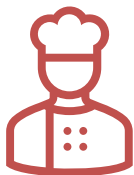




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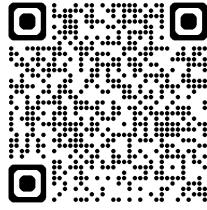
Asian Cuisine Boot Camp

WELCOME!



CIAFOODIES.COM

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Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

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 side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- 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, dice, etc.).



FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- 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.

KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly. 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.
- 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 body with the point down.
- Alert others by saying "Behind you with a knife."



COURSE INFORMATION

Welcome to The Culinary Institute of America's Asian Cuisine Boot Camp! During this intensive 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, to Thailand and Vietnam in the southeast, 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: THAILAND

LEARNING OBJECTIVES

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

- list the basic ingredients characteristic of Thai cuisine.
- describe the primary flavor profiles of Thai cuisine.
- prepare a variety of Thai dishes following standardized recipes.
- compare the major flavor principles of Thai cuisine.
- describe the influences of other Asian countries and surrounding geography on Thai cuisine.
- produce signature dishes native to Thailand.

LEARNING ACTIVITIES

- Lecture and Discussion
- Demonstrations
- Hands-On Production
- Product Evaluation

KEY TERMS

Nouc mam
Chile padi
Makrut lime
Red curry paste
Tamarind
Yellow curry paste
Green curry paste
Rice paddy herb
Rau ram

Coconut milk
Nam pla
Galangal
Lemon grass
Sugar cane
Straw mushrooms
Massaman curry paste
Parilla
Saw leaf herb

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Thai Hot and Sour Soup
Thick Beef Curry in Sweet Peanut Sauce
Crispy Rice Noodles with Pork and Shrimp

TEAM TWO

Thai Green Papaya Salad
Stir-Fried Squid with Basil
Coconut Rice

TEAM THREE

Fish Cakes with Spicy Thai Cucumber Salad
Tofu with Red Curry Sauce
Bok Choy with Lime Dressing

TEAM FOUR

Deep-Fried Eggs
Pad Thai
Roasted Coconut Cashew Nuts

THAI HOT-AND-SOUR SOUP

TOM YUM KUNG

Yield: 10 portions

Ingredients	Amounts
Shrimp, 21/25	1 ½ lb.
Lemongrass, stalk	2 ea.
Oil, vegetable	1 Tbsp.
Red curry paste	2 Tbsp.
Galangal, minced	1 Tbsp.
Lime, makrut, leaf, fresh	6 ea.
Stock, chicken	2 qt.
Chile, Thai bird's eye, thinly sliced	6 ea.
Tomato, plum (Roma), cut into eighths	4 ea.
Mushroom, straw, canned, cut in half	8 wt. oz.
Fish sauce	⅓ cup
Sugar, granulated	1 Tbsp.
Lime, juice, fresh	1 cup
Cilantro, fresh, coarsely cut	½ cup

Method

1. Peel and devein the shrimp. Rinse and reserve the shells. Slice the shrimp in ½. Reserve.
2. Trim the root end and top ½-inch from the lemongrass stalks and discard. Slice the stalks in ½ lengthwise and cut into 1-inch lengths. Reserve.
3. Heat the oil in a saucepot over medium heat. Add the curry paste. Toast until it is just aromatic, but not browned, about 1 minute.
4. Add the reserved shrimp shells and lemongrass, and the galangal, lime leaves, and chicken stock. Turn up the heat to high and bring it to a boil.
5. Turn down the heat to medium-low. Simmer until the flavors are infused, about 10 minutes. Strain the soup through a chinois and into a clean pot.
6. Add the chiles, tomatoes, mushrooms, fish sauce, and sugar. Turn up the heat to high and bring it to a boil.
7. Turn down the heat to low. Add the shrimp. Simmer until the shrimp are pink and opaque, 1 to 2 minutes.
8. Stir in the lime juice.
9. Season with additional fish sauce and lime juice to taste.

THICK BEEF CURRY IN SWEET PEANUT SAUCE

Yield: 6 portions

Ingredients	Amounts
Peanuts	¾ cup
Oil, vegetable	2 Tbsp.
Lemongrass, stalk, finely minced	2 ea.
Garlic, minced	4 tsp.
Shallot, thinly sliced	4 ea.
Chile, Thai bird's eye, minced	2 ea.
Red curry paste	3 Tbsp.
Milk, coconut	1 ½ pt.
Thai fish sauce	3 Tbsp.
Sugar, palm	2 Tbsp.
Lime, makrut, leaf, fresh, bruised	5 ea.
Beef, flank steak, thinly sliced across grain	1 ½ lb.
Lime, juice, fresh	2 Tbsp.
Basil, Thai, leaf, fresh	15 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat a dry pan over medium-high heat. Add the peanuts. Toast, stirring constantly, until golden and aromatic, about 10 minutes. Remove and cool slightly.
2. Transfer the peanuts to a food processor. Pulse until finely ground. Reserve.
3. Heat the oil in a wok or rondeau over medium heat. Add the lemongrass, garlic, shallots, and chiles. Cook until fragrant, about 45 seconds.
4. Add the red curry paste. Cook, stirring constantly, until aromatic, about 1 minute.
5. Add the coconut milk, fish sauce, palm sugar, and lime leaves. Bring it to a boil, then turn down the heat to medium-low. Gently simmer until incorporated, about 1 minute.
6. Add the sliced beef and reserved ground peanuts. Simmer until the beef is fully cooked and the sauce coats the back of a spoon in a thick, even layer (thicker than *nappé*), 2 to 3 minutes.
7. Stir in the lime juice and basil.
8. Season with salt and pepper to taste.

CRISPY RICE NOODLES WITH PORK AND SHRIMP

Yield: 6 portions

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

Method

1. Preheat the oil in a deep fryer to 375°F.
2. Deep-fry the rice noodles in the preheated oil until they puff up, but are not browned, about 30 seconds. Transfer to paper towels to drain any excess oil. Reserve.
3. Deep-fry the dried shrimp in the preheated oil until crispy, 7 to 10 seconds. Transfer to paper towels to drain any excess oil. Reserve.
4. In a large skillet, combine the fish sauce, palm sugar, vinegar, and orange zest. Cook over medium-low heat, swirling until the sugar dissolves. (Do not stir as this will cause the sugar to crystallize.) Reduce to a syrup-like consistency, 3 to 5 minutes. Transfer to a bowl and cool. Reserve.
5. Heat the oil in a wok over medium-high heat. Add the garlic. Sauté until aromatic, about 2 minutes.
6. Add the roasted chili paste and Thai bird's eye chiles. Cook until fragrant., 1 to 2 minutes.
7. Add the pork. Stir fry until cooked through, 1 to 2 minutes.
8. Add the shrimp. Stir fry until pink, about 1 minute.
9. Add ½ of the reserved reduced fish sauce. Toss to coat the pork and shrimp.

10. Break the reserved fried rice noodles into bite-sized pieces and transfer to a large bowl. Carefully drizzle the remaining reserved fish sauce over the noodles. Lightly mix until the noodles are well coated.
11. Add the bean sprouts, scallions, jalapeños, and the pork and shrimp mixture. Toss to combine.
12. Garnish with the reserved fried dried shrimp. Serve.

THAI-STYLE CORN FRITTERS

Yield: 6 portions

Ingredients	Amounts
Corn, kernels	½ lb.
Cilantro, fresh, minced	2 Tbsp.
Garlic, minced	1 tsp.
Chile, Thai bird's eye, minced	1 ½ ea.
Scallion (Green onion), minced	1 ea.
Soy sauce, light	1 tsp.
Flour, rice	½ cup
Egg, whole, beaten	2 ea.
Water	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 Tbsp.
Sweet Thai chili sauce	1 cup

Method

1. For the batter, in a large bowl, combine the corn kernels, cilantro, garlic, Thai bird's eye chili, scallion, soy sauce, flour, eggs, and water. Season with salt and pepper as needed. The mixture should be firm enough to shape, but not stiff. Adjust the consistency by adding more flour or water, if necessary.
2. Heat the oil in a large frying pan over medium-high heat. Place 1 ½ to 2 tablespoons of the batter into the pan for each fritter. Be sure to leave space in between them so they do not stick together. Using the back of the spoon, flatten each spoonful into a round shape about ½-inch thick.
3. Cook until golden brown, 2 to 3 minutes per side. Transfer to a wire rack to drain any excess oil. Repeat with the remaining batter.
4. Serve warm with the sweet Thai chili sauce.

THAI GREEN PAPAYA SALAD

Yield: 6 portions

Ingredients	Amounts
Peanuts, roughly chopped	1 cup
Garlic, clove, roughly chopped	8 ea.
Chile, Thai bird's eye, stems removed, roughly chopped	3 ea.
Shrimp, dried, roughly chopped	3 Tbsp.
Tamarind, juice	¼ cup
Lime, juice, fresh	¼ cup
Thai fish sauce	6 Tbsp.
Sugar, palm	3 Tbsp.
Salt, kosher	as needed
Bean, long, cut in 1 ½-inch lengths	2 cups
Papaya, green, grated	1 ea.
Carrot, grated	2 ea.
Tomato, cherry, cut in half	12 ea.

Method

1. In a medium dry skillet over medium heat, place the peanuts. Toast, stirring occasionally, until golden brown and aromatic, 3 to 5 minutes. Reserve.
2. For the dressing, in a large stainless-steel bowl, place the garlic, chiles, and dried shrimp.
3. Add the tamarind, lime juice, fish sauce, and palm sugar. Stir to combine.
4. Bring a medium pot of salted water to a boil over high heat. Add the long beans. Blanch until tender, 2 to 4 minutes. Drain, shock in an ice bath, and drain again. Pat dry with paper towels.
5. Place the papaya in a stainless-steel bowl. Using a wooden spoon, gently bruise until slightly softened. Add the carrots and bruise until lightly tenderized. Add the blanched long beans and bruise until just cracked. Add the tomatoes and gently bruise to release their juices. Transfer to the bowl with the dressing. Toss to coat.
6. Stir in the reserved peanuts.
7. Adjust the flavoring by adding more fish sauce, lime juice, or palm sugar to taste.

STIR-FRIED SQUID WITH BASIL

Yield: 10 portions

Ingredients	Amounts
Garlic, clove, thinly sliced	8 ea.
Cilantro, root, fresh, finely chopped	2 Tbsp.
Chile, Thai bird's eye, minced	3 ea.
Peppercorns, black, whole	1 tsp.
Oil, vegetable	2 Tbsp.
Pepper, red, bell, cut into ¼-in. strips	1 ea.
Squid, tubes and tentacles, cut into bite-sized pieces	1 lb.
Scallion (Green onion), cut into ½-in. pieces	5 ea.
Oyster sauce	2 Tbsp.
Thai fish sauce	2 Tbsp.
Sugar, granulated	1 Tbsp.
Stock, chicken	1 ½ cups
Basil, Thai, leaves, whole	2 cups

Method

1. Place the garlic, cilantro root, chiles, and peppercorns into a mortar and pestle. Grind to a paste.
2. Heat the oil in a wok over medium-high heat. Add the paste. Stir fry until aromatic, about 2 minutes.
3. Add the bell peppers. Fry until softened, about 1 minute.
4. Add the squid. Toss to coat in the paste.
5. Add the scallions, oyster sauce, fish sauce, sugar, and stock.
6. Stir fry until the squid just turns white and opaque, 1 to 2 minutes.
7. Add the basil. Toss well to incorporate.
8. Serve immediately.

COCONUT RICE

Yield: 10 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Ginger, fresh, peeled, minced	1 Tbsp.
Rice, jasmine	5 cups
Water	5 cups
Milk, coconut	4 cups
Sugar, granulated	3 Tbsp.
Salt, kosher	as needed

Method

1. Heat the oil in a saucepan over medium-low heat. Add the ginger. Fry until aromatic, 1 to 2 minutes.
2. Add the rice, water, coconut milk, and salt. Turn up the heat to high and bring it to a boil, stirring occasionally.
3. Turn down the heat to low. Season with salt as needed. Cover with a tight-fitting lid. Cook until the rice has absorbed all the water and has plumped up, about 18 minutes.
4. Remove the pot from the heat. Rest, while covered, for 15 minutes.

SPICY ROASTED EGGPLANT SALAD WITH SHRIMP

Yield: 6 portions

Ingredients	Amounts
Eggplant, Asian	2 lb.
Oil, vegetable	3 Tbsp.
Shallot, thinly sliced	5 ea.
Chile, Thai bird's eye, minced	5 ea.
Thai roasted chili paste	1 ½ Tbsp.
Shrimp, peeled, deveined	½ lb.
Fish sauce	5 Tbsp.
Lime, juice, fresh	4 ea.
Sugar, granulated	4 Tbsp.
Cilantro, bunch, coarsely cut	½ ea.
Basil, Thai, leaf, whole	20 ea.

Method

1. Preheat oven to 400°F.
2. Place the whole eggplants on a parchment paper lined sheet pan. Roast in the preheated oven until softened throughout, 12 to 15 minutes.
3. Remove the eggplant from the oven. Cool until able to be handled.
4. Using your hands or a paring knife, peel the skin from the eggplant without mashing the flesh. Cut the flesh into ½-inch rounds. Reserve.
5. Heat the oil in a wok over medium heat. Add the shallots, chilies, and chili paste. Sweat until fragrant, 2 to 3 minutes.
6. Add the shrimp. Cook until pink and opaque, 3 to 4 minutes.
7. Add the fish sauce, lime juice, and sugar. Stir to combine.
8. Add the cilantro, basil, and reserved eggplant. Toss gently to combine.
9. Transfer to a serving dish.

FISH CAKES WITH SPICY THAI CUCUMBER SALAD

Yield: 10 cakes

Ingredients	Amounts
Oil, peanut	as needed
Chile, Thai bird's eye	6 ea.
Shallot, peeled, halved	1 ea.
Garlic, clove, peeled	2 ea.
Cilantro, fresh, coarsely chopped	2 Tbsp.
Galangal, peeled, minced	1 Tbsp.
Lime, makrut, leaf, fresh	3 ea.
Salt, kosher	1 Tbsp.
Fish, white-flesh, fillet, bones removed	1 lb.
Fish sauce	2 Tbsp.
Beans, long, sliced into paper-thin rounds	1 cup
Spicy Thai Cucumber Salad (Recipe follows)	1x recipe

Method

1. Preheat the oil in a deep fryer to 350°F.
2. For the spice paste, place the chiles, shallot, garlic, cilantro, galangal, lime leaves, and salt into a mortar and pestle. Grind it to a paste.
3. Place the fish in a food processor. Pulse to form a coarse paste.
4. Combine the spice paste, fish paste, fish sauce, and sliced long beans in a bowl. Stir until combined and slightly sticky in consistency.
5. Shape the mixture into round, flat cakes, about 2-inches in diameter and ½ to ¾ -inches thick. Reserve in refrigerator.
6. Fry the fish cakes in the preheated oil until they are golden and float to the top of the oil, 4 to 6 minutes.
7. Transfer the fish cakes to a wire rack to drain any excess oil.
8. Serve hot with Spicy Thai Cucumber Salad.

SPICY THAI CUCUMBER SALAD

Yield: 6 portions

Ingredients	Amounts
Peanuts, chopped	5 Tbsp.
Cucumber, European, peeled	3 ea.
Lime, juice, fresh	½ cup
Sugar, granulated	¼ cup
Chile, Thai bird's eye, finely sliced	3 ea.
Onion, red, finely minced	1 ea.
Mint, bunch, fresh, coarsely chopped	½ ea.
Cilantro, bunch, fresh, coarsely chopped	½ ea.
Salt, kosher	as needed

Method

1. In a medium dry skillet over medium heat, place the peanuts. Toast, stirring occasionally, until golden brown and aromatic, 3 to 5 minutes. Reserve.
2. Cut the cucumbers in ½ lengthwise. Remove the seeds and cut into thin slices. Transfer to a mixing bowl.
3. Add the lime juice, sugar, chiles, onion, mint, and cilantro. Season with salt as needed. Toss to combine. Stand for 15 minutes.
4. Garnish with the reserved peanuts.

TOFU WITH RED CURRY SAUCE

Yield: 10 portions

Ingredients	Amounts
Oil, vegetable	as needed
Tofu, firm, large diced	1 ½ lb.
Oil, vegetable	¼ cup
Onion, yellow, small diced	1 cup
Garlic, minced	2 Tbsp.
Vegetarian Red Curry Paste (Recipe follows)	2 Tbsp.
Milk, coconut	2 ½ cups
Tomato, grape, halved	15 ea.
Peas, English, frozen	1 cup
Soy sauce, light	1 Tbsp.
Lime, juice, fresh	2 Tbsp.
Basil, Thai, leaf	15 ea.
Scallion (Green onion), thinly sliced	2 ea.
Lime, makrut, leaf, fresh, finely ...chiffonade	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Sesame seeds, black	1 Tbsp.
Cilantro, leaves, fresh	60 ea.

Method

1. Preheat the oil in a deep fryer to 350°F.
2. Fry the tofu in the preheated oil until lightly browned, 3 to 5 minutes. Transfer to paper towels to drain any excess oil. Reserve.
3. For the red curry sauce, heat the oil in a wok over medium heat. Add the onions. Cook until translucent but with no color, 5 to 10 minutes.
4. Stir in the garlic and Vegetarian Red Curry Paste. Cook until aromatic, 2 to 3 minutes.
5. Add the coconut milk. Turn down the heat to low. Simmer until the sauce lightly coats the back of a spoon (*nappé*), 12 to 15 minutes.
6. Add the reserved fried tofu, tomatoes, and peas. Simmer for 1 minute.
7. Add the soy sauce, lime juice, basil, scallions, and lime leaves. Stir to combine.
8. Season with salt and pepper to taste.
9. Garnish with the sesame seeds and cilantro. Serve immediately.

VEGETARIAN RED CURRY PASTE

Yield: 1 cup

Ingredients	Amounts
Chile, red, dried, small	½ cup
Chile, New Mexico, dried, cut into pieces	8 ea.
Coriander, seeds	1 Tbsp.
Cumin, seeds	1 tsp.
Peppercorns, white, whole	½ tsp.
Garlic, clove	6 ea.
Shallot, sliced thinly	3 ea.
Lemongrass, sliced thinly	2 Tbsp.
Galangal, cut into ⅛-in. slices	1 Tbsp.
Lime, zest	1 tsp.
Lime, makrut, leaf, fresh, chopped	3 ea.
Cilantro, root, fresh, finely chopped	1 Tbsp.
Salt, kosher	1 tsp.

Method

1. Bring a small saucepan of water to a simmer over medium-high heat. Place the dried red and New Mexico chiles in a heatproof bowl. Pour the hot water over the dried chiles and soak for 15 minutes. Remove the rehydrated chiles from the water and reserve.
2. In a small skillet over medium heat, toast the coriander, cumin, and peppercorns, tossing frequently, until fragrant, about 5 minutes. Remove from the heat and cool.
3. Transfer the toasted spices to a spice grinder. Process to a fine powder. Reserve.
4. In a blender, place the garlic, shallot, lemongrass, galangal, lime zest, lime leaves, cilantro, and salt.
5. Add the reserved rehydrated chiles and spice powder. Purée until a smooth paste is formed, 3 to 5 minutes. A small amount of water may be added to facilitate blending, if necessary.

Note: Can be stored in the refrigerator for up to 1 week.

BOK CHOY WITH LIME DRESSING

Yield: 6 portions

Ingredients	Amounts
Peanuts, chopped	¾ cup
Lime, juice, fresh	3 Tbsp.
Fish sauce	2 Tbsp.
Milk, coconut	1 cup
Oil, vegetable	3 Tbsp.
Garlic, clove, thinly sliced	4 ea.
Chile, Thai bird's eye, cut into strips	3 ea.
Scallion (Green onion), sliced thinly on a bias	6 ea.
Bok choy, baby	6 ea.
Water	1 gal.
Salt, kosher	as needed

Method

1. In a medium dry skillet over medium heat, place the peanuts. Toast, stirring occasionally, until golden brown and aromatic, 3 to 5 minutes. Reserve.
2. For the dressing, in a small mixing bowl place the lime juice, fish sauce, and coconut milk. Whisk to combine. Reserve.
3. Heat the vegetable oil in a wok over medium heat. Add the garlic and chiles. Fry until both are crispy and lightly browned, 3 to 5 minutes. Transfer to paper towels to drain any excess oil. Reserve.
4. Add the scallions to the remaining oil in the pan. Sweat until softened, 3 to 5 minutes. Remove and reserve.
5. Bring a large pot of salted water to a boil over high heat.
6. Separate the bok choy into individual leaves. Place the leaves into the boiling water. Cook until bright green and softened, 30 to 60 seconds. Drain well and pat dry.
7. In a large bowl, combine the bok choy with the reserved dressing. Adjust the seasoning to taste.
8. Arrange the bok choy on a platter. Garnish with the reserved fried garlic, chiles, and scallions. Top with the reserved peanuts.

GREEN CHICKEN CURRY

Yield: 10 portions

Ingredients	Amounts
Oil, vegetable	as needed
Eggplant, Japanese, 1/2-in. slices	2 wt. oz.
Oil, vegetable	1 Tbsp.
Galangal, fresh, peeled, finely minced	1 Tbsp.
Lemongrass, stalk, finely minced	1/2 ea.
Garlic, clove, sliced	2 ea.
Green Curry Paste (Recipe follows)	2 Tbsp.
Coconut, milk	1 pt.
Fish sauce	3 1/2 Tbsp.
Sugar, coconut	2 Tbsp.
Lime, makrut, leaf, fresh, torn into 3 pieces	3 ea.
Chicken, breast, boneless, skinless, sliced	1 lb.
Chile, jalapeño, cut into long slivers	2 ea.
Basil, Thai, sweet, leaves and flowers	1 1/2 wt. oz.
Salt, kosher	to taste
Steamed Rice (Recipe follows)	1x recipe

Method

1. Preheat 1-inch of oil in a sautoir to 375°F.
2. Fry the eggplant in the preheated oil until softened and golden brown, 1 to 2 minutes per side. Transfer to paper towels to drain any excess oil. Reserve.
3. For the sauce, heat the oil in a saucepan over medium heat. Add the galangal, lemongrass, and garlic. Sweat until softened, about 1 minute.
4. Add Green Curry Paste and fry until aromatic, 1 to 2 minutes. Add coconut milk and bring it to a boil. Season with the fish sauce and coconut sugar.
5. Add the reserved eggplant. Turn up the heat to medium-high. Simmer uncovered until tender, 2 to 3 minutes.
6. Add the lime leaves. Stir to incorporate.
7. Add the chicken and return to a boil. Add the jalapeños and stir to incorporate.
8. Cook until the chicken is opaque and has reached an internal temperature of 165°F, 7 to 8 minutes. Stir in the basil until it wilts.
9. Remove from the heat. Serve with the Steamed Rice.

GREEN CURRY PASTE

Yield: 1 cup

Ingredients	Amounts
Chile, red, dried, small	½ cup
Coriander, seeds	1 Tbsp.
Cumin, seeds	1 tsp.
Peppercorns, white, whole	½ tsp.
Garlic, clove	6 ea.
Shallot, sliced thinly	3 ea.
Lemongrass, stalk, sliced thinly	2 Tbsp.
Galangal, fresh, peeled, cut into ⅛-in. slices	1 Tbsp.
Lime, zest	1 tsp.
Lime, makrut, leaf, fresh, chopped	3 ea.
Cilantro, bunch, fresh	1 ea.
Mint, leaves, fresh	1 cup
Cilantro, root, fresh, finely chopped	1 Tbsp.
Salt, kosher	1 tsp.

Method

1. Bring a small saucepan of water to a simmer over medium-high heat. Place the dried red and New Mexico chiles in a heatproof bowl. Pour the hot water over the dried chiles. Soak until rehydrated, about 15 minutes. Drain and reserve.
2. Heat a small, dry skillet over medium heat. Add the coriander, cumin, and peppercorns. Toast, tossing frequently, until fragrant, about 5 minutes. Remove from the heat and cool.
3. Transfer the toasted spices to a spice grinder. Process to a fine powder. Reserve.
4. In a blender, place the garlic, shallot, lemongrass, galangal, lime zest, lime leaves, cilantro bunch, mint, cilantro root, and salt.
5. Add the reserved rehydrated chiles and spice powder. Purée on high speed until a smooth paste is formed, 3 to 5 minutes. A small amount of water may be added to facilitate blending, if necessary.

STEAMED RICE

Yield: 5 cups

Ingredients

Amounts

Rice, white, medium-grain

2 cups

Water

2 ½ cups

Method

1. Place the rice in a 2-quart saucepot and cover with the water. Bring it to a boil over medium high heat, stirring briefly to ensure the rice is not sticking to the bottom of the pot.
2. Cover the pot tightly with a lid and turn down the heat to low. Cook until the rice has absorbed all the liquid, about 20 minutes. Remove the pot from the heat, lift the lid to release the steam, and replace it immediately.
3. Rest until the starches in the rice are firm, about 10 minutes.
4. Using a wet, wooden rice paddle or shallow spoon, turn rice over gently.
5. Transfer to a serving bowl.

DEEP-FRIED EGGS

Yield: 6 portions

Ingredients	Amounts
Sugar, palm	5 wt. oz.
Fish sauce	1/3 cup
Tamarind, juice	2/3 cup
Oil, vegetable	2 Tbsp.
Shallot, thinly sliced	4 ea.
Garlic, clove, sliced thinly	6 ea.
Chile, Thai bird's eye, sliced thinly	6 ea.
Egg, whole	12 ea.
Cilantro, fresh, coarsely chopped	1/2 cup

Method

1. Preheat oil in a deep fryer to 350°F.
2. For the sauce, in a small saucepan place the palm sugar, fish sauce, and tamarind juice. Bring the mixture to a boil over medium-high heat.
3. Reduce the heat to medium-low. Simmer until the sauce has a syrup-like consistency, 3 to 5 minutes. Reserve.
4. Heat the vegetable oil in a frying pan over medium heat. Add the shallots. Sweat until softened, 2 to 3 minutes.
5. Add the garlic and chiles. Sweat until softened, about 1 minute. Reserve.
6. In a large pot, place the eggs with enough cold water to cover by 1-inch. Bring it to a boil and turn down the heat to low. Simmer the eggs for 4 minutes. Turn off the heat, cover, and let sit for 10 to 12 minutes.
7. Remove the eggs from the water and gently crack on a wooden cutting board. Place the cracked eggs in an ice bath until cool, about 15 minutes. Peel the eggs.
8. Deep-fry the eggs in the preheated oil until golden brown, 30 to 60 seconds. Transfer to paper towels to drain any excess oil.
9. Place the fried eggs in a large bowl. Add the shallot mixture. Mix carefully to combine.
10. Add enough of the reserved sauce to evenly coat the eggs. Toss to coat.
11. Cut the eggs in 1/2 and arrange on a serving platter. Top with the cilantro. Drizzle with the remaining sauce.

THAI-STYLE FRIED NOODLES

PAD THAI

Yield: 6 portions

Ingredients	Amounts
Thai roasted chili paste (<i>Nahm prik pow</i>)	2 Tbsp.
Thai fish sauce	¼ cup
Vinegar, rice	2 Tbsp.
Sugar, palm	2 Tbsp.
Noodles, rice, ¼-in. wide	1 ½ lb.
Shrimp, dried	1 Tbsp.
Peanuts, chopped coarsely	½ cup
Oil, vegetable	¼ cup
Bean, curd, extra firm, sliced in bite-sized cubes	1 lb.
Oil, vegetable	as needed
Garlic, chopped	2 Tbsp.
Leek, stalk, with green, julienne	1 ea.
Egg, whole, beaten lightly	3 ea.
Scallion (Green onion), stalk, cut into 1-in. strips	2 ea.
Bean, sprouts	½ lb.
Cilantro, fresh, roughly chopped	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the seasoning, in a mixing bowl, whisk the chili paste, fish sauce, vinegar, and palm sugar until combined. Reserve.
2. Place the noodles in a heatproof bowl. Bring a pot of water to a simmer over medium-high heat. Pour the simmering water over the noodles and soak until softened, about 30 minutes. Drain, rinse under cold water, and drain again. Reserve.
3. Place the dried shrimp in a bowl and cover with cool water. Soak until rehydrated, about 30 minutes. Drain, finely chop, and reserve.
4. Heat a dry pan over medium-high heat. Add the peanuts. Toast, stirring constantly, until golden and aromatic, about 10 minutes. Remove and reserve.

5. Heat the oil in a sautoir over medium-high heat.
6. Fry the bean curd until golden brown, 5 to 6 minutes. Transfer to paper towels to drain any excess oil. Reserve.
7. Heat the oil in a wok over medium-high heat. Add the garlic, leeks, and reserved shrimp. Stir fry until the leeks soften and garlic turns golden, 1 to 2 minutes.
8. Add the reserved noodles. Toss to coat with the oil. Stir fry for about 30 seconds. Push the noodles to the upper edge of one side of the wok.
9. Add a drizzle of oil. Add the beaten eggs to the empty space created in the wok. Spread into a thin, even layer. Fold the noodles over the eggs to accelerate cooking. Let the eggs set for 10 seconds without tossing. Stir fry the noodles and eggs to combine.
10. Add the reserved seasoning, bean curd, and the scallions. Stir fry until the noodles are fully softened, adding water as necessary.
11. Fold in the bean sprouts and cilantro. Season with salt and pepper to taste.
12. Transfer to a serving bowl. Garnish with the reserved peanuts.

ROASTED COCONUT CASHEW NUTS

Yield: 6 portions

Ingredients	Amounts
Oil, peanut	1 Tbsp.
Honey	2 Tbsp.
Chile, Thai bird's eye, minced	2 ea.
Cashews	½ lb.
Coconut, desiccated, unsweetened	½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a wok over medium heat. Add the honey and the chiles. Cook until fragrant, 3 to 5 minutes.
2. Add the cashews and coconut. Stir fry until golden brown, 2 to 3 minutes.
3. Season with salt and pepper to taste.

PORK BELLY WITH FIVE SPICES

Yield: 6 portions

Ingredients	Amounts
Pork, belly, cut into 1-inch cubes	1 ½ lb.
Oil, vegetable	2 Tbsp.
Garlic, minced	2 tsp.
Chinese five-spice powder	2 Tbsp.
Tomato, canned, chopped	1 pt.
Water	as needed
Thai fish sauce	3 Tbsp.
Soy sauce, dark	2 Tbsp.
Sugar, granulated	1 tsp.
Lime, juice, fresh	1 ea.
Cilantro, bunch, coarsely cut	½ ea.

Method

1. Heat the oil in a rondeau over medium heat. Add the garlic. Sweat until fragrant, about 2 minutes.
2. Add the Chinese five-spice powder. Cook until fragrant, about 30 seconds.
3. Add the pork belly. Toss to coat in the spices. Stir fry until the pork has browned slightly, 3 to 5 minutes.
4. Stir in the tomatoes. Add enough water to just cover the ingredients.
5. Bring it to a boil. Add the fish sauce, soy sauce, and sugar.
6. Turn down the heat to low. Cover the pot with a lid. Simmer until the pork is tender, 45 minutes to 1 hour.
7. Just before serving, stir in the lime juice and cilantro.

STEAMED RICE

Yield: 5 cups

Ingredients	Amounts
Rice, white, medium-grain	2 cups
Water	2 ½ cups

Method

1. Place the rice in a 2-quart saucepot and cover with the water. Bring it to a boil over medium high heat, stirring briefly to ensure the rice is not sticking to the bottom of the pot.
2. Cover the pot tightly with a lid and turn down the heat to low. Cook until the rice has absorbed all the liquid, about 20 minutes. Remove the pot from the heat, lift the lid to release the steam, and replace it immediately.
3. Rest until the starches in the rice are firm, about 10 minutes.
4. Using a wet, wooden rice paddle or shallow spoon, turn rice over gently.
5. Transfer to a serving bowl.

DAY TWO: VIETNAM

LEARNING OBJECTIVES

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

- list the basic ingredients characteristic of Vietnam cuisine.
- identify and describe the primary flavor components of Vietnam cuisine.
- prepare a variety of Vietnam dishes following standardized recipes.
- compare the major flavor principles of Vietnam cuisine.
- list the major culinary contributions of several Asian countries on Vietnam.
- produce specialty Vietnamese dishes.

LEARNING ACTIVITIES

- Lecture and Discussion
- Demonstrations
- Hands-On Production
- Product Evaluation

KEY TERMS

Bok Choy
Ca Com
Curry
Hoisin
Mang Tang
Nems
Nouc Cham
Pho

Bun Bo
Cha Gio
Dau Hu Nhoi
Lotus
Nau Cua
Mung Bean
Nuoc Mam
Pho Ga

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Saigon Crepes with Cilantro-Lime Soy Sauce
Table Salad
Hue Chicken Salad
Sautéed Bok Choy with Tofu and Hoisin Sauce

TEAM TWO

Rice Paper-Wrapped Salad Rolls
Stir-Fried Spinach with Garlic
Beef Cured with Lime and Onions

TEAM THREE

Fisherman's Soup with Shrimp and Fresh Herbs
Vietnamese Lotus Root Salad
Vietnamese Chicken Curry with Sweet Potatoes

TEAM FOUR

Vietnamese Rice Noodle Soup with Chicken
Piquant Cauliflower
Vietnamese Crispy Spring Rolls

SAIGON CREPES WITH CILANTRO-LIME SOY SAUCE

Yield: 10 portions

Ingredients	Amounts
Bean, mung, yellow, split	¼ cup
Milk, coconut	1 ½ cups
Water	½ cup
Flour, rice	1 cup
Sugar, granulated	½ tsp.
Salt, sea	½ tsp.
Turmeric, dried, ground	¼ tsp.
Oil, vegetable	as needed
Bean, sprouts	3 cups
Cilantro, leaves, ground	1 cup
Scallion (Green onion), minced	5 ea.
Cilantro-Lime Soy Sauce (Recipe follows) (Optional)	1x recipe

Method

1. In a large pan over medium heat, place the mung beans. Toast lightly, until a nutty aroma develops, 5 to 10 minutes. Reserve.
2. Transfer the toasted beans into a bowl and cover completely with water. Soak until softened, about 1 hour.
3. For the batter, drain the beans. Place them into a blender. Add the coconut milk, water, rice flour, sugar, salt, and turmeric. Purée until smooth. Strain into a bowl.
4. Heat a small amount of oil in a large pan over medium heat. Pour a thin layer of batter into the hot pan. Cook until the crepe is cooked through and the bottom is crisp, 15 to 30 seconds. Continue this process until all the crepes are finished.
5. For the filling, in a large bowl, add the bean sprouts, cilantro, and scallion. Mix to combine.
6. Add filling to each crepe. Fold into a crescent.
7. Serve on a plate with Cilantro-Lime Soy Sauce.

CILANTRO-LIME SOY SAUCE

Yield: 10 portions

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

Method

1. Using a mortar and pestle, grind the garlic and ginger to a paste.
2. Transfer the paste to a bowl. Add the 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. Adjust the seasoning to taste.

Note: Alternately, place all the ingredients in a blender and purée until smooth.

TABLE SALAD

Yield: 10 portions

Ingredients	Amounts
Lettuce, red leaf, whole leaf, washed, trimmed	10 ea.
Cucumber, European, skin on, sliced thinly	1 ea.
Bean, sprouts, trimmed	2 cup
Mint, sprig, fresh	20 ea.
Basil, Thai, sprig, fresh	30 ea.
Cilantro, sprig, fresh	30 ea.
Rau ram, sprig, fresh	30 ea.
Culantro (Saw leaf), sprig, fresh	10 ea.

Method

On a serving platter, arrange the ingredients into individual groups.

Note: The table salad is served as a condiment with dishes such as Saigon Crepes and Grilled Shrimp Paste.

HUE CHICKEN SALAD

Yield: 10 portions

Ingredients	Amounts
Chicken, whole	2 ea.
Pepper, black, ground	2 Tbsp.
Salt, kosher	as needed
Sugar, granulated	2 Tbsp.
Lime, juice, fresh	½ cup
Onion, yellow, peeled, sliced paper-thin	½ cup
Chile, Thai bird's eye, sliced thinly	5 ea.
Mint, leaves, fresh, torn	1 cup
Cilantro, leaves, fresh, coarsely chopped	1 cup
Oil, peanut, roasted	2 Tbsp.
Fish sauce	2 Tbsp.
Vietnamese chili paste	2 Tbsp.
Oil, vegetable	as needed
Shallot, chopped	1 cup

Method

1. Bring a stockpot of salted water to a vigorous boil.
2. Add the chicken. Return the pot to a boil. Turn down the heat. Simmer slowly for 15 minutes.
3. Turn off the heat. Let the chicken sit in the pot, covered, until the internal temperature reaches 165°F, about 45 minutes.
4. Transfer the chicken to a large bowl of cool water. Let it sit for 10 minutes. Drain. Shred the chicken meat into thick strips.
5. Add the pepper, salt, and sugar. Toss gently to coat.
6. Add the lime juice, onions, chiles, mint, cilantro, oil, and fish sauce. Toss gently.
7. Adjust the seasoning to taste.
8. Heat the oil in a medium pan over medium heat. Add the shallots. Fry until crispy and lightly browned, 15 to 20 minutes.
9. Garnish the salad with the shallots.

SAUTÉED BOK CHOY WITH TOFU AND HOISIN SAUCE

Yield: 6 portions

Ingredients	Amounts
Bok choy, baby	1 ½ lb.
Oil, vegetable	2 Tbsp.
Onion, yellow, sliced	½ ea.
Garlic, clove, sliced	4 ea.
Tofu, firm, 1-in. diced	1 lb.
Oil, vegetable	2 Tbsp.
Hoisin sauce	¼ cup
Salt, kosher	to taste

Method

1. Separate the bok choy into individual leaves. Remove the tough core. Wash, dry, and reserve.
2. In a large skillet, heat the oil over medium heat. Add the onions. Sweat until translucent, about 5 minutes.
3. Add the garlic. Cook until aromatic, 1 to 2 minutes.
4. Increase the heat to medium high. Add the tofu, stir fry until heated through. Remove the ingredients from the heat. Reserve warm.
5. Reheat the pan to medium heat. Add the oil and bok choy. Stir fry until it starts to wilt.
6. Return the reserved tofu mixture to the pan. Add the hoisin sauce. Toss gently to coat.
7. Adjust the seasonings with salt to taste.
8. Serve warm.

RICE PAPER-WRAPPED SALAD ROLLS

Yield: 8 portions

Ingredients	Amounts
Pork, shoulder	½ lb.
Shrimp, medium, unpeeled	12 ea.
Rice paper, 12-inch rounds	as needed
Lettuce, red leaf, head, small	1 ea.
Noodles, rice, vermicelli	¼ lb.
Bean, sprouts	1 cup
Mint, leaves, fresh	1 cup
Basil, Thai, leaves, fresh	1 cup
Hoisin Peanut Sauce (Recipe follows)	1 cup
Vietnamese Dipping Sauce (Recipe follows)	1 cup

Method

1. Bring a large pot of salted water to a boil. Add the vermicelli noodles, stirring gently to separate. Cook until tender but still firm to the bite (*al dente*), 2 to 5 minutes. Drain in a colander. Rinse with cold water to remove excess starch. Cool and reserve.
2. In a large pot, place the pork. Add enough cold, salted water to cover by 2 inches. Simmer over medium heat until just cooked and the pork turns gray, 3 to 5 minutes. Remove the pot from the heat. Let the pork cool in the cooking liquid to room temperature. Transfer the pork to a cutting board. Thinly slice. Reserve.
3. In a medium pot of salted, boiling water, cook the unpeeled shrimp until pink. Shell, devein, and cut in half lengthwise. Transfer to an ice water bath. Reserve.
4. Separate the lettuce leaves. Remove any bitter core. Wash and pat dry.
5. Fill a large mixing bowl with very hot water. Keep boiling water ready to add to the bowl if the temperature drops. Arrange the following items in the order to be used: rice paper, hot water, a damp cheesecloth, and a platter holding the filling ingredients.
6. Carefully bend a rice paper in half. Dip it into the hot water until completely softened. Lay the sheet on cheesecloth. Stretch slightly to remove any wrinkles.
7. Place 3 shrimp halves, cut side up, across the bottom third of the rice paper circle. 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.
8. Distribute 1 tablespoon of vermicelli, 1 tablespoon of bean sprouts, and 5 mint and basil leaves evenly. Position the ingredients horizontally on the rice paper. Fold the bottom up and over the ingredients. Fold the sides in, keeping the rice paper taut, roll away from your body keeping the ingredients secure with your fingertips during the entire rolling process.
9. Cut the rolls in half on a bias. Place the cut rolls upright on an appetizer plate. Serve with dipping sauce on the side.

HOISIN-PEANUT SAUCE

Yield: 2 cups

Ingredients	Amounts
Hoisin sauce	1 cup
Water	½ cup
Onion, yellow, puréed	3 Tbsp.
Vinegar, rice wine	¼ cup
Chili paste, ground	1 Tbsp.
Peanuts, roasted, chopped	1 Tbsp.

Method

1. In a small saucepan, place the hoisin sauce, water, onion, and vinegar. Mix to combine. Bring it to a boil.
2. Turn down the heat to medium. Simmer until the sauce thickens, 5 to 7 minutes. Add a little water if the sauce gets too thick.
3. Remove from the heat. Cool.
4. Transfer the mixture to a sauce dish.
5. Garnish with the chili paste and chopped peanuts.

VIETNAMESE DIPPING SAUCE

NOUC CHAM

Yield: 1 ½ cups

Ingredients	Amounts
Garlic, clove, 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, fresh	2 Tbsp.
Sugar, granulated	¼ cup
Carrot, finely shredded	2 Tbsp.

Method

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

Note: Nuoc cham will keep in the refrigerator for 1 month.

STIR-FRIED SPINACH WITH GARLIC

Yield: 6 portions

Ingredients	Amounts
Sugar, granulated	1 Tbsp.
Fish sauce	1 Tbsp.
Oyster sauce	1 ½ Tbsp.
Oil, vegetable	2 Tbsp.
Garlic, clove, sliced	4 ea.
Spinach, bunch, stems trimmed	2 ea.
Cornstarch	1 Tbsp.
Water	1 tsp.

Method

1. For the sauce, in a small bowl place the sugar, fish sauce, and oyster sauce. Whisk to combine. Reserve.
2. Heat the oil in a large wok over medium-low heat. Add the garlic. Cook until aromatic, 1 to 2 minutes.
3. Increase the heat to high. Add the spinach. Stir fry until just wilted. If necessary, add a splash of water to prevent the ingredients from browning.
4. Add the reserved sauce. C Reduce until the sauce has almost evaporated.
5. For the slurry, in a small bowl, place the cornstarch and water. . Whisk to combine. Stir it into the sauce, mixing well to prevent lumps from forming.
6. Serve hot.

BEEF CURED WITH LIME AND ONIONS

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Beef, sirloin tip	1 ½ lb.
Onion, red, sliced paper-thin	1 ea.
Lime, juice, fresh	¾ cup
Vietnamese chili paste	1 ½ tsp.
Fish sauce	3 Tbsp.
Garlic, minced	5 tsp.
Sugar, granulated	1 Tbsp.
Bean, sprouts	1 cup
Peanuts, roasted and crushed	½ cup
Scallion (Green onion), sliced	2 ea.
Cilantro, leaves, fresh, coarsely cut	½ cup

Method

1. Heat the oil in a sauté pan over medium-high heat. Add the beef. Sear on all sides until dark brown, 2 to 3 minutes per side. Remove from the pan. Reserve.
2. For the marinade, in a medium bowl, place the red onion, lime juice, chili paste, fish sauce, garlic, and sugar. Whisk to combine.
3. Slice the beef paper thin (ask Chef for help if needed).
4. In a large bowl, place the beef and the marinade. Toss well to coat. Marinate for at least 15 minutes.
5. Just before serving, add the bean sprouts, peanuts, scallions, and cilantro.
6. Adjust the seasoning to taste.

FISHERMAN'S SOUP WITH SHRIMP AND FRESH HERBS

Yield: 1 gallon

Ingredients	Amounts
Oil, vegetable	¼ cup
Garlic, minced	1 Tbsp.
Vietnamese chili paste	2 Tbsp.
Stock, chicken	3 qt.
Fish sauce	¼ cup
Sugar, granulated	2 Tbsp.
Tamarind, pulp and seeds removed	½ cup
Taro root, peeled, medium diced	1 cup
Tomato, plum (Roma), medium diced	3 ea.
Pineapple, medium diced	2 cups
Shrimp, peeled, deveined, halved lengthwise	1 lb.
Bean, sprouts	½ cup
Lime, juice, fresh	¼ cup
Basil, Thai, leaf, fresh	15 ea.
Cilantro, leaves, fresh, chopped	½ cup
Shallot, thinly sliced	1 cup
Oil, vegetable	as needed

Method

1. Heat the oil in a large saucepan over medium heat. Add the garlic and chili paste. Cook until fragrant, about 30 seconds.
2. Add the chicken stock, fish sauce, sugar, tamarind pulp, taro root, tomatoes, and pineapple. Bring it to a boil. Turn down the heat. Simmer for 5 minutes.
3. Add the shrimp and bean sprouts. Cook until the shrimp turns opaque, 2 to 4 minutes.
4. Remove the pan from the heat. Add the lime juice, basil, and cilantro. Stir to combine. Adjust the seasoning to taste. Reserve and keep warm.
5. In a medium saucepan over high heat, place the shallots. Add enough oil to cover the shallots completely. Cook, stirring occasionally, until the shallots start to turn brown. Lower the heat to medium low. Cook until golden brown, 10 to 15 minutes.
6. Remove the shallots from the oil. Drain on a paper towel. Season lightly with salt.
7. Serve the soup garnished with the fried shallots on the side.

VIETNAMESE LOTUS ROOT SALAD

Yield: 6 portions

Ingredients	Amounts
Lotus root, peeled, sliced thin	1 ½ lb.
Garlic, minced	4 Tbsp.
Chile, Thai bird's eye, minced	4 ea.
Soy sauce, light	½ cup
Lime, juice, fresh	1 cup
Sugar, granulated	½ cup
Cucumber, skin on, julienned	2 ea.
Cilantro, leaves, fresh	½ cup
Shallot, sliced thinly	1 cup
Oil, vegetable	as needed

Method

1. In a large pot, place the lotus root. Add enough salted water to cover by 2 inches. Bring it to a boil. Blanch for 1 minute. Drain. Transfer to an ice water bath to stop the cooking process. Drain. Reserve.
2. For the dressing, in a large bowl, add the garlic, chiles, soy sauce, lime juice, and sugar. Whisk to combine.
3. Add the lotus root, cucumber, and cilantro. Toss well to coat. Marinate for 15 minutes. Reserve.
4. Place the shallots in a medium saucepan. Add enough oil to cover the shallots completely. Cook over high heat, stirring occasionally, until the shallots start to turn brown, about 10 minutes. Lower the heat and sauté until golden brown, 10 to 15 minutes.
5. Remove the shallots from the oil. Drain on a paper towel. Season lightly with salt.
6. Garnish the salad with the shallots on top.

VIETNAMESE CHICKEN CURRY WITH SWEET POTATOES

Yield: 10 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Shallot, minced	$\frac{3}{4}$ cup
Garlic, minced	1 tsp.
Curry powder	3 Tbsp.
Onion, yellow, medium, thin wedges	1 ea.
Chili, paste	1 Tbsp.
Red pepper flakes	2 tsp.
Chicken, skinless, boneless. large diced	2 lb.
Fish sauce	5 Tbsp.
Sugar, granulated	2 Tbsp.
Salt, kosher	as needed
Stock, chicken	1 cup
Lemongrass, stalk, minced	1 ea.
Ginger, 1-in. piece, minced	1 ea.
Carrot, oblique cut	2 ea.
Milk, coconut	2 $\frac{1}{2}$ cups
Potato, sweet, 1-in. diced	2 ea.
Lime, makrut, leaf, fresh, chiffonade	2 ea.
Lime, cut into wedges	2 ea.

Method

1. Heat the oil in a large skillet over moderate heat. Add the shallots, garlic, and curry powder. Stir until fragrant, about 20 seconds.
2. Add the onions, chili paste, red pepper flakes, chicken, fish sauce, and sugar. Stir until chicken turns white on the edges, 3 to 5 minutes.
3. Add the stock, lemongrass, ginger, and carrots. Bring it to a boil. Lower the heat. Simmer for 10 minutes.
4. Add the coconut milk and sweet potatoes. Cook until the chicken is cooked through and the vegetables are soft, about 15 minutes.
5. Stir in the lime leaves. Transfer to a serving dish.
6. Adjust the flavoring with lime juice to taste.
7. Garnish with the lime wedges. Serve piping hot.

VIETNAMESE RICE NOODLE SOUP WITH CHICKEN

PHO GA

Yield: 10 portions

Ingredients	Amounts
Chicken, bones	3 lb.
Chicken, whole, cut into pieces	1 ea.
Ginger, 3-in. piece, cut in half, charred, bruised	2 ea.
Onion, yellow, peeled, charred	2 ea.
Star anise, pod, toasted lightly	8 ea.
Clove, toasted lightly	5 ea.
Peppercorns, black, whole	2 tsp.
Fish sauce	2 cups
Sugar, granulated	3 Tbsp.
Salt, kosher	2 Tbsp.
Noodles, rice, vermicelli, cooked, rinsed, cooled	1 lb.
Onion, yellow, medium, thinly sliced	½ ea.
Scallion (Green onion), cut into thin rings	5 ea.
Cilantro, leaves, fresh, chopped	½ cup
Bean, sprouts	1 lb.
Basil, Thai, sprig, fresh	15 ea.
Chile, Thai bird's eye, sliced thinly	5 ea.
Lime, cut into 6 wedges	2 ea.

Method

1. Over a gas flame on medium-high heat, use a pair of tongs to hold one piece of the ginger at a time. Rotate frequently, making sure all sides are evenly charred. Repeat this process for the rest of the ginger and the onions. Reserve.
2. For the broth, place the chicken bones and pieces in a soup pot. Add enough cold water to submerge the chicken and bones. Bring it to a boil, then reduce the heat to a simmer.
3. Skim the surface of the pot to remove any scum.
4. Add the reserved charred ginger, onion, star anise, cloves, peppercorns, fish sauce, sugar, and salt. Cook until the chicken is just done, about 30 minutes.
5. Remove the chicken from the broth and set it aside to cool.
6. Let the broth simmer for another 1 ½ hours. Strain it into a clean pot and set it over low heat.
7. Remove the skin from chicken and discard. Shred the meat into bite-size strips.

8. Place the cooked noodles into preheated bowls and top with the shredded chicken and onions.
9. Bring the broth back to a rolling boil and ladle 2 cups into each bowl. Top with the scallions, onion, and cilantro. Arrange the bean sprouts, basil, chiles, and lime wedges on a plate and serve with the soup.

PIQUANT CAULIFLOWER

Yield: 6 portions

Ingredients	Amounts
Thai chili paste	1 Tbsp.
Soy sauce	3 Tbsp.
Vinegar, rice	3 Tbsp.
Sugar, palm	1 Tbsp.
Cauliflower, head, cut into florets	1 ea.
Oil, vegetable	as needed
Onion, yellow, small, minced	1 ea.
Garlic, minced	1/4 cup
Ginger, minced	2 Tbsp.
Scallion (Green onion), bunch, cut into 1-in. pieces	1 ea.
Tomato, plum (Roma), chopped	6 ea.

Method

1. In a small bowl, place the chili paste, soy sauce, rice vinegar and palm sugar. Whisk to combine. Reserve.
2. Bring a medium pot of salted water to a boil. Add the cauliflower. Blanch until tender, 2 to 3 minutes. Drain. Transfer to an ice water bath to stop the cooking process. Drain. Pat the cauliflower completely dry with paper towels.
3. Heat the oil in a large sauté pan over medium-high heat. Add the blanched cauliflower. Sauté until golden brown, 8 to 10 minutes. Remove from the pan. Reserve.
4. Add the onions, garlic, ginger, and scallions to the sauté pan. Cook for 1 minute.
5. Add the reserved soy sauce mixture and tomatoes. Cook until the tomatoes begin to break down to form a sauce.
6. Return the cauliflower to the pan. Simmer for 2 minutes.
7. Adjust the seasoning to taste. Serve warm.

VIETNAMESE CRISPY SPRING ROLLS

Yield: 15 spring rolls

Ingredients	Amounts
Bean thread noodles, cooked, cut into 1-in. pieces	1 wt. oz.
Mushroom, wood ear, soaked	1 wt. oz.
Onion, yellow, finely minced	1 ea.
Carrot, peeled, coarsely grated	1 ea.
Scallion (Green onion), sliced thinly	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	½ lb.
Pork, ground	½ lb.
Cornstarch	2 Tbsp.
Water	⅓ cup
Spring roll wrapper	15 ea.
Oil, vegetable	as needed
Vietnamese Dipping Sauce (Recipe follows)	1 ½ cups

Method

1. For the filling, in a large bowl, place the noodles, mushroom, onion, carrot, scallion, egg, fish sauce, garlic, salt, pepper, crab meat, and ground pork. Mix well to combine. Adjust the seasoning to taste. Reserve.
2. In a small saucepan, combine the cornstarch and water. Bring it to a boil, stirring constantly to prevent sticking. If too thick, add more water. This is the "glue" to seal the edges of the wrappers.
3. Place a wrapper on a table with the pointy side towards you.
4. Place 2 tablespoons of reserved filling on the lower area of the wrapper.
5. 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.
6. Dab a little cornstarch mixture along the edges (do not over glue) and seal the roll. Continue this process for the remaining rolls. Do not stack them as they will stick together.

7. Heat the oil in a large wok or frying pan to 325°F. Add enough oil to fully submerge the spring rolls.
8. Working in batches, 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, not touch the pan.
9. Fry until brown and crisp, 3 to 4 minutes. If the rolls brown before that, lower the heat, as the oil is too hot.
10. Remove the cooked spring rolls. Drain on a wire rack.
11. Serve immediately with the dipping sauce.

VIETNAMESE DIPPING SAUCE

NOUC CHAM

Yield: 1 ½ cups

Ingredients	Amounts
Garlic, clove, 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, fresh	2 Tbsp.
Sugar, granulated	¼ cup
Carrot, shredded very finely	2 Tbsp.

Method

1. Using a mortar and pestle, pound the garlic, chili paste, and chile (if desired) to a paste.
2. In a small mixing bowl, combine the paste with the fish sauce, hot water, lime juice, and sugar. Stir until the sugar has dissolved.
3. Ladle the sauce into serving bowls. Garnish with the carrot slivers on top.

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

DAY THREE: 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 THREE: 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, 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, plum (Roma), chopped	6 ea.
Spinach, trimmed, washed	1 lb.

Method

1. In a large pot, place the mung beans, water, garlic, ginger, and salt. Cook over medium-high heat until the beans are stew-like and slightly mushy, 20 to 25 minutes. Remove from the heat. Reserve warm.
2. For the tadka, in a frying pan, heat the oil over medium-high heat. Add the cumin seeds. Stir fry for about 15 seconds.
3. Add the cayenne and onions. Cook, stirring frequently, until the onions are softened, about 5 minutes.
4. Add the tomatoes. Continue to cook until they start to fall apart.
5. Add the spinach. Cook until wilted, 1 to 3 minutes.
6. Add the reserved mung beans mixture to the pan. Stir briefly.
7. Serve hot with flatbread or rice.

MUSHROOM CAULIFLOWER CURRY

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	1/3 cup
Onion, yellow, diced	1 ea.
Chile, jalapeño, minced	2 ea.
Ginger, 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, plum (Roma), chopped	2 cups
Tomato, purée, canned	1/2 cup
Tomato, paste, canned	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, leaves, fresh, chopped	1 cup

Method

1. Heat the oil in a large pot over medium heat. Add the onion. Fry until light golden brown, 10 to 15 minutes.
2. Turn down the heat to low. Add the jalapeño, ginger, cumin, and garlic. Cook until aromatic, 2 minutes.
3. In a small bowl, place the turmeric, coriander, ground chile, and garam masala. Mix with the water. Add it to the onion mixture in the pot. Cook until all the moisture has evaporated, about 7 minutes.
4. Add the tomatoes, tomato purée and paste. Cook, stirring continuously, until the mixture is cooked and fat becomes visible on the sides of the pan. Stir to make sure the mixture does not stick to the bottom.
5. Add the cauliflower, mushrooms, and bell peppers. Mix well. Season with salt to taste.
6. Bring the mixture to a boil. Lower the heat, cover, and simmer for 5 minutes.

7. Remove from the heat. 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. Stir until the sugar dissolves.
3. Add the rice. Cover and simmer for 20 minutes.
4. Remove the cinnamon stick and lemon rind. Discard.
5. Fluff the rice with a fork before serving.

VEGETABLE SAMOSAS

Yield: 24 Samosas

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

Method

1. In a small dry skillet over medium-high heat, place the carom seeds. Toast, stirring frequently, until aromatic, 1 to 3 minutes. Reserve.
2. For the samosa dough, combine the flour and melted ghee to form a course meal texture.
3. Add the reserved carom seeds, salt, and water. Mix to a pliable dough. Let the dough rest for at least 30 minutes.
4. Shape the dough into 1 ½-inch balls. (See Chef demo.)
5. For the filling, heat the oil in a medium saucepan over medium heat. Add the coriander and cumin seeds. Cook until aromatic, 30-60 seconds.
6. Add the onions, ginger, and jalapeño. Sauté until the onions have browned, 10 to 15 minutes.
7. Stir in the cayenne. Cook for 1 minute. Remove from the heat. Cool and reserve.

8. In a separate bowl, crumble the boiled potatoes. Stir in the reserved spice mixture and peas. Adjust the seasonings to taste.
9. Add the cilantro. Mix well. The filling should be lumpy. Reserve.
10. In a small bowl combine the flour and water to form a paste. Reserve.
11. Preheat a deep fryer with oil to 375°F.
12. To assemble the samosas, roll the dough out until it is 1/16-inch thick. Cut into 3-inch squares.
13. Place 1 ½ teaspoons of the filling in the middle of each square of dough. Fold into a pyramid around the filling. Seal the edges with the reserved flour and water paste and pinch the edges together.
14. Deep-fry in 375°F oil until golden brown. Remove and drain on a wire rack.
15. Serve hot.

TOMATO DAL RAASAM

Yield: ½ gallon

Ingredients	Amounts
Ghee	3 Tbsp.
Onion, yellow, medium, sliced	1 ea.
Ginger, finely chopped	½ wt. oz.
Turmeric, dried, ground	½ tsp.
Korean chili powder (Gochugaru)	½ Tbsp.
Lentils, red	¼ lb.
Stock, chicken	½ gal.
Tomato, crushed, canned	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.
Mustard seeds, brown	1 tsp.
Fenugreek, seeds	1 tsp.
Curry, leaf	8 ea.
Asafetida	½ tsp.
Cilantro, fresh, leaves, chopped	¼ cup

Method

1. Heat the ghee in a pot over medium heat. Add the onions. Cook until golden brown, 20 to 30 minutes.
2. Add the ginger, turmeric, and gochugaru. Cook until aromatic, about 30 seconds.
3. Add the lentils and chicken stock. Simmer for 20 minutes.
4. Add the tomatoes, peppercorns, Thai chiles, and tamarind. Simmer for 30 minutes.
5. For the tadka, heat a small skillet with the ghee over low heat. Add the mustard and fenugreek seeds. When the seeds begin to crackle, add the curry leaves and asafetida. Turn down the heat to low. After a few seconds, pour the mixture into the soup. Stir to combine.
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, sliced into 2-in. pieces	1 wt. oz.
Mango, firm, ripe, peeled, medium diced	3 ea.
Pistachios	¼ cup
Currants, dried	½ cup

Method

1. In a medium saucepan over medium heat, add vinegar and sugar. Caramelize the sugar until golden brown in color, 5 to 10 minutes.
2. Immediately add the jalapeños, cloves, bay leaves, cinnamon, cardamom, and ginger. Cook, stirring constantly, for 15 seconds.
3. Add the mangoes. Mix well. Let it simmer until the mangoes release their juice. Increase the heat slightly. Cook for 5 to 6 minutes.
4. Add the pistachios and currants. Stir to combine.
5. Cover and refrigerate.

TANDOORI CHICKEN

Yield: 8 portions

Ingredients	Amounts
Chicken, whole, 3 lb.	2 ea.
Salt, kosher	as needed
Lemon, juice, fresh	2 Tbsp.
Garam masala	1 Tbsp.
Korean chili powder (<i>Gochugaru</i>)	2 tsp. (or to taste)
Turmeric, dried, ground	1 tsp.
Cumin, ground	1 Tbsp.
Coriander, ground	2 tsp.
Ginger, ground	½ Tbsp.
Garlic, finely chopped	2 tsp.
Yogurt, whole, plain drained through cheesecloth	3 cups
Lettuce, romaine, leaves	½ head
Oil, vegetable	2 Tbsp.
Onion, yellow, diced	2 ea.
Tomato, plum (Roma), diced	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, leaves, fresh, chopped	½ cup
Lemon, cut into wedges	1 ea.

Method

1. Preheat the oven to 450°F.
2. Cut the chicken into 10 pieces. Rinse. Pat dry. Make 2 slits in the flesh of each piece. Reserve.
3. In a large bowl, place the salt, lemon juice, garam masala, chili powder, turmeric, cumin, coriander, ginger, and garlic. Mix to combine. Add the strained yogurt. Mix well.
4. Add the chicken. Mix to coat. Marinate for at least two hours, or up to 1 day.
5. Place the chicken on a wire rack. Bake in the preheated oven until cooked through and the exterior is crispy, 30 to 45 minutes.
6. Arrange the lettuce leaves on a platter. Reserve.
7. Heat the oil in a wok or large skillet over medium-high heat. Add the onions. Stir fry until lightly browned, 15 to 20 minutes.
8. Add the tomatoes. Stir fry for 1 minute. Season with salt and pepper. Add the cilantro.
9. Place the hot onion-tomato mix on the lettuce leaves and top with the roasted chicken.
10. Garnish with lemon wedges on the side.

DEEP-FRIED POTATO BALLS

Yield: 10 portions

Ingredients	Amounts
Ghee	4 tsp.
Chile, red hot, dried	2 ea.
Curry leaf, cut in ½	12 ea.
Lentils, black (Urad dal)	2 tsp.
Mustard seeds, black	1 tsp.
Onion, yellow, minced	2 ½ cups
Ginger, minced	2 Tbsp.
Chile, serrano, minced	5 ea.
Turmeric, dried, ground	½ tsp.
Potato, Yukon Gold, cooked, peeled squashed by hand	2 lb.
Cilantro, fresh, chopped	¼ bu.
Salt, kosher	to taste
Flour, chickpea (<i>Besan</i>)	1 cup
Korean chili powder (Gochugaru)	1 tsp.
Asafetida (Optional)	¼ tsp.
Salt, kosher	as needed
Water	as needed
Oil, vegetable	as needed
Mint Chutney (Recipe follows)	1x recipe

Method

1. Heat the ghee in a skillet over medium heat. Add the dried chiles, curry leaves, lentils, and mustard seeds.
2. When the mustard seeds begin to pop, immediately add the onions, ginger, serrano chiles, and turmeric. Cook until the onions begin to brown, about 20 minutes.
3. Add the squashed potatoes and cilantro. Toss to combine. Season with salt to taste.
4. Remove from the heat. Cool to room temperature. Reserve.
5. Preheat a deep fryer with oil to 350°F.
6. For the batter, combine the flour, gochugaru, asafetida, and salt. Add just enough water to form a thick batter.
7. Shape the potato filling into 1-inch diameter balls.
8. Dip the potato balls into the batter. Transfer to the preheated deep fryer, being careful not to overcrowd it. Fry until pale brown. Remove and drain on paper towels. Continue this process until all the potato balls have been fried.
9. Serve plain or with the Mint Chutney.

MINT CHUTNEY

Yield: 2 ¼ cups

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

Method

1. Heat the oil in a medium pan over medium heat. Add the chiles and lentils. Fry for 1 minute. Remove and reserve.
2. In the same pan, add the mint. Fry until it changes color and reduces by half in size, 10 to 15 seconds. Remove and cool completely.
3. In a medium bowl, combine the reserved lentil mixture with the fried mint, tamarind, salt, sugar, and asafetida.
4. Using a mortar and pestle, grind the mixture to a fine paste.
5. Store in an airtight container. Keep refrigerated.

BEEF VINDALOO

Yield: 6 portions

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

Method

1. Heat the ghee in a small sauté pan over medium heat. Add the turmeric, coriander, chile, mustard seeds, cumin seeds, and fenugreek. Temper the spices until aromatic and the seeds crackle, 10 to 20 seconds.
2. Add the onions, garlic, and ginger. Cook until slightly softened and aromatic, about 2 minutes.
3. Transfer the onion spice mix to a blender. Pulse. Add in the vinegar slowly to form a thick paste.
4. Dry the beef cubes with a paper towel. In a large bowl, coat the beef thoroughly with the onion spice paste.
5. Heat the ghee in a large, heavy pot over medium heat. Add the seasoned beef. Sear, 2 to 4 minutes each side.
6. Add the stock and salt. Bring it to a boil. 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. 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. In a large bowl, combine the flour and salt.
2. Rub in the ghee (if using), then add the water all at once. Mix to form a dough that is firm, but not too stiff.
3. Knead the dough on a flat surface until it is elastic and pliable.
4. Cover the dough with plastic wrap. Let it sit for 1 hour.
5. Shape the dough into balls about the size of a large walnut. Roll each ball out 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 over high heat. Make sure the pan is 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, leaves, fresh	1 cup
Chile, jalapeño, with seeds	1 ea.
Lemon, juice, fresh	2 Tbsp.
Cashews, unsalted	½ cup
Cumin, ground	½ tsp.
Yogurt, whole, plain	½ cup
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.

Method

1. Combine all the ingredients in a blender. 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, Yukon Gold	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, finely grated	1 Tbsp.
Cilantro, leaves, 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. In a large pot of salted water, place the potatoes over medium-low heat. Simmer until soft, 20 to 30 minutes. Drain, mash, reserve.
2. In the same pot, bring about 2 inches of water to a boil. Turn down the heat to a simmer. Season the fish with salt and pepper. Carefully transfer the fish to a steamer basket and place it in the pot. Cover with a tight-fitting lid. Steam until the fish is opaque throughout and flakes easily with a fork, 6 to 8 minutes.
3. Carefully crumble the cooked fish into a large bowl.
4. Add the mashed potatoes, scallions, jalapeños, ginger, cilantro, and mint. Mix carefully, making sure not to break the fish pieces completely. Season with salt and pepper to taste.
5. Shape the mixture into little patties. Dip each patty in the beaten egg, then in the breadcrumbs.
6. Pan-fry the patties in oil over medium-high heat until golden brown on both sides, 1 to 3 minutes.
7. Remove from the pan and drain on a wire rack.
8. Serve hot.

Note: Cod can be substituted for the haddock fillet.

DAY FOUR: 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
Gochujang

Kimchi
Bulgogi

Kalbi
Gochugaru

KEY TERMS - JAPANESE

Soba Noodle
Udon Noodle
Somen Noodle
Bonito flakes/Katsuobushi
Kombu
Togarashi-Seven Spice
Dashi

Wakame
Mirin
Sake
Sansho/ Kinome
Mame Miso
Kome
Mugi

Nori
Pickled Daikon
Tobiko
Kamaboko
Wasabi

DAY FOUR

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

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

Method

1. In a small dry skillet over medium heat, place the sesame seeds. Toast, stirring frequently, until golden brown, 3 to 4 minutes. Reserve.
2. Heat the oil in a wok or skillet over medium-high heat. Add the garlic and scallions. Briefly stir fry until aromatic, 1 to 3 minutes.
3. Add the sprouts. Stir fry for 1 minute.
4. Transfer to a medium bowl. Cool.
5. Add the reserved sesame seeds and sesame oil to the bowl. Season with salt and pepper to taste.
6. Toss to combine the ingredients.
7. Cover and refrigerate until ready for service.
8. Serve chilled.

BRAISED KOREAN BEEF SHORT RIBS

Yield: 6 portions

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

Method

1. Place the dried mushrooms in a bowl of warm water to rehydrate overnight.
2. In a small dry skillet over medium heat, place the pine nuts. Toast, stirring occasionally, until golden brown and aromatic, 3 to 5 minutes. Reserve.
3. Pour out the mushroom rehydration liquid, reserve it to cook the beef. Cut off the stems of the mushrooms and discard. Cut the caps in half. Reserve.
4. In a large pot of rapidly boiling water, blanch the short ribs, 5 to 10 minutes. Transfer to an ice water bath to stop the cooking process. Drain.
5. Transfer the ribs to a separate large stockpot, Cover completely with water. Add the reserved mushroom liquid, mirin, soy sauce, onions, ginger, garlic, dates.
6. Bring the mixture to a boil, then immediately reduce the heat to low. Simmer for 1 hour. Stir the meat occasionally to keep it well-moistened. Skim off any scum that rises to the surface.
7. Add the reserved mushrooms, daikon, and carrots. Continue simmering for at least 1 more hour, until the meat is fork tender.
8. Before serving, remove and discard the crushed ginger. Adjust the seasoning with soy sauce and sugar as needed.
9. 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.
10. Serve garnished with the reserved pine nuts, sesame oil, and omelet diamonds.

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, 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. In a small dry skillet over medium-low heat, place the sesame seeds. Toast, stirring frequently until golden, 3 to 4 minutes.
2. Cook the pumpkin in boiling water for 1 to 2 minutes. Drain, shock in an ice bath, and drain again. Reserve.
3. Combine the sugar, water, soy sauce, and ginger in a wide skillet. Bring it to a boil over medium heat. Add the pumpkin.
4. 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. 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. In a colander, place the zucchini and salt. Toss to combine. Sit for 30 minutes. Pat the slices dry.
2. Dip the zucchini in the flour, shaking off excess. Dip in the eggs, then in the sesame seeds.
3. In a wide skillet over medium heat, add ½-inch of oil to 350°F.
4. Add the zucchini. Pan-fry until golden brown on both sides.
5. Drain on a wire rack. 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), sliced thin, bias	4 ea.

Method

1. Heat the dashi in a medium saucepot over medium heat.
2. In a medium bowl, fill with cold water. Add the seaweed. Soak to rehydrate, 5 to 10 minutes. Drain well.
3. Trim off the tough parts, discard. Chop the remaining seaweed into ½-inch pieces. Reserve.
4. In a medium bowl, place the miso paste. Add a cup of hot dashi. Whisk to combine.
5. Add the mixture to the remaining hot dashi.
6. Reduce the heat to low, do not allow soup to boil. Simmer, 2 to 3 minutes.
7. Place the wakame, tofu, and scallions into serving cups. Add the soup when ready to serve.

DASHI

Yield: ½ gallon

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

Method

1. Carefully wipe the sea kelp with a damp cloth to remove any sand. Do not remove the sea salt.
2. In a medium pot, place the sea kelp in a pot with the water over medium heat. Remove the kelp just before the liquid begins to boil.
3. Add the dried bonito flakes. 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, head	2 ea.
Carrot, chopped	1/2 cup
Onion, yellow, chopped	1/4 cup
Celery, chopped	1/4 cup
Orange, juice and pulp, fresh, peeled, seeded	1/4 ea.
Ginger, minced	2 tsp.
Soy sauce, light	2 tsp.
Ketchup	2 tsp.
Vinegar, rice, unseasoned	1 Tbsp.
Sugar, granulated	1/2 tsp.
Oil, vegetable	1/4 cup
Salt, kosher	to taste

Method

1. Wash the lettuce. Cut into 2-inch pieces.
2. For the dressing, place the remaining ingredients into a blender. 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>), fresh or frozen	1 lb.

Method

1. In a medium pot of salted, boiling water, blanch the soybeans, 2 to 5 minutes.
2. Drain. Transfer to an ice water bath. Drain again.
3. Sprinkle lightly with additional 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, rinsed, dried	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, Japanese (<i>Mirin</i>)	2 Tbsp.
Scallion (Green onion), sliced very thin on bias	4 ea.

Method

1. In a large pot of salted, boiling water, cook the noodles until tender but firm to the bite (*al dente*). Transfer to a cold water to stop the cooking process. Reserved covered.
2. In a medium saucepot, add the dashi and soy sauce. Let it simmer over medium heat for at least 10 minutes.
3. In a large saucepot over medium-high heat, place a small amount of heated dashi, clams, shiitake, carrots, cabbage, and snow peas. Cook until the clams start to open, 4 to 10 minutes.
4. Add the chicken and shrimp. Cook until the shrimp is pink, and the chicken is cooked through, about 2 minutes.
5. Arrange the reserved hot noodles in individual serving bowls. Top with the cooked clam-shrimp mixture.
6. Pour enough hot dashi over the noodles to barely submerge them.
7. Garnish with scallions and serve.

INSTANT CUCUMBER KIM CHI

Yield: 6 portions

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

Method

1. In a small dry skillet over medium heat, place the sesame seeds. Toast, stirring occasionally, until golden brown, 3 to 4 minutes.
2. In a colander, place the cucumbers. Mix with 1 ½ teaspoon of the salt. Reserve for 2 hours.
3. In a small bowl, combine the daikon with 1 teaspoon of salt. Sit for 30 minutes.
4. Gently squeeze out the excess moisture from the cucumbers and daikon.
5. Transfer to a large bowl. Add the reserved sesame seeds, garlic, scallions, ginger, chili powder. Toss to combine.
6. 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, sliced thin	1 lb.
Korean chili paste, (<i>Gochujang</i>)	1 Tbsp.
Korean chili powder, (<i>Gochugaru</i>)	1 tsp.
Kimchi, cut into bite-size pieces	1 lb.
Stock, beef, white	1 ½ qt.
Salt, kosher	as needed
Tofu, silken, large diced	1 lb.
Scallion (Green onion), sliced	2 ea.
Chile, jalapeño, green, sliced very thin	1 ea.

Method

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

PAN-FRIED SCALLIONS

Yield: 6 portions

Ingredients	Amounts
Salt, sesame	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)	3 bu.
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)	1 cup
Korean Hot Pepper Sauce (Recipe follows)	2 cups

Method

1. For the beef seasoning, in a large bowl combine the sesame salt, soy sauce, chopped scallion, garlic, sugar, salt, sesame oil, and pepper. Mix to combine.
2. Add the beef. Toss well to coat.
3. Cut the scallions into quarters lengthwise, then cut quarters into 2-inch lengths.
4. Add the sliced scallions, shrimp, squid, clams, and crab meat to the seasoned beef. Toss to combine.
5. Sprinkle rice flour over the beef mixture, then add the eggs. Mix well to combine.
6. Spoon the mixture into disc shapes onto a heated pan. Fry over medium heat until both sides are golden brown.
7. 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, peeled, 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. In a small pot, blanch the garlic in boiling, salted water, 15 to 30 seconds. Drain. Transfer to an ice bath. Drain.
2. Using a mortar and pestle, mash the garlic into a paste.
3. In a small mixing bowl, combine the garlic paste with the remaining ingredients. Mix to combine.
4. Adjust the seasonings to taste.

KOREAN RED PEPPER SAUCE

YANGNYEOM GOCHUJANG

Yield: 2 cups

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

Method

1. Heat the vegetable oil in a small skillet over medium heat. Add the garlic and scallions. Cook briefly until softened, 30 to 60 seconds.
2. Add the remaining ingredients. 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. In a medium bowl, place the rice. Rinse it under cold water. Stir and drain the water. Repeat this process until the water runs mostly clear. (This will remove excess starch, which helps prevent the rice from becoming too sticky.) Let the rice soak for 30 minutes. (This allows the rice to rehydrate, ensuring it cooks quickly and evenly.) Drain.
2. In a medium pot, place the rice and water. Bring it to a boil. Stir. Turn down the heat to low, cover the pot, and let it simmer for 10 minutes.
3. Turn off the heat. Let it steam, covered, for 10 minutes.
4. With a wet, wooden rice paddle or shallow, wooden spoon, fluff the rice.
5. Transfer to a serving bowl.

DAIKON AND CUCUMBER SALAD

Yield: 6 portions

Ingredients	Amounts
Radish, white (Daikon), 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 chili powder (<i>Gochugaru</i>)	1 tsp.

Method

1. Place the daikon, carrot, and cucumber into three separate bowls.
2. Add 1 teaspoon of salt to each bowl. Mix well. Let it sit for 30 minutes.
3. Gently squeeze out any excess water from each vegetable. Place them all in one large bowl.
4. Add the vinegar, sugar, and gochugaru. Mix well to combine.
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, beef, white	1 gal.
Onion, yellow, peeled, quartered	1 lb.
Ginger, sliced ⅛-in.	½ wt. oz.
Scallion (Green onion), sliced thin	4 ea.
Garlic, minced	½ Tbsp.
Korean chili paste (<i>Gochujang</i>)	¼ cup
Korean soybean paste (<i>Doenjang</i>)	¼ cup
Soy sauce, light	2 Tbsp. (or to taste)
Cabbage, napa, chiffonade	4 cups
Oil, sesame	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Egg, beaten lightly	4 ea.
Bean, sprouts, cut into 1-in. lengths	2 ½ cups

Method

1. In a large pot of boiling, salted water, blanch the beef bones, 15 to 20 minutes. Drain.
2. In a large stockpot, place the blanched bones, beef, and stock. Bring the liquid to a boil, then turn down the heat to maintain a simmer.
3. Add the onions and ginger. Cover tightly. Simmer until the meat is very tender, at least 1 hour.
4. Remove the beef and set in cold water for 15 minutes. Drain. Reserve the broth.
5. Shred the meat into 1-inch length strips. Reserve.
6. Strain the reserved broth into a clean pot. Bring it to a boil.
7. Add the scallions, garlic, gochujang, soybean paste, soy sauce, and cabbage. Return soup to a boil, then reduce heat. Simmer for 10 minutes.
8. Adjust the seasoning 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, sliced thin	½ ea.
Cabbage, napa, sliced thin	½ cup
Salt, kosher	as needed
Flour, rice	⅓ cup
Water	as needed
Scallion (Green onion), sliced thin	5 ea.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Oil, vegetable	as needed
Korean chili paste (Gochujang)	as needed
Soy sauce, light	½ cup
Vinegar, rice	¼ cup

Method

1. Soak the mung beans in cold water for 3 hours. Drain. Reserve.
2. In a medium bowl, mix the onion and cabbage with salt. Let it sit for 30 minutes. Squeeze out the excess moisture. Reserve.
3. Place the reserved beans in a food processor. Slowly add the flour and water to form a coarse pancake batter.
4. In a large mixing bowl, place the reserved onion and cabbage mixture, scallions, and garlic. Add the batter. Mix to combine. Season with salt to taste.
5. Heat a small amount of oil in a skillet over medium-high heat. Ladle a small amount of batter into the pan. Fry until golden brown, 1 to 2 minutes per side.
6. Remove the pancakes. 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 gochujang 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), sliced thin	3 ea.
Soy sauce, light	½ cup
Sugar, granulated	2 Tbsp.
Oil, sesame	1 Tbsp.
Oil, vegetable	½ cup
Onion, yellow, sliced thin with the grain	2 cups
Garlic, minced	8 tsp.
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. In a large bowl, place the wood ear mushrooms. Soak in warm water for 30 minutes. Drain. Trim off the hard parts and cut into ⅛-inch-wide strips. Reserve.
2. Cut off the entire stem of the shiitake mushrooms. Cut caps into ⅛-inch wide strips. Reserve
3. In a medium pot, boil water. In a separate pot, place the noodles. Pour enough of the boiling water over the noodles to cover by at least 2 inches. Soak until rehydrated and elastic. Drain, rinse, reserve.
4. In a medium bowl, whisk together the scallions, soy sauce, sugar, and sesame oil. Reserve.
5. Heat the oil in a wok over medium-high heat. Add the onions and garlic. Stir fry until aromatic, 5 to 10 minutes.
6. Add the reserved mushrooms, cabbage, carrots, and peppers. Stir fry until the vegetables are almost cooked through, 5 to 10 minutes.
7. Add the noodles. Stir fry until ingredients are heated through.
8. Add the reserved soy sauce mixture. Season with salt and pepper to taste. 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. Transfer the stir fry to a serving plate. Garnish with the omelet pieces.

DAY FIVE

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

Hot Bean Paste

Peking (Beijing)

Red Cooking

Soy Sauce

Stir fry

Tofu

Wok

Five Spice Powder

Oyster Sauce

Preserved Vegetables

Shanghai

Star Anise

Szechwan

Velveting

Yin Yang

DAY FIVE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Spring Rolls
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

Chinese Tea-Flavored Eggs
Spicy Cabbage Salad
Sweet and Spicy Braised Spareribs

SPRING ROLLS

Yield: 20 rolls

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

Method

1. For the filling, heat the oil in a skillet or wok over medium-high heat. Add the ginger, scallions, and pork. Stir fry until pork is opaque, 1 to 3 minutes.
2. Add the black fungus, cabbage, and mushrooms. Stir fry until all the vegetables are cooked, 5 to 10 minutes.
3. In a small bowl, place the soy sauce, sesame oil, salt, and pepper. Mix to combine. Pour the mixture into the pan with the vegetables. Toss to mix.
4. In a small bowl, whisk together equal parts cornstarch and water to form a slurry. Stir the cornstarch slurry into the pan. Cook until the liquid has thickened.
5. Add the bean sprouts. Toss to combine. Remove from the heat. Cool.
6. In a small bowl, whisk together equal parts flour and water to make a paste.
7. Carefully place a wrapper smooth side down in a diamond position. Set a spoonful of filling on the bottom. Roll up halfway, fold sides in, then finish rolling. Use the flour paste to seal. (See Chef's demo.)
8. Deep-fry the spring rolls in 350°F oil until golden brown. Remove from the oil and place on a wire rack to drain.
9. Serve garnished with scallions.

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, 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, Shao Xing	2 Tbsp.
Pepper, black, ground	1 tsp.
Sugar, granulated	2 Tbsp.
Stock, chicken	1 qt.
Molasses (Optional)	¼ cup
Orange, peel, dried, or blanched, 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, leaves, fresh, cut coarse	¼ cup

Method

1. For the spice sachet (*sachet d'épices*), in the middle of a square of cheesecloth, place the orange skin, cinnamon stick, and star anise. Gather the sides together to form a pouch and tie it closed with cooking twine. Reserve.
2. Heat oil in a wok over medium-high heat. Add the garlic, scallions, ginger, and chiles. Stir fry until aromatic, 1 to 2 minutes.
3. Add the lamb chops. Stir fry until the exterior turns brown all over, 2-5 minutes per side.
4. Add the reserved spice sachet, soy sauce, Shao Xing, black pepper, sugar, stock, molasses. Bring it to a boil, then reduce heat to a simmer. Cook until the lamb is very tender. Remove and discard the spice sachet.
5. Add the mushrooms and celery. Cook for 5 five minutes.
6. In a small bowl, whisk together equal parts cornstarch and water. Add the cornstarch slurry to the wok. Simmer until the sauce is thick enough to coat the back of a spoon (*nappé*).

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, roasted	2 Tbsp.
Garlic, minced	5 tsp.
Ginger, 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. Stir fry until aromatic, 3 to 5 minutes.
3. Add the cabbage. Toss to combine.
4. Add the chicken stock and soy sauce. Cover and simmer until the cabbage is tender, 10 to 12 minutes.
5. Season with vinegar, salt, pepper, and sugar as needed.
6. In a small bowl, whisk together equal parts cornstarch and water. Thicken the dish as needed with the cornstarch slurry.

WONTON SOUP

Yield: 1 gallon

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Scallion (Green onion), sliced thin	2 ea.
Ginger, minced	1 tsp.
Stock, chicken	2 qt.
Soy sauce, light	as needed
Salt, kosher	3 Tbsp.
Pepper, black, ground	1 tsp.
Cabbage, napa, fine chopped	3 ¼ cups
Salt, kosher	1 Tbsp.
Pork, ground	½ lb.
Scallion (Green onion), bunch, thinly sliced	1 ea.
Ginger, 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, stems removed, roughly chopped	2 ea.

Method

1. For the broth, heat the oil in a large soup pot over medium-high heat. Add the scallions and ginger. Sauté until aromatic, 1 to 3 minutes.
2. Add the chicken stock. 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. Squeeze out the excess water with a clean side towel.
5. In a large bowl, combine the cabbage with the pork, scallion, ginger, soy sauce, salt, sugar, pepper, and oil. Mix well.
6. Form a small amount of the stuffing into a patty. Cook to check for flavorings and seasonings. Adjust seasonings, if necessary.

7. Assemble the wontons. (See Chef demo).
8. Cook the wontons in boiling water until they float, about 2 minutes. Drain. Transfer the wontons to a lined, lightly oiled sheet pan to cool.
9. Blanch the spinach in the water after all the wontons are finished, about 30 seconds. Squeeze out the excess water.
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.
Chile bean paste	1 Tbsp.
Scallion (Green onion), minced	1 ea.
Ginger, 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. In a wok, place the oil and Sichuan pepper. Heat until the pepper starts to brown and become fragrant, 10 to 15 minutes.
2. Remove all the pepper from the oil. Discard.
3. Add the chile bean paste, scallions, ginger, and garlic to the oil. Cook until the mixture is fragrant, 3 to 5 minutes.
4. Add the ground pork. Stir fry until the meat is cooked through, 5 to 10 minutes.
5. Add the Shao Xing. Stir. 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. Cover. Continue to slowly cook, 3 minutes.
7. Carefully mix the tofu with the ground meat not to break it.
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, sliced thin	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. Stir fry until aromatic, 30 to 60 seconds.
3. Add the bok choy. Stir fry until soft, adding a splash of water 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, minced	1 Tbsp.
Scallion (Green onion), sliced thin	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, lightly beaten	3 ea.
Oil, sesame, dark	2 Tbsp.
Tofu, firm (brine), small diced	½ lb.
Scallion (Green onion), sliced thin	3 ea.

Method

1. Heat the oil in a soup pot over medium-high heat. Add the ginger and scallions. Stir fry until aromatic, 1 to 2 minutes.
2. Add the pork. Stir fry until cooked, 3 to 5 minutes.
3. Add the black fungus, lily buds, and cabbage. Continue to stir fry until the cabbage is tender, 5 to 10 minutes.
4. Stir in the stock, vinegar, soy sauce, salt, and pepper. Bring it 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 the eggs with sesame oil until emulsified.
7. Reduce the heat to a simmer and slowly add eggs to soup as "egg drop." Keep hot, but do not allow soup to boil.
8. Add the tofu. 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, cut into big slices	1 wt. oz.
Scallion (Green onion), 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 over medium heat, cook the pork belly without oil for 1 minute.
2. Add the sugar. Continue cooking until the sugar is melted.
3. Add the ginger and scallions. Cook until aromatic, 1 to 3 minutes.
4. Stir in the Shao Xing, light and dark soy sauce, star anise, and just enough water to cover the meat. Cover tightly. Simmer over very low heat for about 45 minutes.
5. Add the potatoes. 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, beaten	3 ea.
Sausage, Chinese, small diced	½ lb.
Onion, yellow, diced ¼-inch	1 ea.
Garlic, minced	¼ cup
Scallion (Green onion), sliced	4 ea.
Mushroom, shiitake, medium diced	¼ lb.
Carrot, medium dice, blanched	¼ lb.
Rice, white, long-grain, cooked	6 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, breaking apart with a wok spatula throughout cooking. Remove from the pan. Reserve.
2. Add the diced sausage. Cook to melt out the fat, 15 to 25 minutes.
3. Add the onions, garlic, and scallions, Stir fry in the rendered fat until aromatic, 1 to 3 minutes.
4. Add the mushrooms and peppers. Cook until tender, 10 to 15 minutes.
5. Add the blanched carrots and cooked rice.
6. Adjust seasoning with salt and pepper. Continue to cook until the rice stir fry is hot and begins to turn golden brown.
7. Return the cooked eggs to the wok. Toss to combine.

CHINESE TEA-FLAVORED EGGS

Yield: 12 eggs

Ingredients	Amounts
Egg, large, whole	12 ea.
Tea, green, leaves	2 Tbsp.
Star Anise	3 ea.
Cinnamon, Chinese (Optional)	1 ea.
Soy sauce, light, regular sodium	2 ½ Tbsp.
Soy sauce, dark	2 ½ Tbsp.
Salt, kosher	1 Tbsp.
Sugar, granulated	1 Tbsp.

Method

1. Place the eggs in a large saucepot. Add enough cold water to submerge the eggs by 1 inch. Bring it to a boil, then reduce the heat. Simmer for 2 minutes.
2. Transfer the eggs to a cold-water bath. Submerge for 10 minutes.
3. Carefully roll the cold eggs over a cutting board to crack the shell all over in a marble pattern. The eggs will be very fragile, so be careful not to break them.
4. For the spice sachet (*sachet d'épices*), in the middle of a square of cheesecloth, place the tea, anise, and cinnamon. Gather the sides together to form a pouch and tie it closed with cooking twine.
5. Place the cracked eggs into a saucepan. Add the spice sachet, soy sauces, salt, and sugar. Add enough cold water to just cover the eggs.
6. Cover the pot with a tight-fitting lid. Bring the mixture to a boil and simmer very slowly for 20 minutes, making sure the eggs stay submerged.
7. Remove the pot from the heat. Let the eggs cool in their cooking liquid without removing the lid.
8. Serve chilled.

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), sliced thin	2 ea.
Garlic, sliced	1 tsp.

Method

1. In a large bowl, combine the cabbage with the salt and sugar. Let it sit for 15 minutes. Squeeze out the excess moisture. Reserve.
2. In a wok over medium-high heat, place the oil. Add the Sichuan peppercorns and crushed chiles. Carefully cook until they start to turn dark brown and the oil begins to smoke.
3. Carefully, strain the hot oil right onto the reserved cabbage. Mix to combine. *The oil will be very hot.*
4. Add the vinegar, scallions, garlic. Toss to combine. Adjust the seasoning as necessary.

SWEET AND SPICY BRAISED SPARERIBS

Yield: 6 portions

Ingredients	Amounts
Pork, baby-back ribs, cut in half across the bone	4 lb.
Oil, vegetable	2 Tbsp.
Ginger, minced	2 tsp.
Soy sauce, light	¼ cup
Soy sauce, dark	1 Tbsp.
Hoisin sauce	2 Tbsp.
Stock, chicken	2 cups
Orange, fresh, 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

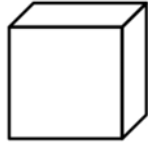
1. Cut the ribs between the bones into individual pieces.
2. Bring a 4-quart pot of water to a boil. Add the ribs. Simmer for 3 minutes. Drain. Rinse the meat with cold water. Drain.
3. Heat the oil in a wok over medium-high heat. Add the ginger. Stir fry until fragrant, about 10 seconds.
4. Add the ribs, both soy sauces, and hoisin sauce. Stir fry, tossing to evenly coat the ribs.
5. Add the stock, orange zest, star anise, and cinnamon stick. Bring it to a boil.
6. Turn down the heat to low, cover with a lid, and braise until the meat is tender, about 1 hour. Check frequently to make sure not all the 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 has reduced to a glaze and coat the ribs evenly.

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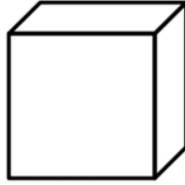
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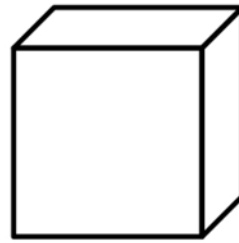
BASIC KNIFE CUTS



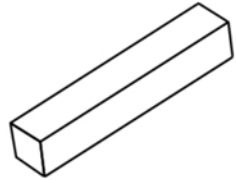
Small Dice
1/4" cube



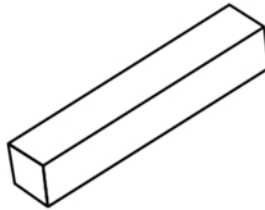
Medium Dice
1/2" cube



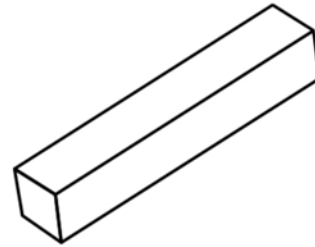
Large Dice
3/4" cube



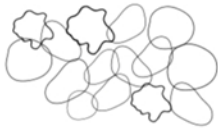
Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



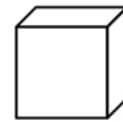
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



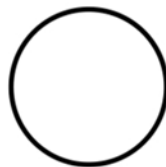
Chop
1/8"-1/4" cube



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	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	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./ ¼ 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)

RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

These Materials Were Developed at the Culinary Institute of America.

Asian Cuisine Boot Camp Course Guide v.250.docx

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