



Culinary Institute of America

A

A

At

Hunan

... ..

A A

... ..

... ..

... .. (katsudashi)

A A A

... ..

Vitenam

... ..

A

... (transliterated text) ...

... (transliterated text) ...

... (transliterated text) ...

... (transliterated text) ... **paneer.**

A A A

A

Rice ... (transliterated text) ... **A** ... (transliterated text) ... **A** ... (transliterated text) ...

... (transliterated text) ...

Beans, Nuts, and Seeds

... (transliterated text) ... **A** ... (transliterated text) ... **A** ... (transliterated text) ...

Vegetables

A ... (transliterated text) ... **A** ... (transliterated text) ... **A** ... (transliterated text) ...

... (transliterated text) ... **A** ... (transliterated text) ...

Curries

A A

Stir-Frying

B W

A A

\ 10•

1.

1. 10•

A

10.

3
•
•
•
•

2.

1.

10.

•

10.

10.

10.

10.

10.

3.

1.

1.

...

1. •

2. •

3. A •

A •

•

4. •

•

•











AB

A

10. 







2.  
20.  

...

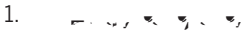




1.  3 
2.   
3.   
4.  

A BA

10. 

1.  
1.  
4.  







...

1.  
2. A   


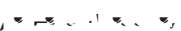

A

A

10. 

1.  
1.  
2.  

...

1.   

A AB W A A

10

11

1. 20
2. For each serving:

AB

10. $\sqrt{10}$

3—

1—

1—

12—

10—

10—

10—

10—

...

1. For each serving:
 - A
2. A 1—
3. 2 0—, 4—
4. (2—)

A

A

10

1.

1. $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$

2. $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$

3. A $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$

A $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$

4. A $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$