



Culinary Institute
of America

NMU – Day 1 Global Cusines

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Kitchen Responsibilities

- Set up your team's station, work neat and organized
- Keep stations clean
- Properly handle and store all food
 - When handling "ready-to-eat" food items...if you don't cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- Clean as you go – this will help with cleaning at the end
- At end of class, kitchens need to be left clean!

Family Meal

- We will prepare, present, and eat our own food
- Each team will need to attractively plate and present your groups food
 - Each group will talk about the food they prepared
- The food will be presented family style either on platters or in chafing dishes.

Things to Remember

- Work Smarter not harder
- Mise en Place – gather everything you need
- Read the recipes completely before beginning
- Develop a plan as a Team and work towards the goal or service time
- Please leave all common pantry items on the common pantry
- Properly store any unused food product, we will be setting up trays for the next day after Family meal for the next day

Asian Cuisines

- Thailand
- Japan
- Korea
- China
- Cambodia
- Singapore



Common Cooking Techniques

- Stir-frying
 - Utilize the Wok
- Deep-frying
- Pan-frying
- Grilling
 - Charcoal fired
- Steaming
 - Often wrapped in banana/bamboo leaves
- Simmering
 - Soups



Common Ingredients

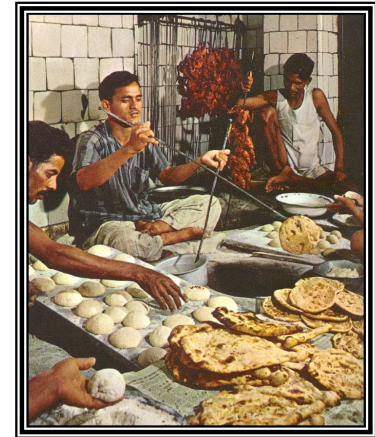
- Kaffir limes and leaves
- Fish or shrimp paste
 - Puree
- Tamarind
 - Fresh pods, paste or liquid concentrate
- Curries – different from Indian
 - Lemongrass, galangal, shrimp paste, shallot, garlic, kaffir lime
- Fish sauce “nouc mam”
- Oyster sauce
- Hoisin sauce
- Soybean sauce
- Salted black beans
- Light soy sauce
- Rice, noodles, rice paper
- Dashi, miso, seaweed

Indian Cuisines

- While considered part of Asia there are some very distinct differences between this and other Asian Cuisines
- Sophisticated cuisine
- Use of spices, ingredients
- Diverse cuisine
- Divided into 4 main categories
- North, south, east, west
- Cultural, religious and geographical influences

Most Common Cooking Techniques

- Bhun-na
 - Roasting
- Dum
 - Steaming or smothering without the addition of extra moisture
- Biryani
 - Rice and Meat cooked together
- Stir fry
 - Quick cooking where energy is scarce
- Tandoori



What is Curry?

- Curry is spicy food
 - Not always hot
- Curry is colorful food
 - Tomatoes, green peppers, green peas, turmeric, saffron, rich brown sauces, etc.
- Curry is exotic food
 - Often unusual, unfamiliar, diverse, tempting and distinctive
- Curries are “warm”, “refreshing”, and “hot”



American Cuisines

- Caribbean – multiple influences – Africa, Spain, France, Europe
- American Regional
- Tex-Mex
- European – Italian, French, German, Eastern European
- Melting Pot

Mexican Cuisines

- Mole - comes from the nahuatl *molli* or *mulli* meaning concoction or sauce
- Made with chiles, tomatoes, tomatillos, herbs, and sometimes cacao
- Guacamole – avocado sauce
- Salsas – raw and cooked styles
- Molcajete – rough mortar and pestle used for salsa, moles, etc.

South American

- Eastern
 - Argentina, Uruguay, Brazil
 - Influence from Portugal, Germany, Spain, France
 - Grilling, Mallman, meat centric, chimichurri
- Western
 - Peru, Chile
 - Spanish, Asian influences
 - Empanadas, sofrito, seafood – raw and cooked

Any question?...let's cook!



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