



Cottonseed Oil 101

CURRICULUM SUPPLEMENT FOR CULINARY ARTS

Tomorrow's cooks and chefs will need essential skills that include understanding of ingredients, menu and plate design, technique, an educated palate and the ability to manage product and control costs.

A PERFECT OIL FOR KITCHEN OPERATIONS

- › High Smoke Point
- › Stable and Versatile
- › Neutral Flavor
- › Moderate Cost

LEARN HOW COTTONSEED OIL IS PERFECT FOR MOST KITCHEN FUNCTIONS

ADAPTABLE TO MULTIPLE COOKING METHODS:

Deep frying, pan frying, grilling; a foundation for dressings and vinaigrettes; perfect where flavor neutrality is essential; cost effective.

TOOLS FOR COURSE CONTENT

- › Foundations of Cooking
- › Garde Manger
- › Purchasing & Receiving
- › Live Restaurant Operations
- › The Language of the Kitchen

COTTONSEED OIL 101 CURRICULUM INCLUDES

- › A PowerPoint presentation focusing on the history, process and effective uses of cottonseed oil in foodservice operations
- › Cottonseed oil reference cards for each of the five listed courses
- › Critical references on foundational topics in culinary arts, including:
 - Units of Measurement
 - Flavor Chart of Common Herbs and Spices
 - Description of Methods of Cooking
 - Vegetable Cut Dimensions
 - Keys to Great Plate Presentations
 - Determining Protein Yield
 - The Language of the Kitchen Line

CULINARY ARTS PROGRAM FACULTY MEMBERS & ADMINISTRATORS

To download Cottonseed Oil 101 materials, visit:

CottonseedOil.org

When it comes to frying their famous beignets, Café Du Monde will only use cottonseed oil.

"People have tried to sell us on other oils in the past, but it detracts from the original flavor of our beignets."

Burt Benrud
– Café Du Monde, New Orleans, LA

With over 19 stores in the Chicagoland market, Brown's Chicken boasts a style of chicken its own. They use the same recipe cooked up by John and Belva Brown back in 1949 using buttermilk batter with cottonseed oil, delivering a delicious golden crunch on the outside with a moist and flavorful inside.

"For nearly 60 years, cottonseed oil has been a key ingredient in making our delicious fried chicken"

Frank Portillo
– Brown's Chicken, Chicago, IL

