



Date: Tuesday, December 2nd, 2020

Time: 5:00pm (EST)

Menu

Appetizer

Tempura Sweet Potatoes & Mixed Vegetables

Pineapple Coconut Sauce

Common Kitchen Tools	Food	
<ul style="list-style-type: none"> <input type="checkbox"/> Small bowls (2) <input type="checkbox"/> Medium bowl (4) <input type="checkbox"/> Small pot (1) <input type="checkbox"/> Medium pot (1) <input type="checkbox"/> Slotted spoon (1) <input type="checkbox"/> Stove <input type="checkbox"/> Cutting board (1) <input type="checkbox"/> Chef Knife (1) <input type="checkbox"/> Baking trays (1) <input type="checkbox"/> Cooling rack (1) <input type="checkbox"/> Serving plate (2-4) <input type="checkbox"/> Ramekin or small sauce bowl (1) 	<p style="text-align: center;"><u>Grocery List</u></p> <p>Vegetables</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sweet potato <input type="checkbox"/> Zucchini <input type="checkbox"/> Yellow squash <input type="checkbox"/> Broccoli <input type="checkbox"/> Cauliflower <p>Wine, Spirits & Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> Orange juice <input type="checkbox"/> Pineapple juice <input type="checkbox"/> Coconut milk <input type="checkbox"/> Soda water <input type="checkbox"/> Ice 	<p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy cream <p>Pantry</p> <ul style="list-style-type: none"> <input type="checkbox"/> Curry, yellow <input type="checkbox"/> Sugar, light brown <input type="checkbox"/> Coconut, toasted flakes <input type="checkbox"/> Oil, vegetable or canola <input type="checkbox"/> Baking powder <input type="checkbox"/> Flour, rice (optional) <input type="checkbox"/> Flour, all purpose <input type="checkbox"/> Corn starch <input type="checkbox"/> Honey <input type="checkbox"/> Olive oil <input type="checkbox"/> Salt <input type="checkbox"/> Pepper

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Recipes

Tempura Vegetables *Pineapple Coconut Sauce* *Servises: 2-4 people*

Pre-Class Prep

To get ahead, feel free to have all knife cuts done in advance!

Ingredients

1 qt vegetable oil

Suggested Vegetables

1 sweet potato
1 zucchini (sliced)
1 yellow squash (sliced)
Broccoli (florets)
Cauliflower (florets)

Tempura Batter

½ cup ap flour
½ cup corn starch
½ cup rice flour (optional)
1 tsp baking powder
1 tsp salt
2 cups ice
½ -1 cup soda water

Pineapple Coconut Sauce

4oz heavy cream
4oz coconut milk
1 tsp yellow curry
6oz pineapple juice
2 tbsp orange juice
½ tsp brown sugar
Toasted coconut (as needed)

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Steps

- Using a medium size pot, preheat 1qt of vegetable oil over medium heat (375 degrees)

Sauce

- Starting in dry pan, add curry and allow to toast for 2-3 minutes
- Add pineapple juice and orange juice. Allow to reduce by $\frac{3}{4}$
- Add brown sugar, coconut milk and cream bring to a simmer, allow to cook out for 3-5 minutes
- Adjust seasoning with salt and pepper
- If needed add $\frac{1}{2}$ tsp of slurry to thicken

Tempura

- For this step you will need two bowls.
- **1st bowl:** add ap flour and salt. Mix well using a rubber spatula
- **2nd bowl:** Using a medium bowl add corn starch, ap flour, rice flour, salt and baking powder. Mix well
- While continuing to mix add the ice
- Adding $\frac{1}{2}$ cup at a time, add soda water while stirring with a rubber spatula

Chef Note: Do not use a whisk, only a rubber spatula or spoon. As you're mixing, do not break up the clumps.

Cooking

- Starting with bowl 1, dip your vegetables in the flour. Shake off excess flour and place into bowl 2
- Make sure each vegetable is completely coated with the batter
- Next place the vegetable in the hot oil

Chef Note: bring the bowl with you to the stove and drop the tempura in the oil carefully

- Using a slotted spoon, turn the tempura. Cook for 2-3 minutes or until golden brown
- Once done, use a slotted spoon to remove and place on a paper towel or rack to drain and slightly cool
- Once finish, season with salt and pepper
- Serve