



# **Basics of Cooking 2:**

## **Searing, Sauté & Stir Fry**



# STIR FRIED BLANCHED VEGETABLES

Serves 6-8

## Ingredients

1 bunch Brocolini or Broccoli Rabe or Chinese Broccoli,  
trimmed, cut into segments

**OR**

1 head Broccoli or Cauliflower, cut into florets

To taste Soy Sauce and Ginger

## Equipment

- Chef's knife
- Large pot
- Strainer
- Bowl
- Sauté pan

---

1 lb (Green, Flat, or Long) Beans, trimmed

**OR**

1 lb Carrots, peeled, cut into large sticks, or segments

To taste Garlic, minced

---

1 lb Brussels Sprouts, halved or quartered

To taste Balsamic Vinegar

## Directions

1. Select a variety of vegetables.
2. Blanch veggies in salted boiling water for 1-3 minutes. Remove to cooling rack. Let cool until they stop steaming.
3. In batches: Heat oil in large sauté pan over medium-high heat. Add some veggies. Sauté for a couple minutes until desired tenderness. Finish with aromatics and/or vinegar. Add salt and pepper to taste.



# MU SHU CHICKEN

Serves 6-8

## Ingredients

3-4 Tbsp	Vegetable Oil
1 ¼ lb	Chicken Meat, cut into small pieces or ground
2 cloves	Garlic, minced
2 Tbsp	Ginger, minced
1 medium	Onion, sliced thinly
4 cups	Shitake Mushrooms, sliced
5 cups	(Napa) Cabbage, shredded
3 cups	Bean Sprouts
½ cup	Chicken Stock
¼ cup	Oyster Sauce
1 ½ Tbsp	Hoisin Sauce
1 Tbsp	Sesame Oil
1 Tbsp	Cornstarch mixed with 2 Tbsp water (slurry)
1 cup	Green Onion, sliced thinly
To Taste	Salt
To Taste	Soy Sauce & White Pepper
To Taste	Lime, wedge(s)

## Equipment

- Chef's knife
- Wok
- Prep bowls
- Wok spatula
- Spider

## Directions

1. Season chicken with salt.
2. In batches, heat a little vegetable oil in a wok over med-high to high heat. Stir fry chicken until just cooked through. Remove chicken from wok with a spider, leaving the oil behind, set chicken aside.
3. In batches, stir fry veggies (except cabbage) with a little vegetable oil until just tender. Add stock, oyster sauce, hoisin sauce, and sesame oil. Cook until liquid has reduced by half.
4. Add cooked chicken and cornstarch slurry. Add cabbage (or keep raw and add at the end with the green onions). Stir until thickened. Remove from heat. Add green onions and adjust seasoning with soy sauce and white pepper. Squeeze lime wedge over mixture to finish.



# SEARED STEAK WITH CLASSIC SAUCES

Serves 6

## Ingredients

2 lb Hanger, Flap, Skirt, or Flank Steak  
To taste Salt & Pepper  
*To taste Sauce of choice\**

## Equipment

- Grill pan
- Tongs
- Chef's knife

*\*Recipes on next page*

## Directions

1. Heat a well-oiled grill/grill pan over high heat. Sear steaks for 2-3 minutes on each side until grill-marked and cooked to desired doneness.
2. Remove meat from grill/grill pan, let rest for 5-7 minutes.
3. Slice thinly across the grain. Season to taste with salt and pepper.
4. Serve with sauce of choice.



# SEARED STEAK WITH CLASSIC SAUCES

Serves 6

**Hollandaise**      Makes 1 ½ cups

1 cup	Melted or Clarified Butter
3	Egg Yolks
1 Tbsp	Cold Water
1-2 Tbsp	Lemon Juice
To Taste	Cayenne
To Taste	Salt & Pepper

Place egg yolks, water and a couple drops of lemon juice into a mixing bowl. Whisk until well incorporated. Hold bowl over hot water bath and continue to whisk until thick and creamy. Remove from heat. Slowly (by the drop at first) whisk in clarified butter. Season to taste with lemon juice, cayenne, salt, and pepper.

**Sauce au Poivre**      Makes 1 ½ cups

2 Tbsp	Peppercorns, drained, rinsed and lightly toasted
1 1/2 cups	Cream
1 Tbsp	Cognac
To taste	Salt & Pepper

In a pan, add in the peppercorns, cream, the 2 Tbsp cognac, bring to a simmer, and reduce by about 25%.



# BANANA FLAMBÉ WITH POMEGRANATE MOLASSES & TOASTED COCONUT

Serves 4-6

## Ingredients

1 Tbsp	Ground Ginger
4 Tbsp	Sugar
4-6	Bananas, 2" roll cut
3 Tbsp	Butter
2-3oz	Rum
2-3 cups	Vanilla Ice Cream
4-6 Tbsp	Pomegranate Molasses
½ cup	Toasted Coconut

## Equipment

- Paring knife
- Mixing bowl
- Sauté pan
- Spatula

## Directions

1. Mix sugar and ginger together. Toss with the bananas to coat well.
2. Heat large sauté pan on high heat. In batches; add a little butter and stir until melted. Add some bananas. Sauté for a minute or two until they start to caramelize.
3. Pull pan away from the heat. Add a little rum. **CAREFULLY** flambé.
4. Repeat the process until all bananas are cooked. Serve over ice cream. Top with pomegranate molasses and toasted coconut.