



Culinary Institute
of America

Asian Cuisine Boot Camp

Day Five: China



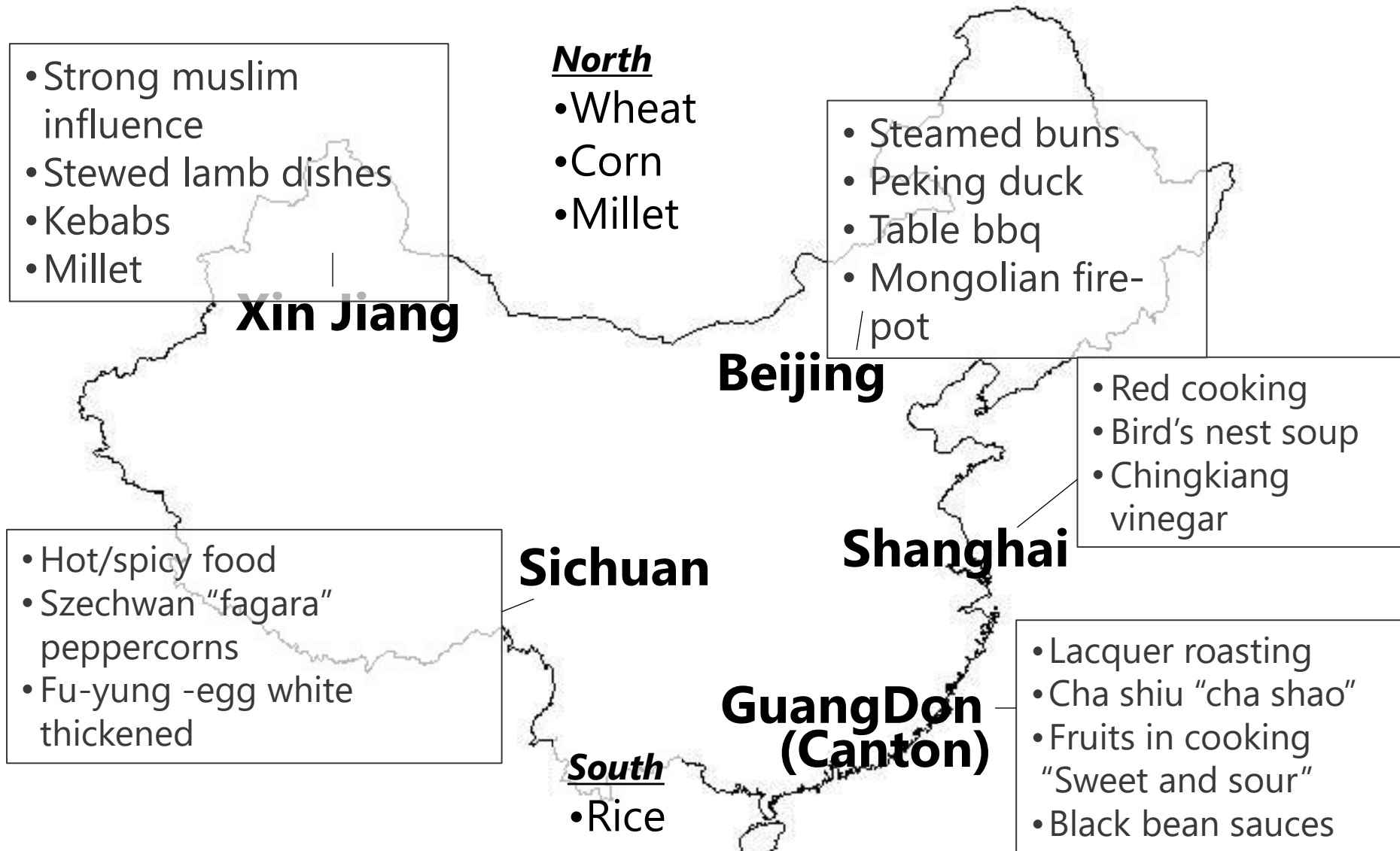
Learning Objectives

- Apply the methods of steaming, deep-frying, braising and stir-frying when preparing Chinese dishes
- List the main regional Chinese cuisines
- List the characteristics and common ingredients of Chinese cuisine
- List the flavor profiles specific to Chinese cuisine

Culinary Regions of China



Culinary Regions of China



Elements of Taste

- Color plays the role of eye appeal in a dish
- Aroma
 - The key ingredients that are used to bring out the true aroma of other ingredients are green onions, ginger, garlic, and wine
- 5 primary flavors
 - Sweet, sour, salty, bitter, pungent/spicy
- Texture
 - All dishes should offer one or several textures
 - Tender, crisp, and crunch, smooth, soft

Most Common Cooking Techniques

- Stir-frying
- Steaming
- Deep-frying
- Simmering
- Boiling
- Smoking
- Roasting

Unique Equipment

- Wok
 - Uses heat source efficiently
 - One size used to cook various amounts of foods
 - Single vessel used to execute most cooking techniques
 - Made of many materials - most common is spun steel
 - Must be seasoned and then maintained
- Wok utensils
 - Spatula
 - Used in dominant hand, use to push/scoop food
 - Ladle
 - Used in opposite hand, use to catch/transfer food
 - Chopsticks
 - Extra long, 18- inch plus,

Common Ingredients

- Tofu
 - curd versus silken
 - Fried, pressed, smoked, marinated, cheese
 - Sheets used as wrappers, soups
- Fermented bean sauce- "Yellow Bean Sauce"
 - Whole, broken, ground



Plain tofu - silken to firm



Fried tofu



Fermented tofu



Firm tofu skin for stews



Tofu sheets as wrappers

Common Aromatics

- Ginger + garlic + green onion
 - The Chinese trinity
- Chiles
 - Green & red
 - Fresh and dried
 - Whole, flaked, ground
- Hot Chile bean paste
 - Chile paste + fermented soybeans
- Five spice powder
 - Star anise, Szechwan pepper, cinnamon, clove, & fennel
- Fermented black beans
 - Inoculated with mold, and brined for 6 months

Mono Sodium Glutamate a.k.a MSG

- Chinese “wei jing”
 - Japanese “ji-no-moto”
 - Vietnamese “vetsin”
 - American brand name “Accent”
- Extracted from seaweed, grains and vegetables
- Enables taste buds to be more “sensitive”
- Added to most processed foods
- Only some people are allergic, and have reactions to large amounts

Common Ingredients

- Dried shrimp
 - Salted & dried
 - Soak to soften
- Dried lily buds
- Ketchup (ketjap)
 - Indonesian origin
 - Pickled fish sauce



Green Vegetables

- Bok choy
- Chinese broccoli
- Napa cabbage
- String beans, Long beans
- Tong hao
 - A.k.a, chrysanthemum leaves
- Water spinach





Wonton Wrapper: Yun Tun Pi



Yellow Egg Wheat : Fujian Mian



Mung bean : Dong Fen



Thin Egg Wheat: Sheng Mian



Dried Egg Wheat: Gan Mian



Dried Rice Vermicelli: Mi Fen



Dried Thin Egg Wheat: Yi Mian



Shao Mai Wrapper: Yun Tun Pi



Egg Wheat Strips: Kuo Mian

Velveting

- Technique used to tenderize proteins by marinating and gentle cooking
 - Two methods
 - The meat is marinated for up to 24 hours in egg white, cornstarch, salt, and shao xing wine or sherry and cook in oil at 275° F until 50% cooked
 - Cook in simmering water until 50% cooked then stir-fry immediately

Stir-Frying

- Technique used to quickly cook food in a wok
 - Food is cut into small uniform pieces
 - All mise en place must be prepared before beginning the cooking process
 - High heat “big heat” to sear, not burn
 - Move constantly
 - Add liquids slowly
 - Use all five sense
 - Sight, sound, smell, touch, & taste

Sand Pot Cooking

- Ancient Chinese cooking method in an earthenware pot directly on the gas burner
- The food is served in the pot in which it is cooked
- Often a stew like dish
- Sometimes some ingredients are precooked to apply different flavor
- Gravy is created from the mingling juices of the ingredients

Dim Sum

- Little snacks artistically wrapped in a variety of wrappers
- Steamed, boiled, deep-fried or pan-fried
- Large variety of stuffing
- Often served on Sundays along with some tea
- Also very common to be eaten for breakfast





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Any questions?

