



Culinary Institute
of America

Flavors of Asia

Best of Boot Camp



Asian Cooking Methods

- Stir-Frying
 - Product of labor rich, fuel poor countries - evolved out of necessity
 - Food is cut into small uniform pieces
 - Items cooked over very high heat
 - Uses very little fat with a high smoke point
 - Usually done in a wok
 - Food is constantly kept moving
 - Sauces generally made in the pan
 - Organization, timing, and careful seasoning are more important than speed

Elements of Taste

- **Color**

- Color plays role of eye appeal in a dish

- **Aroma**

- The key ingredients that are used to bring out the true aroma of other ingredients are:
 - Scallions, ginger, garlic, and wine

- **Flavor**

- 5 primary flavors
 - Sweet, sour, salty, bitter, and pungent/spicy

- **Texture**

- All dishes should offer one or several textures
 - Tender, crisp, crunch, smooth, and soft

Asian Ingredients



Left to right, top to bottom:

Thai cilantro, lotus root, rau rum, chrysanthemum greens, rice paper, nori, water chestnuts, Thai eggplant, bok choy, Thai red bird chiles, dried Thai red bird chiles, kim chee, lychee nuts, soba noodles, arame (top), kelp (bottom), wakame, star anise, azuki beans, jasmine rice, coconut milk, shiitake mushrooms, mung beans, soybeans, enoki mushrooms, dried shiitake mushrooms, rice flour, five-spice powder, ground Sichuan peppers, dried black mushrooms

Asian Ingredients

Left to right, from top to bottom:

Napa cabbage, dried shrimp, edamame, dumpling wrappers, Chinese long beans, wonton wrappers



Left to right, from top to bottom: sushi rice, green onions, soy sauce, rice wine, ginger, sesame oil, tofu, garlic



Asian Flavor Profiles

Thailand = Nam Pla/Shrimp Paste + Ginger/Galangal + Cilantro + Chili + Kaffir Lime + Coconut

Vietnam = Nouc Mam + Lime + Chili + Cilantro (Mint, Basil) + (Salad)

Korea = Soy Sauce + Brown Sugar + Sesame Seeds

Japan = Soy Sauce + Sake + Ginger

China = Soy Sauce + Ginger; Garlic and Scallion

Szechuan China = China (above) + Vinegar, Sugar, and Hot Chile Peppers

Thailand



Thai Cuisine at a Glance

- Spicy
 - Thai birds eye chili
- 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

Curry

- General Thai Curry Base
 - Garlic, shallots, galangal, Kaffir lime, lemon grass, cilantro root, cumin, coriander, white pepper, and shrimp paste
- Red Curry
 - Curry base plus red chilies and turmeric
- Green Curry
 - Curry base plus green chiles, Thai basil, and Kaffir lime leaves
- Yellow Curry
 - Curry base plus yellow chiles and curry powder
- Panang Curry
 - Curry base plus peanuts; less coconut milk but topped with coconut cream
- Massaman Curry
 - Curry base plus peanuts, cinnamon, cardamom, and nutmeg



Vietnam



Vietnamese Cuisine at a Glance

- Not quite as spicy as Thai Cuisine
- Layered flavor profiles
 - Dipping sauces
 - Many dishes for self assembly
- Taste buds are stimulated in all directions
- Fresh acidic flavor profile
 - Lime juice, lemongrass, lime leaves
- Very generous use of herbs
- Fish sauce instead of soy sauce



- Extensive use of rice and rice noodles

Korea



Korean Cuisine at a Glance

- Dining-out culture not as big as in other Asian countries
- Dry chili powder and sweet fermented wheat-chili paste
- Sesame seeds and sesame oil
- Scallions are part of almost every dish
- Anchovy extract for umami effect
- Kim Chi and Namul part of every meal
- Mainly uses light soy sauce
- Beef is most popular meat
 - Tough cuts are higher priced than tenderloin

Japan



Japanese Cuisine at a Glance

- Very clean, easily recognizable flavors
 - Miso
 - Dashi
 - Light soy sauce
 - Mirin
 - Seafood
 - Daikon radish
- Sweet and savory combined
- Large amounts of sea vegetation
- Many dishes eaten raw or barely cooked



China



Chinese Cuisine at a Glance

- Cuisine varies tremendously from region to region
 - Strong Muslim influence in the west
 - Spicy in the south (Sichuan) – strong use of Sichuan pepper
 - Sweet and savory around Shanghai
- Chinese trinity - ginger, garlic, scallions
- Rice noodles in the south, wheat noodles in the north
- Soy sauce – light and dark
- Acids from dark to light vinegar
- More homogenous flavor than Vietnamese or Thai cuisine
- Dumplings very popular for many occasions



Any Questions?