

1 Hour Asian Bistro

Menu

Oven Baked Cream Cheese Wontons with Sweet Chili Dipping Sauce

Instant Pot Chicken Pho

To access the class video please copy and paste the following link into your browser:

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Shopping List

Dairy

* 4 ounces cream cheese

Pantry

* Cooking spray
* 2 TB olive oil
* 3 TSP chicken bouillon (I use Better Than Bouillon)
* 1 TB brown sugar

Produce

* 1 bunch green onions
* 1 large yellow onion, halved
* 2 pieces of ginger, about 3” each in length
* 1 hot red pepper
* 1 lime
* 1 bunch fresh cilantro
* 1 bag bean sprouts

Protein

* 4 chicken thighs, skin removed, bone-in

Spices

* ¼ TSP garlic powder
* ¼ TSP salt
* 1 TSP whole fennel seeds
* 4-star anise
* 1 TSP black peppercorns
* 1 cinnamon stick
* 4 cardamom pods

Specialty

* Sweet chili sauce for dipping
* Wonton wrappers (I find these either in the American grocery in produce section, or at the Asian grocery store in the frozen aisle – I prefer these)
* 3 TB fish sauce (I buy Red Boat brand)
* 8 ounces rice noodles (Look for Bành Pho as the type)

Equipment Needed

Baking

* Rimmed baking sheet

Electric

* Hand mixer
* Instant Pot

Pots

* Large pasta pot

Utensils

* Chef’s knife
* Cutting board
* Measuring cups and spoons
* Ladle
* Sieve
* Cheesecloth

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.

* **Bring out chicken to bring to room temperature**
* **Thaw wontons if you bought them frozen**

Baked Cream Cheese Wontons

Makes 12 (easily doubled)

4 ounces cream cheese, softened

¼ TSP garlic powder

¼ TSP salt

1 green onion, chopped fine

12 wonton wrappers

Sweet chili sauce for dipping

Green onions sliced for garnish

Preheat oven to 400˚ F.

Spray a rimmed baking sheet with cooking spray. Set aside.

In a medium bowl, beat the cream cheese, garlic powder, salt and green onions with a hand-held mixer until light and fluffy.

Place 1 heaping teaspoon of cream cheese mixture in the middle of a wonton wrapper. Wet the edges of the wonton with water. Fold diagonally in half and gently press the edges together. Repeat.

Place the wontons on the baking sheet. Spray with cooking spray.

Bake 6 minutes on the first side, flip. Spray the back sides of the wontons with additional cooking spray. Bake 6 more minutes, or until lightly browned.

Remove from oven and serve with dipping sauce.

Instant Pot Chicken Pho

Serves 4

2 TB olive oil

1 large yellow onion, halved

2 pieces of ginger, each about 3” each in length (the length of your thumb), sliced

1 TSP whole fennel seeds

4-star anise

1 TSP black peppercorns

1 cinnamon stick

4 cardamom pods, cracked open

3 TB fish sauce

½ TSP salt

1 TB brown sugar

4 chicken thighs, skin removed, bone-in

6 cups water

3 TSP chicken bouillon

1 bunch fresh cilantro

For garnish: 1 spicy red pepper, sliced, bean sprouts, lime wedges and cilantro

8 ounces rice noodles

Turn the Instant Pot to the sauté function. Add the olive oil. Once the oil is hot, place the onion halves cut side down. Toss in the sliced ginger. Cook about 5 minutes until the ginger and onions are browned.

Pour in the water. Add the fennel, star anise, peppercorns, cinnamon stick, cardamom, fish sauce, salt, sugar and ¼ of the cilantro bunch. Stir well. Next add the chicken thighs.

Place the lid in the locked position and cook on high pressure 15 minutes. It will take about 5 additional minutes to come up to pressure.

Once finished, allow the pot to naturally release 5 minutes, then pop the valve to release the pressure.

While the soup cooks, bring a large pot of salted water to boil. Cook the rice noodles about 5 minutes, then drain. Rinse with cold water, set aside.

Remove the chicken thighs to another bowl and remove the chicken from the bones and shred the meat.

Strain the broth into a fine mesh sieve lined with cheese cloth. Discard the solids.

Place the chicken evenly in 4 large bowls, add the cooked noodles. Pour over the hot broth. Garnish with more cilantro, peppers, bean sprouts and a lime wedge.