

BEEF TENDERLON STIR FRY WITH ABC**(Asparagus, Broccoli, Carrots)****Equipment:**

5 Qt. Wok

Ingredients:

14 oz beef tenderloin - bite size or strip
(marinate for 10-15 minutes - 2 garlic cloves mince and 1 tbsp mushroom soy sauce) -
Optional
2 cups Asparagus
2 cups Broccoli florets
1 cup slice Carrot
1 cup sliced Mushroom
1 cup sugar snap peas
2 cups Beansprout
2 tbsp sesame oil or olive oil
1 small diced Shallot or regular onion
3 cloves minced Garlic
1/3 cup chicken broth with 1 tbsp cornstarch – for thickening agent
2 tbsp mushroom soy sauce or veggie stir fry sauce
1/4 tsp chili flakes (Optional)
1 tsp roasted sesame seeds (Optional)

Procedure:

1. Heat the 5 quarts wok on medium heat, add 1 tbsp oil, brown the beef for 5 minutes, remove and set it aside.
2. Add 1 more tbsp oil, saute shallots or regular onion and garlic until fragrant. Add carrots, broccoli, asparagus, mushrooms and beansprout, add soy sauce, cover and let it simmer for 8 minutes in medium heat.
3. The last 2 minutes, add the beef and pour the mixture of chicken broth with cornstarch to thicken the stir fry.
4. Serve over rice.

WATERLESS CHICKEN TINOLA**Equipment:**

Limited Edition 6Qt. Tureen

Ingredients:

2 Lbs. Boneless Skinless Chicken Thigh (Cut in Bite Size)
2 chayote squash, peeled and cut into bite-sized pieces
OR 1 small size Green Papaya
4 cloves garlic minced
1 medium onion chopped
2 thumb ginger cut into strips
1 whole jalapeno
1 Stick of Lemongrass
1 Package of Baby Spinach
1 Pound Chopped Baby Bok Choy
1/2 cup Hot pepper leaves (Optional)
2 Tablespoon Fish Sauce
Salt and Freshly Ground Black Pepper to taste

Procedure:

1. To produce more soup from the vegetable make sure to soak the leafy vegetable in water for 5-10 minutes before cooking.
 - *The soup calls for Bok choy if it is not available increase the amounts of spinach.*
2. Using Limited Edition 6 Qt Tureen sauté ginger, onion, jalapeno, garlic, and lemongrass till ginger turn light golden brown and add the rest of the ingredients.
 - *May add 1 cup of chicken broth OR hot water if desire more broth.*
3. Cook in medium heat for 35 mins. Season with salt and pepper to taste. Enjoy



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POMPANO & SHRIMP WITH COCONUT MILK

Equipment:

EOC

Ingredients:

1 Pompano Fish
1 ½ lb Shrimp
Green Beans
1 Jalapeno, chopped (optional)
½ Onion
1 thumb Ginger
2 cups Coconut Milk
1 tbsp sweet bagoong (dissolved in hot water)
Spinach (optional)

Procedure:

1. Pre-heat EOC
2. Add Pompano, Shrimp, green beans, jalapeno, ginger & onions
3. Add 1 tbsp bagoong (dissolved in water)
4. Pour 2 cups Coconut Milk
5. Garnish with Spinach (optional)
6. Cover the EOC & Set EOC probe to 275°F for 25 minutes



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STEAK IN SALADMASTER

Equipment:

EOC

Ingredients:

1 Rib eye steak

Any seasons to taste – Organic Adobo

Procedure:

1. Preheat EOC skillet to 450 F. Once several drops of water sprinkled in the pan skitter and dissipate, approximately 5 - 7 minutes or wait till the blinking red lights go off.
2. Add seasonings to steak.
3. Add seasoned steak to EOC. Cook with lid ajar for approximately 6 minutes for medium rare and longer for the desired tenderness of the steak. After 6 minutes flip the steak and cook for another 6 minutes.
4. Take the steak out and let rest on plate for a couple of minutes to allow the juices to render back into the steak.
5. Enjoy ☺



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PANCETTA AND BRUSSELS SPROUTS

Equipment:

EOC

Ingredients:

1lb Brussels sprouts, halved
8oz pancetta, cubed
2 shallots, strung, use Cone #2
3 garlic cloves, shredded, use Cone #1
½ cup soy sauce
½ cup balsamic vinegar

Procedure:

1. Preheat skillet to 300 F / 150 C. Once several drops of water sprinkled in the pan skitter and dissipate, approximately 5 - 7 minutes add in pancetta and cook until golden brown.
2. Add shallots and garlic. Sautee until shallots have softened, approximately 3-5 mins.
3. Add soy sauce, balsamic vinegar and brussels sprouts into skillet and combine.
4. Cover and when Vapo-Valve™ begins to click steadily, reduce heat to low. Cook for an additional 10-15 mins or until desired tenderness.
5. Once cooked, add Parmesan cheese and cover until cheese has melted.



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CRÈME BRULEE

Equipment:

9 Qt Braiser Pan

Ingredients:

6 eggs yolks
1 quart heavy cream
1 cup sugar, divided
1 vanilla bean, split and scraped

Procedure:

1. Preheat water in 9 quarts braiser pan.
2. Place cream, vanilla bean and its pulp into 4 quarts saucepan, bring to a boil over medium heat.
3. Remove from the heat and cover to cool.
4. Remove vanilla stick and let it dry. (can be put in sugar bowl to create vanilla sugar, for later use)
5. In medium bowl, whisk egg yolks and sugar until well blended. Add cream a little bit at a time stirring continually.
6. Do not whisk too hard or it will create a bubble on top. Divide into ramekins and steam for 25 minutes.
7. Let it cool for hour or so.
8. Put 1 tablespoon sugar and torch the sugar. Garnish with cream and slice of strawberry.