

ASIAN CUISINE BOOT CAMP

Welcome!



Culinary Institute
of America

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KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
 - **Green:** food scraps for compost
 - **Blue:** recyclables
 - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use a side towel for handling hot objects, not for cleaning.
- Place dirty utensils, tools, etc. on speed rack, not in sink.
- Place anything with an edge in pan labelled "Sharps Only."
- Place dirty linen in linen bag.

FOOD SAFETY

- Keep hair contained with toque, hair net, hair tie, beard guard.
- Wash hands before starting work.
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY State Law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.

RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Understand terms, techniques– ask questions if unsure!
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, grind, dice, etc.).

KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly with correct finger positioning. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster. (See Chef demo.)
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside your body with the point down. Alert those around you by saying aloud "Behind you with a knife."

COURSE INFORMATION

Welcome to The Culinary Institute of America's Asian Cuisine Boot Camp! During this intensive 3-day culinary adventure, you will experience the cuisines of various Asian countries. From the regions of India in the southwest, to China, Japan, and Korea in the northeast, you will become familiar with the common bonds that all Asian cuisines share. You will also learn about the distinct ingredients, dishes, flavor profiles and cooking techniques that differentiate Asian cuisines from all other global cuisines.

By the end of this rigorous course, you will no longer be intimidated by the daunting variety of items that await you in your local Asian market or restaurant. You will be an experienced cook ready for the next challenge ahead!



DAY ONE

INDIAN CUISINE



INDIAN CUISINE

LEARNING OBJECTIVES

By the end of this day, you should be able to ...

- list the herbs and spices common to Indian cuisine.
- list traditional ingredients common to Indian cuisine.
- apply a variety of cooking techniques using Indian recipes.
- identify special equipment used in the preparation of Indian foods.
- discuss the aromatics in Indian cuisine, how they differ from other Asian cuisines, and how they play an integral role in Indian cooking.

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS

Tandoori Oven
Thali
Ghee
Biryani

Katoori
Dal
Pakhora
Baghar/Turka/Chonk

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Spinach and Mung Dal
Mushroom Cauliflower Curry
Yellow Rice
Vegetable Samosas

TEAM TWO

Tomato Dal Raasam
Mango Chutney with Pistachios
Tandoori Chicken

TEAM THREE

Deep-Fried Potato Balls
Mint Chutney
Beef Vindaloo

TEAM FOUR

Chapati – Indian Unleavened Bread
Cilantro and Cashew Chutney
Fish Cakes

SPINACH AND MUNG DAL

Yield: 6 portions

Ingredients	Amounts
Beans, mung, split	1 lb.
Water	2 qt.
Garlic, minced	2 Tbsp.
Ginger, fresh, minced	2 tsp.
Salt, kosher	4 tsp.
Oil, corn	2 Tbsp
Cumin seeds	2 tsp.
Chile, cayenne, ground	1 tsp.
Onion, yellow, chopped fine	2 cups
Tomato, coarsely chopped	6 ea.
Spinach, fresh, trimmed	1 lb.

Method

1. Place the beans, water, garlic, ginger, and salt in a large pot. Cook until the beans are stew-like and slightly mushy.
2. For the tadka, heat the oil in a heavy frying pan over medium-high heat. Add the cumin seeds and stir-fry for about 15 seconds.
3. Add the cayenne and onions and cook over medium-high heat, stirring frequently, until the onions are softened, about 5 minutes.
4. Add the tomatoes and continue to cook until they start to fall apart.
5. Add the spinach and cook until wilted.
6. Add the hot mung beans to the mixture and stir briefly.
7. Serve hot with flatbread or rice.

Note: This is a classic dal from North India. The yellow split mung dal, green spinach, and red tomatoes make for a colorful dish. The spinach also adds interesting variety in texture.

MUSHROOM CAULIFLOWER CURRY

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	1/3 cup
Onion, yellow, diced	1 ea.
Chile, jalapeño, minced	2 ea.
Ginger, fresh, minced	1 Tbsp.
Cumin seeds	1 tsp.
Garlic, sliced	1 Tbsp.
Turmeric, dried, ground	1 tsp.
Coriander, ground	1 tsp.
Chile, Indian, ground	1 tsp.
Garam masala	1 tsp.
Water	1/2 cup
Tomato, chopped	2 cups
Tomato, purée	1/2 cup
Tomato, paste	1 tsp.
Cauliflower, head, cut into florets	1 ea.
Mushroom, button, firm, fresh	1/2 lb.
Pepper, bell, red, medium diced	1 ea.
Salt, kosher	to taste
Lemon, juice, fresh (Optional)	1 tsp.
Cilantro, fresh, chopped	1 cup

Method

1. Heat the oil in a pot over medium heat. Add the onion and fry until lightly golden brown.
2. Add the jalapeño peppers, ginger, cumin, and garlic. Cook for 2 minutes over low heat until they become aromatic.
3. In a small bowl, combine the turmeric, coriander, ground chile, and garam masala. Mix with water. Add it to the onion mixture in the pot and continue to cook until all the moisture has evaporated, about 7 minutes.
4. Add the tomatoes, tomato purée, and tomato paste. Cook, stirring continuously, until the mixture is cooked and fat becomes visible on the sides of the pan. Stir continuously, making sure the mixture does not stick to the bottom of the pot.
5. Add the cauliflower, mushrooms, and bell peppers. Mix well and season with salt to taste.

6. Bring the mixture to a boil. Reduce the heat, cover, and simmer for 5 minutes.
7. Remove from the heat and check for doneness. Adjust the consistency by adding additional water, if necessary.
8. Adjust the flavoring with lemon juice to taste.
9. Garnish with plenty of cilantro on top. Serve hot.

Note: To add heat, a serrano pepper can be substituted for the jalapeño. Serrano peppers have a crispy, bright, and fresh flavor, while jalapeños have a grassy and slightly sweet taste.

YELLOW RICE

Yield: 6 portions

Ingredients	Amounts
Sugar, granulated	1 Tbsp.
Turmeric, dried, 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 6 cups of water to a boil.
2. Add the sugar, turmeric, salt, butter, cinnamon stick, raisins, and lemon rind and stir until the sugar has dissolved.
3. Add the rice. Cover and simmer for 20 minutes.
4. Remove the cinnamon stick and lemon rind.
5. Fluff the rice with a fork before serving.

VEGETABLE SAMOSAS

Yield: 24 samosas

Ingredients	Amounts
Flour, all-purpose	11 wt. oz.
Ghee, melted	2 wt. oz.
Salt, kosher	1 tsp.
Carom seeds (<i>Ajwain</i>), toasted	1 Tbsp.
Water	1 cup
Oil, vegetable	3 Tbsp.
Coriander seeds	½ tsp.
Cumin, seeds	1 tsp.
Onion, yellow, medium, minced	1 ea.
Ginger, fresh, 1-in. piece, minced	1 ea.
Chile, jalapeño, minced	1 ea.
Chile, cayenne, ground	1 tsp.
Potato, yellow, peeled, quartered	4 ea.
Peas, green, frozen	½ cup
Salt, kosher	to taste
Cilantro, fresh, chopped	1 Tbsp.
Flour, all-purpose	¼ cup
Water	2 Tbsp.
Oil, vegetable	as needed

Method

1. For the samosa dough, combine the flour and melted ghee to form a course meal.
2. Add the salt and toasted carom seeds. Add the water and mix to a pliable dough. Let dough rest for 30 minutes.
3. Shape the dough into 1 ½-inch balls. (See Chef's demo.)
4. For the filling, heat the oil in a medium-sized saucepan over medium heat. Add the coriander and cumin seeds and cook until they become very aromatic.
5. Add the onions, ginger, and jalapeño. Sauté until the onions have browned.
6. Stir in the cayenne and cook for 1 minute. Fold in the peas. Remove from the heat and allow it to cool.
7. In a large pot of cold water, place the potatoes. Bring it to a boil and then lower the heat to a simmer. Cook until the potatoes can be easily pierced with a knife, about 20 minutes.
8. Crumble the boiled potatoes into a mixing bowl.

9. Stir in the spice mixture and adjust the seasonings to taste. Add the cilantro and mix well. The filling should be lumpy.
10. Combine the flour and water to form a paste.
11. To assemble the samosas, roll the dough out until it is 1/16- inch thick. Cut into 3-inch squares.
12. Place 1 ½ teaspoons of the filling in the middle of each square of dough and fold into a pyramid around the filling. Seal the edges with the flour and water paste and pinch the edges together.
13. Deep-fry in 375°F oil until golden brown. Remove and drain on a wire rack. Serve hot.

TOMATO DAL RAASAM

Yield: ½ gallon

Ingredients	Amounts
Ghee	3 Tbsp.
Onion, yellow, sliced	1 ea.
Ginger, fresh, chopped fine	½ wt. oz.
Turmeric, dried, ground	½ tsp.
Korean chile powder (<i>Gochugaru</i>)	½ Tbsp.
Lentils, red	¼ lb.
Stock, chicken	½ gal.
Tomato, crushed	1 ½ lb.
Peppercorns, black, crushed	½ Tbsp.
Chile, Thai bird's eye, sliced	3 ea.
Tamarind, pulp	1 wt. oz.
Water, warm	½ cup
Ghee	2 Tbsp.
Fenugreek seeds	1 tsp.
Mustard seeds, brown	1 tsp.
Curry, leaf	8 ea.
Asafetida	½ tsp.
Cilantro, fresh, chopped coarse	¼ cup

Method

1. Heat the ghee in a pot over moderate heat. Add the onions and cook until golden brown.
2. Add the ginger, turmeric, and chili powder and continue to cook for 30 seconds until aromatic.
3. Add the lentils and chicken stock and simmer for 20 minutes.
4. Add the tomatoes, peppercorns, Thai chiles, and tamarind and simmer for 30 minutes.
5. For the tadka, heat a small skillet with the ghee over low heat. Add mustard and fenugreek seeds. When the seeds begin to crackle, add curry leaves and asafetida. Keep the flame low. After a few seconds, pour the mixture into the soup and stir to blend.
6. Adjust the seasoning to taste. Garnish with the cilantro.

MANGO CHUTNEY WITH PISTACHIOS

Yield: 6 portions

Ingredients	Amounts
Sugar, granulated	1 cup
Vinegar, white, distilled	¼ cup
Chile, jalapeño, red	2 ea.
Clove, crushed	3 ea.
Bay leaf, dried	2 ea.
Cinnamon, stick	1 ea.
Cardamom, crushed	1 ea.
Ginger, fresh, sliced into 2-in. pieces	1 wt. oz.
Mango, firm, ripe, med. diced	3 ea.
Pistachios	¼ cup
Currants, dried	½ cup

Method

1. In a saucepan over medium heat, add vinegar and sugar. Caramelize the sugar until golden brown in color.
2. Immediately add the jalapeños, cloves, bay leaves, cinnamon, cardamom, and ginger. Cook while stirring for 15 seconds.
3. Add the mangoes and mix well. Let it simmer until the mangoes release their juice. Then increase the heat slightly and cook for 5 to 6 minutes.
4. Add the pistachios and currants and stir to combine.
5. Cover and refrigerate.

TANDOORI CHICKEN

Yield: 8 portions

Ingredients	Amounts
Yogurt, plain	3 cups
Chicken, whole, 3 lb.	2 ea.
Salt, kosher	as needed
Lemon, juice, fresh	2 Tbsp.
Garam masala	1 Tbsp.
Korean chile powder (<i>Gochugaru</i>)	2 tsp.
Turmeric, dried, ground	1 tsp.
Cumin, ground	1 Tbsp.
Coriander, ground	2 tsp.
Ginger, ground	½ Tbsp.
Garlic, chopped fine	2 tsp.
Lettuce, head, leaves	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, chopped coarse	½ cup
Lemon, cut into wedges	1 ea.

Method

1. Drain the yogurt through a piece of cheesecloth. Reserve.
2. Fabricate the chicken into 10 pieces. Rinse and pat dry. Make 2 slits into the flesh of each piece.
3. In a mixing bowl, whisk together the salt, lemon juice, garam masala, chili powder, turmeric, cumin, coriander, ginger, and garlic.
4. Add the strained yogurt and mix well to combine.
5. Add the chicken and mix well to combine. Marinate for at least two hours or up to one day.
6. Preheat the oven to 450°F.
7. Place the chicken on a wire rack and bake until cooked through, 30 to 45 minutes.
8. Arrange the lettuce leaves on a platter and set aside.
9. Heat the oil in a wok or large skillet over medium-high heat. Add the onions and stir-fry until lightly browned.

10. Add the tomatoes and stir fry for 1 minute. Season with salt and pepper. Add the chopped cilantro.
11. Place the hot onion-tomato mix on the lettuce leaves and top with the roasted chicken.
12. Garnish with lemon wedges on the side.

DEEP-FRIED POTATO BALLS

Yield: 10 portions

Ingredients	Amounts
Potato, Yukon Gold, peeled, quartered	2 lb.
Ghee	4 tsp.
Chile, red hot, dried	2 ea.
Curry leaves, cut	12 ea.
Lentils, black (<i>Urad dal</i>)	2 tsp.
Mustard seeds, black	1 tsp.
Onion, yellow, minced	2 ½ cups
Ginger, fresh, minced	2 Tbsp.
Chile, serrano, minced	5 ea.
Turmeric, dried, ground	½ tsp.
Cilantro, bunch, fresh, chopped	¼ ea.
Salt, kosher	to taste
Flour, chickpea (<i>Besan</i>)	1 cup
Korean chile powder (<i>Gochugaru</i>)	1 tsp.
Asafetida (Optional)	¼ tsp.
Salt, kosher	as needed
Water	as needed
Oil, vegetable	as needed

Method

1. In a large pot of cold, salted water, place the potatoes. Bring to a boil and then reduce the heat to a simmer. Cook until the potatoes can be easily pierced with a fork, about 20 minutes. Using a food mill, process the potatoes into a large bowl. Reserve.
2. Heat the ghee in a skillet over medium heat. Add the dried chiles, curry leaves, urad dal, and mustard seeds.
3. When the mustard seeds begin to pop, immediately add the onions, ginger, serrano chiles, and turmeric. Cook until the onions begin to brown.
4. Add the reserved potatoes and cilantro. Toss everything together. Season with salt to taste. Remove from the heat and cool to room temperature.
5. For the batter, combine the besan, chili powder, asafetida, and salt. Add enough water to form a thick batter.
6. Shape the potato filling into 1-inch diameter balls.
7. Dip the potato balls in batter and fry in 350°F oil until pale brown. Remove and drain on paper towels.
8. Serve plain or with chutney.

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, fresh, 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.

BEEF VINDALOO

Yield: 6 portions

Ingredients	Amounts
Ghee	1 Tbsp.
Turmeric, dried, ground	1½ Tbsp.
Coriander seeds	1½ Tbsp.
Chile, powdered	1½ Tbsp.
Mustard seeds, light	1 tsp.
Cumin, seeds	2 tsp.
Fenugreek	1 tsp.
Onion, yellow, small diced	2 ea.
Garlic, clove, peeled	3 ea.
Ginger, fresh, grated	2 tsp.
Vinegar, white, distilled	¼ cup
Beef, shoulder, boneless, 1-in. diced	2 lb.
Ghee	4 Tbsp.
Stock, brown	1 ½ qt.
Salt, kosher	as needed

Method

1. In a small sauté pan over medium heat, heat the ghee. Add the turmeric, coriander, chile, mustard seeds, cumin seeds, and Fenugreek. Toast (temper) the spices.
2. Add the onions, garlic, and ginger and cook for 2 minutes until slightly softened and aromatic.
3. Purée the onion spice mix in a blender. Blend in vinegar to form a thick paste.
4. Dry the beef cubes and coat thoroughly with the onion spice paste.
5. Heat the ghee in a large, heavy pot. Add the seasoned beef and sear on all sides.
6. Add the stock and salt and bring to a boil over high heat. Reduce the heat to low, cover with a tight-fitting lid, and cook until the meat is fork tender, 1½ to 2 hours.
7. Remove the lid and adjust the consistency as needed. If the curry sauce is too thin, increase the heat to cook off the excess liquid. If the curry is too dry, add additional stock.
8. Serve hot.

CHAPATI

INDIAN UNLEAVENED BREAD

Yield: 20 chapati

Ingredients	Amounts
Flour, atta	1 lb.
Salt, kosher	1 tsp.
Ghee (Optional)	3 Tbsp.
Water, lukewarm	9 fl. oz.

Method

1. Combine the flour and salt in a mixing bowl.
2. Rub in the ghee (if using), then add the water all at once and mix to form a dough that is firm, but not too stiff.
3. Knead the dough until it is elastic and pliable.
4. Cover the dough with plastic wrap and let sit for 1 hour.
5. Shape dough into balls about the size of a large walnut. Roll out each portion on a lightly floured board to a circular shape as thin as a French crepe.
6. Heat a griddle plate or heavy-based frying pan until very hot. Cook the Chapati on both sides until just very lightly colored, starting with those that were rolled first (the resting between rolling and cooking makes for lighter Chapatis).
7. Serve immediately with butter, dry curries, or vegetable dishes. If not serving immediately, cover the chapatis with plastic wrap to prevent it from drying out.

CILANTRO AND CASHEW CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Cilantro, fresh	1 cup
Chile, jalapeño, with seeds	1 ea.
Lemon, juice, fresh	2 Tbsp.
Cashews, unsalted	½ cup
Cumin, ground	½ tsp.
Yogurt, plain	½ cup
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.

Method

1. Combine all the ingredients in a blender and purée to a fine paste.
2. Add more yogurt if necessary to facilitate blending.
3. Adjust the seasonings to taste.

Note: The bright green color dulls quickly so prepare and use right away. The flavor is not as affected. For added heat, a serrano chile can be substituted for the jalapeño.

FISH CAKES

Yield: 6 portions

Ingredients	Amounts
Potato, yellow	1 lb.
Haddock, fillet, skinless	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Scallion (Green onion), minced	4 ea.
Chile, jalapeño, green, seeded, minced	4 ea.
Ginger, fresh, grated fine	1 Tbsp.
Cilantro, fresh, coarsely chopped	2 Tbsp.
Mint, fresh, coarsely chopped	2 Tbsp.
Egg, whole, beaten	2 ea.
Breadcrumbs	as needed
Oil, vegetable	as needed

Method

1. Place the potatoes in a pot of salted water. Simmer until soft. Drain, mash, and set aside.
2. Season the fish with salt and pepper and steam until done (the fish will be opaque and firm). Set it aside and let it cool completely.
3. Carefully crumble the cooked fish into a mixing bowl. Add the mashed potatoes, scallions, jalapeños, ginger, cilantro, and mint. Season with salt and pepper to taste. Mix carefully, making sure not to break down the fish pieces completely.
4. Shape the mixture into little patties. Dip each patty in egg and then in the breadcrumbs.
5. Pan-fry the patties in oil over medium to medium-high heat until golden brown on both sides.
6. Remove from the pan and drain on a wire rack. Serve hot.

Note: Cod can be substituted for the haddock fillet.

DAY TWO

KOREA AND JAPAN



LEARNING OBJECTIVES

By the end of this day, you should be able to ...

- apply the methods of steaming, deep-frying, braising and stir-frying when preparing Asian dishes.
- list the geographical influences on Korean and Japanese cuisine.
- list the characteristics of Korean and Japanese cuisine.
- compare sushi and sashimi.
- identify soba, udon, and somen noodles and list their uses.
- describe the procedures for making sushi rice, sushi Maki, and tempura.
- prepare significant dishes indigenous to Korea and Japan.

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS - KOREAN

Gingko Nuts
Jap Chae
Kalbi

Kimchi
Pulgogi/ bulgogi

KEY TERMS - JAPANESE

Soba Noodle
Udon Noodle
Somen Noodle
Bonito flakes/Katsuobushi
Kombu
Togarashi-Seven Spice
Dashi
Nori
Pickled Daikon
Tobiko – Orange, Green, Red

Wakame
Mirin
Sake
Sansho – Kinome
Mame Miso (Soy)
Kome (rice)
Mugi (barley)
Kamaboko
Japanese Style Sesame Seeds
Wasabi

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Soybean Sprout Salad
Braised Korean Beef Short Ribs
Soy-Glazed Pumpkin
Fried Zucchini with Sesame seeds

TEAM TWO

Miso Soup
Romaine Lettuce with Japanese Salad Dressing
Boiled Soybeans
Udon Noodle Pot

TEAM THREE

Instant Cucumber Kim Chi
Spicy Kim Chi Stew with Pork
Pan-fried Scallions
Steamed Rice
Cook Rice for Day 3 Fried Rice with Chinese Sausage

TEAM FOUR

Daikon and Cucumber Salad
Spicy Beef Soup
Korean Mung Bean Pancakes
Korean Stir-Fried Glass Noodles

SOYBEAN SPROUT SALAD

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Garlic, minced	2 tsp.
Soybean sprouts	1 lb.
Scallion (Green onion), trimmed, sliced	2 ea.
Oil, sesame, dark	2 tsp.
Sesame seeds, toasted	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a wok or skillet over medium-high heat. Add the garlic and scallions and briefly stir-fry until aromatic.
2. Add the sprouts and stir-fry for one minute.
3. Transfer to a medium bowl and set aside to cool.
4. Once cool, add the sesame oil and toasted sesame seeds. Season to taste with salt and pepper.
5. Toss well to blend the ingredients.
6. Cover and refrigerate until ready for service.
7. Serve chilled.

BRAISED KOREAN BEEF SHORT RIBS

Yield: 6 portions

Ingredients	Amounts
Mushroom, shiitake, dried	10 ea.
Beef, short ribs, bone-in, 3-in. lengths	4 lb.
Wine, rice (<i>Mirin</i>)	1 cup
Soy sauce, light	½ cup
Onion, yellow, cut into 2-in. pieces	1 ea.
Ginger, fresh, peeled, lightly crushed	1 wt. oz.
Garlic, chopped	1 Tbsp.
Date, red, Chinese (Jujube)	½ cup
Radish, white (<i>Daikon</i>), oblique cut	½ lb.
Carrot, oblique cut	½ lb.
Sugar, granulated	as needed
Pine nuts	½ cup
Oil, sesame, dark	1 Tbsp.
Egg, separated	4 ea.

Method

1. Place the dried mushrooms in a bowl of warm water and allow them to rehydrate overnight.
2. Cut off the stems and discard. Cut the caps in half. Decant the mushroom rehydration liquid and reserve to cook the beef.
3. Blanch (par-cook) the short ribs in a large pot of rapidly boiling water. Drain well and rinse the short ribs.
4. Place the ribs into a clean stockpot and cover with water. Add the mirin, soy sauce, onions, ginger, garlic, dates, and reserved mushroom liquid.
5. Bring the mixture to a boil, then immediately reduce the heat and simmer for 1 hour. Stir the meat occasionally to keep it well-moistened. Skim off any scum that rises to the surface.
6. Add the mushrooms, daikon, and carrots and continue simmering for at least one more hour, until the meat is fork tender.
7. Before serving, remove the crushed ginger. Taste and adjust seasoning with soy sauce and sugar as needed to create a slightly sweet and salty flavor that is fairly intense.
8. In a square Japanese omelet pan or regular non-stick pan, make a thin omelet with the egg yolks and another thin omelet with the egg whites. Cut each omelet into bite-sized diamonds.
9. In a small, dry skillet over medium heat, place the pine nuts in an even layer. Toast, stirring frequently, until golden and aromatic, 3 to 5 minutes.
10. Serve garnished with pine nuts, sesame oil, and omelet diamonds.

Note: Oblique-cut items are small pieces with two angle-cut sides. To make, cut a long, cylindrical vegetables (such as a daikon or carrot) on a 45° diagonal, then roll the item a half turn and make another cut on the diagonal.

SOY-GLAZED PUMPKIN

Yield: 6 portions

Ingredients	Amounts
Pumpkin, 1-in. diced	1 ½ lb.
Sugar, granulated	1 cup
Water	1 cup
Soy sauce, light	¾ cup
Ginger, fresh, grated	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), green only, sliced	4 ea.
Sesame seeds, toasted	¼ cup

Method

1. Cook the pumpkin in boiling water for 1 to 2 minutes. Drain, shock in an ice bath, and drain again. Reserve.
2. Combine the sugar, water, soy sauce, and ginger in a wide skillet.
3. Bring to a boil over medium heat. Add the pumpkin.
4. Continue to simmer until the liquid has reduced to a syrup. Should the pumpkin not be tender by that time, add more water and continue to simmer.
5. Season with salt and pepper to taste.
6. In a small, dry skillet over medium heat, place the sesame seeds in an even layer. Toast, stirring frequently, until golden and aromatic, about 3 minutes.
7. Garnish with scallions and toasted sesame seeds and serve.

FRIED ZUCCHINI WITH SESAME SEEDS

Yield: 6 portions

Ingredients	Amounts
Zucchini, sliced ¼-in thick on bias	1 ½ lb.
Salt, kosher	2 tsp.
Flour, all-purpose	as needed
Egg, whole, beaten	2 ea.
Sesame seeds	2 cups
Oil, vegetable	as needed

Method

1. Toss zucchini with salt and let it sit for 30 minutes in a colander. Pat the slices dry.
2. Dip zucchini in flour and shake off excess. Dip in eggs and then in sesame seeds.
3. Fill a wide skillet with a ½-inch of oil. Heat over medium heat, bringing oil to 350°F.
4. Pan-fry the zucchini until golden brown on both sides.
5. Drain on a wire rack and serve with dipping sauce of choice.

MISO SOUP

Yield: ½ gallon

Ingredients	Amounts
Dashi (Recipe follows)	½ gal.
Seaweed, wakame, dried	½ wt. oz.
Miso paste	¾ cup
Tofu, silken, firm, small diced	½ lb.
Scallion (Green onion), thinly sliced on bias	4 ea.

Method

1. Heat dashi in a saucepot over medium heat.
2. Soak wakame in cold water to rehydrate. Drain well.
3. Trim off the tough parts and discard. Chop the remaining seaweed into ½-inch pieces and set aside.
4. Combine the miso paste with a cup of the hot dashi. Add mixture to the remaining hot dashi.
5. Heat to maintain just a bare simmer. Do not allow soup to boil.
6. Place the wakame, tofu, and scallions into serving cups. Add the soup when ready to serve.

DASHI

Yield: ½ gallon

Ingredients	Amounts
Sea kelp (<i>Kombu</i>), 3-in. square	1 ea.
Water, cold	½ gal.
Bonito flakes, dried (<i>Katsuobushi</i>)	2 cups

Method

1. Carefully wipe kombu with a damp cloth to remove any sand. Do not remove the flavorful white powder, which is sea salt.
2. Place kombu in a pot with the water. Over medium flame, heat to just below a boil. Remove the kombu just before the liquid begins to boil.
3. Add the dried bonito flakes and turn off the heat.
4. Steep for 5 minutes, then gently strain.

Note: Strained solids can be used for secondary dashi.

ROMAINE LETTUCE WITH JAPANESE SALAD DRESSING

Yield: 10 portions

Ingredients	Amounts
Lettuce, romaine	2 ea.
Carrot, chopped	½ cup
Onion, yellow, chopped	¼ cup
Celery, chopped	¼ cup
Orange, juice and pulp, fresh	¼ ea.
Ginger, fresh, minced	2 tsp.
Soy sauce, light	2 tsp.
Ketchup	2 tsp.
Vinegar, rice, unseasoned	1 Tbsp.
Sugar, granulated	½ tsp.
Oil, vegetable	¼ cup
Salt, kosher	to taste

Method

1. Wash the lettuce and cut into 2-in. pieces.
2. Place all ingredients for the dressing into a blender and purée until very smooth.
3. Immediately before service, toss the lettuce with the dressing.

BOILED SOYBEANS

EDAMAME

Yield: 6 portions

Ingredients	Amounts
Water	2 qt.
Salt, kosher	2 Tbsp.
Soybeans, in pods (<i>Edamame</i>), frozen	1 lb.

Method

1. Blanch the soybeans in rapidly boiling, well-salted water.
2. Drain. Transfer to an ice-water bath to stop the cooking process. Drain again.
3. Adjust the seasoning with salt to taste.

UDON NOODLE POT

Yield: 6 portions

Ingredients	Amounts
Noodles, udon, dried	2 lb.
Clam, littleneck, scrubbed well	12 ea.
Chicken, thigh, boneless, skinless, trimmed, cut into thin strips	½ lb.
Shrimp, peeled, deveined	12 ea.
Mushroom, shiitake, stems removed	12 ea.
Cabbage, napa, leaves	12 ea.
Carrot, cut into thin rounds	½ lb.
Peas, snow, strings removed	½ lb.
Stock, Japanese (<i>Dashi</i>)	½ gal.
Soy sauce, light	½ cup
Wine, rice (Mirin)	2 Tbsp.
Scallion (Green onion) thinly sliced on bias	4 ea.

Method

1. Cook the noodles in rapidly boiling salt water until al dente. Shock in cold water and hold covered for service.
2. When ready to serve, heat the dashi in a saucepot and add soy sauce.
3. In a separate saucepot, combine a small amount of the heated dashi with the clams, shiitake, carrots, cabbage, and snow peas and cook until the clams start to open.
4. Add the chicken and shrimp and continue to cook until the shrimp is pink, and the chicken is cooked, about 1 minute.
5. Arrange the hot noodles in individual serving bowls and top with the cooked clam-shrimp mixture.
6. Pour enough hot seasoned dashi over the noodles to barely submerge them.
7. Garnish with scallions and serve.

INSTANT CUCUMBER KIM CHI

Yield: 6 portions

Ingredients	Amounts
Cucumber, European, seeded, cut in half lengthwise, thinly sliced	2 ea.
Salt, kosher	1 ½ tsp.
Radish, white (<i>Daikon</i>), julienne	1 cup
Salt, kosher	1 tsp.
Garlic, clove, peeled, mashed	1 ea.
Scallion (Green onion), thinly sliced	2 ea.
Ginger, fresh, grated	½ Tbsp.
Korean chili powder (<i>Gochugaru</i>)	1 ½ tsp.
Sesame seeds, toasted	1 Tbsp.

Method

1. Place cucumbers into a colander. Mix with 1 ½ teaspoon of the salt and set aside for 2 hours to drain.
2. Mix the julienned daikon with 1 teaspoon of the salt and let sit for 30 minutes.
3. Gently squeeze out the excess moisture from the cucumbers and daikon.
4. Transfer the cucumber and daikon to a mixing bowl. Add the garlic, scallions, ginger, chili powder, and sesame seeds. Toss well to blend.
5. Refrigerate until ready for service.

SPICY KIMCHI STEW WITH PORK

Yield: 6 portions

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

Method

1. Heat the oil in a saucepot over medium heat. Add the onions and cook until softened, about 5 minutes.
2. Add the garlic and continue to sweat for 1 minute.
3. Add the pork and cook until the meat turns opaque.
4. Stir in the chili paste and powder and cook for another 30 seconds.
5. Add the kimchi and just enough stock to barely submerge the ingredients. Bring to a boil, then reduce heat to maintain a simmer.
6. Simmer for 30 to 45 minutes until the meat is tender. Adjust seasonings as necessary.
7. Place the tofu into bowls. Ladle the stew into the bowls and serve garnished with scallions and sliced chiles.

PAN-FRIED SCALLIONS

Yield: 6 portions

Ingredients	Amounts
Sesame salt	1 Tbsp.
Soy sauce	2 tsp.
Scallion (Green onion), chopped	2 tsp.
Garlic, chopped	1 tsp.
Sugar, granulated	1 tsp.
Salt, kosher	½ tsp.
Oil, sesame	½ tsp.
Pepper, black, ground	to taste
Beef, strip loin, minced	4 wt. oz.
Scallion (Green onion), bunch	3 ea.
Shrimp, peeled, de-veined, chopped	3 wt. oz.
Squid, skin removed, finely sliced	¼ cup
Clam, chopped	¼ cup
Crab meat, chopped	¼ cup
Flour, rice	4 Tbsp.
Egg, whole	4 ea.
Oil, vegetable	as needed
Sweet Soy Vinegar Dipping Sauce (Recipe follows)	1x recipe
Korean Hot Pepper Sauce (Recipe follows)	1x recipe

Method

1. For the beef seasoning, combine the sesame salt, soy sauce, chopped scallion, garlic, sugar, salt, sesame oil, and pepper in a large mixing bowl. Mix well to blend. Add the beef and toss well to coat.
2. Cut scallions into quarters, lengthwise, then cut quarters into 2-inch lengths. Reserve.
3. Add the sliced scallions, shrimp, squid, clams, and crab meat to the seasoned beef and toss well to coat.
4. Sprinkle rice flour over the beef mixture, then add the eggs and mix well to blend.
5. Spoon mixture into disc shapes onto a heated pan and fry over moderate heat until both sides are golden brown.
6. Serve with the sweet soy vinegar and hot pepper dipping sauces on the side.

SWEET SOY VINEGAR DIP

Yield: 1 cup

Ingredients	Amounts
Garlic, clove, sliced	2 ea.
Soy sauce, light	½ cup
Vinegar, rice, light	¼ cup
Oil, sesame, dark	1 Tbsp.
Sugar, granulated	2 Tbsp.
Scallion (Green onion), minced	2 Tbsp.

Method

1. Blanch the garlic in boiling, salted water. Drain and mash it into a paste.
2. Combine the garlic paste with the remaining ingredients in a bowl and mix well.
3. Adjust seasonings to taste.

KOREAN RED PEPPER SAUCE

Yield: 20 portions

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Garlic, minced	4 Tbsp.
Scallion (Green onion), sliced	2 ea.
Korean chile paste (<i>Gochujang</i>)	1 cup
Water	½ cup (or as needed)
Oil, sesame	1 tsp.

Method

1. Heat the vegetable oil in a skillet over medium heat. Add the garlic and scallions and briefly cook until softened.
2. Add the remaining ingredients and simmer for 30 seconds, stirring constantly.
3. Adjust consistency with additional water, if necessary.

STEAMED RICE

Yield: 5 cups

Ingredients	Amounts
Rice, Japanese, short-grain	2 cups
Water	2 ½ cups

Method

1. Place rice and water in a pot. Bring to a boil, stirring briefly and gently to ensure rice is not sticking.
2. When the water comes to a boil, cover the pot tightly and reduce the heat to very low.
3. Cook, covered, for 20 minutes. Remove from the heat, lift the lid to release steam, and replace it immediately.
4. Let stand for 10 minutes to allow starches in rice to firm.
5. Turn rice over gently, using a wet, wooden rice paddle or shallow, wooden spoon.
6. To serve, transfer to a bowl or serve directly from the pot.

DAIKON AND CUCUMBER SALAD

Yield: 6 portions

Ingredients	Amounts
Radish, white (<i>Daikon</i>), peeled, julienne	1 lb.
Carrot, peeled, julienne	1 ea.
Cucumber, European, peeled, julienne	1 ea.
Salt, kosher (Divided)	1 Tbsp.
Vinegar, rice, light	¼ cup
Sugar, granulated	2 Tbsp.
Korean chile powder (<i>Gochugaru</i>)	1 tsp.

Method

1. Place the daikon, carrot, and cucumber into separate bowls.
2. Add 1 tsp. of salt to each bowl. Mix well and let sit for 30 minutes.
3. Gently squeeze out any excess water released from each vegetable. Combine vegetables into one mixing bowl.
4. Add the vinegar, sugar, and pepper. Mix well to blend.
5. Cover and refrigerate until ready for service.

SPICY BEEF SOUP

Yield: ½ gallon

Ingredients	Amounts
Beef, bones	4 lb.
Beef, flank or shoulder	1 ½ lb.
Stock, white, beef	1 gal.
Onion, yellow, peeled, quartered	1 lb.
Ginger, fresh, sliced ⅛-in.	½ wt. oz.
Scallion (Green onion), thinly sliced	4 ea.
Garlic, minced	½ Tbsp.
Korean chile paste (<i>Gochujang</i>)	¼ cup
Korean soybean paste (<i>Doenjang</i>)	¼ cup
Soy sauce, light	2 Tbsp.
Cabbage, napa, chiffonade	4 cups
Oil, sesame	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Egg, whole, beaten lightly	4 ea.
Bean sprouts, cut into 1-in. lengths	2 ½ cups

Method

1. Blanch (par-cook) the beef bones in boiling, salted water.
2. Combine the blanched bones, beef, and stock in a stockpot. Bring liquid to a boil, then reduce heat to maintain a simmer.
3. Add the onions and ginger. Cover tightly and simmer until the meat is very tender.
4. Remove the beef and set it in cold water for 15 minutes, then drain. Reserve the broth.
5. Shred the meat into 1-inch length strips and set aside.
6. Strain the broth into a clean pot and bring it to a boil.
7. Add the scallions, garlic, red pepper paste, soybean paste, soy sauce, and cabbage. Return soup to a boil, then reduce heat and simmer for 10 minutes.
8. Taste and adjust seasonings and flavoring with sesame oil, salt, and pepper.
9. Add the beaten eggs and stir gently to create an "egg drop" effect.
10. Add the bean sprouts and serve.

KOREAN MUNG BEAN PANCAKES

Yield: 6 portions

Ingredients	Amounts
Beans, mung, skinless	¾ lb.
Onion, yellow, thinly sliced	½ ea.
Cabbage, napa, thinly sliced	½ cup
Salt, kosher	as needed
Flour, rice	⅓ cup
Water	as needed
Scallion (Green onion), thinly sliced	5 ea.
Garlic, clove, minced	1 ea.
Salt, kosher	to taste
Oil, vegetable	as needed
Korean chile paste (<i>Gochujang</i>)	as needed
Soy sauce, light	½ cup
Vinegar, rice	¼ cup

Method

1. Soak the mung beans for 3 hours in cold water.
2. Mix the onion and cabbage with salt. Let it sit for 30 minutes, then squeeze out the excess moisture.
3. Drain and coarsely purée the beans in a food processor. Add the flour and water as needed to form a coarse pancake batter.
4. Mix the batter with the onion and cabbage mixture, scallions, and garlic. Season with salt to taste.
5. Heat a small amount of oil in a skillet. Ladle a small amount of batter into the skillet and pan-fry until golden brown on each side.
6. Remove the pancakes and drain on a wire rack.
7. For the dipping sauce, combine the soy sauce and rice vinegar in a small mixing bowl.
8. Serve the pancakes with the Korean hot pepper paste and dipping sauce on the side.

KOREAN STIR-FRIED GLASS NOODLES

Yield: 6 portions

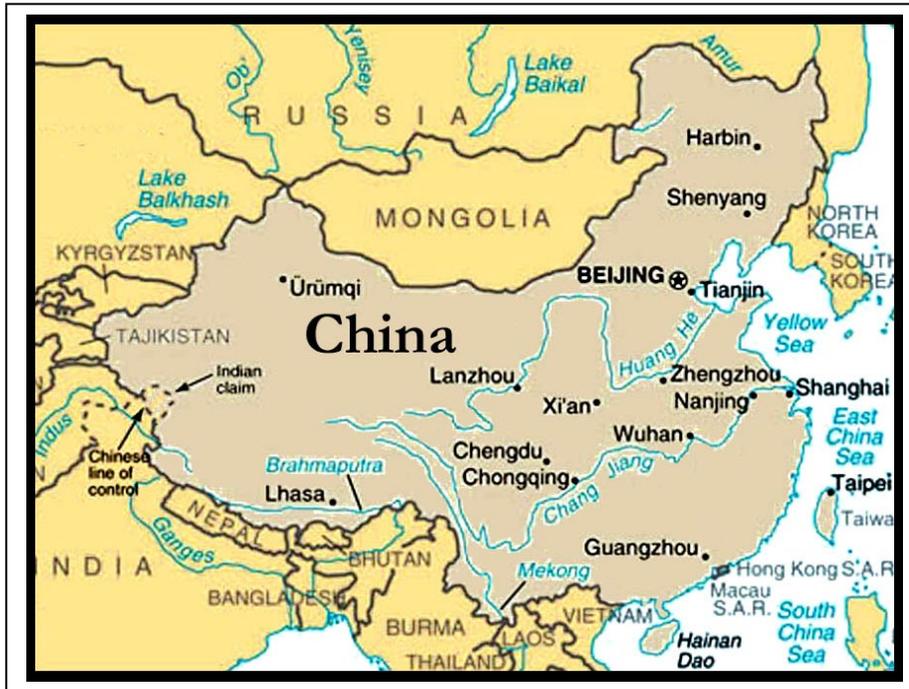
Ingredients	Amounts
Mushroom, shiitake	10 ea.
Mushroom, wood ear, dried	1 wt. oz.
Noodles, sweet potato	1 lb.
Scallion (Green onion), thinly sliced	3 ea.
Soy sauce, light	½ cup
Sugar, granulated	2 Tbsp.
Oil, sesame	1 Tbsp.
Oil, vegetable	½ cup
Onion, yellow, thinly sliced with the grain	2 cups
Garlic, minced	2 ½ Tbsp.
Cabbage, green, chiffonade	3 cups
Carrot, julienne	2 cups
Pepper, bell, red, julienne	2 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Egg, lightly beaten	5 ea.

Method

1. Cut off the entire stem of the shiitake mushrooms. Cut caps into ⅛-inch wide strips.
2. Soak the wood ear mushrooms to rehydrate. Drain, trim off the hard parts, and cut into ⅛-inch-wide strips.
3. Pour enough boiling water over noodles to cover by at least 2 inches. Soak until rehydrated and elastic. Drain, rinse with cool water, and reserve.
4. Whisk together the scallions, soy sauce, sugar, and sesame oil in a mixing bowl. Reserve.
5. Heat the oil in a wok over medium-high heat. Stir-fry the onions and garlic until aromatic.
6. Add the shiitake and wood ear mushrooms, cabbage, carrots, and peppers. Stir-fry until vegetables are almost cooked through.
7. Add the noodles and stir-fry until ingredients are heated.
8. Add the soy sauce mixture. Season with salt and pepper and toss well to coat. If the mixture appears dry, moisten slightly with water.
9. In an omelet pan or other non-stick pan, use the beaten eggs to make a 1/8-inch thin omelet. Julienne the omelet.
10. Transfer to a serving plate and garnish with the omelet julienne.

DAY THREE

CHINA



LEARNING OBJECTIVES

By the end of this day you should be able to...

- apply the various methods of steaming, deep-frying, braising, and stir-frying when preparing Asian dishes.
- properly coat meat for preparation in stir-fry dishes.
- properly cut vegetables, meats and poultry for use in Chinese menus.
- identify different types of rice.
- list the four main regional Chinese cuisines.
- list the characteristics of Chinese cuisine.
- list the flavor profiles specific to Chinese cuisine.

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS – CHINESE

Canton	Five Spice Powder
Hot Bean Paste	Oyster Sauce
Peking (Beijing)	Preserved Vegetables
Red Cooking	Shanghai
Soy Sauce	Star Anise
Stir-fry	Szechwan
Tofu	Velveting
Wok	Yin Yang

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Spring Rolls with Ginger-Soy Dipping Sauce and Spicy Mustard

Aromatic Lamb Shoulder with Mushrooms

Braised Green Cabbage

TEAM TWO

Wonton Soup

Spicy Grandmother's Tofu

Stir-Fried Bok Choy

TEAM THREE

Chinese Hot and Sour Soup

Red Cooked Pork Belly

Fried Rice with Chinese Sausage

TEAM FOUR

Fried Pancakes

Spicy Cabbage Salad

Sweet and Spicy Braised Spareribs

SPRING ROLLS

Yield: 25 rolls

Ingredients	Amounts
Mushroom, black fungus, dried	1 cup
Pork, ground	9 wt. oz.
Salt, kosher	as needed
Shrimp, 36/40	1 lb.
Cabbage, napa, chiffonade	3 ½ cups
Carrot, julienned	2 ¼ cups
Bean sprouts	3 cups
Scallion (Green onion), thinly sliced	6 ea.
Ginger, fresh, 2-inch piece, minced	1 ea.
Oyster sauce	¼ cup
Chile bean paste (<i>Doubanjiang</i>)	¼ cup
Hoisin sauce	¼ cup
Vinegar, rice	2 Tbsp.
Spring roll wrappers	25 ea.
Egg, whole, beaten	2 ea.
Oil, vegetable	as needed
Ginger-Soy Dipping Sauce (Recipe follows)	8 fl. oz.
Spicy Mustard (Recipe follows)	1 cup

Method

1. In a small bowl, place the black fungus and enough boiling water to cover. Cover the bowl with plastic wrap and let it rehydrate for at least 30 minutes. Julienne and reserve.
2. Heat a skillet or wok over medium-high heat. Add the pork. Stir fry until the pork is opaque, 4 to 5 minutes. Reserve.
3. Bring a pot of salted water to a boil, then lower the heat to a simmer. Add the shrimp. Poach until it is pink and opaque, about 4 minutes. Drain. Transfer the shrimp to an ice bath until it is cool enough to handle. Drain. Peel and devein the shrimp. Chop into chunks and reserve.
4. For the filling, in a large bowl, place the reserved black fungus, pork, chopped shrimp, cabbage, carrot, bean sprouts, scallion, and ginger. Mix to combine. Reserve.
5. For the seasoning, in a small bowl, combine the oyster sauce, hot bean paste, hoisin sauce, and rice vinegar. Add the seasoning mixture to the bowl with the filling. Mix to combine.
6. Wrap the spring roll wrappers in a damp paper towel. As they are used, keep the remainder wrapped in the towel to prevent them from drying out.

7. Lay a spring roll wrapper flat on a clean, dry surface, with one corner facing you. Lightly brush the edges with the beaten egg. Place about 3 tablespoons of filling in a cylinder shape slightly below the center of the wrapper, leaving space between the filling and the corner/edges.
8. Fold the bottom corner of the wrapper over the filling. Slightly roll it back to make sure the wrapper is snug around the filling. Using your thumb, tuck the edge closest to the filling upwards, then fold in the two side corners over the roll. Continue rolling tightly until the spring roll is fully sealed (see Chef demo).
9. Preheat a deep fryer or large pot filled halfway with oil to 350°F.
10. Working in batches, gently place the spring rolls into the hot oil. Fry until golden brown and crisp, 2 to 3 minutes. Turn the rolls occasionally to ensure even browning. Remove the rolls from oil and drain on paper towels. Repeat this process with the remaining rolls.
11. Serve with the Ginger Soy Dipping Sauce and the Spicy Mustard.

Source: Chef Michael Pardus

GINGER-SOY DIPPING SAUCE

Yield: 8 fluid ounces

Ingredients	Amounts
Ginger, fresh, minced	¼ cup
Soy sauce, light	¼ cup
Vinegar, rice, black	½ cup
Water	¼ cup
Oil, sesame	1 Tbsp.
Sugar, granulated	½ tsp.

Method

1. In a large bowl, place all the ingredients. Whisk together until the sugar is dissolved.
2. Transfer to small ramekins.

SPICY MUSTARD

Yield: 1 cup

Ingredients	Amounts
Mustard, powder	1 cup
Salt, kosher	1 pinch
Sugar, granulated	1 pinch
Water, cold	½ cup

Method

1. In a small bowl, combine the mustard powder, salt, and sugar.
2. Gradually whisk in the water until a smooth, thick, creamy consistency is achieved.
3. Cover the bowl with plastic wrap. Let it rehydrate (bloom) for 15 minutes.

AROMATIC LAMB SHOULDER WITH MUSHROOMS

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	¼ cup
Garlic, minced	2 tsp.
Scallion (Green onion), minced	2 ea.
Ginger, fresh, ½-in. piece, minced	1 ea.
Chile, Chinese, dried, whole	1 Tbsp.
Lamb, shoulder chop, 8 wt. oz. ea.	4 lb.
Soy sauce, dark	3 Tbsp.
Wine, rice, ShaoXing	2 Tbsp.
Pepper, black, ground	1 tsp.
Sugar, granulated	2 Tbsp.
Stock, chicken	1 qt.
Molasses (Optional)	¼ cup
Orange, peel, fresh	1 ea.
Cinnamon, stick	1 ea.
Star anise	8 ea.
Mushroom, button, quartered	1 lb.
Celery, large diced	2 cups
Cornstarch	as needed
Water	as needed
Cilantro, fresh, cut coarse	¼ cup

Method

1. To create the spice bag, wrap the orange skin, cinnamon stick, and star anise in cheesecloth and tie with kitchen twine.
2. Heat oil in a wok over medium-high heat. Add the garlic, scallions, ginger, and chiles and stir-fry until aromatic.
3. Add the lamb chops and stir-fry until the exterior turns brown all over.
4. Add the soy sauce, Shao Xing, black pepper, sugar, stock, molasses, and the spice bag. Bring to a boil, then reduce heat to a simmer and cook until the lamb is very tender. Remove the spice bag.
5. Add the mushrooms and celery and cook for 5 five minutes.
6. In a small bowl, whisk together equal parts cornstarch and water. Add the cornstarch slurry to the sauce as needed so the sauce coats the back of a spoon.

7. Stir in the cilantro and serve.

Note: Dry sherry can be substituted for the Shao Xing rice wine. Thick soy sauce can be substituted for the molasses.

BRAISED GREEN CABBAGE

Yield: 6 portions

Ingredients	Amounts
Oil, peanut	2 Tbsp.
Garlic, minced	5 tsp.
Ginger, fresh, minced	1 Tbsp.
Scallion (Green onion), chopped	½ cup
Chile, Chinese, red, dried	3 ea.
Cabbage, savoy, chiffonade	2 lb.
Stock, chicken	1 ½ cups
Soy sauce, light	3 Tbsp.
Vinegar, rice, light	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sugar, granulated	to taste
Cornstarch	as needed
Water	as needed

Method

1. Heat the oil in a wok or skillet over medium heat.
2. Add the ginger, garlic, scallions, and chiles and stir-fry until aromatic.
3. Add the cabbage and toss to combine.
4. Add the chicken stock and soy sauce. Cover and simmer until the cabbage is tender.
5. Season to taste with vinegar, salt, pepper, and sugar.
6. In a small bowl, whisk together equal parts cornstarch and water. Thicken as needed with the cornstarch slurry.

WONTON SOUP

Yield: 1 gallon

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Scallion (Green onion), thinly sliced	2 ea.
Ginger, fresh, minced	1 tsp.
Stock, chicken	2 qt.
Soy sauce, light	as needed
Salt, kosher	3 Tbsp.
Pepper, black, ground	1 tsp.
Cabbage, napa, finely chopped	3 ¼ cups
Salt, kosher	1 Tbsp.
Pork, ground	½ lb.
Scallion (Green onion), bunch, thinly sliced	1 ea.
Ginger, fresh, minced	½ Tbsp.
Soy sauce, light	1 Tbsp.
Salt, kosher	1 tsp.
Sugar, granulated	1 Tbsp.
Pepper, black, ground	as needed
Oil, sesame, dark	½ Tbsp.
Wonton wrapper	as needed
Ham, julienne	½ lb.
Egg, whole	3 ea.
Spinach, bunch, stemmed, roughly chopped	2 ea.

Method

1. For the broth, heat the oil in a soup pot over medium-high heat. Add the scallions and ginger and sauté until aromatic.
2. Add the stock and bring it to a boil.
3. Season with soy sauce, salt, and pepper. Keep warm.
4. For the stuffing, combine the chopped Napa cabbage with salt. Let it sit for 1 minute, then squeeze out excess water with a clean side towel.
5. In a mixing bowl, combine the cabbage with pork, scallion, ginger, soy sauce, salt, sugar, pepper, and oil. Mix well.
6. Form a small amount of the stuffing into a patty and cook to check for flavorings and seasonings. Adjust seasonings, if necessary.

7. Assemble wontons.
8. Cook wontons in boiling water for 2 minutes until they float. Drain and transfer to a lined, lightly oiled sheet pan to cool.
9. Blanch spinach for 30 seconds and squeeze dry. Reserve.
10. When ready to serve, add the ham, egg, and spinach to the broth. Adjust seasonings, if necessary.
11. Place wontons in hot cups and ladle broth over top.

SPICY GRANDMOTHER'S TOFU

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Chile, Sichuan	1 ½ tsp.
Chinese Chile bean paste (<i>Doubanjiang</i>)	1 Tbsp.
Scallion (Green onion), minced	1 ea.
Ginger, fresh, minced	1 tsp.
Garlic, minced	2 tsp.
Pork, ground	¾ lb.
Wine, rice, Shao Xing	1 ½ Tbsp.
Soy sauce, light	2 Tbsp.
Tofu, silken, medium diced	1 ½ lb.
Salt, kosher	1 tsp.
Cornstarch	as needed
Water	as needed
Scallion (Green onion), sliced	1 ea.

Method

1. Combine oil and Sichuan pepper in a wok. Heat until the pepper starts to brown and becomes fragrant.
2. Using a skimmer, remove all the pepper from the oil and discard.
3. Add the chile bean paste, scallions, ginger, and garlic to the oil. Cook until the mixture is fragrant.
4. Add the ground pork and stir-fry until the meat is cooked through.
5. Add the Shao Xing and season with soy sauce to taste.
6. Carefully place the diced tofu over the ground meat in the wok. Sprinkle salt evenly over the top. Then cover with a lid and cook for another 3 minutes.
7. Carefully mix the tofu with the ground meat, being gentle as the tofu is very fragile.
8. In a small bowl, whisk together equal parts cornstarch and water. Thicken the tofu lightly with cornstarch slurry. Adjust seasonings to taste.
9. Serve garnished with scallions.

STIR-FRIED BOK CHOY

Yield: 6 portions

Ingredients	Amounts
Bok choy, baby	1 ½ lb.
Oil, vegetable	2 Tbsp.
Garlic, clove, thinly sliced	8 ea.
Salt, kosher	as needed
Sugar, granulated	as needed

Method

1. Separate the bok choy into its individual leaves.
2. Heat the oil in a wok or skillet over medium heat. Add the garlic and stir-fry until aromatic.
3. Add the bok choy and stir-fry until done, adding a splash of water to the wok if needed to keep garlic from burning.
4. Season with salt and sugar to taste.

CHINESE HOT AND SOUR SOUP

Yield: 1 gallon

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Ginger, fresh, minced	1 Tbsp.
Scallion (Green onion) thinly sliced	½ cup
Pork, butt, ground	½ lb.
Fungus, black, rehydrated, julienne	½ cup
Lily bud, dried, rehydrated, 1-in. lengths	½ cup
Cabbage, napa, chiffonade	3 ¼ cups
Stock, chicken	1 gal.
Vinegar, rice, light	1 cup
Soy sauce, light	½ cup
Salt, kosher	1 Tbsp.
Pepper, white, ground	2 Tbsp.
Cornstarch	2 Tbsp.
Water	2 Tbsp.
Egg, whole, lightly beaten	3 ea.
Oil, sesame, dark	2 Tbsp.
Tofu, firm (brine), small diced	½ lb.
Scallion (Green onion), thinly sliced	3 ea.

Method

1. Heat the oil in a soup pot over medium-high heat. Add the ginger and scallions and stir-fry until aromatic.
2. Add the pork and stir-fry until pork is cooked.
3. Add black fungus, lily buds, and cabbage and continue to stir-fry until the cabbage is tender.
4. Stir in the stock, vinegar, soy sauce, salt, and pepper and bring to a boil.
5. In a small bowl, whisk together equal parts cornstarch and water. Slowly add the cornstarch slurry to the boiling soup. Stir constantly until soup obtains a medium-thick consistency.
6. Beat eggs with sesame oil until emulsified.
7. Reduce heat to a simmer and slowly add eggs to soup as “egg drop.” Keep hot, but do not allow soup to boil.
8. Add tofu and stir to combine.
9. Serve with a garnish of scallions.

RED COOKED PORK BELLY

Yield: 6 portions

Ingredients	Amounts
Pork, belly, fresh, large diced	2 ½ lb.
Sugar, brown, packed	¼ cup
Ginger, fresh, thickly sliced	1 wt. oz.
Scallion (Green onion), cut into 1-in. pieces	2 ea.
Wine, rice, Shao Xing	2 Tbsp.
Soy sauce, light	½ cup
Soy sauce, dark	3 Tbsp.
Star anise	3 ea.
Water	1 pt.
Potato, yellow, peeled, 1-in. diced	1 lb.

Method

1. In a stock pot or small rondeau, cook the pork belly without oil over medium heat for 1 minute.
2. Add the sugar and continue cooking until sugar is melted.
3. Add the ginger and scallions and cook until aromatic.
4. Stir in the Shao Xing, light and dark soy sauce, star anise and enough water to just cover the meat.
5. Cover tightly and simmer over very low heat for about 45 minutes.
6. Add the potatoes and continue to cook for another 30 minutes until the pork and potatoes are tender. Add more liquid throughout cooking, as necessary.

FRIED RICE WITH CHINESE SAUSAGE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	3 Tbsp.
Egg, whole, beaten	3 ea.
Sausage, Chinese, small diced	½ lb.
Onion, yellow, small diced	1 ea.
Garlic, minced	¼ cup
Scallion (Green onion), sliced	4 ea.
Mushroom, shiitake, med. diced	¼ lb.
Carrot, medium diced	¼ lb.
Rice, white, long-grain, cooked	1 ½ cups
Pepper, bell, green, small diced	1 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.

Method

1. Heat the oil in a wok over medium heat. Add the eggs and cook until done, breaking the eggs apart with a wok spatula throughout cooking. Remove from the pan and reserve.
2. Add the diced sausage to the wok and cook to melt out the fat.
3. Add the onions, garlic, and scallions and stir-fry in the rendered fat until aromatic.
4. Add the mushrooms and peppers and cook until tender.
5. Bring a medium pot of salted water to a boil. Add the carrots and blanch for 5 minutes. Drain. Add the blanched carrots to the wok.
6. Adjust seasoning with salt and pepper and stir-fry until rice is hot and begins to turn golden brown.
7. Return the cooked eggs to the wok and toss to combine.

FRIED PANCAKES

CHAO BING

Yield: 4 portions

Ingredients	Amounts
Flour, all-purpose	1 lb.
Water, cold	10 fl. oz.
Oil, vegetable	1 Tbsp.
Salt, kosher	to taste
Oil, peanut	as needed
Bok choy, shredded	2 wt. oz.
Carrot, julienned	2 wt. oz.
Leek, julienned	2 wt. oz.
Bean sprouts	2 wt. oz.
Cabbage, green, julienned	2 wt. oz.
Salt, kosher	to taste
Soy sauce	to taste

Method

1. Combine the water with the flour. Knead the dough until elasticity is achieved, 5 to 10 minutes. Add more water as needed. Let the dough rest for 30 minutes to 1 hour.
2. Roll the dough to a ¼" disc on a lightly floured surface, sprinkle with salt and brush with the oil. Roll up as for a strudel and roll both ends towards the middle to resemble a snail shell.
3. Flatten and roll to ¼-inch thick. Fry in a lightly oiled pan on both sides until barely brown.
4. After the pancake is cooled, cut it into fine strips and set aside.
5. In a wok or a skillet, heat the oil. Add the bok choy, carrots, leek, bean sprouts, and green cabbage. Briefly stir-fry the vegetables. They should retain a crunchy texture. Season with salt and soy sauce to taste.
6. Add the sliced pancake, mixing to evenly incorporate.

SPICY CABBAGE SALAD

Yield: 6 portions

Ingredients	Amounts
Cabbage, napa, chiffonade	1 ½ lb.
Salt, kosher	1 Tbsp.
Sugar, granulated	2 Tbsp.
Oil, vegetable	¼ cup
Pepper, Sichuan, whole	1 Tbsp.
Chile, dried, crushed	1 Tbsp.
Vinegar, rice, light	3 Tbsp.
Scallion (Green onion), thinly sliced	2 ea.
Garlic, sliced	1 tsp.

Method

1. In a mixing bowl, combine the cabbage with the salt and sugar. Let it sit for 15 minutes, then squeeze out the excess moisture. Reserve.
2. Pour the vegetable oil into a wok, add the Sichuan peppercorns and crushed chiles, and carefully heat the oil until the Sichuan pepper and chiles start to turn dark brown and the oil begins to smoke.
3. Carefully, strain the hot oil right onto the cabbage and mix to combine. *The oil will be very hot.*
4. Add the vinegar, scallions, garlic and adjust the seasoning as necessary.

SWEET AND SPICY BRAISED SPARERIBS

Yield: 6 portions

Ingredients	Amounts
Pork, baby-back ribs, cut in ½ across bone	4 lb.
Oil, vegetable	2 Tbsp.
Ginger, fresh, minced	2 tsp.
Soy sauce, light	¼ cup
Soy sauce, dark	1 Tbsp.
Hoisin sauce	2 Tbsp.
Stock, chicken	2 cups
Orange, zested and grated	1 ea.
Star anise	2 ea.
Cinnamon, stick	1 ea.
Orange, juice, fresh	½ cup
Sugar, brown	2 Tbsp.
Chili paste	1 ½ tsp.

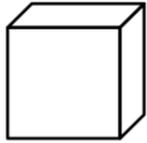
Method

1. Cut the ribs between the bones into individual pieces.
2. Bring a 4-qt. pot of water to a boil. Add the ribs and simmer for 3 minutes. Drain and rinse the meat with cold water.
3. Heat the oil in a wok over medium-high heat; add the ginger and stir-fry until fragrant, about 10 seconds.
4. Add the ribs, both soy sauces, and hoisin sauce and stir-fry, tossing to evenly coat the ribs.
5. Add the chicken stock, orange zest, star anise, and cinnamon stick and bring to a boil.
6. Reduce heat to low, cover with a lid, and braise until the meat is tender, about 1 hour. Check frequently to make sure not all liquid has evaporated.
7. Once the meat is tender, remove the lid and increase the heat.
8. Add the orange juice, brown sugar, and chili paste.
9. Cook, uncovered, until the sauce reduces to a glaze and coats the ribs evenly.

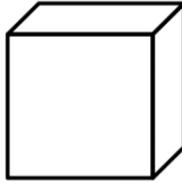
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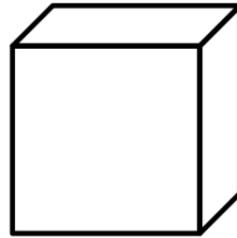
BASIC KNIFE CUTS



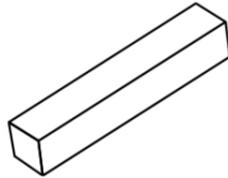
Small Dice
1/4" cube



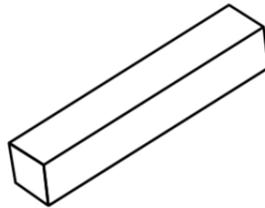
Medium Dice
1/2" cube



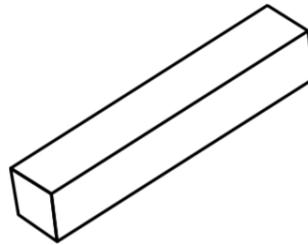
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



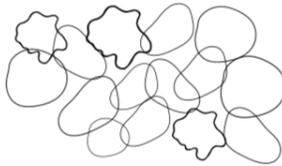
Julienne
1/8" sq x 2 inch



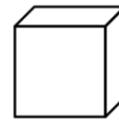
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



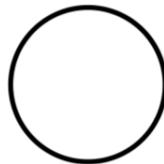
Chop
1/8"-1/4" cube



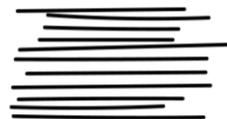
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 ¾ pt.)

METRIC CONVERSION TABLE

To Change...	To...	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	1/2	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	3/4	3/8	170
48	16	8	1	1/2	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These Materials Were Developed at the Culinary Institute of America.

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