



Culinary Institute
of America

Product ID:
Asian Cuisines



Learning Objectives

- Identify key ingredients and flavor profiles used in major Asian cuisines.
- Differentiate between baked, stirred, and boiled custards.
- Explain how eggs and starches thicken custards.
- Describe proper custard preparation techniques and temperature control.
- Identify basic custard ratios and their applications.
- Demonstrate methods for preparing different custards.
- Define pastry cream, diplomat cream, and mousse and describe their uses.
- Explain the function and handling, proper blooming and dissolving methods for gelatin.

China

Tofu: can be fresh or processed; varying softness levels

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

Noodles: various types/uses, enjoyed at all meals

Spices: Sichuan peppercorns, white pepper

Condiments: soy, oyster, hoisin sauces

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



Thailand

Noodles: egg (*bah mee*), glass (*woon sen*), rice

Rice: basmati, Jasmine, long/short, broken, black, sticky

Proteins: tofu, chicken, shrimp

Thai Bird's Eye Chili: fruity taste, mellow, lasting heat (50k-100k Scoville)

Galangal: peppery rhizome with zesty, piney bite

Herbs: lemongrass, cilantro, chives, Makrut lime leaves

Spices: tamarind

Condiments: fish/shrimp paste



Vietnam

- Banana blossoms
- Tamarind fruit
- Salted black beans
- Peanuts

Herbs: Vietnamese coriander, Thai basil, perilla leaf, lemongrass, sawtooth, fish mint

Rice: Jasmine, sticky, brown, purple, red cargo

Noodles: rice vermicelli, rice sticks, yellow/wheat/egg, glass, tapioca

Sauce: fish (*Nước Mắm*), oyster, hoisin, soybean, light soy



Korea

- Red chili powder (*gochugaru*)
- Sesame seeds, ginkgo nuts (*eunhaeng*)

Starch: glass noodles, rice

Protein: beef, pork, seafood, eggs

Vegetables: cabbage, radishes, spinach, mushrooms, carrots, onions, bell peppers, bean sprouts

- Kimchi: fermented vegetables

Condiments: soy sauce (*ganjang*), fermented red pepper paste (*gochujang*), fermented soybean paste (*doenjang*), fermented fish paste (*jeot*), rice wine (*mirin*), sesame oil



Japan

Dashi: basic soup stock; rich, savory flavor

Miso: fermented soybean paste (up to 3 years); used in soups, dressings, sauces, marinades

Noodles: *Soba, Udon, Somen, Ramen*

Seaweed: *Hijiki, Kombu, Nori, Wakame*

Roots: lotus root, white radish, burdock root

Soy: beans, sauce, tofu, milk, paste

Herbs: perilla leaf (*Shiso*), parsley (*Mistuba*)

Other: Sichuan pepper (*Sansho*)



India

Flatbread: North—milled wheat; South—fermented rice & dal

- **Naan:** milk/yogurt-based flatbread

Curry: vibrant, spiced sauce base for many dishes

Basmati rice: white, brown; pairs with curries

Dal: lentils, peas, beans—dried, split, cooked

- **Forms:** unhulled, split & hulled, split & unhulled

Condiments: raita (yogurt + herbs), chutney

Spices: *ajowan, amchur, asafoetida, fenugreek, anardana*

- **Masalas:** mix of dried spices, herbs





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Pastry Cream, Custards, & Gelatin



3 Types of Custards

Baked:

Crème brûlée



Stirred:

Crème anglaise



Boiled:

Pastry cream

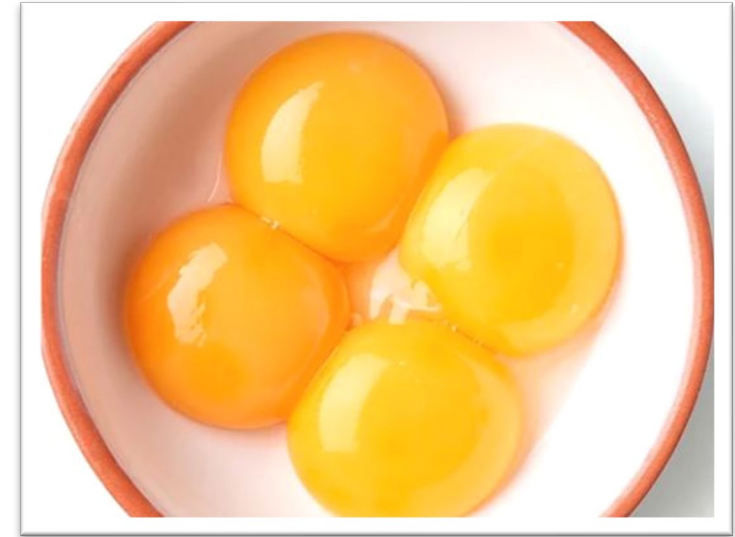


Custard Thickening Agents

Eggs are the primary thickening agent due to the **protein coagulation** that occurs when heated



Eggs **coagulate** (thicken) when heated



Egg yolks are especially crucial for their ability to create smooth and rich textures

Custard Thickening Agents

Starches like cornstarch are often added to enhance thickening and control overall consistency



Adding **starch** can help prevent the eggs from **curdling**

- **Cornstarch:** results in a thick, firm consistency
- **Flour:** produces a velvety texture
- **Arrowroot powder:** thickens at a lower temperature, making it suitable for custards not being boiled

Preparation for Custards

- Delicate process, requires careful attention
- Always gather all ingredients and equipment in advance – **mise en place** is essential
- **Time** and **temperature** is key
- Follow each step exactly for consistent results



Custards: Basic Ratios

	Liquid	Eggs	Sugar	Starch	Temp
<u>Baked</u>					
Crème brûlée	1 qt. milk	12-16 yolks	8 oz	None	325°F, Water bath
Cheesecake	2 # cheese	6-8 eggs	8 oz	None	325°F, Water bath
Quiche	1 qt. milk	6-8 eggs	None	None	325°F, Water bath
<u>Stirred</u>					
Crème anglaise	1 qt. milk	12-16 yolks	8 oz	None	175°F
Sabayon	1 qt. wine	12-16 yolks	8 oz	None	140°F
<u>Boiled</u>					
Pastry Cream	1 qt. milk	6-8 eggs	8 oz	2 oz	2 nd boil

Baked Custard

- All thickening comes from eggs
- Bake in a low temperature oven to gradually set
- Baked in a pie shell or in a water bath bain-marie (double boiler)
- Should be allowed to cool and set completely before serving



Examples:

- Crème brûlée,
- Cheesecake
- Pumpkin pie

Baked Custard Method

1. Preheat oven to a low temperature (300°F) *Bake Custards LOW AND SLOW*
2. Heat milk or cream. Combine with beaten eggs, sugar and flavorings
3. Strain the mixture to remove any lumps for a smooth finish
4. Pour into ramekins or baking dish



Baked Custard Method

5. Place the containers in a water bath (bain-marie) – hot water should come halfway up the sides
6. Bake gently until just set- the center should jiggle slightly when shaken
7. Remove from the oven, cool, then refrigerate until fully set



What is Stirred Custard?

A custard that is cooked gently on the stovetop while being constantly stirred, resulting in a pourable, creamy texture

- Smooth and silky
- Must be stirred constantly to avoid curdling
- Typically cooked to nappe consistency (Coats the back of a spoon)

Examples: Crème anglaise, ice cream base



Stirred Custard Method

1. Whisk together egg yolks and sugar until light and pale
2. Heat milk or cream (sometimes with flavoring) until steaming, not boiling
3. Temper the eggs by slowly whisking in a small amount of the hot liquid
4. Gradually return the mixture to the saucepan, whisking constantly



Stirred Custard Method



5. Cook over low heat, stirring constantly with a wooden spoon or spatula
6. Heat until it thickens slightly and reaches (170°-180°F), or coats the back of a spoon
7. Remove from heat immediately and strain through a fine mesh sieve to ensure smoothness
8. Cool quickly over an ice bath, then refrigerate

Boiled Custard

A custard that is **cooked on the stovetop** until thickened, using both eggs and starch as thickening agents

Characteristics:

- Smooth, creamy texture
- Cooked to a boil, but stabilized with starch to prevent curdling
- Commonly used as a **filling or base** of other desserts



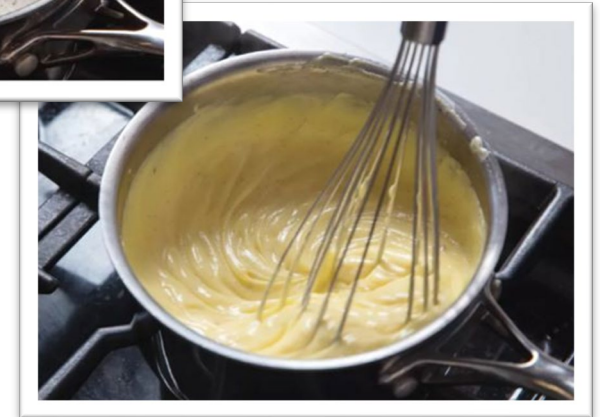
Boiled Custard Method

1. Bring 90% of the milk and ½ of the sugar to a boil
2. In a separate bowl, combine the remaining sugar with the starch (this helps prevent lumps)
3. Add remaining 10% of milk to the sugar-starch mixture to form a smooth slurry.
4. Whisk in the eggs to the slurry until fully combined, creating a liaison



Boiled Custard Method

5. Temper the egg- starch mixture by slowly whisking in some of the hot milk
6. Return the tempered mixture to the saucepan and cook over medium heat, stirring constantly



Boiled Custard Method



7. Bring to a boil on med heat and cook for about 1 minute until custard thickens
8. Remove from heat and add butter
9. Cool quickly, placing plastic wrap directly on the surface to prevent a skin from forming

Pastry Cream

- **Type of custard:** boiled
- Defined by its rich, smooth texture
- Used as a versatile filling for cakes, pastries, tarts
- **Examples:** eclairs, cream puffs, mille-feuilles, banana cream pie



Diplomat Cream



- A light, airy cream made by combining pastry cream with whipped cream
- Often stabilized with gelatin for use in desserts
- Ideal for filling, topping applications
- **Examples:** bomboloni, Swedish princess cake, cream puffs

Mousse

- A light, airy, creamy dish made by incorporating air into a base mixture

Sweet:

- Utilize whipped cream, egg whites combined with flavorings
- **Examples:** chocolate mousse, caramel mousse

Savory:

- Made from meat, fish, foie gras, or cheese combined with gelatin
- **Example:** avocado mousse, grilled salmon mousse

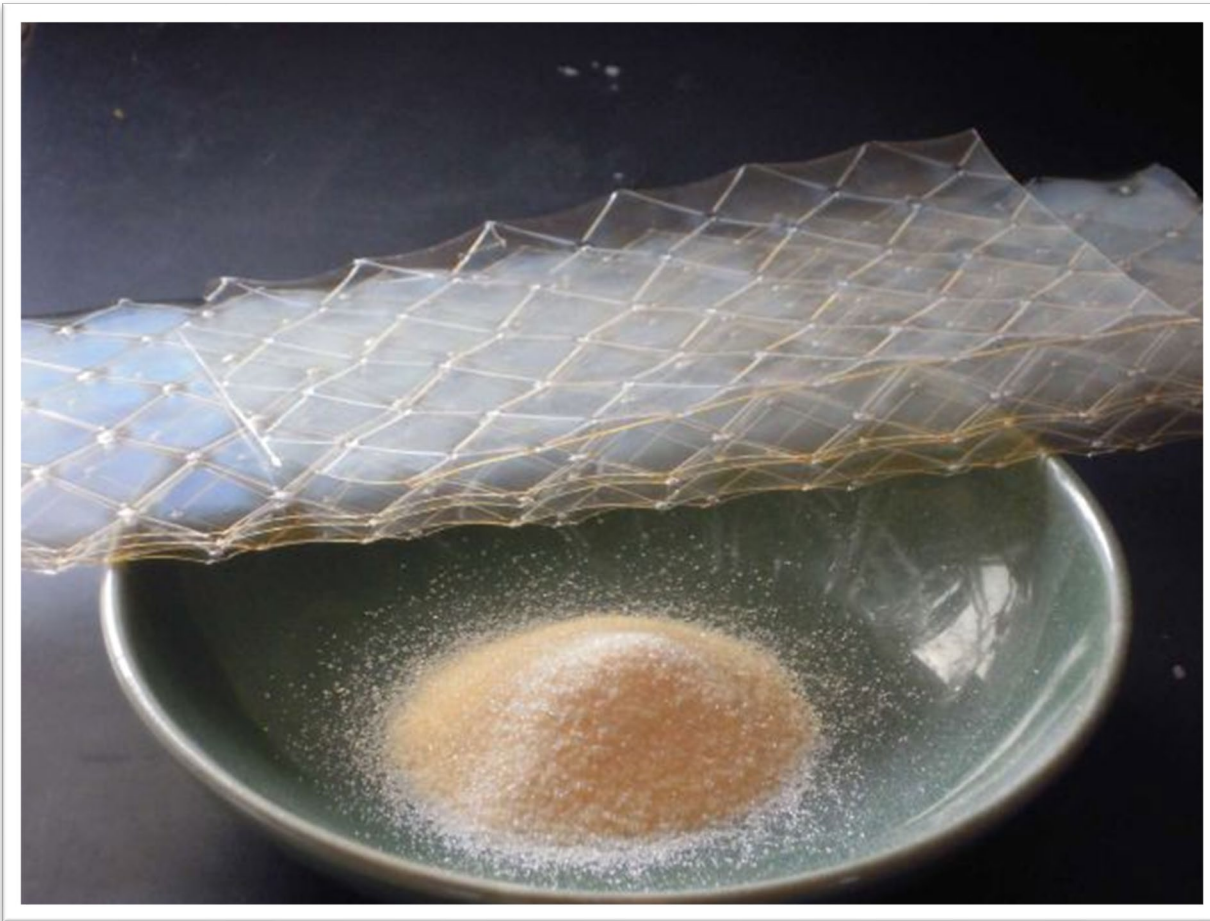


Gelatin

- Collagen from bones, connective tissue, cartilage
 - Pork (most common), beef, and fish available
 - No “vegetarian” gelatin, there are other gelling agents
- Bond destroyed by *Bromelain* enzyme
 - Raw pineapple, tropical fruits
 - Can be cooked out, but changed flavor profile



Gelatin



- **Types:** Powdered and sheet; both must be bloomed + dissolved
 - **Bloomed:** ice water for 15 minutes
 - **Dissolved:** melt to 110-120°F, temper into base

Preparing Gelatin



1. Scale out the gelatin sheets.
2. Bloom: Bloom the gelatin sheets in a large volume of ice water. Squeeze out extra water.
 - Will soften dramatically.
3. Melt: 2 possible ways:
 - Add directly to a warm liquid (about 100°F to 110°F).
 - Warm mixture over a hot water bath until 110°F to 140°F.
4. Combine the gelatin with the base.



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Any Questions?