

Culinary
**WORLD
CUISINES**

**PASSION.
PREPARATION.
PURPOSE.**

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CU132 EQUIPMENT LIST

COOKWARE

- Large pot with tight-fitting lid
- Grill, grill pan, or broiler
- Saucepot
- Griddle (or Saute Pan)
- Saucepan with lid
- Small pot with tight-fitting lid
- 12 inch saute pan
- 4 qt sauce pot w/ lid
- Roasting pan/hotel pan
- Cooling rack
- Bamboo steamer

PREP & STORAGE EQUIPMENT

- Scale for measuring
- Measuring cups/containers
- Measuring spoons
- Food processor or blender
- Bowls for prep
- Bowls, plates, and silverware for serving
- Large containers, such as bowls or hotel pans
- Quart containers or airtight containers for storage
- Dishes for serving
- Containers for mise en place and leftovers
- (w/tight fitting lid)
- Bucket for sanitizer solution 6 quart
- Towels (12 pack)

UTENSILS & KITCHENWARE

- Foil
- Spatula or fish spatula
- Rubber spatula
- Cutting board
- Chef's Knife
- Metal or wooden spoon
- Ladle
- Ladle, 2 oz or 4 oz
- Sheet tray
- Parchment paper
- Colander
- Rolling pin
- Plastic wrap
- Strainer or colander
- Peeler
- Steamer basket or steamer insert with accompanying pot with a tight-fitting lid
- Cutting board 18x24 inches
- A food mill (optional)
- Rolling pin
- Tongs
- Pasta machine (optional)
- Microplane (optional)
- Whisk
- Twine
- Candy thermometer (for frying)
- Kitchen thermometer
- Mesh strainer



Culinary

CU132 SHOPPING LIST

WEEK 1: UNITED STATES

- Kosher salt
- Black pepper
- Paprika
- Dry mustard
- Chili powder
- 4 ea chicken leg quarters
- 1 ea garlic clove
- 2 oz worcestershire sauce
- 1 oz red wine vinegar
- 5 oz sugar
- celery seed
- 1 ea small head of green cabbage
- 1/2 c mayonnaise
- 1 T distilled white vinegar
- Vegetable oil
- 2 oz brown sugar
- 2 c tomato puree
- 1/3 c worcestershire sauce
- 1/4 c apple cider vinegar
- 4 oz onion
- 2 ea garlic clove
- 5 oz all purpose flour
- 5 oz corn meal
- 1/2 oz baking powder
- 7 1/2 oz milk
- 1 egg
- 3 oz unsalted butter
- 1/2 oz corn syrup, light

WEEK 2: MEXICO

- 2 ea turkey thighs kosher salt
- Black pepper
- 4 oz lard
- 4 ea dried chiles
- 1/2 oz sesame seeds
- 1 oz almonds
- ground clove cinnamon
- ground coriander
- 2 oz canned tomato
- 5 ea garlic clove
- 1/4 oz bakers chocolate
- 16 oz chicken stock
- 1 tsp baking powder
- 4 c all-purpose flour
- 5 ea tomatoes (concasse)
- 1 bunch of green onions
- 2 ea yellow onion
- 4 ea jalapeno
- 3 ea limes
- 1 bunch cilantro

WEEK 3: SOUTH AMERICA

- 1/2 lb dried black beans
- 4 oz bacon
- 4 oz salt pork
- 4 oz dried chorizo
- 2 oz corned beef
- 1/4 ea yellow onion
- 1/4 ea green pepper
- 1 ea garlic clove
- 2 ea scallions
- 1/2 bunch cilantro
- 1 ea tomato
- 2 ea bay leaf
- 2 ea plantains
- Canola oil



CU132 SHOPPING LIST

WEEK 4: ITALY

- 1 c yellow cornmeal
- kosher salt
- 3 1/2 oz unsalted butter
- Black pepper
- 1 wedge parmesan cheese
- 28 oz can crushed tomato
- 2 oz tomato paste
- 2 oz olive oil
- 1 bu celery
- 1 ea yellow onion
- 6 oz ground beef
- 4 oz ground pork
- 6 oz white

WEEK 5: FRANCE

- 1/2 lb dried white beans
- Kosher salt
- 1 qt chicken stock
- 1 oz lard
- 4 oz salt pork
- 2 ea chicken thighs
- Black pepper
- 2 ea sausage link
- 1/2 ea yellow onion
- 1/2 ea carrot
- 1 ea celery
- 1/2 ea head of garlic
- 1 ea bay leaf
- Cloves
- 1 ea zucchini
- 1 ea small eggplant
- 1 ea yellow onions
- 1 ea bell pepper
- 2 ea garlic clove
- 1 lb canned tomato
- 2 oz olive oil
- 1/2 bunch parsley
- 1 bay leaf
- Thyme

WEEK 6: SPAIN

- 1 oz olive oil
- kosher salt
- 6 ea eggs
- Black pepper
- 1 lb yukon gold potatoes
- 1 ea yellow onion
- 2 ea chicken legs and/or thighs
- 4 oz dried chorizo
- 4 ea shrimp (opt)
- 4 oz squid (opt)
- 1 ea red bell pepper
- 1 ea green bell pepper
- 4 ea clams (opt)
- 4 ea mussels (opt)
- 2 c chicken stock
- Saffron (opt)
- 1/2 ea yellow onion
- 3 ea garlic clove
- 1/2 lb tomatoes
- Rosemary
- 8 oz short grain rice (arborio)
- 4 oz green peas
- 1 ea lemon



CU132 SHOPPING LIST

WEEK 7: AFRICA

- 2 c couscous
- 1 oz unsalted butter
- 1 oz olive oil
- 2 c chicken stock
- Kosher salt
- Ground coriander
- White or black pepper
- Ground ginger
- Ground turmeric
- 4 ea chicken legs
- 3 ea yellow onion
- 1 qt chicken stock
- 6 oz green olives
- 1 bu fresh parsley
- 1 bu fresh cilantro
- 2 ea lemon
- 1 lb ground beef
- Paprika
- Ground cumin
- Cayenne
- 2 bunch parsley
- 2 bunch cilantro
- Cinnamon
- 2 tbs mint
- Cumin seeds
- Coriander seeds

WEEK 8: MIDDLE EAST & MEDITERRANEAN

- 1 ea fennel
- 2 ea serrano pepper
- 1 ea jalapeno
- 1 ea green bell pepper
- Paprika
- 28 oz canned tomatoes
- 6 ea eggs
- 4 oz feta cheese
- Crushed red pepper
- 1 oz olive oil
- 16 oz chickpeas
- Kosher salt
- 1 ea head of garlic
- 2 oz tahini
- Paprika
- 1 c fine bulgur
- 6 ea lemons
- 3 bu green onion
- 2 bu fresh parsley
- 3 ea lg tomato
- 1 ea yellow onion

WEEK 9: INDIA

- 4 oz almond flour
- Kosher salt
- Vegetable oil
- 1 ea egg
- 2 tsp garlic clove
- Ground turmeric
- Cayenne
- Paprika
- Coriander seeds
- 1 pc fresh ginger
- 1 ea red onion
- 1 lb ground beef or lamb
- 1 bu fresh mint
- 1 bu fresh cilantro
- 1 c red lentils
- 8 tbs ghee (or butter)
- 1 ea yellow onion
- 3 ea garlic clove
- Fresh ginger
- Ground cumin
- Ground coriander
- 1 ea bay leaf
- 15 oz canned tomato
- 2 c plain yogurt
- 1 sm cucumber
- 1 ea lemon
- 1 tsp mint
- 1/4 oz sugar



CU132 SHOPPING LIST

WEEK 10: JAPAN

- 1 c sushi rice
- 1 1/4 oz rice vinegar
- 1 1/4 oz sugar
- Kosher salt
- 1/2 oz mayo
- 1/2 oz sriracha
- Sesame seeds
- 1 pkg crab stick
- 1 pkg nori
- 1 ea avocado
- 1 ea carrot
- 1 ea cucumber
- 1 oz mirin
- 4 oz all purpose flour
- 8 oz panko bread crumbs
- Oil for frying
- 1/3 c soy sauce
- 4 ea eggs
- 1/2 oz sugar
- Kosher salt
- Black pepper
- 2 ea boneless pork chops
- 4 ea eggs
- 1 - 2 c Dashi stock (optional - can substitute chicken stock)
- 1 ea yellow onion
- 1 bu gr. onions

WEEK 11: CHINA

- Vegetable oil for frying
- 1 oz corn starch
- 4 ea egg
- 2 oz sesame oil
- 2 oz rice vinegar
- 2 oz distilled white vinegar (optional)
- 6 oz Soy Sauce
- 1 ea head of garlic
- Sugar (optional)
- Red food coloring (optional)
- Ground mustard (optional)
- Black or white pepper
- 1 lb ground pork
- 1 bu green onion
- 1 pc fresh ginger
- 1 head green cabbage (for egg roll only)
- 2 ea carrot (for egg roll only)
- 1 pkg egg roll OR wonton wrappers
- 1 qt chicken stock
- 4 oz mushrooms (opt)
- 4 ea scallion
- 1 ea lemongrass stalk
- 2 ea star anise
- 6 ea whole cloves
- 1 ea cinnamon stick
- 2 Tbsp cornstarch
- 4 oz firm tofu

WEEK 12: EAST ASIA

- 1 oz fish sauce
- Vegetable oil
- 1/2 oz sugar
- 4 oz green curry paste
- 15 oz coconut milk
- 2 ea boneless chicken thighs
- 1 c chicken stock
- 1 bu fresh basil
- 2 ea red Thai chilis
- 3 ea garlic cloves
- 1 tbsp sugar
- 1 qt beef stock
- 1 ea ginger
- 1 ea lemongrass
- 1 ea shallot
- 4 oz fish sauce
- 1 ea cinnamon stick
- 4 oz tender steak
- 10 oz rice noodles
- 2 oz bean sprout
- 1 bu fresh mint
- 1 bu fresh cilantro
- 1 ea jalapeno
- 1 ea lime



Week One

UNITED STATES



BBQ SAUCE

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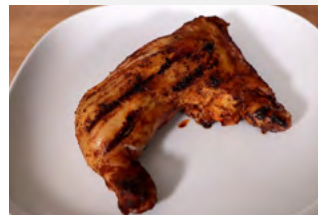
COLESLAW

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CORN BREAD

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BBQ-STYLE GRILLED CHICKEN

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BBQ SAUCE

CU132 Week 1 - **United States**

You may view this video at: <https://player.vimeo.com/video/458765754>

INGREDIENTS

Yields: 1 quart

2 cups	Tomato puree
1 cup	Water
1/3 cup	Worcestershire sauce
1/4 cup	Apple cider vinegar
1/4 cup	Vegetable oil or Canola oil
4 oz	Yellow onion, small dice
2 tsp	Garlic, minced
2 TBSP	Brown sugar
1 Tbsp	Dry mustard powder
1 tsp	Chili powder
1/2 tsp	Black pepper, ground
To taste	Kosher salt

DIRECTIONS

1. Place all ingredients in a sauce pan and bring to a boil over high heat. Immediately reduce to a simmer.
2. Simmer approximately 20 minutes, until slightly reduced and flavors are well blended. Stir occasionally to prevent scorching.
3. Remove from heat and allow to cool.
4. Taste and adjust seasoning as needed.
5. Blend and strain if desired for a smoother consistency





COLESLAW

CU132 Week 1 - **United States**

You may view this video at: <https://player.vimeo.com/video/458767709>

INGREDIENTS

Yields: 4 portions

1 each	Small head of green cabbage, core removed, shredded to ¼ inch slices
½ cup	Dressing: Mayonnaise
1 TBSP	Distilled white vinegar
1 tsp	Sugar
1 tsp	Kosher salt
¼ tsp	Black pepper, ground
¼ tsp	Celery seeds

DIRECTIONS

1. In a large bowl, combine all of the ingredients for the dressing and whisk well.
2. Add shredded cabbage and mix until coated with the dressing.
3. Taste and adjust seasoning as needed.

Variations:

- Half green cabbage, half red cabbage
- Add shredded carrots, jalapeño, apple, or any other combination of vegetables





CORN BREAD

CU132 Week 1 - **United States**

You may view this video at: <https://player.vimeo.com/video/458759093>

INGREDIENTS

Yields: 8 servings

5 oz	Pastry flour (or All-Purpose flour)
5 oz	Fine yellow cornmeal
4 oz	Sugar
½ oz	Baking powder
¼ oz	Kosher salt
1 each	Egg, large
8 oz	Whole milk
½ oz	Corn syrup, light
3 oz	Melted butter, unsalted or shortening
As needed	Butter, shortening, vegetable oil or cooking spray, for greasing pan

DIRECTIONS

1. Preheat oven to 400°F.
2. Combine flour, cornmeal, sugar, baking powder, and salt in a medium bowl and whisk together.
3. Combine egg, milk, corn syrup, and melted butter or shortening in another large bowl and whisk together.
4. Add dry ingredients to wet ingredients. Mix until just combined with slight lumps. Do not over mix, as that can cause tunneling in the final product.
5. Pour batter into a greased 9 in x 9 in pan.

Alternatively, use a greased 9 in cast iron skillet or greased muffin tins.
6. Bake 15-20 minutes, or until knife or toothpick inserted into the center comes out clean.
7. Allow to cool slightly before slicing and serving





BBQ-STYLE GRILLED CHICKEN

CU132 Week 1 - United States

You may view this video at: <https://player.vimeo.com/video/458766525>

INGREDIENTS

Yields: 4 servings

4 each	Chicken Leg quarters
Marinade:	
2 fl oz	Worcestershire sauce
1 fl oz	Red wine vinegar
4 tsp	Paprika, sweet or smoked
2 tsp	Chili or cayenne powder
1 tsp	Dry mustard, ground
1 tsp	Garlic, finely minced
½ tsp	Black pepper, ground
1 tsp	Kosher salt

DIRECTIONS

1. Combine the marinade ingredients in a bowl and mix well.
2. Toss the chicken leg quarters in the marinade so that they are well coated.
3. Marinate for 3-4 hours in a covered container or zipper-top bag in the refrigerator.
4. Preheat half of a grill to medium high heat and the other half to low heat. If using a charcoal grill, place the hot coals entirely to one side to create a two zone cooking area.
5. If using a grill pan, set to medium high heat and preheat the oven to 350 °F.
6. Remove the chicken from the marinade and grill skin side down until the first set of grill marks set, then turn 90 degrees to achieve the second set of grill marks. This should create a quadrillage (a diamond-shaped pattern).
7. If using a grill, flip the chicken with the presentation side up (the side with the grill marks) and move to the low heat side of the grill. Cook until the chicken reaches an internal temperature of 165 °F.
8. If using a grill pan, flip the chicken so that the presentation side is facing up (the side with the grill marks) and finish in the oven until it reaches an internal temperature of 165 °F. This can be done directly in the grill pan if it is oven-safe or by transferring the chicken to a roasting pan or other oven-safe pan.
9. Brush with the barbecue sauce (see recipe) and serve.



Week Two

MEXICO



MOLE POBLANO DE GUAJOLOTE

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PICO DE GALLO

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FLOUR TORTILLAS

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MOLE POBLANO DE GUAJOLOTE

CU132 Week 2 - Mexico

You may view this video at: <https://player.vimeo.com/video/461994412>

INGREDIENTS

Yields: 4 servings

2 each	Turkey thighs or legs*
As needed	Kosher salt
As needed	Black pepper, ground
1 oz	Lard or vegetable shortening
4 each	Mulato, ancho, or pasilla dried chiles
½ oz	White sesame seeds
1 oz	Almonds, blanched and peeled
⅛ tsp	Cloves, ground
¼ tsp	Cinnamon, ground
¼ tsp	Black pepper, ground
⅛ tsp	Coriander, ground
2 oz	Tomatoes, canned crushed
2 each	Garlic cloves, finely minced
¼ oz	Unsweetened chocolate, broken into pieces
2 cups	Water, or stock (unsalted or low sodium preferred)
As needed	White sesame seeds

*alternatively, 4 chicken thighs or legs can be substituted

DIRECTIONS

1. Remove and discard the seeds and stem ends of the chiles.
2. Finely grind the chiles, sesame seeds, and almonds in a spice grinder or use a mortar and pestle until finely ground
3. Put the ground chiles, ground sesame, ground almonds, cloves, cinnamon, pepper, coriander, canned tomatoes and the garlic into the container of a blender.
4. Blend to a smooth purée. If the mixture is too thick to blend, add a little chicken stock or water.
5. Evenly season poultry with salt and pepper
6. In a large sauce pot over medium high heat, add lard or vegetable shortening and brown poultry on both sides to a golden brown. Remove from the pan and set aside.
7. Add the purée from the blender to the pot. Cook for 5 minutes, stirring constantly until the mixture becomes very thick.
8. Add the chocolate to the puree in the pot. Stir constantly until the chocolate is completely blended in.
9. Add stock, mix well with the mole paste, add browned poultry to the pot, and bring liquid to a simmer.
10. Cover and simmer over low heat until poultry is very tender and reaches an internal temperature of 165 °F
11. Remove poultry, set aside.
12. Increase heat to reduce cooking liquid to sauce consistency.
13. Taste and adjust seasoning as needed.





PICO DE GALLO

CU132 Week 2 - Mexico

You may view this video at: <https://player.vimeo.com/video/415325048>

INGREDIENTS

Yields: 1 pint

½ cup	Onion, small dice
½ cup	Roma tomato, core removed, small dice
2 each	Jalapeño, stemmed, seeded and brunoise
2 TBSP	Cilantro, finely chopped
1 each	Lime juice, freshly squeezed
To taste	Kosher salt
To taste	Black pepper, ground

DIRECTIONS

1. Mix onion, tomato, jalapeño and cilantro in a bowl.
2. Add lime juice and season to taste.





FLOUR TORTILLAS

CU132 Week 2 - Mexico

You may view this video at: <https://player.vimeo.com/video/441445241>

INGREDIENTS

Yields: 12 tortillas

4 cups	All-purpose flour
1½ cups	Water, warm
½ tsp	Kosher salt
1 tsp	Baking powder
4 TBSP	Lard (or vegetable shortening)

DIRECTIONS

1. Put AP flour, salt, and baking powder into a bowl and mix well.
2. Work lard into flour mixture with your fingers until it resembles coarse meal.
3. Add 1½ cups warm water and stir until a soft dough forms.
4. Turn dough out onto a floured surface and knead 15–20 times by folding and pushing down with the heel of your hands. Cover with a clean, damp dish towel and set aside at room temperature for 10 minutes.
5. For 8 inch tortillas, divide dough into 12 even balls and roll out thinly and very evenly making sure there are no lips on the edges and that it is the same thickness all the way across.
6. Heat a large, dry cast-iron skillet over medium heat (DO NOT USE OIL).
7. Cook tortillas, one at a time, until blistered and charred in spots on both sides.
8. Wrap in a clean, dry dish towel to keep warm.



Week Three

SOUTH AMERICA



FEIJOADA

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TOSTONES

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FEIJOADA

CU132 Week 3 - **South America**

You may view this video at: <https://player.vimeo.com/video/458768534>

INGREDIENTS

Yields: 4 servings

8 oz	Dried black beans, soaked overnight
8 oz	Various smoked and/or salted pork products (bacon, salt pork, smoked hock, etc*)
4 oz	Linguiça, or dried Spanish-style chorizo (optional)
2 oz	Corned beef, large dice (optional)
4 oz	Yellow onion, small dice
4 oz	Green bell pepper, small dice
1 oz	Garlic, minced
2 each	Scallions, white part only, sliced (sliced greens saved for garnish)
¼ cup	Cilantro, chopped
1 each	Roma tomato, fine diced
2 each	Bay leaves *if not using pork, substitute with smoked turkey products

DIRECTIONS

1. Place dried beans on a sheet pan and pick over them to remove any stray debris like small pebbles, then rinse well. Place dried beans in a large container and cover with water by 2 inches. Cover and refrigerate overnight. Drain and rinse the beans.
2. Place all ingredients in a pot and cover with water (fill to two inches above ingredients).
3. Bring to a boil over high heat and then immediately lower heat to a simmer.
4. Cover and cook until beans are tender.
5. Remove any large meats, remove from bone as needed, dice or shred, and return to beans.
6. Taste and season as needed.
7. Serve with white rice and garnish with green onions.





TOSTONES

CU132 Week 3 - **South America**

You may view this video at: <https://player.vimeo.com/video/458764299>

INGREDIENTS

Yields: 4 servings

2 each	Green (unripe) plantains
As needed	Vegetable or canola oil, for deep frying
As needed	Kosher salt

DIRECTIONS

1. Place the oil in a saucepan or pot and heat to 325 °F. There should be enough oil to completely cover the plantains, but make sure oil only fills the pan or pot halfway.
2. Peel plantains and cut into 1 to 2 inch slices.
3. Deep fry plantains until they just start to turn golden.
4. Remove from the oil with a slotted spoon and place on a paper towel-lined plate or sheet pan to drain excess oil. Allow to cool slightly.
5. Increase heat of the oil to 350 °F.
6. Working one at a time, use a large spoon or the bottom of a small pan to press the plantain slices, flattening them to ½ inch thick.
7. Place plantains back in the oil and deep fry until golden brown.
8. Remove from the oil with a slotted spoon and place on a paper towel-lined plate or sheet pan to drain excess oil. Immediately season with salt.
9. Serve as is, or with a dipping sauce such as salsa verde.

**How to peel plantains:*

1. Cut the tips off, about half an inch from each end.
2. Score the skin from one end to the other along the length of the plantain. Repeat on the opposite side. Using fingers, remove the peel from the plantain.



Week Four

ITALY



POLENTA

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RAGÙ ALLA BOLOGNESE

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FOCACCIA

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POLENTA

CU132 Week 4 - Italy

You may view this video at: <https://player.vimeo.com/video/441440016>

INGREDIENTS

Yields: 3–4 servings

4 cups	Water
1 cup	Fine yellow corn meal
2 oz	Butter, unsalted
1/3 cup	Parmesan cheese, shredded
To taste	Kosher salt
To taste	Black pepper, ground

Directions

1. Bring water and salt (start with 1 TBSP) to a boil.
2. Slowly stir in corn meal while whisking constantly until mixture is smooth.
3. Reduce heat and let simmer while constantly stirring until it thickens enough to sit on top of itself and have semi-stiff peaks without being soupy (It should be able to hold the weight of the bolognese).
4. Remove from heat and stir in butter and parmesan cheese.
5. Taste and adjust seasoning.

For grilled polenta:

1. Pour cooked polenta into a sheet pan, spread into an even layer with a flat top, and refrigerate until firm (overnight).
2. Cut into shapes with a wet knife or circle mold.
3. Place on a well oiled grill pan or outdoor grill and cook at medium high heat.
4. When grill marked, flip and cook until heated through.
5. Remove from the grill and serve topped with Ragù alla Bolognese.





RAGÙ ALLA BOLOGNESE

CU132 Week 4 - Italy

You may view this video at: <https://player.vimeo.com/video/441437707>

INGREDIENTS

Yields: 4–6 servings

3 TBSP	Olive oil
3 TBSP	Butter, unsalted
3 oz	Yellow onion, brunoise
3 oz	Celery, brunoise
3 oz	Carrot, brunoise
¾ lb	Ground beef
½ lb	Ground pork
As needed	Kosher salt
¾ cup	Dry white wine (Pinot Grigio)
¾ cup	Milk
⅛ tsp	Nutmeg, ground
28 oz can	Crushed tomatoes

DIRECTIONS

1. Heat large pan over medium heat.
2. Add olive oil and butter and melt.
3. Sweat mirepoix (no browning).
4. Add beef, pork, and salt. Using the back of a spoon, break down any large chunks and cook just until all meat begins to become gray in color but do not brown.
5. Add wine and cook until almost evaporated (au sec).
6. Add milk and nutmeg. Cook until almost evaporated (au sec).
7. Add canned, crushed tomatoes, lower heat, and stir until fully incorporated. Simmer uncovered very gently for a minimum of 3-4 hours, stirring often to prevent scorching. The ragù should reduce by about ¼ and thicken up.
8. Taste and adjust seasoning.
9. Serve on top of warm polenta.





FOCACCIA

CU132 Week 4 - Italy

You may view this video at: <https://player.vimeo.com/video/408711204>

INGREDIENTS

Yields: ¼ sheet pan

375g	Bread flour
270g	Water
5.5g	Instant yeast
7.5g	Kosher salt
12.5g	Olive oil
0.5g	Fresh Rosemary and/ or Sage, finely chopped
As needed	Olive oil for the pan

DIRECTIONS

1. Combine all ingredients in a bowl, minus the fresh herbs, and mix using a rubber spatula until a dough forms. It does not need to be smooth, but needs to be a uniform texture. Let rest covered with a damp towel or plastic wrap at room temperature for 1 hour.
2. Lightly dust the work surface with flour. Release the dough from the bowl with a scraper or rubber spatula. Stretch the dough to a rectangle and fold over on itself in thirds. Return the dough to the bowl. Cover with a damp towel or plastic wrap and rest for 30 minutes.
3. Generously oil a ¼ sheet pan, a baking sheet (9 in x 13 in), or a 12-inch cast iron skillet with olive oil, including the sides. Place dough into the sheet pan and stretch to the sides without tearing. Spread olive oil over the top of the dough. Let ferment/rise at room temperature until the dough fills the pan (this will take anywhere from 1-4 hours).
4. Preheat the oven to 450 °F.
5. Dimple the top of the focaccia with all ten fingers and sprinkle fresh rosemary and sage over the top.
6. Bake until the top of the focaccia is golden brown.
7. Gently release the focaccia from the pan and cool on a rack for 30 minutes before cutting to let it rest so that it doesn't deflate.



Week Five

FRANCE



CASSOULET

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RATATOUILLE

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CASSOULET

CU132 Week 5 - France

You may view this video at: <https://player.vimeo.com/video/472781276>

INGREDIENTS

Yields: 4 servings

½ lb	Dried cannellini beans
1 qt	Chicken or vegetable stock (unsalted or low sodium preferred)
2 TBSP	Duck fat, bacon fat, unsalted butter, or oil
4 oz	Salt pork, medium dice
4 each	Chicken thighs, bone-in and skin-on
2 each	Fresh sausage links (preferably pork)
4 oz	Yellow onion, small dice
2 oz	Carrot, peeled and rough chopped into large pieces
2 oz	Celery, rough chopped into large pieces
2 TBSP	Garlic cloves, minced
1 each	Black pepper, ground
1 each	Bay leaf

DIRECTIONS

1. Place beans in a large container, cover with water by at least 3 inches, and soak overnight in the refrigerator.
2. Drain and rinse beans. Set aside.
3. Preheat oven to 300 °F
4. In a large, heavy-bottomed, oven-safe pot, heat fat over medium-high heat.
5. Add salt pork and render the fat. Remove and set aside.
6. Season chicken thighs with pepper (no salt!) and brown on both sides. Remove and set aside.
7. Brown sausages in the pan. Remove and set aside.
8. Add onions, and cook until translucent.
9. Add beans, carrot, celery, garlic, and bay leaf.
10. Add stock and bring to a simmer. Simmer about 45 minutes or until beans are almost tender, but still have some resistance to the bite.
11. Remove carrot, celery, and bay leaf.
12. Add salt pork, sausages, and chicken (skin side up) back to the pot. Beans should be submerged in liquid, but the tops of the chicken pieces should not be. Alternatively, everything can be arranged in a casserole dish in the same manner as described above.
13. Place in the oven and cook uncovered for about 3 hours - ensure that beans remain submerged in liquid by adding stock or water as needed. Chicken and sausage should gain color, and a light brown crust should appear on top. If more liquid is needed, add carefully so as not to break the crust.
14. Serve immediately.





RATATOUILLE

CU132 Week 5 - France

You may view this video at: <https://player.vimeo.com/video/470320035>

INGREDIENTS

Yields: 4 servings

4 oz	Zucchini, slightly larger than medium dice
4 oz	Eggplant, slightly larger than medium
4 oz	Yellow onion, medium dice
1 each	Green or red bell pepper, medium dice
1 each	Garlic clove, minced
8 oz	Whole canned tomatoes, crushed by hand (if using fresh, peeled, seeded, and small dice)
As needed	Olive oil
2 TBSP	Fresh parsley, chopped
1 each	Bay leaf
1 tsp	Fresh thyme leaves (picked from stems)
As needed	Kosher salt
As needed	Black pepper, ground

DIRECTIONS

1. Preheat oven to 325 °F.
2. Heat a large, oven-safe saucepan over medium heat.
3. Add olive oil to lightly coat bottom of pan.
4. Sauté zucchini until half-cooked. Remove from the pan.
5. Sauté eggplant until half-cooked. Remove from the pan.
6. Sauté onions and peppers until half-cooked. Add the garlic and cook for one more 1 minute.
7. Add zucchini, eggplant, tomatoes, parsley, bay leaf and thyme to the pan. Season with salt and pepper and stir to combine.
8. Cover and place in the oven for 30 minutes.
9. If there is a lot of liquid in the pan, remove lid and place back on stovetop over medium heat to reduce slightly, being careful not to scorch the bottom until most of the liquid has been removed.
10. Taste and adjust seasoning as needed.



Week Six

SPAIN



TORTILLA ESPAÑOLA

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PAELLA

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TORTILLA ESPAÑOLA

CU132 Week 6 - Spain

You may view this video at: <https://player.vimeo.com/video/441435286>

INGREDIENTS

Yields: 4–6 servings

3 fl oz	Olive oil
1 lb	Yellow potatoes (Yukon Gold), peeled and small dice
½ cup	Yellow onion, small dice
12 each	Eggs, beaten
As needed	Olive oil
To taste	Salt
To taste	Pepper

*(*This recipe produces 2 tortillas españolas so that if your first tortilla española does not come out as desired you have enough ingredients to make a second tortilla española.)*

DIRECTIONS

1. Place a medium skillet over medium heat.
2. Add 3 oz olive oil.
3. Sweat onions and potatoes until soft and translucent.
4. While constantly stirring, increase heat to high and saute until onions and potatoes are golden. Remove from heat and set aside in a bowl.
5. Whisk 6 eggs, salt, and pepper in a bowl until frothy. Repeat in a separate bowl with the other 6 eggs, salt, and pepper.
6. Add ½ of the cooked onions and potatoes to 1 bowl of eggs and ½ to the cooked onions and potatoes to the other bowl of eggs. Stir to combine.
7. Place 8 in.-10 in. nonstick skillet over high heat.
8. Add olive oil to the pan.
9. Add 1 bowl of egg, potato, and onion mixture to the pan. Reduce heat to very low.
10. Once the eggs are about 80% set, place a plate over the pan and very quickly flip the pan and plate together so the tortilla ends up on the plate, uncooked side down. This should be done over a sink.
11. Slide the tortilla back into the pan, uncooked side down.
12. Continue to cook on very low heat until the eggs are cooked all the way through with minimal browning on either side.
13. Once the tortilla sets and is cooked all the way through, flip the tortilla back over.
14. Transfer the tortilla to a platter, season with salt and pepper, and cut into wedges to serve.
15. If required, repeat steps 7-14 with the second bowl of eggs, potatoes, and onions.





PAELLA

CU132 Week 6 - Spain

You may view this video at: <https://player.vimeo.com/video/469921782>

INGREDIENTS

Yields: 4 servings

4 each	Small clams* (optional)
4 each	Mussels* (optional)
2 fl oz	Water
1 cup chicken stock (or seafood stock), plus more if needed	Chicken stock (or seafood stock)
¼ tsp	Saffron (optional)
2 each	Chicken leg quarters
2 oz	Spanish-style chorizo, small dice
2 oz	Red bell pepper, small dice
2 oz	Green bell pepper, small dice
3 oz	Onion, small dice
2 each	Garlic cloves, minced
4 oz	Tomatoes, chopped
½ tsp	Dried rosemary
4 oz	Short-grain rice, such as bomba or arborio
As needed	Salt
As needed	Pepper
4 each	Large shrimp, peeled and deveined (optional)
4 oz	Squid, cleaned, cut into rings (optional)
1 oz	Cooked green peas
4 each	Lemon wedges

DIRECTIONS

1. After cleaning, combine mussels and clams in a sauce pot with an inch of water. Steam until they open.
2. Remove the clams and mussels, set aside. Strain and reserve the liquid. Add enough stock to increase liquid to 1 cup. (If not using clams and/or mussels, use 1 cup of warmed chicken or seafood stock instead).
3. Add the saffron to the warmed liquid. Set aside.
4. Separate the chicken quarters (legs from thighs) season with salt and pepper.
5. In a large sauté pan, brown the chicken in olive oil. Remove and set aside.
6. In the same pan, saute onion, red and green bell pepper, chorizo, and garlic until soft.
7. Add the tomatoes and rosemary. Cook until most of the liquid has evaporated.
8. Add the rice and stir to evenly distribute.
9. Add the liquid with the saffron to the rice and stir.
10. Add salt and pepper to taste.
11. Preheat oven to 350 °F
12. Add the chicken, shrimp, and squid, in an attractive arrangement.
13. Bring to a simmer, cover, and put in a 350 °F oven for 20 minutes.
14. After 20 minutes, remove the pan from the oven. Check the softness of the rice and the moisture level, add more stock if necessary. It should be quite moist but not soupy.
15. Return to stove top and simmer until all liquid is gone from pan and rice is tender, adding stock as necessary.

Cleaning Mussels and Clams*

1. Check mussels and clams to make sure they are not open and do not have large, open cracks in the shell. If they are open, tap the outside of the shell, if it slowly closes all the way it is still alive. If it does not or if there are large, open cracks it is dead and needs to be discarded.

2. Rinse mussels under cold water using a green scrubby to move any items from the shell. Use your fingers to pull away the beards stuck in between the top and bottom parts of the shell.



Week Seven

AFRICA



TAGINE WITH COUSCOUS

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KEFTA

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CHERMOULA

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TAGINE WITH COUSCOUS

CU132 Week 7 - Africa

You may view this video at: <https://player.vimeo.com/video/415331057>

INGREDIENTS

Yields: 4 portions

	Tagine:
4 each	Chicken legs
As needed	Kosher salt
As needed	Black pepper, ground
3 TBSP	Olive oil
3 ea	Large yellow onions, sliced
2 TBSP	Coriander seed, ground
1 tsp	Black pepper, ground
2 tsp	Ginger, ground
2 tsp	Turmeric, ground
1 ½ cups	Chicken stock (low sodium or unsalted)
4 each	Preserved lemon quarters (see recipe below)
6 oz	Green olives, pitted
1 TBSP	Parsley, finely chopped
2 tsp	Cilantro, finely chopped
	Preserved Lemons:
1 cup	Water
2 TBSP	Kosher salt
2 each	Lemons, washed and quartered from pole to pole
	Couscous:
2 cups	Couscous, fine grain
2 TBSP	Butter, unsalted
2 TBSP	Olive oil
3 cups	Water
As needed	Kosher salt

DIRECTIONS

Preserved Lemons (Quick Method):

1. Combine water and salt in a small saucepan. Bring to boil and stir to dissolve the salt.
2. Add lemons, reduce heat and simmer about 30 minutes or until liquid is reduced to ½ cup and lemon rind is tender.
3. Remove from heat and let cool to room temperature before slicing.

Tagine:

1. Heat oven to 350°F.
2. Season chicken with salt and pepper
3. Heat oil in an 8 quart Dutch oven or other large heavybottomed oven-safe pan over medium-high heat.
4. Add chicken to pot and brown on all sides, 12 to 15 minutes.
5. Transfer chicken to a plate.
6. Add onions to pot. Cook until golden, about 10 to 12 minutes.
7. Add spices and stir. Cook until fragrant, about 2 minutes.
8. Add olives and preserved lemons.
9. Return chicken to pot and add the stock. Bring to a boil.
10. Put lid on pot and transfer to the oven, covered. Cook until chicken is tender, 35 to 40 minutes and a meat thermometer inserted into the thickest part reads 165 °F.
11. Garnish with parsley and cilantro and serve immediately over the couscous.

Couscous:

1. In a medium saucepan, bring water, butter, oil and salt to a boil over high heat.
2. Stir in couscous and cover.
3. Remove from the heat and let sit until water is absorbed, about 10 minutes.
4. Fluff couscous with a fork. Set aside in a warm place.





KEFTA

CU132 Week 7 - Africa

You may view this video at: <https://player.vimeo.com/video/470316889>

INGREDIENTS

Yields: 4 servings (2 skewers per person)

1 lb	Ground beef or lamb (or combination of both)
4 oz	Yellow onion, fine dice
2 tsp	Paprika, smoked or sweet
1 tsp	Cumin, ground
1 tsp	Kosher salt
1 tsp	Cinnamon
1 tsp	Fresh mint leaves, chopped
¼ tsp	Black pepper, ground
⅛ tsp	Cayenne pepper
¼ cup	Flat-leaf parsley, finely chopped
¼ cup	Cilantro, finely chopped
8 ea	Skewers (if wood, soak in water for 1 hour to prevent burning)

DIRECTIONS

1. Combine all ingredients in a bowl and mix well. Cover and refrigerate for at least 1 hour or up to overnight.
 2. Preheat grill or grill pan to high heat.
 3. Divide meat mixture into eighths.
 4. Shape one portion around a skewer in a sausage-like shape that should be at minimum 6 inches long and no thicker than ½ an inch.
- Set aside.**
5. Continue with remaining portions.
 6. Lightly oil grill or grill pan.
 7. Place skewers on the grill, with about one inch in between to avoid steaming.
 8. Cook until desired doneness, turning often, with a good char on the outside.
 9. If working in batches, cover cooked kefta with a tented piece of foil to keep warm.
 10. Serve with chermoula.





CHERMOULA

CU132 Week 7 - Africa

You may view this video at: <https://player.vimeo.com/video/471108148>

INGREDIENTS

Yields: 1 cup

½ cup	Cilantro, finely chopped
½ cup	Flat-leaf parsley, finely chopped
¼ cup	Fresh mint, finely chopped
1 each	Lemon, zested and juiced
2 each	Garlic cloves, pasted
¾ tsp	Cumin, ground
¾ tsp	Coriander seeds, ground
½ tsp	Paprika, sweet or smoked
¼ tsp	Crushed red pepper (optional)
2 each	Saffron threads (optional)
¼ cup	Olive oil
As needed	Kosher salt
As needed	Black pepper, ground

DIRECTIONS

1. Combine all ingredients in a bowl. Add more oil and/or lemon juice if needed to obtain a fairly loose and spreadable consistency.
2. Taste and adjust seasoning as necessary.
3. Can be kept in an airtight container, refrigerated, for up to 3 days.

Alternatively:

1. Combine all ingredients except oil in a food processor or blender.
2. Pulse until combined.
3. With motor running at low speed, add oil in a steady stream.
4. Add more oil and/or lemon juice if needed to obtain a fairly loose and liquid consistency. Taste and adjust seasoning as necessary.
5. Can be kept in an airtight container, refrigerated, for up to 3 days.



Week Eight

MIDDLE EAST & MEDITERRANEAN



HUMMUS

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PITA BREAD

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SHAKSHUKA

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HUMMUS

CU132 Week 8 - Middle East & Mediterranean

You may view this mezze video featuring hummus at: <https://player.vimeo.com/video/441449615>

INGREDIENTS

Yields: ~2 cups

1 (15 oz) can	Chickpeas (Garbanzo beans) with $\frac{3}{4}$ cup reserved liquid
1 fl oz	Lemon juice, fresh
1.5 t	Water
3 T	Tahini
2 cloves	Garlic, peeled and crushed
To taste	Salt
As needed	Olive oil
As needed	Paprika

DIRECTIONS

1. Drain chickpeas, reserve the liquid.
2. Put chickpeas in blender or food processor with $\frac{3}{4}$ c reserved liquid and 1 Tbsp water. Blend until semi-smooth.
3. With motor running, add lemon juice through hole in blender top.
4. Add tahini, garlic and salt to taste.
5. Blend until very smooth about 2-3 minutes.
6. Adjust seasoning as needed.
7. Garnish with olive oil and paprika.





PITA BREAD

CU132 Week 8 - Middle East & Mediterranean

You may view this video at: <https://player.vimeo.com/video/441447493>

INGREDIENTS

Yields: 8 pitas

300g	Bread Flour
225g	Water
6g	Instant dry yeast
6g	Olive Oil
6g	Kosher salt

DIRECTIONS

1. Combine all ingredients in a bowl.
2. Using a spatula, bring dough together into a shaggy mass.
3. Allow to rest covered with a clean, damp towel for 30 minutes at room temperature and give a stretch and fold. Return back to the bowl.
4. Repeat step 3 a total of 2 more times over the next hour. (Total of 1½ hours resting)
5. After the last stretch and fold cut and weigh into 75 g pieces.
6. Shape pieces into a boule.
7. Let boules rest for 5 minutes uncovered at room temperature.
8. Preheat oven to 400 °F
9. Roll boules into 6 inch rounds at ¼ inch thickness all the way across.
10. Lightly spray a sheet pan or cast iron skillet with oil and place upside down in the oven. Allow 15 minutes for the pan to heat up.
11. Place the rolled out pita directly onto the hot pan and bake until beginning to turn golden brown and puffed up.
12. Once finished baking, place the pita in a bowl and wrap with clean, dry kitchen towels to allow for some steaming and to prevent the pita from getting hard.





SHAKSHUKA

CU132 Week 8 - Middle East & Mediterranean

You may view this video at: <https://player.vimeo.com/video/471108991>

INGREDIENTS

Yields: 4 servings

2 TBSP	Olive Oil
1 each	Small yellow onion, medium dice
1 each	Small fennel bulb, thinly sliced (stalks, fronds, and core removed)
2 each	Serrano chiles, stemmed, seeded and brunoise
1 each	Jalapeno, stemmed, seeded and brunoise
1 each	Green bell pepper, stemmed, small dice
As needed	Kosher salt
2 each	Garlic cloves, minced
1 tsp	Smoked paprika
14-16 oz	Canned, crushed tomatoes
½ cup	Water
4 each	Eggs
2 TBSP	Flat leaf parsley, roughly chopped
½ cup	Feta cheese crumbles

DIRECTIONS

1. Heat oil over medium high heat. Cook fennel and onion until tender and translucent.
2. Add chiles and bell pepper and season with a pinch of salt, cooking until tender.
3. Add garlic and paprika. Cook until aromatic.
4. Add the tomatoes and water. Simmer over low heat until thickened, reducing by at least one quarter. Taste and adjust seasoning.
5. Crack eggs softly into sauce, making sure they don't touch. Cover and cook over medium low heat until whites are firm but yolk is still runny.
6. Sprinkle with parsley and feta. Serve immediately with pita bread.



Week Nine

INDIA



KOFTA

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RAITA

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DAL

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KOFTA

CU132 Week 9 - India

You may view this video at: <https://player.vimeo.com/video/415340899>

INGREDIENTS

Yields: ~4 servings (12 meatballs)

1 ½ tsp	Turmeric, ground
1 tsp	Cayenne powder, ground
1 tsp	Paprika, sweet
2 tsp	Coriander seeds, ground
1 tsp	Kosher salt
1 TBSP	Garlic, finely minced
1 TBSP	Ginger, peeled and finely grated
1 each	Egg, large
½ cup	Red onion, finely minced
1 lb	Lamb (or beef), ground
As needed	Vegetable or canola oil
½ cup	Garlic, finely minced
1 TBSP	Ginger, peeled and finely grated
1 TBSP	Red onion, finely minced
½ cup	Almond flour (substitute with ¼ cup All-purpose flour)
1 ½ cups	Water
1 TBSP	Fresh mint leaves
1 TBSP	Fresh cilantro leaves

DIRECTIONS

1. In a small bowl, combine the turmeric, cayenne pepper, paprika and coriander and set aside.
2. In a medium-sized mixing bowl, combine the salt, 1 TBSP ginger, 1 TBSP garlic, ½ cup red onions, and half of the ground spice mixture. Add ground lamb and egg and mix until evenly combined. Divide the meat into 12 parts and shape into even sized balls.
3. Add enough oil to completely cover the bottom of a large saute pan and heat on medium-high heat. When oil is hot, shallow fry about 4-5 meatballs at a time until they are browned evenly on all sides.
4. Drain excess oil from meatballs on plate lined with paper towels. Brown the rest of the meatballs, drain on paper towels, and set aside.
5. Pour the oil out of the pan and carefully wipe it clean. Add 1 TBSP of oil to the pan on medium-high heat. When oil is hot, add remaining 1 ½ cup red onions and cook until translucent. Add remaining ginger and garlic and sauté for 30 seconds. Stir in remaining ground spice mixture and cook for another minute, stirring occasionally.
6. Stir in almond flour (or AP flour) and cook for 1 minute.
7. Add 1 ½ cups of water slowly while stirring to combine.
8. Add meatballs to the created pan sauce.
9. Bring to boil on medium-high heat.
10. Reduce heat to gentle simmer and cook 25-30 minutes. Stir occasionally and add more water if necessary.
11. Season sauce to taste.
12. Remove from stove and transfer to a serving dish. Garnish with mint and cilantro leaves. Serve hot with rice and/or naan.





RAITA

CU132 Week 9 - India

You may view this video at: <https://player.vimeo.com/video/470319681>

INGREDIENTS

Yields: 1 pint

1 ½ cup	Yogurt, plain or Greek (unsweetened and unflavored)
1 each	Small cucumber, peeled and grated.
1 each	Lemon, zested and juiced
½ tsp	Cumin, ground
As needed	Kosher salt
As needed	Black pepper, ground
As needed	Fresh mint leaves, finely chopped

DIRECTIONS

1. Place grated cucumber in a clean kitchen towel and squeeze to remove any excess water.
2. In a mixing bowl, combine with remaining ingredients.
3. Taste and adjust seasoning as needed.
4. Store in an airtight container, refrigerated, for up to one week.





DAL

CU132 Week 9 - India

You may view this video at: <https://player.vimeo.com/video/473138472>

INGREDIENTS

Yields: 4 servings

¾ cup	Red split lentils
2 ½ cup	Water
1 Tbsp	Ghee or clarified butter
1 oz	Yellow onion, small dice
2 each	Garlic cloves, thinly sliced
½ inch	Fresh ginger, peeled, minced
½ tsp	Kosher salt
½ tsp	Cumin, ground
½ tsp	Turmeric, ground
¼ tsp	Ground coriander seeds, ground
1 each	Bay leaf
10 oz	Canned, crushed tomatoes
½ cup	Cilantro, chopped, for garnish

DIRECTIONS

1. Sift through the lentils to remove any debris and then rinse well.
2. Add lentils and water to a medium pot, bring to a boil, and then immediately turn down to a simmer.
3. Simmer for 30 minutes, or until lentils are cooked through but not yet falling apart.
4. Heat ghee or clarified butter in a skillet over medium-high heat. Add onion, garlic, and ginger, and saute until softened.
5. Add salt, cumin, turmeric, coriander, and bay leaf. Saute until fragrant.
6. Add tomatoes, and reduce heat to low. Reduce by ¼ in volume.
7. Add the tomato mixture to the lentils and stir aggressively, mashing some of the lentils.
8. Taste and adjust seasoning as necessary.
9. Serve warm and garnish with cilantro leaves.
10. Can be kept in an airtight container, refrigerated for up to 3 days.



Week Ten

JAPAN



SUSHI RICE BOWL

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TARE KATSUDON

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SUSHI RICE BOWL

CU132 Week 10 - Japan

You may view this video at: <https://player.vimeo.com/video/441433103>

INGREDIENTS

Yields: 2 servings

	Rice:
1 cup	Sushi rice
1 cup	Water
2 ½ TBSP	Rice vinegar
2 ½ TBSP	White sugar
¾ tsp	Kosher salt
	Toppings
2 oz	Crab stick (kanikama), thinly shredded
½ each	Carrot, julienne
½ each	Cucumber, thinly sliced half moons
½ each	Avocado, pit and skin removed, thinly sliced
½ each	Nori sheet, julienne
1 tsp	White sesame seeds
	Spicy Mayo
1 TBSP	Mayonnaise
1 TBSP	Sriacha

DIRECTIONS

1. Place uncooked sushi rice in a pot. Cover with cool water, swish rice around, then carefully pour off cloudy water. Repeat this rinsing process 7 times, until water runs clear when poured out.
2. Add 1 cup fresh water to rice in the pot and place over high heat. Bring to a boil and immediately reduce to a low simmer.
3. Cover and simmer for 15 minutes.
4. Remove from heat and rest 10 minutes undisturbed.
5. While rice is resting, combine rice vinegar, sugar, and salt in a small sauce pot. Over low heat dissolve salt and sugar into vinegar.
6. Transfer rice to a large bowl.
7. Sprinkle ¼ of vinegar mixture over rice. Gently fold rice to combine. Repeat this process until all of the vinegar mixture has been incorporated into rice and rice has taken on a glossy appearance.
8. To assemble, place rice in a bowl and arrange toppings in an attractive fashion.
9. Combine mayonnaise and sriracha. Drizzle the sushi bowl with spicy mayo.





TARE KATSUDON

CU132 Week 10 - Japan

You may view this video at: <https://player.vimeo.com/video/441430281>

INGREDIENTS

Yields: 4 servings

2 each	Center-cut, boneless pork chops, pounded down to ½ inch thick
2 each	Eggs, beaten
½ cup	All-purpose flour
1 cup	Panko bread crumbs
As needed	Vegetable or canola oil (for frying)
1 ¼ cup	Dashi stock (or chicken stock)
⅓ cup	Soy sauce
2 TBSP	Mirin
1 TBSP	Sugar
4 oz	Yellow onion, thinly sliced
4 each	Eggs, beaten
4 cup	Cooked long grain white rice
¼ cup	Scallions, green parts only, thinly sliced
To taste	Kosher salt
To taste	Black pepper, ground

DIRECTIONS

1. Season pounded pork cutlets with salt and pepper.
2. Set up a standard three stage breading station (flour, egg wash, panko).
3. Bread pork cutlets.
4. Pour ¼ inch depth of oil into the pan and heat. The oil is ready when you add a panko breadcrumb into it and it sizzles.
5. Carefully lay breaded pork chops in hot oil and cook on one side, until golden brown (about 5 minutes).
6. Flip and cook the other side until golden brown (about 5 minutes).
7. Drain on a plate lined with paper towels and season with salt.
8. Slice pork chops into 1 inch strips.
9. In a skillet, add dashi stock or chicken stock, soy sauce, mirin, sugar, and onion. Bring to a boil. Reduce to a simmer and reduce liquid by half.
10. Add pork chops to the pan and cover with 4 beaten eggs. Turn heat to high.
11. Cover for 20-30 seconds, until the egg is cooked to desired consistency.
12. Serve over rice.
13. Garnish with scallions.



Week Eleven

CHINA



EGG ROLLS

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SHUMAI & FILLING

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EGG DROP SOUP

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EGG ROLLS

CU132 Week 11 - China

You may view this video at: <https://player.vimeo.com/video/441423722>

INGREDIENTS

Yields: 10 egg rolls

	Filling:
1 lb	Ground pork
5 cloves	Garlic, minced
1 inch piece	Ginger, peeled and minced
1 bunch	Green onion, minced
1 each	Carrot, peeled and finely shredded
¼ head	Napa cabbage, shredded
3 TBSP	Toasted sesame oil
¼ cup	Soy sauce
To taste	Kosher salt
To taste	Black pepper, ground
1 each	Egg
1 package	Egg roll wrappers
3 cup	Canola or vegetable oil, for deep frying

DIRECTIONS

For Filling:

1. Place a medium skillet over medium heat. Add sesame oil.
2. Add ginger, garlic, scallion to oil and cook until fragrant (a few seconds).
3. Add pork, carrot, cabbage, soy sauce, salt and pepper. Mix well and cook until pork is cooked through.
4. Transfer mixture to a fine-mesh sieve and strain to drain any liquid.
5. Let cool and refrigerate until ready to use.

For Egg Rolls:

1. Beat egg in small bowl. Keep on hand to seal egg rolls.
2. Place egg roll wrapper on a flat surface with one corner facing you.
3. Place about a quarter cup of filling on the lower third of the wrapper (closest to you).
4. To roll, lift corner closest to you over the filling and tuck under the filling. Roll slightly to the middle of the wrapper.
5. Using fingertips or a pastry brush, moisten the exposed edges of the wrapper with beaten egg.
6. Fold right and left corners toward the middle, above the filling.
7. Continue rolling to form a cylinder - this process is similar to rolling a burrito.
8. Set aside and continue with remaining wrappers and filling to make 8 egg rolls.
9. Once egg rolls are all rolled, bring 3 cups of oil to 350°F degrees in a wok or large pot.
10. Place egg rolls gently, one at a time (maximum of two in the pot at a time) into the oil.
11. Roll egg rolls in oil as necessary for even cooking and color.
12. Remove once golden brown.
13. Place on a rack on a sheet pan to drain excess oil.





SHUMAI & FILLING

CU132 Week 11 - China

You may view this video featuring **Shumai** at: <https://player.vimeo.com/video/441420437>

You may view this video featuring **Shumai Filling** at: <https://player.vimeo.com/video/441419416>

INGREDIENTS

Yields: 10 Shumai

	Filling:
1 lb	Ground pork
1 each	Egg
2 cloves	Garlic, minced
1 inch piece	Ginger, peeled and minced
1 bunch	Green onion, minced
2 TBSP	Toasted sesame oil
¼ cup	Soy sauce
To taste	Kosher salt
To taste	Black pepper, ground
1 pkg	Square wonton wrappers

DIRECTIONS

For Filling:

1. In a large bowl, combine ground pork, egg, garlic, ginger, green onion, sesame oil, soy sauce, salt and pepper and mix well.
2. To taste the seasoning, make a very small patty out of the mixture and panfry, boil or microwave until done. Let cool and taste. Adjust the seasoning for the rest of the mixture as needed.

For Shumai:

1. Lay 1 wonton wrapper across flattened palm of one hand. Put 2 TBSP of raw filling in center of wrapper.
2. Close fingers around wrapper, gathering up edges, to form a "basket" with loosely pleated sides. Gently squeeze sides, pressing in pleats to seal them.
3. Gently drop dumpling on flat surface to flatten bottom. Work fingers gently around edges to even out its shape. Use paring knife or small offset spatula to pat down any filling that protrudes above top of wrapper, but be sure to leave the top open.

4. If using a regular steamer, line the bottom of the steamer insert with parchment paper. Place the dumplings into the steamer and cover with lid. Add enough water to fill the pan without reaching the steamer insert. Bring to a boil over high heat, reduce to a simmer, and place covered steamer on top of the pan.
5. Steam dumplings until cooked through and wrapper becomes translucent, approximately 10 minutes, replenishing pan with hot water if necessary.
6. If using a bamboo steamer, line the bottom of the steamer with parchment paper. Place the dumplings into the steamer and cover with lid. Place the steamer in a wok or saute pan and add enough hot water to go halfway up the sides of the steamer, bring to a boil over high heat and then reduce to a simmer.
7. Steam dumplings until cooked through and wrapper becomes translucent, approximately 10 minutes, replenishing pan with hot water if necessary.





EGG DROP SOUP

CU132 Week 11 - China

You may view this video at: <https://player.vimeo.com/video/475576552>

INGREDIENTS

Yields: Four 8oz servings

1 qt	Chicken or vegetable stock (unsalted or low sodium preferred)
½ inch piece	Ginger
1 each	Lemongrass stalk, bruised with the back of a chef's knife
2 each	Star anise
6 each	Cloves, whole
1 each	Cinnamon stick, whole
As needed	Soy sauce or tamari
2 each	Eggs, beaten
1 tsp	Cornstarch
1 TBSP	Cornstarch
	To serve
4 oz	Firm tofu, diced
4 oz	Button or shiitake mushrooms, sliced
4 oz	Ground pork, cooked and drained (optional)
4 ea	Scallion, green part only, thinly sliced

DIRECTIONS

1. Place ginger, lemongrass, star anise, cloves and cinnamon stick in a piece of cheesecloth, fold the corners together to form a sachet, and tie tightly.
2. Bring stock and spice sachet to a simmer and cook for 15 minutes.
3. Remove sachet. Taste and add soy sauce or tamari to season as needed.
4. Add tofu, mushrooms and/or ground pork.
5. Combine eggs with 1 tsp cornstarch in a small bowl and mix well with a fork.
6. In a separate small bowl, combine remaining 1 TBSP cornstarch with a ladle of the hot broth and mix well. Add cornstarch slurry to the broth, whisk to combine, bring to a simmer to thicken, and then reduce heat to low.
7. When ready to add the eggs, first bring the broth to a simmer. Hold the fork on the top of the bowl of eggs with the tines facing down and against the edge of the bowl. Slowly and gently pour the egg into the soup through the tines of the fork, stirring the soup with your other hand to prevent the eggs from clumping. The eggs should form thin ribbons as they set in the soup.
8. Garnish with scallions and serve immediately.



Week Twelve

EAST ASIA



GREEN CHICKEN CURRY

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GREEN CHICKEN CURRY

CU132 Week 12 - East Asia

You may view this video at: <https://player.vimeo.com/video/415314591>

INGREDIENTS

Yields: 4 servings

As needed	Vegetable or Canola oil
1 (4 oz) can	Green Curry paste
1 (15 oz) can	Coconut milk, unsweetened
1 cup	Chicken stock (unsalted or low sodium preferred)
1 TBSP	Fish sauce
1 TBSP	Sugar
4 each	Boneless skinless chicken thighs, cut into 1 inch cubes
As needed	Basil leaves, chiffonade
As needed	Thai chilis, thinly sliced
To taste	Kosher salt
As needed	Cooked rice (optional, highly recommended)

DIRECTIONS

1. In a 4 quart saucepan, heat oil over medium high heat. Add curry paste. Sauté until fragrant.
2. Add coconut milk and heat over medium-high heat. Cook, stirring, until sauce thickens and reduces by at least $\frac{1}{4}$.
3. Add stock, fish sauce, and sugar. Stir and bring to a boil. Immediately reduce to a low simmer.
4. Add chicken cubes, and cook, stirring, until chicken is cooked to an internal temperature of 165 °F.
5. Taste and adjust seasoning with salt.
6. Remove from heat. Ladle chicken and sauce into serving bowls.
7. Garnish with basil and thinly sliced chiles. Serve with rice





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CU132 Week 12 - East Asia

You may view this video at: <https://player.vimeo.com/video/476011276>

INGREDIENTS

Yields: Four 8oz servings

1 qt	Beef stock (unsalted or low sodium preferred)
2 inch piece	Ginger, sliced, peel on
1 each	Lemongrass, bruised with the back of a knife
1 oz	Shallots, thinly sliced
1 each	Cinnamon stick
1 oz	Fish sauce
As needed	Kosher salt
8 oz	Beef tenderloin, beef sirloin, or beef eye of round
6 cups	Water
8 oz	Rice sticks or rice noodles

Optional Garnishes

1 oz	Shallot, thinly sliced
½ oz	Fresh mint leaves
½ oz	Cilantro leaves
1 each	Lime, cut into wedges
1 oz	Bean sprouts (optional)
½ oz	Thai basil leaves (optional)
1 oz	Jalapeno, thinly sliced (optional)

DIRECTIONS

1. Combine the beef stock, ginger, lemongrass, shallots, and cinnamon stick in a stockpot. Simmer for 30 minutes uncovered.
2. Strain and discard the solids.
3. Add the fish sauce to the broth.
4. Taste and add salt if necessary.
5. Partially freeze the beef to make it easier to slice.
6. Slice the beef into paper-thin slices.
7. Boil 6 cups of water. Once fully boiling add the rice sticks and immediately remove the pot from the heat. Taste rice sticks and once they are al dente immediately strain and rinse with cool water to keep them from sticking together.
8. Bring broth to a boil.
9. Place the rice noodles in the bottom of the soup bowls and arrange 2 oz of beef slices on top of the noodles in each bowl.
10. Ladle 8 fl oz broth over the beef slices. The boiling broth cooks the beef in moments. This is a soup and the noodles and beef should be submerged in the broth.
11. Organize garnishes on a plate and allow guests to help themselves to the garnishes to flavor soup as desired.

