

PAN-ASIAN CULINARY TRAINING

PROGRAM TRAINING SUMMARY

CLASSROOM TRAINING (1 week, 40 hours):

- Asian & Western ingredients
- Kitchen utensils & equipment
- Cutlery & knife skills
- Kitchen organization & stations
- Food Safety
- Personal hygiene
- Food costing
- Food measurements

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

Fried spring rolls with dip

Satay chicken with peanut sauce

Thai fish cakes with dip

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

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