



THURSDAY, JULY 16

3:00pm

COOK-ALONG GUIDEBOOK

LET'S GET COOKIN'



ABOUT THIS COOK-ALONG EVENT

We are excited to offer this free virtual event with food and fun! Laugh and cook along with us during this LIVE cooking tutorial. For the past sixteen years, Chef Alice Colin has been offering hands-on public classes and privately-booked cooking classes in a variety of exciting global cuisines. Have fun while learning essential knife skills, cooking techniques, and loads of pro tips to last a lifetime!

This Cook-Along is simple and full of essential nutrients. Within this Guidebook you will find login information for the event, supply lists, and recipes that you can keep for future meals. Everything you need is in this Guidebook to help follow along with Chef Alice as she prepares this delicious meal with you.

HOW IT WORKS

You will need a computer, smartphone, or tablet for this event. Download the Zoom Cloud Meetings app on your smartphone or tablet, or go to www.zoom.us on your computer. Click on "Join a Meeting" and type in the unique event information below:

Meeting ID: 858 6361 6278

Password: CVECHEF

DURING THE LIVE EVENT

This event is meant to be as interactive as possible! All participants will be muted, but if you have a question text it to (954) 295-2921. Chef Alice will answer as she goes!

Follow along with Chef Alice as she cooks, and also use this Guidebook as a reference. Find the equipment, materials, and recipes needed for this event in the sections below.

COOKING MATERIALS NEEDED

- Chef Knife
- Citrus Press (optional)
- Colander or Sieve
- Cutting Board
- Large Spoon
- Measuring Cups
- Medium Saucepan (for Soup)
- Microplane or Box Grater
- Paring Knife
- Prep Bowls
- Rubber Spatula
- Salad Spinner (optional)
- Skimmer or Slotted Spoon
- Whisk
- Wok or Deep Skillet (for Larb)

SHOPPING LIST

Produce:

- 3 Limes
- 1 Bunch Mint
- 1 Bunch Cilantro
- Garlic
- Ginger, Small Piece
- Iceberg or Butter Lettuce
- Lemongrass (optional)
- Scallions
- 2 Shallots

Fridge/Freezer:

- Chicken Breast
- 1 lb Ground Turkey/Pork

Pantry:

- Black Pepper
- Canola/Vegetable Oil
- Chicken Broth
- Kosher Salt
- Light Brown Sugar
- Sriracha

Thai Ingredients:

- 1 Can of Coconut Milk
- Fish Sauce
- Small Can of Thai Red Curry Paste

BEFORE THE CLASS

Preparation

- Measure out ingredients for each recipe and place on a tray
- Open can of coconut milk
- Place Colander in sink
- Wash and dry all produce

LARB (NORTHERN THAILAND MINCED MEAT SALAD) SERVES 4

Ingredients

- 1 pound ground pork or chicken
- 2 shallots, thinly sliced
- 2 tablespoons vegetable oil
- 2 scallions, thinly sliced
- 1/2 cup roughly chopped fresh basil
- 1/2 cup roughly chopped fresh cilantro leaves and tender stems, plus a few leaves for garnish
- 1/4 cup roughly chopped fresh mint leaves
- 2 tablespoons or more, to taste Vietnamese chili sauce with garlic (Huy Fong brand) or sambal oelek, Indonesian chili sauce
- 2 tablespoons toasted rice powder, Thai product
- 3 tablespoons fish sauce
- 1/4 cup lime juice from about 2 limes
- 3 tablespoons light brown sugar, or more, to taste

Instructions

Add oil and shallots to skillet and cook over medium-low heat, stirring constantly until shallots are golden brown, about 5 minutes. Drain shallots and discard oil; do not wipe out pan.

Add ground chicken, cook, stirring frequently until cooked through but not browned; 5-7 minutes. Pour chicken in a colander or large sieve and drain excess fat. Transfer to a large bowl and allow to cool five minutes. Add scallions, basil, cilantro, mint, chili sauce, lime juice, light brown sugar, and toasted rice powder. Stir to combine, and taste for seasoning, adding more chili if higher heat is desired. Serve immediately with lettuce leaves on the side.

TOM KA GAI (COCONUT CURRY CHICKEN SOUP) SERVES 8

Ingredients

- 2 teaspoons canola oil or vegetable oil
- 2 tablespoons Thai red curry paste, or adjust amount to your taste
- 1 quart (4 cups) chicken broth
- 1 lower 3 inch stalk lemongrass, smashed with blunt end of knife to release flavor
- 3 kaffir lime leaves, usually sold frozen in Asian markets or zest of one lime
- 3 (½ inch thick) slices galangal (sold in some Asian markets) or ginger; no need to peel
- 3 tablespoons fish sauce, preferably Three Crabs or Squid Brand
- 1 tablespoon light brown sugar
- 12 ounces skinless, boneless chicken breast, thinly sliced crosswise
- 2 cans coconut milk, preferably Chaokoh brand
- 1 (15 oz) can broken straw mushrooms, (label will indicate) drained
- ¼ cup chopped cilantro or thinly sliced Thai basil, available fresh in Asian markets, or may use traditional basil
- 1 lime, cut into eight wedges

Instructions

In a stockpot or Dutch oven, heat oil over medium-high heat. Add curry paste, stirring for two minutes. Add chicken broth, lemongrass, kaffir lime leaves and ginger. Bring to a boil, then cover pot, and reduce heat to a simmer for fifteen minutes. Using a skimmer or slotted spoon, remove aromatics and discard. Stir in chicken and cook uncovered at a bare simmer (poaching) for 3-5 minutes. Add coconut milk, mushrooms, fish sauce, and sugar. Keep at a bare simmer, to prevent coconut milk from curdling. Taste and adjust seasoning, if needed. Add cilantro or basil just before serving and serve with lime wedges for guests to squeeze into soup. (Soup will keep refrigerated for up to three days.)



THANK YOU!

We hope you enjoyed this event and hope to see you join into more online activities. For more online activities and classes visit www.cenclub.com

If you are interested in more cooking with Chef Alice, sign up for her next online class!

Visit www.cenclub.com/classes

Don't forget to visit Chef Alice's website!

www.chefalicecooking.com

