



Cooking Class

June 20, 2020



STEAK W/ MUSHROOM

Equipment:

EOC

Ingredients:

Rib eye steak (3pcs)

Fresh or dried mushroom

Kikkoman soy sauce or Oyster

Procedure:

1. Preheat EOC for 450 degrees for 7 minutes.
2. Prepare the marinated mushroom w/ soy sauce.
3. Put the 3 rib eye steak in EOC 12". Fully cover the lid for 3 minutes.
4. Then crack the lid for 5 minutes.
5. Flip the steak and put the marinated mushroom w/ soy sauce on top of the steak & cook for another 5 minutes. (Crack the lid).
6. Cut the steak in smaller pieces.
7. Steak with mushroom is ready to serve.

PAKSIW NA SALMON SA GATA

Equipment:

Ingredients:

Sliced salmon
3 thumbs ginger sliced
garlic crushed
1 small onion
4 thai chili chopped
8 tablespoons coconut vinegar
1 cup water
1 can coconut milk
¾ cup spinach leaves optional
3 pieces long green chili pepper
1 ½ teaspoon salt
½ teaspoon ground black pepper

Procedure:

1. Combine salmon, ginger, garlic, onion, chili, vinegar, and water.
2. Once you hear the vapor valve, set to low. Pour in coconut milk. Add salt, pepper, spinach leaves and long green chili pepper. Cover and cook for 15 minutes.
3. Transfer to a serving plate. Serve.
4. Share and enjoy!

SIMPLE CHICKEN RICE WITH VEGGIES

Equipment:

MP5 with MP1

Ingredients:

2 cups Basmati Rice,
3 cups Chicken Broth
1 cup shredded Rotisserie Chicken leftover
1 cup black fungus, cut into strips
2 thumbs size Ginger, minced
4 cloves Garlic, finely minced
2 tbsp. Sesame Oil
3 tbsp. Soy Sauce
1 cup Asparagus cut about 3" long
1 cup of Broccoli florets
1 piece Carrot, cut in Saladmaster food processor using cone #5 (waffle cut)

Procedure:

1. Put the Basmati Rice in the culinary basket, rinse with water twice to release any excess starch, then drain and set aside.
2. Add 2 cups of water directly into the MP5 and a piece of paper towel (this will avoid metal to metal rubbing into each other)
3. Combine all the ingredients in the culinary basket except for the Asparagus, Broccoli, Carrots. Mix well then put it inside the MP5 and cover.
4. Set the temperature to 350 degrees and set the timer to 25 minutes.
5. When there's 10 minutes left on the probe, remove the cover of the MP5 and dump the asparagus, broccoli and carrots then put back the cover.
6. When done, mix well before serving. Enjoy!



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CREOLE SUCCOTASH

Equipment:

MP5

Ingredients:

1 lb Smoked Sausage, cut into pieces
1 small onion, chopped
3- 5 cloves minced garlic
1 lb fresh tomatoes, chopped
1 red bell pepper chopped
2 cups frozen corn
2 cups frozen Lima beans
2 cups chopped okra (fresh or frozen)
1 lb Shrimps Peeled and devine
1 jar pasta sauce
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1 teaspoon Creole seasoning

Procedure:

1. Heat MP5 at 350 deg for 5 min.
2. Add onions, garlic and smoked sausage and sauté for about a minute or two to brown the sausage and render some of the fat.
3. Add the remaining ingredients and mix together. cover and cook at 350 deg until Vapor Valve clicks. Lower temp to 250 and cook for 10 minutes.