

# **PAN-ASIAN CULINARY TRAINING**

## **PROGRAM TRAINING SUMMARY**

### **CLASSROOM TRAINING (2 weeks, 60 hours):**

Market Visit & Ingredients  
Kitchen Utensils  
Knife Skills  
Nutrition  
Vitamins & Minerals  
Food Safety  
Hygiene  
Menu Planning  
Food Costing & Measurements  
Review  
Testing

### **AT THE COOKING STATIONS:**

#### **DISHES TAUGHT BY COUNTRY (5 weeks, 200 hours)--**

##### **THAILAND (17 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  
Yellow curry crab  
Glass noodles salad  
Pork with lime sauce  
Som Tam Thai  
Spicy minced pork salad  
Spicy grilled chicken salad  
Spicy shrimp salad with lemongrass  
Crispy catfish green mango salad  
Tom Yum Goong  
Chicken in coconut milk soup  
Hot & sour clear soup  
Chicken wrap with pandanus leaves  
Grilled duck Chinese style

##### **CHINA (6 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  
Miso soup

Fried spring rolls with dip  
Satay chicken with peanut sauce  
Thai fish cakes with dip  
Golden bag  
Stir fried black pepper beef  
Stir fried chicken with cashews  
Stir fried morning glories  
Stir fried mixed vegetables  
Minced pork with spicy basil  
Sweet & sour chicken  
Shrimp with asparagus  
Deep fried shrimp in tamarind sauce  
Deep fried fish with mixed herbs  
Deep fried fish in 3 flavor sauce  
Stuffed squid in lime sauce  
Steamed fish in ginger  
Steamed fish in soy sauce  
Mango with sticky rice  
Rubies in coconut milk  
Make Thai chili paste  
Herbal drinks (lemongrass, roselle, pandanus, butterfly pea, Thai tea)  
Learn to make coconut milk  
Learn to make sticky rice  
Fruit carving training