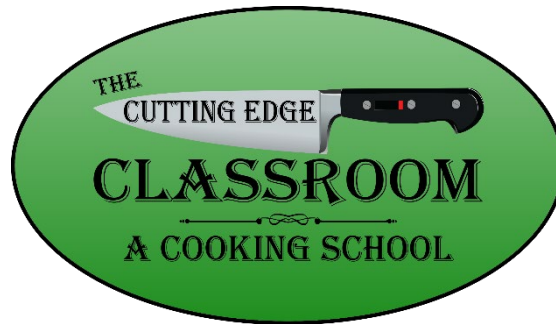


Class Date and Time: April 29, 2021, 6:30PM-8PM ET  
Contact Person/Company: Lori Rosen, Bethavodah  
Contact Phone Number: 617-877-9068  
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## Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

### The Menu Hibachi

Email: [jalunnijr@gmail.com](mailto:jalunnijr@gmail.com)  
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### **Ingredient Shopping List**

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

#### **Proteins**

- ✓ 8 oz chicken cubed (Tender cut such as tenderloin or sirloin/ribeye)
- ✓ 6 oz salmon fillet (Can sub any protein, tofu, 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**

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### **Equipment Needed**

**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**

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**Pre-Class Mise en Place and Notes**

- 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

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## Hibachi

### Yield 2 servings

#### For the hibachi fried rice

- 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 chicken and salmon

- 8 oz chicken breast cut into 1 inch cubes
- 6 oz salmon fillet
- 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

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### **Carrots**

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

1. Heat vegetable oil and sesame oil on the griddle. Add garlic and cook until just soft. Add chicken to sear. Add salmon 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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