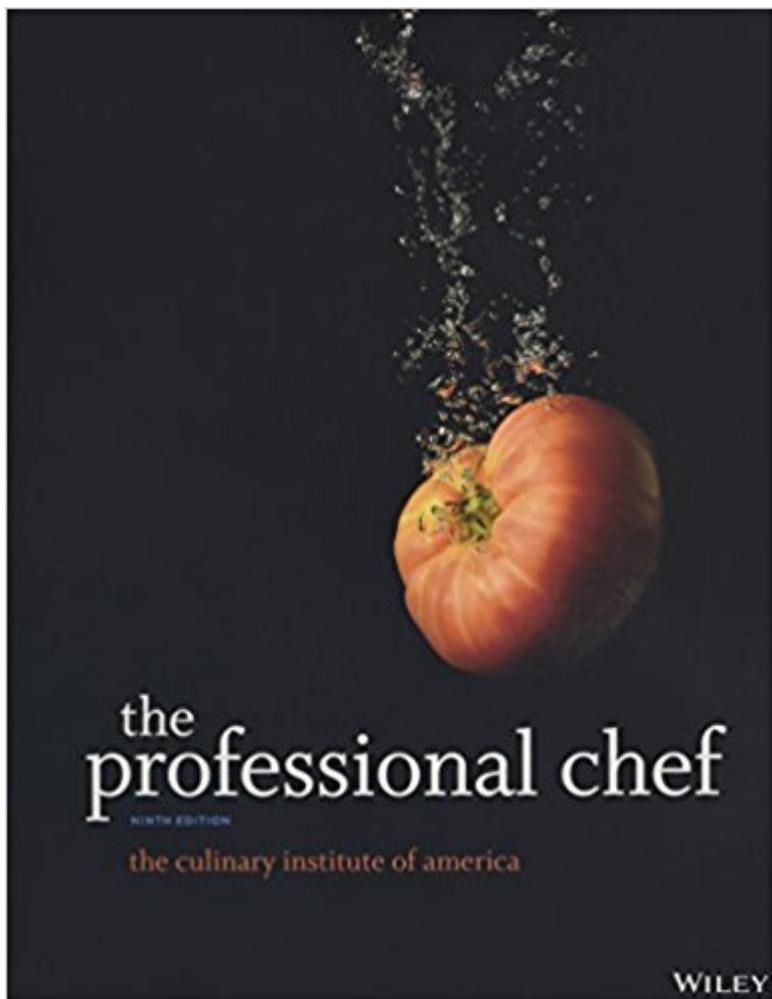


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The Professional Chef



Synopsis

"The bible for all chefs." —Paul Bocuse Named one of the five favorite culinary books of this decade by Food Arts magazine, The Professional Chef is the classic kitchen reference that many of America's top chefs have used to understand basic skills and standards for quality as well as develop a sense of how cooking works. Now, the ninth edition features an all-new, user-friendly design that guides readers through each cooking technique, starting with a basic formula, outlining the method at-a-glance, offering expert tips, covering each method with beautiful step-by-step photography, and finishing with recipes that use the basic techniques. The new edition also offers a global perspective and includes essential information on nutrition, food and kitchen safety, equipment, and product identification. Basic recipe formulas illustrate fundamental techniques and guide chefs clearly through every step, from mise en place to finished dishes. Includes an entirely new chapter on plated desserts and new coverage of topics that range from sous vide cooking to barbecuing to seasonality. Highlights quick reference pages for each major cooking technique or preparation, guiding you with at-a-glance information answering basic questions and giving new insights with expert tips. Features nearly 900 recipes and more than 800 gorgeous full-color photographs. Covering the full range of modern techniques and classic and contemporary recipes, The Professional Chef, Ninth Edition is the essential reference for every serious cook.

Book Information

Series: the professional chef 9th edition

Hardcover: 1232 pages

Publisher: Wiley; 9 edition (September 13, 2011)

Language: English

ISBN-10: 0470421355

ISBN-13: 978-0470421352

Product Dimensions: 8.9 x 2.6 x 11 inches

Shipping Weight: 7.8 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 392 customer reviews

Best Sellers Rank: #3,789 in Books (See Top 100 in Books) #4 in Books > Business & Money > Industries > Hospitality, Travel & Tourism #4 in Books > Cookbooks, Food & Wine > Cooking Methods > Large Quantities #6 in Books > Cookbooks, Food & Wine > Professional Cooking

Customer Reviews

Seitan Satay Makes 10 servings 1. For the Seitan, heat the olive oil in a small saute pan over low

heat. Add the shallots and jalapenos and saute until softened, about 2 minutes. Add the garlic and ginger and saute until aromatic, about 1 minute more. Transfer to a blender or food processor. 2. Add the soy sauce, lime juice, sesame oil, honey, and cilantro. Pulse until smooth. If the mixture is too thick and pasty, add water 1 tbsp/15 mL at a time to create a thick marinade. 3. Transfer the mixture to a shallow hotel pan, and add the seitan. Turn coat each piece. Marinate, covered, in the refrigerator for at least 1 hour or up to overnight. 4. Soak wooden skewers in water for 30 minutes. 5. For the peanut sauce, heat the peanut oil in a medium saute pan over medium heat. Stir in the curry paste and turmeric until the mixture bubbles slightly, about 1 minute. 6. Stir in the peanut butter, coconut milk, stock, lime juice, and chili sauce and reduce the heat to low. Cook, stirring constantly, for 3 minutes. When the liquid begins to bubble, remove from the heat and continue to stir for 1 minute. Add the peanuts, and reserve for service. 7. Thread the marinated seitan onto the skewers. Grill the seitan until nicely browned and heated through, 3 to 4 minutes on each side.

Serve with spicy peanut sauce. Ingredients 2 tbsp/30 mL olive oil 2 oz/57g diced shallot
1/2 oz/14g seeded and minced jalapeno 1/2 oz/14g minced garlic 1/2 oz/14g minced ginger
5 fl oz/150 mL soy sauce 1 1/2 fl oz/75 mL lime juice 2 tbsp/30 mL sesame oil 2 oz/57g
honey 2 tbsp/6g roughly chopped cilantro 1 lb 14 oz/851g seitan, cubed or cut into 1/4-in/6mm
strips 2 tbsp/30 mL peanut oil 1/2 oz/14g Red Curry Paste 1 tsp/2g ground turmeric 9
oz/255g peanut butter 8 fl oz/240 mL coconut milk 8 fl oz/240 mL Vegetable Stock 3 tbsp/45
mL lime juice 2 1/2 fl oz/75 mL sweet Thai chili sauce 6 oz/170g peanuts, toasted and coarsely
chopped

Orecchiette with Italian Sausage, Broccoli Rabe, and Parmesan Makes 10 servings 1. Clean the broccoli rabe by cutting off 1 inch/3 cm from the bottom of each stem. Blanch the broccoli rabe in boiling salted water in a large stockpot until 90 percent cooked, about 4 minutes. Remove and shock in ice water. Drain well and hold. 2. Heat 2 fl oz/60 mL of the oil in a large saute pan over medium heat. Add the sausage, and cook until nearly cooked through, crumbling the sausage with a whisk. Add the onions and cook until tender, about 4 minutes. Add the tomato sauce. Let the mixture cook until it resembles a Bolognese-style sauce, about 5 minutes. Remove from the pan and reserve. 3. Bring a large pot of salted water to a boil and cook the pasta until al dente, about 6 minutes. Remove from the water and drain. 4. While the pasta is cooking, heat a large saute pan over medium heat with the remaining oil. Add the garlic, red pepper flakes, stock, and reserved sausage mixture. Cook for 1 minute, stirring to combine. Add the parsley, basil, oregano, chives, and broccoli rabe. Add the pasta and 3 oz/85g of the Parmesan. Toss to mix. 5. Garnish with the

remaining 2 oz/57g Parmesan and serve immediately. Ingredients 2 lb 4 oz/1.02kg broccoli rabe 4 fl oz/120 mL olive oil 1 lb 4 oz/567g Italian sausage, casing removed 12 oz/340g minced onion 8 fl oz/240 mL Tomato Sauce 2 lb 4 oz/1/02 kg orecchiette pasta 2 garlic cloves, sliced 1/4 tsp/0.50g red pepper flakes 2 tbsp/30 mL Chicken Stock or water 2 oz/57g chopped parsley 2 oz/57g basil chiffonade 2 oz/57g chopped oregano 2 oz/57g minced chives 2 oz/142g grated Parmesan

Profiteroles Makes 12 servings 1. Prepare 12 bowls. 2. Pipe alternating dots of the chocolate, caramel, and white sauces around the perimeter of each bowl. 3. Swirl the sauces together with a toothpick. 4. Fill each pate a choux pastry with approximately 1 tbsp/15 mL of the corn flake crunch. 5. Dust the reserved pate a choux tops with confectioners' sugar. 6. Place 3 pastries on each plate and fill each with a 3/4-fl oz/22-mL scoop of the vanilla, coffee, and dule de leche ice cream. 7. Top the ice cream with chocolate sauce to form a triangle. 8. Finish by placing the sugar-dusted tops back onto each profiterole and adding two chocolate straws. You can find recipes for each component marked with a * in The Professional Chef. Components

Chocolate Sauce* Caramel Sauce* White Sauce* Chocolate Pate a Choux* Corn Flake Crunch* Confectioners' sugar, as needed for dusting Vanilla Ice Cream* Coffee Ice Cream* Dulce de Leche Ice Cream* Chocolate Straws*

"The bible for all chefs." •Paul Bocuse "Well-researched and documented, The Culinary Institute of America's latest offering includes the essential tools to become a successful modern chef. The Professional Chef continues to evolve and improve with age." •Thomas Keller "The Professional Chef continues to be an incredibly valuable reference guide that we keep handy in all our restaurant kitchens." •Susan Feniger and Mary Sue Milliken "This important book is a classic resource, an indispensable reference for both the professional and serious home cook." •Alfred Portale "The newest edition of The Professional Chef is truly an amazing book of technique. Without a doubt, a true inspiration for all." •Eric Ripert "How to cook everything from the best culinary school in America. This is The Mothership for recipes and basic culinary techniques. Anyone and everyone serious about food and cooking should have one in their kitchen." •Anthony Bourdain "The CIA continues not only to set standards but to raise them industry-wide. This is a great book, a valuable reference in both the restaurant kitchen and the home kitchen." •Michael Ruhlman

I am a self-taught home chef. Despite learning much on my own over the years, I wanted slightly more information on technique and skill than can often be seen in cooking videos and TV shows. In comes "The Professional Chef" by the Culinary Institute of America, or CIA. Since this book also serves as the CIA's text book, be warned, it is 1200 pages long. It is heavy and you'll definitely get a work out carrying it around. That aside, it is a stunningly beautiful book. It is filled with pages of incredibly useful information, such as various cooking methods, different proteins and their cuts, how to identify grains and spices, how to cook what, and so much more - really, everything you need to know. There are gorgeous illustrations to go along with the charts given, which makes it very easy to follow along and keep it all straight. Additionally, the back half of the book gives you recipe after recipe on basics all the way to complicated dishes. Keep in mind, since this is a text book, the recipes are scaled for 10 servings or more. So, if you are using this to cook for large parties, it's GREAT. If you don't need to cook for more than yourself and one other person, be prepared to learn how to scale down (learning is never a bad thing). I absolutely love this book and can't recommend it enough. Considering the amount of information and the size of the book, the price really can't be beat. Perfect for the chef-in-training or someone, like me, just looking to hone and enhance their knowledge.

Very informative, descriptive, and super heavy to carry around. When I was taking culinary art courses, during the summer, I was hauling this book 2 hours and back. My chef instructors would test the class that was filled with several chapters, and I had a hard time retaining the little bitty details. Even though the information was given sounded tedious, the book displayed proper cooking techniques, does a good job on explaining the cooking basics, provided some highlighted recipes which encouraged the use of the book info, and useful throughout my culinary courses.

This is the ONLY cookbook anyone could need! It's not really a cookbook - it's a text book with EVERY possible cooking technique and recipes that go along with it. I have only read the beginning and I plan to continue to read it like a novel. I don't want to miss a thing! It really is worth the money!

I'm taking culinary arts and have attended classes in NYC. All I can say is this is such a beautiful, informative book not only in terms of high quality printing and photos but everything about it is world class. It has complete illustrations and clear and easy to understand descriptions and recipes. I can't ask for more! I'm happy I ordered this. I will sleep with it! :)

Love it! It is a fantastic book in all respects. I am not a beginner but i am not an expert but this book would fit all school levels of cooking. It has the recipes in larger quantities than traditional recipes, as the recipes i imagine are meant for culinary school courses. But that actually works out well for me as i like to make larger quantities anyway and either freeze it or cook for my whole extended family. For those of who who dont want to cook in large quantities the book tells you how to convert the recipes into smaller portions to fit however many people you are cooking for.

Short and simple.....fantastic THICK book, 1212 pages to be exact so be ready to read and learn. Great pics, explanations and theories.I will point out one thing. This book is designed for the profession or aspiring chef so the many many recipes in this book are geared towards resraurant environments. By this I mean the servings are large so be prepared to to math conversions if you are cooking for 2-6 people. Most recipes are 10-20+ servings. Not a huge deal at all but annoying if you're accustomed to traditional cookbooks.Otherwise you won't regret buying this book. It explains many principles and is a wealth of knowledge.

Amazing book. The first section of the book details common basic techniques and definitions and subsequent sections build upon the skills from previous chapters. There are multiple recipes that highlight each lesson. Pictures are ample and detailed, as are the captions. This is a great basic textbook and has definitely improved my kitchen skills.

The recipes I have tried work well. A great addition to my library. The recipes are easy to understand; however, the authors appear to be assuming some knowledge of professional cooking in their readers.

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