

Cooking Thyme with Stacie

SHARING THE JOY OF  COOKING & HOSPITALITY

Muy Delish
Friday, June 3, 2022
5 – 6:30 pm EST

Menu
Bulgogi Tacos
Korean Crema
Asian Fruit and Cabbage Slaw
Cilantro Lime Rice
Spicy Pineapple Margarita

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Shopping List

Dairy

- ½ cup Mexican crema or sour cream

Pantry

- ¼ cup soy sauce
- 2 TB brown sugar
- 1 TB rice wine
- 1 TB sesame oil
- 2 ½ TB gochujang
- 2 TB rice vinegar
- 1 TB olive oil
- 1 cup long grain rice
- 2 cups chicken broth
- 8 flour tortillas

Produce

- 1 Asian pear (or substitute Fuji apple)
- ½ TB minced garlic
- ½ TB minced fresh ginger
- 3 cups red cabbage, shredded
- 1 mango, chopped
- 1 bunch fresh cilantro
- 5 limes
- 1 jalapeño

Protein

- .75 pounds thinly sliced ribeye (see photo below)

Spices

- ½ TSP black pepper
- Kosher salt
- Chili powder

Specialty

- ¼ cup tequila
 - ¼ cup orange juice
 - ½ cup pineapple juice
- *Ingredient list is for 1 cocktail, adjust quantities if you make additional cocktails**



This is the type of meat I buy. If you cannot find it at the international grocery store, you can buy a ribeye or flank steak. Freeze it for 30 minutes and then cut very thinly.



This is the Korean condiment gochujang. It is fairly common and you be able to find it in the Asian section of the grocery store.

Equipment

Pots and Pans

- Large non-stick skillet

Utensils

- Box grater or microplane
- Cocktail shaker or jar with a lid
- Chef's knife
- Cutting board
- Measuring cups and spoons
- Mixing bowls
- Whisk

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- If you did not purchase the meat already sliced, freeze your meat to facilitate cutting it very thinly

Bulgogi Tacos

Makes 8 tacos

.75 lbs sliced rib-eye**

Marinade

¼ cup soy
¼ of an Asian pear, shredded
2 TB brown sugar
2 TB warm water
1 TB rice wine
1 TB sesame oil
1 TB gochujang
½ TSP black pepper
½ TB minced garlic
½ TB minced fresh ginger

Asian Slaw (see recipe)

Korean Crema (see recipe)

8 soft taco flour tortillas

In a medium bowl, whisk together the marinade ingredients. Add the beef slices and toss to coat. Cover. Set aside for 20 minutes.

In a large non-stick pan, spray with cooking spray and heat the pan to medium heat. Remove the slices of beef from the marinade with tongs. Allow the marinade to drip off before placing in the pan. (If you have purchased the meat from the Asian grocery store, the slices are paper thin.)

Place the pieces on meat in a single layer. Sear for 1 minutes on the first side, flip. Cook and additional 30 seconds and remove to a plate. Continue to cook the meat in batches until all the meat has been cooked. (To make this a bit faster, I use 2 pans)

If you have a gas stove top, I recommend you heat the tortillas directly on the burner. It gives t a nice char. Otherwise you can wrap in paper towels and heat 30 second in the microwave, or wrap in foil and heat for 10 minutes in a 350° oven.

To serve, pile the meat on the tortilla, top with the Asian slaw and crema. Garnish with lime wedge and extra cilantro.

Asian Cabbage and Fruit Slaw

3 cups red cabbage, shredded
3/4 Asian pear, cored and chopped**
1 mango, chopped
1/2 cup fresh cilantro, chopped
Juice from 1 lime
2 TB rice vinegar
1/4 TSP salt

In a medium bowl, combine all the ingredients and cover. Refrigerate until ready to use.

** I use the other 1/4 of the Asian pear in the marinade for the Bulgogi Tacos.

Korean Crema

½ cup Mexican crema or sour cream
1 ½ TB gochujang
1 Tb lime juice

Whisk all ingredients in a small bowl and chill until serving.

Spicy Pineapple Margarita

Juice from 1 lime
1 Slice of jalapeño
¼ cup orange juice
½ cup pineapple juice
¼ cup tequila
Salt and chili powder for the rim

To prepare the glass, rub the rim with fresh lime juice. Dip the rim of the glass in a mixture of 1 TSP Kosher salt and ¼ TSP chili powder.

In a cocktail shaker, muddle the slice of jalapeño and lime juice. Add the orange juice, pineapple juice, tequila and a cup of ice cubes. Shake vigorously for 30 seconds. Strain and pour over ice. Garnish with a slice of jalapeño and fresh pineapple.

Cilantro Lime Rice

1 TB olive oil
1 cup long grain rice
2 cups chicken broth
Zest and juice from 2 limes
¼ cup cilantro, chopped

Heat the olive oil in a medium saucepan over moderate heat. Then pour in the rice and gently stir for about 1 minute. Pour in the chicken broth and the zest and juice from 1 lime. Stir well. Bring the mixture to a boil. Reduce the heat and cover. Simmer for 15 - 20 minutes until the liquid is absorbed. Remove from the heat and fluff with a fork. Stir in the cilantro, zest and juice from 1 more lime and serve.