

# KOREA

Korea is a country with two independent countries, the North and South. Their style of cooking remains quite similar, however there are some differences. People in the North eat pork while Southern people prefers beef. South Koreans prefer spicier dishes while North Koreans consume more noodles. Both were influenced by Chinese, Japanese and Portuguese. Their religion which is Buddhism and Confucianism was introduced by Chinese, and also the same group brought cattle, pigs, poultry, cabbage, and chopsticks. Other major religions include Shamanism, Taoism, and Christianity. Korea's religion greatly influenced their cuisine because of the limitation of eating a certain type of meat. The Portuguese introduced hot chili peppers to Korea which change their cuisine dramatically. Japanese influenced Korea by their cooking methods like grilling, boiling, steaming, stir-frying, deep-frying, and one-pot cookery. The season in Korea is also composed of Spring, Summer, Fall and Winter, and thus affect the way they prepare their food. Korea's famous kimchi is an example of how they preserved cabbage and extend its shelf life until it reaches winter season.

Like any other Asian Cuisine, Korea has its distinct flavor. It is a combination of five flavor element: sweet, sour, salty, hot or pungent and bitter. Certain ingredients like Dang myun, Gochu jang, Kochukaru are marked to be their own.

## **Dish: Jahb Chae (Mung Bean Noodles)**

### **Cooking techniques:**

Blanching- the spinach is placed in and out of the water and then shocked to stop the cooking process

Sauteing- the vegetables were sautéed in a wok with a small amount of oil over medium high heat

Soaking- the dang myun is covered with boiling water until softened to remove excess starch in the noodles

Boiling- the Dang myun with the prepared seasoning is boiled for few minutes until the liquid is absorbed by the noodles

### **Chef facts:**

- ✓ Spinach- leafy green flowering plant native to Central and Western Asia
- ✓ Sesame oil- edible vegetable oil derived from sesame seeds; flavor enhancer and has distinctive nutty aroma
- ✓ Shitake mushrooms- edible mushroom native to East Asia and has a rich taste
- ✓ Soy sauce-liquid condiment of Asians. Made from fermented paste of soy beans, roasted grain, brine, and molds (*Aspergillus oryzae*)
- ✓ Dang myun-Korean starch noodles; Korean noodles made from sweet potato starch and water. They are long-like rice vermicelli.
- ✓ Sesame seeds- tiny, oil-rich seeds that grow in pods on the sesame plant
  - Unhulled seeds- have the outer, edible husk intact
  - Hulled seeds- come without the husk
  - Hull-gives the seeds a golden brown hue

### **Chef's comment and recommendation:**

Good dish with nice texture of the noodles. Vegetables are tender and flavor is good.

### What I learned:

I learn a different method in cooking their noodles. It is by soaking it in boiling water and cooking in a prepared mixture until it dries. Using the wok is also a first time for me to try even if I am an Asian. The flavor of the dish is even more flavorful and the art of mixing it is even more exciting.



**Jahb Chae (Mung Bean Noodles)**

### Dish: Dubu Jolim (Simmered Tofu)

#### Cooking techniques:

Deep-frying- the tofu is deep fried over large amount of oil over medium heat

Sauteing- the mushroom, deep-fried tofu and other ingredients were sautéed in small amount of oil over medium high heat

#### Chef facts:

- ✓ Soy sauce- liquid condiment of Asians. Made from fermented paste of soy beans, roasted grain, brine, and molds (*Aspergillus oryzae*)
- ✓ Tofu varieties:
  - Silken- works well in creamy and blended foods like puddings, sauces and dips
  - Medium firm- denser than silken but still fairly delicate; it works well in gently simmered soups like miso
  - Firm- absorb flavors well and can be stir fried and pan fried, and is also great crumbled and used in tofu scrambles
  - Extra firm- all purpose tofu that holds its shape and is excellent for slicing and cubing. It is also use for pan-frying, stir frying, baking, grilling, and scrambling

#### Chef's comment and recommendation:

Nice dish, good texture and great taste.

### What I learned:

I learn to use the proper tools in handling a particular ingredient like using the back of the ladle to stir the deep-fried tofu because it is very soft and delicate. Using the back of the ladle would not break the tofu into pieces when compared to using tongs to handle it. I also learn that we can be able to deep fry in a wok and it works better because of the heat in the wok and the tofu will not stick in the bottom of the wok.



**Dubu Jolim (Simmered Tofu)**

### Dish: Ojingo Pokum (Squid with vegetables in Chile Hot-Sweet Sauce)

#### Cooking techniques:

Stir-frying- it is a type of cooking where the ingredient is cook over a high heat at a very short time while stirring briskly. The vegetables like green onions, onions, red bell peppers, carrots, and mushrooms were stir fried separately because they have different cooking times. Small amount of oil is required.

Sauteing-the squid were sautéed over small amount of oil at very high heat until it is just done. It is done in batches to avoid boiling the squid but achieving the right color and smokiness for better flavor

#### Chef facts:

- ✓ Shitake mushroom- edible mushroom native to East Asia and has a rich taste
- ✓ Kochukaru- red pepper powder and one of the core ingredients in Korean cuisine
- ✓ Squid-they are cephalopods with elongated bodies. It is a major food resource and are used in cuisines around the world.

#### Chef's comment and recommendation:

Good taste and flavor need to improve butchering skills and scoring the squid properly.

#### What I learned:

I learn the art of stir-frying vegetables in a wok. I learn to do it in batches to avoid overcrowding the wok and ensure that every piece is cooked evenly. I learn the right way to score a squid for better plate presentation.



Ojingo Pokum (Squid with vegetables in Chile Hot-Sweet Sauce)

## The Cuisine of Korea



# JAPAN

Japan is an island country in the East coast of Asia. It consists of string of islands and is located at the Pacific Ring of Fire. Earthquakes usually happen there because of the volcanic activity and movement of the tectonic plates. There are four main islands in Japan, these are Hokkaido (North), Honshu (Central), and Shikoku and Kyushu (south). Honshu is the largest of the four. The location differs from the climate whereas the northern part experience cold winters and mild summer while the southern part experience mild winter and hot or humid summer. Their geography affects the crop they produce, the kind of animal they raise for their food, but all the islands across Japan has the same cooking methods and techniques in preparing their food.

Japan possessed an intricate and cultural tradition, but they also emerged as one of the worlds most economically and technologically advanced societies, they are the world's principal shipbuilders and automakers. Aside from being globally competent in technology, they exemplified the popularity of Japanese cuisine. Japanese food is enjoyed all over the world because of its distinct flavor. In addition, this cuisine gained reputation for promoting health and longevity because of their food choices and use of fresh local ingredients. Japanese cuisine varies from western style because they use lesser amount of fat like butter and dairies. They promote simplicity in cooking and intensify the natural flavor of the food they served.

Japan marks a name in the world through the authenticity of their cuisine, exquisite techniques, and uniqueness of the flavors of their food. In terms of technology and influence, they were also well-known for that. Japan was discovered by a European named Marco Polo. They introduced the technique of battering and deep-frying food which they adapted, but throughout the time, Japanese modify the conventional way and make it their own. They intensify the flavor and made the batter incredibly light which we call today as Tempura.

Aside from the influence of other nations, Religion does change their diet and choice of ingredients in Japan. Buddhism, which is one of their major religions, omit meat and stick to vegetarian diet. In terms of beverage, tea is widely consumed during mealtime, and sake for their alcoholic beverage. They have the famous tea ceremony which they call "chanoyu" and its purpose is for the guests to enjoy the hospitality of the host in an atmosphere distinct from the fast pace of everyday life. Rice is their major crop which they used extensively in their cuisine. Like Koreans, they also preserve and pickle vegetables and dry fish to extend its shelf life. The use of spices like togarashi, wasabi, sansho, ginger, sesame to flavor their dishes is very popular. Like western cuisine, Japan has their own signature stock which they call Dashi, a stock composed of kombu and bonito flakes. They call their lemon juice Yuzu, and shoyu for their soy sauce.

## **Dish: Maki Sushi (Futomaki: Seasoned Vegetables)**

### **Cooking techniques:**

### **Chef facts:**

- ✓ Wasabi powder- has sharp, burning flavor and aroma. Sometimes wasabi is called Japanese horseradish
- ✓ Bamboo shoots- edible shoots of many bamboo species. They used as vegetables in numerous Asian dishes and broths
- ✓ Dashi- a class of soup and cooking stock used in Japanese cuisine. It forms the base for miso soup, clear broth, noodle broth, and many kinds of simmering liquid as savory flavor
- ✓ Soy sauce-liquid condiment of Asians. Made from fermented paste of soy beans, roasted grain, brine, and molds (*Aspergillus oryzae*)

- ✓ Mirin- essential condiment used in Japanese cuisine. It is a type of rice wine similar to sake, but with a lower alcohol content and higher sugar content
- ✓ Rice vinegar- sweetest, most delicate vinegar you can use in cooking, adding just a little extra flavor to pickles, basic vinaigrettes, etc.
- ✓ Nori- Japanese name for edible seaweed species; has strong and distinctive flavor
- ✓ Sushi rice- white Japanese short grain rice usually mix with a dressing of rice vinegar, sugar, salt and sake
- ✓ Ginger- flowering plant whose rhizome is widely used as a spice and a folk medicine

**Chef's comment and recommendation:**

The sushi were rolled nicely, the doneness of the rice and the flavor is good.

**What I learned:**

I learn to make all things ready before rolling the sushi. Organization is necessary in preparing this dish like preparing the sushi mat and covering it with a cling wrap so it will be more sanitary and the mat will be easier to clean, grabbing a bowl of water and vinegar to soak the hands when the rice sticks, clean cloth for wiping the hands, condiments like wasabi, vegetables and ingredients to put inside the wrap, nori, and the gohan. I also learn the proper way of rolling it and placing the rice and ingredients inside. Aside from this, I learn to make sushi paste and mold it to a leaf structure for presentation. Chef taught me to lay the sushi in the slate with banana leaf in an angle for a nice plating and presentation.



**Maki Sushi (Futomaki: Seasoned Vegetables)**

## Dish: Kamonanban Soba (Soba with Duck and Long Onions)

### Cooking techniques:

#### Chef facts:

- ✓ Soba- Japanese name for buckwheat. Usually refers to thin noodles made from buckwheat flour, or combination of buckwheat and wheat flours
- ✓ Naganegi- Welsh onion in English. Also called green onion, or spring onion
- ✓ Sake- alcoholic beverage made by fermenting rice that has been polished to remove the bran
- ✓ Kakejiru- also called “noodle broth”. It is a mildly flavored broth
- ✓ Watercress- aquatic plant species that grows rapidly. It has peppery, slightly spicy flavor
- ✓ Seven Spice powder- also known as “nanairo togarashi”, a common Japanese spice typically contains coarsely ground red chile pepper, ground sansho (Japanese pepper), roasted orange peel, white sesame seeds, hemp seed, ground ginger, nori, and poppy seed

#### Chef's comment and recommendation:

The noodles are little bit overdone; the flavors are good and the duck needs a little bit more seasoning. The broth is flavorful and balance taste.

#### What I learned:

I learned how to score a duck properly by trimming the skin properly. The skin should cover the flesh so it is better to trim the duck breast skin down on a cutting board then trim it around. The scoring should be done in an angle because when it sears, the fat will melt not the expose layer of the flesh. I also learn how to cook the soba noodles by boiling it until just tender and washing with cold water to stop the cooking process and tossing with sesame oil for flavor. This technique is very similar to what we have in the Philippines, we cook our noodles this way too, but aside from sesame oil, we just use vegetable oil so that the noodles does not stick to each other.

The broth is served on the table during our meal so that it will still be hot when eaten.



**Kamonanban Soba (Soba with Duck and Long Onions)**

## **Dish: Goma-anko Manju (Steamed dumplings with Sweet Azuki Paste and Sesame Seeds)**

### **Cooking techniques:**

#### **Chef facts:**

- ✓ Anko- Japanese term for red bean paste
- ✓ Sesame seeds- tiny, oil-rich seeds that grow in pods on the sesame plant
  - Unhulled seeds- have the outer, edible husk intact
  - Hulled seeds- come without the husk
  - Hull-gives the seeds a golden brown hue
- ✓ Cake flour- finely milled delicate flour with a low protein content, has super tender texture with fine crumb and good rise
- ✓ Baking powder- dry chemical leavening agent and a mixture of carbonate or bicarbonate and a weak acid

#### **Chef's comment and recommendation:**

The filling was good, it was sweet and smooth. The dough is a little bit dry.

#### **What I learned:**

I learn to make dumplings and the proper way to shape it. I also learn how to make the dough that is made up of cake flour, because before I only use a high protein content flour to make dough, so this one is different and a different texture as well. At first, I made the dough sticky but I added more flour to it to form a ball then rest it for at least 30 minutes so that the gluten will relax and will not resist when I roll it. I also learn to use the dumpling baskets with lids when steaming, and when steaming, I should check the water level every now and then to prevent burning it.



**Goma-anko Manju (Steamed dumplings with Sweet Azuki Paste and Sesame Seeds)**



## **Dish: Gyoza (Japanese Pot-stickers)**

### **Cooking techniques:**

- ✓ Pan-frying- the dumplings were pan fried on one side until golden crisp with small amount of oil over medium high heat
- ✓ Steaming-after the dumplings has been pan-fried, a small amount of water or stock is added then covered to further cook the dumplings and lastly, remove the lid to evaporate the liquid and bring back the crisp of the dumplings

### **Chef facts:**

- ✓ Gyoza- Japanese dumplings; involves both pan-frying and steaming. They are first fried in hot pan until crispy brown on the bottom sides, then a small amount of water or stock is added before the pan is covered to quickly steam the entire dumplings
- ✓ All purpose flour- general use white flour. It is a blend of hard and soft flours with a protein content of 9-12%
- ✓ Chinese cabbage- a type of cabbage originating near the Beijing region of China, and is widely used in East Asian Cuisine
- ✓ Shoyu-Japanese style soy sauce. Equal parts of soybeans and wheat. Brewing the beans with wheat adds a subtly sweet flavor that's less harsh and more rounded
- ✓ Gyoza skin- has thinner skin
- ✓ Wonton skin-more balled shape and usually served in soups
- ✓ Sesame oil- edible vegetable oil derived from sesame seeds; flavor enhancer and has distinctive nutty aroma
- ✓ Hot mustard paste- thick paste prepared but mixing mustard, vinegar, chillies, and salt. It has sharp taste made from ground seeds of a mustard plant

### **Chef's comment and recommendation:**

The dough is overwork and chewy. It tastes good but a little bit burned on the bottom, watch out for heat control.

### **What I learned:**

I learn a different technique of steaming without using a steamer. This dish requires two cooking techniques like pan-frying and steaming. I also learn how to seal a gyoza by pinching the edge alternately. And lastly, Chef told us to always make testers on the filling before enclosing all the filling inside the wrapper.



**Gyoza (Japanese Pot-stickers)**

### **Dish: Yakitori (Grilled Chicken Skewers)**

#### **Cooking techniques:**

- ✓ Marinating-the chicken wings, boneless chicken thighs, gizzards are marinated separately in sake, mirin, sugar, and shoyu for a certain period of time to infuse flavor
- ✓ Grilling- it is a type of dry heat cooking method where the heat source is at the bottom. The flame goes directly to the item that is being grilled

#### **Chef facts:**

- ✓ Yakitori- a Japanese type of skewered chicken. Its preparation involves skewering the meat with kushi, a type of skewer typically made of steel, bamboo, or similar materials
- ✓ Chicken gizzard- an organ in poultry that's rich and savory when braised until tender. They are cut from the digestive tract of a chicken
- ✓ Sake- alcoholic beverage made by fermenting rice that has been polished to remove the bran
- ✓ Mirin- essential condiment used in Japanese cuisine. It is a type of rice wine similar to sake, but with a lower alcohol content and higher sugar content
- ✓ Shoyu-Japanese style soy sauce. Equal parts of soybeans and wheat. Brewing the beans with wheat adds a subtly sweet flavor that's less harsh and more rounded

#### **Chef's comment and recommendation:**

The gizzard is very tough, and the skewers are a little bit dry. It needs to be basted constantly during grilling, however, it has good flavors

#### **What I learned:**

I learned the art of skewering the strips of chicken and placing the white part of the green onion prevents the skewers from burning and adds flavor to the skewers. The skewers should be soaked for at least overnight so it will not burn when exposed to the grill. I also learned that when grilling, basting the skewers constantly gives the flavor.



**Yakitori (Grilled Chicken Skewers)**

## The Cuisine of Japan



**TEMPURA**



**HORENKO GOMA-AE**



**ASARI CLAM SOUP**



**CHAWAN MUSHI**



**PORK SKEWERS**



**GRILLED SHRIMPS**



**MISO SOUP**



**HIYASHI CHUKASOBA**



# INDONESIA

Indonesia, which is one of the countries in Southeast Asia is the fourth most populated nation in the world, mainly composed of Muslims. After being one of the battlefields during World War II, Indonesia joined the ASEAN union between the neighboring countries in 1967. This is to promote regional economic growth, political stability, social progress, and cultural developments. Few years after, monetary collapse and severe economic crises sparked that greatly affects Indonesia's economic, political, and social turmoil.

Indonesia, specifically Moluccas (Maluku) is famed as "the Spice Island" which traders from Spain, Portugal, and Netherlands introduced the native spices such as cloves, nutmeg, mace, and galangal. Indonesia's techniques were influenced by India, Middle East, China, and Europe. The country's climate is hot, humid and rainy which is a good condition to grow rice, and rice is their staple for all classes in contemporary Indonesia, and it holds the central place in Indonesian culture. Considering this country as an archipelago, variety of seafood in the coastal areas can be found, in which fish is one of the main meat source together with chicken. Also, as an Islamic majority, Muslim's law forbids the consumption of pork but some non-Muslim residents consume significant numbers of boar and pork. Their meat were commonly cooked in rich spices and coconut milk. Indonesian meals are commonly eaten with the combination of spoon and fork or to eat with one hand.

## **Dish: Satay Babi (Pork Satay)**

### **Cooking techniques:**

- ✓ Marinating- the pork was marinated in soy sauce, garlic cloves, ground ginger, five spice powder, honey, white pepper for 2 hours to help tenderize the meat and infuse flavor
- ✓ Grilling-a type of dry heat cooking method which the flame source is below

### **Chef facts:**

- ✓ Satay- pieces of meat or fish threaded onto skewers and grilled. Meat satay is typically served with a spicy peanut sauce
- ✓ Pork tenderloin- a long, thin cut of pork; the tender meat of the loin muscle on each side of the vertebral column
- ✓ Dark soy sauce- aged for longer period of time. It is thicker and darker in color than light soy sauce, with a more full-bodied flavor
- ✓ Ginger- the roots of a ginger plant. Valued for its clean, sharp flavor, ginger is used in soups, stir fries, and marinades. It is especially good with seafood to cover-up strong fishy odors
- ✓ Five spice powder- a common ingredient in Chinese cooking. It consist of equal parts of cinnamon, cloves, fennel seed, star anise, and Szechuan peppercorns
- ✓ Sambal- a spicy condiment used especially in Indonesia and Malaysia, made with chile peppers and other ingredients such as sugar or coconut.

### **Chef's comment and recommendation:**

A little dry on the pork, needs more basting during grilling process.

### **What I learned:**

I learn that this dish is easy to dry out and overcooking changes the texture. Doing it last minute and avoid holding it too long is more desirable. Also, basting it during grilling makes it moist too. I also notice that the cut of meat I made was a little thin so it needs lesser time to cook than larger pieces.



**Satay Babi (Pork Satay)**

**Dish: Laksa Lemak**

**Cooking techniques:**

- ✓ Boiling- the broth for the soup is boiled over medium heat then turn to simmer with low to medium heat when the coconut milk is added to avoid curdling
- ✓ Stir frying- this technique uses high heat with a small amount of oil and the items should be cooked at a shorter period of time. The paste, the chicken pieces and the shrimp were stir-fried to get the smoky flavor from the wok

**Chef facts:**

- ✓ Laksa- a spicy noodle soup popular in Peranakan cuisine of Southeast Asia. It consists of thick wheat noodles or rice vermicelli with chicken, prawn or fish, served in spicy soup based on either rich and spicy curry coconut milk or sour asam
- ✓ Ginger- the roots of a ginger plant. Valued for its clean, sharp flavor, ginger is used in soups, stir fries, and marinades. It is especially good with seafood to cover-up strong fishy odors
- ✓ Lemongrass- an essential ingredient in Southeast Asian cooking. It is a long, thin, pale green edible grass with bright lemon fragrance and taste
- ✓ Candlenuts- relative of macadamia nuts and resemble them in appearance and texture. They are used as a thickener and texture enhancer in curry pastes and other dishes
- ✓ Turmeric- a native of Southeast Asia, it belongs to the same family as ginger and galangal. It has bright orange yellow flesh with a strong, earthy smell and a slightly bitter taste. It overpowers all other spices
- ✓ Coriander- dried seed or fruit of the coriander plant. It has a sweet, aromatic taste with a touch of citrus
- ✓ Coconut milk- the liquid squeezed from the grated flesh of mature coconut after the flesh has been soaked in lukewarm water
- ✓ Bean sprouts- the tender young sprouts of the germinating mung bean are used in Asia as a vegetable and fried in cooked dishes. They are also often used raw in salads

**Chef's comment and recommendation:**

Nice balance taste and flavor is good

### What I learned:

I learn that nuts can also be used as thickeners in soups. Unlike other soups that has pureed vegetables, I was amazed that the ground nuts contribute to the thickness and texture of this dish. I also learn that coconut milk is easy to curdle like any other milk so avoid boiling it on high heat.



Laksa Lemak

### Dish: Pepes Ikan (Grilled Fish in Banana Leaf)

#### Cooking techniques:

- ✓ Marinating- fish is marinated in processed shallots, garlic, ginger, red chilies, holy basil, and green onion for 30 minutes to infused all the flavors of the ingredients in the marinade
- ✓ Grilling- the fish is wrapped in banana leaf and then grilled over very low heat to avoid burning it

#### Chef facts:

- ✓ Ginger- the roots of a ginger plant. Valued for its clean, sharp flavor, ginger is used in soups, stir fries, and marinades. It is especially good with seafood to cover-up strong fishy odors
- ✓ Holy basil- “hot basil”; aromatic plant native to India
- ✓ Trout- freshwater fish
- ✓ Light soy sauce- light soy sauce is more common in Chinese cooking. It is thinner and often used as a light seasoning or for dipping sauces
- ✓ Banana leaf- used for cooking, wrapping, and food serving in a wide range of cuisine

#### Chef’s comment and recommendation:

The flavor is good, the fish is at the right doneness

### What I learned:

I learn that grilling is not all about high heat, that this item can be cooked in low heat so that the banana wrapped as well as the fish will not get burn. Low heat promotes slow cooking and enhancing the flavor of the ingredients enclosed in the wrap and the banana leaf itself. In addition to cooking techniques, I also noticed and learned that the terms used in this cuisine is very similar to my local dialect like Ikan which is fish, asin is salt, babi is pork, udang is shrimp, and tahu is tofu. Learning this cuisine surprisingly unveils the similarities in the countries that gave influence to other neighboring country.





**Pepes Ikan (Grilled Fish in Banana Leaf)**

# The Cuisine of Indonesia



**Chicken Satay**



**Krupuk Udang**



# Thailand and Vietnam

Thailand has been known to seduce and charm its visitors with its deep cultural heritage. It is ruled by strong monarchy, and it is the only East Asian country that has not been conquered or occupied by another country or power. In result, Thai people build their fierce dedication to their royalty. Their population is composed of 95% Buddhist, and the remaining 5% are Muslims. Food and religion are the cornerstones of their culture. The majority of their culinary influence are from China, Burma, Laos, Cambodia, India, Vietnam, and Malaysia. Portugal has the most prevalent influence because they introduced chilies to Thailand which gave the identity of their cuisine that they have in the present. Complexity is what they aim for in terms of taste. Thai cuisine blends five fundamental taste like sweet, spicy, sour, bitter, and salty.

In addition, Vietnam, home to some of the most delicious and intriguing food in the world. Unlike Thailand which retained their ethnic origin because of strong monarchial force, Vietnam has been influenced and invaded by China, France, and even India. Their cuisine are divided into three regional varieties. First, the city of Hanoi that lies in the Northern part of Vietnam and which Chinese rule is evident and where Pho Bo, the most famous soup in Vietnam has originated. Second is the Central Region and known for its refined royal cuisine. This region is cooler than North, and prefers thicker noodles and soups tend to be laced with hot red chilies. And lastly, the hot, steamy Southern region which is formerly called Saigon, the Ho Chi Minh City. Due to their climate, tropical fruits and vegetables are abundant, dishes like curries are popular because of its proximity to India. Famous dishes in this region includes Banh mi, and the strong, sweet coffee of Vietnam that served as French colonial influenced.

## **Dish: Pad Thai (Thai Fried Noodles)**

### **Cooking techniques:**

- ✓ Roasting- it is a dry heat cooking technique where the nuts are roasted at 350F oven until golden. Roasting the nuts are necessary to intensify the flavor of the peanuts
- ✓ Soaking- the Thai noodles were soaked with warm water for 10 minutes until it gets soft. This process is preferred than boiling in this dish because it will prevent overcooking the noodles since it will be stir-fried after
- ✓ Stir frying-a type of cooking technique where fast cooking is necessary. The protein ingredients were blanched first to make sure that they are all cook. This technique involves high heat and small amount of oil

### **Chef facts:**

- ✓ Tamarind water- a tangy extract of dried tamarind that has been soaked in warm water
- ✓ Fish sauce- known as “the salt of Thai cuisine”. It is used much like salt or soy sauce as a flavor enhancer. It is made from the liquid drained from fermented anchovies, and is very potent. It is usually combined with other ingredient which used as a dipping sauce
- ✓ Turnips- adds a great flavor to Pad Thai and rice soup, they usually come whole, shredded, or ground
- ✓ Peanut oil- also known as ground nut oil or arachis oil, a mild tasting oil. It is an oil derived from peanuts
- ✓ Extra firm tofu- a dense and solid with a meaty texture, it holds its shape well and is excellent for slicing, cubing, and all kinds of frying
- ✓ Bean sprouts- the tender young sprouts of germinating mung bean are used in Asia as a vegetable and fried in cooked dishes. They are also often used raw in salads

**Chef's comment and recommendation:**

The noodles were broken down. Use the proper utensil for the proper job, the spatula is better to use than the ladle

**What I learned:**

I learn that the noodles sticks very quickly in the bottom of the wok. High heat should always be use in stir frying but learn to control it like at first we put the garlic and shallots which burn really quickly, and needs heat control. Mise en place and organization should be observed because the ingredients will burn if we are running back from the stove to our station if we missed any.



**Pad Thai (Thai Fried Noodles)**

**Dish: Tord Man Pla (Fried Fish Cakes)****Cooking techniques:**

- ✓ Shallow-frying- a type of dry heat cooking technique that involved medium heat and moderate amount of oil. It is somewhat similar to deep frying but differs in the amount of oil used

**Chef facts:**

- ✓ Catfish- a freshwater or marine fish with barbels resembling whiskers around the mouth, typically bottom-dwelling
- ✓ Fish sauce- known as “the salt of Thai cuisine”. It is used much like salt or soy sauce as a flavor enhancer. It is made from the liquid drained from fermented anchovies, and is very potent. It is usually combined with other ingredient which used as a dipping sauce
- ✓ Red curry paste- made from aromatic herbs such as lemongrass, galangal, and fresh red chilies blended together. It is used as a stir-fry seasoning, a soup base, or mix with coconut to create Thai curry
- ✓ Galangal- a member of the ginger family. It is used in many countries as a substitute for ginger. It has a hot, peppery taste and is used mainly as flavoring and as a pungent ingredient in ground curry paste
- ✓ Kaffir lime- one of the signature flavors in Thai cooking, lemony and floral, Kaffir limes are used for their rinds, since they are very dry inside. The zest is highly aromatic. Kaffir lime leaves may be frozen or dried for future use, or even kept green by standing leafy twigs in water on a sunny window sill

**Chef's comment and recommendation:**

A little dry on the fish cakes

**What I learned:**

I deep-fry the fish cakes instead of shallow-frying them. At first, I got like thick products even if I already flatten them. So I learn that shallow-frying and deep-frying are two different techniques even if they are quite the same. Products did come out differently with using two different techniques.



**Tord Man Pla (Fried Fish Cakes) with Naam prik dipping sauce**

**Dish: Cha Gio (Fried Spring Rolls)****Cooking techniques:**

- ✓ Deep-frying- a type of dry heat cooking method that involves medium high heat with large amount of oil

**Chef facts:**

- ✓ Fine bean threads- also known as vermicelli, glass noodles, crystal noodles, made from mung bean starch and water
- ✓ Cloud ears- an edible jelly fungus. It grows on trees in mountainous regions. It is gray-brown in color and is often used in Asian cooking
- ✓ Water chestnut- aquatic tuber vegetables that grow in marshes, ponds, paddy fields, and shallow lakes
- ✓ Crab meat- the meat found within a crab. It is used in many cuisines across the world, prized for its soft, delicate, and sweet taste
- ✓ Vietnamese fish sauce- a liquid condiment made from fish or krill that have been coated in salt and fermented up to 2 years
- ✓ Rice paper- used for making fresh summer rolls or fried spring rolls in Vietnamese cuisine, where the rice paper is called banh trang. Ingredients includes white rice flour, tapioca flour, salt, and water

**Chef's comment and recommendation:**

You did good job in wrapping the spring rolls, good flavor, but needs more mushroom and herbs

**What I learned:**

I learn the proper way of handling glass noodles or cellophane noodles to prevent it from overcooking. It is to cover it with boiling water until it is softened about 10 to 15 minutes, then wash with cold water to stop the cooking process. I also learn the technique of folding and wrapping the spring rolls.



**Cha Gio (Fried Spring Rolls) with Nuoc cham dipping sauce**

# The Cuisine of Thailand



**Grilled Eggplant Salad**



**Ma Hor (Galloping Horses)**



Grilled chicken in Green curry paste



Cha Yen (Thai Iced Tea)

# The Cuisine of Vietnam



Dia Rau Song (Vegetable Platter)



Suon Rang (Glazed Spareribs)

