An Evening in Saigon

Chef Terry

Cooking Class

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Banana, Coconut and Sticky Rice Packets

SERVINGS
12

RECIPE SOURCE
adapted from Saveur Magazine

Ingredients

12 fresh or frozen banana leaves

2 ¼ cups coconut cream

¾ cup sugar

salt, to taste

1 ½ cups short-grain sticky rice, soaked for 6 hours, drained, and rinsed

3 firm-ripe bananas, quartered lengthwise

Cooking Instructions

1. Cut each leaf into a roughly 12"x 14" rectangle, then cut scraps into 12 thin ribbons for tying; set aside.

2. Combine coconut cream, sugar, ¼ cup water, and salt in a 12" nonstick skillet over medium-high heat. Cook, stirring, until it begins to bubble, about 2 minutes. Add rice; cook, stirring often, until most of the liquid is absorbed, about 7 minutes. Remove from heat; let rice absorb liquid, about 20 minutes. Divide rice into 12 equal portions.

3. Working with 1 banana leaf at a time, arrange leaf with a short edge parallel to you, smooth side up. Put a portion of rice in center; top with a banana quarter; press gently. Shape rice into a rectangle. Fold leaf ends over rice to make a packet. Tie with a ribbon. Repeat to make 12 packets in all.

4. Pour water into a wide-bottomed pot to a depth of 1". Set a colander inside pot. Working in 2 batches, steam packets until firm, about 15 minutes.

Vegetable Spring Rolls with peanut sauce

SERVINGS
8

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RECIPE SOURCE
Kitchen on Fire

Recipe Tags
cutting board whisk mixing bowl mixing spoon chef's knife plate with warm water teen camp a #virtualcooking serving platter

Ingredients

For the Sauce

1/2 cup creamy peanut butter
2/3 cup warm water
2 tablespoons hoisin sauce, optional
4 teaspoons lime juice
1 tablespoon soy sauce
1 tablespoon sugar
1 Tbsp sesame oil
2 teaspoons chili garlic sauce, optional

For the Rolls

4 ounces rice vermicelli noodle
16 spring roll rice paper wrappers
1 red bell pepper
2 medium carrots
2 persian cucumbers
2/3 head butter lettuce, separate leaves
2/3 bunch mint, pluck leaves
2/3 bunch cilantro, 3 inch sprigs with leaves

Cooking Instructions

**For the Sauce:

1. Whisk together all the ingredients until smooth. Check to see if has enough lime juice.

**For the Noodles:

1. Bring a pot of salted water to a boil. Add rice vermicelli noodles and cook for 2-3 minutes, until al dente. Do not overcook. Drain and rinse with cold water.

**For the Rolls:

1. Julienne (thin sticks) the bell peppers, cucumber, and carrots into 3-inch pieces.
2. Pull apart the lettuce and tear or cut into 3-inch pieces.
3. Chop the cilantro leaves and mint leaves off, just using the leaves. Stalks can also be used if desired. Cut into 3-inch pieces.
4. Arrange the spring roll. Take one rice paper wrapper, and dip into a pie plate of warm water for 10 seconds.
5. Remove from water and lay on cutting board. Wait for 30 seconds to 1 minute until wrapper is malleable and softer.
6. Arrange ingredients of choice in the lower middle of the wrapper.
7. Lay the bottom flap on top of the ingredients. Roll one time and then tuck in the side flaps, as if making a burrito. Roll up the spring roll and set on a plate.
8. Make all of your spring rolls. Cut in half and serve with peanut sauce.
9. Put prepared peanut sauce in the middle of the plate and serve.

Notes:

Feel free to include any vegetables you have on hand; the crunchier the better! Also, cooked shrimp or shredded chicken breast work great in this recipe too!

Bánh xèo (Rice Crepes) - Terry's Vietnamese Class

SERVINGS
6

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RECIPE SOURCE
kitchenonfire.com

Ingredients

For the batter:

1.4 cup split mung beans or split moong dal (Indian grocer), soaked for 1 hour in hot water

1/2 cup unsweetened coconut milk

1 cup white rice flour

1/2 cup cornstarch

1/2 teaspoon kosher salt

3/4 teaspoon turmeric

2 cups water, (120F, hot)

For the fillings:

1/2 pound shrimp, medium size, sustainable

1/2 tsp black pepper

1/2 tsp fish sauce

6-8 tablespoons avocado oil

1 cup yellow onion, thinly sliced

1 cup scallions, thinly sliced

1/2 pound mung bean sprouts

1 head red leaf lettuce

20 cilantro branches, leaves and stems, about 5 inches long

1 bunch Thai basil, pluck leaves (and/or rao ram, cilantro, mint)

For the Nuoc Cham (dipping sauce):

1 Thai bird pepper, thinly sliced

1 garlic clove, finely chopped

3 tablespoons fish sauce

3 tablespoons lime juice

2 tablespoons sugar

1/4 cup water

Cooking Instructions

1. Drain the soaked mung beans and blend in a VitaMix or blender with the coconut milk until until very smooth. Add remaining ingredients, except the scallions, and blend until smooth. Pour batter into a pitcher and stir in scallions. Let batter sit, uncovered for 30–45 minutes until thickened slightly but still pourable. If batter is too thick, whisk in about 1 tablespoon of water at a time to get it to the right consistency.

For the Nuoc Cham:
2. Combine sliced Thai bird pepper if using, garlic, fish sauce, lime juice, sugar, and water in a small bowl, mixing until sugar is dissolved. Adjust to taste with more lime juice, fish sauce or sugar.

4. In a bowl, mix together shrimp, black pepper and fish sauce.

5. In an 8 or 9-inch nonstick skillet, heat 1 teaspoon of oil over medium heat until shimmering. Add several slivers of sliced onion and the shrimp and stir-fry until barely cooked, 1-2 minutes. Remove shrimp from the pan and wipe it out with paper towel.

6. Ladle about 1/3 cup batter into the pan and Immediately swirl batter around pan to form a thin, even layer that spreads up the side of the pan. You should hear distinct sizzling that tells you you're at the right temperature. Distribute the shrimp evenly and top with a tablespoon of chopped scallions. Cook, undisturbed, until edges begin to pull away from side of pan, 3-4 minutes. Add a small handful of bean sprouts to one half of the bánh xèo.

7. Continue to cook until bánh xèo is crisp and golden brown around the edges. Fold in half with a spatula and transfer to a wire rack in a warm oven or serve immediately (best when fresh!).

8. Repeat process with remainder of batter and toppings.

9. Serve with herbs, Nuoc Cham for the sauce, and lettuce leaves for wrapping.

Lemongrass Chicken or Tofu - Terry's Vietnamese Class

SERVINGS
6

RECIPE SOURCE
adapted from Charles Phan

Ingredients

1 1/2 pounds skinless, boneless chicken thighs, fat trimmed and meat cut into 3/4-inch pieces

1/4 cup plus 2 tablespoons avocado oil, divided

1 1/2 teaspoons kosher salt

3/4 teaspoon freshly ground black pepper

2 plump stalks of lemongrass, tender white inner bulb only, minced

1 medium red onion, quartered lengthwise and thinly sliced crosswise

2 teaspoons minced garlic

1/4 cup Chinese Shaoxing cooking wine, sake, or water

1/2 cup Vegetarian Stir-fry sauce (mushroom based)

1 tablespoon plus 1 teaspoon oyster sauce

1 teaspoon chili garlic sambal or roasted chili sauce (recipe below)

4 large scallions, cut into 1/2-inch pieces

5 small dried red chiles

1 large jalapeño, seeded and thinly slice

Jasmine rice, steamed, for serving

Substitution:

1 1/2 pounds firm tofu, organic, drained and dried on towels, cut into 1-inch pieces

1 additional bulb of lemongrass

2 cloves of garlic

2 tablespoons avocado oil

2 tablespoons shaoxing wine

Cooking Instructions

1. In a medium bowl, toss the chicken pieces with 2 tablespoons of the avocado oil, salt, and pepper.

2. In a large skillet or a wok, heat 2 tablespoons of the avocado oil until small puffs of smoke begin to appear. Add half of the chicken or tofu and stir-fry over high heat until browned in spots, about 3 minutes. Transfer the chicken to a plate. Repeat with the remaining chicken or tofu.

3. Heat the remaining 2 tablespoons of oil in the skillet. Add the lemongrass, onion, and garlic; cook over high heat, stirring, until fragrant, 2 minutes. Add the wine and cook until slightly reduced, about 1 minute. Add the Vietnamese Stir-fry Sauce, oyster sauce, chili paste, scallions, dried chiles, and jalapeño; bring to a boil. Add the chicken to the sauce and simmer until heated through, then serve with steamed jasmine rice.

For the tofu substitution:
1. Finely mince the extra bulb of lemongrass and garlic. Combine with avocado oil and shaoxing wine in a medium bowl. Add tofu and toss well. Allow to marinate for 30 minutes to 12 hours.

Broccoli with beech mushrooms and roasted chile paste - Terry's Vietnamese Class

SERVINGS
6

Broccoli with beech mushrooms and roasted chile paste

RECIPE SOURCE

adapted from Charles Phan

Ingredients

For the roasted chile paste

1 tablespoon Sichuan peppercorns

1 tablespoon annatto seeds

1/2 cup finely chopped shallots

1/2 cup avocado oil

1/4 cup finely minced garlic (about 8 cloves)

1/4 cup red pepper flakes

1/3 cup ground bean paste

2 tablespoons rice wine

2 tablespoons sugar

2 tablespoons light soy sauce

For the stir-fry

3 cups broccoli florets

2 tablespoons avocado oil

1 teaspoon minced garlic

1 tablespoon roasted chile paste (see above)

1/2 cup beech mushrooms (or shiitake, just about any mushroom will do), shredded or but in 3/4-inch strips

2 tablespoons rice wine

2 tablespoons vegetable stock or water

1 tablespoon fish sauce

Cooking Instructions

For the roasted chile paste:
1. Combine the peppercorns and annatto seeds in a spice grinder (or use a mortar and pestle) and grind coarsely. Set aside.

2. In a small saucepan, combine the shallots and oil over medium heat and cook, stirring frequently, about 6 minutes, until the shallots are light gold. Add the garlic and cook, stirring frequently, for about 4 minutes longer, until the garlic and shallots are lightly browned.

3. Stir in the red pepper flakes and the peppercorn-annatto mixture, mixing well. Add the ground bean paste, wine, sugar and soy sauce, and continue cooking, stirring, for 1 minute longer. Remove from the heat and allow to cool completely. This makes about 1½ cups of paste. Keep refrigerated in an airtight container, up to 3 months.

For the Stir-Fry
1. Bring a medium pot of water with a steamer basket, bring to a boil over high heat. Add the broccoli florets to the steamer basket and cook until crisp-tender, about 3 minutes. Drain, rinse with cold water until cool. Set aside.

2. Heat a wok or skillet over high heat. Add the oil, garlic, 1 tablespoon of the chile paste and mushrooms; toss well to coat and let cook, stirring, for 30 seconds.

3. Add the broccoli and toss well, then add the rice wine, chicken or vegetable stock and fish sauce and cook, stirring, until the liquid reduces by half, about 3 minutes. Remove from heat, check seasoning, transfer to a bowl and serve immediately.