

Greg Knox
Garde Manger (Gard Monjay) (A)
Week 2 Day 1

- the (daily) objective for that class;

Today's objective was all about salads and dressings.

We learned to do the Croutons for the salads in the oven @350° till golden brown after being tossed with a mix of 80/20 oil and bake.

- recipe(s) for (a) specific dish(es) you prepared;

Today I prepared the COBB Salad, with Grilled Chicken.
I also prepared the Gravlax for the Salmon.

- a list of small wares and utensils you used to prepare that(those) dish(es);

There were no small wares for me to use this day.

- a summary of what you learned during this period;

This is going to be a long section due to the lengthy lecture this morning. All good information. There are basically five elements to the Salad dressing, Oil, Acid, Sweet, Salt, Aromatics. Then there are three types of vinaigrette dressing, emulsified, not emulsified and temporary emulsified.

To make the basic vinaigrette is three parts oil to 1 part acid (vinegar, wine...)

When we have a protein that needs to be cooked that day, GET THE MEAT ON and then start the mire poix.

Oh, then we went through the "proper" blanching methods. Meaning that when we do the blanching of anything, the blanching process is where the item is cooked NOT IN THE REHEATING process.

Anytime we put nuts on a salad or anything for that matter, they ARE ALWAYS TOASTED to kill anything that may be on them. i.e. bacteria. Plus it makes them more palatable.

When using root vegetables in a salad cut them to bite size as they do not get blanched. Not blanching the root vegetables maintains the structure and vitamins in the vegetable.

Then toward the end of the class we were instructed on how to filet the Salmon to get it ready for that GRAVLAX.

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- the (daily) objective for that class;

Today's Objective was SALADS. And boy were they good.

- recipe(s) for (a) specific dish(es) you prepared;

Today I prepared the Asian Chicken Salad. And it came out LOVELY and delicious. I deep fried the wontons to form some bowls that I then used as a kind of backstop for the salad structure.

- a list of small wares and utensils you used to prepare that(those) dish(es);

The only small wares used today were a saucepan and the grill.

- a summary of what you learned during this period;

Today we learned quite a bit, starting with progressing in the gravlax and then smoking the pork and bacon. Then we got into the salads for the day. Then the chef came up with some wisdom that he stated he had tested to be of sound advice. That advice was to put a fork in the bottom of the pot with the beans to cook them quicker.

- plate diagrams;

- a timeline;

- personal observations;

- chef's instructions comments

- any other information you received during that class.

Ok. We talked about taking food home. I did and still do object to taking "leftovers" home. The school is standing on a policy of no food can leave the building. This rule is bunk! The excuses given by the school are 1. A liability issues, this is the one that has NO MERIT. If you go into ANY restaurant you are allowed and should be able to take YOUR leftovers HOME. 2. The school says that people make "extra" so they can take some home, this is outright theft. This may have some merit but this action should be handled a different way, not by punishing or limiting me. The way I feel about it the teachers that watch the class can and do understand that leftovers are acceptable. However, making more than needed is controlled IN THE CLASS.