



Culinary Institute
of America

The Southeast Asian Kitchen

Chef Victor Gielisse, CMC

Day Two



Daily Objectives

- By the end of this class session, you should be able to:
 - List the flavors profiles for Southeast Asia
 - List and Identify key ingredients used in Southeast Asian cuisines
 - Discuss the importance, variety and use of fresh herbs in Southeast Asian cuisine
 - Describe and explain the importance of the layering of ingredients, temperatures, textures and flavors as they relate to Southeast Asian cuisines





Key Components of SE Asia Cuisine

Typical Pantry in Southeast Asia Includes many of these items

Condiments	Herbs/ Spices	Produce	Protein	Starches, legumes
Fish sauce	Basil	Bamboo shoots	Seafood	Noodles, Bean thread and Rice
Curry paste	Mint	Cucumber	Pork	Rice paper
Shrimp paste	Saw Leaf Herb	Bean sprouts	Chicken	Rice, long grain and sticky
Chilies	Lemongrass	Limes	Duck	Mung Beans
Palm sugar	Ginger	Scallions	Beef	Red rice
Light soy sauce	Galangal	Shallots	Tofu	
Coconut	Cilantro	Leafy green vegetable		
Hoisin Sauce	Kaffir limes and leaves	Tamarind		
Fresh or roasted Chili paste	Cilantro	Lotus roots		



RICE

"...no matter how refined, delicate, or complex dishes may be, they are merely accompaniments to the rice." *David Thompson*



Noodles

Morning, Noon, and Night: Noodles, Noodles, Noodles



Fish Sauce (Nuoc Mam, Nam Pla, Teuk Trei, Kepac Ikan)

One of the most important condiments used in Southeast Asian cuisine's



Shrimp Paste

Balachan, Terasi, kapi,, ngapi, mắm tép and mắm tôm (the Vietnamese name but it depends of the type of shrimp used) are all different names for shrimp paste.

Essential Herbs and Spices





Seafood and Fish: A Southeast Asian Tradition

Fermented Foods

- Throughout SE Asia a wide variety of fermented foods make their presence in many dishes.
- They provide a “umami” sensation to many dishes and are often salty.
- They can be bean-based, fruit-based, fish-based, grain-based or tea-based.





Vegetables and Herbs

Fresh Herbs-Table Salad





Fruits

The ending of a meal in Southeast Asia is fruit and there is a wide variety to choose from.

Durian "The King of Fruits"



High Impact Flavors

Thai Curries: based on curry pastes of varying intensities



Vietnamese Curries: based on a simple mild curry powder



Malaysian and Indonesian Curries

Rempah/Sambal



Rendang (Malay)



Kitchen Tools

- The mortar and pestle are the main tools used in SE Asian cooking.
- It is an essential tool in any SE Asian kitchen and has a wide variety of uses, but mostly used to make rempahs, sambals, or curry pastes.





The Five Basic Southeast Asian Tastes

In Southeast Asia the balancing of these five tastes is key in the preparation of any dish (although, not every dish will embody every taste.)

- **Sweetness:** coconut/palm sugar, kepek manis, fruit
- **Sour:** kaffir limes, tamarind, coconut vinegar
- **Salty:** fish sauce, shrimp paste, soy products, salted fish
- **Pungent/Hot:** White peppercorns, chilies, dried shrimp onions, garlic, shrimp paste
- **Bitter:** herbs, dark leafy greens, eggplants, bitter melon

Elements of a Southeast Asian Dish

- **Temperature**
- **Texture**
- **Layering of distinctive flavors and tastes**
- **Balance of tastes**
- **Balance across the table**



Summary

Key Elements of SE Asian Cuisine:

- **Rice**
- **Seafood**
- **Aromatics**
- **Balance of taste**
- **Balance of flavor**
- **Balance across the table**
- **Contrast of temperatures, texture, and layering of ingredients**



Questions?

