



Culinary Institute
of America

Asian Cuisine Boot Camp

Day One: Thailand



Kitchen Responsibilities

- Keep stations clean
- Properly handle and store all food
 - NYS law – 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 all small equipment as you go
 - Student workers will put them away
- All pots, pans, and cutting boards go on the rolling rack
- At end of class, kitchens need to be left clean!
 - Student workers will remove all trash and compost

Family Meal

- We will prepare, present, and eat our own food
- Each team will need to attractively plate and present one demo plate
 - We will evaluate these plates as a group
- The remaining foods should be presented neatly on platters

Mise en Place

- French term for “everything in its place”
- What does this mean?
 - A clean, organized workstation
 - Recipe mise en place (MEP)
 - Make sure you read through the **entire** recipe
 - Prep time vs. service
 - Physically ready to cook
 - Mentally prepared to cook – proper state of mind!

Mise En Place Starts at the Work Station

Tasting spoons
with receptacle

Sanitation bucket with handy wipes

Salt and Pepper

Receptacles for
trash and compost

Secured cutting board

Paper towels

Receptacles for product

Day 1: Objectives

- List the basic ingredients characteristic of Thai cuisine
- Identify and describe the primary flavor components of Thai cuisine
- Prepare a variety of Thai dishes following standardized recipes
- Compare and contrast the major flavor principles of Thai cuisine

Common Themes: Food and Religion

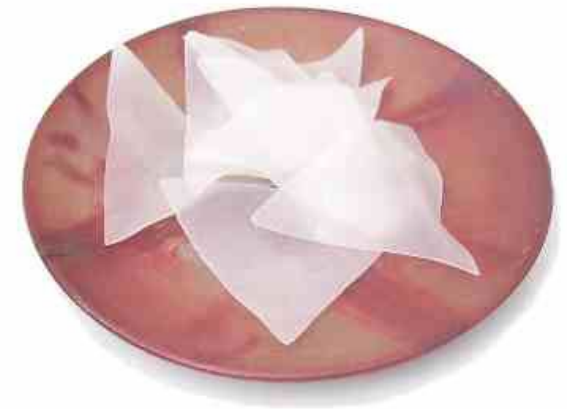
- Islam, Buddhism, Christianity and Hinduism
- Religion plays a significant role in food and life.
- Southeast Asia
 - Most are Buddhist
 - Certain times of year, vegetarian
- China
 - Yin & yang (Taoism) is affected by what you eat
- India
 - Diet is shaped by religion
 - Do not eat cows

Common Cooking Techniques

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

Noodles

- Rice
 - Fresh sheets or strips
 - Dried "sticks"
 - Mostly Thai/Vietnamese
- Bean thread
 - Soak in boiled water 5-8 minutes, very thin
 - Use in soups and salads, can deep fry
 - Mung Bean or Sweet Potato Starch
- Wheat
 - Used in stir fried noodle dishes as main component
 - Mostly Chinese/Korean Dishes



Rice

- Long and Short grain
- Basmati
- Jasmine
- Broken rice
- Forbidden rice
- Sticky rice (glutinous rice)
- Sushi Rice (Short Grain)
- Utilization of rice to make noodles, papers, starch, etc.

Thailand

- Population 71.6 million



Essential Ingredients

- Thai bird chiles

- Galangal “kah”

- Rhizome

- Cilantro

- Leaves, stems, and roots

- Lemongrass

- Use to infuse flavor should be minced very fine



Essential Ingredients

- Kaffir limes and leaves
- Fish or shrimp paste
 - Puree
- Tamarind
 - Fresh pods, paste or liquid concentrate



Thai Curries

- Curry pastes
 - Most include lemongrass, galangal, shallot, garlic, kaffir lime rind, and shrimp paste.
 - Green - in general the hottest
 - Red - in general relative medium heat
 - Yellow - the least hot of the three
 - Massaman - muslim influenced
 - Fish sauce - fermented salted juice from small fish
 - Coconut milk
 - Milky liquid from flesh, not the juice in the center!
- Lime juice, lime leaves and lemongrass
- Palm sugar
- Herbs,
 - Basil, cilantro, mint
- Aromatics
 - Garlic, galangal, chilies, etc.

Thai Cuisine at a Glance

- Spicy –
- Taste buds are stimulated in all directions
- Fresh acidic flavor profile
 - Lime juice, Lemongrass, Lime leaves.
- Fish Sauce instead of soy sauce
- Coconut milk
- Layered flavors
- Rice Noodles
- Not many wheat-based products

Thai Cuisine at a Glance: *Well Known Dishes*

- Pad Thai
- Thai Curries
- Tom Yam Kung
 - Thai hot and sour soup
- Black Thai Rice with Mango
- Beef with basil
- Mee Krop
 - Crispy Noodle Salad



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Any questions?

