



Culinary Institute
of America

Small Dishes, Big Flavors

Day 2: Asian Street Food



Learning Objectives

- Define street Foods
- Categorize Street Foods
- Identify the pantry ingredients and flavor profiles of select Asian countries
- List the specialty cooking equipment used in the preparation of select Asian cuisines

What is Street Food?

- Ready-to-eat foods and beverages prepared and sold by vendors and hawkers
- Served from mobile vending stations such as carts, small counters, stalls
- Located on street corners and sidewalks, food markets, train stations, and other public gathering places
- Eaten on the go from small plates and bowls, skewers, and banana leaves



What is Street Food?



- Small portions: snack or small meal
- Way to satisfy hunger and maintain energy throughout day
- Convenience - easily accessible and available
- Features popular, traditional, local cuisine
- Often a way to introduce new foods and ideas from abroad
- Made of fresh, less processed ingredients

What is Street Food?

Less developed countries

- Necessary for people with minimally-equipped home kitchens
- Cheap main meal for low-income populations
- Aligns well with a mobile, nomadic, and social lifestyle

Industrialized Countries

- Aligns well with a fast-paced, urban lifestyle
- Lower commitment than eating at a restaurant
- Food Trucks have a devoted following, use social networking to inform patrons about upcoming locations
- More personal- direct connection to vendor

Chinese Cuisine

- Cuisine varies from region to region
- Strong Muslim influence in the west
- Spicy in the south (Sichuan pepper)
- Sweet and savory around Shanghai
- Ginger, garlic, scallions
- Noodles: Rice in south, wheat in north
- Soy sauce – light and dark
- Acids from dark and light vinegar
- More homogenous flavor than SE Asia
- Dumplings very popular



Japanese Cuisine



- Sweet and savory
- Sea vegetation
- Raw or barely cooked items
- Limited use of chili peppers
- Artistic approach
- Distinct flavors:
 - Miso
 - Dashi
 - Light soy sauce
 - Mirin
 - Seafood
 - Daikon Radish

Korean Cuisine at a Glance

- Fermented Foods (kimchi)
- Seafood and sea vegetation
- Dry chili powder
- Sweet fermented wheat-chili paste
- Sesame seed and oil
- Scallions part of nearly every dish
- Anchovy extract for Umami effect
- Banchan side dishes with every meal



Thai Cuisine



- Balance of all flavors: salty, sweet, sour, bitter, and spicy
- Taste buds stimulated in all directions
- Fresh acidic flavor: lime juice, lemongrass, lime leaves.
- Fish Sauce instead of soy sauce
- Coconut milk
- Spicy: Thai birds eye chili
- Rice Noodles, not much wheat

Vietnamese Cuisine

- Cuisine of Dipping Sauce
- Delicate, clean flavors
- Rice and rice noodles
- Layering of fresh Ingredients
- Contrast of flavors, textures, temperatures
- Balance of salty, sweet, sour, bitter in single dish and across table
- Hot meats on cool noodles.
- Not too spicy



Indian Cuisine



- Differs tremendously from all other Asian cuisines
- Many vegetarian dishes (cow is sacred)
- Dal (legumes)
- Generous use of dairy
- “Cooked Spices”, Masala
- Bread very popular
- Mild and spicy dishes

Asian Street Food Traditions

- Concentrated in one area: food street, hawker centers, food courts
- Social gathering point
- Street food vs. food bought on the street
- Consumed on the spot or taken home



Asian Street Food Categories

Bowl Foods

- Udon Noodle Salad
- Pho Rice Noodle Soup
- Pad Thai
- Stir-Fried Glass Noodles
- Egg-fried Rice
- Fried Noodles
- Seafood Soup
- Jicama Salad
- Ramen Noodles



Asian Street Food Categories

Food on a Stick

- Grilled Squid on a stick
- Grilled Lamb Kebabs
- Takoyaki Fried Octopus
- Yakitori Chicken Skewers
- Spicy Rice Cake Skewers

Breads

- Chapatis
- Naan
- Roti



Asian Street Food Categories



Sandwiches/ Stuffed Foods

- Spring Rolls
- Vegetable Samosas
- Crispy Scallion Pancakes
- Fried Wontons
- Steamed Dumplings
- Rice and Black Lentil Crepes
- Dosai
- Bahn Mi Sandwich

Asian Street Food Categories

Finger Foods

- Tempura
- Spicy Cashew Peanuts
- Onigiri Rice Balls
- Kimbap Seaweed Rolls
- Lettuce Wraps



Asian Street Food Categories



Sweets

- Banana Fritters
- Malaysian Pudding
- Coconut Sticky Rice
- Red Bean Fish Cakes
- Hotteok Sweet filled Pancake



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Any Questions?