



28th AEHT ANNUAL CONFERENCE & COMPETITIONS
5th – 10th October 2015
Cervia, Italy



HAUTE CUISINE COMPETITION

Additional information

Study plan for the written test of the Haute Cuisine competition

This study plan was prepared by the Larousse Gastronomique

1. **Artusi Pellegrino** – Italian banker, man of letters and gastronome (borne in Formimpopoli 1820, died Florence 1921) Author of “ La Scienza in Cucina e L’arte di Mangiar Bene (science in cooking and the art of eating well). This work, first published in 1891, enjoyed an unprecedented success in Italy, with 14 different editions. With its 790 recipes, ‘Artusi’ is still the great classic Italian cuisine and it is also a great pleasure to read. His original style combines Technical accuracy, literary imagination, hygienic education and ethnographic or historical observations.
2. **Aspic** – A Way of presenting cold cooked food (meat, Poultry, fish, shellfish, vegetables or event fruit), by setting in a molded and decorated aspic jelly.
3. **Assiette Anglaise** – An assortment of cold meats arranged on a plate or dish – the French idea of simple English cooking. It may consist of cooked ham, beef, tongue or galantine, garnished with gherkins (sweet dill pickles) and jelly and served with mustard and condiments.
4. **Aurore** - The French name means ‘dawn’, given to a velouté sauce flavored with tomato purée (paste) and also to some dishes containing tomato purée. The name is also applied to dishes of egg and chicken coated with the sauce.
5. **Baba** – A cake made from leavened dough that contains raisins and is steeped ,after baking, in rum or kirsch syrup. Typically it is served either as individual small cakes baked in areole molds or individual ring moulds but may be a large cake, often decorated with angelica and glacé (candied) cherries.
6. **Baklava** – A sweet pastry widely eaten in the Middle East consisting of several very thin layers of filo pastry filled with chopped toasted almonds, pistachios and walnuts mixed with sugar and then cut into lozenges (diamonds) before baking. When they are taken out of the oven, a honey or sugar syrup flavored with rose water and lemon juice is poured over the baklavas.



7. **Banana Split** - An ice-cream dish created in the United-States, the main ingredient of which is a banana split in two lengthways. This is topped with three balls of ice-cream (of the same or different flavors: vanilla, chocolate and strawberry), coated with chocolate sauce and decorated with whipped cream and glace (candied) maraschino cherries.
8. **Bavarin cream** - A cold dessert made from an egg custard stiffened with gelatin, mixed with whipped cream and sometimes fruit purée or other flavors, then set in a mould.
9. **Béarnaise** - A classic hot creamy French sauce made from egg yolks and reduced vinegar, whisked together over a low heat and mixed with butter. It is usually served with grilled (broiled) meat or fish. Sauce derived from it (arlésienne, choron, foyot, paloise, Tyrolienne and valois)
10. **Beauvilliers, Antoine** – French cook (born Paris, 1754; died Paris, 1817). In 1782 he founded the “Grand Taverne de Londres” in the rue de Richelieu, which was the first real restaurant in Paris...
11. **Belle-Hélène** – In about 1865 several chefs from restaurants of the Grands Boulevards of Paris, started to use the title of this famous operetta by Offenbach to name several different recipes.

We have a several recipes with the same name, I take one Grilled tournedos (broiled filet mignons), Belle Hélène are garnished with crisp potato straws, sprigs of watercress, and artichoke hearts filled with béarnaise sauce...
12. **Bénédictine, à la** – The French term applied to several dishes using either a purée of salt cod and potato, or salt cod pounded with garlic, oil and cream.
13. **Beurre Blanc** – A classic French sauce made with reduced vinegar and shallots to which butter is added, called white butter sauce in English.
14. **Bisque** – A seasoned shellfish purée flavoured with white wine, cognac and double (heavy) cream, used as the basis of a soup. The flesh of the main ingredient (crayfish, lobster or crab) is diced as for a salpicon and used as a garnish. The shells are also used to make the initial purée...
15. **Black Forest Gâteau** – A chocolate cake, made in Bavaria during the summer. The fame of this rich gateau has risen since the early of the 20th century. It consists of dark chocolate sponge layered with sweetened whipped cream and sour black Schmidt cherries. The cherries are lightly cooked and macerated in kirsch, and this liquor is used to moisten the cake before it is layered.



- 16. Blanquette** – The French term for ragout of white meat (veal, lamb or poultry) cooked in white stock.
- 17. Bonne-Femme** – Term applied to dishes that are prepared in a simple, family or rustic manner, similar to dishes cooked à la ménagère and à la paysanne. Such dishes are often served in the container in which they are cooked (a pan, casserole or even a plate).
- 18. Bordelaise, à la** – The name given to a wide range of dishes (eggs, fish, shellfish, kidneys and steak) which use such ingredients as bone marrow, shallots and – significantly – wine (white for fish and white meat and red for red meat). This is the adjective of Bordeaux, a principal wine region.
- 19. Borsch** – A beetroot (beet) soup, eaten hot or cold, popular in the Ukraine, Russia, Poland... The essential character and color come from the root, but the soup may include chicken or beef with other vegetables including mushrooms, which supply the stock in meatless versions.
- 20. Bouillabaisse** – A dish comprising fish boiled with herbs, which is traditionally associated with the Provence region, especially Marseille.
- 21. Caponata** – A Sicilian specialty made of eggplants, celery and tomatoes, sliced and fried in olive oil and flavored with capers, olives and anchovy fillets. This dish is served as a cold hors d'oeuvre.
- 22. Carignan, à la** – A traditional haute cuisine dish made with lamb cutlets and fillet (sirloin) steak, sautéed, then arranged on Anna potatoes (shaped into little tarts) and served with a sauce made by deglazing the pan with port and tomato-flavored veal stock. The garnish consists of buttered asparagus tips and eggs molded in a duchesse mixture, breaded, fried, scooped out and filled with foie gras purée.
- 23. Catalane, à la** – A term used to describe garnishes inspired by Spanish cooking (Catalonia, in particular, is famous for its seafood and garlic). Chicken, lamb or veal sautéed à la catalane is garnished with tomato quarters fried in butter, chestnuts poached in consommé, chipolatas and stoned (pitted) blanched olives. Large pieces of meat are garnished with diced eggplants fried in oil and rice pilaf. Grilled tournedos and noisettes of lamb are arranged on a bed of artichoke hearts and surrounded by grilled tomatoes.
- 24. Ceviche** – A dish characteristic of Peruvian cookery, that is based on raw fish marinated in lemon juice and is served with sweet limes, raw onion rings, tomatoes and boiled sweetcorn.



- 25. Chapati** – An unleavened, flat, circular bread made from whole wheat flour that is served throughout India and Pakistan. The dough is rolled out into very thin rounds and then cooked without fat or oil on a griddle
- 26. Chaud-froid** – A dish that is prepared as a hot dish but served cold. Chauds-froids are pieces of meat, poultry, fish, or game, coated with brown or white sauce, then glazed with aspic. Typically, they form part of a cold buffet, but are also served as an entrée.
- 27. Chiffonnade** – A preparation of sorrel, chicory (endive), lettuce or other leaves, cut into even shreds or strips. Cutting in chiffonnade is the term for shredding green leaves. The leaves may be cut very finely or into wider strips as required for the recipe. A chiffonnade may be softened in butter, moistened with stock, milk or cream and used as a garnish for soup. Lettuce chiffonnade may be used to garnish cold hors d'oeuvre.
- 28. Chop-Suez** - A popular Chinese-style dish invented at the end of 19th century in the United States by immigrant Chinese cooks for their American customers.
- 29. Christmas Cake** – A fruit cake traditionally eaten in Britain over the Christmas period. Rich in dried fruits, almonds, spices and usually alcohol. After baking, the top and sides are spread with apricot jam, covered with a thin layer of almond paste, then coated with icing (frosting) and decorated. Glacé (candied) cherries and sprigs of holly can provide a simple seasonal finishing touch.
- 30. Chutney** – A savory preserve made of fruits or vegetables (or of a mixture of the two) cooked in vinegar with sugar and spices until it has the consistency of jam. Considered as typically Indian
- 31. Commodore** – A term used to describe a very elaborate garnish for poached fish, in which fish quenelles, crayfish tail croquettes and mussels à la Villeroi are mixed together in crayfish bisque. Consommé commodore is made with a fish stoke thickened with arrowroot and garnished with pieces of poached clam and diced tomatoes cooked in the stock.
- 32. Craquelin** – A small light crunchy cake or biscuit (cookie).
- 33. Crème Brûlée** – A dessert consisting of a rich custard of egg yolks, sugar and cream, often flavored, which is set by cooking in the oven. The chilled custard is covered with brown sugar and caramelized under a very hot grill (broiler) or with a blowtorch. See custard.



- 34. Cuchaule** – A Swiss bread originating from Fribourg, prepared with fleur (superfine white) flour, butter and milk, lightly sweetened and with saffron. The top is marked with a **chequer** pattern and gilded with egg. **Cuchaule** is spread with butter and **bénichon** mustard and eaten for breakfast or with white wine drunk as an aperitif.
- 35. Cumberland Sauce** – A traditional-sour sauce that is usually served cold with venison, braised ham, mutton, or roast or braised duckling.
- 36. Dampfnudeln** – A sweet dessert, made in Germany and Alsace, consisting of rounds of leavened dough baked in the oven and served either with compote, fruits in syrup, jam or vanilla cream, and dusted with sugar and cinnamon.
- 37. Dénerver** – A French culinary term meaning to remove tendons and membranes from raw meat, poultry or game. It promotes even cooking and tender results, and improves presentation.
- 38. Duchesse** – A sweet or savory presentation of choux pastry that may be served as an entrée, a garnish or a dessert (like profiteroles). Savory duchesses are filled with a mousse. Duchesses for dessert are filled with vanilla flavored confectioner's custard (pastry cream) or whipped cream, dusted with icing (confectioner's) sugar, and scattered with chopped pistachio nuts, flaked almonds or dusted with cocoa...
- 39. Duchesse potatoes** - Potatoes purée with butter and egg yolk, piped into decorative shapes and baked.
- 40. Écailler** – A French culinary term meaning to open shellfish. An écailler is the person employed to open oysters in a restaurant having its own oysters bed. Écaillers are also traders specializing in the sale of shellfish and seafood.
- 41. Fugu** – Japanese name for fish of the tetraodontidae family, also called blowfish or puffer. The species valued in Japan is notorious for its poisonous liver and other innards. The fish has to be prepared with skill to avoid contaminating the edible flesh with poisons from the internal organs. Fugu is served as sashimi, cut in fine slices. It is also served, simmered, with tofu and dipping sauce.
- 42. Ganache** – A flavored cream made with chocolate and fresh cream, sometimes with butter added, used to decorate desserts, to fill cakes or sweets and to make truffles, petites fours etc. It was created in Paris in about 1850 at the Pâtisserie Siraudin



- 43. Garam Masala** – A spice mixture used in Indian cookery. The exact mix varies according to the cook's taste and requirements, but mild, warm-flavored spices are used, typically cardamom, cinnamon, cloves, cumin and black pepper. The whole spices are roasted together before being ground, because it is roasted, unlike raw spices that are cooked in the first stages of preparation, garam-masala is one of the spice mixtures that may be added to dishes in the final stages of cooking or sprinkled over as a final seasoning before serving. The spice mix may be prepared especially for each dish, or a slightly larger quantity can be made and stored in an airtight container.
- 44. Gnocchi** – Small dumplings made of flour, semolina, potato or choux pastry.
- 45. Gramolate** – Also known as gramolata. A type of sorbet made from a granite mixture. It is served between main courses or as a refreshment during an evening party. It should not be confused with gremolata, a condiment in Italian cookery.
- 46. Gribiche** – A cold sauce based on mayonnaise in which the raw egg yolk is replaced is replaced by hard-boiled (hard-cooked) egg yolk. Capers, fines herbs and the chopped white of a hard-boiled egg are added.
- 47. Guacamole** – A dip originating I Mexico and consisting of avocado, tomato, onion, lemon juice and spices.
- 48. Hummus** – An Arabic and Greek dish made from cooked chick peas crushed with sesame paste (tahini), garlic and lemon. Spices and parsley may be added to season the dip.
- 49. Irish Stew** – A stew of mutton and potatoes, which, according to courtine, "is witness, if not of the art of living, at least of the art of staying alive in difficult times, and has thus become a legendary dish". The potato was introduced into Ireland in the 16th century and, together with mutton, became the staple food. Pieces of neck end of mutton are arranged in alternate layers with sliced potatoes and onions. Water is added, and the pot is left to simmer over a very low heat. The traditional accompaniment is pickled red cabbage.
- 50. Ivoire** – A variety of supreme sauce enriched with white meat glaze or reduced veal stock, used especially for poached chicken. It is used thick for chaud-froid sauce.
- 51. Jambalaya** – A specialty of New Orleans, inspired by Spanish paella and made of highly spiced rice, chicken and hum. Various ingredients can be added; for example, sausage, peppers, tomatoes, prawns (shrimps) or oysters.



- 52. Krapfen** – A doughnut made with yeast dough, usually filled with apricot jam, raspberry jam or almond paste and served hot with a light custard cream or apricot sauce.
- 53. Linzertorte** – An Austrian pastry that takes its name from the Town of Linz. It is made from a sweet shortbread dough flavored with lemon and cinnamon, topped with raspberry jam, and decorated with a lattice of pastry.
- 54. Magret** - A portion of meat from the breast of a duck. Magrets are presented with the skin and underlying layer of fat still attached. For a long time they were used only for confits...
- 55. Marignan** – Savarin cake spread with sieved apricot jam and covered with Italian meringue; it is traditionally decorated with a ribbon of angelica fashioned like handle of a basket.
- 56. Marron Glacés** – Chestnuts that have been poached in syrup and then glazed; they are packaged as sweetmeats and are also used in pâtisserie. Marron glacés were created during the reign of Louis XIV and were formerly sold in syrup in which they were prepared.
- 57. Nantua, à la** – The name given to various dishes containing crayfish or cry fish tail, either whole or in the form of a savory butter, a purée, a mousse or a thick sauce. These dishes often contain truffles as well.
- 58. Nasi Kuning** – Javanese festival dish. Rice colored yellow is formed into a cone shape and presented as the centre of a buffet with fried chicken, sweetened raw vegetables, chopped-beef meatballs and potatoes. The whole is accompanied by various spicy condiments.
- 59. Paris-Brest** – A large, ring-shaped cake of choux pastry, filled with praline-flavored cream and sprinkled (slivered) almonds. It was created in 1891 by a pastry cook whose shop was situated in the suburbs of Paris on the route of the bicycle race between Paris and Brest: he had the idea of making large, ring-shaped éclairs resembling bicycle wheels.
- 60. Tapenade** – A condiment from Provence, made with carpers (from Toulon), desalted anchovies and stoned black (pitted ripe) olives, pounded in a mortar and seasoned with olive oil, lemon juice, aromatics and possibly a drop of marc brandy. Tapenade is sometimes augmented by small pieces of tuna, mustard, garlic, thyme or bay leaf. It accompanies crudités (in particular, celery, fennel and tomato), meat or grilled (broiled) fish, is spread on slices of toast, and can garnish hard-boiled (hard-cooked) eggs (mixed with yolk).



Recipes

Starter

First service

Asparagus with mousseline sauce

Ingredients

9units	Green asparagus
6g	salt

Mousseline sauce

4units	Egg yolks
250g	butter
40g	Lemon juice
50g	Fresh cream
25g	water
3g	Cayenne pepper
3g	Refined salt

Pastry dough

200g	water
400g	Flour 45
300g	Pastry margarine
8g	Refined salt
100g	Flour 45 to work the dough
1units	Egg to shine

Skills required

- Asparagus preparation and cooking
- Emulsified hot sauce
- Pastry dough preparation and cooking

- It's possible to use chervil
- The presentation is free and it is possible to use: soya lecithin, powder milk, white egg or agar-agar

Bibliographie literature – “Travaux pratiques de cuisine” – Michel Maincent



Main course of fish

Second service

Sea bass fillets with white butter (beurre blanc)

Ingredients

Sea bass
poached

3units	Small - sea bass
9g	Salt
1units	Lemon

White butter (beurre blanc)

40g	Shallots
20g	white wine
20g	White wine vinegar
200g	Butter

English potatoes

450g	Red Potatoes
9g	Salt
	Water

Extra ingredients

100g	Baby carrots
100g	Baby courgette
6g	Refined salt
30g	Butter
60g	Small onions
6g	Chervil
6g	Dill

Skills required

- Sea bass preparation and cooking
- Emulsified hot sauce
- English potatoes preparation and cooking
- White butter (beurre blanc) preparation and cooking
- It's necessary to use the extra ingredients
- The presentation is free and is possible to use: soya lecithin, powder milk, white egg or agar-agar

Bibliographie literature – “Travaux pratiques de cuisine” – Michel Maincent



Main course of meat

third service

Green Bolognese lasagne

Ingredients

Green lasagne

300g	Flour 55
3 or 4 units	Egg
80g	Spinaches
100g	Flour 55 to work the dough

Béchamel sauce

500g	Milk
40g	Butter
40g	Flour 55
9g	Salt
3g	Nutmeg powder

Bolognese ragú

180g	Beef for ground ragú
0,5dl	Extra olive oil
40g	Pork belly (pancetta di maiale)
33g	Carrots
33g	Celery
33g	Onion
15g	Dry mushrooms
3g	Garlic
500g	Tomato paste
6g	Salt
1g	Black pepper
1g	Nutmeg powder

Skills required

- Green lasagna preparation and cooking
- Béchamel preparation and cooking
- Bolognese ragú preparation and cooking
- The presentation is free and it is possible to use: soya lecithin, powder milk, white egg or agar-agar

Bibliographie literature – “Cusinare cusinando” – corso e laboratorio di cucina



Kitchen equipment list

	Quantity	Specifications
PRACTICAL COMPETITION AREA		
Work tables, stainless steel with 2 shelves underneath	8	1200*600
Double sink with hot and cold water	4	
Fridge (multiple normed shelving)	4	
Combi steamer, GN 1/1 with multiple shelving	1	
Stove/ring cook tec induction hob	4	With 4 rings
Plastic box with lid, disposable different size	150	
General purpose bowl 0,5 lt	4	
General purpose bowl 1 lt	4	
General purpose bowl 1,5 lt	4	
General purpose bowl 2 lt	4	
Chinois 20 cm	4	
Gastronorm pan 1/2 GN	4	
Baking rack GN 1/2 GN flat	4	
Thermometer competition	4	
Cutting board set (5 boards) 500*300	4	
Hand blender Dynamic	4	
Electronic scale with 5 gr increment scale, 2 kg	4	
Sieve set (12, 16 cm)	4	
Tinned conical strainer 14 cm	4	
Whisk set (20cm, 24 cm)	4	
Ladle set (0,1 L, 0,6 L)	4	
Measuring cup 1 Lt	4	
Piping bag, disposable, case	2	
8'' wooden spoon	4	
10'' wooden spoon	4	
GN baking silicone sheet	4	
Marble slab, thin 60*40	4	
Latex glove box	8	
Pasta machine	1	
Foil products – saran wrap, aluminium, parchment paper	1	
Frying pan set (26 cm, 32 cm)	4	
Sautese set (1,7 lt, 2,5 lt)	4	
Cooking pot set (1 lt, 2 lt, 4 lt)	4	
Icecube machine	1	
Deepfryer, tabletop version	1	
Freezer cabinet 200 lt	1	
Mixing machine robot coupe R301	1	
Tong, stainless steel	5	



28th AEHT ANNUAL CONFERENCE & COMPETITIONS
5th – 10th October 2015
Cervia, Italy



Salamander	1	
Slicing machine	1	
Kenwood pro mincer model MG700	1	
Microwave oven	1	
Blast freezing unit	1	
Vaccum pack machine	1	
Torch burner cassette	1	
Butcher string, twine	2	
Rectangle plate	20	
Pastaplate deep round 33 cm	20	
Plate ca 30 cm	20	
Saucer	20	
Forks	100	
Knives	100	
Spoons	100	
Disposable plastic spoons	500	

Ingredients for each team

Quantity	Name
9units	Green asparagus
50g	salt
9units	egg
550g	butter
200g	lemon
200g	Fresh cream
6g	Cayenne pepper
10g	Refined salt
800g	Flour 45
300g	Pastry margarine
3units	Small sea bass
70g	shallots
15g	White ground pepper
100g	White wine
30g	White wine vinegar
100g	Baby carrots
100g	Baby courgettes
60g	small onions
450g	Red potatoes – maximum size 8 cm
600g	Flour 55
80g	spinaches
500g	milk
300g	Beef for ground ragú
15g	Nutmeg powder
2dl	Extra olive oil



28th AEHT ANNUAL CONFERENCE & COMPETITIONS
5th – 10th October 2015
Cervia, Italy



60g	Carrots
60g	celery
10g	garlic
60g	Dry mushroom's
1dl	Red wine
200g	tomato
15g	Black pepper beans
6g	dill
6g	chervil
6g	basil
6g	sage
80g	Pork belly (pancetta di maiale)
50g	Powder milk
8g	Agar Agar
8g	Soya lecithin