

WEEK FIVE

Monday:

Bacon wrapped Chicken

Ingredients:

2 lbs chicken boneless chicken breast
1 lb Bacon (can also be turkey bacon if preferred)
lemon
salt and pepper
butter

Preparation:

Cut the boneless chicken breast into cubes (1" x 1"). Season the chicken breast with lemon, sea salt, pepper (white pepper would be better) and 1 tbsp of olive oil (optional). Make sure you rub the seasonings well on the chicken breast. Set Aside.

Heat up a non stick pan on medium heat. While waiting for the pan to heat up, cut all the bacon strips into half. Take the marinated chicken. Wrap each cube of chicken with half of the bacon with seam side down. When the pan is hot, put the seam side of the bacon wrapped chicken on the pan first. This will (normally) prevent the bacon from separating from the chicken otherwise, use a toothpick to hold the bacon on the chicken. Pan fry the bacon wrapped chicken on the pan until chicken is cooked. An optional salsa can be made with this.

NOTE: you can also cut the breasts into strips and wrap the bacon diagonally around the chicken strips so that it covers most of the chicken. Pan fry as directed above.

OPTIONAL SALSA:

Ingredients

2 tomatoes
1/2 red onion
1 bunch cilantro
salt and pepper

Preparation

Remove the eye of the tomato. Cut it up into very small cubes without wasting the juice of the tomatoes.

Transfer this in a small bowl. Set aside.

Peel the red onion and cut it up into small cubes. Mix this with the tomatoes. Set aside.

Mince the cilantro. Mix it up with the tomatoes and onion. Season with salt and pepper. If desired, you can add 2 tbsps. of water to have more juice in this sauce. Top your bacon wrapped chicken with this, enjoy and eat!

TUESDAY

Apple Crepes

Apples:

Ingredients:

3 red delicious apples (or any apples that you desire)
1/2 tbsp of cinnamon
1/3 c white sugar
1 tbsp flour
1 lemon
butter (optional)
confectioner's sugar

Peel the apples. Squeeze half of the lemon all over the apples to prevent it from oxidizing (turning brown). Remove the core of the apple using an apple corer (if apple corer is not available, cut the apple into quarters and cut up the core). Further cut the apples in small slices. Squeeze the other half of the lemon all over the cut up apples. Sprinkle the sugar and cinnamon all over the apples, mixing it very well. Mix in the 1 tbsp of flour. Set aside.

Heat up 1 tbsp of butter on a non stick pan. Once melted, add the apple mixture and cook this for approx. 15 mins. While apples are cooking, prepare and cook the crepes.

Crepes

Ingredients:

2 eggs
1/4 tsp salt
1 1/2 c of milk (or 3/4 c half and half + 3/4 c water)
1 c flour (if too liquid, add a max of 1/2 c more of flour)
3 tbsps. melted butter (or 3 tbsps. olive oil)
3 tbsps. sugar
1 tsp vanilla extract

Preparation:

Put everything in a food processor and mix it until everything is properly incorporated.

If there is no food processor, put all ingredients in a large mixing bowl and mix with a wire whisk (or hand mixer). Leave in the fridge for an hour. (This is a preparation for the next class. A previously mixed crepe batter is already in the fridge)

Apple crepe preparation

Brush a non stick pan with butter (or olive oil) and heat up on medium heat.

Transfer 1/4 c-1/2 c of crepe batter in the pan when already hot. Swirl the batter around, and pour the excess batter back in the uncooked batter. When the sides of the crepe is starting to separate from the pan, with your fingers, slowly lift the crepe and flip on to the other side. Let it cook for 30 sec and transfer to a plate. Take a few tablespoons of the apple filling and put it in the middle of the crepe. Wrap this apple filling with the crepe and transfer in a serving plate. Put a dollop of whip cream on the side. Sprinkle with confectioner's sugar if desired or chocolate syrup.

WEDNESDAY

Fried siomai

Ingredients:

- 2 lbs boneless chicken breast or pork loin (may also use 50-50 chicken and pork loin)
- 1 stalk of celery
- 1/2 yellow/red onion
- 3 cloves of garlic
- parsley (optional)
- spring onions (optional)
- 1 can water chestnut (optional)
- salt and pepper to taste
- molo wrappers
- vegetable oil

Sauce:

- soy sauce
- fresh ginger
- sesame oil
- garlic

Procedure

Cut all the vegetables in macedoine , small cubes. Set aside.

Cube the chicken breast/pork loin and transfer it in a food processor. Grind the meat well. Transfer into a mixing bowl. Add all the cut vegetables. Add salt and pepper to taste. Make sure that ground meat and vegetables are properly mixed.

Prepare a small bowl of cold water. Set one molo wrapper on your work table, ground meat and cold water should also be on your work table. Drop a teaspoonful of meat in the middle of the molo wrapper. Dip your finger in the water and dampen the sides of the molo wrapper with your wet finger. Pick up the molo and slowly work on the side of the wrapper, folding it from middle to the end and doing it again with the other half part of the molo wrapper. Put all the set up dumplings on a plate.

Boil 1/2 cup of water in a small sauce pan. While boiling, heat up 2 tbsps. of oil on a non stick pan at medium heat. Place siomai in the hot oil, arranging them in a circular way. Let it fry for approx. 2 mins then add the boiled water. Let it keep in cooking until all the water has evaporated. Let it keep on frying for another 5 mins.

Sauce: While the soma is frying, mince garlic and cut the ginger in thin strips (julienne). Quickly stir fry ginger and garlic in 1 tbsp sesame oil and add 1/2 c soy sauce. Remove from fire and transfer in a sauce bowl.

Put your sauce in the middle of your serving plate and arrange the cooked siomai around it. Grab your fork or chopsticks and enjoy eating!

THURSDAY

Ham and Cheese turnovers (with Pillsbury crescents)

Ingredients:

2 cans of Pillsbury crescents
1 lb ham/turkey ham/chicken
Kraft cheese slices
egg wash

Pre-heat oven at 350 F. Line a baking sheet with parchment paper. Set aside.

On a cutting board, separate the Pillsbury crescents into triangles. On one triangle, put the ham and cheese in the middle of the triangle making sure that the ham and cheese are 1/2 in away from (all) the edges. Cover this with another triangle (making sure that they are approx the same in size). Using a fork, press the sides of the triangle to seal it. Transfer onto the baking sheet. Keep on repeating the process until all Pillsbury crescents are used. With a pastry brush, brush the top of the crescents with the egg wash (1 beaten egg + 1 tbsp cold water). Bake in the pre heated oven for approx. 15 mins.