



# DEMONSTRATION

## POACHED EGGS

### Considerations

- Adding a couple teaspoons of vinegar (an acid) and/or salt to the poaching water helps to coagulate the egg proteins and aids in the cooking process.
- The water in the pan should be at least 4-6 inches deep. This will help ensure that the water can maintain a steadier temperature once the egg(s) is/are added, and that they don't rest on the hot surface of the bottom of the pan.
- Deeper water will help form a rounder shaped egg, while more shallow water will result in a flatter egg.
- Fresh eggs, with their nice firm texture, are best for poaching. Fresh eggs hold together in a tighter shape while cooking, more so than older eggs.

### Directions

1. Bring water to a, low to medium, simmer in a saucepan or skillet. Add vinegar and/or salt (if using).
2. Crack egg into a small cup or large spoon and gently slide into water. Gently simmer until the white has coagulated and set (about 2 ½ to 4 minutes).
3. Remove with a slotted spoon.



# -DEMONSTRATION-

## STOCKS

Each Makes About a Gallon

### Basic Vegetable

5 qt	Cold Water
3-4 large	Onions, rough chop
3-4 large	Carrots, rough chop
3-4 ribs	Celery, rough chop
½ lb	Mushrooms, quartered
2-3 large	Bell Pepper
4-5	Peppercorns
1-2 whole	Bay Leaves, broken in half
2-3 sprigs	Thyme
4-5 each	Parsley Stems
2-3 whole	Cloves
4-5 cloves	Garlic, crushed

### Fish/Shellfish

5 qt	Cold Water
2-4 lbs	Fish Bones or Shellfish Shells
2 large	Onions, diced
½ lb	Mushrooms, quartered
2-3 ribs	Celery, diced
1-2 whole	Bay Leaves, broken in half
2-3 whole	Peppercorns
2-3 sprigs	Thyme
4-5 each	Parsley Stems
4-5 clove	Garlic, crushed

### Directions

1. Place everything in a stock pot. Bring to a high simmer and reduce to a low simmer. Simmer for 30 to 60 minutes. Skim as necessary.
2. Strain through a fine strainer or chinoise. Cool in an ice bath, package, and label. Refrigerate or freeze.

### Basic Meat Bone

6 qt	Cold Water
5 lbs	Bones (Chicken, Beef, Lamb or Pork)
2-3 large	Onions, rough chop
3-4 large	Carrots, rough chop
3-4 large ribs	Celery, rough chop
2-4 sprigs	Fresh Thyme
4-5	Parsley Stems
3-4 whole	Peppercorns
2-3 whole	Cloves
1-2 whole	Bay Leaves, broken in half
2 cloves	Garlic, crushed

### Asian Style Chicken

6 qt	Cold Water
5 lbs	Chicken Bones
2-3 large	Onions, rough chopped
½ lb	Mushrooms, quartered
1 small	Finger of Ginger, crushed
1-2 stalks	Lemongrass, bruised
1-2 whole	Star Anise
4-5 whole	Sichuan Peppercorns
4-5 cloves	Garlic, crushed

### Directions for Light (white) Stock

1. Place everything in the stock pot. Bring to a high simmer and reduce to a low simmer. For chicken; continue to simmer for 2 ½ to 4 hours. For beef and veal; continue to simmer for 5 to 6 hours. Skim as necessary.
2. Strain through chinoise or china cap lined with cheese cloth. Cool in an ice bath, package, and label. Refrigerate or freeze.

### Directions for Dark (brown) Stock

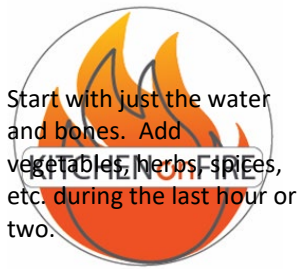
1. Place bones onto an oiled sheet tray or roasting pan. Place into a 350-375° oven for about 2 hours until nicely browned. Proceed with the same steps as making white stock.

### Option:

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Basics 3 – 2024



Start with just the water and bones. Add vegetables, herbs, spices, etc. during the last hour or two.

# **-DEMONSTRATION-**

## **STOCKS**

**Each Makes About a Gallon**



# DEMONSTRATION

## OMELETS, SCRAMBLED, & FRIED EGGS

Serves 1 Each

### Omelet

1 Tbsp  
2-3 large  
¼ - 1/3 cup

Butter (optional)  
Eggs, beaten  
Filling of Choice (optional)

### Equipment

- Sauté pan, non-stick
- Spatula

1. Heat a small non-stick sauté pan over med-high to high heat. Melt in butter if using. Add egg mixture, stir gently to coat pan evenly with egg. Continue to cook until the eggs are almost set but still a little moist.
2. Tilt pan so that the front of the omelet slides up the front of the pan. Add in any fillings to the center of the omelet. Fold the back and front over the filling.
3. Remove from heat. Tilt omelet out onto serving plate so that the fold is on the bottom.

### Scrambled

1 Tbsp  
2-3 large  
¼ - 1/3 cup

Butter (optional)  
Eggs, beaten  
Filling of Choice (optional)\*

### Equipment

- Sauté pan, non-stick
- Spatula

1. Heat small non-stick sauté pan over low to medium heat. Melt butter if using. Add egg mixture and stir occasionally until the eggs are just set but still a little moist (stirring too often will lead to very broken eggs). Remove from heat. Season and serve.

\*If using any vegetable filling, sauté first before adding the eggs.

### Fried

1 Tbsp  
1 large

Butter (optional)  
Eggs, cracked into a bowl

### Equipment

- Sauté pan, non-stick

1. Heat a small non-stick sauté pan over low to medium heat. Gently pour in eggs so as not to break the yolks. Cook until desired doneness. Season with salt & pepper.

**Sunny Side Up:** White is coagulated but the yolk is still liquid.

**Basted/County Style:** When a sunny side up is just about finished cooking, add a few drops of water and cover until a thin white film of coagulated white covers the yolk.

**Over Easy:** Cook until the white is just about set. Flip and cook until the white is completely set but the yolk is still liquid.

**Over Medium:** Cook until the white is just about set. Flip and cook until the yolk is partially set.

**Over Hard:** Cook until the white is just about set. Flip and cook until the yolk is completely set.



# ROASTED BUTTERNUT SQUASH & SAGE BROWN BUTTER SOUP

- Class Team Portion -

## Ingredients

½ medium	Butternut Squash, halved lengthwise, seeded
½ large	Sweet Potato, halved lengthwise
2+ cups	Chicken or Vegetable Stock
¼ cup	Cream (optional)
1 recipe	Sage Brown Butter*

\*Made in Advance by KOF

## Equipment

- Chef's Knife
- Sheet tray
- Immersion blender
- Large pot

## Directions

1. Preheat oven to 400°.
2. Place squash and sweet potato halves on a sheet tray. Roast in oven for 30-45 minutes until cooked through and tender. Cool slightly and remove flesh from skins.
3. Add peeled squash, sweet potatoes, stock, cream (if using,) and brown butter to a large pot. Using an immersion blender, puree until smooth. Adjust seasoning with salt and pepper. If needed, reheat.



# THAI COCONUT CHICKEN SOUP

- Class Team Portion -

## Ingredients

1 Tbsp	Vegetable Oil
1 ½ tsp	Galangal, ¼ " sliced
1 tsp	Lemongrass, bruised
½ small	Makrut Lime Leaf
1 cup <b>or</b> ½ 15oz can	Coconut Milk
2 ½ cups	Chicken Stock
1 Tbsp	Shallots, sliced thin
½ cup	Mushrooms, cut into bite size
¼ lb	Boneless/Skinless Chicken, cut into ½ " cubes
To taste	Thai Chilies, minced
1 Tbsp	Green Onion, minced
1 Tbsp	Cilantro, minced
2 Tbsp	Fish Sauce
To taste	Lime Juice

## Equipment

- Chef's knife
- Stockpot
- Wooden spoon
- Ladle

## Directions

1. In a stockpot over high heat add: Stock, coconut milk, galangal, lemongrass, and lime leaves. Bring to a high simmer for 5 minutes.
2. Stir in shallots, mushrooms, a little fish sauce, and pepper. Continue to simmer for 10-12 minutes, until veggies are tender.
3. Add chicken. Continue to cook until meat is just cooked through. Add chilies, green onion, and cilantro. Adjust seasoning with fish sauce and lime juice.
4. Remove galangal, lemongrass, and kaffir limes leaves. Serve hot.



# WHITE BEAN & GREENS MINISTRONE WITH PESTO

- Class Team Portion -

## Soup

1 Tbsp	Olive Oil
¼ medium	Onion, diced
½ stalk	Celery, diced
¼ medium	Carrot, small diced
½ cup	Canned Cannellini Beans, drained, rinsed
¼ small bunch	Dinosaur Kale, rough chopped
½ cup	Fire Roasted Diced Tomatoes
4 cups	Vegetable or Chicken Stock
¼ cup	Arborio Rice

## Equipment

- Chef's knife
- Stockpot
- Wooden spoon
- Food processor
- Bread knife

\*\*\*Made in Advance by KOF

1 recipe      Pesto

## Directions

1. Heat oil in stockpot on medium heat. Add onion, celery, and carrot. Sauté for 5-6 minutes until just tender.
2. Add rice, cook for another 2 minutes, and stir often.
3. Stir in the tomatoes, greens, and stock. Bring to a boil, reduce to a simmer, cover for 25-30 minutes until vegetables are tender and the rice is cooked through. Stir in the beans, and simmer for another 3-5 minutes.
4. Serve a spoonful of basil mixture with each portion of soup.