



Culinary Institute of America

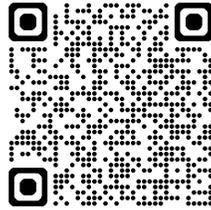
VI LIVING EXECUTIVE CHEF CULINARY RETREAT



CIA Consulting
The Culinary Institute of America

The Culinary Institute of America, Copia, CA

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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen". The signature is fluid and cursive.

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

DAY ONE: TRANSITION FROM TRADITIONAL TO COMPOSED/ UNDERSTANDING FLAVOR FATIGUE AND THE SENSES

LECTURE OBJECTIVES:

- Define flavor and distinguish it from taste
- Explore how the senses contribute to overall flavor perception
- Introduce the concept of flavor fatigue and why it matters for chefs serving aging populations
- Establish the five basic tastes and their roles in dish composition

FLAVOR FATIGUE DISCUSSION:

- What are signs of flavor fatigue in a menu cycle?
- What challenges are you currently facing in menu development?
- How do changes in the aging palate or medications contribute to muted flavor perception?

FLAVOR, TASTE, AND SEASONING

Flavor can be described as a measure of its combined taste, texture, and aroma. Sight and sound play a role in a food's flavor as well. Flavor is how a food affects all the senses combined.

Can you smell flavor? Often people will "taste" a dish long before they see it. Consider walking into a restaurant or a home and smelling the aromas of food cooking. Often a person can identify what is cooking simply by how it smells. This is because your body can recognize hundreds of aromas. The smell of food is frequently a person's first indication of how a food will taste.

Can you see flavor? What does flavor look like? A food's color may allude to its freshness or ripeness. Foods that look brown may be perceived as roasted, and as having deep, rich, full-bodied flavors. Foods that have sheen may be perceived as being rich, while very shiny foods may appear too sweet. We can see steam, an indicator of temperature, and we can see moisture,

an indication of moistness or juiciness. The old culinary expression “the eyes eat first,” means that we make several judgments about how a food will taste simply by looking at it.

Can you hear flavor? What does flavor sound like? The crunch of an apple or a potato chip suggests its texture. The sizzle of quesadillas, teriyaki, or bacon in a pan alludes to different flavors.

Can you feel flavor? A food’s roughness, smoothness, coarseness, crispness, or tenderness may not have a direct effect on taste but certainly enhances the flavor experience. This can be seen in several common combinations such as soft cheese and crisp crackers, ice cream in a crisp cone or with a crunchy cookie, or mashed potatoes with a fried potato chip garnish.

Taste is the ultimate and final stage of a person’s perception of flavor. Taste refers to a specific message sent to the brain by special nerve receptors located on the tongue. These receptors are called taste buds. The body can identify five different taste sensations. The first four, bitter, sweet, salty, and sour, are commonly known tastes. The fifth, umami, is a newly identified taste sensation that is lesser known. Umami can be described as the flavor of richness, meatiness, or deliciousness.

From the 1940’s through the 1990’s, virtually every basic biology textbook - and certainly every wine book - perpetuated the myth that taste buds were grouped in the mouth according to the specialty. Correspondingly, the tongue was “diagrammed” into separate areas where certain tastes were registered: sweetness at the tip; sourness on the sides; and bitterness at the back of the mouth. In the 1980’s and 1990’s, research at Yale, Monell Chemical Senses Center, and The University of Connecticut, as well as elsewhere, demonstrated that the “tongue diagram” explanation of how we taste was patently false. Instead, leading taste researchers such as Dr. Linda Bartoshuk of the Yale University School of Medicine found that taste buds are not specialized and do not congregate according to specialty. Sweetness, saltiness, bitterness, and

sourness can be tasted everywhere in the mouth, although they may be perceived at slightly different intensities at different sites on the tongue.

While a person can identify only five tastes, hundreds of different flavors can be detected and remembered. This number is a result of different combinations of the five tastes and the addition of aroma and texture enhanced by the way it looks, sounds, and feels. Because of this, all the senses need to be considered when planning a dish and used when eating and evaluating a dish.

THE FIVE SENSES

- Hearing
- Sight
- Touch
- Smell
- Taste (Balance, Temperature, and Pain)

IN FOOD, PEOPLE RESPOND, IN THE FOLLOWING ORDER, TO...

1. Temperature
2. Texture
3. Taste

THE "TASTES":

- Sweet
- Sour (Acid)
- Salty
- Bitter (Alkaline)
- Umami
- Metallic

SYNERGISM: THE FLAVOR IS GREATER THAN THE SUM OF ITS PARTS

Foods can have good flavor by themselves; French fries, prosciutto, and tomatoes are all good foods. However, combine French fries with ketchup and you have something even better. The same goes for the combination of prosciutto and melon and tomatoes and basil. By themselves, those foods are nice, yet when combined with something else, the flavors soar. This is the concept of synergism and is the basis for creating food pairings.

These pairings cannot be done indiscriminately. Some foods have natural affinities, usually based on a has/ needs relationship. Prosciutto is naturally salty. Melon is pleasantly sweet. Combining the two attributes enhances each, bolstering the overall effect. In addition to salty/sweet, we see many others such as hot/cold, crisp/soft, and fatty/lean. These pairings can also be described as matching intensities.

Another way of determining successful food pairings is to look at contrasting intensities. These pairings take subtly flavored foods and use them as carriers for more boldly flavored foods such as steamed potatoes and truffle oil, caviar and sour cream, or rice and wasabi. Identifying food affinities can be done several ways. The simplest is just trial and error; a bit of thought, though, can streamline the process. One school of thought is the concept "if it grows together, it goes together." This concept suggests that foods indigenous to certain regions will have a natural affinity for each other, mostly due to their shared terroir (see side bar).

TERROIR – LISTEN TO THE LAND

The Napa Valley is home to several wineries, some of which grow cabernet sauvignon grapes. Travel 3,000 miles east and you will wind up in the Hudson Valley, New York, where you will find wine made from cabernet sauvignon grapes. Travel 3,000 miles further east of the Hudson Valley and you will wind up in France, where they also make wine from cabernet sauvignon grapes.

Taste the wine made from the three grapes from different regions and you will taste three distinctly different wines. Even though the grape is the same, the soil conditions, average temperature, amount of sunshine and rainfall, and the strains of natural yeast are different. These elements contribute more to the flavor of the wine than the grape itself. Terroir is the flavor of those elements, and what gives a particular product distinction. The same can be said of N.Y. State Apples, Jersey Tomatoes, and Florida Citrus.

ASIAN FLAVOR SYSTEMS AND REGIONAL SAUCE

BUILDING BLOCKS

Asian cuisines offer some of the most dynamic, nuanced, and layered flavor profiles in the world. Rather than relying on added salt, fat, or sugar alone, these traditions lean on fermentation, aromatics, herbs, and condiments to create deep flavor complexity. This session explores how sauces act as a conduit for cultural expression, balance, and creativity.

Key ingredients—such as soy sauce, miso, fish sauce, ginger, garlic, vinegar, and chili—serve as foundational building blocks across diverse regions. Through discussion and hands-on kitchen exercise, we'll practice balancing flavor through the lens of various Asian cuisines.

KEY CONCEPTS

- **Balance > Boldness:** Asian sauces often balance opposing tastes—sweet, sour, salty, spicy, and umami—to create harmony.
- **Pantry-Staples:** Sauces typically emerge from preserved or shelf-stable staples: soy, miso, fish sauce, vinegar, chili pastes.
- **Fermentation:** Many Asian sauces use fermentation (miso, gochujang, soy, fish sauce) to deliver umami and gut-supportive benefits.
- **Texture & Garnish:** Herbs, seeds, pickled vegetables, and crisp toppings play a supporting role in delivering complete flavor experiences.

ASIA: FLAVOR SYSTEMS

INDIAN PANTRY

Almonds	Amchoor (Mango Powder)	Asafetida	Basmati Rice
Buttermilk	Cardamom	Chickpea Flour	Chilies
Cilantro	Cinnamon	Coconut	Cumin
Curry Leaves	Dried Fish	Fennel Seed	Fenugreek
Garam Masala	Ghee	Ginger Root	Lentils
Limes	Mangoes	Mung Beans	Mustard Seeds
Nigella	Onions	Panch Phoran	Pistachios
Saffron	Sesame Seeds	Split Peas	Tamarind
Tomatoes	Turmeric	Yogurt	

CHINESE PANTRY

Bean Sprouts	Bok Choy	Cabbages	Chili Oil
Chili Paste	Cilantro	Hoisin Sauce	Onions
Peanut Oil	Plum Sauce	Pork	Red Chilies
Rice Noodles	Rice Wine	Sesame Oil	Sesame Seeds
Shallots	Vinegar	Wonton/ Spring Roll Wrappers	

JAPANESE PANTRY

Bamboo Shoots	Brown Rice	Buckwheat Noodles	Burdock
Chestnuts	Chinese Cabbage	Chrysanthemum Leaves	Cloud Ear Mushrooms
Cucumber	Daikon	Dashi	Dried Bonito Flakes
Dry Mustard	Eggplant	Fish Paste	Fluke
Garlic	Gingerroot	Ginkgo Nuts	Lotus Root
Matsutake Mushrooms	Mirin	Miso	Mooli
Persimmons	Plums	Red Beans	Rice Wine Vinegar
Sake	Salmon	Sansho	Scallions
Scallops	Seafood	Seaweed	Sesame Seeds
Seven-Spice Seasoning	Shiitake Mushrooms	Soy Sauce	Sugar
Sweet Potatoes	Taro	Tofu (Bean Curd)	Wasabi
Watercress	Wheat Noodles		

KOREAN PANTRY

Bean Curd	Beef	Chicken	Chili
Fish Sauce	Garlic	Ginger	Kimchi
Napa Cabbage	Onions	Oyster Sauce	Pork
Red Pepper	Rice	Rice Noodles	Seafood
Sesame Oil	Soy Sauce	Tofu	

VIETNAMESE PANTRY

Artichokes	Asparagus	Bamboo Shoots	Basil
Bean Threads	Beef	Black Pepper	Cauliflower
Chicken	Coconut	Coriander	Cucumbers
Curry	Fiery Chili Peppers	Fish	Fish Sauce
Garlic	Ginger	Lemongrass	Lime Juice
Mint	Noc Cham	Noodles	Nuoc Mam
Pork	Potatoes	Rice	Rice Paper
Rice Vinegar	Scallions	Shrimp	Shrimp Paste
Star Anise	Tamarind	Tree Ear Mushrooms	

THAI PANTRY

Basil	Bean Curd	Beef	Chicken
Chili Sauce	Chilies	Cilantro	Coconut
Corn	Cumin	Curry Paste	Fish Sauce
Galangal	Garlic	Gingerroot	Kaffir Limes
Kapee (Shrimp Paste)	Krachai	Lemongrass	Limes
Mint	Mushrooms	Noodles	Oyster Sauce
Palm Sugar	Peanuts	Pork	Rice
Scallions	Sesame Seeds	Shallots	Shrimp
Soy Sauce	Star Anise	Sugar	Tamarind
Taro	Turmeric		

SOUTHEAST ASIAN PANTRY

Bananas	Basil	Bean Sprouts	Brown Sugar
Cabbages	Cardamom	Chili Paste	Cilantro
Cloves	Coconut Milk	Coriander	Cumin
Fish Sauce	Ginger	Lemongrass	Mace
Mangoes	Mint	Mung Bean	Mushrooms
Papayas	Rice	Shrimp	Shrimp Paste
Soy Sauce	Turmeric		

INDONESIAN PANTRY

Cilantro	Cinnamon	Cloves	Coriander
Cumin	Garlic	Ginger	Nutmeg
Peanut Oil	Sugar	Tamarind	Turmeric

SAUCE TASTING ACTIVITY: ONE PANTRY, SIX REGIONS

In this guided tasting, chefs will explore how six Asian regions—India, China, Vietnam, Thailand, Japan, and Korea—use similar pantry ingredients to create dramatically different sauces. Featuring a lineup of condiments built from shared elements like garlic, chili, acid, and umami, this exercise highlights how cultural context, technique, and proportions shape flavor identity. From the funk of fermented bean pastes to the brightness of citrus and herbs, participants will evaluate balance, aroma, texture, and taste, deepening their understanding of regional profiles and the power of nuance in sauce-making.

Questions to consider during this activity:

- What **taste** stands out first—Sweet, sour, salty, spicy, bitter, or umami?
- How is **acidity** expressed (vinegar, citrus, fermented tang)?
- Which sauces feel **balanced**

SAUCE #1: TAMARIND DATE CHUTNEY

Region	India
Flavor Profile	Sweet, tangy, spicy
Key Ingredients	Tamarind, jaggery, cumin
Notes	Used with chaat, thick or syrup, grilled veg, fried foods

SAUCE #2: GARLIC-SOY BLACK VINEGAR SAUCE

Region:	China
Flavor Profile	Salty, tangy, umami
Key Ingredients	Chinkingiang vinegar, sesame oil
Notes	Dipping sauce, cold noodles, steamed greens

SAUCE #3: NOUC CHAM

Region:	Vietnam
Flavor Profile	Sweet, salty, spicy, sour
Key Ingredients	Fish sauce, lime, garlic sugar
Notes	Staple dipping sauce, vermicelli bowls, grilled meats

SAUCE #4: NAM PLA PRIK

Region:	Thailand
Flavor Profile	Bold, salty, spicy, tangy
Key Ingredients	Fish sauce, lime, bird's eye chili
Notes	Table condiment

SAUCE #5: PONZU

Region:	Japan
Flavor Profile	Light, citrusy, umami
Key Ingredients	Yuzu, lemon, mirin, dashi
Notes	Dipping, marinating

SAUCE #6: MISO GLAZE

Region:	Japan
Flavor Profile	Umami, bold
Key Ingredients	Miso, rice vinegar, soy
Notes	Glaze, marinade

SAUCE #7: GOCHUJANG HONEY GLAZE

Region:	Korea
Flavor Profile	Savory, spicy, sweet
Key Ingredients	Gochujang, sesame oil, maple, rice vinegar
Notes	Lettuce wraps, grilling

SHARED BASED FORMULA ACROSS ALL SAUCES

- **Salt Source:** soy sauce or fish sauce
- **Acid:** vinegar or citrus
- **Sweetness:** sugar or honey
- **Heat:** chili (fresh, flake, or paste)
- **Aromatics:** garlic, shallot, ginger
- **Umami:** Fermented element (miso, fish sauce, soy sauce, gochujang)

REGIONAL SAUCE BUILDING BLOCKS

Region	Signature Sauces	Key Ingredients	Flavor Notes
Japan	miso, ponzu, teriyaki, shoyu, tare, tonkatsu, goma dare, japanese curry, tsuyu	soy sauce, mirin, rice vinegar, dashi, miso, citrus, sake, ginger, sesame, yuzu	subtle, clean, umami-driven
China	soy-ginger, hoisin, oyster, sweet and sour, black bean, sesame, plum	soy sauce, sugar, garlic, scallion, sesame oil, oyster sauce, hoisin, black bean sauce	sweet-savory, pungent, aromatic
Korea	gochujang, sesame, marinade, ssamjang, doenjang, gochugaru vinaigrette, yangnyeom,	gochujang, garlic, sesame oil, soy sauce, brown sugar, scallion, honey, kimchi liquid	fermented, spicy, rich
Thailand	nam pla prik, peanut, curry paste (green, red, panang), nam jim jaew	nam pla/ shrimp paste, ginger/ galangal, cilantro, chili, makrut lime, coconut, herbs	bright, spicy, herbaceous
Vietnam	nuoc cham, tamarind chili, ginger fish, peanut hoisin, mam nem,	fish sauce, lime juice, chili, sugar, herbs, hoisin, garlic, lemongrass, shallot	tangy, fresh, layered
India	masalas, raita, chutney, saag, korma, vindaloo, madras curry	yogurt, ghee, cumin, turmeric, ginger, tamarind, tomato, onion, curry, mint, yogurt, coconut	complex, spicy, earthy, cooling, warming

DAY ONE: TEAM PRODUCTION ASSIGNMENTS: EXPLORING ASIAN FLAVOR PARADIGMS

TEAM ONE: SOUTHEAST ASIA

Vietnamese Rice Paper Wrapped Salad Rolls with Nuoc Cham

Thai Crispy Spring Rolls with Pineapple Sweet and Sour Sauce

Vietnamese Crepes with Cilantro Lime Soy Sauce and Ginger Scallion Oil

Malaysian Chicken Satay with Spicy Peanut Sauce

TEAM TWO: JAPAN

Shrimp and Vegetable Tempura Hand Roll with Spicy Mayonnaise or Ponzu Dipping Sauce

Tonkatsu with Yuzu Mustard Vinaigrette

Spinach with Sesame Dressing

Tsukemono Sampler

Tsukune Yakitori with Tare

TEAM THREE: KOREA & CHINA

Korean Kogi Tacos with Kimchi Crema and Asian Slaw

Noodle Pancake with Chicken and Mushrooms

Chinese Steamed Dumplings with Spicy Mustard Sauce

TEAM FOUR: INDIA

Chaat Papri with Green Mango Chutney and Tamarind Chutney

Vegetable Samosas with Mint Chutney

Tandoori Chicken, Yellow Rice, and Mint-Cilantro Yogurt Raita

Hot Tomato Relish

BONUS RECIPES

Pressed Rice Cakes

Sambal Kecap

Vietnamese Pho Ga with Ginger Dipping Sauce and Hoisin-Chili Garlic Sauce

Udon Noodle Soup

Chinese Char Siu Bao Black Vinegar and Scallion Dipping Sauce

Saag Paneer with Garlic Naan and Coriander Cashew Chutney

Spicy Lime Aioli

VIETNAMESE RICE PAPER WRAPPED SALAD ROLLS

Yield: 8 portions

Ingredients	Amounts
Noodles, rice, vermicelli	¼ lb.
Salt, kosher	as needed
Pork, shoulder	½ lb.
Shrimp, medium, raw, with shells,	12 ea.
Rice paper, 12-inch round	as needed
Lettuce, red leaf, head (Divided)	1 ea.
Bean, sprouts (Divided)	1 cup
Mint, leaf, fresh (Divided)	1 cup
Basil, Leaf, fresh (Divided)	1 cup
Vietnamese Dipping Sauce (<i>Nouc Cham</i>) (Recipe follows)	1 cup

Method

1. In a pot of boiling, salted water, cook the rice noodles. Rinse and let it cool. Reserve.
2. In a pot of salted water, simmer the pork until just cooked, about 30 minutes. Transfer the pork to an ice water bath to cool it down and prevent it from drying out.
3. Transfer the pork to a cutting board. Cut it into thin slices. Reserve.
4. In a small pot of salted, boiling water, cook the unpeeled shrimp until pink. Shell, de-vein, and cut the shrimp in half lengthwise. Transfer to a cold-water bath to cool. Reserve.
5. Separate the lettuce leaves and remove any bitter core. Wash and pat dry.
6. Fill a large mixing bowl with very hot water. Keep some boiling water ready to add to bowl if temperature drops. Arrange the following items in this order at your station: rice paper, hot water, a damp cheesecloth, and platter holding all the filling ingredients.
7. Carefully bend the rice paper in half and dip into the hot water until completely softened. Lay the sheet down on cheesecloth and stretch slightly to remove wrinkles.
8. Arrange a line of 3 shrimp halves, cut side up, in a line across the bottom third of the circle and top with two slices of pork. Leave an inch empty at the ends for rolling. Add a piece of lettuce folded into a thin rectangle about 5-inches long.
9. Distribute 1 tablespoon of vermicelli, 1 tablespoon of bean sprouts, and 4 to 5 mint and basil leaves evenly along the line. Use the fingertips of one hand to hold down the ingredients, while you use the other hand to fold up one side of the rice paper and secure it under the fingertips holding down the ingredients. Repeat with the other side of the rice paper.
10. Use the fingertips of both hands to hold down the filling as well as the folded over ends of the rice paper. Use the thumbs of both hands to fold the bottom edge of the rice paper over

the filling, removing your fingertips in the same motion. The goal is to have a tight roll about 1 ½ inches wide and 5 inches long. Repeat the process with remaining ingredients.

11. Cut the rolls in half on a bias.

12. Serve with the Vietnamese Dipping Sauce (*Nuoc Cham*).

VIETNAMESE DIPPING SAUCE

NOUC CHAM

Yield: 1 ½ cups

Ingredients	Amounts
Garlic, clove, small, sliced	2 ea.
Chili, paste, ground	1 tsp.
Chile, Thai bird's eye, chopped (Optional)	1 ea.
Fish sauce	¼ cup
Water, hot	⅔ cup
Lime, juice, with pulp	2 Tbsp.
Sugar, granulated	¼ cup
Carrot, shredded very fine	2 Tbsp.

Method

1. Using a mortar and pestle, pound the garlic, chili paste, and Thai bird's eye chile in a paste. If you do not have a mortar and pestle, finely mince the garlic and chili.
2. Combine the garlic paste with fish sauce, hot water, lime juice, and sugar in a small mixing bowl. Stir until the sugar dissolves.
3. Ladle into serving bowls.
4. Garnish with the carrot on top.

Note: Nuoc cham is the single most important table sauce in Vietnamese cuisine. Slightly sweet and sour, this fish dipping sauce is served with almost every dish. It will keep for 1 month if refrigerated.

THAI CRISPY SPRING ROLLS

Yield: 15 portions

Ingredients	Amounts
Noodles, bean thread, cooked, cut into 1-in. pieces	1 oz.
Mushroom, wood ear, soaked	1 oz.
Onion, yellow, finely minced	1 ea.
Carrot, peeled, coarsely grated	1 ea.
Scallion (Green onion), thinly sliced	3 ea.
Egg, whole	1 ea.
Fish sauce	2 Tbsp.
Garlic, minced	½ Tbsp.
Salt, kosher	¼ tsp.
Sugar, granulated	2 tsp.
Pepper, black, ground	½ tsp.
Crab, meat, picked	½ lb.
Pork, ground	½ lb.
Cornstarch	2 Tbsp.
Water	⅓ cup
Spring roll wrappers	15 ea.
Oil, vegetable	as needed
Pineapple Sweet and Sour Sauce	1 ½ cups
(Recipe follows)	

Method

1. For the filling, in a mixing bowl, combine the bean thread noodles, mushrooms, onion, carrot, scallions, egg, fish sauce, garlic, salt, sugar, pepper, crab meat, and pork. Mix well and adjust seasonings to taste. If necessary, cook a test batch to make sure the filling is properly seasoned.
2. In a small saucepan, combine the cornstarch and water. Bring to a boil stirring constantly to prevent sticking. If it is too thick, add more water. This is the “glue” to seal the edges of the wrappers.
3. Place a wrapper in front of you with pointy side pointing towards you.
4. Place about 2 Tbsp. of filling on the lower area of the wrapper. Using your fingers, mold the filling into a cylinder 2-inches long and 1-inch wide. Fold the two sides of the wrapper in and roll to enclose. Dab a little cornstarch mixture along the edges (do not over glue) and seal the roll. Set aside while you finish making the remaining rolls. Do not stack them.
5. To fry, in a large wok or frying pan, heat enough oil so that the spring rolls will be fully submerged to 325°F. Carefully place the rolls into the oil. Do not crowd the pan or place the rolls on top of each other. The rolls should float and not touch the pan. Fry the spring rolls

for about 3 to 4 minutes until they are nicely brown and crisp. If they brown before that, reduce the heat, as the oil is too hot. Remove the cooked spring rolls from heat and drain on a rack.

6. Serve immediately with Pineapple Sweet N Sour Dipping Sauce.

PINEAPPLE SWEET AND SOUR SAUCE

Yield: 1 ½ cups

Ingredients	Amounts
Pineapple, fresh, finely chopped	1 ½ cups
Vinegar, rice, unseasoned	¼ cup
Sugar, palm, grated	2 Tbsp.
Garlic, clove, minced	1 ea.
Chile, Thai, finely sliced	1-2 ea.
Fish sauce	1 Tbsp.
Soy sauce	½ tsp.
Lime, juice, fresh	2 Tbsp.
Lime, zest	1 tsp.
Cornstarch (Optional)	1 tsp.

Method

1. In a small saucepan over medium heat, combine the pineapple, vinegar, sugar, garlic, and chiles.
2. Bring to a gentle simmer and cook for 5 to 7 minutes, stirring occasionally, until the pineapple softens and the mixture becomes fragrant.
3. Stir in the fish sauce, soy sauce, lime juice, and zest. Taste and adjust sweetness, salt, and heat levels as desired.
4. For a thicker sauce, stir together cornstarch and water in a small bowl, then whisk into the simmering sauce. Cook for another 1 to 2 minutes until glossy and slightly thickened.
5. For a smoother texture, blend the sauce briefly in a blender.
6. Let sauce cool to room temperature.

VIETNAMESE CREPES

Yield: 8 Portions

Ingredients	Amounts
Flour, rice	2 cups
Cornstarch	½ cup
Salt, kosher	1 Tbsp.
Sugar, granulated	2 Tbsp.
Turmeric, powder	2 tsp.
Milk, coconut	1 cup
Water	2 – 3 cups
Scallion (Green onion), sliced thin	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, canola (Divided)	4 Tbsp.
Onion, yellow, sliced very thin (Divided)	1 ea.
Chicken, breast, boneless, skinless sliced into thin bite-size strips	1/2 lb.
Shrimp, raw, medium, peeled deveined, halved lengthwise (Divided)	12 ea.
Bean, sprouts (Divided)	4 cups
Mushroom, white, sliced thin (Divided)	2 cups
Cilantro Lime Soy Sauce (Recipe follows)	1 cup
Ginger Garlic Scallion Oil (Recipe follows)	1 ½ cups
Lettuce, red leaf, head, leaves separated	1 ea.
Mint, fresh, leaves only	1 cup
Basil, Thai, fresh, leaves only	1 cup
Cilantro, fresh, leaves only	1 cup

Method

1. For the batter, combine the rice flour, cornstarch, salt, sugar and turmeric. Whisk in the coconut milk and water. Mix until you have a smooth batter that is the consistency of crepe batter. Adjust seasoning with salt and pepper. Stir in green onions.
2. Heat a 10-inch nonstick sauté pan over medium heat. Add 1 tablespoon of oil and tilt pan to spread all over. Add 1 tablespoon of the onions, 1 tablespoon of the sliced chicken and 6 pieces of shrimp. Sauté until barely cooked, about 30 seconds.
3. Whisk the batter to mix well.

4. Turn up the heat on the sauté pan. 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.
5. Reduce heat to medium and place 1 cup of bean sprouts and ½ cup of sliced mushroom on one side of the crepe, close to the center. Reduce the heat to low and cover the pan. Let the crepe cook 2 to 3 more minutes until the bottom of the crepe is crispy and golden brown and the top is soft, but not doughy.
6. Remove lid and let crepe cook for 2 more minutes to dry out the batter.
7. Fold the side of the crepe without the bean sprouts on top of the bean sprouts – like an omelet. Slide out of the pan on to a plate.
8. Serve with the Cilantro Lime Soy Sauce, Ginger Garlic Scallion oil, and a table salad of lettuce, mint, Thai basil, and cilantro.

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.

CILANTRO LIME SOY SAUCE

Yield: 3 ½ cups

Ingredients	Amounts
Garlic, clove	4 ea.
Ginger, fresh, peeled, thinly sliced	2 oz.
Vietnamese chili paste	3 Tbsp.
Cilantro, leaves + stems, fresh, chopped	½ cup
Soy sauce, light	1 cup
Lime, juice, fresh	½ cup
Water	½ cup
Sugar, granulated	½ cup

Method

1. Place the garlic and ginger in a mortar and grind into a paste.
2. Transfer mixture to a bowl and add Vietnamese chili paste, cilantro, soy sauce, lime juice, water, and sugar. Whisk until the sugar has dissolved.
3. Allow the sauce to set for 10 minutes.
4. Adjust the seasoning to taste.

Note: Alternatively, all ingredients can be placed into a blender and puréed until smooth.

GINGER GARLIC SCALLION OIL

Yield: 1 ½ cups

Ingredients	Amounts
Oil, canola	1 cup
Ginger, fresh, minced	4 oz.
Garlic, minced	1 ½ oz
Scallion (Green onion), white only, minced	6 oz.
Oil, sesame	3 Tbsp.
Salt, kosher	5 tsp.
Lime, zest	1 tsp.
Lime, juice, fresh	½ Tbsp.

Method

1. Heat the canola oil in a skillet to 350-400°F.
2. Add the ginger. Cook for 20 seconds.
3. Add the garlic and scallions. Cook for an additional 30 seconds. Remove the skillet from the heat. Transfer the ginger, garlic, and scallions to a bowl. Let them cool.
4. Season with the sesame oil, salt, lime zest, and lime juice.

MALAYSIAN CHICKEN SATAY

Yield: 30 skewers

Ingredients	Amounts
Lemongrass, stalk, trimmed, minced	2 ea.
Garlic, clove, roughly chopped	4 ea.
Galangal, finely grated	1 Tbsp.
Sugar, granulated	½ cup
Salt, kosher	2 tsp.
Turmeric, ground	2 tsp.
Peanuts, dry roasted, ground	2 Tbsp.
Chicken, thigh, boneless, skinless med. diced	2 lb.
Skewer, bamboo, 10-in. long, soaked	30 ea.
Cucumber, 1-in. diced	2 ea.
Onion, red, med. diced	½ ea.
Spicy Peanut Sauce (Recipe follows)	3 cups

Method

1. In a blender, purée the lemongrass, garlic, galangal, and as much water necessary to facilitate blending, until it becomes a smooth marinade. Transfer to a bowl.
2. Add the sugar, salt, turmeric, and peanuts. Pour the marinade over the chicken and massage thoroughly (Use gloves or tongs, since the marinade will stain your fingers). Cover and marinate, refrigerated, for 24 hours.
3. Preheat a gas grill to medium-high, leaving one burner off. If using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
4. Place 3 to 5 pieces of marinated chicken on each skewer, aiming for the center of the meat so that it lies flat.
5. Grill the satay, turning often, until they are cooked through, and the marinade has caramelized.
6. Serve on a heated platter with cucumber, onion, and Spicy Peanut Sauce.

Source: Robert Danhi, as presented at the 2009 Worlds of Flavor Conference.

SPICY PEANUT SAUCE

Yield: 3 cups

Ingredients	Amounts
Chile, red hot, dried, stemmed, seeded	½ cup
Shrimp, dried	1 tsp.
Water, room temp.	1 cup
Peanuts	8 wt. oz.
Oil, vegetable	4 fl. oz.
Shallot, roughly chopped	½ cup
Garlic, roughly chopped	4 Tbsp.
Lemongrass, stalk, trimmed, minced	2 ea.
Galangal, finely grated	2 tsp.
Water	1 ½ pt.
Sugar, granulated	5 ½ wt. oz.
Salt, kosher	2 tsp.

Method

1. In a small bowl, place the chiles, shrimp, and water. Allow the chiles to soak for 30 minutes. Drain well. Reserve.
2. In a dry sauté pan, roast the peanuts. Using a mortar and pestle, grind the peanuts fine. Reserve.
3. In a blender, place the oil, shallots, garlic, lemongrass, galangal, reserved shrimp, and chiles. Purée into a semi-smooth paste.
4. Heat a 2-quart saucepan over medium heat. Add the puréed spice paste and cook until the mixture is fragrant and the oil begins to separate out, 5 to 10 minutes.
5. Add the water and reserved peanuts. Stir well. Return it to a boil, lower the heat, and simmer for 1 hour, stirring often.
6. Add the sugar and salt. Cook until the sauce no longer tastes raw, adding water as needed to compensate for evaporation, up to 2 hours.

Source: Robert Danhi, as presented at the 2009 Worlds of Flavor Conference.

SHRIMP TEMPURA HAND ROLL

Yield: 20 rolls

Ingredients	Amounts
Seaweed, dried (<i>Nori</i>), full sheet	10 ea.
Shrimp, peeled, tail on, deveined	20 ea.
Flour, all-purpose	4 cups
Baking powder	3 ½ Tbsp.
Water, cold	4 ½ cups
Oil, sesame, dark	¼ cup
Hand Vinegar (Recipe follows)	8 fl. oz.
Sushi Rice (Recipe follows)	25 wt. oz.
Spicy Mayonnaise (Recipe follows)	1 ½ cups
Avocado, bâtonnet	2 ea.
Cucumber, 2 ½-in. julienned	2 ea.
Pickled Ginger (Recipe follows)	2 cups
Wasabi (Recipe follows)	¼ cup
Soy sauce	12 fl. oz.

Method

1. Cut the nori sheets in half, forming 20 each, approximately 4 X 7-inch sheets. Reserve.
2. Place each shrimp on its back (deveined side down). Make a shallow, lengthwise cut, removing the whitish vein. Make 3 shallow, widthwise cuts along the body. Straighten the shrimp with your hands, turn it back onto its belly, and gently press down. Gently cut off the tail. Reserve.
3. For the batter, in a large bowl, combine the flour and baking powder.
4. In a small bowl, whisk together the water and sesame oil. With the least amount of movement, gently whisk the mixture into the flour until a batter forms. It should be very lumpy, and very cold. Do not over-mix or the batter will be sticky and the coating will turn out oily and heavy.
5. Working in batches, dip the shrimp into the batter. Immediately place in a deep fryer, gently shaking and dragging as you lower them into oil, so they do not sink to the bottom and stick. Fry until they are lightly golden. Drain on a wire rack on a sheet pan. Reserve.
6. Place a half sheet of nori in the palm of your left hand, shiny side down. Dip your right hand into the hand vinegar and then tap your fingers on a damp towel to remove excess water. Fill about ⅓ of the nori with rice, then lay ingredients on top in the following order- spicy mayonnaise, shrimp tempura, avocado, and cucumber.

7. Fold the bottom left corner of the nori over the fillings. Continue rolling to the right to form a cone-shaped roll. Use a bit of rice to glue a corner flap to the hand roll. Repeat to make 20 rolls.
8. Serve immediately (nori will get soggy quickly) with soy sauce as a dipping sauce, wasabi, and pickled ginger.

Variation: Hand-Rolled Sushi (Temaki-sushi)

Without using a bamboo mat, you can produce almost the same sort of sushi by hand rolling. But because hand-rolled sushi is not as firmly or evenly packed as the kind rolled in a mat, the hand-rolled type is eaten as is, without being cut into bite-sized rounds.

The procedure for hand-rolled sushi is similar as for the mat-rolled kind. Roll gently, using the fingers and palms of both hands. Eat immediately, without cutting. Temaki really is not the sort of food that is brought on a platter or served on a plate. In Japanese sushi shops, temaki are made to order between rounds of nigiri-sushi, and rolls are simply passed across the counter from master to patron without much ceremony. You may use soy sauce as a dipping sauce, if desired

HAND VINEGAR

TTEZU

Yield: 8 fluid ounces

Ingredients	Amounts
Water, cold	8 fl. oz.
Vinegar, rice, Japanese, unseasoned	½ fl. oz.

Method

1. In a small bowl, combine the cold water and rice vinegar.
2. Place it next to the sushi workstation.

Note: One sliced lemon can be substituted for the rice vinegar.

This mixture is used to prevent the rice from sticking to your hands. The hands are dipped in the water then slapped together – an effective and theatrical way to remove the excess water.

SUSHI RICE

Yield: 25 weight ounces

Ingredients	Amounts
Rice, short-grain	25 wt. oz.
Water	1 qt.
Kelp, dried (<i>Kombu</i>), 3-in. square	1 ea.
Sugar, granulated	2 ¼ wt. oz.
Salt, kosher	¾ wt. oz.
Vinegar, rice, Japanese, unseasoned	2 ½ fl. oz.

Method

1. Wash the rice gently until the water runs semi-clear. In a heavy-bottomed, medium-sized pot, place the rice and water.
2. Wipe the kombu clean with a damp cloth. You may slash it with a knife in a few places to enable the more complete release of kombu flavors. Place it on top of the rice in the water.
3. Cover the pot and place over medium heat. Just before the water boils, remove the kelp and discard. Cover the pot tightly and bring it to a boil over high heat for 2 minutes. Lower the heat to medium and cook for 5 minutes. Lower the heat to very low and cook until all water has been absorbed, about 15 minutes.
4. Remove the pot from the heat and allow it to stand, with the pot lid wrapped in a kitchen towel, 10 to 15 minutes.
5. For the dressing, in a small saucepan over low heat, place the sugar and salt in vinegar. Stir until the sugar and salt dissolve. Transfer the hot vinegar mixture to a metal bowl and swirl the bowl in a bath of ice water until it cools to room temperature.
6. Using a flat wooden spoon or rice paddle, spread the hot rice in a thin layer in a wide and shallow wooden or metal bowl.
7. To keep the grains separate, toss the rice with horizontal, cutting strokes. This lateral motion will also keep grains from being bruised or mashed. While tossing, sprinkle vinegar dressing generously over rice. You may not have to use all the dressing. Be careful not to add so much liquid that the rice becomes mushy. While tossing the rice, cool it quickly and thoroughly with a fan. The tossing and fanning takes about 10 minutes.
8. To keep vinegared rice from drying out when it has cooled to room temperature, place it in a container and cover it with a damp cloth.

Note: The flavor of sushi rice varies somewhat with the seasons. In summer, a little more vinegar is used. Adjust the flavor of the rice to taste.

SPICY MAYONNAISE

YUZU KOSHO AIOLI

Yield: 1 ½ cups

Ingredients	Amounts
Mayonnaise, Japanese (Kew pie brand)	1 cup
Japanese Seasoning Paste (<i>Yuzu Kosho</i>)	1 Tbsp.
Yuzu, juice	2 tsp.
Garlic, finely grated	½ tsp.
Vinegar, rice, unseasoned	2 tsp.
Water	1 Tbsp.

Method

1. In a medium bowl, whisk together the mayonnaise, yuzu kosho, yuzu juice, garlic, and rice vinegar until smooth.
2. Adjust the flavor to taste. Add more yuzu kosho for heat or more vinegar for tang. Adjust the consistency with water to thin it to a drizzle, if desired.
3. The mayonnaise can be stored refrigerated for up to 5 days.

Note: Fresh lime juice can be substituted for the yuzu juice.

PICKLED GINGER

GARI SHOGA

Yield: 2 cups

Ingredients	Amounts
Ginger, fresh	1 lb.
Vinegar, rice, Japanese, unseasoned	20 fl. oz.
Vinegar, cider	3 fl. oz.
Vinegar, white, distilled	1 fl. oz.
Sugar, granulated	8 wt. oz.
Salt, kosher	2 Tbsp.

Method

1. Peel the ginger and slice crosswise, across the grain, into paper-thin slices.
2. Cover the ginger with boiling water and let it stand for 2 minutes. Drain in colander. Transfer the ginger to an impeccably clean plastic or stainless-steel container.
3. Combine the vinegar, sugar, and salt in a non-reactive pot. Stir over medium heat until the sugar and salt dissolve. Pour over the ginger.
4. Let it cool completely. Cover and refrigerate for at least 24 hours.

Source: Adapted from *China Moon Cookbook* by Barbara Tropp

WASABI

Yield: ¼ cup

Ingredients

Wasabi powder
Water, warm (110°F)

Amounts

3 wt. oz.
as needed

Method

1. Place the wasabi powder in a small bowl. Add enough of the warm water until a smooth paste is achieved. (Stand back from the bowl, as the fumes that rise will burn your eyes.)
2. Spread the mixture across the bottom of the bowl. Wrap it tightly with plastic wrap.
3. Place the bowl upside down on work surface for 10 minutes until the flavor is developed.

Note: Fresh wasabi can be expensive and difficult to source. Most chefs use the dry powdered form of this special green root. Avoid, the prepared wasabi paste sold in tubes, as it is usually inferior to the dry powder.

PONZU DIPPING SAUCE

Yield: 1 ½ cups

Ingredients	Amounts
Soy sauce	½ cup
Citrus, juice	¼ cup
Vinegar, rice, unseasoned	¼ cup
Wine, rice, Japanese (<i>Mirin</i>)	¼ cup
Bonito, flakes (<i>Katsuobushi</i>)	¼ cup
Kelp, dried (<i>Kombu</i>), 3-in. x 3-in. piece	1 ea.
Sake (Optional)	1 Tbsp.

Method

1. In a small saucepan, combine the soy sauce, citrus juice, vinegar, mirin, and sake (if using).
2. Add the bonito flakes and kombu. Let it sit off heat for 10 to 15 minutes to infuse.
3. Bring it to just below a simmer, then turn off heat. Let it steep for 10 minutes.
4. Strain through a fine mesh strainer.
5. Cool and store in the fridge.

TONKATSU

Yield: 8 portions

Ingredients	Amounts
Ketchup	8 oz.
Worcestershire sauce	5 oz.
Soy sauce	4 Tbsp.
Garlic, powder	½ tsp.
Onion, powder	½ tsp.
Sugar, granulated	6 tsp.
Pork, loin, boneless, sliced	8 ea.
Egg, whole, beaten	4 ea.
Flour, all-purpose	2 cups
Breadcrumbs, panko	4 cups
Salt, kosher	as needed
Pepper, white, ground	as needed
Oil, vegetable	as needed

Method

1. For the tonkatsu sauce, whisk together the ketchup, Worcestershire, soy sauce, garlic powder, onion powder, and sugar. Taste and adjust the sugar/seasonings as needed.
2. Cut slits into the white connective tissue on the outer edge of each pork loin slice. This prevents it from curling up as it cooks. Flatten each slice out to ¾ inch thickness.
3. Get 3 separate bowls or hotel pans and place the eggs in one, flour in the second, and panko in the third.
4. Season the pork Salt and pepper. Coat it in the flour bowl. Shake off any excess then dip it into the egg. After the egg, dip it into the panko and firmly press on it on both sides to make sure that there is a thick layer of breading.
5. Deep fry the breaded pork in a 340 F deep fryer until the pork is fully cooked, golden brown, and crispy, 5 to 6 minutes on each side.
6. Serve with the tonkatsu sauce.

Note: Pork chops can be substituted for the pork loin. In the breading step, whisk 1 tablespoon of all-purpose flour into the eggs to make for a crispier tonkatsu.

YUZU MUSTARD VINAIGRETTE

Yield: 1 ½ cup

Ingredients	Amounts
Soy sauce	½ cup
Lemon, juice, fresh	¼ cup
Vinegar, rice, unseasoned	¼ cup
Wine, rice, Japanese (<i>Mirin</i>)	¼ cup
Bonito, flakes (<i>Katsuobushi</i>)	¼ cup
Kelp, dried (<i>Kombu</i>), 3-in. x 3-in. piece	1 ea.
Sake (Optional)	1 Tbsp.

Method

1. In a small saucepan, combine soy sauce, citrus juice, vinegar, mirin, and sake (if using).
2. Add bonito flakes and kombu. Let sit off heat for 10–15 minutes to infuse.
3. Bring to just below a simmer, then turn off heat. Steep for another 10 minutes.
4. Strain through a fine mesh strainer. Cool and store in the fridge.

SPINACH WITH SESAME DRESSING

Yield: 6 portions

Ingredients	Amounts
Soy sauce, light	¼ cup
Sugar, granulated	¼ cup
Spinach	2 lb.
Sesame seeds	½ cup

Method

1. Bring the soy sauce to a boil in a small saucepan. Add the sugar and stir to dissolve. Set aside.
2. Remove all stems from the spinach and wash thoroughly.
3. Blanch the spinach in a large amount of rapidly boiling water. Drain and shock in ice water. Drain again and squeeze out all excess moisture. Set aside.
4. Toast the sesame seeds carefully in a pan over medium-low heat until golden brown in color.
5. Crush the toasted sesame seeds using a mortar and pestle to a coarse paste. Combine the paste with the soy sauce.
6. Add the soy sauce-sesame mixture to the spinach and toss well to coat.

TSUKEMONO SAMPLER

Yield: 10 portions

Ingredients	Amounts
Carrot, small, julienned	1 ea.
Ginger, fresh, 2-in. piece, peeled, thinly sliced	2 ea.
Vinegar, rice, unseasoned	½ cup
Water	¼ cup
Sugar, granulated	1 ½ Tbsp.
Salt, kosher	½ tsp.
Cucumber, Japanese, thinly sliced	2 ea.
Salt, sea	1 ½ tsp.
Kelp, sea (<i>Kombu</i>), slivered (2-in) piece	2-in. ea.
Oil, sesame (Optional)	2 drops
Eggplant, Japanese, small, halved, thinly sliced	1 ea.
Salt, kosher	1 tsp.
Shiso, red-leaf	1 Tbsp.
Vinegar, rice	1 Tbsp.
Ginger, 2-in piece, thinly sliced (Optional)	1 ea.

Method

1. For the pickled ginger-carrot (*amazū shoga*), blanch the carrots and ginger in boiling water for 30 seconds. Drain and place it in a clean container.
2. In a small pot, heat the vinegar, water, sugar, and salt until it just dissolves. Let it cool slightly.
3. Pour brine over vegetables and refrigerate for at least 1 hour (best after 24 hours).
4. For the salt-cured cucumber with kombu, toss the cucumbers with salt in a bowl. Add kombu slivers.
5. Place a small plate or weight on top and press down. Let it sit for 1-2 hours.
6. Drain the liquid and rinse lightly if it is too salty. Add a drop of sesame oil to finish.
7. For the eggplant and shiso pickles (*shibazuke* inspired), Massage eggplant with salt and let sit for 30-60 minutes to drain moisture.
8. Squeeze out liquid, then toss with shiso, vinegar, and ginger (if desired).
9. Let marinate for at least 30 minutes, Deepens flavor after 1 day.

Notes: Serve all in small bowls on a shared tray with toothpicks. Garnish with sesame seeds, yuzu zest, or shiso leaves if desired. Pair with steamed rice, grilled fish, tofu or part of a bento or grazing spread.

TSUKUNE YAKITORI WITH TARE

Yield: 8 servings

Ingredients	Amounts
Wine, rice, Japanese (<i>Mirin</i>)	1 cup
Soy sauce	1 cup
Sake	½ cup
Sugar, brown	½ cup
Vinegar, sherry	2 Tbsp.
Garlic, cloves, minced	5 ea.
Scallion (Green Onion), rough chopped	5 ea.
Ginger, fresh, sliced	2 Tbsp.
Peppercorn, black	2 Tbsp.
Chicken, ground	3 lb.
Breadcrumbs, panko	1 cup
Scallion (Green onion), minced	¾ cup
Eggs, large, beaten	2 ea.
Ginger, fresh, grated	4 tsp.
Garlic, minced	5 tsp.
Oil, sesame	2 tsp.
Salt, kosher	2 tsp.
Pepper, white, ground	2 tsp.
Skewers, 4 or 6 -inch, soaked	as needed

Method

1. For the tare sauce, in a medium saucepan, combine the mirin, soy sauce, sake, brown sugar, vinegar, garlic, scallions, ginger, and peppercorn. Bring it to a boil over high heat, then lower the heat to a simmer. Cook until thick and syrupy, stirring occasionally, about 45 minutes.
2. Strain through a fine-mesh strainer and set aside.
3. For the tsukune meatballs, in a large mixing bowl, combine chicken, breadcrumbs, scallions, eggs, ginger, garlic, sesame oil, salt, and pepper. Mix thoroughly until sticky and cohesive.
4. Form into 1-inch meatballs. Thread 3 per skewer.
5. Preheat grill for medium-high direct heat. Oil the grates well. Grill skewers for 3 to 4 minutes per side until cooked through and nicely browned on all sides, about 12 minutes total.
6. In the final minute of cooking, brush generously with tare sauce, flip once, and caramelize briefly. Remove from grill, brush with extra tare, and let it rest for 5 minutes before serving.

KOREAN KOGI TACOS

Yield: 24 tacos

Ingredients	Amounts
Kogi Spicy Pork "Al Pastor" (Recipe follows), chopped	2 ¼ lb.
Tortilla, corn, 4-in. diameter	24 ea.
Kimchi Crema (Recipe follows)	1 pt.
Onion, yellow, finely diced	2 ¼ wt. oz.
Cilantro, fresh, chopped	2 ½ wt. oz.
Asian Slaw (Recipe follows)	5 cups
Sesame seeds, toasted, crushed	¼ tsp.
Lime, cut into wedges	3 ea.

Method

1. Preheat a gas grill to medium-high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Remove the pork from the marinade, allowing any extra to drip off. Grill the pork, turning as needed to prevent excessive charring, until cooked through. Reserve.
3. For each portion, heat 2 tortillas in a cast-iron skillet, or directly over a flame, until heated through.
4. To assemble, place the meat in the tortillas, add about 1 tablespoon of the kimchi crema. Top with onion, cilantro, and Asian Slaw. Garnish with sesame seeds. Repeat the process to assemble 24 tacos.
5. Serve accompanied with lime wedges.

Source: Adapted from Roy Choi, as presented at the 2009 Worlds of Flavor Conference.

KOGI SPICY PORK “AL PASTOR”

Yield: 2 ¼ pounds

Ingredients	Amounts
Soy sauce	8 fl. oz.
Maple syrup	5 ½ fl. oz.
Sugar, granulated	5 ¼ oz.
Onion, yellow, peeled, quartered	¾ ea.
Scallion (Green onion)	½ wt. oz.
Garlic, minced	2 ½ wt. oz.
Kiwi, fresh, peeled	¼ ea.
Pear, Asian, peeled, cored, quartered	¼ ea.
Chile, jalapeño, stemmed, halved	2 ea.
Soft drink, lemon-lime, Sprite	3 fl. oz.
Orange, juice, fresh	2 fl. oz.
Wine, rice, Japanese (Mirin)	1 ½ fl. oz.
Oil, sesame	1 ½ fl. oz.
Sesame seeds, toasted	2 Tbsp.
Korean chili paste (<i>Gochujang</i>)	1 ¼ cups
Korean chili flakes (<i>Gochugaru</i>)	⅓ cup
Pepper, black, ground	¾ tsp.
Pork, butt, sliced ⅛-in. thick	1 ½ lb.
Pork, belly, sliced ⅛-in. thick	10 wt. oz.

Method

1. For the marinade, in a blender or food processor, place the soy sauce, maple syrup, sugar, onion, scallions, garlic, kiwi, pear, chile, Sprite, orange juice, mirin, sesame oil, sesame seeds, chile paste, chile flakes, and pepper. Purée until smooth.
2. In a large bowl, place the pork butt and pork belly. Add the marinade. Massage the meat until thoroughly and evenly coated.
3. Refrigerate the meat for 2 hours or up to overnight to allow the pork to marinate.

Source: Adapted from Roy Choi, as presented at the 2009 Worlds of Flavor Conference.

KIMCHI CREMA

Yield: 1 ½ cup

Ingredients	Amounts
Crema	¾ cup
Kimchi, finely chopped	½ cup
Kimchi, juice	1 ½ Tbsp.
Mayonnaise	2 Tbsp.
Lime, juice	1 Tbsp.
Oil, sesame	1 tsp.
Garlic, grated (Optional)	½ tsp.

Method

1. In a mixing bowl, combine crema, chopped kimchi, kimchi juice, mayo, lime juice, sesame oil, and garlic (if using).
2. Stir until well blended. For a smoother sauce, blend briefly with an immersion blender or in a small food processor.
3. Taste and adjust: more kimchi juice for tang and funk, lime for brightness, or mayo for extra richness.
4. Chill for at least 15 minutes before serving.

Note: Sour cream can be substituted for crema. Kewpie mayo can be substituted for regular mayonnaise.

ASIAN SLAW

Yield: 3 pints

Ingredients	Amounts
Cabbage, napa, shredded	1 lb.
Pepper, bell, red, julienned	5 oz.
Scallion (Green onion), green only, cut 2 inches on bias	2 oz.
Cilantro, fresh, chopped	2 oz.
Radish, daikon, julienned (Optional)	½ cup
Oil, vegetable	4 Tbsp.
Vinegar, rice	2 Tbsp.
Lime, juice, fresh	2 Tbsp.
Oil, sesame	2 Tbsp.
Wine, rice (<i>Mirin</i>)	1 Tbsp.
Salt, kosher	¾ tsp.
Pepper, black, ground	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lime, juice, fresh	as needed

Method

1. In a large mixing bowl, combine cabbage, red bell pepper, scallions, cilantro, and daikon (if using). Toss gently to mix.
2. In a small bowl, whisk together oil, vinegar, lime juice, sesame oil, mirin, salt, and pepper until emulsified.
3. Pour the dressing over the slaw and toss well until evenly coated.
4. Let the slaw rest for at least 30 minutes to slightly wilt and absorb the dressing.
5. Adjust the flavor with salt or lime juice to taste.

NOODLE PANCAKE WITH CHICKEN AND MUSHROOMS

Yield: 3 portions

Ingredients	Amounts
Stock, chicken	$\frac{2}{3}$ cup
Oyster sauce	2 Tbsp.
Soy sauce	1 Tbsp.
Chili garlic sauce	2 tsp.
Oil, sesame	1 tsp.
Pepper, white, ground	$\frac{1}{8}$ tsp.
Wine, rice	2 tsp.
Cornstarch	1 tsp.
Pepper, white, ground	$\frac{1}{8}$ tsp.
Noodles, egg, Chinese	$\frac{1}{2}$ lb.
Oil, vegetable (Divided)	3-4 Tbsp.
Garlic, minced	1 tsp.
Mushroom	8 oz.
Chicken, boneless, skinless, shredded	8 oz.
Pepper, bell, red, thinly sliced	$\frac{1}{2}$ ea.
Chive, yellow, cut into 1-in. pieces	$\frac{1}{4}$ cup
Scallion (Green onion), thinly sliced	1 ea.
Cornstarch	2 $\frac{1}{2}$ tsp.
Water	5 tsp.

Method

1. For the sauce, in a small bowl, combine the chicken stock, oyster sauce, soy sauce, chili garlic sauce, sesame oil, and white pepper. Reserve.
2. For the marinade, in a medium bowl, combine the rice wine, cornstarch, and white pepper. Add chicken; stir to coat; set aside for 15 minutes.
3. Cook the noodles according to package directions until tender but firm to the bite. Drain, shaking off excess water. Set it aside.
4. Preheat oven to 200°F. Place a wide frying pan with a nonstick finish over medium-high heat until hot. Add 1 tablespoon cooking oil, swirling to coat surface. Spread half the noodles over the bottom of pan. Press the noodles into a firm pancake about 8 inches in diameter. Cook until the bottom is golden brown, about 5 minutes.
5. With a wide spatula, carefully turn pancake over. Add 1 more teaspoon of cooking oil around the edges of the pan and cook until the other side is golden brown, about 3 more minutes. Transfer the noodle pancake to a large heat-proof serving platter and keep it warm in the preheated oven. Repeat with remaining noodles and 1 more tablespoon cooking oil.

6. Place a wok or wide frying pan over high heat until hot. Add the remaining tablespoon cooking oil to the wok. Add garlic and mushrooms and cook for 2 minutes. Add chicken and stir-fry for 1 minute. Add bell pepper, chives, and green onion; cook for 1 minute.
7. For the slurry, in a small bowl, whisk together the cornstarch and water.
8. Stir in the sauce and the cornstarch slurry. Cook, stirring, until sauce boils and thickens. Spoon the mixture over noodle pancakes.

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

Source: *Yan Can Cook*, Chef Martin Yan

CHINESE STEAMED DUMPLINGS

Yield: 6 portions

Ingredients	Amounts
Pork, ground	¾ lb.
Ginger, fresh, minced	2 tsp.
Scallion (Green onion), finely sliced	2 ea.
Oyster sauce	2 Tbsp.
Soy sauce, light	2 Tbsp.
Oil, sesame, dark	1 tsp.
Cornstarch	2 Tbsp.
Egg, whole	1 ea.
Wine, rice, (<i>Shao xing</i>)	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Shrimp, peeled, de-veined, finely minced, chilled	¼ lb.
Chestnuts, water, finely minced	2 Tbsp.
Carrot, brunoise	2 Tbsp.
Cilantro, fresh, finely chopped	1 Tbsp.
Shao mai wrappers	as needed
Spicy Mustard Sauce (Recipe follows)	1 cup

Method

1. Chill a food processor and a large mixing bowl.
2. For the filling, place the pork, ginger, scallion, oyster sauce, soy sauce, sesame oil, cornstarch, eggs, wine, salt, and pepper into the chilled food processor. Pulse the mixture until well combined. The mixture should begin to pull together into one mass. Transfer to the chilled mixing bowl.
3. Add the chilled shrimp, water chestnuts, carrots, and cilantro. Mix until incorporated.
4. Form a small amount of the filling into a patty. Cook and taste the sample for flavor and seasoning. Adjust, if necessary. then place in the refrigerator to chill. (The dumplings will be easier to shape if the filling is very cold.)
5. Place a teaspoon of the filling in the center of each wrapper. Gather outer edges to form cylinder so filling is exposed at the top. Wrap your pointer finger and thumb around the center "waist." Dip your thumb on the opposite hand in water (to prevent sticking) and use it to compact the filling in the dumpling. Gently tap the entire dumpling on the table to ensure that it stays upright in steamer (See Chef demo).

6. Line a steamer with cabbage leaves or parchment paper to prevent the dumplings from sticking. Add dumplings to the steamer. Cover and steam until cooked through and firm, 8 to 10 minutes. Make sure the dumpling wrapper is tender.
7. Turn off the heat and let the dumplings rest for a few minutes before removing.
8. Serve with spicy mustard sauce.

SPICY MUSTARD SAUCE

Yield: 1 cup

Ingredients	Amounts
Mustard, powder, dry	1 cup
Salt, kosher	¼ tsp.
Sugar, granulated	1 tsp.
Water, warm	¼ cup

Method

1. In a small bowl, combine the mustard powder, salt, and sugar.
2. Gradually stir in the water until you have a smooth, thick, heavy cream viscosity.
3. Cover the bowl with plastic wrap and allow it to bloom for 30 minutes.

CHAAT PAPRI

Yield: 12 portions

Ingredients	Amounts
Tortilla, flour, large	12 ea.
Oil, canola	as needed
Cumin, seeds	1 ¼ tsp.
Yogurt, plain	1 pt.
Cilantro, fresh, chopped (Divided)	½ wt. oz.
Chile, green, hot, finely chopped	1 ea.
Sugar, granulated	1 tsp.
Salt, kosher	½ tsp.
Chile, cayenne, ground	½ tsp.
Potato, red	2 ea.
Chickpeas, canned, drained, rinsed	14 ½ oz.
Green Mango Chutney (Recipe follows) (Divided)	3 fl. oz.
Tamarind Chutney (Recipe follows) (Divided)	2 fl. oz.
Chile, cayenne, ground	1 pinch
Ginger, fresh, 2-in. piece, julienned	1 ea.

Method

1. Preheat deep fryer to 360°F.
2. Cut the tortillas into 1-inch strips. Cut the strips on the diagonal to make diamond shapes that are 1-inch wide and 2 inches long. Working in batches, deep-fry the tortillas until crispy and golden brown. Drain on paper towels and reserve.
3. In a dry pan over medium heat, place the cumin. Toast, stirring, until it is fragrant and lightly toasted, 2 to 3 minutes. Grind it to a powder and reserve.
4. In a large bowl, place the yogurt, ¼ cup of the cilantro, green chile, 1 teaspoon of the toasted cumin, sugar, salt, and cayenne. Mix to combine. Reserve.
5. In a large pot of cold, salted water, add the potatoes. Simmer until the potatoes are tender. Peel the potatoes and small dice.
6. In another large bowl, place the diced potatoes, chickpeas, 1 tablespoon of the green chutney, and 1 ½ teaspoon of the tamarind chutney. Toss to combine.
7. Sprinkle a handful of tortilla chips over the bottom of a baking dish. Spoon a portion of the potato-chickpea mixture on top. Place a handful of chips into the bowl filled with yogurt, stir to coat, lift them out of the yogurt and layer them over the potatoes. Drizzle 1 teaspoon of tamarind chutney and 1 teaspoon of green chutney over the top. Repeat this layering process 3 more times.

8. Pour the remaining yogurt over the top. Drizzle the remaining chutney. Sprinkle with the remaining cilantro. Garnish with the remaining toasted cumin, cayenne, and julienned ginger. Serve immediately with extra chutney on the side.

Source: Suvir Saran, as presented at the 2009 Worlds of Flavor Conference.

GREEN MANGO CHUTNEY

Yield: 1 ½ cups

Ingredients	Amounts
Cilantro, fresh, chopped	1 ½ wt. oz.
Mint, fresh, chopped	1 ½ wt. oz.
Mango, green, peeled, pitted, roughly chopped	1 ea.
Chile, jalapeño, roughly chopped	2 ea.
Ginger, fresh, 2-in. piece, peeled, cut into chunks	1 ea.
Onion, red, quartered	½ ea.
Lemon, juice, fresh	2 Tbsp.
Sugar, granulated	1 Tbsp.
Salt, kosher	1 tsp.
Water	2 fl. oz.

Method

1. In a blender, place cilantro, mint, mango, jalapeño, ginger, onion, lemon juice, sugar, salt, and water. Blend until smooth, scraping down the sides of the bowl as needed.
2. If the chutney doesn't blend easily, add a little water to facilitate the process (this will make the chutney milder).
3. Adjust the seasoning to taste.
4. Transfer to a covered plastic container and refrigerate for up to 5 days.

Notes: For a milder flavor, the jalapeños can be seeded and veined. Green (*haree*) chutney is a classic made by nearly every family in northern India where it is served with just about every meal. It is especially good with foods from the grill. You can make it solely with cilantro and can increase the amount of chiles to make it very hot. You can also make the mint stand out by increasing its proportion in relation to the cilantro (do use some cilantro or the chutney will taste bitter).

Source: Suvir Saran, as presented at the 2009 Worlds of Flavor Conference.

TAMARIND CHUTNEY

Yield: 1 ¼ cups

Ingredients	Amounts
Oil, canola	1 Tbsp.
Cumin seeds	1 tsp.
Ginger, ground	1 tsp.
Chile, cayenne, ground	½ tsp.
Fennel seeds	½ tsp.
Asafetida (Optional)	½ tsp.
Garam Masala (Recipe follows)	½ tsp.
Water	3 fl. oz.
Sugar, granulated	9 wt. oz.
Tamarind, concentrate	3 Tbsp.

Method

1. In a medium saucepan over medium-high heat, combine the oil, cumin seeds, ginger, cayenne, fennel seeds, asafetida, and garam masala. Cook, stirring, for 1 minute.
2. Add the water, sugar, and tamarind concentrate. Bring it to a boil, lower the heat, and simmer until it turns chocolate brown and is thick enough to coat the back of a spoon (*nappé*), 20 to 30 minutes.
3. Store in the refrigerator in an air-tight container for up to 2 weeks.

Source: Suvir Saran, as presented at the 2009 Worlds of Flavor Conference.

GARAM MASALA

Yield: 1 ½ cups

Ingredients	Amounts
Cinnamon, stick, broken into pieces	1 ea.
Bay, leaf	2 ea.
Cumin, seeds	¼ cup
Coriander, seeds	⅓ cup
Cardamom, green, pods	1 Tbsp.
Peppercorns, black	1 Tbsp.
Garlic, clove, whole	2 tsp.
Chile, red, dried	1 ea.
Nutmeg, fresh, grated	¼ tsp.
Mace, ground	⅛ tsp.

Method

1. In a dry frying pan, place the cinnamon, bay leaves, cumin, coriander, cardamom, peppercorns, cloves, and red chile. Toast over medium heat, stirring constantly, until the cumin turns uniformly brown, 4 to 5 minutes.
2. Transfer the mixture to a spice grinder. Add the nutmeg and mace. Grind it to a fine powder.
3. Store in an airtight container for up to 4 months.

Source: Suvir Saran, as presented at the 2009 Worlds of Flavor Conference.

VEGETABLE SAMOSAS

Yield: 24 samosas

Ingredients	Amounts
Flour, all-purpose	11 wt. oz.
Salt, kosher	1 tsp.
Water	as needed
Oil, vegetable	2 fl. oz.
Oil, vegetable	3 Tbsp.
Coriander seed	½ tsp.
Cumin seed	1 tsp.
Onion, yellow, medium, minced	1 ea.
Ginger, 1-in. piece, fresh, peeled, minced	1 ea.
Chile, jalapeño, fresh, minced	1 ea.
Chile, cayenne, ground	1 tsp.
Potato, large, boiled, peeled	4 ea.
Peas, green, cooked	2 ½ wt. oz.
Salt, kosher	to taste
Cilantro, fresh, chopped	1 Tbsp.
Flour, all-purpose	4 wt. oz.
Water	3 Tbsp.
Oil, vegetable	as needed

Method

1. For the wrappers, in a large bowl, sift together the flour and salt. Add enough water and oil to form a soft pliable dough. Cover and allow it to rest for 15 minutes.
2. Divide the dough into balls. Roll each ball into a 3-inch circle, dredging in flour as needed. Cover the dough with a damp towel to keep it from drying out.
3. For the filling, heat the oil in a medium-sized saucepan. Add the coriander and cumin seeds. When they stop sizzling, add the onions. Brown.
4. Add the ginger and jalapeño. Sauté for 1 minute.
5. Stir in the cayenne. Cook for 1 minute. Remove the pan from the heat and allow it to cool.
6. In a mixing bowl, crumble the boiled potatoes. Stir in the peas and spice mixture. Season with salt to taste. Add the cilantro and mix well. The filling should be lumpy.
7. To assemble the samosas, make a paste with the flour and water. Fill each wrapper with the potato mixture. Seal with the paste. Deep-fry until golden brown.

Note: Alternatively, you can roll the dough out with sheeter or pasta machine.

MINT CHUTNEY

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 tsp.
Chile, red, dried	3 ea.
Lentils, black (<i>Urad dal</i>), cooked	1 cup
Mustard seeds, black	2 tsp.
Mint, washed, chopped coarse	2 cups
Tamarind, pulp	2 tsp.
Salt, kosher	to taste
Sugar, granulated	2 tsp.
Asafetida	1 tsp.

Method

1. In a pan, heat the oil over medium heat. Add the chiles and urad dal. Fry for 1 minute. Remove and reserve.
2. In the same pan, add the mint and fry until it changes color. It will shrink to half the original quantity. Remove and cool completely.
3. Combine the urad dal mixture with the fried mint, tamarind, salt, sugar, and asafetida. Grind to a fine paste.

TANDOORI CHICKEN

Yield: 6 portions

Ingredients	Amounts
Chicken, whole	2 ea.
Salt, kosher	as needed
Lemon, juice	2 Tbsp.
Garam masala	1 Tbsp.
Korean chili powder	2 tsp.
Turmeric, ground	1 tsp.
Cumin, ground	1 Tbsp.
Coriander, ground	2 tsp.
Ginger, fresh, ground	½ Tbsp.
Garlic, finely chopped	2 tsp.
Yogurt, plain, drained through cheesecloth	3 cups
Lettuce, head, leaf	½ ea.
Oil, vegetable	2 Tbsp.
Onion, yellow, diced	2 ea.
Tomato, diced	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, fresh, coarsely chopped	½ cup
Lemon, cut into wedges	1 ea.

Method

1. Fabricate the chicken into 10 pieces as per Chef's demo. Rinse and pat dry. Make 2 slits into the flesh of each piece.
2. Season chicken with salt, lemon juice, garam masala, Korean Chili powder, turmeric powder, cumin, coriander, ginger, and garlic. Add the strained yogurt and mix well to combine.
3. Allow chicken to marinate for at least two hours or up to one day.
4. Preheat the oven to 450°F. Place the chicken on a wire rack and bake until cooked through, 30 to 45 minutes.
5. For the garnish, arrange the lettuce leaves on a platter and set aside.
6. Heat the oil in a wok or large skillet over medium-high heat. Add the onions and stir-fry until lightly browned. Add the tomatoes and continue to stir fry for another minute. Season with salt and pepper to taste. Add the chopped cilantro.
7. Place the hot onion-tomato mix on the lettuce leaves and top with the roasted chicken.
8. Serve with lemon wedges on the side.

YELLOW RICE

Yield: 6 portions

Ingredients	Amounts
Water	6 cups
Sugar, granulated	1 Tbsp.
Turmeric, ground	½ tsp.
Salt, kosher	1 Tbsp.
Butter, unsalted	1 Tbsp.
Cinnamon, stick	1 ea.
Raisins	1 cup
Lemon, rind, cut into large pieces	1 tsp.
Rice, basmati	4 cups

Method

1. In a large pot, bring the water to a boil. Add the sugar, turmeric, salt, butter, cinnamon, raisins, and lemon rind and stir until the sugar has dissolved.
2. Add the rice. Cover and simmer for 20 minutes.
3. Remove the cinnamon stick and lemon rind. Fluff with a fork before serving.

MINT AND CILANTRO YOGURT RAITA

Yield: 1 1/2 cups

Ingredients	Amounts
Mint, fresh, leaves	1/2 cup
Cilantro, fresh, leaves	1/2 cup
Chile, green, minced	1 ea.
Lime, juice	1 Tbsp.
Cumin, ground	1/2 tsp.
Yogurt, Greek, plain (Divided)	1 cup
Salt, kosher	to taste

Method

1. In a blender or food processor, combine mint, cilantro, chile, garlic, lime juice, cumin, and a few tablespoons of yogurt. Blend until smooth.
2. Add the remaining yogurt and blend or stir to combine. Add cold water 1 tablespoon at a time to thin to desired consistency.
3. Season with salt to taste.
4. Chill for 15 to 30 minutes before serving for best flavor.

HOT TOMATO RELISH

Yield: ¾ cup

Ingredients	Amounts
Tomato, medium	5 ea.
Oil, vegetable	½ fl. oz.
Mustard, seeds	½ tsp.
Garlic, very thinly sliced	1 ½ Tbsp.
Turmeric, ground	½ tsp.
Chile, cayenne, ground	1 tsp.
Salt, kosher	½ tsp.
Vinegar, white, distilled	4 fl. oz.

Method

1. Use a paring knife to make a shallow "X" score on the bottom of each tomato. (This will help the skin come off easier after blanching.)
2. In a large pot of boiling water, carefully place the tomatoes using a slotted spoon. Blanch them until you can see the skin starting to loosen and wrinkle, 30-60 seconds.
3. Immediately transfer the tomatoes to an ice bath. Allow them to cool completely. Peel the tomatoes, chop, and reserve.
4. Heat the oil in a medium-size skillet over medium-high heat. Add the mustard and garlic. Cook, stirring, until mixture starts to brown, about 4 minutes.
5. Add the turmeric, cayenne, salt, and tomatoes. Stir and cook for 2 minutes.
6. Add the vinegar and bring it to a boil. Reduce the heat, cover, and simmer until thick, about 10 minutes. Allow the relish to cool.

Note: This very popular relish is from Gujarat in western India. It makes a wonderful dipping sauce for finger foods. It stays fresh for several weeks in an air-tight container in the refrigerator.

PRESSED RICE CAKES

Yield: 25 pieces

Ingredients	Amounts
Rice, jasmine	1 cup
Water	1 ½ cups

Method

1. Lightly grease a 8- x 8- x 2-inch baking pan. Line it with plastic wrap, allowing a 4-inch overhang on all sides. Have a second pan ready that will stack neatly into the lined baking pan (this will be used to weigh down the rice).
2. In a small sauce pot, place the water and rice. Stir to prevent the rice from clumping or sticking to the bottom of the pot. Bring it to a boil over high heat. Lower to a simmer, cover, and cook until the rice is tender, and all the water has been absorbed, 15 to 20 minutes.
3. Remove the pot from the heat and allow it to rest, covered, for 10 minutes. Remove the lid and briefly stir the rice to slightly mash some of the grains so they stick together.
4. Transfer the rice into the prepared pan and spread it in an even layer. Fold the overhanging plastic wrap over the rice and cover with more plastic wrap. Top the plastic wrap with another pan, so that its surface is completely pressed by the bottom of the inserted pan. Weigh the top pan down with a 4-pound weight. Allow it to sit at room temperature until the rice is fully set, about 1 hour.
5. Remove the weight and the top sheet of plastic. Use the overhanging plastic as handles to remove the rice from the pan. Transfer the rice cake to a cutting board and remove all plastic wrap. Large dice the rice using a wet knife.

Source: Robert Danhi, as presented at the 2009 Worlds of Flavor Conference.

SWEET SOY CHILE SAUCE

SAMBAL KECAP

Yield: ¾ cup

Ingredients	Amounts
Soy sauce, sweet (<i>Kecap manis</i>)	¼ cup
Chile, Thai bird's eye, thinly sliced	1-2 ea.
Shallot, small, finely diced	1 ea.
Tomato, medium, finely chopped	1 ea.
Lime, juice, fresh	½ ea.
Vinegar, rice	1 tsp.
Cilantro, fresh, chopped	2 Tbsp.
Scallion (Green onion), fresh, chopped	1 Tbsp.

Method

1. In a small bowl, combine the kecap manis, chiles, shallot, tomato, and lime juice.
2. Stir in the rice vinegar.
3. Add more lime for brightness, another chile for more heat, or a pinch of salt if needed.
4. Add fresh herbs

Note: For more acidity, add tamarind juice.

VIETNAMESE PHO GA

Yield: 12 portions

Ingredients	Amounts
Chicken, bones, 3-in. pieces, rinsed	6 lb.
Water	2 ½ gal.
Ginger, fresh, 4-in. piece	2 ea.
Onion, yellow, peeled, cut in half	4 ea.
Star anise, lightly toasted	12 ea.
Garlic, clove, lightly toasted	12 ea.
Cardamom, pod	6 ea.
Fennel seeds	2 tsp.
Cinnamon, stick	2 ea.
Peppercorns, black	2 tsp.
Chicken, whole, split in half, 3½ lb.	2 ea.
Fish sauce	4 fl. oz.
Sugar, granulated	1 ¾ wt. oz.
Salt, kosher	2 Tbsp.
Rice sticks, dried, 1/16-in. wide	2 lb.
Onion, yellow, sliced very thin	4 ½ wt. oz.
Scallion (Green onion), thinly sliced	1 ½ wt. oz.
Cilantro, fresh, chopped	1 wt. oz.
Bean sprouts	2 lb.
Basil, Asian, sprig	40 ea.
Saw-leaf, leaf (Optional)	24 ea.
Chile, Thai bird's eye, seeded, thinly sliced	6 ea.
Lime, cut into 6 wedges	2 ea.
Fish sauce	to taste
Pepper, black, ground	to taste

Method

1. For the broth, in a stockpot, place the chicken bones and water. Bring it to a boil. Simmer for 1 hour. Skim the surface as necessary.
2. Cut the ginger in half lengthwise and bruise with the flat side of a knife. Char the ginger and onions over an open flame or under the broiler, 3 to 4 minutes. Reserve.
3. Place the star anise, garlic, cardamom pods, fennel seeds, cinnamon, and peppercorns in a cheesecloth or spice bag. Reserve.
4. Add the chicken halves to the simmering broth. Return the liquid to a simmer, skimming the surface as necessary.

5. Add the charred ginger, onions, fish sauce, sugar, and salt. Cook until the chicken is just done, about 30 minutes. Remove the chicken, but not the bones, and set aside to cool.
6. Add the spice bag to the pot and simmer the broth for another hour. Remove and discard the spice bag. Adjust the seasoning to taste. Turn down the heat to very low.
7. Remove the skin from the reserved chicken and discard. Shred half of the chicken into bite-sized strips and reserve. Save the other half for another use. (You don't need much to garnish pho, but you do need a whole chicken to make a good broth.)
8. Soak the rice sticks in cold water for 30 minutes. Bring a large pot of water to a boil over high heat. Add the rice sticks and boil until soft but still resilient, 2 to 3 minutes.
9. Portion 1 cup of the cooked noodles into 12 preheated bowls. Place 2 tablespoons sliced onions and $\frac{1}{3}$ cup shredded chicken on top.
10. Bring the broth back to a rolling boil. Ladle 1 cup into each bowl. Top with scallions and cilantro. Invite guests to garnish their bowls with bean sprouts, fresh herbs, chiles, squeezes of lime juice, fish sauce, and black pepper.

Source: Adapted from a recipe by Mai Pham

GINGER DIPPING SAUCE

Yield: ¾ cup

Ingredients	Amounts
Ginger, fresh, peeled and finely chopped	2 Tbsp.
Garlic, minced	1 Tbsp.
Chile, fresno, minced	1 tsp.
Fish sauce	2 Tbsp.
Lime, juice, fresh	5 Tbsp.
Vinegar, rice	3 Tbsp.
Sugar, palm	2 ½ tsp.
Water	as needed
Oil, neutral (Optional)	3 Tbsp.

Method

1. In a bowl, combine the ginger, garlic, and chiles. Let it sit for 2 to 3 minutes to mingle.
2. Stir in fish sauce, lime juice, vinegar, sugar, and water. Mix until the sugar dissolves.
3. For a richer flavor, quickly sizzle the aromatics in 1 tablespoon hot neutral oil before adding liquids. This gives a deeper, almost toasted ginger flavor (similar to some northern Vietnamese styles).
4. Adjust and add more sugar if it's too salty, or more lime for brightness as needed.

HOISIN-CHILI GARLIC SAUCE

Yield: ¾ cup

Ingredients	Amounts
Hoisin sauce	¼ cup
Sriracha sauce	1-2 Tbsp.
Vinegar, rice	1 Tbsp.
Water	1-2 Tbsp.
Sesame seed, toasted	1 tsp.
Peanuts, toasted, crushed	1 Tbsp.
Cilantro, fresh, chopped (Optional)	1 tsp.

Method

1. In a small bowl, place the Hoisin sauce, sriracha, vinegar, water, fennel seeds, and peanuts. Mix until smooth and pourable.
2. Top with cilantro, if desired.

UDON NOODLE SOUP

Yield: 2 quarts

Ingredients	Amounts
Noodles, udon, dried	2 lb.
Primary Dashi (Recipe follows)	2 qt.
Soy sauce, light	4 fl. oz.
Wine, rice, Japanese (<i>Mirin</i>)	1 fl. oz.
Clam, littleneck, scrubbed well	12 ea.
Mushroom, shiitake, caps only	12 ea.
Cabbage, napa, leaf, rinsed, dried	12 ea.
Carrot, cut into thin rounds	½ lb.
Peas, snow, strings removed	½ lb.
Chicken, thigh, boneless, skinless, trimmed, cut into thin strips	½ lb.
Shrimp, peeled, de-veined	12 ea.
Scallion (Green onion), sliced very thin on bias	4 ea.

Method

1. Bring a large pot of salted water to a boil. Add the noodles and cook until they are firm to the bite (al dente).
2. Transfer the noodles to a cold-water bath to stop the cooking process. Drain and reserve.
3. In a small saucepot, place the dashi, soy sauce, and mirin. Heat to just under a simmer.
4. In a large saucepot, combine a small amount of the heated dashi mixture with the clams, shiitakes, cabbage, carrots, and snow peas. Cook until the clams start to open.
5. Add the chicken and shrimp. Cook until the shrimp turns pink, and the chicken is cooked, about 1 minute.
6. Re-heat the noodles in boiling water. Portion the hot noodles into heated serving bowls. Top with the cooked clam-shrimp mixture.
7. Pour enough hot dashi mixture over the noodles to barely submerge them. Garnish with the sliced scallions.

PRIMARY DASHI

Yield: ½ gallon

Ingredients	Amounts
Water, cold	½ gal.
Kelp, giant (<i>Kombu</i>)	1 wt. oz.
Bonito, flakes, dried (<i>Hana-katsuo</i>)	1 wt. oz.

Method

1. In a large soup pot, place the cold water and the kelp. Heat, uncovered until it is just under a boil. Do not allow the water to boil (Kelp emits a strong odor if it is boiled, so be sure to remove the pot from the heat just before the water boils.)
2. Allow the kelp to steep in the hot water off the heat for 10 minutes.
3. Add the bonito flakes. Bring it to a near simmer. Remove the pot from the heat and let it steep for 10 minutes.
4. Filter the dashi through a cheesecloth-lined sieve. If desired, reserve the bonito flakes and kelp for secondary dashi

CHAR SIU BAO

Yield: 32 buns

Ingredients	Amounts
Oil, vegetable	4 tsp.
Onion, yellow, finely diced	4 wt. oz.
Hoisin sauce	1 fl. oz.
Oyster sauce	4 tsp.
Sugar, granulated	1 tsp.
Salt, kosher	1 tsp.
Stock, chicken	8 fl. oz.
Cornstarch	4 tsp.
Char Siu (Recipe follows), finely diced	4 cups
Yeast, active dry	3 Tbsp.
Water, warm (100°F)	16 fl. oz.
Milk, warm (100°F)	8 fl. oz.
Flour, all-purpose	18 wt. oz.
Flour, cake	16 wt. oz.
Sugar, granulated	7 wt. oz.
Salt, kosher	$\frac{2}{3}$ tsp.
Oil, vegetable	2 wt. oz.
Baking powder	2 tsp.
Parchment paper squares, 2- x 2- inches	32 ea.
Egg, whole	2 ea.
Water	2 Tbsp.
Water	16 fl. oz.
Sugar, granulated	7 wt. oz.

Method

1. For the filling, heat the oil in a sauté pan. Add the onions and sauté until soft.
2. Add the hoisin sauce, oyster sauce, sugar, salt, and chicken stock. Stir to combine. Bring it to a simmer.
3. Stir in the cornstarch. Cook until it thickens. Fold in the diced pork. Transfer to a mixing bowl, refrigerate until well chilled, and reserve.
4. For the dough, combine the active dry yeast and warm water in a bowl and allow to proof until the mixture becomes foamy.
5. In the bowl of a stand mixer combine the water and yeast mixture and the milk. Add the all-purpose flour, cake flour, sugar, salt, and oil. Knead using a dough hook until a smooth dough forms, 10 to 12 minutes.

6. Turn the dough into a lightly oiled bowl, cover, and place it in a warm area of the kitchen until it has doubled in size.
7. Turn the dough out onto a floured work surface. Punch down the dough and sprinkle with the baking powder. Knead the dough just to incorporate the baking powder.
8. Divide the dough into 32 pieces.
9. Pat out one piece of dough at a time into a circle, leaving the center thicker than the edges. Place about 2 tablespoons of the filling in the center.
10. Gather up the sides and pinch shut. Place, pinched side down, onto the parchment paper. Place on sheet trays and cover. Place it in a warm area of the kitchen until doubled in size.
11. For the egg wash, in a small bowl, whisk together the egg and water. Brush the tops of the buns with egg wash. Place it in a 375°F oven for 15 minutes.
12. For the simple syrup, combine the water and sugar and heat gently until all the sugar is dissolved.
13. Remove the buns from the oven and brush with the simple syrup. Let it rest for 5 minutes before serving.
14. Place in a steamer. Steam on high for 15 minutes. Allow it to rest for 5 minutes before serving.

CHAR SIU

Yield: 3 pounds

Ingredients	Amounts
Soy sauce, thick	1 Tbsp.
Oyster sauce	1 Tbsp.
Salt, kosher	2 tsp.
Brandy	1 Tbsp.
Sugar, granulated	3 Tbsp.
Garlic, minced	1 Tbsp.
Brown bean sauce	2 Tbsp.
Hoisin sauce	2 fl. oz.
Ketchup	2 Tbsp.
Hot bean paste	1 Tbsp.
Food coloring, red	3 drops
Pork, butt, cut into 5 oz. pieces	3 lb.
Sugar, malt	3 Tbsp.
Water, boiling	3 Tbsp.

Method

1. For the marinade, in a small bowl, place the soy sauce, oyster sauce, salt, brandy, sugar, garlic, bean sauce, hoisin sauce, ketchup, bean paste, and red food coloring. Stir to combine.
2. Add the pork butt pieces to the marinade. Mix to coat evenly. Allow it to marinate, covered and refrigerated, overnight.
3. Preheat oven to 350°F.
4. Remove the pork from the marinade and place on wire racks or hanging skewers.
5. For the basting solution, in a small bowl, combine the malt sugar and boiling water. Brush the pork with the basting solution.
6. Place the pork in the preheated oven. Baste periodically. Cook until the pork is cooked through and well browned, about 1 ¼ hours.
7. Remove the pork from the oven and allow it to cool.

Note: Honey can be substituted for the malt sugar.

CHINESE BLACK VINEGAR AND SCALLION DIPPING SAUCE

Yield: ¾ cup

Ingredients	Amounts
Vinegar, black (Chinkiang)	¼ cup
Soy sauce	2 Tbsp.
Oil, sesame	1 Tbsp.
Sugar, granulated	1 tsp.
Scallion (Green onion), thinly sliced	2 ½ ea.
Garlic, minced	1 tsp.
Ginger, fresh, grated	1 tsp.
Red pepper flakes (Optional)	¼ tsp.

Method

1. In a small bowl, combine the black vinegar, soy sauce, sesame oil, and sugar (if using). Stir until sugar dissolves.
2. Add scallions, garlic, and ginger. Stir to combine.
3. Let it sit for 10 to 15 minutes before serving to allow the flavors to mingle.

SAAG PANEER

Yield: 6 portions

Ingredients	Amounts
Spinach, washed	3 lb.
Oil, canola	6 Tbsp.
Onion, yellow, chopped	1 ½ cups
Cumin, ground	1 ½ Tbsp.
Turmeric, powder	1 ½ tsp.
Garam masala	¾ tsp.
Korean chili powder (<i>Gochugaru</i>)	¾ tsp.
Coriander, ground	2 Tbsp.
Garlic, clove, chopped	3 ea.
Ginger, fresh, chopped	1 ½ Tbsp.
Chile, Thai bird, chopped	½ ea.
Tomato, chopped	¾ lb.
Salt, kosher	as needed
Cheese, paneer, cubed	¾ lb.
Yogurt, Greek	¾ cup
Sugar, granulated	to taste
Pepper, black, ground	to taste
Salt, kosher	to taste

Method

1. Prepare an ice-water bath. Bring a large pot of salted water to a boil. Blanch the spinach until just wilted and then shock in ice water.
2. Drain the spinach and squeeze out the excess moisture. Coarsely chop the spinach and reserve.
3. Heat the oil in a large sauté pan over medium high heat and add the onion. Cook until slightly brown and then stir in the cumin, turmeric, garam masala, chili powder and coriander.
4. Reduce the heat to low. Cook for 2 minutes more, then add the garlic, ginger, and chopped chili. Cook until the garlic is fragrant, about 1 minute more.
5. Add the tomatoes and cook for 5 minutes. When the tomatoes are cooked, add the spinach. Season with salt.
6. Cook, stirring, until the flavors of the spices have blended, about 5 minutes. Cover and cook for 3 minutes more.
7. Add the cheese and cook for 4 minutes more. Stir in the yogurt. Adjust the seasoning with sugar, pepper, and additional salt if necessary.
8. Serve with Steamed Brown Basmati Rice.

GARLIC NAAN

Yield: 8 loaves

Ingredients	Amounts
Cilantro, leaves, bunch, fresh	1 ea.
Butter, clarified	½ cup
Salt, kosher	1 tsp.
Flour, all-purpose	14 oz.
Yeast, instant dry	1 ½ Tbsp.
Water, warm (90° to 100°F)	6 oz.
Butter, clarified	2 oz.
Yogurt, plain	2 oz.
Egg, whole	1 ea.
Sugar, granulated	1 oz.
Salt, kosher	1 ¼ tsp.
Garlic, minced (Divided)	2 tsp.

Method

1. In a small bowl, place the cilantro, clarified butter, and salt. Blend to combine. The butter should have a green tint and the cilantro should still be in distinct pieces. Reserve.
2. For the dough, in bowl of an electric mixer fitted with a dough hook, combine the flour and yeast. Add the water, clarified butter, yogurt, egg, sugar, and salt. Mix on low speed for 3 minutes. The dough should be very elastic but still wet.
3. Bulk ferment the dough until it has nearly doubled in size, about 1 hour.
4. Fold gently.
5. Scale the dough into 3 weight ounce pieces. Pre-shape the dough into rounds. (Work sequentially, here and in later steps, starting with the first piece of dough you divided and rounded.) Let the dough rest, covered, until relaxed, for 15 to 20 minutes.
6. Preheat a deck oven to 425°F. Heat a baking stone, if desired.
7. Gently stretch each piece of dough into a 7-inches diameter round, so that the center is ¼-inch thick and there is a border ½-inch thick and ½-inch wide all around. Pull out one edge to elongate each round slightly, creating a teardrop shape.
8. Brush both sides with clarified butter. Sprinkle ⅛ teaspoon of minced garlic over the top.
9. Bake in the preheated oven until golden brown and puffed, about 10 minutes.
10. Brush the naan with cilantro butter. Serve warm.

Note: For garlic naan, add 1 teaspoon of minced garlic when mixing the dough.

CORIANDER AND CASHEW CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Coriander, leaves, fresh	1 ½ wt. oz.
Chile, hot, with seeds	1 ea.
Lemon, juice, fresh	2 Tbsp.
Cashew, unsalted	2 ½ wt. oz.
Cumin, ground	½ tsp.
Yogurt, plain	4 wt. oz.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.

Method

1. In a food processor, place the coriander, chile, and lemon juice. Pulse to form a paste.
2. Add the nuts slowly.
3. Add the cumin.
4. Pulse in the yogurt, salt, and pepper.
5. Adjust the seasoning to taste.

Note: The bright green color of this chutney dulls quickly so make and use it right away. The flavor is not as affected.

SPICY LIME AIOLI

Yield: 2 cups

Ingredients	Amounts
Egg, yolk, room temp.	2 ea.
Mustard, Dijon	1 Tbsp.
Lime, juice, fresh (Divided)	2 Tbsp.
Oil, canola	1 cup
Oil, sesame	¼ cup
Salt, kosher	½ tsp.
Garlic, clove, finely grated	2 ea.
Chile, Thai, minced	1 ea.
Fish sauce	1 Tbsp.
Sugar, palm, grated	1 Tbsp.
Lime, zest	½ Tbsp.

Method

1. In a medium mixing bowl (or food processor), whisk together the egg yolks, mustard, and 1 tablespoon lime juice until smooth and emulsified.
2. While whisking constantly (or with the processor running), slowly drizzle in the oil(s), starting drop by drop, then in a slow, steady stream as it thickens. The mixture should become thick and glossy like mayonnaise.
3. Whisk in the remaining tablespoon of lime juice and the salt.
4. Stir in the garlic, Thai chile or sriracha, fish sauce, honey (if using), lime zest, and herbs.
5. Taste and adjust: Add more lime juice for acidity, more chile for heat, or a touch more fish sauce for umami.
6. Transfer to a jar or squeeze bottle. Store in the fridge for up to 5 days.

Notes: For a vegan version, use aquafaba (chickpea brine) instead of egg yolks and follow the same emulsion method. You can also add a splash of rice vinegar or yuzu juice for added brightness. This aioli makes an epic dip for grilled shrimp, a sandwich spread, or even tossed with shredded cabbage for a slaw.

Day Two: Food & Wine Pairing

QUICK TIPS FOR PERFECT FOOD AND WINE PAIRING

There is only one reason for knowing the “right” wines to pair with the “right” food: Wine and food that complement each other enhance the flavor of both; wine and food that don’t complement each other detract from both. That’s it. That’s the only reason.

The tips below work because they explain the experience of consuming particular foods and wines together. In other words, you can taste for yourself when a wine that you love, eaten with a certain dish, suddenly tastes sour, or when a wine, drunk alongside a familiar food, suddenly makes that food sing; these tips explain why this happens.

- Foods that are high in natural acids (tomatoes, citrus fruits, goat cheese) are best suited to wines with higher acids: Sauvignon Blanc and certain styles of Chardonnay, Riesling, Gewürztraminer, Zinfandel, Pinot Noir.
- Richer and fattier foods (duck, lamb, beef, cheese) go well with either slightly oaky white wines, such as Chardonnay, or with young red wines, such as Cabernet Sauvignon or Zinfandel.
- Spicy, salty/smoky, and more heavily seasoned dishes are best paired with light, fruity wines, whether red or white, such as Gewürztraminer, Johannesburg Riesling, Gamay Beaujolais, Pinot Noir, and certain Zinfandels.
- Foods with some sweetness (meat and poultry dishes with fruit sauces) are best paired with wines that offer some sweetness (Gewürztraminer, Johannesburg Riesling, White Zinfandel) or sufficient ripeness (Cabernet Sauvignon or Zinfandel). If the food is sweeter than the wine, it will often make the wine taste dry, oaky, and/or tannic.
- Generally, wines (like courses) should follow a natural progression from dry to sweet. However, if a dish with some sweetness comes early in the meal, it’s best to serve a slightly sweet wine with it.
- The texture of a wine, its body and weight in the mouth, is as important as its flavor to matching it successfully with food. (A heavy, full-bodied wine is going to overpower a simple salad.)
- Obvious opportunities for pairing food and wine occur when a particular wine is used in the cooking process, such as in a marinade or a sauce. The table wine should mirror the dish.
- Great food and wine combinations come not only from matching flavors, textures, and taste components, but also from contrasting them.

- Successful food and wine pairing is highly subjective and individual - an experimental, dynamic art form more than a science. Don't be afraid to follow your own instincts.
- Most important, the food should not overwhelm the wine any more than the wine should overpower the food. Ideally, the result is synergistic: Food and wine together are far more enjoyable than either food or wine by itself.

Wine and Food in Balance

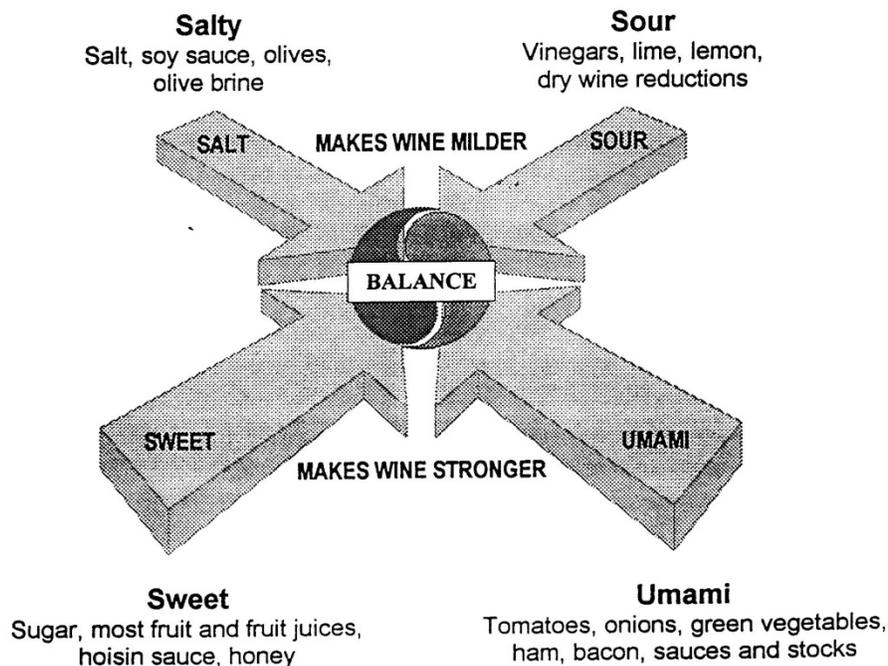
Tim Hanni MW, Beringer Wine Estates

The principles of Wine and Food Dynamics provide the platform for creating great tasting food that is delicious with your or your customer's favorite wine. Any dish that is properly balanced will:

- Taste intense and flavorful whether it is being served with wine or not.
- Allow any wine served with the dish to taste true to its intended taste.

Keep in mind that once the dish is properly balanced, any wine will be delicious with it - there is no need to make any further adjustments to the dish for different wines!

The principles can be applied to any dish that you are cooking and, in most instances, even the food you are eating in a restaurant can be simply adjusted at the table if your wine does not meet your taste expectations.



ψ A note about spicy seasonings . . .

Spicy food will exaggerate the tannin and bitterness of a wine. Salt and sour additions to the food will counteract this effect on the wine.

FOOD & WINE PAIRING QUICK GUIDE

CLASSIC VARIETALS

Just as the name implies, a varietal is a variety of grape. Chardonnay, Riesling, Cabernet, Sauvignon, etc. are all kinds of grapes in the same way that Granny Smith, Macintosh, and Rome are types of apples. In general, grape varietals tend to be poignantly distinct in terms of aroma, flavor, mouth feel, and color.

BASE INGREDIENTS

Base ingredients refer to the main ingredient of the dish: meat, poultry, game, seafood, shellfish, or vegetables. These represent the core ingredients that are most likely to be matched with a varietal, although successful pairings result as much from the other ingredients used in the dish as they do the base ingredient.

BRIDGE INGREDIENTS

Bridge ingredients help connect the food and the wine through their interaction in flavor, body, intensity, or basic taste.

Wine	Sauvignon Blanc/Fume Blanc
Styles	Lighter: lighter body, often fermented in stainless steel rather than oak barrels; more delicate and fruit; balance with good acidity Barrel Aged: medium body; richer with some toasty-oak flavors; not quite the same apparent acidity as the lighter style; sometimes blended with Semillon.
Typical Flavors/Aromas	Dry, slightly acidity Citrus, tropical fruits, lemongrass, gooseberry, fennel, melon
Base Ingredients	Shrimp, Clams, Oysters, Mussels, Scallops, Catfish, Sole, Sea Bass, Snapper, Trout, Swordfish, Chicken, Game Hens, Turkey
Bridge Ingredients	Citrus, herbs, yogurt, mushrooms, goat cheese, capers, tomatoes
Tips for Successful Pairing	Pair with foods that are aromatic, higher in acidity, and spicy. Use fresh herbs whenever possible. Works well with appetizers and first course, its light and medium body sets the stage for fuller bodied whites and heartier reds to follow. Great choice for salads, soups, and green vegetable dishes.

Wine	Chardonnay
Styles	Lighter: light-medium body, often fermented in stainless steel rather than oak barrels; more delicate and fruity; often lower in alcohol (12-14%) Medium Barrel-Aged: Medium body; richer with toasty-oak flavors; slightly higher in alcohol Full Barrel-Aged: Medium-full body; quite rich with mouth-filling buttery, toasty-oak flavors
Typical Flavors/Aromas	Apple, pear, citrus, tropical fruits, butter, vanilla, oak
Base Ingredients	Crab, shrimp, clams, scallops, lobster, halibut, sea bass, monkfish, snapper, trout, grouper, swordfish, salmon, tuna, chicken, game, hen, turkey, pheasant, goose, veal, pork
Bridge Ingredients	Citrus (orange, lime, lemon, zest), pears, apples, fennel (roasted), corn, avocado, pumpkin, squash, coconut and coconut milk, polenta, herbs (tarragon, basil, thyme), spices (nutmeg, curry powder, ginger, saffron), toasted nuts (hazelnuts, pine nuts, cashews, almonds), olive oil, butter, cream, milk, sour cream, mushrooms (shiitake, oyster, cremini, chanterelle, button), cheeses: (brie, parmesan, Swiss, jack), bacon, pancetta, sweet onions, roasted garlic, Dijon mustard, Tropical fruit (mango, papaya, pineapple)
Tips for Successful Pairing	Rich dishes help underscore the fuller body and creamy mouth feel of the wine. Spicy dishes (with chile) accentuate the alcohol and oak and thus should be avoided. Pairs nicely with entrées prepared in simple ways (veal and pork) so the wine doesn't fight with the complex ingredients. A sprinkling of toasted nuts will help draw many dishes to the oaky flavors of most Chardonnays. Butter and cream love Chardonnay, but you may not love them every time you open a bottle.

Wine	Pinot Noir
Styles	Light/Medium: Light garnet; medium body; simpler, bright, juicy fruit with hints of spice from barrel aging; good acidity; zesty Medium/Medium-full: Darker ruby; more jammy, ripe cherry, and stone fruit; fuller tannins and oak impression, lush
Typical Flavors/ Aromas	Red berries, plum, mushrooms, earth, spice, rose, tea
Base Ingredients	Beef, lamb, pork, veal, sweetbread, kidneys, liver, chicken, game hens, squab, pheasant, duck, rabbit, quail, salmon, tuna (ahi)
Bridge Ingredients	Berries, mushrooms (shiitake, portobello, cremini, porcini, chanterelle, morel), truffles, onions, sweet onions, shallots, garlic, roasted garlic, cheese (brie, teleme, aged goat cheese, aged cheddar), pesto, black beans, lentils, eggplant, beets, roasted bell peppers, black olives, spices (cinnamon, clove, star anise, ginger, fennel, pepper), herbs (mint, basil, tarragon, thyme, rosemary, lavender, oregano, roasted tomato, sun-dried tomato, Dijon mustard)
Tips for Successful Pairing	Pinot Noir is the most flexible red wine in terms of matching with meat, poultry, vegetarian dishes, and even some seafood, such as salmon and ahi tuna. Foods with light aromatic spices will harmonize with fruitier versions of Pinot Noir. Because of its delicacy, don't overwhelm Pinot Noir with dishes that are too powerful or assertive.

Wine	Cabernet Sauvignon
Styles	Medium: Medium body, fruity, less tannic, softer, and rounder Medium-full: Medium-full to full body; slightly more concentrated, oaky, and tannic Full: Full body; concentrated, oaky, tannic, and less forward fruit when young; required bottle aging of five to seven years from vintage date to showcase its typically complex flavors
Typical Flavors/ Aromas	Black currant, blackberry, cherry, cedar, tobacco, chocolate
Base Ingredients	Beef, lamb, venison, duck, game meats
Bridge Ingredients	Currants, walnuts, pecans, mushrooms (portobello, porcini, morel), Truffles, Dijon mustard, black olives, green olives, balsamic vinegar, cheeses (camembert, Gorgonzola, aged jack, parmesan), herbs (mint,

	rosemary, thyme, oregano), black pepper, eggplant, roasted tomato, butter,
Tips for Successful Pairing	<p>Cabernet Sauvignon is a perfect match with meat containing some fat. The fat from the meat coats the palate and protects against youthful tannins in the wine.</p> <p>As Cabernet ages, it becomes less intense, thereby altering the type of dish that is best suited to it. Intense reduction sauces are no longer as successful a match with older Cabernets.</p> <p>Dishes with a keen flavor focus are often quite successful with Cabernet. Walnuts and pecans are particularly useful when pairing dishes to younger Cabernet, as the tannins in the nuts will help lessen the impression of the tannins in the wine.</p>

Source: *The Wine Lover's Cookbook* by Sid Goldstein

DAY TWO HANDS ON ACTIVITY: FAST-CASUAL ELEVATED INNOVATION CHALLENGE

- Working in teams, participants will create:
 - Two fast-casual, elevated, globally inspired, composed dishes
 - one 2-ounce dessert
- Teams will be assigned their **proteins** and other **key ingredients**.
- Teams will use the provided worksheets and templates to **conceptualize and design the menu**.
- All recipes must yield **6 portions**. Teams will **produce and present** one portion for the show plate and five additional plates on appropriate platters or chafing dishes.
- Teams will be prepared to **discuss** each of their menu items.

CONTENTS OF THE MARKET BASKETS:

TEAM ONE– INDIA

- Tofu, Firm
- Chicken, Breast
- Lentils
- Mangos
- Limes
- Tomatoes
- Yogurt
- Garam Masala

TEAM TWO- CHINESE

- Pork Belly
- Eggs
- Hoisin Sauce
- Sesame oil
- Baby Bok Choy
- Scallions
- Rice Noodles
- Ginger
- Garlic

TEAM THREE- JAPAN

- Beef, Sirloin
- Tuna
- Cloud Ear Mushrooms
- Miso

- Rice Wine Vinegar
- Daikon
- Shiitake Mushrooms
- Shiso
- Short-grain rice

TEAM FOUR- KOREA

- Pork Belly
- Shrimp
- Napa Cabbage
- Gochujang
- Kimchi
- Pear
- Garlic
- Sesame Seeds
-

TEAM FIVE – THAI

- Beef (Flank)
- Chicken Thigh
- Tamarind
- Galangal
- Coconut milk
- Thai Basil
- Kaffir lime leaves
- Corn

MENU CONCEPTUALIZATION AND DEVELOPMENT

Utilizing the proteins that your team has been assigned, design a menu with the following components:

- Two fast casual, elevated, composed dishes
- one 2-ounce dessert

Keep **S.C.H.I.F.T.** in mind while you are developing your menu:

Shape – avoid contrived food shapes. This can be accomplished by using a combination of sliced, molded, loose and whole food items.

Color – use a combination of earth tones and naturally vibrant colors. Usually compatible flavors naturally provide an exciting combination of color.

Height – use the natural shape of food to provide varied but not extreme height. This will enhance the flow.

Items – the choice of items will be based on practicality, portion size, number of items on the plate and degree of difficulty.

Flavor – this is the single most important factor. Through the use of fresh, compatible flavors, the presentation will be naturally enhanced.

Texture – by varying cooking methods and the cutting of vegetables, a variety of textures will be achieved.

Use the worksheets and templates on the following pages to help design your menu and sketch your plate composition.

MENU DEVELOPMENT WORKSHEET

FLAVOR COMBINATIONS

NUMBER OF COMPONENTS ON PLATE – VARIETY OF COMPLEMENTARY ITEMS

PORTION SIZE – APPROPRIATE FOR THE COURSE

PROPER COOKING TECHNIQUE – BASICS EXECUTED WELL

COLORS – VIBRANT VS. EARTH TONES

HEIGHT OF FOOD – VARIED BUT NOT DRASTIC

TEXTURE VARIATIONS

PLATE LAYOUT – TRADITIONAL VS. NON-TRADITIONAL

PRACTICALITY – NOT TOO MUCH HANDLING; CAN IT BE DONE CONSISTENTLY?

PLATING, BALANCE, COMPOSITION – SLICE, WHOLE, LOOSE, MOLDED, SPECIAL CUTS

COMMUNITY TABLE

The community table, from which all students may draw, may include the following items. Please draw only the amounts of each item that you will be using for your menu.

<p><u>Thickeners</u></p> <ul style="list-style-type: none"> • Tapioca Flour • Cornstarch 	<p><u>Flours</u></p> <ul style="list-style-type: none"> • All-Purpose Flour • Bread Flour • Banana Flour • Durum Flour 	<p><u>Sweeteners</u></p> <ul style="list-style-type: none"> • Palm Sugar • Honey • White Sugar 	<p><u>Nuts</u></p> <ul style="list-style-type: none"> • Almonds • Hazelnuts • Peanuts • Macadamia • Pine Nuts • Walnuts 	<p><u>Grains</u></p> <ul style="list-style-type: none"> • Assorted Dry Pasta • Arborio Rice • Brown Rice • Couscous • Jasmine Rice
<p><u>Oils</u></p> <ul style="list-style-type: none"> • Vegetable Oil • Extra Virgin Olive Oil • Olive Oil • Peanut Oil • Sesame Oil • Vegetable Spray 	<p><u>Vinegars</u></p> <ul style="list-style-type: none"> • Balsamic Vinegar • Cider Vinegar • Red Wine Vinegar • Rice Vinegar • Sherry Vinegar • Tarragon Vinegar • White Wine Vinegar 	<p><u>Spices & Seasonings</u></p> <ul style="list-style-type: none"> • Assorted Spices • Kosher Salt • Saffron <p><u>Fresh Herbs</u></p> <ul style="list-style-type: none"> • Parsley • Chives • Thyme • Basil • Chervil • Rosemary • Tarragon • Dill • Cilantro 	<p><u>Condiments</u></p> <ul style="list-style-type: none"> • Various Chili Pastes • Currant Jelly • Dijon Mustard • Fish Sauce • Hoisin Sauce • Ketchup • Oyster Sauce • Plum Sauce • Pommery Mustard • Shrimp Paste • Soy Sauce • Tabasco 	<p><u>Wine & Spirits</u></p> <ul style="list-style-type: none"> • Apple Jack • Brandy • Burgundy Wine • Chablis • Madeira • Marsala • Pernod • Red Port • Sherry Wine
<p><u>Stocks</u></p> <ul style="list-style-type: none"> • Vegetable Stock • Chicken Stock 	<p><u>Dairy/Dairy Substitutes</u></p> <ul style="list-style-type: none"> • Half And Half • Butter • Buttermilk • Cream Cheese • Eggs • Heavy Cream • Skim Milk • Whole Milk • Sour Cream • 	<p><u>Breads</u></p> <ul style="list-style-type: none"> • French Bread • Phyllo Dough • Puff Pastry 	<p><u>Miscellaneous Pantry Items</u></p> <ul style="list-style-type: none"> • Breadcrumbs • Capers • Coconut Milk • Crushed Tomatoes • Grape Leaves • Piquillo Peppers • Rice Paper Rounds • Tomato Purée • Yellow Corn Meal 	<p><u>Produce</u></p> <ul style="list-style-type: none"> • Garlic • Ginger • Idaho Potatoes • Plum Tomatoes • Red Bliss Potatoes • Red Onions • Shallots • Yellow Onions • Yuca • Ulu • Plantain

Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

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