



# Cooking Class

May 2, 2020



## VEGETABLE LASAGNA

### **Equipment:**

EOC

### **Ingredients:**

1 box Lasagna noodles  
1 can Spaghetti sauce  
Ricotta cheese  
Mozzarella Cheese  
Parmesan (block)  
1 Large Carrot  
1 Large Zucchini  
1 Large Onion cut in quarters  
1 pack spinach

### **Procedure:**

Cooking Time 25 mins.

1. Put 1/3 of the Spaghetti Sauce in the Cold Pan
2. Layer Lasagna Noodle
3. Onion
4. 1/2 Zucchini
5. 1/2 Carrots
6. 1/2 Spinach
7. Ricotta Cheese
8. Mozzarella Cheese
9. Sauce
10. Repeat Steps 2 to 8 then Parmesan on top.
11. 350 degrees for 25 minutes.



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## COCONUT LEMONGRASS CURRY WITH RICE NOODLES

### **Equipment:**

9 Qt Braiser Pan

### **Ingredients:**

1 cup extra firm tofu  
3 stalks lemongrass  
Diced shallots  
2 TBsp Red Curry Paste  
2 cans Coconut milk  
1 box vegetable stock  
1 cup thinly sliced shitake mushrooms  
2 carrots (#3cone)  
1 cup broccoli florets  
2 Pckg. Vermicelli Rice noodles  
1 cup diced red bell peppers

### **Procedure:**

1. Using your 9 Qt. Braiser Pan dump all the ingredients.
2. Cook it on medium heat for 25mins
3. Serve it with fresh lime wedges or squeeze some Calamansi before eating.

**TOMATO BASIL QUINOA WITH SALMON****Equipment:**

Skillet

**Ingredients:**

1 tablespoon extra virgin olive oil  
1 small yellow onion, finely chopped  
3 cloves garlic, minced  
1 teaspoon dried oregano  
1/2 teaspoon fine sea salt  
1 cup uncooked quinoa, rinsed  
1 (15-ounce) can diced tomatoes  
1 cups vegetable broth  
fresh basil

**Procedure:**

1. Preheat large skillet with cover Add the onion, garlic, oregano, and salt. Cook for about 3 minutes, until onion is translucent.
2. Next add the rinsed quinoa, diced tomatoes (with their juices), and vegetable broth. Cover with the lid and cook on medium when vapo valve start clicking open lid and stir it for a minute then put temp to low for about 15 minutes. When it's finished the quinoa will be soft and most of the liquid will have absorbed.
3. Garnish with fresh basil.
4. Serve warm and enjoy!

**NIGERIAN JOLLOF RICE****Equipment:**

MP5

**Ingredients:**

2 large Red bell peppers  
1 habanero pepper  
Tomato paste (2Tsp)  
2 cups of Rice  
1 large yellow Onion  
Curry and Thyme (1tsp each)  
Oyster sauce (3-4 Tsp)  
Chicken bouillon cube (1)  
Salt (1tsp)  
1-2 Tsp of Butter (optional)  
Ginger  
Garlic (optional)  
Chicken broth (2-3 cups)

**Procedure:**

1. First soak rice in hot water and let it sit.
2. Blend large bell peppers, habanero, onions, and ginger
3. Pour blended mix into MP5, add curry, thyme, salt, bouillon cube and butter. Set temp at 300F and let it cook for 10mins
4. Wash and Add rice to MP5, add oyster sauce and chicken broth. Set time for 30 mins.
5. When Vapo valve clicks, check to see if rice is cooked soft, if not, lower temp to 270F and let it cook for another 5mins  
Viola!!!



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## FISH AL FORNO L'ANANAS

### **Equipment:**

EOC

### **Ingredients:**

1 1/2 Pound White Fish  
1/2 Cup Crushed Pineapple  
1/2 Lemon  
1/2 Cup Extra Virgin Cooking Oil  
1 tsp. chopped fresh Rosemary  
1 tsp. Parsley  
1/2 tsp. coarse Black Pepper  
1/2 tsp Garlic Salt

### **Procedure:**

1. Prepare the Sauce:
2. Mix - Olive oil, Rosemary, Parsley, Pepper, Garlic Salt
3. Spread the crushed pineapple evenly on EOC, then put the fish on top of the pineapple, then squeeze half of lemon on fish, pour the prepared sauce on the fish.
4. Cover, Set the EOC at 375 degrees for 15 minutes.