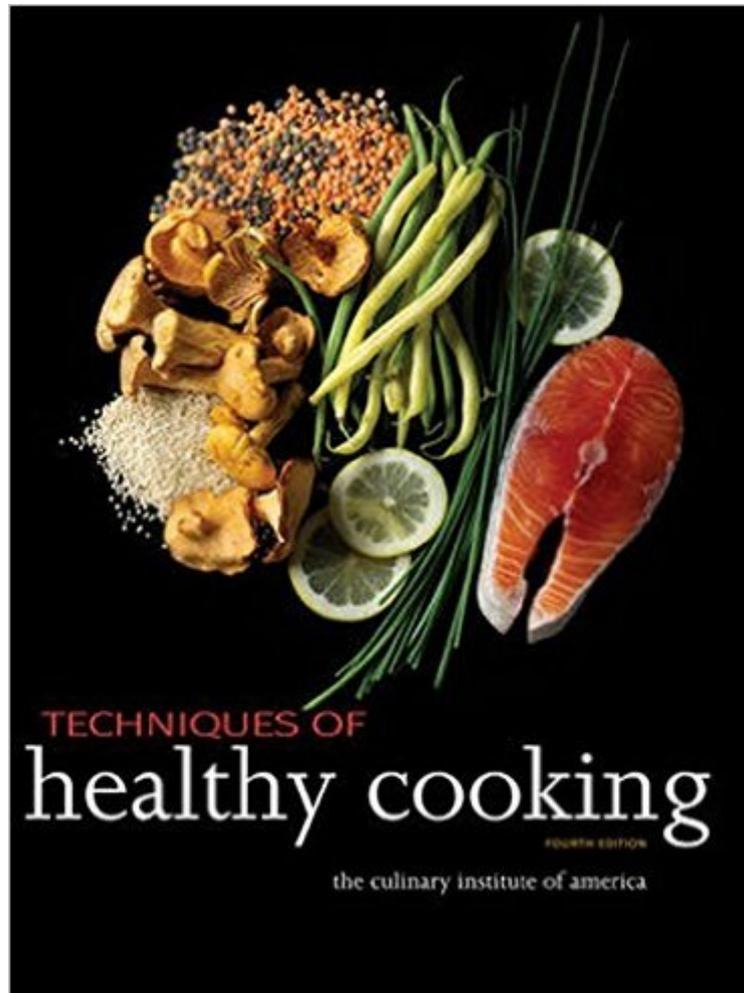


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Techniques Of Healthy Cooking



Synopsis

The authoritative guide to healthy cooking in the modern professional kitchen In today's health-conscious culinary environment, diners expect much more than just delicious food. They expect nutritious, well-balanced meals made with wholesome ingredients. Chefs in every sector of the food industry, whether at fine dining establishments or cafeteria kitchens, should be prepared to address those concerns with a variety of healthier dining options. This updated new edition of Techniques of Healthy Cooking includes the latest dietary guidelines and healthy cooking techniques. It also covers a wide range of health- and environment-related topics of concern to today's diners, such as organic ingredients, local sourcing, farm-to-fork initiatives, and much more. All recipes here have been revised to include more whole ingredients, sustainable foods, and a wide range of substitution options. This new edition features nearly 500 recipes for virtually any meal or occasion, including 150 all-new recipes for this edition More than 150 full-color photographs of ingredients, techniques, and plated dishes are included in this new edition The Culinary Institute of America explores the latest on topics such as locally sourced food, farm-to-fork initiatives, and food safety Learn how to create dishes for vegan, vegetarian, gluten-free, and lactose-free diners With the latest information and a huge variety of recipes, Techniques of Healthy Cooking is the perfect source for exciting, flavorful, and healthful food.

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Cracked Wheat and Tomato Salad [View larger](#) **Ingredients:** 12 oz/340 g cracked wheat
2 lb/907 g tomatoes, peeled, seeded, cut into medium dice 8 oz/227 g medium-dice red onion

3 oz/85 g medium-dice fresh mozzarella 3 tbsp/45 mL red wine vinegar 7 fl oz/210 mL extra-virgin olive oil 2 tbsp/6 g chopped oregano 1/4 oz/14 g chopped basil 2 tbsp/4 g red pepper flakes 1 tsp/3 g salt 1/4 tsp/0.50 g ground black pepper 1/4 oz/43 g finely grated Parmesan (Optional) Yield: 10 servings

1. Place the cracked wheat in a medium pot, cover with salted water, and simmer until tender, 30 to 35 minutes. Remove from heat and drain, pressing to release excess moisture. Let cool to room temperature.
2. Toss the tomatoes, onion, and mozzarella in a large bowl to combine.
3. Whisk together the vinegar, oil, oregano, basil, and pepper flakes in a small bowl. Season with the salt and black pepper. Add to the tomato mixture and toss to coat. Add the cooked wheat and toss well.
4. Serve at room temperature or chill until needed for service. If desired garnish with the Parmesan.

Chef's Note: Portioning Information: 6 oz/170 g. Nutrition per Serving: 360 calories, 23 g fat, 32 g total carbohydrate, 10 g protein, 310 mg sodium, 10 mg cholesterol.

Individual Fruit Galettes [View larger](#) Ingredients: 10 oz/284 g Sweet Ricotta Pastry, (see below) cold 14 oz/397 g peeled, sliced peaches 4 oz/113 g blueberries Pinch freshly grated nutmeg Sweet Ricotta Pastry - 1 lb/454 g all-purpose flour. - 4 1/2 oz/128 g sugar. - 1 1/2 oz/50 g baking powder - Pinch salt. - 8 oz/227 g part-skim ricotta cheese, cold. - 3 fl oz/90 mL skim milk, cold. - 2 egg whites, cold. - 2 oz/57 g diced butter, cold. - 1 tbsp/15 mL vanilla extract. Yield: 10 servings

1. First prep the pastry using the recipe to the right. Combine the flour, sugar, baking powder, and salt into a food processor. Process briefly to evenly mix the ingredients.
2. Add all of the remaining ingredients and pulse just until a dough forms. Gather the dough into a ball and wrap tightly with plastic wrap. Refrigerate the dough until firm, at least 1 hour, roll out the dough to use in pastries as directed.
3. Portion the dough into 2-oz/57-g pieces and roll each one into a ball. Retaining a round shape rolled out each piece of dough on a floured surface to 1/4 inch/3 mm thick.
4. Average about 2 oz/57 g peaches and 1 tbsp/10 g blueberries on each round of pastry dough, leaving a 1/2 inch/1cm bored around the edge of the dough.
5. Working gently, fold the edges of the dough up and slightly over the fruit, overlapping the edges and leaving the fruit still exposed in the center of the pastry. If desired, brush a small amount of water onto the dough once each section is folded over to help the overlapping section adhere to it. Grate a small amount of nutmeg over each galette.
6. Gently place the galettes onto a parchment-lined sheet pan, spacing them evenly on the pan.
7. Bake the pastries in a 350 F/177 C oven until the edges are golden brown, about 25 minutes. Allow them to cool before serving.
8. The galettes can be stored in an airtight container at room temperature for up to 2 days. Note: Other

seasonal fruits may be substituted for the blueberries and peaches to make a variety of fruit galettes. Chef's Note: Galettes: Portioning Information: 1 galette. Nutrition per Serving: 90 calories, 2 g fat, 18 g total carbohydrate, 2 g protein, 150 mg sodium, 5 mg cholesterol. Sweet Ricotta Pastry. Portioning Information: 1 $\hat{\text{A}}$ $\hat{\text{A}}$ oz/43 g. Nutrition per Serving: 150 calories, 3.5 g fat, 25 g total carbohydrate, 3 g protein, 220 mg sodium, 10 mg cholesterol.

Seared Scallops with Avocado, Grapefruit, Greens, and Citrus Dressing [View larger](#)

Ingredients: 8 fl oz/240 mL extra-virgin olive oil 4 fl oz/120 mL Meyer lemon juice 2 tsp/6.50 g salt $\hat{\text{A}}$ $\hat{\text{A}}$ tsp/1 g ground black pepper 6 lb/2.72 kg grapefruit 2 lb/907 g avocados 10 oz/284 g leafy greens 40 large scallops, muscle tabs removed Salt, as needed Ground black pepper, as needed 6 tbsp/90 nL olive oil Sea salt, as needed Yield: 10 servings

1. To make the dressing, combine all of the dressing ingredients and mix until thick and emulsified. Set aside.
2. Working with 1 grapefruit at a time, cut a thin slice off the top and bottom to reveal the flesh. Stand the grapefruit upright and remove the peel with a sharp knife in wide strips, cutting downward and following the contour of the fruit. Holding the grapefruit over a bowl, cut along both sides of the segment, releasing the segments from the membrane and allowing them to drop into the bowl. Squeeze the remaining juice from the fruit. You should have about 4 fl oz/120 mL juice.
3. Slit each avocado in half and remove the pit. Using a butter knife, make thin slices of avocado inside the peel. Scoop out the slices gently with a spoon. This will help keep the shape of the slices for a better presentation. After cutting the avocados, drizzle them with about 2 fl oz/60 mL of the dressing. (Make sure that cutting the avocado is the last thing done prior to cooking the scallops).
4. Toss the greens with the remaining dressing and divide among 10 cold plates. Top with the avocado and grapefruit segments and drizzle with the remaining dressing. Prior to cooking the scallops, make sure all the plates are set up so that the salad can be served immediately after searing the scallops.
5. Pat the scallops dry. Season the scallops with salt and pepper. Heat a large pan over medium-high heat and add the oil. Once the oil begins to simmer, gently add the scallops, making sure they are not touching each other; sear for about 1 minute on each side. The scallops should have a nice brown crust on each side while still being translucent in the center. Sear for roughly 1 minute on each side, or until you can see that the scallop is golden brown on the edges. Using a fish spatula, flip the scallop and repeat the step. Only the top and bottom of the scallop need to be seared. The scallops can be served whole or sliced into thirds and fanned out on the plates.
6. Place the cooked scallops on the salad, sprinkle with a little sea salt and grapefruit juice, and serve. Chef's Note: Portioning Information: 3 $\hat{\text{A}}$ $\hat{\text{A}}$ oz/99 g scallops, 1 oz/28 g

greens, 1 1/2 fl oz/45 mL dressing. Nutrition per Serving: 248 calories, 10 g fat, 12 g total carbohydrate, 27 g protein, 257 mg sodium, 69 mg cholesterol.

This is the fourth edition of *Techniques of Healthy Cooking*, intended for professional chefs, written by the Culinary Institute of America. It is greatly improved from the last edition, mainly by adding more comprehensive photos of healthier foods that might be unfamiliar to most people. It is, in my opinion, the best textbook so far on how to cook healthier. However, it also has many shortcomings that prevent it from being comprehensive and complete. The CIA seems to still be thinking that healthy cooking means largely cutting down fat and calories, salt, and sugar. This edition has a terrific layout, font size, and gorgeous photos. The recipes are well written, and easy to follow. The best part of the book in my opinion is the section on Healthy Ingredients. They mention sustainable agriculture, and organic foods, while not mentioning the trend to cook from local ingredients. They mention biotechnology and irradiation, but fail to mention the issues surrounding Genetically Modified foods. I love the pictorial identification pages of the fruits and vegetables, although many of the more unusual ones are left out. The pages that show the different types of wheat, rice, and grains are very good, except for some labeling errors. What is lacking though is a simple reference chart and discussion of which grains are gluten-free and which are not. Other quibbles include even showing a picture of lard on the Fat and Oil photo in a book about healthy cooking. The lard being there with the olive oil and sesame oil implies that it is healthy (and where is the coconut oil)? The cheese section is very skimpy, and there is no mention of cheese such as goat cheese or the addition of growth hormones commercial dairy products. Very oddly, I see no section on alternatives to milks, for example, using Rice Milk, Almond Milk, or Soy Milk. There is NO mention that I see of Superfoods or Raw Foods (other than of course salads), what they are as well as how to use them and why. I see a chart that defines a dizzying number of different types of Vegetarians down to Vegan, however, the book does very little to help the chef cook for these very large groups, and the book does nothing to help the chef cook for the ever increasing gluten-free community. Under the food safety section, a discussion of keeping gluten-free preparation away from areas where gluten products are being produced needs to happen. I also see a small section on sweeteners, mentioning a lot of chemically produced noncaloric ones, while not mentioning more healthy natural sweeteners, such as honey, rice syrup, Agave nectar, and using dates to sweeten foods. There are many recipes included, and they look quite good, however, there are serious flaws in my opinion for the modern healthy chef. First of all, the recipes are not marked at the top as being Vegetarian, or Vegan, or Gluten Free. You must read the ingredients to find out. Secondly, in the Main Dish

section, there are very few recipes that do not contain some form of meat or seafood. So if the chef needs to make an impressive vegetarian main dish, he turns, for the most part, to the Side Dish section. Vegetarians grew tired of just getting a plate of side vegetables a few decades ago. Why not have dishes that are classic and make an impressive main dish? For example, Spanakopita, Eggplant Parmesan, and Moussaka. There are many excellent Vietnamese dishes that are gluten free since they use rice noodles or rice. These could be included and marked as gluten-free. Most disappointing however, is to find conventional baked goods, without at least a few great recipes for gluten free breads, cookies, brownies, pancakes, and muffins. A gluten-free hamburger bun would make a lot of customers happy. Juicing and serving juice mixes is a huge trend now, and the section that had a few beverages could have been great with a dozen or more of these recipes. The Chef's Pantry section is nice. It has a lot of recipes for salsas, chutney, and such. My remarks do not mean that this book is bad, just that it has a way to go to really address modern trends in healthy cooking. It is a great starting place for professional chefs who want to cook healthier. I am very happy they mention the health properties of tea. There are some terrific looking recipes in here, such as Risotto Cakes, The Mushroom Tamales (which looks similar to the one Mark Miller uses), Curried Chicken, Lamb Curry, Moroccan Squash Tagine, and Albuquerque Grilled Pork Tenderloin. There are many nice looking, healthy side dishes. The recipes do give the nutrition per serving of the recipes, and there are some nice appendix charts, such as the Table of Nutrition Information. There are charts that attempt to tell the chef the requirements for people with special dietary needs, such as Osteoporosis, Hypertension, Heart Disease, and Cancer. But the information is so brief it is far from complete. Entire sections could be written about how to cook for Cancer, Heart Disease, and Diabetics. I am surprised the book does not discuss using cookware that helps promote health, such as Green Pans and Le Creuset Cookware. They tell you how to season cast iron, which can be good, but more recent studies think the excess of raw iron may cause some real health issues. It would be great if the next edition addresses the dietary needs of Vegetarians, Vegans, Gluten-Free diets, and Raw Foods folks. I suppose it is too much to ever hope that the CIA will also tell professional chefs about Macrobiotic diets and Ayurvedic diets. This is a nice reference, I have all of the editions of this book so far, I was just hoping that for the \$75. List price it would be so much more complete. Not to be mean to the CIA, but they really should send the authors of this book to one of the health based professional cooking schools to learn all of the current issues. Or at least read books like the Crazy Sexy Diet, Wheat Belly, and Superfoods.

The Culinary Institute should know better. This book lacks proper proof reading and the recipes

leave much to be desired. For example, Rosemary Chicken with no rosemary? Really? This is one of several examples throughout the book that leave one laughing. There are also flagrant punctuation errors which I find amusing. I am no English major but I do expect quality work. If you must get this book for your higher education via the culinary institute you are attending, then so be it. If not, I would consider other alternatives.

I have been buying cookbooks, not for the recipes but for ideas and new ways of cooking. I for a long time basically lived on pasta and hamburger meat while I was trying to get over cigarettes. I gained a 100 pounds and developed type2 diabetics. I now plan each meal around a vegetable or two. Boiling, roasting or any manner that will allow me to use minimum amounts of fats and starches. Still haven't found a low carb desert worth the trouble of making or eating. Got a lot of good ideas from this book and have enjoyed the results - every bite.

This book was purchased for a cooking (Chef) class. It is a great study guide for food preparation and plating. It will be helpful far beyond the classroom.

I liked it because it helps learn how to cook healthier.

Fantastic book

The recipes are not that good, but very healthy.

Love!

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