

## How to Prep for A Taste of Thai: Chicken Curry

CHEF JAMIE CALLISON: My name is Jamie Callison and I'm the executive chef for the school of hospitality and business management and today we're here to talk about mise en place. Mise en place is a very important term for culinarians and also for people at home. Whether it's cooking or your daily life, mise en place means everything in its place. And so when we're getting ready to do a recipe it's important that we have everything cut, everything organized, and also everything put together in the same order that we're going to cook or prepare that item. So as we move forward we're not trying to guess did we forget this product, did we forget to put this in, and it really helps us to stay organized and so, today we have our ingredients here for our chicken curry and we've lined everything up as if it's going to go in the pan. So we're going to start with a little bit of our coconut milk here and our curry. And then we're going to add in our sugar and our cream and then our chicken our carrots go in, and then after those cook for a little while we'll put in our potatoes and then our zucchini. And it's important that I have everything lined up like I was saying here and already cut. Because what happens a lot of the time is you go to cook something, and then you look down and you realize that maybe something's getting a little too brown and you're ready for that next step in cooking, but your product's not there and you're not ready. So it's very important as you're moving forward that you have those things lined up, and you have everything cut, ready to go. So today, we're gonna go talk a little bit about the Thai basil, how to chiffonade that. And the carrot... and then how to cut a carrot, and again, if you can see, our product it's all beautifully laid out here and I did these in white bowls, of course you can do these in any kind of containers that you have. And we really hope that for these next segments that you actually will cook with us at home and follow along and that this will be a fun adventure for all of us. So we have our peeled, washed and peeled carrot. We do a technique that's called oblique, it's basically kind of it's just kind of uh rough cut. I use this cut for stews and different things where I don't just that sliced carrot in there. And what we do is we actually take the knife and we do a cut like this, and then we turn it, and then we do another cut. And then we turn it and do another cut, and we keep on, so we're basically going turning like this, and going back and forth. And if you noticed, why I'm doing that cut, I've talked about this in my other demos before, but I'm using the claws, so I'm definitely holding the knife correctly and really keeping making sure the knife I'm not going to slip here. So we just turn...and we're, each time we're cutting, we're turning and we end up with this really unique cut, and that's a fun cut for in there, just, you don't have everything just flat and everything the exact same size. So for our... Thai Basil, what we're going to do is, these leaves, we've already washed these. We're going to take these, and we're going to chiffonade. So basically you take the leaves like this. Set them down flat, and then you roll them. Just like this. Then you hold those really tight. We want to do this a little closer to the time that you're finished cooking your curry because those leaves will turn brown. So, again, for the mise en place I have everything for my, it sounds very type A, but everything from my coconut milk open to everything measured out...potatoes, really important that if you're going to cut your potatoes ahead of time that we actually put these in water. All of these items can be done before you go to work. Really this stuff can be done before you go to sleep at night and then you wake up the next morning, go to work, and then you come home and everything's prepared. Mise en place really helps and I do this at home all the time. Get everything cut, ready to go. Potatoes, because they'll oxidize, very important to put the potatoes in some cold water, and you can put these in water over night, and you'll lose a little bit of the starch content, but still it will make your day a lot easier, and make your cooking process go a

lot easier. And I've always believed that cooking should be fun. I've been cooking professionally for 35 years, I still love it, and I think I still love it because I organize it in a way that I make it fun.