



Asian Inspired Dinner Class Preparation

Equipment: These are the tools that will be needed to complete this class. I am including links to my favorites, but, whatever you have at home will do. If you do not have something, reach out and ask me before buying. There is frequently a way to do the job without a specific tool.

Chef's knife	Mixing bowls (variety of sizes)
Wok (I recommend either carbon steel or cast iron, though whatever you have will work)	Whisk
Cutting Boards	Measuring spoons
Citrus Juicer	Measuring cups, liquid and dry
Tea towels or paper towels (for pressing tofu)	Large pot lid (if your stir fry pan/wok doesn't have a lid)

Prep: This is the mise en place or preparation needed to be completed before the class. If this is not completed, it will be impossible to keep up with the class. This class has no prep video. Each of you will prepare your base for your stir fry, and clean/prep whatever vegetables you choose for your stir fry.

- Prior to class, please prepare whatever base you will use for your stir fry. This could be white or brown rice, cauliflower rice, buckwheat ramen, rice noodles, veggie noodles (I like sweet potato here). If you want input on the best technique please let me know, I'm happy to help. With the buckwheat ramen and rice noodles, they can be prepared ahead of time, rinsed in cold water to stop the cooking and then stored. Just run them under hot water before using, to separate them. They will heat up in the wok with your stir fry. Rice, cauliflower rice or veggie noodles can be made or prepped earlier in the day and stored in an airtight container.
- Prior to class, prep whatever vegetables you will be using in the stir fry. The shape is up to you, just make sure that the pieces are about the same size so that they will cook evenly. I like them to be bite sized or smaller, about ½ - 1" each. Place each prepped vegetable in it's own bowl so that we can add them according to how long they will take to cook.
- Wash all produce prior to class, especially the butter lettuce.

**See back of page.*

*All other produce will be prepped during class.

*Have all equipment out and ready to use for class.

*For more recommendations on my favorite equipment visit "[My Favorite Products](#)" on the [Cook Colorful](#) website.