

Food Show – Day 1

- ¼ Rotisserie Chicken
- 1 vz of each Rotisserie Chicken sauce served in ramekins
 - Sweet Chili Glaze
 - BBQ Sauce
 - Louisiana BBQ Sauce
- 2 wz of Rotisserie Beef Sirloin with 1 vz of Burgundy Mushroom Glace'
- Ribs – 3 bones (1 Thai / 1 BBQ / 1 Dry)
- #16 scoop of Spinach Dip served in a baker dish
 - Microwave for 45 seconds
 - Garnish with 1 TBL Feta cheese
 - Serve with 2 tortilla chips
- 1 each Duck Empanada served with 1 vz Zydeco Sauce
 - **Harahan – No substitution**
- Mediterranean Hummus
- Spice Market Ciabatta
- Sides served in side dishes
 - Roasted Corn Grits
 - Green Beans
 - Thai Green Beans
 - Red Beans & Rice
 - Collard Greens / Cabbage
 - Mashed Sweet Potatoes

Bar Show – Day 1

- Seasonal Tequila Cocktail
- Grand Margarita
- Bumbu Punch
- 1 vz of all Frozen Cocktails

Trainer Notes

- Refer to full plating of dishes (including pictures) when discussing each menu item
- Make sure the trainee has some of the Rotisserie Chicken with each sauce
- Discuss the Casablanca Chicken while tasting the Mediterranean Hummus
- Discuss the BBQ Chicken & Ribs while tasting the Rotisserie Chicken and Ribs
- Discuss the Rotisserie Ribeye

Food Show – Day 2

- 2 vz of heated Spicy Cream Sauce served in a side dish
- 2 vz of heated Etouffee Sauce served in a side dish
- 1 order of Kung Pao Cauliflower
 - **Harahan – 1 order of Rotisserie Chicken Quesadilla**
- 3 each Asian Almond Shrimp with ¼ of all entrée garnishes
 - **Harahan – No substitution**
- 1 Fried Chicken Breast (**Harahan – Grilled Chicken Breast**)
- 1 Grilled Andouille Sausage Link
- Balsamic Salmon – Cut in half before cooking
 - ½ portion Balsamic Salmon
 - ½ portion Salt & Pepper Salmon
- Pepper Jelly Chicken Salad
- 1 vz of all Salad Dressings served in ramekins
 - Pepper Jelly Vinaigrette
 - Buttermilk Ranch
 - Herb Bleu Cheese
 - White Balsamic Vin.
 - Creole Honey Mustard
 - Peanut Vinaigrette
 - Caesar

Bar Show – Day 2

- Seasonal Mule
- Infused Old Fashioned
- Z-Rated Martini
- Spa Martini

Trainer Notes

- Refer to full plating of dishes (including pictures) when discussing each menu item
- Discuss the Shrimp Breaux Bridge and Chicken Breaux Bridge while tasting the Spicy Cream Sauce
- Discuss the Shrimp & Grits while tasting the Etouffee Sauce (Refer to the Andouille Sausage Link)
- Discuss the Red Beans & Rice while tasting the Chicken Breast and Andouille Sausage Link
- Discuss the Twice-Cooked Crispy Duck while tasting the Asian Almond Shrimp
- Taste and discuss “Add to Salad” proteins while tasting Pepper Jelly Chicken Salad
- Discuss Almond Chicken Salad while tasting Peanut Vinaigrette
- Discuss Zeasar Salad while tasting Caesar Dressing
- Discuss House Salad
- Discuss Rotisserie Chicken Salad
- Discuss Smokin’ Oldie

Food Show – Day 3

- Honey Island Chicken Sandwich
- ½ Sedona Chicken Panini
- ½ Philly Beef Panini
- Bronze Stuffed Trout
- Caribbean Grilled Catfish
- 2 vz of Corn Bisque
- Sweet Potato Bread Pudding

Bar Show – Day 3

- 1 vz Pinot Grigio
- 1 vz Sauvignon Blanc
- 1 vz Chardonnay
- 1 vz Pinot Noir
- 1 vz Merlot
- 1 vz Cabernet Sauvignon
- Espresso Martini

Trainer Notes

- Refer to full plating of dishes (including pictures) when discussing each menu item
- Discuss Bacon Cheeseburger
- Discuss Chocolate Caramel Brownie
- Discuss Classic Cheesecake
- Discuss Key Lime Pie
- Discuss Beers
- Discuss Hugo 75
- Discuss French Press Cocktails