

# Chef Victor Gielisse, CMC

- Started as an apprentice at 12 in Hotels
- Culinary Olympics and Culinary World Cup
- ACF Team USA Captain and Coach and Competition Chair
- One of 70 Certified Master Chefs in the USA
- Restaurant Owner Operator “Actuelle” Dallas
- Culinary Institute of America Faculty
- CIA Dean of Culinary and Baking & Pastry Arts
- CIA Associate Vice President of Business Development and Consulting
- CIA Vice President of Advancement & Business Development
- CIA Consulting Partner
- Author of Cuisine Actuelle, In Good Taste and Modern Batch Cookery



# Daily Schedule

- **Introductions**
- **8:00 AM** Daily Discussion of subject matter
- **8:45 AM 9:00 AM** Break
- **9:00 AM - 12:30 PM** Teams Prepare Daily Assignments and Display their Production
- **12:30 PM -13:30 PM** Family Meal and Discussion
- **13:30 PM – 14:00 PM** Clean Facility and Mise en Place for next Day
- **14:00 PM -14:30 PM** Wrap up Comments and Discussion



Culinary Institute  
of America

# Northeast Asia

China, Japan, and Korea

Victor Gielisse, CMC

**Day 1**



By the end of this class session,  
you should be able to:

List and identify key ingredients  
used in East Asia.

Discuss the flavor profiles for  
each country studied.

Explain key concepts related to  
the cuisines studied.



## Daily Objectives

# China



## KEY CONCEPTS OF CHINESE GASTRONOMY

Fan=Starch

T'sai (*cai*) = sauce,  
vegetable, protein




**China: The Fan/T'sai Principles**

A way to extend the flavor of  
a given protein (meat, fish,  
poultry or vegetables)



**Fan-T'sai (*cai*)**





Meat and vegetables are cut into bite-sized pieces so that it will cook quickly.

Sauces are usually made from a combination of pre-made condiments.

Timing and preparation are crucial.



## Stir-frying



During times of famine wild plants, seeds, and roots would be consumed wherever they could be found.



**“Famine Foods”**

Just about any type of food was and is preserved.

Preserved foods provided a hedge in the event of famine and when fresh foods were in short supply.



## Preserved Foods

A key principle in Chinese gastronomy and in a broader sense the Yin-Yang philosophy is that you can maintain (or correct) the body's "balance" through the types of food that you eat.



**Food as "Medicine"**

Widespread poverty  
has led to this concept  
of frugality.



**Frugality**



All life is centered around food: the cultivation of crops, the raising of animals, the preparations, the ingredients and the pleasure the one derives from consumption.



## Chinese Food Culture: The Importance of Food



# Korea



**RICE, SOUP, AND KIM CHEE**  
**THE ESSENTIALS OF THE KOREAN TABLE**

Condiments	Herbs/ Spices	Produce	Protein	Starches, legumes
Light soy sauce	Anchovy extract	Fresh green chilies and red	Beef	Noodles based on rice, wheat, buckwheat or sweet potatoes
White rice vinegar	Ginger	Scallions	Seafood	Pearl barley
Sesame oil	Garlic	Napa cabbage	Chicken	Short Grain rice
Kim chi	Chives	Mung beans	Tofu	Buckwheat
Red pepper paste “Koju jiang”	Dried red pepper powder	Radishes, Turnips	Pork	Refined starches based on Mung beans and sweet potatoes
Mirin	Mugwort	Sea vegetation		Millet
Fermented soybean paste		Dried Vegetables		Mung Beans



Meat does not play a central role in the Korean diet.

"Banchan" are side dishes, and their number indicates the type and importance of the meal.

There are 3-5-7-9 -12 banchan- styles of meals (the last reserved for royal meals)

**Not counted as banchan, rice, soup and kim chee are ever present at the Korean table**



**Banchan: Side Dishes**

Rice is consumed at every meal.

Koreans eat a whole bowl of rice, and it is considered the main dish in any given meal. Without rice, one cannot have a "legitimate" meal.

Rice comes in several forms depending on the type of preparation, from soups to sweets.



**Rice ("Pap")**

# Kim Chee (Kimchi\_

There are many varieties of kim chee both fresh and preserved and a wide variety of vegetables are utilized.



Cabbage kim chee, made with red pepper, ginger, pepper paste, garlic, fish sauce, and sugar.





Soups can be made to taste bland, spicy hot and usually served with rice and kim chee and is an essential component of the Korean meal set.



**Soup ("Kuk")**

# Well known Dishes

- **Jap Chae**
  - Stir fried sweet potato Noodles
- **Kalbi Chim**
  - Stewed Short Ribs
- **Kim Chi**
  - Spicy fermented vegetables as condiment for every meal
- **Bulgogi**
  - Table-side grilled beef
- **Bi Mim Bab**
  - Steamed Rice with topping and condiments
- Anchovy extract for Umami effect
- Banchan for every meal
- Mainly light soy sauce
- Beef is the most popular meat
  - Tough cuts are higher priced than Tenderloin



# Japan



**“WASHOKU”**

**THE ESSENTIAL INGREDIENTS OF THE  
JAPANESE KITCHEN**



# Geography

- 4 major islands
  - Hokkaido
  - Honshu
  - Shikoku
  - Kyushu
- 1000 miles north to south





# Washoku “Essentials”





# SaShiSuSeSo

- Sa=sugar
- Shi=salt
- Su=vinegar
- Se=shoyu (soy sauce)
- So=miso





# Miso



# Katsuo-bushi





# Kombu





# Dashi



# Common Cooking Techniques

- Grilling - yakimono “grilled things”
- Steaming - mushimono
- Simmering - nimono
- Deep-frying - agemono
- One-pot cooking - nabemono



# Common Preparation Techniques

- Basic stock - dashi
- Making soups - suimono and shirumono
- Slicing and serving - sashimi
- Salads - sunomono and aemono
- Rice - gohanmono
- Seasoned rice - sushi
- Noodles - menrui
- Pickled vegetables - tsukemono
- Sweets and confections - okashi

# Unique Equipment


- Bamboo mat
  - Used to form and press
- Chopsticks
  - For cooking and eating
  - Lacquered
- Graters
  - Very fine, made of ceramic or metal
  - Used for ginger, wasabi, or daikon
- Mortar and pestle
  - Mortar is textured, used to crush sesame seeds
- Skewers
  - Stainless steel and bamboo, varied lengths
- Steamers
  - Metal or bamboo
- Wooden drop-lid
  - Used to hold simmering foods down used to prevent breakage and encourage even cooking

# Types of Dashi

- Ichiban dashi: the most delicate and fragrant dashi, pale in color
- Niban dashi: intensely flavored made by using the leftover ingredients from ichiban dashi
- Niboshi dashi made with small dried fish, strong with a hint of bitterness
- Kombu dashi: two types, the sophisticated (soaked) and the aromatic(heated)
- Shojin dashi made with kombu and dried shiitake mushrooms

# GOHAN (Rice)





The Chinese concept of fan/t'sai is key to understanding Chinese cuisine.

Rice or Wheat is the focus of the Asian table.

Soup as a beverage

Preserved foods

Soy Sauce as the main seasoning ingredient

Food as medicine



## Summary