



## **Basics of Cooking 5:**

# **Stewing, Braising & Steaming**



# BEEF POT ROAST

(Demonstrated in class)  
Serves 8

## Ingredients

3 lb	Beef Roast of choice (ie. chuck roast)
3 Tbsp	Vegetable Oil
3 Tbsp	Olive Oil
3 medium	Carrots, roll cut
3 ribs	Celery, roll cut
2 medium	Onions, large diced
1 cup	Fruity Red Wine
10 small	Waxy Potatoes, halved or quartered
3 Tbsp	Rosemary, minced
4-5 cups	Beef Stock
To Taste	Salt & Pepper
Garnish	Parsley, minced

## Equipment

- Chef's knife
- Roasting pan
- Tongs

## Directions

1. Preheat oven to 350°.
2. Season roast well with salt.
3. Heat vegetable oil in stove-top-safe roasting pan on high heat. Sear roast on all sides (this should take about 6-8 minutes). Remove roast from pan and set aside.
4. Add olive oil, carrots, celery, and onion to pan. Season with salt and pepper. Sauté veggies until just starting to brown. Deglaze pan with red wine. Simmer for a few minutes. Add potatoes and rosemary.
5. Return roast to pan and add enough stock to cover roast by a little over  $\frac{1}{2}$  to  $\frac{2}{3}$ . Cover tightly with foil. Roast in oven for 2  $\frac{1}{2}$  to 3  $\frac{1}{2}$  hours, until tender and to your liking. Adjust seasoning. Garnish with parsley.



# DUO OF DUMPLINGS: SIU MAI & POT STICKERS

## PORK AND SHRIMP & VEGGIE

Makes 50-60 Each

### Pork & Shrimp Filling

1 lb	Pork or chicken, ground
¾ lb	Shrimp, peeled, finely chopped
¼ cup	Garlic, minced
¼ cup	Ginger, peeled, minced
¼ cup	Cilantro, minced
¼ cup	Garlic Chives, minced
½ cup	Cabbage, minced
1 ½ Tbsp	Soy Sauce
1 Tbsp	Sesame Oil
To Taste	Salt & Pepper

### Veggie Filling

2 lb	Mushrooms
¼ cup	Garlic, minced
¼ cup	Ginger, peeled and minced
¼ cup	Cilantro, minced
1 cup	Jicama, small, minced
1 cup	Cabbage, shredded
1 ½ Tbsp	Soy Sauce
1 Tbsp	Sesame Oil
1 cup	Panko Breadcrumbs
1	Egg (optional)
To taste	Salt and Pepper

1. Pork filling: In a large bowl, mix ground pork with the remaining ingredients.
2. Vegetarian filling: In a large bowl, mix all ingredients together.
3. Adjust seasoning by first cooking a small paddy in a nonstick pan and try a bite.

### Wrappers and Frying

1/4 -1/2 pkg	Pot sticker or Siu Mai Wrappers
As Needed	Water
Vegetable Oil	For Pan Frying

### Pot Stickers

1. Heat non-stick pan on med-high to high heat. Add a little oil and pot stickers. Cook for a few minutes until the bottoms start to brown. Add enough water to pan so that it's about 1/4-1/3 inch deep. Cover and let steam for a few minutes, until pork is cooked almost all the way through.
2. Remove lid. Cook for an additional 1-2 minutes until the outsides of the pot stickers firm up.

### Siu Mai

1. Place 1 heaping tablespoon of mixture in each siu mai wrapper. Crimp edges in a circular motion leaving the top open (filling should come to the top of the wrapper).
2. Steam in a parchment lined bamboo steamer for about 15 minutes until they are no longer pink in the middle.



# RATATOUILLE

Serves 6

## Ingredients

3 Tbsp	Olive Oil
3 cloves	Garlic, finely sliced
1 small	Eggplant, 1 in. cubes
2	Red Bell Peppers, seeded, cubed
2-3 small	Zucchini, ½" cubes
4 medium	Tomatoes, chopped (or 14oz can)
2 Tbsp	Thyme, fresh
2	Bay Leaf, broken in half
To Taste	Salt & Pepper

## Equipment

- Chef's knife
- Large pot

## Optional

½ cup	Black olives, pitted, coarsely chopped
½ cup	Bacon

## Directions

1. In a large pot, heat olive oil, over medium heat. Sauté eggplant and bell pepper for 5 minutes. Add garlic stirring often until fragrant, about 1 minute.
2. Add tomatoes, zucchini, herbs, salt and pepper. Mix well. Cover and cook for another, stirring occasionally, 15-25 minutes on low heat, or until vegetables are tender (if they start to dry out, add a little water). The longer it cooks the more the flavor will be developed.



# WHITE FISH EN PAPILLOTE WITH JULIENNED VEGGIES

Serves 4-6

## Ingredients

6 pieces	White Fish Filets (4-6 oz. each)
	Olive oil, for drizzling
4 cloves	Garlic, thinly sliced
1 ½ cup	Zucchini, finely julienned
1 ½ cup	Carrots, finely julienned
1 ½ cup	Fennel, finely julienned
3 Tbsp	Fresh Herbs
3 Tbsp	Parsley, minced
2-3 Tbsp	Butter, softened (optional)

## Equipment

- Chef's knife
- Sheet tray
- Parchment paper
- Spatula

## Directions

1. Preheat oven to 400° F.
2. Cut out 6 pieces of parchment paper into the shape of a large heart or portion into appropriate sized rectangle.
3. Season fish filets with salt and pepper on each side. and place
4. Place a couple of tablespoons vegetables, garlic, olives, and herbs onto one half of the parchment paper.
5. Add a piece of fish on top of the veggies and finish off with a drizzle of butter or oil.
6. Fold over the paper and crimp the edges together tightly. Place on a sheet tray and bake in the oven for about 10-12 minutes (depending on the thickness of the fish filets) until done.
7. Open the packets, garnish with parsley and serve.



# BRAISED BOK CHOY & BRUSSELS SPROUTS

Serves 6-8

## Bok Choy

2 Tbsp	Olive Oil
6-8	Baby Bok Choy, halved or quartered lengthwise
2 cloves	Garlic, sliced
1 - 1 ½ cups	Chicken or Beef Stock
To Taste	Salt & Pepper

## Equipment

- Chef's knife
- Sauté pan, large
- Tongs

1. Heat oil in a large sauté pan over high heat. Add bok choy (cut side down), with garlic, and salt. Sear until cut sides are nicely browned.
2. Deglaze pan with stock. Reduce heat until liquid is at a simmer. Continue to cook, covered or not, until bok choy is tender. Adjust seasoning with salt and pepper.

## Brussels Sprouts

3-4 cups	Brussels Sprouts, quartered
1 large	Shallot, minced
1 cup	Chicken Stock
3 Tbsp	White Wine
2 Tbsp	Thyme, minced
1 ½ cups	Shitake Mushrooms, sliced
To Taste	Salt & Pepper

## Equipment

- Sauté pan, large
- Tongs

1. Heat sauté pan over moderate to med-high heat.
2. Add Brussels sprouts and shallots. Sauté until shallots starts to brown.
3. Add shitake mushrooms and cook for another minute.
4. Deglaze pan with chicken stock and wine. Reduce heat until liquid is at a simmer. Add thyme. Continue to cook, covered or not, until sprouts are tender. Adjust seasoning with salt and pepper.