



Culinary Institute  
of America

# Best of Boot Camp: World Tour

## Day 1: Asia





# Learning Objectives

- List the culinary regions within China, Thailand, Vietnam, South Korea, Japan, and India.
- Explain the elements of taste in each Asian country.
- List the key ingredients used in each Asian country.
- Explain the common cooking techniques used in each Asian country.
- Describe the popular dishes representative of each Asian country.
- Prepare a variety of dishes representative of these Asian countries using standardized recipes.



# Kitchen Responsibilities



- Keep stations clean
- Clean small equipment as you go
- Wash hands, cutting boards, knives, etc. when switching between meats/ vegetables
- Properly handle and store all food
- Wear gloves when handling ready-to-eat food
- Store equipment correctly
- Leave kitchens clean at class end



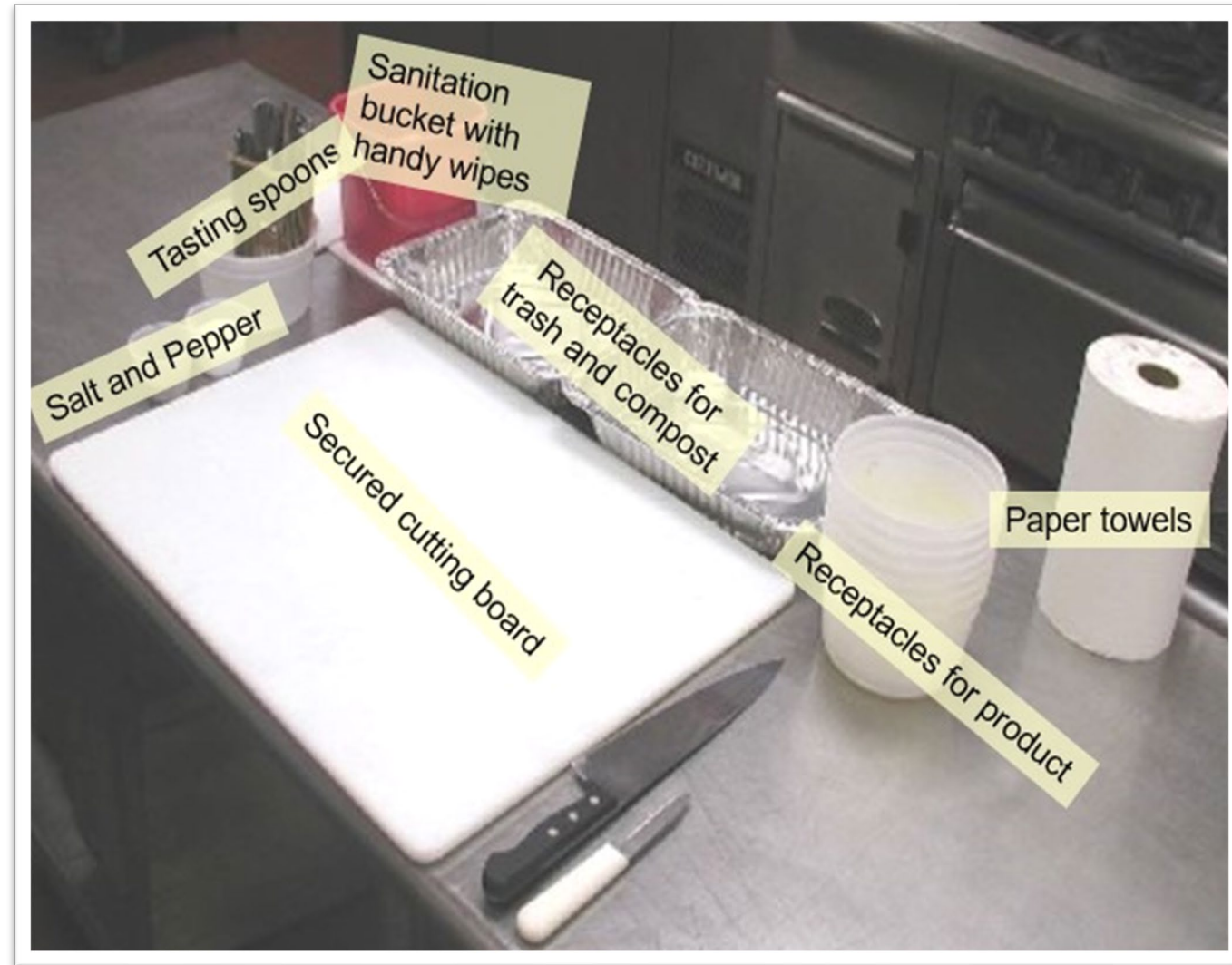


# Mise en Place

French term for “everything in its place”

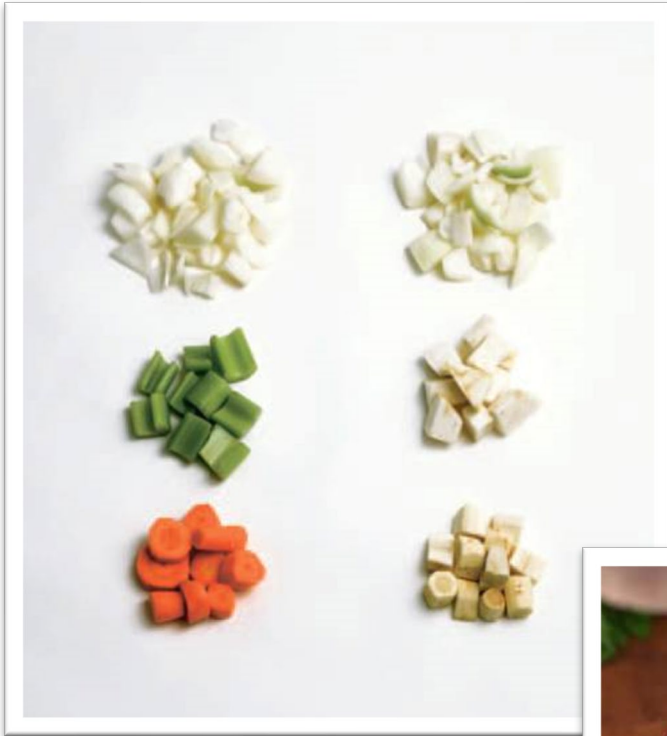
What does this mean?

- A clean, organized workstation
- Recipe mise en place (MEP)
- Make sure you read through the **entire** recipe, making note of “pre” steps, yield, temperature, & cook times
- Prep time vs. service
- Physically ready to cook
- Mentally prepared to cook – proper state of mind!





# Basic Culinary Preparations



- *Sachet d'épices*: bag of spices
- *Bouquet garni*
- *Mirepoix*: diced celery, onions, carrots, parsnip (variation)
- Onion *brûlé* (burnt onion)
- Onion *piqué*: onion, bay leaf, cloves
- *Remouillage*
- Infusion



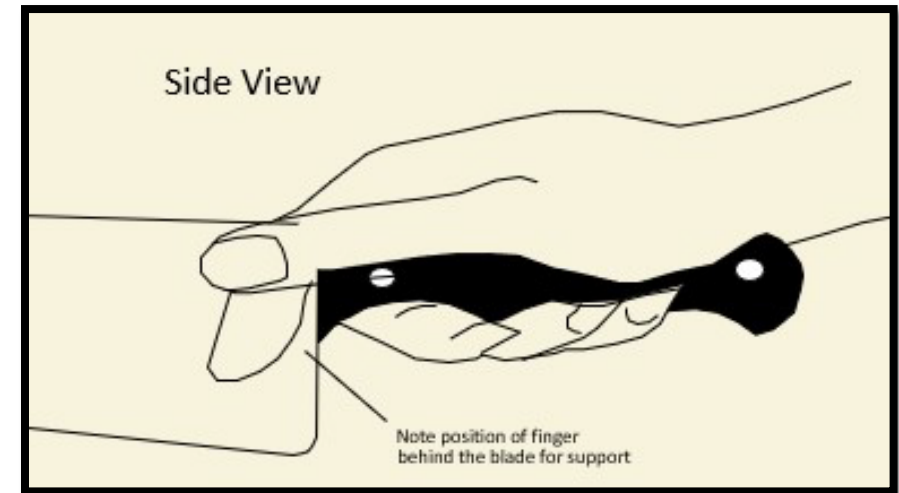
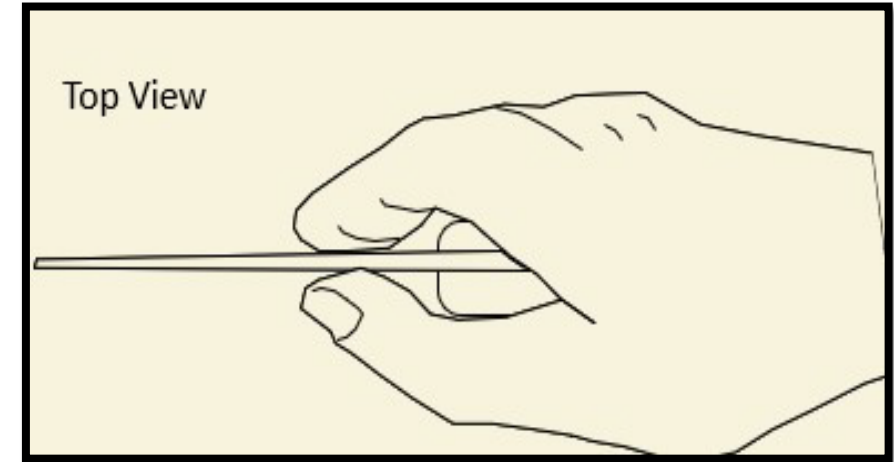
# Knife Safety

## Always...

- Use a sharp knife
- Use a cutting board
- Place knives on flat surfaces away from table edge
- Have the blade facing away from you
- Keep knives in clear sight – never covered
- Hold knives firmly & cut away from you

## Never...

- Grab blindly for a knife
- Pass a knife using the blade
- Carry knives with the point up

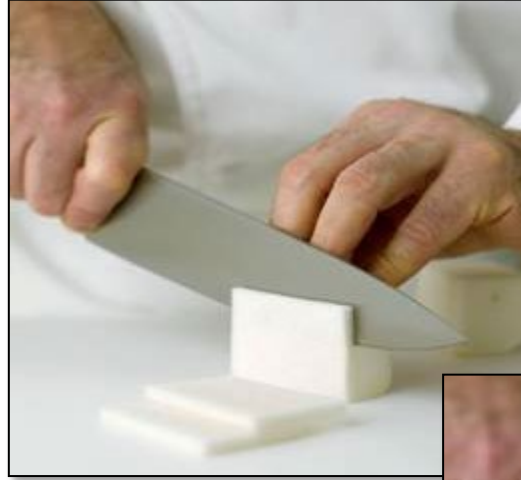




# Basic Knife Cuts

## Julienne & Dice

1. Square off the ends and sides.
2. Slice into even slabs of the same thickness.
3. Stack the slabs and slice into even sticks (julienne).
4. Gather the sticks and cut into even cubes (dice).

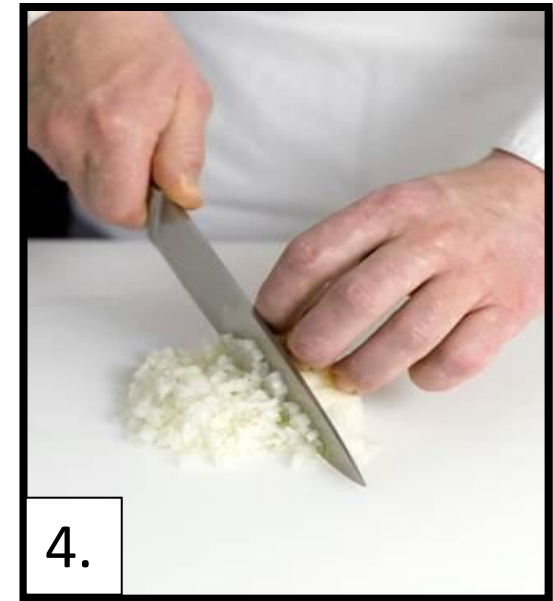
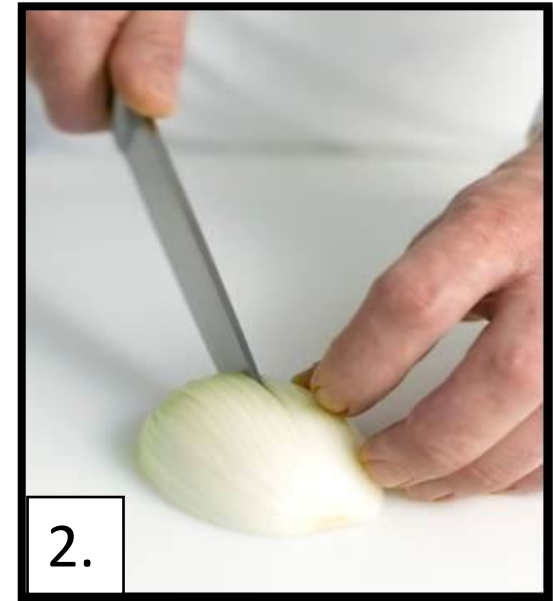
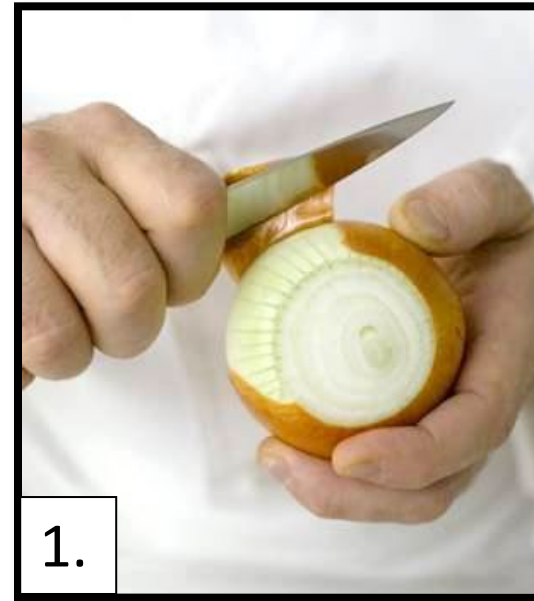




# Basic Knife Cuts

## Dice & Mince (Onions)

1. Cut off tip end, peel, and cut through root to tip.
2. Make several evenly spaced parallel cuts, without cutting the root.
3. Make two to three horizontal cuts, without cutting the root.
4. Make even crosswise cuts working from tip to root.





# China: Culinary Regions

## Xin Jiang

- Muslim influence
- Stewed lamb dishes
- Kebabs
- Millet

## Sichuan

- Hot/spicy food
- Szechwan "fagara" peppercorns
- Foo Young-Hibiscus Egg

## North

- Wheat
- Corn
- Millet

## Beijing

- Steamed buns
- Peking duck
- Table bbq
- Mongolian fire-pot

## Shanghai

- Red cooking
- Bird's nest soup
- Chingkiang vinegar

## GuangDon (Canton)

- Lacquer roasting
- Cha shiu "cha shao"
- Fruits in cooking "Sweet and sour"
- Black bean sauces

## South

- Rice





# Elements of Taste

**Aroma:** 4 key ingredients: green onions, ginger, garlic, wine

**Key aromatic pairings:**

- Ginger + garlic + green onion
- Green & red chiles
- Hot chili paste + fermented soybeans
- Five spice powder: star anise, Szechwan pepper, cinnamon, clove, fennel
- Fermented black beans

**Flavors:** sweet, sour, salty, bitter, pungent/spicy

**Textures:** each dish offers one or several







# Key Ingredients

**Tofu:** can be fresh or processed; varying softness levels

**Vegetables:** bok choy, broccoli, cabbage, string beans, water spinach, Chrysanthemum leaves (*Tong hao*), shitake mushrooms, dried lily buds, pickled vegetables

**Noodles:** various types/uses, enjoyed at all meals

**Spices:** Sichuan peppercorns, white pepper

**Condiments:** soy, oyster, hoisin sauces

**Other:** sesame oil, sesame seeds, peanut oil, black vinegar, Shaoxing rice wine







# Cooking Techniques

**Stir-frying:** quick cooking, food cut into small uniform pieces

**Velveting:** marinating & gentle cooking, tenderizes proteins

**Steaming:** delicate foods, no stirring, locks in flavor/moisture

- Types: bamboo & wok

**Hot pot:** cooking various ingredients in a pot of broth at the dining table

**Common daily techniques:** deep-frying, simmering, boiling, smoking, roasting







# Popular Dishes



**Biang Biang noodles:**  
thick, broad, hand-pulled noodles  
seasoned with chili,  
garlic, Sichuan pepper



**Dim Sum:**  
a variety of small,  
steamed or fried dishes,  
including dumplings,  
buns, pastries

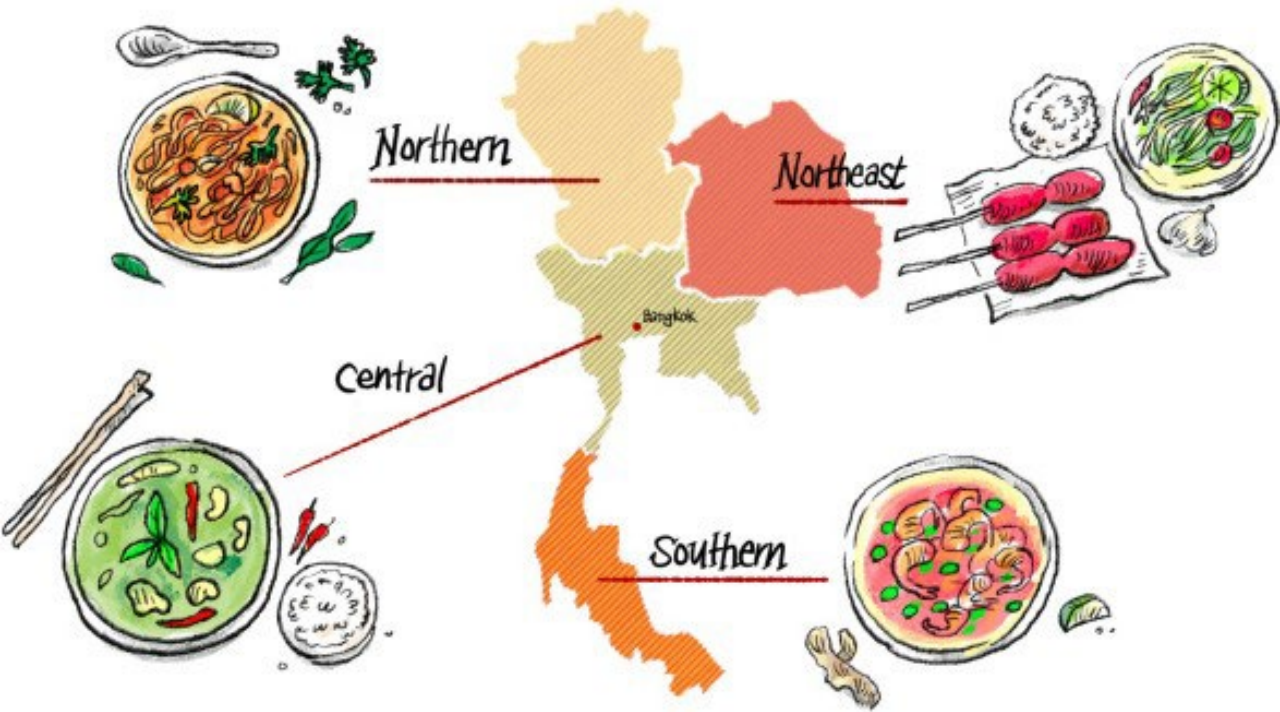


**Peking duck:**  
crispy-skinned duck served  
with thin pancakes, scallions,  
and a sweet bean sauce



# Thailand: Culinary Regions

## Thailand's Regional Cuisines



Regional variations correlate to neighboring countries, climate, geography

**Northern:** cool valleys/ forested mountains; shares dishes with Burma, Laos, Yunnan China

**Northeast:** arid plateau; influenced by Laos, Cambodia, Vietnam

**Central:** flat, wet, rice-growing plains; coconut milk

**Southern:** bordered by seas; curries, chiles, spices; elements of India, Malaysia, Indonesia





# Elements of Taste

## Flavors

- **Sweet:** mild contrast to bold flavors (palm sugar, coconut milk, fruit)
- **Sour:** tangy, adds depth (lime, unripe fruit)
- **Salty:** balances sweetness, acidity (fish/soy sauce)
- **Spicy:** adds intensity; Thai chilies

**Textures:** varied; crispy, soft, chewy

**Colors:** vibrant, from chilies, basil, turmeric

**Aroma:** lemongrass, galangal, garlic, coriander, basil, cardamom, nutmeg







# Key Ingredients

**Noodles:** egg (*bah mee*), glass (*woon sen*), rice

**Rice:** basmati, Jasmine, long/short, broken, black, sticky

**Proteins:** tofu, chicken, shrimp

**Thai Bird's Eye Chili:** fruity taste, mellow, lasting heat (50k-100k Scoville)

**Galangal:** peppery, spicy rhizome with a zesty bite and hint of pine

**Herbs:** lemongrass, cilantro, chives, Makrut lime leaves

**Spices:** tamarind

**Condiments:** fish/shrimp paste





# Cooking Techniques

**Stir-frying:** in a wok, quick cooking

**Grilling:** charcoal fired

**Steaming:** often wrapped in banana/bamboo leaves, locks in moisture/flavors

**Simmering:** soups, develops flavors

**Common daily techniques:** deep frying, pan-frying





# Popular Dishes



## **Pad Thai:**

Stir fry with rice noodles, eggs, tofu (or other protein) and a sweet and savory sauce



## **Thai Curry:**

Spiced coconut milk-based sauce with vegetables and meat



## **Mee Krob:**

Deep fried rice noodles with sweet and sour sauce



# Vietnam: Culinary Regions

## Northern

- Less spicy, sour flavors: tamarind, limes
- Light + balanced flavors highlight natural taste of ingredients

## Central

- Intensely spicy: chili peppers, shrimp sauces

## Southern/ Mekong Delta

- Pronounced sweetness: palm sugar, coconut milk
- Melting pot of regional, foreign flavors







# Elements of Taste

## Flavors

- **Sweet:** balance sour/bitter (sugar, fruits, certain vegetables)
- **Sour:** tangy (vinegar, tamarind, unripe mangoes)
- **Salty:** depth, enhances flavors; fish/soy sauce
- **Spicy:** pungency (chili peppers, ginger, garlic)
- **Bitter:** cleanses the palate (cilantro, bitter melon, dark chocolate)

**Textures:** contrasting in a single dish

**Colors:** vibrant hues from turmeric, pandan, beetroot, ramie leaves





# Key Ingredients

- Banana blossoms
- Tamarind fruit
- Salted black beans
- Peanuts

**Herbs:** Vietnamese coriander, Thai basil, perilla leaf, lemongrass, sawtooth, fish mint

**Rice:** Jasmine, sticky, brown, purple, red cargo

**Noodles:** rice vermicelli, rice sticks, yellow/wheat/egg, glass, tapioca

**Sauce:** fish (*Nước Mắm*), oyster, hoisin, soybean, light soy







# Cooking Techniques

**Grilling:** over open flame; adds smoky flavors, creates crispy edges

- Grilled pork with rice noodles (*bun cha*)

**Stir-frying:** quick cooking of vegetables, seafood, meat

**Simmering:** cooked in broth to develop flavors

- Noodle soup (*Pho*)

**Pan-frying:** common for meats and vegetables

**Blanching:** quick cooking of vegetables; preserves color and texture





# Popular Dishes



## **Pho:**

salty broth with rice noodles, herbs, meat



## **Cha Ca:**

Firm white fish marinated in galangal, turmeric, fish sauce, lemon juice



## **Summer Rolls**

(*Gỏi cuốn, Nem cuốn*): rice paper wrappers filled with fresh herbs, vegetables, protein, vermicelli noodles



# South Korea: Culinary Regions

**Gyeonggi:** balance of sweet, salty, spicy flavors

- *Bibimbap*, noodles with Korean black bean sauce (*jajangmyeon*)

**Jeolla:** rich, savory, earthy flavors

- *Jeon*, *kimchi*, *banchan*

**Gyeongsang:** bold, spicy, seafood-centric

- Cabbage soup (*Haejangguk*), *Milmyeon* (from Busan)

**Chungcheong:** light, mild, clean flavors

- Pond loach soup (*Chueotang*)

**Jeju:** smoky, savory, slightly sweet flavors

- Black pork, fresh seafood







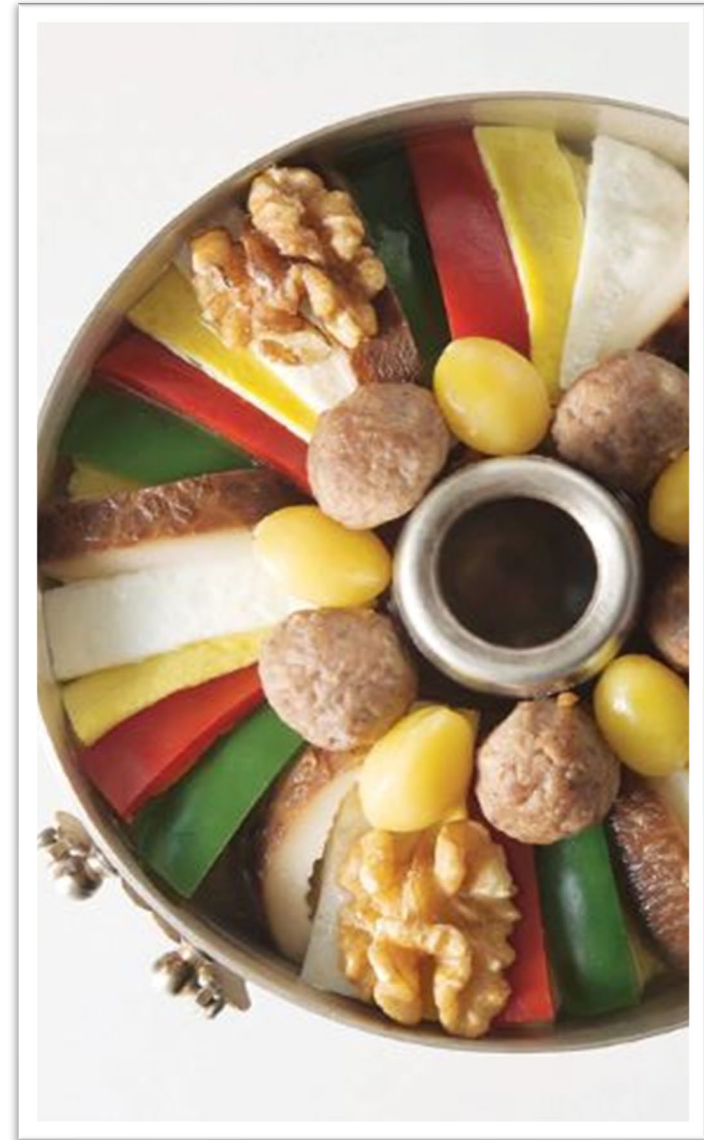
# Elements of Taste

## Flavors

- **Savory:** provides depth (fermented ingredients)
- **Spicy:** bold heat (chili pepper flakes & paste)
- **Subtly sweet:** balance/enhances savory flavors (honey, Asian pear, Mirin)
- **Sour:** cleanses the palate (vinegar)
- **Salty:** enhances flavors (soy sauce, fermented paste (*doenjang*))
- **Aroma:** ginger, garlic, scallions

**Textures:** diverse range

**Colors:** 5 directions (red, yellow, white, green, black)







# Key Ingredients

- Red chili powder (*gochugaru*)
- Sesame seeds, ginkgo nuts (*eunhaeng*)

**Starch:** glass noodles, rice

**Protein:** beef, pork, seafood, eggs

**Vegetables:** cabbage, radishes, spinach, mushrooms, carrots, onions, bell peppers, bean sprouts

- Kimchi: fermented vegetables

**Condiments:** soy sauce (*ganjang*), fermented red pepper paste (*gochujang*), fermented soybean paste (*doenjang*), fermented fish paste (*jeot*), rice wine (*mirin*), sesame oil





# Cooking Techniques

**Fermenting:** preserves vegetables, develops depth

**Simmering:** for stews, soups, broths

**Steaming** (*jjim*): seals in flavor, nutrients

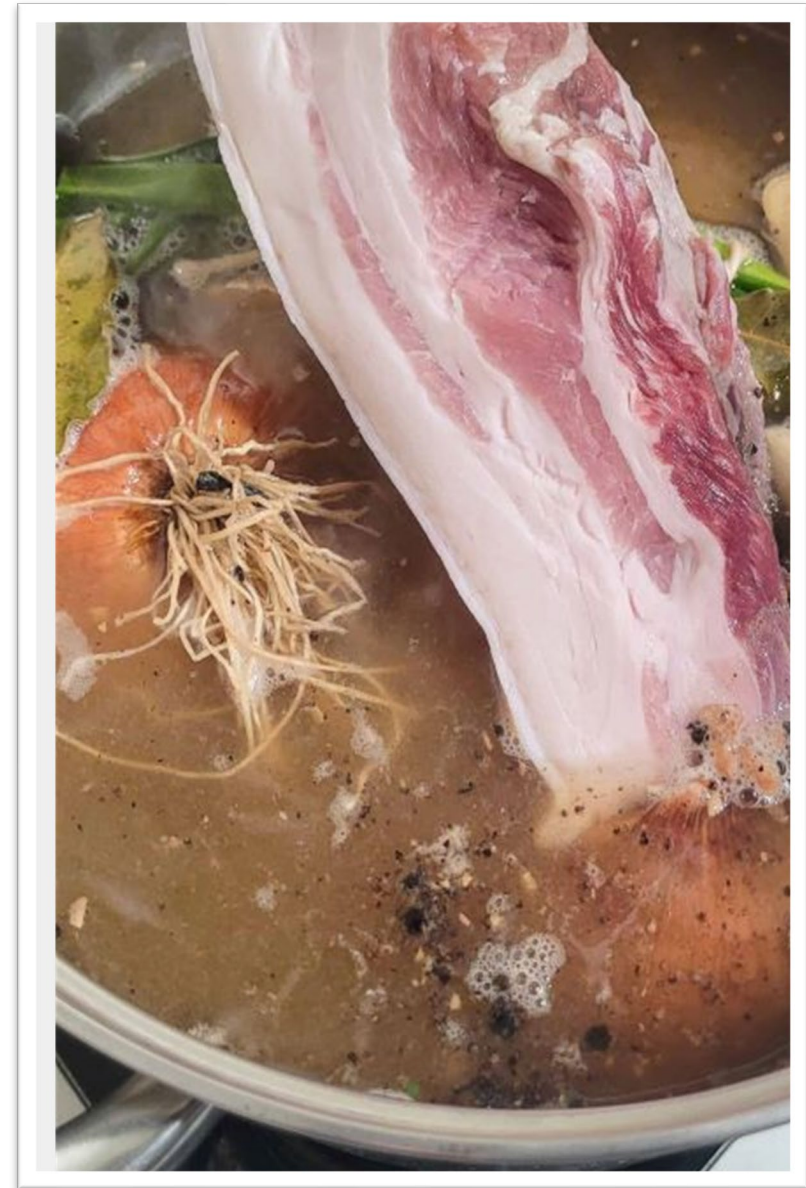
**Braising:** slow-cooks tough meats, veggies

**Stir-frying:** quick, high heat for tender ingredients

**Roasting:** gentle heat for large/tough cuts

**Grilling:** flame-cooked, ideal for thin, tender cuts

**Boiling** (*suyuk*): tenderizes meat in seasoned brine





# Popular Dishes



**Bibimbap:**  
rice topped with  
vegetables, meat,  
*gochujang* sauce



**Kalbi:**  
grilled beef short-  
ribs in a sweet soy  
sauce marinade



**Jap Chae:**  
sweet potato-based  
glass noodles stir-fried  
with meat and  
vegetables



# Japan: Culinary Regions

**Northern regions:** hearty, seafood dishes

- Hokkaido: sapporo ramen, crab, uni
- Tohoku: rice skewers, sweet edamame paste

**Central regions:** light, savory dishes

- Kanto: sushi, tempura
- Chubu: misu, soba
- Shikoku: udon

**Southern regions:** bold, umami-rich dishes

- Kansai: kobe beef
- Kyushu: tonkotsu ramen
- Okinawa: tropical flavors with goya, rafute





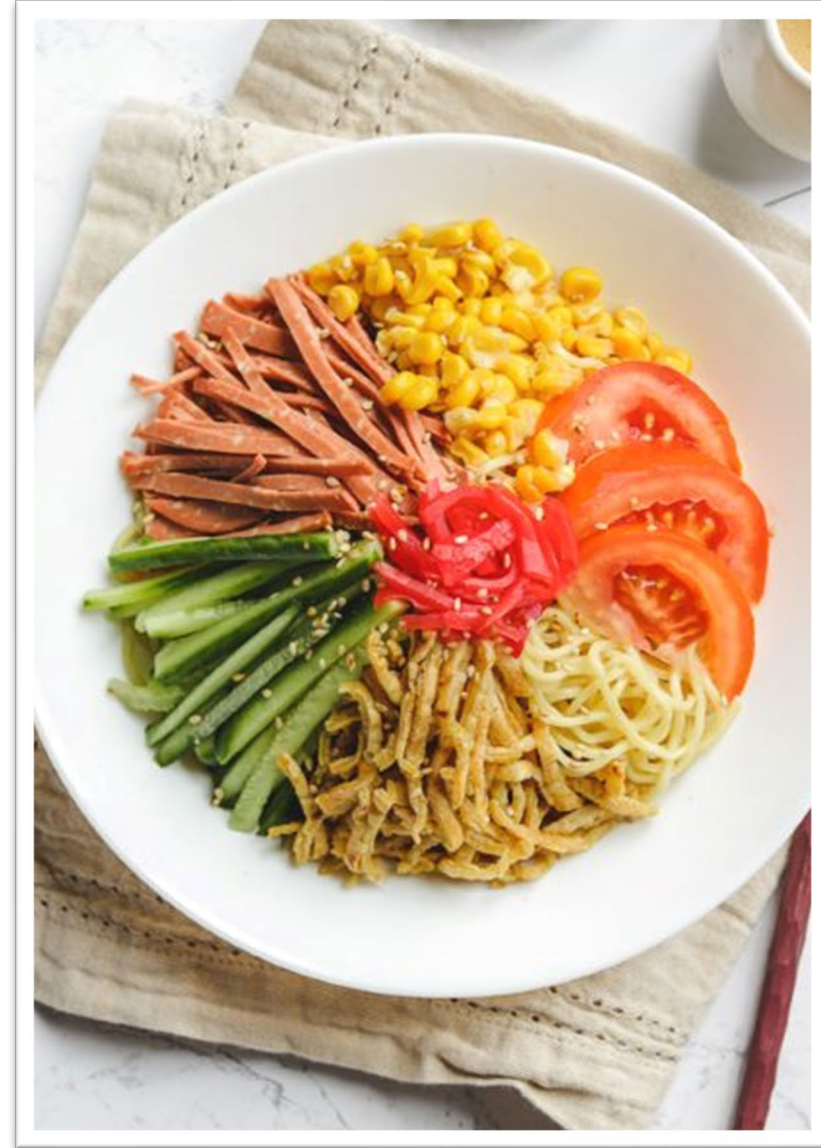
# Elements of Taste

## Favors

- **Savory:** adds richness, depth (fermented ingredients)
- **Subtly sweet:** balances savory, salty; (honey, fruits, sugar)
- **Sour:** refreshing tanginess; contrasts rich flavors (vinegar, yuzu, ponzu)
- **Salty:** enhances flavor in broths, dressings, pickled vegetables (soy sauce, miso)
- **Bitter:** earthy notes (herbs, vegetables)

**Textures:** contrasting combinations

**Colors (*Goshiki*):** red, yellow, green, white, black





# Key Ingredients

**Dashi:** basic soup stock; rich, savory flavor

**Miso:** fermented soybean paste (up to 3 years); used in soups, dressings, sauces, marinades

**Noodles:** *Soba, Udon, Somen, Ramen*

**Seaweed:** *Hijiki, Kombu, Nori, Wakame*

**Roots:** lotus root, white radish, burdock root

**Soy:** beans, sauce, tofu, milk, paste

**Herbs:** perilla leaf (*Shiso*), parsley (*Mistuba*)

**Other:** Sichuan pepper (*Sansho*)







# Cooking Techniques

**Grilling** (*yakimono*): used for beef, fish, chicken, vinegar-soaked vegetables

**Steaming** (*mushimono*): used for egg custards, meats, vegetables

**Simmering** (*nimono*): used for stews

**Deep-frying** (*agemono*): used for tempura, croquettes

**One-pot cooking** (*nabemono*): also known as Japanese hotpot

**Slicing, serving** (*sashimi*): used for sushi, raw fish





# Popular Dishes

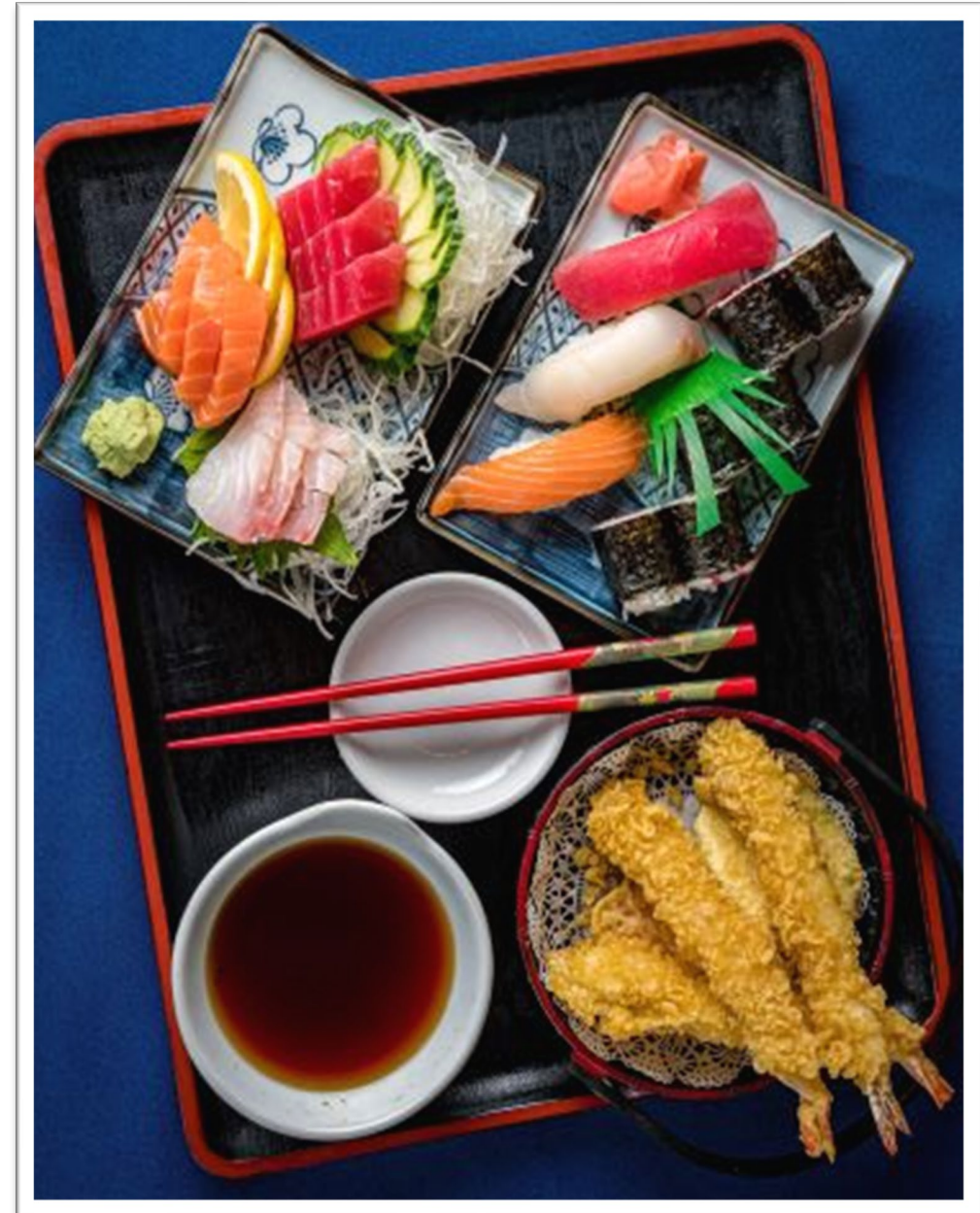
**Sushi:** cold rice dressed with vinegar, garnished especially with bits of raw seafood or vegetables

- **Shapes:** rolled (*Maki*), finger (*Nigiri*), pressed (*Battera*), scattered (*Chirashi*)

**Sashimi:** sliced, raw seafood

- **Slicing styles:** rectangles (*Hira-zukuri*), thin strips (*Usu-zukuri*), squares (*Kaku-zukuri*), triangles (*Sogi-sukuri*)

**Tempura:** deep-fried seafood/vegetable with a thin, crispy crust





# India: Culinary Regions

## North

- Central Asian Influence
- Dairy
- Tandoor breads
- Creamy curries
- Meat
- Garam masala
- Amchoor (dried unripe mango)

## West

- Wheat Breads
- Legumes
- Fiery hot curries
- Coconut milk



## East

- Rice
- Seafood
- White wheat flour

## South

- Portuguese influence (Goa)
- Tropical appearance
- Oil not ghee
- Steamed food
- Rice
- Lentils
- Stews



# Elements of Taste

## Flavors

- **Sweet:** natural (jaggery, palm sugars, honey, rose)
- **Salty:** balances bitter/sour, enhances sweet/savory
- **Sour:** acidity (tamarind, lime, palm vinegar)
- **Spicy:** heat/intensity (chiles, garam masala)
- **Savory:** complex/rich (onions, garlic, turmeric)
- **Bitter:** dimension (fenugreek, mustard greens)

**Textures:** creamy, rich (North); drier, stews (South)

**Colors:** vibrant; from turmeric, saffron, spinach, annatto







# Key Ingredients

**Flatbread:** North—milled wheat; South—fermented rice & dal

- **Naan:** milk/yogurt-based flatbread

**Curry:** vibrant, spiced sauce base for many dishes

**Basmati rice:** white, brown; pairs with curries

**Dal:** lentils, peas, beans—dried, split, cooked

- **Forms:** unhulled, split & hulled, split & unhulled

**Condiments:** raita (yogurt + herbs), chutney

**Spices:** *ajowan, amchur, asafoetida, fenugreek, anardana*

- **Masalas:** mix of dried spices, herbs





# Cooking Techniques

## For Dishes

- **Tandoor oven:** flatbreads slapped to sides, meats on skewers
- **Bhuna:** sautéing at low heat to reduce moisture/caramelize
- **Dum:** slow cooking with steam in sealed vessel
- **Dhungar:** smoking with live coal and ghee
- **Bhapa:** pot-in-pot steaming
- **Balchao:** pickling in vinegar and spices
- **Talna:** deep-frying

## For Spices

- **Toasting:** cooked gently over medium-low heat until fragrant
- **Popping:** whole spices will “pop” after heat is applied
- **Tempering** (*Tadka*): whole or ground spices heated in hot oil or ghee





# Popular Dishes



**Butter chicken:**  
chicken in a creamy,  
tomato-based sauce  
with butter and cream



**Chicken tikka masala:**  
yogurt and spice  
marinated chicken in a  
spicy tomato sauce



**Malai kofta:**  
vegetable dumplings  
cooked in creamy  
gravy







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Any Questions?