



# Culinary Institute of America

## **NATIONAL PORK BOARD 2025 EVENT**



The Culinary Institute of America at Copia, Napa, CA

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# KITCHEN PRODUCTION MENU

Ban Xeo Crepes

Japchae with Seasonal Vegetables and Pork

Crispy Spring Rolls

Crispy Rice Noodles with Shrimp and Pork

Pork and Mushroom Shumai

Pork Tonkatsu

Spicy Kim Chi Stew

Pork Fried Rice with Chinese Sausage

Bacon Baklava with 5-Spice Peanuts

# SIZZLING RICE CRÊPES

## *BANH XEO*

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flour, rice	2 cups
Cornstarch	½ cup
Salt, kosher	1 Tbsp.
Sugar, granulated	2 Tbsp.
Turmeric powder	2 tsp.
Coconut, milk	1 cup
Water	2 cups
Scallion (Green onion), thinly sliced	3 ea.
Oil, canola	4 Tbsp.
Onion, yellow, very thinly sliced	1 ea.
Pork, shoulder or belly, thinly sliced	½ lb.
Shrimp, Peeled, deveined, chopped	½ lb.
Bean sprouts	4 cups
Mushroom, white, sliced thin	2 cups
Vietnamese Dipping Sauce (Recipe follows)	1 cup
Lettuce, red leaf, head, leaves separated	1 ea.
Mint, leaves only, fresh	1 cup
Basil, Thai, leaves only, fresh	1 cup
Cilantro, leaves only, fresh	1 cup

### **Method**

1. For the batter, in a large bowl, place the rice flour, cornstarch, salt, sugar, and turmeric. Mix to combine.
2. Whisk in the coconut milk and water. Mix until you have a smooth batter that is the consistency of crêpe batter. If the batter is too thick, add more water. If too thin, add more flour.
3. Stir in the scallions. Reserve.
4. Heat a 10-inch, nonstick sauté pan over medium heat. Add 1 tablespoon of oil and tilt pan to spread it all over. Add 1 tablespoon of the onions, a few slices of pork, and 2 shrimp. Sauté until barely cooked, about 30 seconds.
5. Turn up the heat on the sauté pan. Whisk the batter to mix well. Ladle about 2/3 cup of batter into the pan, tilting the pan so that the batter spreads in a thin layer and covers the

bottom completely. It should not be thicker than 1/8th of an inch and should bubble as soon as it hits the pan.

6. Lower the heat to medium. Place 1 cup of bean sprouts and ½ cup of sliced mushroom on one side of the crepe, close to the center.
7. Turn down the heat to low and cover the pan. Let the crêpe cook until the bottom of the crepe is crispy and golden brown and the top is soft, but not doughy, 2 to 3 minutes.
8. Remove the lid. Let the crêpe cook for 2 minutes to dry out the batter.
9. Fold the side of the crêpe without the bean sprouts on top of the bean sprouts (like an omelet). Slide the crêpe out of the pan and onto a plate. Repeat the process for each crêpe.
10. Serve with the Table Salad and Vietnamese Dipping Sauce.

**Note:** This dish is traditionally eaten by taking a small piece of red leaf lettuce, placing some mint, Thai basil, cilantro and a bite size piece of the crepe inside, and dipping it in the sauce and eating it. This way you get a variety of textures and temperatures.

# TABLE SALAD

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lettuce, red leaf, head	2 ea.
Cucumber, julienned	1/2 ea.
Bean sprouts	2 cups
Mint, sprig	6 ea.
Basil, Thai, sprig	6 ea.
Basil, purple, sprig (Optional)	6 ea.
Cilantro, sprig, fresh	10 ea.

## **Method**

1. Separate the leaves from the lettuce heads. Wash well.
2. Arrange all the ingredients in attractive rows on a large platter.
3. To eat, tear off a piece of lettuce large enough to wrap and top with some cucumber, bean sprouts, and herbs.

**Note:** This platter usually consists of whole-leaf lettuce, mint, cucumbers, bean sprouts, other greens, and soaked rice paper. Often it accompanies dishes in which little pieces of meat and seafood need to be wrapped and eaten with the hands. A nice table salad usually includes several different kinds of herbs, such as mint, basil, purple basil and cilantro.

*Source: The Best of Vietnamese & Thai Cooking by Mai Pham*

# VIETNAMESE DIPPING SAUCE

*Yield: 1½ cup*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove, sliced	2 ea.
Chili paste, ground	1 tsp.
Chile, Thai bird's eye, chopped (Optional)	1 ea.
Fish sauce	¼ cup
Hot water	⅔ cup
Lime, juice, with pulp	2 Tbsp.
Sugar, granulated	¼ cup
Carrot, shredded	2 Tbsp.

## **Method**

1. Using a mortar and pestle, pound the garlic, chili paste, and Thai bird's eye chili into a paste.
2. Transfer to a small mixing bowl. Add the fish sauce, hot water, lime juice, and sugar. Stir until the sugar dissolves.
3. Ladle the dipping sauce into small serving bowls.
4. Garnish with the shredded carrot.

**Note:** If you only know one thing about Vietnamese cuisine, know that *nuoc cham* is the single most important table sauce. Slightly sweet and sour, this fish dipping sauce is served with almost every dish. It will keep for 1 month if refrigerated.

Source: The Best of Vietnamese & Thai Cooking © Mai Pham 1996

# KOREAN STIR-FRIED GLASS NOODLES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mushroom, shiitake, large, fresh	10 ea.
Mushroom, wood ear, dried	1 wt. oz.
Water, warm	as needed
Noodles, sweet potato, dried	1 lb.
Water, boiling	as needed
Scallion (Green onion), sliced thin	3 ea.
Soy sauce, light	½ cup
Sugar, granulated	2 Tbsp.
Oil, sesame	1 Tbsp.
Oil, vegetable	½ cup
Onion, yellow, sliced thin with the grain	2 cups
Garlic, clove, minced	8 ea.
Pork, shoulder, lean, cut into strips	12 wt. oz.
Cabbage, green, chiffonade	3 cups
Carrot, julienned	2 cups
Pepper, bell, red, julienned	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, beaten lightly	5 ea.

## **Method**

1. Cut off the entire stem of the shiitake mushrooms. Cut the caps into ⅛-inch wide strips. Reserve.
2. In a small bowl, place the wood ear mushrooms and enough warm water to cover. Drain, trim off any hard parts, and cut into ⅛-inch wide strips. Reserve.
3. Pour enough boiling water over the noodles to cover by at least 2 inches. Soak until they are rehydrated and elastic. Drain, rinse with cool water, and reserve.
4. In a medium bowl, place the scallions, soy sauce, sugar, and sesame oil. Whisk together until the sugar dissolves. Reserve.
5. Heat the vegetable oil in a wok over medium-high heat. Add the onions and garlic. Stir-fry until aromatic.
6. Add the pork. Stir-fry for 5 minutes.
7. Add the reserved shiitake and wood ear mushrooms, cabbage, carrots, and peppers. Stir-fry until the vegetables are almost cooked through.
8. Add the reserved noodles and stir-fry until the ingredients are heated.

9. Add the reserved soy sauce mixture. Toss well to coat. If mixture appears dry, use water to moisten slightly. Season with salt and pepper to taste. Transfer to a serving plate.
10. In a non-stick skillet, place the lightly beaten egg. Make a 1/8-inch thick omelet. Julienne. Garnish the plates with the omelet.

# SPRING ROLLS

*Yield: 20 rolls*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	2 qt.
Ginger, minced	½ Tbsp.
Scallion, chopped	¼ cup
Pork, butt, minced	½ lb.
Fungus, black, soaked, julienned	½ wt. oz.
Cabbage, Chinese, shredded	6 ½ cups
Mushroom, shiitake, sliced thin	¼ lb.
Soy sauce, light	2 Tbsp.
Oil, sesame	1 Tbsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Cornstarch	as needed
Water	as needed
Bean sprouts	½ lb.
Spring roll, sheet	20 ea.
Flour, all-purpose	as needed
Water	as needed
Scallion (Green onion), minced	2 ea.
Dipping Sauce (Recipe follows)	2 cups

## **Method**

1. Preheat the oil in a deep fryer to 350°F.
2. For the filling, heat 2 tablespoons of the oil in a skillet or wok over medium-high heat. Add the ginger, scallions, and pork. Stir-fry until pork is opaque.
3. Add the black fungus, cabbage, and mushrooms and stir-fry until all vegetables are cooked.
4. In a small bowl, place the soy sauce, sesame oil, salt, and pepper. Mix well to blend. Transfer the mixture to the pan with the vegetables. Toss to combine.
5. In a small bowl, whisk together equal parts cornstarch and water to form a slurry. Stir the cornstarch slurry into the pan and cook until the liquid has thickened.
6. Add the bean sprouts. Toss to combine. Remove the pan from the heat. Let the mixture cool.
7. In a small bowl, whisk together equal parts flour and water to make a paste.
8. Carefully peel off one spring roll wrapper, keeping the others covered under a damp towel. Place the wrapper with the smooth side down in a diamond position. Place a spoonful of filling on the bottom. Roll up halfway, fold sides in, then finish rolling. Use the flour paste to seal. (See Chef demo.)

9. Deep-fry the spring rolls in the preheated fryer until golden brown. Remove them from the oil and place on a wire rack to drain.
10. Garnish with scallions. Serve with the Vietnamese Dipping Sauce.

# SWEET THAI CHILI DIPPING SAUCE

*Yield: 2 ½ cups*

## **Ingredients**

## **Amounts**

Sweet Thai Chili Sauce	2 cups
Soy sauce, gluten-free	2 Tbsp.
Vinegar, rice	2 Tbsp.
Scallion (Green onion), minced	4 tsp.
Cilantro, fresh, chopped	2 tsp.

## **Method**

1. In a small bowl, place all the ingredients.
2. Mix well to combine.

# CRISPY RICE NOODLES WITH PORK AND SHRIMP

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, fryer	as needed
Noodles, rice, dry	½ lb.
Shrimp, dried	3 Tbsp.
Fish sauce	6 Tbsp.
Sugar, palm	1 ¼ cups
Vinegar, rice	1 ¼ cups
Orange, zest	1 ea.
Oil, vegetable	2 Tbsp.
Garlic, clove, minced	5 ea.
Thai roasted chili paste	1 ½ Tbsp.
Chile, Thai bird's eye, minced	2 ea.
Pork, loin, sliced thinly into 2-in. strips	½ lb.
Shrimp, large, peeled, de-veined halved lengthwise	½ lb.
Bean sprouts	1 lb.
Scallion (Green onion), sliced into 1-in. lengths	2 ea.
Chile, jalapeño, red, thinly sliced	3 ea.
Cilantro, fresh, cut coarsely	½ cup

## **Method**

1. Preheat deep fryer to 375°F.
2. Deep-fry the dry rice noodles just until they puff but have not browned. Remove them from the oil, drain on paper towels, and reserve.
3. Deep-fry the dried shrimp until crispy, 7 to 10 seconds. Remove from the oil, drain. Reserve.
4. In a skillet, place the fish sauce, palm sugar, vinegar, and orange zest. Cook over medium-low heat, swirling until the sugar dissolves. Do not stir as this will cause the sugar to crystallize. Reduce it to the consistency of maple syrup. Transfer to a bowl. Let it cool.
5. Heat the oil in a wok over medium-high heat. Add the garlic and sauté until aromatic.
6. Add the roasted chili paste and Thai bird's eye chiles. Cook until fragrant.
7. Add the pork and stir-fry until cooked through, 1 to 2 minutes.
8. Add the peeled shrimp and stir-fry until pink, about 1 minute.
9. Add half of the reduced fish sauce mixture. Toss to coat the meat and shrimp.
10. Break the fried rice sticks into bite-sized pieces. Transfer to a large bowl. Carefully drizzle the remaining fish sauce mixture over the noodles, mixing lightly until the noodles are coated.
11. Add the bean sprouts, scallions, jalapeños, and the pork/ shrimp mixture. Toss.
12. Garnish with the fried dried shrimp.

# PORK & MUSHROOM SHUMAI DUMPLING

*Yield: 20 servings*

<b>Ingredients</b>	<b>Amounts</b>
Ginger, 1 ½ -in. piece, grated	1 ea.
Mushroom, shiitake, finely chopped	5 ea.
Scallion (Green onion), finely chopped	1 ea.
Pork, ground	½ lb.
Soy sauce, light	1 Tbsp.
Wine, rice, Chinese (Shaoxing)	1 Tbsp.
Oil, sesame, toasted	1 tsp.
Cornstarch	2 tsp.
Salt, sea	as needed
Pepper, black, ground	as needed
Wonton wrapper, square	20 ea.
Egg, whole, lightly beaten	1 ea.
Goji berries, dried (Optional)	as needed
Peas, frozen (Optional)	as needed
Carrot, frozen (Optional)	as needed
Oil, vegetable	as needed

## **Method**

1. For the filling, in a large bowl, place the ginger, mushrooms, scallion, pork, soy sauce, rice wine, sesame oil, and cornstarch. Season with salt and pepper. Mix well with your hands until all the ingredients are incorporated.
2. For the dumplings, place a damp paper towel over the wonton wrappers to keep them from drying out. Remove 1 wrapper and brush with some of the beaten egg.
3. Make a circle with your thumb and index finger; lay the wrapper on top, nudging it down to create a cup. Add 2 tablespoons of the filling. Pat it down with the back of a spoon.
4. Fold the overhanging wrapper edges down, leaving the filling exposed. Press the wrapper firmly around the filling. Pat the top and bottom of the dumpling to flatten it.
5. Top the dumpling with 1 goji berry or 1 frozen pea and 1 frozen carrot. Repeat the process to form the remaining dumplings.
6. Cut out a round of parchment paper to fit in a bamboo steamer. Punch holes in the paper to let steam through. Line the steamer with the parchment and brush it with vegetable oil.
7. Arrange the dumplings in the steamer and cover. Put the steamer in a wok or skillet with a few inches of boiling water. Steam for 8 min until cooked.

**Note:** Dry sherry can be substituted for the Chinese rice wine.

# TONKATSU FRIED PORK CUTLET

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Rice, short grain, Japanese	2 cups
Water	2 ½ cups
Worcestershire sauce	3 Tbsp.
Sugar, granulated	¾ cup
Soy sauce, light	¾ cup
Chinese hot mustard powder	3 Tbsp.
Ketchup	¾ cup.
Allspice, ground	½ tsp.
Pork, cutlet, ½-in. sliced	8 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	4 cups
Eggs, whole, beaten	6 ea.
Breadcrumbs, dried, panko	½ lb.
Cabbage, green, julienned	1 lb.
Carrot, julienned	¼ lb.
Salt, kosher	as needed
Vinegar, rice	¼ cup
Sugar, granulated	2 Tbsp.

## **Method**

1. Place rice and water in a pot. Bring it to a boil, stirring briefly and gently to ensure rice is not sticking. Cover the pot tightly and reduce the heat to very low. Cook, covered, for 20 minutes.
2. Remove from the heat, lift the lid to release steam, and replace it immediately. Let it stand for 10 minutes to allow the starches in the rice to firm.
3. Turn rice over gently, using a wet, wooden rice paddle or shallow, wooden spoon.
4. To serve, transfer to a bowl or serve directly from the pot.. Preheat fryer to 350°F.
5. For the sauce, in a small saucepan, combine the Worcestershire sauce, sugar, soy sauce, and ketchup. Cook over low heat, stirring often, until mixture has reduced by 20 percent.
6. Add the mustard and allspice. Stir to combine. Remove the pan from the heat and cool to room temperature.
7. Pound the pork cutlets to 1/8<sup>th</sup> of an inch. Lightly score the pork cutlets to prevent them from curling when cooked. Season the cutlets with salt and pepper.

8. Dredge each cutlet in flour, patting off any excess. Dip it in egg, shaking off any excess. Coat it in the breadcrumbs. Bread the cutlets no more than one hour before cooking.
9. Deep-fry the breaded cutlets in the preheated fryer until they are golden brown, crisp, and cooked through. Drain well on absorbent towels. Let them rest for 2 minutes. Cut the cutlets crosswise into ½-inch-wide strips.
10. In a large mixing bowl, place the cabbage, carrots, salt, vinegar, and sugar. Mix well. Serve the tonkatsu with the rice and the sauce on the side.

# SPICY KIMCHI STEW WITH PORK

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	2 Tbsp.
Onion, yellow, sliced	1 ea.
Garlic, clove, sliced	2 ea.
Pork, shoulder, thinly sliced	1 lb.
Korean chili paste ( <i>Gochujang</i> )	1 Tbsp.
Korean chili powder ( <i>Gochugaru</i> )	1 tsp.
Kimchi, cut into bite-sized pieces	1 lb.
Stock, white, beef	1 ½ qt.
Salt, kosher	as needed
Tofu, silken, large diced	1 lb.
Scallion (Green onion), sliced	2 ea.
Chile, jalapeño, green, very thinly sliced	1 ea.

## **Method**

1. Heat the oil in a saucepot over medium heat. Add the onions and cook until softened, about 5 minutes.
2. Add the garlic and sweat for 1 minute.
3. Add the pork and cook until the meat turns opaque.
4. Stir in the chili paste and powder. Cook for 30 seconds.
5. Add the kimchi and just enough stock to submerge the ingredients. Bring it to a boil. Lower the heat to maintain a simmer. Simmer for 30 to 45 minutes until the meat is tender.
6. Adjust the seasonings to taste.
7. Place the tofu into serving bowls. Ladle the stew into the bowls. Garnish with the sliced scallions and jalapeño.

# PORK FRIED RICE WITH CHINESE SAUSAGE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Rice, long-grain, white	6 cups
Carrot, small diced, blanched	1 cup
Oil, vegetable	5 Tbsp.
Egg, whole, beaten	4 ea.
Pork, shoulder, small diced	½ lb.
Pork, sausage, Chinese, small diced	½ lb.
Onion, yellow, small diced	2 cups
Garlic, minced	¼ cup
Scallion (Green onion), sliced	6 ea.
mushrooms, shiitake, medium diced	2 cups
Peas, frozen, thawed	1 cup
Soy sauce	4 Tbsp.
Oil, sesame	1 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.

## **Method**

1. Rinse the rice under cold water in a strainer until the water runs clear. Drain well. Place the rice in a half hotel pan. Add enough water to cover by ¼-inch. Cover and cook in a steamer or rice cooker until the grains are tender, about 45 minutes. Allow the rice to rest for 10 minutes. Fluff it with a fork. Reserve.
2. Bring a pot of salted water to a boil. Add the diced carrots. Blanch for 3 minutes. Transfer immediately to an ice water bath to halt the cooking process. Allow them to cool, drain, and place them in a single layer on paper towels to dry.
3. Separate the ingredients into 2 batches.
4. Heat the oil in a wok over medium heat. Add the beaten eggs and cook until done, breaking the eggs apart with a spatula throughout cooking. Remove the egg from the pan. Reserve.
5. Add the pork and sausage. Cook to render out the fat.
6. Add the onions, garlic, and scallions. Stir-fry in the rendered fat until aromatic.
7. Add the mushrooms and peas. Cook until tender.
8. Add the blanched carrots and cooked rice. Stir-fry to combine and heat through.
9. Add the soy sauce, sesame oil, salt, and pepper. Stir-fry until the rice is hot and begins to turn golden brown.
10. Return the cooked eggs to the wok. Toss to combine. Repeat the process for the second batch of ingredients.
11. Serve on a heated platter.

# BACON BAKLAVA

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Raisins, golden, coarsely chopped	1 cup
Water, hot (200°F)	as needed
Pork, bacon, cut into ½-in. pieces	1 lb.
Peanuts, blanched, chopped	1 cup
Walnuts, chopped	1 cup
Phyllo dough, package, thawed	1 ea.
Butter, unsalted, melted	¾ cup
Sugar, granulated	1 cup
Water	¾ cup
Five spice powder	1 Tbsp.
Vanilla, bean, split, scraped	1 ea.
Orange blossom water	2 Tbsp.

## **Method**

1. In a small bowl, place the raisins and enough hot water to cover. Allow them to plump for 10 minutes. Drain. Reserve.
2. Preheat the oven to 400°F.
3. In a skillet, fry the bacon in batches until crisp. Drain well.
4. In a food processor, place the bacon, peanuts, walnuts. Finely chop. Transfer to a small bowl. Add the reserved raisins.
5. Butter a 9- by 13-inch baking pan. Lay a sheet of phyllo in the pan; trim the edges to fit and brush with butter. Repeat with 4 more phyllo sheets and butter. Spread 1 cup of the filling evenly over the phyllo. Repeat this layering of 5 phyllo sheets and bacon filling two more times. Top with 5 buttered phyllo sheets, buttering the top well. Freeze for 5 minutes until the top is hardened.
6. Cut the baklava into diamonds.
7. Bake the baklava in the preheated oven for 15 minutes. Turn down the oven to 325°F and bake until it is nicely browned, 35 to 45 minutes. Remove it from the oven. Cool on a wire rack.
8. In a saucepan, combine the sugar, water, five spice powder, and the vanilla beans and pod. Bring it to a boil. Lower the heat and simmer for 5 minutes. Remove from the heat. Chill slightly until it is no longer warm.
9. Remove the vanilla pod. Add the orange blossom water. Pour the cooled syrup over the hot baklava. Let the baklava stand at room temperature uncovered until cooled. (For faster cooling, it can be cooled in the refrigerator.)

Source: Chef Rebecca Peizer CEC CHE

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