



-DEMONSTRATION-

BUFFALO STYLE WINGS

Serves 12

Ingredients

5 lbs	Chicken Wings
¼ cup	Butter
½ cup	Hot Sauce (Frank's Original Red Hot Sauce)
Vegetable Oil	For deep frying

Equipment

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

Directions

1. Heat vegetable oil in wok to 350°. In batches, fry wings for 15 minutes until crispy, golden brown and cooked through.
2. Toss wings in butter and Frank's Hot Sauce.



-DEMONSTRATION-

GARLIC & LEMON CONFITS

Makes 2 cups each

Garlic*

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

Equipment

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

Lemon

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

Directions - Method 1

1. Preheat oven to 300-325°.
2. Place garlic, 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, 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 cook a bit longer to caramelize the sugars turning it golden brown.



-DEMONSTRATION-

DUCK OR CHICKEN CONFIT

Serves 6-8

Duck or Chicken Confit

6-8 medium	Duck Legs or Chicken 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

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.



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 vodka and 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.



CRISPY VEGETABLE EGG ROLLS

- Class Team Portion -

Ingredients

6	Egg Roll Wrappers
1 Tbsp	Vegetable Oil
1 clove	Garlic, minced
1 medium	Green Onion, chopped (mostly green part)
1 large	Carrot, shredded or julienne
1 ½ cup	Red Cabbage, thinly sliced
6 medium	Shitake Mushrooms, thinly sliced
1 Tbsp	Basil, chiffonade
1 ½ Tbsp	Cilantro, chopped
1 large	Egg, lightly whisked into egg wash
To Taste	Salt & Pepper
To Taste	<i>Sweet Chili Sauce*</i>
	Vegetable oil for deep frying

Equipment

- Chef's knife
- Mixing bowl
- Wok
- Spatula

- Small bowl
- Spider strainer
- Sheet tray
- Cooling rack
- Paper towels

*Made in advance by KOF

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. Let cool.
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 3-4 minutes 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.



MINI FRIED PO' BOYS WITH CREOLE MUSTARD & SPICY SLAW

- Class Team Portion -

Ingredients

1/3 lbs	White Fish Filets, 1 per person
½ cup	Flour
1 large	Eggs, beaten
1 cup	Panko Bread Crumbs
3-4 Tbsp	Vegetable Oil
To Taste	Salt & Pepper
2 mini	Sandwich Rolls
To Taste	*Slaw
To Taste	Dill Pickle, sliced
To Taste	Hot Sauce of Choice

Equipment

- Chef's knife
- Tongs
- Sheet tray
- Paper towels
- Cooling rack

**Prepared in advance by KOF*

Directions

1. Season fish with salt.
2. Dredge fish one piece at a time into flour, then egg, and then bread crumbs; shaking excess off between each step.
3. Heat oil in large sauté pan/skillet over med-high heat. In batches, add 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.
4. Assemble sandwiches by adding pickles, fish, and slaw to the rolls. Serve with hot sauce on the side.



PAN FRIED EGGPLANT AND ZUCCHINI

- Class Team Portion -

Ingredients

½ medium	Chinese Eggplant, sliced ¼ in. thick
1 medium	Zucchini, sliced ¼ in. thick
¼ cup	Flour
1 large	Egg, lightly beaten
¾ cup	Panko Bread Crumbs
To Taste	Salt & Pepper
Vegetable Oil	For pan frying

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.