

Korean and Mexican Rice Bowls

Yield: 4 servings

Ingredients

3 cups	Whole Grain Rice blend or your favorite grain
2-pound	Lean Ground Beef, Chicken or Turkey (crumbled firm Tofu works as well)
1 small	Hot Pepper Cut Small Dice
1 medium	Red Bell Pepper Cut Medium Dice
1 small	Onion Cut into Julienne Strips
2 cloves	Garlic peeled and minced
2 Tablespoons	Olive Oil
1 to 2 cup	Water
1/2 to 1 cup	Ethnic Themed Sauce or Condiment or 2 Tablespoons of your favorite Spice Blend NOTE: (Sauce and/or spice blend depends on your taste preference)
To taste	Salt and Pepper
1 bunch	Fresh Herb of Choice (Cilantro, Parsley, Mint or other light Herb is recommended)
1 each	Lime or Lemon cut into wedges

Preparation Instructions

1. Prepare your favorite grain/rice according to the instructions on the package.
2. Gather all other ingredients and prepare vegetables as directed.
3. In a large sauté pan add 1 Tablespoon of olive oil and quickly sauté the peppers, onions & garlic. This should only take about 2-3 minutes as we want to keep it crisp and fresh.
4. Remove vegetable to a mixing bowl and return the pan to the stove adding the remainder of the olive oil, the ground beef and some salt and pepper. Cook on medium-high heat until nearly done and then add the water and cook for another 2 minutes. **NOTE:** The amount of water is variable and will depend on how much sauce you want in your finished dish. I like a fair amount of sauce so it soaks into my rice but everyone is different so do what you like.
5. After the meat is cooked we have a couple of options. **1)** you can toss the meat, vegetables, sauce or spice blend and herbs together to make one even mixture, or **2)** you can decide to layer the items in the bowl over the rice by placing first the rice, then the meat (tossed with the sauce or spice blend), then the vegetable and lastly the herbs. It is up to you to decide. Both approaches taste great but there is a difference.
6. Finally, serve with a wedge of lime to be squeezed on just before eating. Super Yummy!!!

A TIP: Think of this dish as having **3 primary components:** **1)** The Base or Grain that will line the bottom of your bowl. **2)** Your main filling of protein and vegetables with your favorite ethnic sauce that will go on top of the rice. And **3)** The Fresh Herbs and Citrus used to both garnish and enhance the flavor the final dish. We have all seen the popularity of the Poke Bowl in recent years that too is a great option for this sort of dish. Be creative and use leftover as well if you can, yesterday's soup may be great over rice.

Cooking with Fresh Herbs

Thursday, March 11th at 5 pm: Most of us love fresh herbs in our favorite dishes but sometimes we are intimidated by the thought of how to properly clean, prepare and use them in our own kitchen. In this session, we will share quick and easy tips on how to select the right herb for a variety of dishes and easy ways to incorporate them into recipes. We will create a delightful pesto that can be used in a number of dishes as well as a Bouquet Garni for flavoring soups, sauces and stews, plus a 5-Herb Pasta that can be served hot or cold.

The Sachets and Bouquet Garni are essentially classic French herb packets used to flavor stocks and sauces. I thought it would be fun to just take a minute to share the classic versions but feel free to be creative and use whatever herbs and spices you want. Think of it as a savory tea bag.

Sachet

Yield: 1 Sachet

Ingredients

3 cloves fresh garlic peeled
6 parsley stems chopped
1 bay leaf
1 teaspoon peppercorns
4 inch piece of twine or string
6" square of cheesecloth or a coffee filter

Preparation Instructions

1. Place all of the herbs and spices in the center of the cloth or coffee filter.
2. Wrap the herbs into a balloon shape so that it can be tied and seal in all of the ingredients.
3. Trim the extra string and add to your stock or sauce.
4. Remove from stock or sauce when done cooking.

Bouquet Garni

Yield: 1 Bouquet Garni

Ingredients

2 outer green leek leaves
15 sprigs flat-leaf parsley
2 sprigs fresh thyme
2 dried bay leaves

Preparation Instructions

1. Trim the ends off the leek leaves to make two long pieces.
2. Place parsley, thyme, and bay leaves in between the leek leaves.
3. Using a piece of twine, wrap tightly to form a packet.
4. Trim excess twine; add to sauce or stock.
5. Remove from stock or sauce when done cooking.

SPINACH-BASIL PESTO

Yield: 8 servings

Ingredients

4 cups	Packed Spinach washed and dried
4 cloves	Garlic peeled, crushed
1 cup	Packed Fresh Basil Leaves, washed and dried
¾ cup	Olive Oil (this amount may vary as needed)
2 Tablespoon	Lemon Juice
To taste	Salt and Pepper (white pepper is often used)

Preparation Instructions

1. Gather all ingredients.
2. Place oil and lemon juice in a blender or food processor.
3. Add garlic and basil, place the lid on and blend until smooth.
4. Add the spinach 1 cup at a time and blend until smooth.
5. As you add the spinach to the blender, you may need to add some water as it will thicken. In a food processor this will not be an issue.
6. After all of the spinach is mixed in season with salt and pepper to taste.
7. If you wish to have it thinner you can also add water and blend.
8. Use pesto with pasta with the fresh pesto and top with Salsa Fresca.

SALSA FRESCA

Yield: 3 cups (approximately)

Ingredients

2 each	Tomatoes, whole and ripe, Medium Diced
¼ each	Medium Onion, Small Diced
4 cloves	Fresh Garlic, Peeled and Minced
2 Tablespoon	Fresh Parsley, Finely Chopped
1 Teaspoon	Oregano, Finely Chopped
1 Tablespoon	Chives, Finely Chopped
1 Tablespoon	Cilantro, finely chopped
2 Tbls.	Olive Oil
To Taste	Salt and Pepper

1. Gather all ingredients and wash and dry vegetables and herbs.
2. Cut tomatoes, onion, and garlic as directed and mix together in a mixing bowl.
3. Add fresh chopped herbs, olive oil, salt and pepper and stir gently.
4. Serve by tossing with fresh cooked pasta or on sliced toasted bread.

NOTE: Salsa may also be cooked on low heat to create a tomato sauce for your favorite pasta dish as well. It can also be tossed with pasta and then baked in a casserole.

Butchery Lesson with Chef Dale Thomas

Focus:

Beef Rib

Thursday, March 18th at 5 pm: The Beef Rib primal cut is the source of some of the most popular beef dishes consumed in Hawaii and beyond. Master Butcher Dale Thomas will walk us through what to look for when you purchase a Beef Rib. He will also show you how to cut, season and prepare ribeye steaks and a prime rib roast using this versatile cut of beef.

Name

Yield: 8 servings

Ingredients for prime rib roast

1 prime rib roast (approximately 9 lbs. This is a half rib roast but you can also use a full roast if desired)
Salt and Pepper or your favorite seasoning blend such as the Uala Leaf Café Hawaiian Season Salt
2 large Onions peeled and sliced into rings 1 inch thick
4 cups water

NOTE: Prime rib roasts can come with or without the bones. Be sure to check the package and get the desired one. The process is the same for preparing each, you just need to remove the rack bones when the roast has been cooked and rested prior to slicing for service.

Preparation Instructions

1. Gather all ingredients.
2. Preheat oven to 450 degrees.
3. Place the sliced onions in the bottom of a large roasting pan.
4. Season the Rib Roast all over and place it on the onions then place the pan in the oven.
5. Pour the water into the pan and close the oven. Roast at 450 for 15 minutes before reducing the heat to 325 degrees.
6. A general rule of roasting meat to rare-medium rare is between 11-14 minutes per pound. The best way to be completely accurate is to use a meat thermometer. (see chart below) This 9 pound roast should be check at about 90 minutes. It is best to check early as you can always cook longer but you can't go back once cooked past your desired temperature.
7. When the roast is done as desired, remove from oven and allow to rest for 15-20 minutes in the roasting pan. This is very important because you want the juices to redistribute throughout the roast. If you cut it too soon the juices will all run out onto the cutting board.
8. For the Au Jus, add any drippings from the cutting board back to the roasting pan and then strain out the onions. If you wish, you can thicken it with a little bit of corn starch slurry or roux. You may even try blending the onions into the sauce if you like or simply dicing them up and serving them alongside the roast.

FOR RIBEYE STEAKS:

There are a 2 methods that can be used for preparing ribeye steaks. The most common method is to slice the rib roast into steaks when raw. This usually requires the bones to be removed first, otherwise, you will not have as much flexibility in terms of the thickness of the steaks because you will be going between the bones to cut each serving.

Another method that likely sprung from utilizing the leftover prime rib roast the second day in a restaurant, is to roast it as above, rare to medium-rare is recommended. This is an internal temperature of 125-130 degrees and can be taken using any meat thermometer. The roast is then cooled at room temperature for 1 hour then placed into the refrigerator overnight. The roast will become firm when cold and allow you to cut perfectly straight ribeye steaks to then be finished as desired on a very hot grill. I recommend that you allow the individual steaks to come to room temperature before grilling them so that they heat up quickly. For medium-rare, it will only take about 2 minutes on each side (depending on thickness)

Seared Ahi with Teriyaki Beurre Blanc Sauce

Thursday, March 25th at 5 pm: Learn about the relationship between sauces and marinades and discover how to perfectly sear Ahi and prepare a dish that rivals anything you would find in a high-end local restaurant. Versatility and ease is the focus of this session as you learn to add more simple techniques to your culinary tool belt.

Beurre Blanc

Yield: 4 servings

Ingredients

2 ounces Teriyaki Sauce, Thai Chili Sauce or your favorite similar sauce
1 sticks (4 oz.) Butter or (butter style spread) cut into tablespoon-size pieces and chilled
1 Tablespoon Chives chopped fine (or your favorite herb of choice)

Preparation Instructions

1. Gather all ingredients.
2. Place your sauce into a small sauce pot or sauté pan and place on medium-high heat.
3. When the sauce nears a boil and you see bubbling around the sides, reduce to medium heat.
4. Add 3-4 pieces of cut cold butter and stir constantly to assure that it melts slowly and does not separate. NOTE: This is the key moment; you need to be sure that the sauce is hot enough to melt the butter, but it cannot be so hot, that the butter separates.
5. When all of the butter is melted, stir in the chive or herbs of choice and serve immediately. The sauce can be kept warm but not too hot or it may break.

Seared Ahi

Yield: 4 servings

Ingredients

2 lbs. Ahi Tuna cut into blocks or steaks
½ cup Teriyaki Sauce or other favorite marinade

Preparation Instructions

1. Gather all ingredients.
2. Cut Ahi into 4 equal servings.
3. Place the Ahi in a bowl or a Ziploc bag and add the marinade.
4. Make sure the Ahi is coated on all sides and place in the refrigerator for 1-2 hours.
5. Remove the tuna from the marinade and pat dry with a paper towel.
6. Heat a sauté pan or skillet on medium-high heat until nice and hot.
7. Place the Ahi in the pan and cook for 1 minute on each side. The time will depend on how you like your Ahi cooked. I like mine very lightly seared and close to raw. Cook it as long as you wish.
8. When the Ahi is done as desired, remove from the pan and either serve as a whole piece or place it on a cutting board and slice prior to service. **NOTE:** I recommend block instead of steaks when preparing this dish. Serve the Ahi on a bed of the Beurre Blanc sauce with vegetables and rice.