



Walnut Hill College

Founded in 1974 as The Restaurant School

SUMMER INSTITUTE

JULY 2026

CULINARY ARTS • HOSPITALITY MANAGEMENT • PASTRY ARTS

WELCOME

to the Summer Institute at

Walnut Hill College

Founded in 1974 as The Restaurant School

We're so excited to have you here with us for Summer Institute. Get ready to explore your passion, meet new friends, and make memories that will last a lifetime!

Making something fabulous?

Why not share it with your family and friends? All week long, we welcome you to share your posts.

JOIN THE CONVERSATION:
#WALNUTHILLCOLLEGE

WELCOME

to the Summer Institute at

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COCINA MEALS RECIPES



Grilled Corn, Hearts of Palm & Black Bean Salsa

Fresh Vegetable Topping or Dip

Yield: 4 Quarts

Ingredients

- 6 ea. Sweet corn , leave in husks for grilling
- 1.25 cup Hearts of Palm, half moon julienne
- 1.5 ea. Roma Tomatoes, small dice
- 0.25 ea. lrg Red Onion, small dice
- 0.25 lb. Black Beans. soaked then fully cooked
- 0.25 cup Cilantro, chopped
- 1 Tbsp. Garlic, minced
- 0.25 bu Scallion, sliced thin
- To Taste Oil Blend
- To Taste Salt
- To Taste Pepper
- as needed Lime Juice
-

Preparation

1. Day #1, soak the black beans over night in salt water
2. Day #2, drain soaking liquid from black beans, cook in aromatic stock until beans are fully tender. Cool beans
3. Place corn (still in husks) on a hot grill. Char all sides, approximately 10 minutes total
4. Husk the corn, then shuck the corn off the cob.
5. Once the black beans and corn have cooled, mix together with all other ingredients
6. Season to taste

Grilled Chicken

Marinated and Grilled Chicken Thighs

Yield: 35 Pieces

Ingredients

- 6 ea. chicken thighs
- 3 tbsp. lemon juice
- 3 tbsp. garlic, minced
- 3 tbsp. parsley, minced
- 1tsp. smoked paprika
- oil blend
- to taste salt and pepper

Preparation

1. Combine all ingredients in a large container and marinate over night.
2. Remove chicken thighs from marinade and let excess marinade .

Pork al Pastor

Sliced Pork with Pineapple for Tacos, Burritos, Salads, etc.

Yield: 32 (full) servings

Ingredients

- 40 ea. guajillo chilies, fresh, seeds removed
- 8 ea. chiles d'arbol
- 12 pounds boneless pork shoulder, sliced 3/4" inch thick
- 32 cloves garlic, peeled
- 1 quart distilled white vinegar
- 1 cup granulated sugar
- 6 oz. achiote paste
- 12 oz. kosher salt
- 4 ea. pineapple, peeled, cored, cut into 1/2" rings
- 4 medium onion, small dice
- 8 ea. habaneros, seeded, minced, WEAR GLOVES/WASH HANDS
- 1 cup mint, chopped
- 6 oz. lime juice, fresh
- 90 ea. corn tortillas
- 12 ea. Limes, cut into 6 pc. each for garnish

Pork al Pastor Continued.

Sliced Pork with Pineapple for Tacos, Burritos, Salads, etc.

Preparation

1. Day #1: bring guajillo chilies, d'arbols, and 2 cups water to a boil in a medium saucepan. Cover, remove from heat and let sit for 30 minutes to soften chilies.
2. Puree chilies and soaking liquid, garlic, vinegar, sugar, achote paste, 3 oz. salt, half of the pineapple, and half of the onion in a blender, until smooth.
3. Place the pork in a large pan or cambro. Pour the marinade over the pork, stirring to coat thoroughly. Cover and refrigerate overnight.
4. Day #2: grill the remaining pineapple rings over medium heat, and finely chop. Combine the pineapple with habaneros, mint, lime, and remaining onion, season to taste.
5. Remove the pork from the marinade and grill until the marinade has dried and begins to caramelize. Remove from the heat and let pork rest on a cutting board. Slice pork against the grain for service.
6. Flash corn tortillas over grill or on plancha until they become soft, about 30 seconds on each side. Use lime for garnish

Ropa Vieja

South American Beef Stew

Yield: 32 (full servings)

Ingredients

- 12 pounds chuck roast
- 8 tbsp. oil blend
- 8 ea. large yellow onion, large dice
- 8 ea. red bell pepper, large dice
- 8 tbsp. kosher salt
- 32 cloves garlic, minced
- 2 cups dry white wine
- 16 tsp. sweet paprika
- 4 tbsp. mexican oregano
- 8 tsp. ground cumin
- 4 tsp. black pepper
- 2 tsp. cayenne pepper
- (4) 28 oz. cans whole peeled tomatoes
- 8 ea. bay leaves
- 3 cups queen stuffed olives, sliced
- 8 tsp. white vinegar
- 8 cups white rice, cook using pilaf method



Ropa Vieja Continued.

South American Beef Stew

Preparation

1. Dry the chuck roast with towels. In a large roundaux, heat oil and sear the roast on all sides until evenly and well browned. Set aside. Preheat oven to 250 degrees.
2. In a large sauce pot, sauté the onion and bell peppers until soft. Season to taste. Add garlic and cook until vegetables begin to brown. Stir in wine and cook until the alcohol has evaporated.
3. Add paprika, oregano, cumin, pepper, bay leaves and cayenne until the vegetables are all coated.
4. Continue to cook, stirring, until spices are fragrant about 1 minute. Add tomatoes and break up with a spoon - they will continue to break down as they cook.
5. Bring mixture to a boil and cook, stirring occasionally until liquid is reduced by half.
6. Using a large roasting pan, put the tomato mixture on the bottom and nestle the pork into it. Cover with parchment paper and then foil. Braise the roast until the meat is tender, depending on the size

Chipotle Ranch

Creamy Salad Dressing with a Kick!

Yield: 3 Quarts

Ingredients

- 8 cups mayonnaise
- 2 cups sour cream
- 2 cups buttermilk
- 1 cup chipotles in adobo, use adobo as well
- 4 tbsp. dill, fresh
- 3 tbsp. granulated garlic
- 3 tbsp. granulated onion
- 3 tbsp. kosher salt
- 3 tbsp. black pepper

Preparation

1. Combine all ingredients using a robo coupe or immersion blender. Season to taste.

Pico de Gallo

Tomato Forward Dip or Garnish

Yield: 4 Quarts

Ingredients

- 36 ea. plum tomatoes, small diced
- 2 cups red onion, small diced
- 1 cup pickled jalapeños, mince then measure
- 1 cup cilantro, chopped
- 1/4 cup garlic, minced
- 10 ea. limes, juiced
- as needed oil blend
- to taste salt & pepper

Preparation

1. Combine all the ingredients in a mixing bowl. Season to taste.

Guacamole

Avocado Dip

Yield: 4 Quarts

Ingredients

- 30 ea. avocado, pulped, reserve 5 pits
- 1 1/3 cup lime juice
- 1 1/3 cup red onion, small dice
- 5 ea. jalapeños, roasted, seeded, small dice
- 1/2 cup cilantro, chopped
- 2 tbsp. sesame oil
- to taste kosher salt

Preparation

1. Remove pulp from avocados and save pits to keep from browning.
2. Mix together all ingredients, season to taste.
3. Leave the pits in the guacamole. Cover it tightly, plastic directly on the pulp, leaving no room for oxygen.



Salsa Verde

Green Mildly Chunky Sauce

Yield: 2 Quarts

Ingredients

-
- 20 ea. tomatillos
- 2 ea. jalapeño
- 2 ea. onion
- 4 cloves garlic
- 1 bu. cilantro
- 6 tbsp. oil blend
- 1/2 cup lime juice
- 4 tsp. kosher salt
- 1 tsp. black pepper
- 1 tbsp. ground cumin
- as needed oil, salt, pepper

Preparation

1. Preheat oven to 400 degrees
2. Clean husk from tomatillos. Gently coat the tomatillos lightly with oil, salt and pepper.
3. Roast the tomatillos on a sheet tray for 15-20 minutes, let cool briefly.
4. Roast jalapeños over an open flame, being sure they are will charred but not ashy. Immediately transfer the jalapeños into a bowl and cover lightly with plastic wrap. Let peppers sit for 15 minutes.

Salsa Verde Continued.

5. Remove the peppers from the bowl; peel, seed, and rough chop.
6. Combine all ingredients in a food processor, or with an immersion blender. Pulse until you've reached your desired consistency. Season to taste.
7. Cool completely, serve at room temperature.



Pickle Brine

Salty Vinegar for Pickling Vegetable

Yield: 2 Gallons

Ingredients

- 1.5 gallons water
- 2 quarts white distilled vinegar
- 3 cups salt
- 1/2 cup white sugar

Preparation

1. Combine all ingredients in a large stock pot, bring to a boil just to dissolve sugar and salt. The mixture should be extremely salty and vinegary.

For Jalapenos:

1. Slice, chop, and dice desired amount of jalapeños, Spanish onions and garlic. Cover vegetables in brine, while brine is still hot. Add a handful of dried oregano and other desired herbs.

For Onions:

1. Julienne desired amount of red onions. Cover onions in brine with brine is still hot. Chill and serve.

France



Kir Royale Mocktail

Ingredients

1 ounce black currant syrup (monin)

4 ounces sparkling apple cider

Preparation

- Pour black current syrup at the bottom of a champagne flute.
- Top with Sparkling Apple Cider and garnish.
- Replace Monin syrup with fruit liqueur and apple cider with sparkling wine to make a kir Royale/Bellini style drink



Salade Niçoise

Composed Salad

Yield: 30 Servings

Vinaigrette Ingredients

- 1/4 cups champagne vinegar
- 1 cloves garlic, minced
- 1 tsp. dijon mustard
- 1/4 cups oil blend
- 1 tsp. granulated sugar
- to taste salt & pepper

Salade Ingredients

- 30 ea. haricot verts, blanched, shocked, cut in half
- 10 ea. fingerling potatoes, boiled, cut into rondelles
- 15 ea. cherry tomatoes, quartered
- 1 quart niçoise olives
- 6 ea. eggs, hardboiled, peeled, small dice
- 2 lbs. mesclun mix, romaine can be used as well
- 5 lbs. cans tuna, drained and squeezed dry
- to taste lemon juice, to dress tuna
- to taste olive oil, to dress tuna
- to taste chervil, chopped, to dress tuna

Salade Niçoise Continued.

Composed Salad

Vinaigrette Preparation

1. In a large bowl, whisk together the vinegar, minced garlic, sugar and mustard. In a slow and steady stream, pour in the oil and whisk continuously until the dressing is emulsified. Season to taste with salt and pepper .

Salade Preparation

1. All ingredients will need to be mise en place'd and cooled before building the salad.

For Turnout

2. Assemble salads as desired with all ingredients. Can be composed, compartmentalized, lettuce wraps, etc. Drizzle with champagne vinaigrette to order.



Croque Monsiuer Roulade

*Croque Sandwich, Rolled and Cut like Sushi, Served with Gruyere
Béchamel Dipping Sauce*

Yield: 24

Béchamel Ingredients

- 1 ea. onion piquet; (half an onion, 1 bay leaf, 1 clove)
- 1 qt. whole milk
- 4 oz. butter, clarified
- 4 oz. all-purpose flour
- to taste salt & white pepper

Roulade Ingredients

- 6ea. hoagie rolls, sliced
- 1 lbs. smoked ham, deli sliced
- 1/4 cup dijon mustard
- 8 oz. gruyere cheese, finely shredded

Croque Monsiuer Roulade Continued.

*Croque Sandwich, Rolled and Cut like Sushi, Served with Gruyere Béchamel
Dipping Sauce*

Béchamel Preparation

1. Add the onion piquet to the milk in a heavy saucepan and simmer for 20 minutes. In a separate pot, make a white roux with the flour and butter.
2. Remove the onion piquet from the milk. Gradually add the hot milk to the roux while stirring constantly with a whisk to prevent lumps.
3. Bring to a boil then reduce to a simmer for 30 minutes. Fold in shredded gruyere. Season to taste.
4. Strain through a china cap. Keep sauce at a minimum of 135 degrees in a hot well or double boiler.

Roulade Preparation

1. Working in batches, cut the crust off each slice of bread with a straight edge. Using a rolling pin, roll out the bread until flat, thin and pliable.
2. Apply a THIN layer of Dijon mustard. Layer each piece of bread with 2 flat pieces of ham. Roll the bread around the ham like a pinwheel. Freeze for at least 2 hours.

Turnout

1. Heat a small amount of butter in a pan or plancha. Sear the roulades on all sides. Slice each roulade into three pieces. Serve with hot béchamel and garnish.

“Cassoulet”

Chilled Duck Confit, Smoked Tea White Bean and Arugula Salad

Deconstructed Cassoulet, Chilled

Yield: 60 Servings

Ingredients

- 2 lbs. cannellini beans, soaked overnight
- 1 ea. onion, small dice for mirepoix
- 1 cup celery, small dice for mirepoix
- 1 cup carrots, small dice for mirepoix
- 2 bags lapsang souchong tea
- 1 gallons chicken stock
- 2 ea. bay leaves
- 8 oz. lemon juice, as needed for dressing beans
- olive oil, as needed for dressing beans
- 1 bunches parsley or chervil, picked and minced
- 1 lbs. garlic sausage, fully cooked, small diced
- 6 ea. duck confit, see additional recipe
- 2 lbs. arugula

“Cassoulet” Continued.

Preparation

Deconstructed Cassoulet, Chilled

1. Day #1; soak the beans, salt the duck, mise en place cassoulet
2. Day #2; make duck confit, see recipe. Once duck is cooled, pick it off the bone. Dress it with a little duck fat to keep it moist.
3. Combine chicken stock, mirepoix, bay leaves and strained beans in a large stockpot. Simmer until beans are tender, adding more chicken stock if needed along the way, approximately 30 minutes.
4. Turn off beans, add tea bags and let steep for 30 minutes.
5. Remove bay leaf and tea bags and properly cool down beans.
6. Once beans are cooled, toss with sausage, parsley, olive oil and lemon and season with salt and pepper to taste. Let set over night.

Turnout

1. Toss bean salad with fresh arugula. Top with shredded duck and garnish as you wish.

Duck Confit

Tender Duck Legs, Cooked in Their Own Fat



Yield: 3

Ingredients

- 3 lbs. duck quarters
- 2.5 oz. kosher salt
- 4 sprigs fresh thyme
- 1 cloves garlic, minced
- 5 ea. peppercorns, whole
- 2 ea. bay leaves, crushed
- 1tubs duck fat, as needed to cover the duck

Preparation

1. Day #1; combine the ingredients for the cure and mix well. Rub the duck quarters with the cure mix.
2. Place the duck on the bottom of a stainless steel pan with the skin side up. Cover and press the duck with a weight. Allow to cure at least over night, preferably 2-3 days in the refrigerator.
3. Day #2; Rinse the legs and thighs under cold water to remove the cure. Dry duck with paper towels. Place duck into a pot large enough to hold them and cover with duck fat.
4. Bring the duck fat to approximately 200 degrees on the stove top and then place in a 225 degree oven. Cook until the duck is tender. Remove from the oven and cool completely.

CHINA



China Blue

Mocktail

Ingredients

- 0.5 oz blue Curacao
- 0.5 oz lychee syrup
- 1oz lemon juice

Preparation

1. Chill high ball glass.
2. Once chilled, fill glass with ice and add syrups and liquors.
3. Top with club soda and stir gently.
4. Garnish with a lemon twist.



Chinese Spring Rolls

Fried Vegetable Rolls

Yield: 100 Rolls

Ingredients

- 12 tbsp. canola oil
- 6 cloves garlic, minced
- 60 ea. shitakes, sliced thin
- 12 ea. carrots, julienned
- 6 cups bamboo shoots, chiffonade
- 6 heads napa cabbage, chiffonade
- 6 tbsp. shaoxing wine
- 12 tbsp. light soy sauce
- 6 tsp. sesame oil
- 3 tsp. salt
- to taste white pepper
- 1 1/2 tsp. sugar
- 120 ea. Dumpling wrappers
- as needed corn starch, mixed with cold water

Chinese Vegetable Dumplings Continued.

Fried Vegetable Rolls

Preparation

1. In a large bowl, combine all the filling ingredients. Keep the mixture cold, for easier rolling.
2. Working with the Dumpling wrappers in a diamond shape with a corner pointing towards you, spoon about 2 oz. of the filling into the rolls.
3. Roll them away from you, folding the sides in once you get to the middle. Before rolling them completely, brush a small amount of cornstarch and water mixture onto the furthest tip of the wrapper. Store them on a sheet tray with parchment paper, being sure they do not touch each other.

Turnout

1. Dumplings: Steam to order to cook the wrapper and heat the filling through. Serve hot.

Miso-Glazed Cod

Cucumber Jicama Relish

Miso Glaze Ingredients

- 5 oz. sake
- 9 oz. mirin
- 9 oz. granulated sugar
- 1 lb. white miso paste
- 21 ounces canola oil

Salad Ingredients

- 2 quarts jicama, peeled and small dice
- 2 quarts english cucumber, seeded, small dice
- 2 cups black beans, cooked, rinsed, rough chopped
- 1 bunch scallion greens, sliced very fine
- 2 tbsp. cilantro, chiffonade
- 1 ea. red thai chili, minced
- 1 tbsp. ounces canola oil
- to taste salt

Pickling Liquid Ingredients

- 1 qt. rice vinegar
- 1 qt. sugar
- 1 tbsp. coriander seed, toasted
- 1/2 tsp. cumin seed, toasted
- 12 lbs. cod fillets, cut into 3-inch pieces

Miso-Glazed Cod Continued.

Cucumber Jicama Relish

Miso Glaze Preparation

1. In a large pot, flambé the sake. Add the mirin, sugar, miso paste and bring to a boil. Remove from heat, and emulsify in the oil.

Salad Preparation

1. 1 hour prior to serving, combine all pickling liquid ingredients in a medium sauce pot and bring to a boil.
2. Mix together the jicama and cucumber. Pour pickling liquid over the jicama and cucumber and let it quick pickle for 30 minutes. Strain the pickles and combine with the remaining salad ingredients.

Turnout

1. Working in batches, season cod with salt and pepper. Place a cooling rack on a sheet pan and spray with pan coating.
2. Coat the cod with the miso glaze. Roast cod for 5 minutes at 325 degrees, baste with more miso glaze.
3. Roast fillets until the internal temperature reaches 145 degrees. Serve cod with salad for garnish.

Pork Lo Mein

Marinated Pork, Wok Cooked with Noodles and Vegetables

Marinade Ingredients

- 40 oz. oyster sauce
- 12 oz. shaoxing wine
- 12 oz. ounces soy sauce
- 10 oz. sugar
- 4 oz. sesame oil
- 10 lbs. pork loin, cut into bite sized strips

Pickle Ingredients

- 2 ea. english cucumbers, thinly sliced
- 2 cup rice vinegar
- 10 ounces sugar
- 3 ea. thai chili, minced
- 1 tsp. salt

- 1 gallons mushrooms, button, sliced thin
- 1 gallons bok choy, leaves julienne
- 1 gallons bok choy stems, julienne
- 1 gallons carrot, julienne
- 2 qt. garlic, minced
- 8 ea. thai chili, seeded, julienne
- 1 quarts soy sauce
- 1 bunch scallion, sliced thick on bias
- to taste salt
- 10 pounds lo mein noodles, blanched, shocked, oiled

Pork Lo Mein Continued.

Marinated Pork, Wok Cooked with Noodles and Vegetables

Preparation

1. Day #1: Mix all ingredients of marinade. Toss pork strips in enough marinade to cover - reserve the extra for a la minute. Cover and refrigerate over night.
2. Heat the vinegar, sugar, chilis and salt very lightly just enough to dissolve the sugar. Cool the brine, then add the cucumbers, reserve for a la minute.
3. Day #2: Set up a wok station with all the ingredients kept separate. Have a pasta basket water bath set for lo mein noodles.

Turnout

1. Warm the noodles in the water. Using a wok, stir fry the pork with the garlic. Add portions of vegetables and then remaining ingredients, including reserved marinade. Do not over cook the vegetables, they should be crispy.
2. Strain the noodles, being sure not to have too much water on them so as not to cause a wok fire. Top with pickled cucumbers.

Ginger Garlic Dipping Sauce

Vinegar Based Dipping Sauce - Spicy!

Ingredients

- 2 cups black rice vinegar
- 2 tbsp. honey
- 2 tbsp. ginger, grated
- 2 tbsp. fresh dill, picked and chopped
- 4 tbsp. garlic, minced
- 1/2 tsp. szechuan peppercorns, ground
- 2 tsp. salt
- 1/4 cups oil blend
- 2 ea. fresh chiles, garnish for sauce
- 2 ea. cilantro, garnish for sauce

Preparation

1. Place the ground peppercorns and the oil in a medium saucepot and bloom to make the oil spicy. Whisk together all ingredients in a separate bowl. Slowly drizzle in the peppercorn oil to emulsify the sauce.
2. Garnish with fresh chiles and cilantro.

Sweet Chili Sauce

Slightly Spicy, Sweetened Sauce for Dipping

Yield: 2 Quarts

Ingredients

- 3 inch knob ginger, sliced
- 1 stalks lemongrass, bruised
- 1 ea. carrot, chopped
- 1 ea. red bell pepper, chopped
- 1 ea. thai chili, chopped
- 1/2 gallon red wine vinegar
- 1 ea. garlic clove
- 3 cups sugar
- 1 cups ketchup
- 2 each shallots, sliced
- to taste soy sauce
- to taste sriracha
- to taste sweet soy

Preparation

1. In a large saucepot, combine all ingredients. Bring them to a boil and simmer until thickened. Strain and chill.
2. Serve hot or at room temperature.



Peanut Sauce

Thick Sauce for Dipping

Yield: 2 Quarts

Ingredients

- 2 tbsp. sesame oil
- 1/2 cup shallot, minced
- 4 cloves garlic, minced
- 4 tsp. chili garlic paste
- 1 cups soy sauce
- 4 tsp. ginger, grated
- 2 tsp. cumin
- 3 tbsp. cilantro, chopped
- 1 cups peanut butter
- 4 cups coconut milk

Preparation

1. Heat the sesame oil, being sure not to burn it. Sauté shallot, garlic and chili paste for 1 minute. Stir in the soy sauce, ginger, cumin and cilantro. Heat and stir until smooth.

Turnout

1. Bring the mixture back to simmering. Whisk in the peanut butter until smooth. Whisk in the coconut milk until nappe.

PERU



“Pisco” Sour Mocktail

A Peruvian Cocktail

Ingredients

- 2 ounces white grape juice
- 1 ounce lime syrup
- 1/2 ounce simple syrup
- angostura bitters

Preparation

1. Place grape juice, lime syrup and simple syrup into a cocktail shaker with ice.
2. Shake thoroughly for 8 to 12 seconds.
3. Strain into a chilled old fashion glass.
4. Garnish with a lime wheel and dot with Angostura Bitters.



Scallop Ceviche

Scallops Cooked in Citrus

Yield: 30 Portions

Ingredients

- 5 lb. scallops, dry pack, large brunoise
- 3 ea. plum tomatoes, small diced
- 10 ea. serrano chiles, seeded and diced
- 3 cups fresh cilantro, packed and chopped
- 1 cup red onion, small diced
- 4 ea. corn on the cob, husked and shucked
- *save husks, used to baste antichuchos
- 1 cups fresh squeezed, pulp free orange juice
- 1 cups fresh squeezed, pulp free lemon juice
- 1 ea. english cucumber, seeded and small diced
- to taste salt
- lime juice

Preparation

1. Combine all ingredients in a large bowl. Cover and refrigerate for at least two hours, preferably 16-24 hours.
2. Do not store more than 2 days. Should be eaten within 1 day of preparation.

Papa a la Huancaína

Sliced Potatoes with Peruvian Cheese Sauce, Egg and Olive

Ingredients

- 17 ea. yukon gold potatoes, peeled, boiled, sliced
- 1 tbsp. olive oil
- 1 ea. yellow onion, peeled and julienned
- 3 ea. poblano peppers, julienne
- 4 oz. cream cheese, softened
- 4 oz. queso fresco, crumbled
- 1/8 cups canola oil
- 2 cloves garlic
- 1/4 cups aji amarillo paste
- 2 tsp. salt
- 1/2 tsp. black pepper
- 1/4 cups evaporated milk
- 17 ea. hard boiled eggs, peeled and sliced
- 2 qt. romaine lettuce leaves
- 35 ea. black olives, pitted, halved

Preparation

1. Peel potatoes and place in a large stockpot of cold water. Bring potatoes to a boil, and cook until fork tender, about 20 minutes. Drain potatoes, set aside to slightly cool to room temperature. Once cool enough to handle, slice 1/4" thick and hold for turnout.
2. Place eggs in cold water and bring to a boil. Boil for 8 minutes, then immediately shock in ice water. Peel and slice for turnout.
3. Char peppers on the grill until they are completely black on all surfaces, but not burnt. Immediately place peppers into a large bowl and tightly cover with plastic wrap. Let steam for 10 minutes.
4. Prepare a bowl of cold water. Remove plastic wrap from peppers and using your hands, peel off the skins, take out the stem and seeds. Dunk pepper flesh into cold water to rinse off any excess seeds and char.
5. Heat olive oil in a medium pan and sauté the onions until tender. Using the vitamix, blend together the onion, chile peppers, cheese, vegetable oil, garlic, salt and pepper. Add aji amarillo paste.
6. Slowly drizzle the evaporated milk into the vitamix while continuing to blend, until it becomes creamy. Be sure not to drizzle too fast so the mixture does not break and separate.

Turnout

1. Arrange lettuce on plate. Place potatoes on to lettuce and top with sauce. Garnish with hard boiled eggs and olives.

Antichuchos with Salt Potatoes

Grilled Beef Heart Skewers

Yield: 30

Ingredients

- 4 lbs. beef heart, cleaned of veins and sinew, 1" dice
- 1 1/2 tbsp. aji amarillo paste
- 1 1/2 tbsp. fresh garlic
- 1/4 cups red wine vinegar
- 1 1/2 tbsp. dried oregano
- 3/4 cups canola oil
- 1/2 tsp. ground cumin
- 30-40 ea. peewee potatoes
-
- 100 ea. 5" bamboo skewers, soaked in water
- corn husks, saved from ceviche

Antichuchos with Salt Potatoes Continued.

Grilled Beef Heart Skewers

Preparation

1. Make sure hearts are de-veined and cleaned, then diced into 1” cubes. Thoroughly coat the hearts in all of the marinade. Let marinate overnight (or a minimum of 3 hours)
2. Day #2: Soak bamboo skewers in water for several hours. Remove the hearts from marinade, reserve the extra marinade for basting later.
3. Thread beef onto skewers, 2 pieces per, leaving room at the pointed end for a small potato garnish.

Turnout

1. Combine whole peewee potatoes, 4 gallons of water and 4 cups of kosher salt in a large stock pot. Bring the potatoes to a boil, and cook until fork tender. Keep the potatoes hot but do not waterlog them. Grill the beef heart over medium heat, approximately 2 minutes on each side.
2. Once hearts are cooked, skewer a hot salt potato on the end.

Lomo Saltado

Peruvian Stir Fried Beef Served with White Rice and Fried Potatoes

Ingredients

- 5 lbs. sirloin, cleaned and cut into thin slices
- 3/4 cups garlic, minced
- 3/4 cups aji amarillo paste
- 2 ea. red onion, thick julienne
- 8 ea. plum tomatoes, quartered
- 5 ea. chile peppers, thick julienne
- squeeze bottle soy sauce
- squeeze bottle red wine vinegar
- 1 qt. beef stock
- 1 cups cilantro, picked
- 6 ea. russet potatoes, for french fries
- 5 cups white rice
- as needed canola oil
- to taste salt and pepper

Lomo Saltado Continued.

Peruvian Stir Fried Beef Served with White Rice and Fried Potatoes

Preparation

1. Marinade the beef with garlic, salt, pepper, and aji amarillo paste.
2. Heat a wok over high heat. Working in small batches, heat the oil to smoking. Add a small amount of beef, not too much so it doesn't steam, instead it browns. Cook for 1 minute.
3. Add in handfuls of onion, tomato and peppers, cook very briefly, should still be crunchy, not mushy. Stir using proper wok technique.
4. Add soy and vinegar, sauté for 30 seconds. Add beef stock, and simmer for 1 to 1 1/2 minutes. Turn off heat.

Turnout

Serve over white rice. Garnish with fried potatoes and fresh cilantro.

Peruvian Green Sauce

Refreshing Herb Sauce with Acid

Ingredients

- 1/4 cups lime juice
- 3/4 cups oil blend
- 1/4 cups cilantro
- 2 tbsp. mint
- 2 ea. garlic cloves
- 1/8 tsp. crushed red pepper flakes
- to taste salt and pepper

Preparation

1. Combine all ingredients except the oil in a food processor.
2. Slowly drizzle the oil in through the feed hole. Season with salt and pepper to taste.

COCKTAILS

101



Cocktails 101

Classic Cocktails

Sweetened through Liqueur:

Martini 2-1

2 oz Liqueur, 1 oz Liqueur

Traditional: 2 oz Gin, 1 oz Dry Vermouth

Sidecar 2-1-1

2 oz Liqueur, 1 oz Acid, 1 oz Liqueur

Traditional: 1.5 oz Cognac, $\frac{3}{4}$ oz Lemon, $\frac{3}{4}$ oz Triple Sec

Sweetened with Syrup

Daiquiri 2-1-1 Ratio

2 oz Liqueur, $\frac{3}{4}$ oz Acid, $\frac{3}{4}$ oz Sweet

Traditional: 2 oz Rum, $\frac{3}{4}$ oz Lime, $\frac{3}{4}$ oz Simple Syrup

Old Fashioned 2 – 1/8th

2 oz Liqueur, 1/8 oz Sweet

Traditional: 2 oz Bourbon, Barspoon Simple Syrup, 3-4 dashes Angostura Bitters

Cocktails 101

Classic Cocktails

- 1.Shake if an acid or protein (milk, cream, egg) is present; Stir if only liquor/liqueur is present
- 2.Always juice fresh citrus—they lose potency in a few hours
- 3.Lemon pairs better with dark liquors; lime with clear
- 4.Not adding enough ice will result in an over diluted drink—more ice allows the cocktail to maintain temperature
- 5.Don't shy away from bitterness—to make a cocktail more complex, add more ingredients to trigger our senses—tart, sweet, bitter, savory
- 6.Nobody wants to sit at a dirty bar—each step in making a drink has a step of clean-up; clean as you go to not get overwhelmed
- 7.As a bartender, you are fully on display for the guests. Looking busy (cleaning and polishing) allows you to be 'invisible' in the background

A cocktail is considered a cocktail when the liquor is enhanced by 2-3 elements: Acid, Sweetness, Bitters-where this acid & sweetness come from determines your style of cocktail



PASTRY RECIPES



Revani

Ingredients

- 10 oz. Cake Flour
- 1 oz. Baking Powder
- 12.5 oz. Semolina Flour
- 1/2 tsp. Kosher Salt
- 8 oz. Butter
- 15 oz. Sugar
- 6 ea. Eggs, separated
- 1 tsp. vanilla extract
- 2 ea. lemon zest
- 17.2 oz. Milk
- 1 tbsp. lemon juice

Preparation

1. Sift flour, semolina, salt and baking powder together. Set aside.
2. Using a paddle, cream the butter and sugar until light and fluffy. (3-5) then add yolks while mixing one at a time until light in color. Add in flavorings- vanilla and lemon.
3. Alternate flour and milk in thirds. Start with flour and end with flour. Whip whites with a pinch of salt until almost firm. Fold into batter and pipe or scoop into mini dome molds. Double pan and bake at 350 degrees for approximately 20-25 minutes or until firm to touch and light golden.

Revani Continued

Soaking Syrup Ingredients:

- 2 cups sugar
- 2 cups water
- 1 ea. orange zest
- 2 tbsp. lemon juice

Preparation

1. Bring water , sugar and zest to a boil. Simmer 2-3 minutes. Remove from heat and add juice.



Vanilla Bean Yogurt

honey macerated fruit

Ingredients

- 2 cups Greek Yoghurt
- 1/2 cup Honey
- 1/4 cup Powdered Sugar, sifted
- 1 ea. vanilla bean, scrapped
- 2 cups heavy cream
- 1 tsp. vanilla extract
- 1 tsp. orange blossom water
- 1 ea. lemon zest

Preparation

1. Stir together all ingredients except for heavy cream.
2. Whip cream until medium peaks.
3. Fold together cream into yogurt base.
4. Taste and adjust as needed.
5. Pipe into phyllo cups.
6. Top with macerated fruit and mint to garnish.

Macerated Fruit

Ingredients

- 1 cup berries
- 1 cup oranges, segmented and cut
- 1/4 cup honey
- 1/4 cup orange juice
- 2 tbsp. simple syrup

Preparation

1. Cut fruit as advised. Stir together all liquids and toss with fruit. Let set 15 minutes before using. Top yogurt cups with a small amount of fruit.



Strawberry Compote

Ingredients

- 4 containers strawberries, quarter or sixth
- 1 cup simple syrup
- 1 tbsp. lemon
- 1 ea. vanilla

Preparation

1. Cut all strawberries into desired size. Set aside half.
2. Bring syrup, vanilla and lemon to a boil with half of the strawberries. Cook for 2-3 minutes on medium heat until strawberries start to soften.
3. Remove from heat and add in remaining strawberries while still warm.
4. Cool to room temp and store for future use. Taste and add lemon juice as needed.

French Toast Custard

Ingredients

- 24 ea. egg
- 1 qt. milk
- 1 qt. heavy cream
- 6 tbsp. brown sugar
- 4 tsp. cinnamon
- 1 tsp. nutmeg
- 2 tsp. salt
- 1/2 cup vanilla extract
- 1 ea. vanilla bean, split
- 8 oz. butter, melted

Preparation

1. Hand blend all ingredients together.
2. Strain.
3. Cut challah into 1/2" thick slices. Prepare 1/2 sheet pans with butter. Place bread in pan and pour custard over top. Sprinkle with cinnamon and flip over. Top bread with cinnamon sugar. Bake in the oven at 375 degrees. Should be crispy but not dry.

Tres Leche Cake

Ingredients

- 2/3 cup vegetable oil
- 8 egg yolks
- 1 cup water, room temp
- 1 tbsp. vanilla extract
- 14 oz. cake flour
- 14 oz. sugar
- 1 tbsp. baking powder
- 1 tsp. salt
- 8 ea. egg whites

Preparation

- 1.1.Preheat oven to 375 degrees. Butter and flour two 10 inch cake pans.
- 2.2.Mix vegetable oil and egg yolks together on mixer with whip attachment until just combined. Stir in water and vanilla extract.
- 3.3.Sift together cake flour and one third of sugar (about 4 oz), the baking powder and salt. Stir dry into oil mixture then whip on high speed for one minute.
- 4.4.In a separate mixing bowl, whip egg whites until foamy, gradually add in the remaining sugar and whip until stiff peak.
- 5.5. Fold meringue into batter in three stages. Divide batter between two cake pans and bake in oven for 25 minutes or until cake springs back when pressed lightly in the center.

Tres Leche Cake Soaking Liquid

Ingredients

- 2 cans sweetened condensed milk
- 2 cans evaporated milk
- 2 cups whole milk
- 2 tbsp. vanilla extract

Preparation

1. Preheat oven to 325 degree.
2. Scald all ingredients except sweetened condensed milk.
3. Add this off the heat.
4. You can change the flavor by adding the desired liquor i.e. rum, banana, ect.

Passion Fruit Syrup

Ingredients

- 1 qt. simple syrup
- 1 cup orange juice
- 1 cup passion fruit puree

Preparation

1. Combine all ingredients together and use for soaking cake layers.
2. Refrigerate any leftovers
3. Add Sliced bananas into soaking liquid to garnish cake

Italian Meringue

Ingredients

- 2 cups sugar
- 1 cup water
- ½ tsp. cream of tartar
- 1 cup egg whites

Preparation

1. Combine the sugar, water and cream of tartar into a clean saucepot. Place over medium high heat and stir with a wooden spoon until the mixture is no longer gritty. Do not let the sugar boil.
2. Once the sugar is dissolved, brush down the sides of the pot with clean water and a pastry brush, clip on a thermometer and cook the sugar to 240°F.
3. Meanwhile, whip the egg whites in an electric mixer until foamy. Drizzle in the cooked sugar while the machine is running. Switch to high speed and whip the whites until they firm.

Sopapillas

Ingredients

- 2 tsp dry yeast
- 4 oz. warm water
- 8 cups+ all purpose flour
- 2 tsp. salt
- 1/2 cup sugar
- 2 1/2 cups milk
- 6 ea. eggs, beaten
- 1/2 cups melted butter
- as needed corn oil
- as needed powdered sugar

Preparation

1. Combine the yeast and warm water; blend well and set aside.
2. In a large bowl, whisk the flour, salt and sugar until well blended. Stir in the yeast mixture, milk, eggs and melted butter. Mix with a wooden spoon until a dough is formed. Cover with a dry towel and set in a warm place to rise for 1 hour.
3. Heat enough oil for frying to 350 degrees. Turn the dough out onto a lightly floured surface. Knead once or twice and roll out to a thickness of 1/4 – inch. Cut the dough into 2-inch squares and place on a lightly floured pan. Cover with a kouche and allow to rest for 10 minutes. Or sprayed plastic wrap.
4. Fry the dough for 2 minutes per side. Drain on paper towels and dust generously with powdered sugar. Serve warm. With a dipping sauce of your choice.

Alfajores

Ingredients

- 500g. AP Flour
- 660g. cornstarch
- 20g. Baking Powder
- 4g. Baking Soda
- 2 tsp. kosher salt
- 400g. granulated sugar
- 8 ea. egg yolks
- 1 tbsp. lemon zest
- 1 tbsp. vanilla extract

Preparation

1. Make the dulce de leche: Bring a large pot of water to a boil, then carefully lower condensed milk cans on their sides into the water. Simmer for 3 hours 15 minutes, refilling with hot water as needed to keep cans submerged. Never let the water boil away, or the cans could burst. Using tongs, transfer cans to a rack to let cool completely before opening.
2. In a small bowl lemon zest and 1 Tablespoon vanilla.
3. In a large bowl, sift together flour, cornstarch, baking powder, baking soda and salt.
4. In the bowl of an electric mixer, beat sugar and butter until light and fluffy, about 3-5 minutes. Add yolks and beat to combine, then add vanilla mixture and beat until just combined. Add flour mixture, and mix on low speed until the dough just comes together.
5. Weigh the dough to 18 oz. and roll each piece into a log about 1 1/2 inches thick. Wrap in plastic and chill until firm, at least 2 hours.

Alfajores Continued

Preparation

6.Heat oven to 350 degrees. Line 3 baking sheets with parchment paper. Remove dough from plastic wrap and slice into 1/8-inch-thick rounds. Place on prepared sheet pans, then bake until edges start to turn golden, about 7 minutes. Transfer each pan to a rack to cool completely.

7.In a small bowl, combine dulce de leche with remaining 1 teaspoon vanilla and a large pinch of salt. Spoon the mixture into a plastic zipper bag and cut a corner off. (Or you could scoop it into a pastry bag if you prefer, or just use a spoon.)

7.Flip half of the cookies upside down and pipe a thick layer of dulce de leche onto bottoms (or use a spoon to spoon the mixture on). Top with remaining cookies to sandwich the dulce de leche in the middle. Roll sides in coconut. Eat right away, or store in the refrigerator until serving.

Lemon Flan

Ingredients

- 10ea. whole eggs
- 6 oz. sugar
- 1/2 tsp. salt
- 2 cans condensed milk
- 4 ea. lemons, zest only
- 6 cups whole milk
- 2 cups heavy cream
- 2 tbsp. lemon extract
- 2 tsp. lemon juice

Preparation

1. Boil milk and cream with lemon zest. In a large bowl mix together eggs, condensed milk, sugar, salt, zest and extract. Whisk until smooth.
2. Temper warm milk into egg mix and strain through a chinois.
3. Pour into caramel lined aluminum cups.
4. Bake in a water bath in convection oven at 325° degrees for 20 minutes. Rotate in oven and bake for 6 more minutes or until set. (Tray on the bottom will cook faster than the middle.)
5. Remove and cool, then refrigerate for service.

Lemon Flan Caramel

Ingredients

- 1 lbs. granulated sugar
- 1 tsp. lemon juice
- 3/4 cup water

Preparation

1. Combine water, sugar and lemon juice into a sauce pan.
2. Stir through until combined.
3. Bring to a boil and wash down sides with a pastry brush and ice water as needed.
4. Continue to cook without stirring until a deep amber.
5. Remove from heat and pour a thin layer into the cups for baking.

Chinese Almond Cookies

Ingredients

- 1 lbs. 12 oz. sugar
- 1/2 oz. sugar
- 1lb. 12 oz. high ratio shortening
- 1/2 oz. baking soda
- 6 ea. eggs
- 2lbs. 12 oz. cake flours
- 1/2 oz. vanilla extract
- 1/4 oz. almond flour

Preparation

1. Cream sugar and shortening.
2. Add eggs.
3. Add flavorings.
4. Blend in sifted dry ingredients.
5. Scale at 2 lbs. logs.
6. After slicing cookies, brush with egg white and sprinkle with toasted almonds.

Cassis Fruit Mousse

Ingredients

- 2 tsp. powdered gelatin
- 2 tbsp. cod water
- 9 oz. cassis puree
- 3 ea. egg white
- 2 oz. sugar
- 1 qt. heavy cream
- 2 oz. powdered sugar
- 1 tbsp. lemon juice

Preparation

1. Sprinkle the gelatin into a bowl the cold water and allow to bloom for 5-10 minutes.
2. Warm the puree to skin temperature.
3. Whip heavy cream with powdered sugar to soft-medium peaks and chill.
4. Prepare a French meringue using the egg whites and 4 oz of
5. sugar.
6. Melt the gelatin over double boiler and then assemble all mise en place.
7. When ready QUICKLY stir puree into gelatin make sure completely combined and then fold in the meringue and finally the whipped cream.
8. Put mousse into molds. Level flat and ad cake cut out to top of mousse.
9. Freeze until needed.

Lavender Madelines

Ingredients

- 22g. . Brown Sugar
- 200g. All Purpose Flour
- 167g. Powdered Sugar
- 22g. Honey
- 200g. butter
- 220g. eggs
- 1/4 tsp. salt
- 6g. baking powder
- 1 tsp. orange zest
- 1 tsp. vanilla extract

Preparation

1. Brown butter and strain through chinois let cool while prepping rest of ingredients.
2. Sift together flours and sugar, mix in almond flour with a whisk.
3. Whip eggs with salt on high until foamy.
4. Add flour mix in 2 parts alternating with butter.
5. Add flavorings.
6. Pipe into molds and bake @ 325 for 6 minutes.
7. Unmold and continue baking.
8. Refrigerate remaining batter in deli cups or plastic pastry bags.

DISCOVER YOUR PASSION AND MAKE IT YOUR PROFESSION





Scan to Apply!



How to Apply to Walnut Hill College

Complete the online application on our website at:

WalnutHillCollege.edu/Apply

Please complete all supporting steps (Steps 2, 3 and 4) within 30-days of submitting your application. There is no cost to apply.

Transcripts can be uploaded through your application portal or emailed to: Documents@WalnutHillCollege.edu. Schools may submit transcripts via online services like Parchment or Scribble.

If you have attended any college level courses, you must also submit your transcripts from those schools.

If you have your GED or equivalent, you must submit your official test scores to Walnut Hill College.

Unofficial transcripts are accepted during the admissions process.

Write a 250 - word essay describing your goals in the hospitality industry and how a degree from Walnut Hill College will help you achieve those goals.

This may be submitted as part of your online application, or emailed to Documents@WalnutHillCollege.edu after you submit the application. This step may be waived for some high academic performing students.

Reference letters may be submitted to support your application. The letters should come from a teacher, or a community leader, or professional colleague (like a supervisor at a job you held). These letters may not come from family or friends.

This step is optional. Applicants with lower high school GPAs, or non-traditional paths to higher education may want to consider submitting a letter of reference.

Reference letters may be requested through your application portal, or references may email them to: Documents@WalnutHillCollege.edu. Any emailed letter must clearly state: Who the reference is supporting (i.e. your name); the name of the reference giver; professional contact information for the referrer; and a brief statement in support of your admission to Walnut Hill College.

After completing the above steps, qualified potential admits will set up an interview.

The interview will be with a Walnut Hill College staffer and discuss your academic record, goal statement, and your interest in your desired field in hospitality. Interviews may be completed in person or via a virtual meeting.

Students who are offered admission to Walnut Hill College may secure their spot in an upcoming academic term by submitting a non-refundable \$150.00 registration fee. "Registered" students receive their class schedule ahead of the start of the academic term they have selected.

Applicants are strongly encouraged to submit all supporting documents within 30-days of their initial application. Applications will be deemed incomplete until steps 1 through 5 are complete. Please submit all documentation to the office of admissions at Walnut Hill College either through your application portal or by emailing supporting documents to Documents@WalnutHillCollege.edu. While unofficial transcripts are accepted during the admissions process, final official transcripts and diplomas from your high school (or GED certificate) and any colleges attended will be required before you start classes.

STEP 1

APPLICATION

STEP 2

TRANSCRIPTS

STEP 3

GOAL STATEMENT

STEP 4

REFERENCE

LETTERS

Optional

STEP 5

INTERVIEW

STEP 6

REGISTRATION