



Culinary Institute
of America

Flavors of Asia

Best of Boot Camp

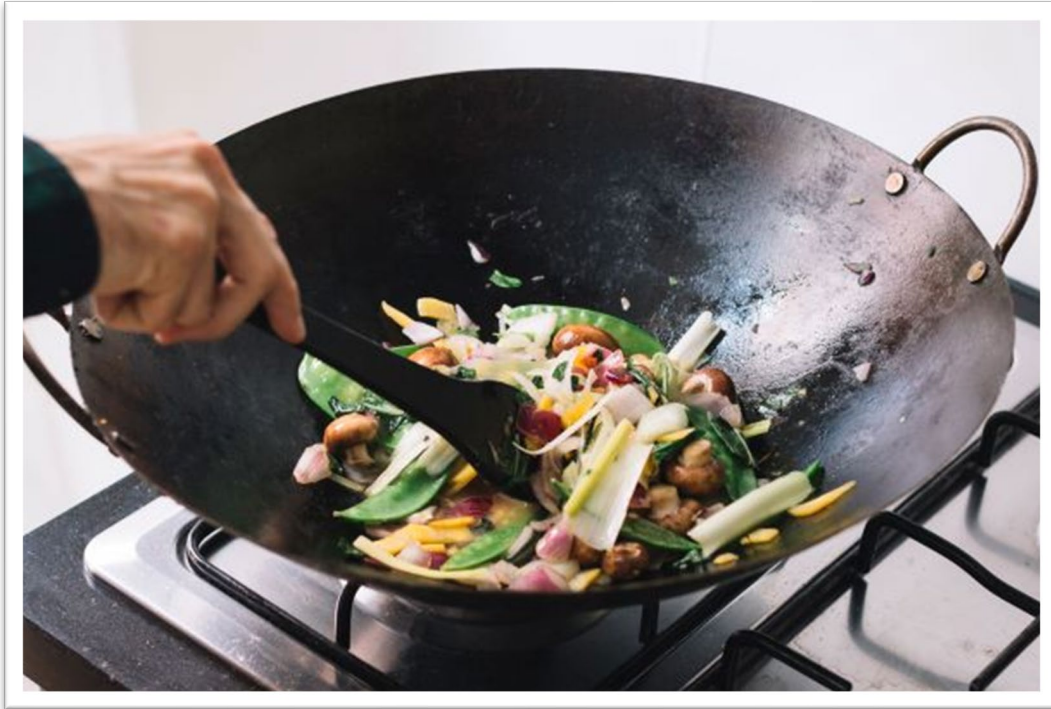


Cooking Techniques

- **Stir-frying:** in a wok
- **Deep-frying**
- **Pan-frying**
- **Grilling:** charcoal fired
- **Steaming:** often wrapped in banana/ bamboo leaves
- **Simmering:** soups



Stir-Frying



- Used to quickly cook food in a wok
- Food cut into small, uniform pieces
- All mise en place completed before starting the cooking process
- High heat to sear, not burn
- Move constantly
- Add liquids slowly
- Use all five senses: sight, sound, smell, touch, taste

The Wok

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



Kitchen Equipment



- **Bamboo mat** used to form and press
- **Lacquered chopsticks** for cooking and eating
- **Graters** for ginger, wasabi, daikon
- **Textured mortar and pestle** used to crush sesame seeds
- **Stainless steel/bamboo skewers**
- **Metal or bamboo steamers**
- **Wooden drop-lid** holds simmering foods down, encourages even cooking

Elements of Taste

- **Color:** plays a key role in eye appeal in a dish
- **Aroma:** key ingredients used to bring out true aroma of other ingredients
 - Scallions, ginger, garlic, wine
- **Flavor:** sweet, sour, salty, bitter, pungent/ spicy
- **Texture:** all dishes offer one or several textures
 - Tender, crisp, crunch, smooth, soft



Asian Ingredients



Grains: Japonica rice, glutinous rice, sticky rice, soba noodles

Fruits: mangoes, guavas, dragon fruit, lychee, litchis

Vegetables: Bok choy, choy sum, napa cabbage, mustard greens, Chinese long beans, mushrooms, cilantro, kimchi

Meat: pork, chicken, duck, lamb

Seafood: tuna, crab, shrimp, salmon, sea bass

Commonly used: coconut milk, soy sauce, rice, fish sauces, curry pastes

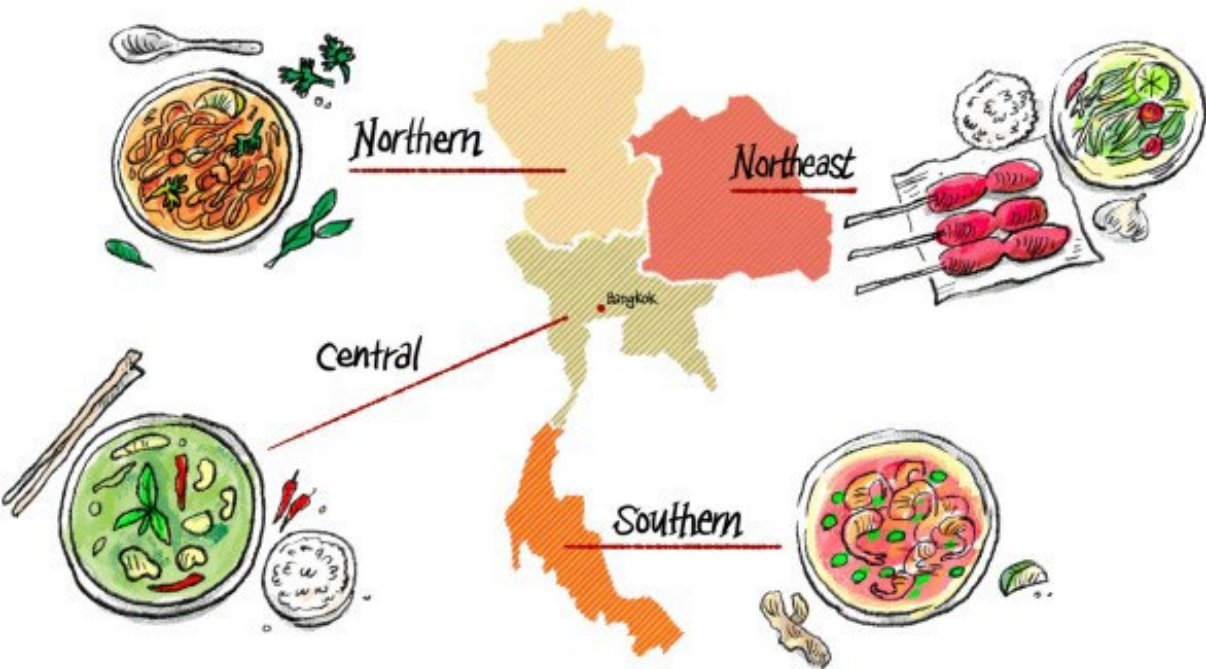
Thai Cuisine

- Lightly-prepared dishes with aromatics and spicy heat
- Layered, intense flavors that stimulate taste buds
- Fresh acidic flavor profile from lime juice, lemongrass, lime leaves
- Fish sauce instead of soy sauce
- Coconut milk
- Rice noodles
- Not many wheat-based products



Thai Cuisine

Thailand's Regional Cuisines



- Regional variations correlate to neighboring countries, climate, geography
- **Northern:** cool valleys/ forested mountains; shares dishes with Burma, Laos, Yunnan China
- **Northeast:** arid plateau; influenced by Laos, Cambodia, Vietnam
- **Central:** flat, wet, rice-growing plains; coconut milk
- **Southern:** bordered by seas; curries, chiles, spices; elements of India, Malaysia, Indonesia

Flavor Profile

Thai cooking has **four primary flavors**, carefully balanced to achieve the complex Thai taste profiles:

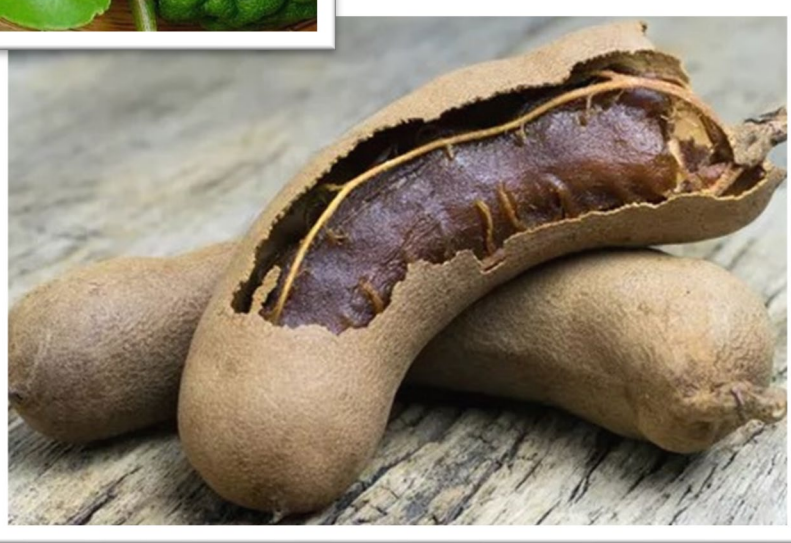
- **Sweet:** palm sugar, coconut milk, fruit provide a subtle yet impactful contrast to other bold flavors
- **Sour:** lime, tamarind, unripe fruit add a tangy brightness and depth-- a refreshing contrast to the richness of other ingredients
- **Salty:** fish sauce and soy sauce enhance the umami flavor-- essential for balancing sweetness and acidity
- **Spicy:** Thai chilies add excitement and intensity

Key Ingredients

- **Thai Bird's Eye Chili:** fruity taste, mellow, lasting heat (50k-100k Scoville); fully red when ripe, each color has different taste profile
- **Galangal:** peppery, spicy rhizome with a zesty bite and hint of pine; more flavorful when fresh
- **Cilantro:** tart, light citrus taste; leaves, stems, and roots
- **Lemongrass:** lemon flavor, hints of ginger; use the main inner yellow stalk, minced very fine



Key Ingredients



- **Makrut Lime Leaves:** aromatic herb with a bright, fresh, citrus flavor; add to soups, curries, stir-fry
- **Fish/ Shrimp Paste:** savory and salty, with strong concentrated fish/ shrimp taste; a little bit goes a long way!
- **Tamarind:** musky, sweet + sour flavor; available as fresh pods, paste, or liquid concentrate; add to soups, marinades, sweets

Rice Noodle Stir-fry (*Pad Thai*)

- Thailand's national dish, commonly served as a street food
- **Proteins:** tofu, chicken, shrimp
- **Tangy sweet flavors:** tamarind juice, fish sauce, dried shrimp, garlic, shallots, palm sugar
- **Condiments:** red chili pepper, lime, roasted peanuts, bean sprouts, garlic chives, fresh vegetables



Crispy Fried Noodles (*Mee Krop*)



- Deep-fried rice vermicelli noodles with a sweet and sour sauce
- Fried tofu, fried shrimp, pork
- Sauced with lemon or lime juice, fish sauce, tomato paste, lime leaves, chiles, sugar
- Citrusy, sour notes from the peel of the *som sa* fruit
- Garnished with scallions, bean sprouts, cilantro, chilis, fried egg strips

Basil Stir Fry (*Pad Kra Pao*)

- Stir-fried minced pork, chicken, or seafood
- Sweet and salty sauce: sugar, soy, fish and oyster sauces
- Flavor combination of Thai holy basil, chile, garlic
- Serve with white rice, chile fish sauce (*Prik nam pla*), fried egg



Thai Curry



- **Curry paste:** (Green, red, yellow, massaman) lemongrass, galangal, shallot, garlic, makrut lime rind, shrimp paste
- **Fish sauce:** fermented, salted juice from small fish
- **Coconut milk:** milky liquid from the flesh, not the juice in the center
- **Citrus:** lime juice, lime leaves, lemongrass
- **Herbs:** basil, cilantro, mint
- **Aromatics:** Garlic, galangal, chiles
- **Palm sugar**

Vietnamese Cuisine

- **Freshness:** Most meats only briefly cooked; vegetables eaten fresh, boiled, or briefly stir-fried
- **Contrasting textures:** crisp with soft, watery with crunchy, delicate with rough
- Generous use of herbs
- Layered flavor profiles
- Broths, soup-based dishes
- Fish sauce and paste



Regional Variations

Northern

- Less spicy, sour flavors: tamarind, limes
- Light + balanced flavors highlight natural taste of ingredients

Central

- Intensely spicy: chili peppers, shrimp sauces

Southern/ Mekong Delta

- Pronounced sweetness: palm sugar, coconut milk
- Melting pot of regional, foreign flavors



Key Ingredients

- Banana blossoms
- Tamarind
- Fish sauce (*Nước Mắm*)
- Oyster sauce
- Hoisin sauce
- Soybean sauce
- Salted black beans
- Light soy sauce
- Peanuts



Flavor Profile

Five fundamental flavors for a well-balanced Vietnamese meal:

- **Sweet:** sugar, fruits, and certain vegetables; add a pleasant taste and provide balance to sour and bitter elements
- **Sour:** vinegar, lime, tamarind, unripe mangoes, fermented foods; add a refreshing tanginess
- **Salty:** salt, fish sauce, soy sauce; deepens the taste of dishes; provides depth, enhance the other elements
- **Spicy:** chili peppers, ginger, garlic; add heat and pungency
- **Bitter:** herbs like cilantro, mint, and basil, vegetables like bitter melon, dark chocolate; cleanse the palate

Dipping Sauce (*Nước Mắm Chấm*)



- Salty, sweet, tangy umami flavor, subtle heat
- Made from fish sauce, garlic, lime juice, sugar, chilis, vinegar
- Thinned with water to mellow/meld elements together
- Used as dressing, dipping sauce, or marinade

Summer Rolls

(*Gỏi cuốn, Nem cuốn*)

- Delicate rice paper wrappers
- Fill with fresh herbs, vegetables, protein, vermicelli noodles
- Protein: pork, sausage, egg, shrimp, fish, squid, beef, or tofu
- Serve fresh at room temp.
- Dipping sauce (*nước chấm chấm*)



Vietnamese Sandwich (*Bánh mì*)



- Sandwich of one or more meats, vegetables, condiments
- Short baguette with thin, crisp crust, soft, airy texture
- **Protein:** Vietnamese sausage, Chinese barbecued pork, or Vietnamese minced pork
- **Spread:** French Pâté, mayonnaise
- **Topping:** Cilantro, red chili, cucumber, pickled carrots and daikon

Korean Cuisine

- Based on rice, vegetables, seafood, meat
- Many dishes intensely flavored, savory, bold
- Steam-cooked, short-grain rice served with almost every meal
- Fermented vegetables (*kimchi*), many side dishes (*banchan*)
- Ingredients/ dishes vary by province



Key Ingredients



- Ginkgo nuts (*eunhaeng*)
 - Slightly bitter pine nut flavor
 - Steamed, roasted, or sautéed
- Red Chili Powder (*gochugaru*)
 - Dried Korean chiles
 - Subtle heat, smoky flavor
- Ginger
- Garlic
- Scallions
- Sesame seeds
- Cabbage
- Radishes

Flavor Profile

Characterized by an array of seven flavors:

- **Salty:** soy sauce
- **Spicy:** chili paste (*Gochujang*)
- **Sweet:** corn syrup, brown rice syrup, honey, fruits, soybean paste (*Doenjang*)
- **Sour:** rice vinegar, white vinegar, kimchi, fermented shrimp
- **Umami:** anchovies, seaweed, shiitake mushrooms, soy sauce, MSG
- **Bitter:** black bean paste, Korean radish, onions
- **Nutty:** sesame oil, pine nuts, Korean chili paste, Korean chili powder

Condiments

- Soy sauce (*ganjang*)
- Fermented red pepper paste (*gochujang*)
- Fermented soybean paste (*doenjang*)
- Fermented fish paste (*jeot*)
- Rice wine (*mirin*)
- Sesame oil



Stir-fried Glass Noodles (Jap Chae)

- Sweet potato-based, glass noodles
- Savory, slightly sweet
- **Protein:** marinated beef, fried eggs
- **Vegetables:** mushrooms, spinach, carrots, onions, bell pepper, beansprouts
- Season with soy sauce, sesame oil



Mixed Rice (*Bi Bim Bap*)

- Rice topped with vegetables, meat, *gochujang* sauce
- **Protein:** beef, pork, seafood, fried egg
- **Vegetables:** beansprouts, seasoned spinach, cucumbers, mushrooms, carrots
- **Sauce:** Red chili paste (*Gochujang*) mixed with sugar, sesame oil for texture and flavor
- Diners toss to combine before eating



Grilled Beef (*Bulgogi*)



- Thin-sliced sirloin or other prime cuts of beef
- Marinade: soy sauce, sugar, sesame oil, garlic, pepper
- Other ingredients vary by region
- Grilled or pan-cooked
- Serve with lettuce, rice, side dishes (*banchan*)

Japanese Cuisine

- Clean, easily recognizable flavors
- Combine sweet & savory
- Many dishes eaten raw or barely cooked
- Minimal spice tolerance
- Takes an artistic approach to cuisine



Flavor Profile

Strives for harmony by balancing five essential flavors:

- **Umami:** seaweed, shiitake mushrooms, soy sauce, miso
- **Sweet:** Mirin, sugar, soy sauce
- **Sour:** Japanese vinegar, miso, vinegar
- **Spicy:** Nori seaweed, Sansho pepper, chili pepper
- **Bitter:** sticky rice, ferns, tofu



Key Ingredients

- **Grains:** glutinous rice (*Mochi*), brown rice (*Genmai*), rice wine (*nuka*), medium grain white rice(*japonica*)
- **Fruit:** melons, strawberries, cherries, peaches, citrus fruits, apples, grapes
- **Vegetables:** barley, soybeans, cabbage, carrots, cucumbers, eggplant, Daikon, onions,
- **Meat:** wagyu beef, chicken teriyaki, pork,
- **Fish:** salmon sashimi, tuna sashimi,
- **Most common:** soy sauce, mirin, wasabi, sake, dashi



Dashi



- Basic soup stock
- Ingredients:
 - 1 qt. cold water
 - 1 oz. dried kelp (*konbu*)
 - 1oz. dried skipjack tuna (*katsuobushi*)
- Used for soups, sauces, simmered dishes
- Has a rich, savory flavor

Miso

- Fermented (up to 3 years) soybean paste
- Used in soups, dressings, sauces, marinades
- Ingredients, colors, flavors differ by region
- Add to soups/ stews at the end; boiling destroys beneficial bacteria and causes curdling



Seaweed

- **Hijiki:** Dark brown color; often simmered with vegetables
- **Kombu:** sold in dried bunches; used in dashi stock or sauces
- **Nori:** sold in dry, flat sheets; used in sushi, onigiri, or as garnish
- **Wakame:** Dark green color; used in miso soup



Noodles (*Menrui*)



- ***Soba***: thin, long buckwheat-based noodles
- ***Udon***: thick noodles, made from wheat flour
- ***Somen***: very thin wheat-based noodles
- ***Ramen***: thin, yellow wheat-based noodles

Miso Soup



Ingredients:

- *Dashi* stock
- *Miso* paste
- Tofu
- Kelp (*wakame*)
- Scallion as garnish
- Mushrooms: *shiitake* or *matsuake*

Basic formula:

- 1 gal. *dashi* stock + 8 oz. *miso*

Sushi

- Seasoned rice: 1 ¼ part water (by volume), rice vinegar, salt
- *Maki*: rolled
- *Nigiri*: finger
- *Battera*: pressed
- *Chirashi*: scattered



Sashimi



- Sliced, raw seafood
- Modern interpretations use cooked items or meat
- Slicing styles:
 - ***Hira-zukuri***: rectangle slices
 - ***Usu-zukuri***: paper-thin strips
 - ***Kaku-zukuri***: square pieces
 - ***Sogi-sukuri***: triangle slices

Chinese Cuisine

- More homogenous flavor than Vietnamese or Thai cuisine
- Cuisine varies from region to region
- **West:** strong Muslim influence
- **South:** strong use of Sichuan pepper, rice noodles
- **North:** utilizes wheat noodles
- **Chinese Trinity:** ginger, garlic, scallions



Key Ingredients



- Shaoxing rice wine
- Salted, dried shrimp
- Sesame oil, paste, seeds
- Dried lily buds
- Sichuan peppercorns
- White pepper
- Dried shiitake mushrooms
- Black vinegar
- Peanut oil

Flavor Profile:

Characterized by a balance of five flavors:

- **Salty:** ginger, garlic, soy sauce, spring onion
- **Spicy:** chili powder, curry powder, hot mustard
- **Sour:** scallions, garlic
- **Sweet:** lychee jelly, almond jelly, black sesame seeds
- **Bitter:** Momordica charantia, star anise, mustard powder



Aromatics



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

Condiments

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



Wonton Soup



- **Ingredients:** ground pork, shrimp, soy sauce, ginger, scallions, sesame oil, rice wine, oyster sauce
- **Sichuan:** spicy, bolder broth
- **Cantonese:** clear, delicate broth
- **Hong Kong:** large wontons, rich broth
- Served at family gatherings, special occasions
- **Symbolizes:** wealth, unity, prosperity

Spring Rolls

- **Ingredients:** shredded cabbage, carrots, bean sprouts, scallions, mushrooms, noodles
- **Cantonese-style:** thin wrapper, delicate filling, shrimp/ pork
- **Szechuan-style:** chili peppers, Szechuan peppercorns
- **Symbolizes:** wealth, prosperity
- Staple at festive banquets



Dim Sum

- Little snacks artistically wrapped in a variety of wrappers
- Steamed, boiled, deep-fried, or pan-fried
- Large variety of fillings
- Often served on Sundays with tea
- Commonly eaten for breakfast





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Any Questions?