



Basics of Cooking 4:

Frying & Confit



TEMPURA VEGETABLES WITH TENTSUYU

Serves 4-6

Ingredients

1 cup	AP Flour
1 cup	Rice Flour
1tsp	Baking Powder
½ -1 cup	Iced Cold Soda Water
½ cup	Vodka
1 cup	Soy Sauce
¼ cup	Mirin
¼ cup	Water or Dashi
2 Tbsp	Daikon Radish, grated
1-2 lbs	Vegetables, cut bite size
For garnish	Lemon

Equipment

- Chef's knife
- Mixing bowl
- Wok
- Spider
- Cooling rack
- Small sauce pan

Directions

1. Mix flours and baking powder. Slowly add cold soda water, stirring with chopsticks or the back of a wooden spoon, until loose pancake batter texture. DO NOT over mix. Lumps are OK.
2. Heat vegetable oil in wok to 365-375°. Dip Any veggies you like into iced cold tempura batter and fry until crispy with very little color, approx 1-2 mins.

For the Sauce

3. Simmer soy, mirin, and dashi for 5 mins and cool. Add grated daikon radish. Serve with lemon.



GARLIC, TOMATO, & LEMON CONFITS

Makes 2 cups each

Garlic*

- 1 cup Garlic Cloves, peeled & trimmed
- 1 cup Cooking Oil of Choice

Tomato

- 2 medium Tomatoes, thick sliced
- 1-1 ½ cups Cooking Oil of Choice

Lemon

- 2-4 Lemons, organic, ¼ in. slices
- ½ - 1 cup Extra Virgin Olive Oil, enough to cover lemons

Equipment

- Chef's knife
- Baking dish or saucepan
- Aluminum foil

Directions - Method 1

1. Preheat oven to 300-325°.
2. Place garlic, tomatoes, or lemons with oil into small baking dish. Wrap tightly with foil.
3. Place into oven for 45 min. – 1 hour until tender.

Directions - Method 2

1. Place garlic, tomatoes, or lemons with oil into small saucepan over low to med-low heat.
2. Bring mixture to just below simmer. Continue to cook until super tender (20-40 minutes).

***Garlic** should be tender or cooked a bit longer to caramelize the sugars turning it golden brown.



DUCK & TUNA CONFITS

Serves 6-8

Duck

6-8 medium	Duck Legs
2 Tbsp	Olive Oil
5-6 sprigs	Thyme
2 whole	Cloves
3-5 cups	Duck Fat, Bacon Fat, Vegetable Oil, or Non-hydrogenated Shortening
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Sauté pan, thick
- Tongs
- Frying pan, oven proof
- Aluminum foil

Directions

1. Preheat oven to 200°
2. Season duck legs with salt.
3. Heat oven proof frying pan over high heat, add olive oil. In batches, sear duck legs until nice and golden brown. Add in thyme sprigs, cloves, and enough fat to completely submerge the duck.
4. Wrap pan tightly with foil. Place into oven for about 3-5 hours until legs are nice and tender.

Tuna

1 lb	Tuna Steaks
2+ cups	Light Olive Oil
3 cloves	Garlic, in skin
1	Bay Leaf, broken in half
To Taste	Salt & Pepper

Equipment

- Cook's knife
- Roasting pan/dish
- Aluminum foil
- Tongs

Directions

1. Preheat oven to 200°.
2. Season tuna with salt and pepper.
3. Place all ingredients into roasting pan/dish. Make sure there is enough fat to completely submerge the tuna.
4. Wrap baking pan/dish tightly with foil. Place into oven for 45-60 minutes until nice and tender.



MINI FRIED PO' BOYS WITH CREOLE MUSTARD & SPICY SLAW

Serves 6-8

Ingredients

1 ¼ - 1 ½ lbs	Chicken Breast, cutlets
OR	
1 ½ lbs	Pork Tenderloin, medallions
OR	
1 ¼ - 1 ½ lbs	White Fish Filets, 8 equal portions
1 cup	Flour
3-4 large	Eggs, beaten
2-3 cups	Panko Bread Crumbs
3-4 Tbsp	Vegetable Oil
To Taste	Salt & Pepper
To Taste	Hot Sauce of Choice

Slaw Ingredients

¼ cup	Mayonnaise
3-4 Tbsp	Rice Vinegar
2-3 tsp	Cajun/Creole Seasoning
2 cups	Red Cabbage, shredded
1 medium	Carrot, fine julienne
½ small	Red Onion, shaved
2-3 Tbsp	Parsley, minced
8 mini	Sandwich Rolls
¼ cup	Creole/Spicy Sweet Mustard
½ cup	Dill Pickle, slices

Equipment

- Chef's knife
- Sauté Pan/skillet
- Tongs
- Sheet tray
- Paper towels
- Cooling rack
- Whisk
- Mixing bowl

Directions

1. Brine chicken or pork if desired; if not season meat/fish with salt.
2. Whisk mayo with rice vinegar, and Cajun/Creole seasoning; blend well. Add cabbage, carrot, onion, and parsley. Season with salt and pepper. Refrigerate until needed.
3. Dredge meat/fish one piece at a time into flour, then egg, and then bread crumbs; shaking excess off between each step.
4. Heat oil in large sauté pan/skillet over med-high heat. In batches, add meat/fish and cook for a few minutes on each side until golden brown and cooked through. Remove to sheet tray lined with paper towels and covered with a cooling rack.
5. Spread bottom of each roll with Creole mustard. Top with pickles, meat/fish, slaw, and top of roll. Serve with hot sauce on the side.



PAN FRIED EGGPLANT OR ZUCCHINI

Serves 6-8

Ingredients

2 medium	Chinese Eggplant, sliced ¼ in. thick
3-4 medium	Zucchini, sliced ¼ in. thick
1 cup	Flour
3-4 large	Egg, lightly beaten
2 ½ cup	Panko Bread Crumbs
To Taste	Salt & Pepper
For pan frying	Vegetable Oil

Equipment

- Chef's knife
- Prep bowl
- Whisk
- Large sauté pan or skillet
- Sheet tray
- Paper towels
- Cooling rack

Directions

1. Season vegetables with salt.
2. Dredge each slice of vegetable lightly in flour, dip into beaten egg, then dredge in Panko to coat well.
3. Heat oil (enough to coat the bottom of the pan) in a large sauté pan or skillet over medium to med-high heat. Working in small batches, fry each side for a couple of minutes until golden brown and cooked through.
4. Remove to a sheet tray that has been lined with paper towels and covered with a cooling rack. Season with salt and pepper.



CRISPY VEGETABLE EGG ROLLS

Serves 14-18

Ingredients

14-18	Egg Roll Wrappers
3 Tbsp	Vegetable Oil
2 cloves	Garlic, minced
2 medium	Green Onion, chopped (mostly green part)
1 large	Carrot, shredded or julienne
2 cups	Red Cabbage, thinly sliced
6-8 medium	Shitake Mushrooms, thinly sliced
1/8 cup	Basil, chiffonade
¼ cup	Cilantro, chopped
To Taste	Salt & Pepper
1-2 large	Eggs, lightly whisked into egg wash
1 ½ cups	Sweet Chili Sauce
Vegetable Oil	for deep frying

Equipment

- Chef's knife
- Mixing bowl
- Wok
- Spatula
- Small bowl
- Spider strainer
- Sheet tray
- Cooling rack
- Paper towels

Directions

1. Heat wok on high heat. Add a little oil and sauté vegetables, in small batches, until softened. Remove from the heat. Add basil and cilantro. Season with salt and pepper.
2. Place egg roll wrapper in front of you like a diamond. Place a few tablespoons of the filling 1/3 of the way up from the bottom. Fold the bottom over the filling making sure that it is tight. Dip your index finger into egg wash and brush it along the top edges of the wrap. Fold in the 2 sides, forming an envelope, and roll the rest of the way up.
3. Heat vegetable oil in wok to 365-375°. Deep fry spring rolls, in batches of 3-5, for 20 seconds until golden brown. Remove to a sheet tray lined with paper towels and covered with a cooling rack. Once cooled a bit, cut them in ½ on the bias and serve with the sweet chili sauce.



BUFFALO STYLE WINGS

Serves 8-10

Ingredients

40-50	Chicken Wings
½ cup	Butter
2-4 Tbsp	Hot Sauce (Frank's Red Hot is best)
1/8 cup	Brown Sugar
1 cup	BBQ Sauce of Choice
To Taste	Salt & Pepper
For frying	Vegetable Oil

Equipment

- Chef's knife
- Mixing bowls
- Saucepan
- Whisk
- Wok & Spider strainer
- Sheet tray
- Paper towels
- Cooling rack

Directions

1. Season wings with salt. Add sesame oil and mix well. Marinate for 60 minutes.
2. In a saucepan on medium heat, whisk together the butter, hot sauce and brown sugar until well incorporated. Whisk in BBQ sauce and simmer for 10 minutes, stirring occasionally. Remove from heat and set aside.
3. Heat vegetable oil in wok to 355-365°. In batches, fry wings for 2-4 minutes until crispy, golden brown and cooked through. Remove to a sheet tray lined with paper towels covered with a cooling rack.
4. Toss wings in buffalo sauce until well coated. Season with salt and pepper.