

PAN-ASIAN CULINARY TRAINING

PROGRAM TRAINING SUMMARY

CLASSWORK (THEORY) & # OF DAYS (10 days, 60 hours):

Market Visit, Ingredients, Utensils	1.0
Knife Skills	1.5
Nutrition	.5
Food Safety & Sanitation	2.0
Menu Planning	.5
Food Costing & Measurements	1.0
Interviewing Skills	.5
Fruit Carving	1.0
Review & Testing	<u>2.0</u>
TOTAL DAYS	<u>10.0</u>

DISHES TAUGHT BY COUNTRY (25 days, 200 hours):

THAILAND (18 Days)

Green curry paste (from scratch)
Green curry with chicken
Panang pork
Massaman beef
Red curry duck
Thai fried rice
Pineapple fried rice
Pad Thai
Pad Se Ew
Khe Mao Spaghetti
Glass noodles salad
Pork with lime sauce
Som Tam Thai
Spicy minced pork salad
Spicy grilled chicken salad
Spicy shrimp salad with lemongrass
Pomelo salad
Crispy catfish green mango salad
Spicy salad with fried egg
Chicken in coconut milk soup
Tom Yum Goong
Egg tofu & seaweed clear soup
Chicken wrap with pandanus leaves
Grilled chicken
Fresh spring rolls with dip

CHINA (5 Days)

Sweet & sour pork
Kung Pao
General Tso's chicken
Chow Mein
Ma Po Tofu
Fried rice
Wonton soup
Deep fried wontons
Hot & sour soup (Szechuan)
3 cup chicken
Dumplings (Jiaozi)
Sweet & sour spare ribs
Fried shrimp with cashews
Sauteed shrimp with cashews
Sesame chicken
Szechuan chicken
Crab Rangoon
Beef with broccoli
Black pepper beef
Pineapple deep fried shrimp

JAPAN (2 Days)

Sushi & Sashimi

Fried spring rolls with dip
Satay chicken with peanut sauce
Thai fish cakes with dip
Golden bag
Thai fried corn patties
Stir fried black pepper beef
Stir fried chicken with cashews
Stir fried morning glories
Stir fried mixed vegetables
Stir fried chicken with ginger
Minced pork with spicy basil
Sweet & sour chicken
Shrimp with asparagus
Yellow curry crab
Deep fried shrimp in tamarind sauce
Deep fried fish with mixed herbs
Deep fried fish in 3 flavor sauce
Deep fried fish in garlic and sweet chili sauce
Steamed fish in lime sauce
Steamed fish in ginger
Steamed fish in soy sauce
Mango with sticky rice
Bananas in coconut milk
Deep fried bananas
Rubies in coconut milk
Herbal drinks (lemongrass, roselle, pandanus, butterfly pea, Thai tea)
Learn to make coconut milk
Learn to make sticky rice