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**HOW-TOs
IN THE KITCHEN**

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HOW-TOs IN THE KITCHEN

What are the key fundamentals of grilling? What's the best way to fillet salmon or to keep vegetables from turning brown while coring or peeling? A team trained in kitchen basics keeps a foodservice kitchen streamlined and efficient. Hone your kitchen skills with these Top 10 tricks of the trade.

Grill pizza

You don't need a wood-fired oven to give pizza a smoky, charred flavor. Use your grill for a quick, rustic pizza made with pre-made dough. Roll the dough to $\frac{1}{4}$ -in. to $\frac{1}{2}$ -in. thick, suggests CIA Chef-Instructor Howie Velie. Brush one side with oil, then grill the dough until it starts to brown. Flip, oil the other side of the dough and grill until lightly browned. Top the pizza with tomato sauce, fresh mozzarella and your favorite toppings. "Close the top [of the grill] so it acts like an oven," says Velie. Grill the pizza until the cheese melts and the dough is browned.

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Roast peppers

Give sliced, oiled bell peppers a smoky flavor by roasting them in a 500°F oven for 15 to 25 minutes. To easily remove the skins, place a large tray on top of the sheet pan with the roasted peppers, and set aside until the peppers come to room temperature. “This will allow them to steam in the heat that is coming off the peppers,” says CIA Chef-Instructor Phil Crispo.

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Work with apples

Whether you are cutting apples for sauce or pie, the fastest way to do repetitive tasks is in stages, advises CIA Chef-Instructor Bill Briwa. Cut the tops and bottoms off all the apples, then move on to peeling and coring. Submerge the apples in water to prevent browning.

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Slice and dice onions

Stick to one simple rule when cutting onions: Keep the core in the onion when dicing or mincing, but remove it when slicing, notes CIA Chef Dave Kamen. To slice, remove the peel with a paring knife. Then switch to a chef's knife and remove each end of the onion. Cut the onion from stem to root, remove the core and slice with a slightly angled knife. To dice or mince, leave the core in to help keep the onion together.

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Mark a steak while grilling

Remember two o'clock and ten o'clock to get perfect char marks on the grill. Position the steak at two o'clock for two to three minutes until you get a Maillard reaction, the browning or charring that results in big flavor, says Velie. Turn the steak to ten o'clock and repeat. Flip and char the other side, then move the steak away from high heat to continue cooking to 160°F for medium and 170°F for well done.

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Keep barbecue sauce from burning

The secret to grilling chicken breasts with barbecue sauce is to cook the chicken first, then add the barbecue sauce. Otherwise, the sugar in the sauce will burn. Grill the chicken until it reaches an internal temperature of 165°F. Then baste the breast with barbecue sauce, turning often so it doesn't burn. "At this point, you just have to be careful not to put too much direct heat to the chicken," says Velie.

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Grill vegetables

Go beyond typical shish kebab veggies by pairing sliced red and yellow peppers, poblano peppers, whole baby carrots and cauliflower. First, add grill marks to the veggies (see tip #5), then grill, turning frequently, until they are tender but not mushy. “The roasting really adds a lot of flavor. It’s an entirely different way to have cauliflower,” says Velie. Finish the dish with olive oil, golden raisins, pine nuts and chopped parsley.

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Prepare artichokes

Beneath the thorny, fibrous exterior of an artichoke lies the prize—the tender heart. Only about 25% of an artichoke is edible, and it will quickly discolor during prep. “That means there is going to be a lot of waste, a lot of trimming and a lot of cutting. And we have to move very quickly when we do this,” notes John Riley, CIA Chef-Instructor. Using a serrated knife, cut off the thistle, trim off the outer leaves and then use a paring knife to prepare the stem and heart. Rub lemon juice on the artichoke to prevent discoloration.

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Fillet salmon

Salmon is a round fish (vs. a flat fish), and all round fish, including trout and snapper, are filleted the same. To remove the skin, use a sharp chef's knife and cut down to the skin at the tail of the fish. Turn the knife slightly and pull the skin back against the knife as you cut along the skin. "Keep the blade on an angle as you pull," notes Paul Galadza, Chef-Instructor at Miami Culinary Institute. "If you don't, then you will leave too much meat on the skin."

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Cut up raw chicken

When you want to prepare stock from scratch or make the most of a whole chicken, butchering it yourself is the way to go. The first step is to remove the backbone by slicing along the seam that runs along the back. Make two cuts on either side of the seam to remove the backbone. After that, make a cut through the breast bone to separate the breasts, then cut the legs from the thighs at the joint. When cutting off the wings, “Take a little bit of white meat with it, because it makes the wing a better piece of meat,” suggests culinary expert Mark Bittman.

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Sources

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