



Virtual Cooking Class

Basic Knife Cuts
w/ Ginger Beef Stir Fry

Menu

Ginger Beef Stir Fry

Slice

Dice

Julienne

Batons

Etc

Plus

Culinary Education & Butcher Demo



Virtual Cooking Class

Pre-Class Instructions

- Please have all your equipment and groceries ready and available
 - Have a copy (print or digital) of the recipe to follow during the class
 - Please attempt to arrive to the Zoom meeting on time as we will try to start promptly at five minutes after the hour
 - Zoom Rules: All participants will be admitted into the class by Chef Kevin. After greeting please mute your microphone and remain muted unless otherwise noted. For any questions or comments please unmute and speak or type in the chat. (A time of q & a will also be provided at the end.)
 - Be sure to have cell phones and or laptops charged
- A feedback form will be emailed after the class (optional but appreciated)
- Come hungry and ready to learn; I'm very excited to cook with you



Virtual Cooking Class

Equipment List

Theme: Ginger Beef Stir Fry

Techniques: Basic Knife Cuts

- Kitchen towels
- Paper towels
- Aluminum foil
- Measuring cups and spoons
- Knives (chef, paring)
- Small pot with lid for rice
- 2 saute skillets, non stick
- Several cutting boards
- Can opener
- Peeler
- Graters, opt
- Garbage bowl
- Several mixing bowls
- Whisk
- Several baking trays
- Tongs
- Several dinner plates



Virtual Cooking Class

Shopping List

Pantry

- 1 1/2 cup low-sodium chicken broth
- 1/4 cup + 2 Tbl, soy sauce
- 2 tablespoon+ 1 tsp sugar
- 1 1/2 teaspoon cornstarch
- 2 tablespoons vegetable oil
- 1 1/2 cups jasmine white rice
- 1 tsp kosher salt

Protein

- 1 (12-16 oz) sirloin steak

Produce

- 2 tablespoons lime juice
- 5 garlic cloves
- 1 tablespoon grated fresh ginger
- 1 cup sugar snap peas
- 2 red bell pepper
- 4 each, carrots
- 1 each, yellow onion

Virtual Cooking Class



Ginger Beef Stir Fry

part 1

Prep: appx 30 min

Active: appx 30 min

Total time: appx 60 min

Yield: serves 4-6

Chef Tips:

To make slicing the meat easier, freeze it for 15 minutes. Serve with Simple White Rice.

SAUCE

1 1/2 cup low-sodium chicken broth

1/4 cup soy sauce

2 tablespoons lime juice

2 tablespoon sugar

1 1/2 teaspoon cornstarch

For the sauce:

Whisk all ingredients together in a small bowl and set aside.

BEEF STIR-FRY

2 tablespoons soy sauce

1 teaspoon sugar

1 (12-16 oz) sirloin steak, cut into 2-inch-wide strips with grain, and sliced thin across grain on slight bias

2 tablespoons vegetable oil

5 garlic cloves, minced

1 tablespoon grated fresh ginger

Virtual Cooking Class



Ginger Beef Stir Fry

part 2

1 cup sugar snap peas, strings removed

2 red bell pepper, stemmed, seeded, and cut into ¼ inch slices

4 each, carrots, peeled and sliced on the bias, ¼ inch

1 each, yellow onion, julienned, ¼ inch slices

1/2 cup water, divided

For the stir-fry:

Combine soy sauce and sugar in a medium bowl. Add beef, toss well, and marinate for at least 10-15 minutes. Set aside.

Next, combine 1 teaspoon veg oil, garlic, and ginger in a small bowl.

Drain beef and discard liquid. Heat 1 teaspoon of oil in a 12-inch nonstick skillet over high heat until just smoking. Add half of the beef in a single layer, break up any clumps, and cook, without stirring, for 1 minute. Stir beef and continue to cook until browned, 1 to 2 minutes. Transfer beef to a clean bowl. (Do this in two batches if necessary.)

Virtual Cooking Class



Ginger Beef Stir Fry

part 3

Rinse the skillet clean and dry with paper towels. Add the remaining 1 tablespoon of veg oil to the skillet and heat until just smoking. Add snap peas and bell pepper and cook, stirring frequently, until vegetables begin to brown, 3 to 5 minutes. Add water and continue to cook until vegetables are crisp-tender, 1 to 2 minutes longer. Set peas and peppers aside on a clean plate. Repeat the process with carrots and onion. Then, set aside on the clean plate.

Wipe out the center of the skillet. Add garlic mixture, and cook, mashing mixture into pan, until fragrant, 15 to 20 seconds. Add all vegetables to the skillet. Return beef and any accumulated juices and stir to combine. Whisk sauce to recombine, add to skillet, stir and cook until thickened for approximately 1 minutes. Serve over rice pilaf.

WHITE RICE, PILAF

1 ½ cups jasmine white rice

2 cups water

1 tsp kosher salt

Combine the ingredients in a medium saucepan and bring to a boil. Stir just once, cover with lid, and reduce heat to medium low. Simmer for 15 minutes or until rice is tender and has absorbed all the liquid. Then remove from heat and let stand covered for 5-10 minutes.