



COOKING CLASSES
AT SUR LA TABLE

STIR-FRY FAVORITES

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 1 pound boneless, skinless chicken breast

Produce

- 2 inch piece of fresh ginger
- 1/2 pound green beans
- 2 red bell peppers
- 1/4 white onion
- 2 garlic cloves
- 4 green onions
- 1 pound broccoli
- 1/2 pound shiitake mushrooms
- 1 medium head Chinese cabbage (1 pound)

Dairy

- 1 egg

Pantry Items

- Cornstarch
- Vegetable oil
- Kosher salt
- Freshly ground black pepper
- 2 tablespoons vegetable broth, low sodium
- 1 cup long-grain white rice

Dry/Canned Goods

- Shaoxing rice wine, mirin, or dry sherry
- Soy sauce
- Rice vinegar
- Toasted sesame oil
- 7 dried Chinese red chiles, chile de árbol, or bird chiles
- 1/2 cup roasted peanuts
- 1/2 cup unsalted cashew nuts
- Hoisin sauce

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife

Hand Tools/Gadgets

- Cutting board
- Mixing bowls (various sizes)
- Prep bowls
- Measuring cups and spoons
- Whisk
- Microplane (optional)
- Wok spoon or wooden spoon
- Spider or slotted spoon
- Tongs
- Colander

Cookware

- Wok
- Stockpot
- Baking sheet or large plate

Other

- Plastic wrap
- Paper towels

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Kung Pao Chicken

1. Blanch the green beans in salted water for about 2 minutes or until they're crisp-tender. Stop cooking by shocking the green beans in an ice bath. Drain in a colander.
2. 30 minutes before class, take the chicken out of the refrigerator and allow it to come to room temperature.
3. Wash and dry all the produce.

Stir-Fried Vegetables with Toasted Cashews

1. Wash and dry all the produce.

Steamed Rice

1. Rinse rice until water runs clear, allow to drain.

KUNG PAO CHICKEN

Yield: 4 servings

This classic dish originated in the Sichuan Province of central-western China. The dish is believed to be named after Ding Baozhen, a late Qing Dynasty official, who once had the title of “Gong Bao” and the chicken dish is derived from his title. In this recipe, we use the velveting meat technique in order to produce a tender, juicy chicken.

To velvet the chicken:

1 tablespoon cornstarch

1 large egg white

1 tablespoon rice vinegar

2 tablespoons vegetable oil, divided

1/2 teaspoon kosher salt

1 pound boneless, skinless chicken breast, trimmed

Seasoning sauce:

1 teaspoon cornstarch

1/8 teaspoon freshly ground black pepper

1 tablespoon Shaoxing rice wine, mirin, or dry sherry

1 1/2 tablespoons soy sauce

1 tablespoon rice vinegar

3 tablespoons hoisin sauce

2 tablespoons water

1/2 teaspoon toasted sesame oil

2 tablespoons vegetable oil

7 dried Chinese red chiles, chile de árbol, or bird chiles

1 1/2 tablespoon ginger, minced

1/2 pound green beans, blanched 2 minutes

1 red bell pepper, cut into strips

1/4 white onion, diced

1 garlic clove, thinly sliced

1/2 cup roasted peanuts

2 green onions, thinly sliced on diagonal

1. To a large bowl, add 1 tablespoon of cornstarch, the egg white, 1 tablespoon of rice vinegar,

1 tablespoon of vegetable oil and 1/2 teaspoon of salt; whisk to combine and set aside.

2. Cut the chicken breast lengthwise in half; then cut across the grain into 1/8-inch slices. Transfer the chicken to the cornstarch-based slurry, stir to coat and cover with plastic wrap. Transfer to the refrigerator, chill 30 minutes.

3. To a small bowl, add the seasoning sauce ingredients; whisk until well combined and set aside.

4. **To velvet the chicken:** Bring a medium stockpot with salted water and 1 tablespoon of oil to a boil. Reduce to a simmer and add the chicken, stirring to separate the pieces. Boil for 3 minutes and using a slotted spoon or spider, remove the chicken pieces and place them on a paper towel-lined sheet pan to drain.

4. **To cook:** To a wok over high heat, add 2 tablespoons of oil. Once the oil and pan are hot, add the chiles and stir-fry until they start to brown, about 3 minutes. Remove the chiles from the pan and add the ginger. Quickly stir-fry until fragrant, about 30 seconds. Add the green beans, peppers, onions and garlic. Stir-fry until the vegetables begin to soften, about 3-5 minutes. Add the chicken, red chiles and toss to combine with the vegetables. Stir-fry until the chicken is cooked through and beginning to brown, about 5 minutes. Add the peanuts and toss until well combined. Add the sauce to the wok and toss with the stir-fry. Bring the sauce to a boil and continue to cook, stirring until the chicken is well coated with the sauce and cooked through.

5. **To serve:** Divide the chicken among 4 warmed serving plates and garnish with the sliced green onions. Serve immediately with steamed rice.

Recipe variations:

- Adjust the heat in your stir-fry by adding more chiles or serving with sriracha.
- Substitute Chinese red chiles with 1 teaspoon of crushed red pepper flakes.

STIR-FRIED VEGETABLES WITH TOASTED CASHEWS

Yield: 4 servings

Learning to make a stir-fry is extremely satisfying once you have mastered the technique of wok heat control and when to add each ingredient. Stir-frying is totally customizable. Search your fridge and pantry for infinite combinations.

2 tablespoons vegetable broth, low-sodium
1 1/2 teaspoons cornstarch
1/2 cup unsalted cashew nuts
1 tablespoon vegetable oil
1 pound broccoli, cut into small florets
1 red bell pepper, thinly sliced
1/2 pound shiitake mushrooms, trimmed and thinly sliced
2 green onions, white and green parts, thinly sliced
1 medium garlic clove, minced
1 pound Chinese cabbage, thinly sliced
1 tablespoon hoisin sauce
2 tablespoons soy sauce
1 teaspoon toasted sesame oil

1. To a small bowl, combine the broth and cornstarch. Whisk until smooth.
2. To a wok over moderate-high heat, add the cashew nuts and cook. Stirring constantly until they start to gain some color, about 1 minute. Transfer the nuts to a medium bowl and set aside.
3. Return the wok to high heat and add the oil. When the oil is hot and shimmering, add the broccoli and cook, stirring constantly until it starts to soften, about 1 minute. Add the red pepper and cook, stirring constantly until it starts to soften, about 1 minute. Add the mushrooms and continue to cook, stirring constantly until they release their liquid and begin to brown, about 3 minutes.
4. Add the green onions, cabbage, garlic and cook until fragrant and tender, about 1 minute. Stir in the sauces, the sesame oil and the cornstarch mixture and bring to a boil, stirring until the sauce coats the vegetables and begins to thicken, about 1 minute. Take the wok off the heat and toss the stir-fry with the toasted cashews.
5. **To serve:** Transfer the stir-fried vegetables to a large platter or bowl and serve immediately.

Recipe variations:

- Stir-frying is a wonderful way to use leftovers. Our favorite ingredients are rotisserie chicken, julienned carrots, sugar snap peas, corn and broccoli.
- Substitute Chinese cabbage with bok choy.

STEAMED RICE

Yield: 4 servings

1 cup long-grain rice

2 cups water

1 teaspoon kosher salt

1. Place rice in a fine-mesh strainer and rinse under cool running water until water runs clear. Drain rice of excess water.
2. To a medium saucepan, set over high heat, add water, washed rice and salt. Bring to a boil and cook uncovered, until steam holes appear in rice and grains on surface appear dry, about 8 minutes.
4. Cover pan and reduce heat to low. Continue cooking for 15 minutes. Remove from heat and keep covered until ready to serve, at least 5 minutes.
5. **To serve:** Fluff rice with a fork, divide between plates or transfer to serving bowl and top with crispy garlic.