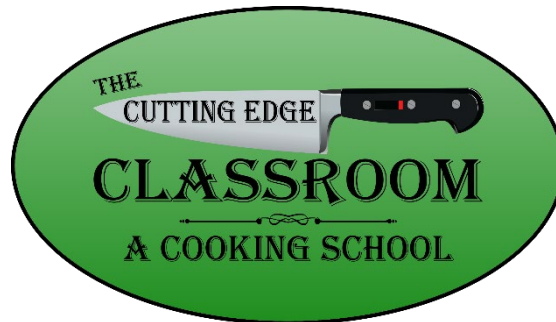


Class Date and Time: February 22, 2021 3PM-4:30PM ET
Contact Person/Company: Samantha Martin/Operation Homefront
Contact Phone Number: 919-218-8169
Contact Email: Samantha.martin@operationhomefront.org



Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

The Menu Hibachi

Ingredient Shopping List

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

reach out for substitution suggestions.

Proteins

- ✓ 4 oz beef cubed (Tender cut such as tenderloin or sirloin/ribeye)
- ✓ 4 oz shrimp (Can sub any protein or fish)

Dairy

- ✓ 1/4 lb butter

Produce

- ✓ 1 White onion
- ✓ 3 Green onions
- ✓ 1 Green pepper
- ✓ 1 Zucchini
- ✓ 4 Large mushrooms
- ✓ 4 broccoli florettes
- ✓ 2 Large carrots
- ✓ 2 Inch fresh ginger
- ✓ Bean sprouts fresh

Pantry Items

- ✓ Sesame seed oil
- ✓ Soy sauce
- ✓ Lemon juice
- ✓ Pepper
- ✓ Vegetable oil
- ✓ Brown sugar
- ✓ Mayonnaise
- ✓ Mirin cooking wine
- ✓ Ketchup
- ✓ Garlic powder
- ✓ Long grain rice
- ✓ Paprika
- ✓ Oyster sauce
- ✓ Lo Mein noodles

Dry/Canned Goods

Equipment Needed

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

Cutlery

- ✓ Knife and cutting board
- ✓ Peeler

Hand Tools/Gadgets

Cookware

- ✓ Griddle pan
- ✓ Spatula
- ✓ Bowls

Appliances

- ✓ Stove

Bakeware

Other

Pre-Class Mise en Place and Notes

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- 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 if possible
- Please pre-measure ingredients
- We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

Notes:

- At the end of this class you will have a generous helping of hibachi to enjoy
- Storing or freezing: Store in refrigerator up to 5 days

Hibachi

Yield 2 servings

For the hibachi fried rice

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- 1 cup cooked long grain rice (cooked ahead of time and refrigerated)
- 1/2 tablespoons vegetable oil
- 1/4 cup white onion chopped
- 2 large eggs whisked
- 1 tablespoons butter cubed
- 1 tablespoons soy sauce

For the hibachi vegetables

- 1/2 tablespoon vegetable oil
- 1/4 teaspoon sesame seed oil
- 1/4 large white onion strips
- 1/4 large zucchini battonet
- 4 mushrooms halved
- 4 florets broccoli
- 1/4 bell pepper sliced
- 1/4 tablespoon butter cubed
- 1/2 tablespoons soy sauce
- 1 dash pepper

For the noodles

- 4 oz cooked lo mein noodles (Pre cooked and oiled)
- 1 tbsp soy sauce
- 1 tsp oyster sauce
- 1 tsp garlic minced
- 1 tbsp sesame oil
- 1 tsp grated fresh ginger
- 1 tbsp sliced green onions

For the hibachi beef and shrimp

- 4 oz beef tenderloin tips cut into 1" cubes' (Any tender cut will do)
- 4 oz shrimp peeled and cleaned
- 1 tablespoon vegetable oil
- 1 teaspoon sesame seed oil
- 1 tablespoon butter cubed
- 1 tablespoon garlic minced
- 1 tablespoons soy sauce
- 1 teaspoon fresh lemon juice
- 1 dash pepper

For the hibachi bean sprouts

- 1/2 tablespoon butter
- 1/2 tablespoon soy sauce
- 1/2 cup bean sprouts

Carrots

- 2 each carrots peeled and cut on an angle. (Pre cooked until just soft)
- 1 tb brown sugar

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- 1 tb butter

DIRECTIONS

Hibachi Fried Rice

1. Heat vegetable oil. Add onion and brown slightly. Move the onion to the side. Add eggs, lightly scramble. Add rice and butter. Cook for 3 minutes, stirring frequently. Add soy sauce and cook an additional minute

Hibachi Veggies

1. Heat the vegetable and sesame oil. Add onion, zucchini, pepper, mushrooms, broccoli, butter, soy sauce, salt, and pepper. Cook veggies until just tender

Hibachi Noodles

1. Heat oil. Add garlic and ginger and cook. Add onions, noodles, and sauces. Heat through

Hibachi beef and shrimp

1. Heat vegetable oil and sesame oil on the griddle. Add garlic and cook until just soft. Add beef to sear. Add shrimp to sear. Add soy sauce, butter, lemon juice, and pepper

Hibachi Bean Sprouts

1. Melt butter. Add soy sauce and bean sprouts. Cook for 1-2 minutes

Hibachi Carrots

1. Blanch carrots in boiling water until just starting to soften
2. Mix in sugar and butter
3. Place carrots on griddle and heat through

Chef John's Yum Yum Sauce

Ingredients:

- 1 cup Mayo
- 1 TB Ketchup
- 1 ½ Tsp rice vinegar
- 1 Tb Mirin
- 1 Tsp garlic powder
- ½ Tsp paprika

Directions:

1. Mix and serve

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