



Culinary Institute
of America

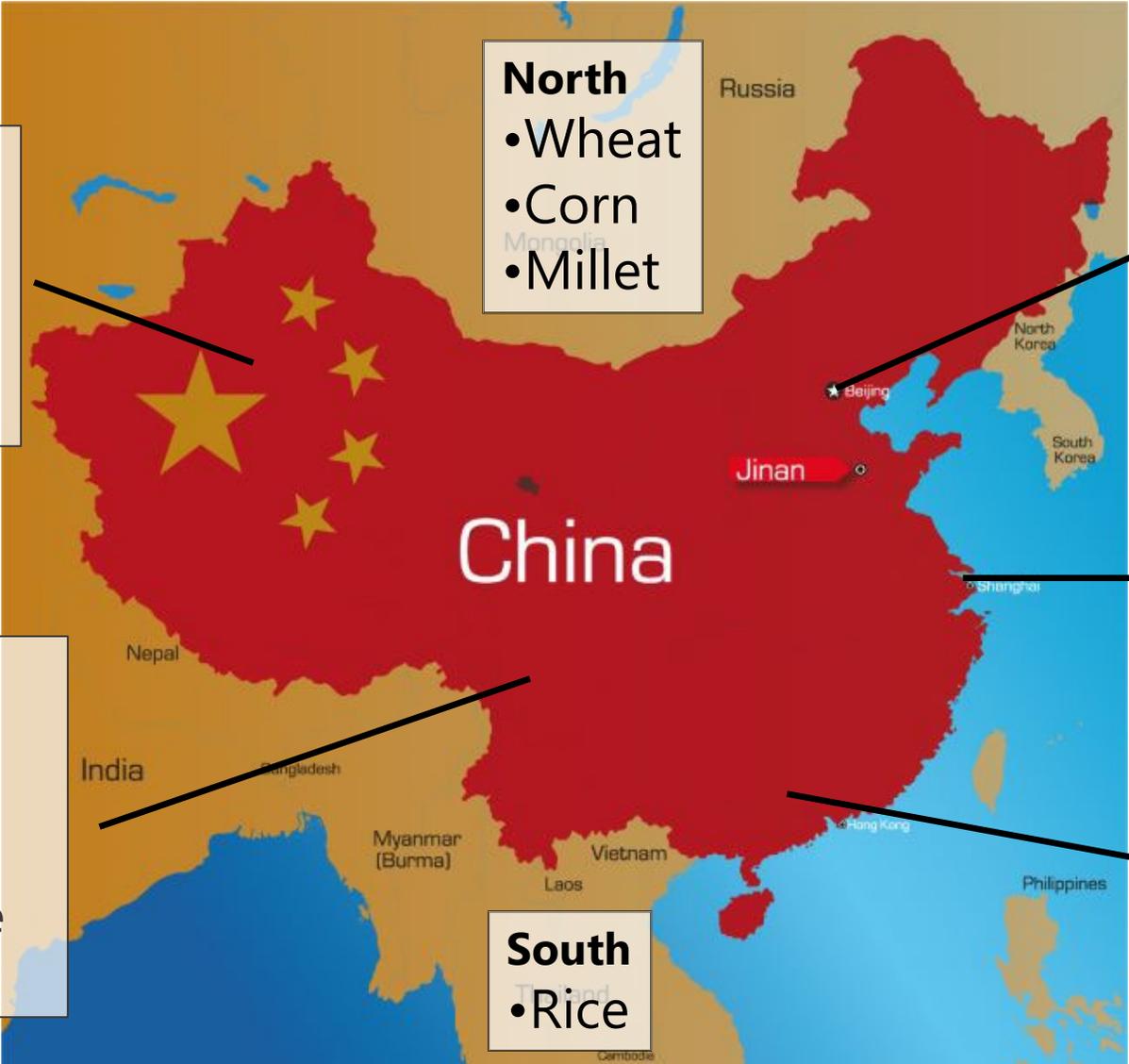
Day 4 Chinese, Malaysian, and Singaporean Cuisine



Learning Objectives

- Recognize the culinary regions within China, Malaysia, and Singapore.
- Explain the elements of taste in each country.
- List the key ingredients used in each country.
- Explain the common cooking techniques used in each country.
- Prepare a variety of dishes representative of these countries using standardized recipes.

China: Culinary Regions



- Xin Jiang**
- Muslim influence
 - Stewed lamb dishes
 - Kebabs
 - Millet

- North**
- Wheat
 - Corn
 - Millet

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

- Sichuan**
- Hot/spicy food
 - Szechwan "fagara" peppercorns
 - Fu-yung -egg white thickened

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

- GuangDon (Canton)**
- Lacquer roasting
 - Cha shiu "cha shao"
 - Fruits in cooking "Sweet and sour"
 - Black bean sauces

- South**
- Rice

Elements of Taste

- **Aroma:** 4 key ingredients bring out the true aroma of others: green onions, ginger, garlic, wine
- **Primary flavors:** sweet, sour, salty, bitter, pungent/ spicy
- **Texture:** each dish should offer one or several textures
- **Color:** creates eye appeal



The Wok

- Deep, round-bottomed cooking pan
- Curved, concave shape provides larger usable cooking surface
- Small area of intense heat at bottom, lower heat along sloped sides
- Can execute most cooking techniques
- Made of carbon steel or cast iron
- Must be seasoned and then maintained
- Spatula used in dominant hand to push/scoop, ladle used in opposite hand to catch/transfer, extra large chopsticks



Key Ingredients

Tofu: can be fresh or processed; varying softness levels

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

Noodles: various types/uses, enjoyed at all meals

Spices: Sichuan peppercorns, white pepper

Condiments: soy, oyster, hoisin sauces

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



Condiments

- **Soy sauce:** fermented soybeans, salt brine
- **Oyster Sauce:** oyster extract, wheat starch, sugar
- **Hoisin sauce:** fermented wheat starch, vinegar, sugar, garlic, sesame
- **Pickled vegetables**



Aromatics



- **Ginger + garlic + green onion:** the Chinese trinity
- **Green & red chiles:** fresh, dried, whole, flaked, ground
- **Hot chile paste + fermented soybeans**
- **Five spice powder:** star anise, Szechwan pepper, cinnamon, clove, fennel
- **Fermented black beans:** inoculated with mold, brined for 6 months

Cooking Techniques

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

Velveting: marinating & gentle cooking, tenderizes proteins

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

- Types: bamboo & wok

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

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



Popular Dishes



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



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



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

Malaysian Cuisine

- Multi-ethnic population: Malay, Chinese, Indians, indigenous peoples
- Culinary ties with Singapore, Indonesia, Thailand, Philippines
- Arab, Thai, Portuguese, Dutch, British influences
- Complex symphony of flavors
- Wide variety of condiments, herbs, spices



Malaysian Cuisine

- West and east regions
- Each with unique cuisine, influenced by geography, history, cultural identity



Key Ingredients

- **Chicken sausage:** a fusion of flavors, cultural diversity
- **Pandan Leaves:** sweet, floral aromatics, vibrant hues
- **Water chestnuts:** nutritious, crisp texture, sweet
- **Gai Choy:** vegetable, spicy, vibrant coloration, crispy
- **Ghee:** clarified butter, versatile, nutty aroma, rich flavor



Common sweeteners



- **Palm sugar:** rich, caramel flavor, crystalized
- **Gula Melaka:** dense, sticky, toffee flavor, coconut aroma, smoky undertones
- **Gula Jawa:** less sweet, rich, caramel, butterscotch flavor, amber color, smoky

Spice pastes



- **Rempah:** paste of spices, aromatic alliums, intense flavor, wet blend
- **Curry paste:** pureed blend of aromatic spices, herbs, vegetables

Malay Spices: The 4 siblings

- **Cinnamon:** strong, rich aroma, spicy, used as sticks
- **Cardamom:** use whole pods, fragrant, sweet
- **Cloves:** strong, sweet, bitter flavor, warm
- **Star anise:** adds sweetness and complexity



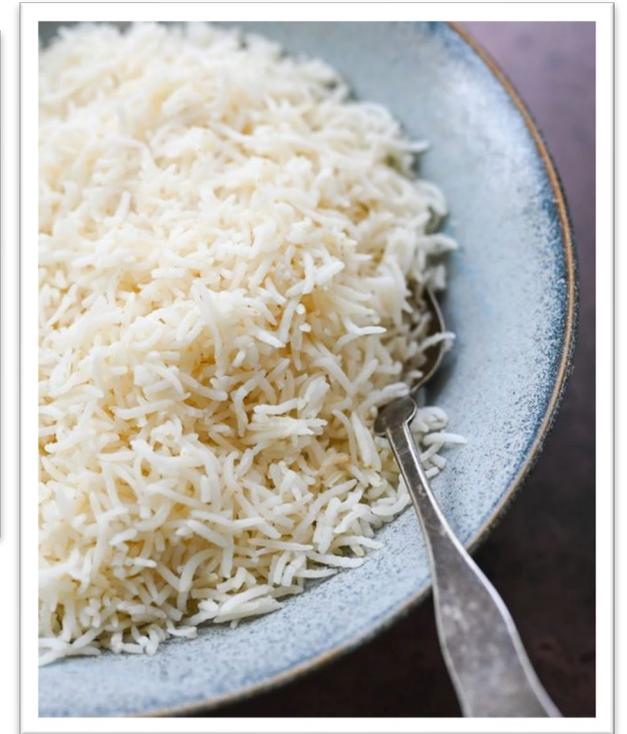
Aromatics



- **Candle nuts:** pleasant, warm, subtle earthy fragrance
- **Lemongrass:** fresh, citrusy aroma, hints of rose, earthy notes
- **Coriander:** spicy, warm, nutty, citrusy smell,
- **Turmeric:** citrusy aroma, woody, floral, earthy notes
- **Cumin:** pungent, earthy aroma

Rice

- **Polished white rice:** most common, boosts metabolism
- **Brown Rice:** more common in rural areas, heart healthy
- **Round grain rice:** in the South, supports nervous system
- **Basmati Rice:** in the North, high in fiber and antioxidants



Noodles

- **Mee:** chewy, springy, yellow hue, used for stir fry's
- **Kway Teow:** thin rice noodles, soft, chewy, stir fry's, soups
- **Mee Hoon:** thin, delicate strands, used for soup, salads, stir fry's
- **Rice noodles:** smooth texture, thicker version of Mee Hoon



Cooking Techniques

- Stir-frying
- Steaming
- Deep-frying
- Simmering
- Boiling
- Smoking
- Roasting



Key Ingredients



- **Shrimp Paste (*Belacan*):** pressed into a block; once roasted, adds flavor depth
- **Coconut Milk/ Cream:** coconut flesh grated with water, strained, pressed
- **Tamarind:** musky, sweet + sour flavor; fresh pods, paste, or liquid concentrate
- **Lemongrass:** lemon flavor, hint of ginger; use the main inner yellow stalk, minced very fine

Key Ingredients

- **Dried shrimp:** sundried, strong sea flavor and aroma, salty umami taste
- **Red Chiles:** fresh or dried, add varying degrees of heat
- **Palm Sugar:** unrefined sweetener from sap of palm flower, less sweet, caramel flavor
- **Dark Soy Sauce:** fermented longer, more intense flavor, less salty, adds caramel color



Spicy Dried Shrimp (*Hae Bee Hiam*)



- Popular condiment
- Made of dried shrimps, spices
- Spicy, salty, tinge of sourness, lingering umami taste
- Serve with rice or noodles, in stir-fries, or as a filling or topping

Hainanese Chicken Rice

- Poached chicken served with chili-ginger-garlic sauce, flavored rice
- Garnished with cucumber slices boiled in chicken broth, soy sauce, sesame oil
- Created by Chinese immigrants from Hainan province



Laksa



- Spicy rice noodle soup with chicken, prawns, or fish
- Soup base can be rich and savory coconut curry or fresh and sour tamarind broth
- Wide variety of regional and vendor-specific differences

Chili Crab

- **Mud crabs** deep-fried in oil, fried in **chili sauce** of lemon juice, vinegar, sambal, tomato paste, egg
- **Complex flavor blend:** umami of crab, tangy-sweet tomato ketchup, savory belacan, spicy chiles, hints of lemongrass, galangal



Stir-fried Noodles (*Char Kway Teow*)



- Flat rice noodles
- Stir-fried with garlic, soy sauce, chili paste, prawns, cockles, chives, Chinese sausage, bean sprouts
- Common breakfast dish sold at food stalls
- Variations can include fishcake, cuttlefish, squid, lobster



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Any Questions?