



DEMONSTRATION

BANANA FLAMBÉ WITH POMEGRANATE MOLASSES & TOASTED COCONUT

- Class Team Portion -

Ingredients

1 tsp	Ground Ginger
1 Tbsp	Sugar
1-2	Bananas, 2" roll cut
2 tsp	Butter
1-2 oz	Rum
1-2 cups	Vanilla Ice Cream
2-3 Tbsp	Pomegranate Molasses
To Taste	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. Serve over ice cream. Top with pomegranate molasses and toasted coconut.

*** PREPARE WITH CHEF ASSISTANCE ***



MU SHU CHICKEN

- Class Team Portion -

Ingredients

1-2 Tbsp	Oil
¼-½ lb	Chicken Meat, cut into small pieces or ground
2 cloves	Garlic, minced
1 Tbsp	Ginger, minced
¼ medium	Onion, sliced thinly
1 cup	Shitake Mushrooms, sliced
1 ¼ cup	(Napa) Cabbage, shredded
¾ cup	Bean Sprouts
1/8 cup	Chicken Stock
1-2 Tbsp	Oyster Sauce
¾ - 1 ½ tsp	Hoisin Sauce
1 tsp	Sesame Oil
1 tsp	Cornstarch mixed with 2 tsp water (slurry)
¼ cup	Green Onion, sliced thinly
To Taste	Salt
To Taste	Soy Sauce

Equipment

- Chef's knife
- Wok

- Prep bowls
- Wok spatula
- Spider

Directions

1. In batches, stir fry veggies (except sprouts) with a little vegetable oil until just tender. Set aside.
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, set chicken aside.
3. Add stock, oyster sauce, hoisin sauce, and sesame oil. Cook until liquid has reduced by half.
4. Add cooked chicken, veggies, and cornstarch slurry. Add sprouts. Stir until thickened. Remove from heat. Add green onions and adjust seasoning with soy sauce.



SEARED STEAK WITH CLASSIC SAUCES

-Team Class Portion-

Ingredients

½ lb Hanger, Flap, Skirt, or Flank Steak
To taste Salt & Pepper
*To taste Sauce of choice**

Equipment

- Grill pan
- Tongs
- Chef's knife

**Hollandaise or Sauce au Poivre prepared in advance by KOF Chef*

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.



STIR FRIED BLANCHED VEGETABLES

- Class Team Portion -

Ingredients

¼ bunch Broccoli or Broccoli Rabe or Chinese Broccoli,
trimmed, cut into segments

OR

¼ head Broccoli or Cauliflower, cut into florets

To taste Soy Sauce and Ginger

Equipment

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

¼ -½ lb (Green, Flat, or Long) Beans, trimmed

OR

¼- ½ lb Carrots, peeled, cut into large sticks, or segments

To taste Garlic, minced

¼- ½ lb Brussels Sprouts, halved or quartered

To taste Balsamic Vinegar

Directions

1. Select a variety of seasonal 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.