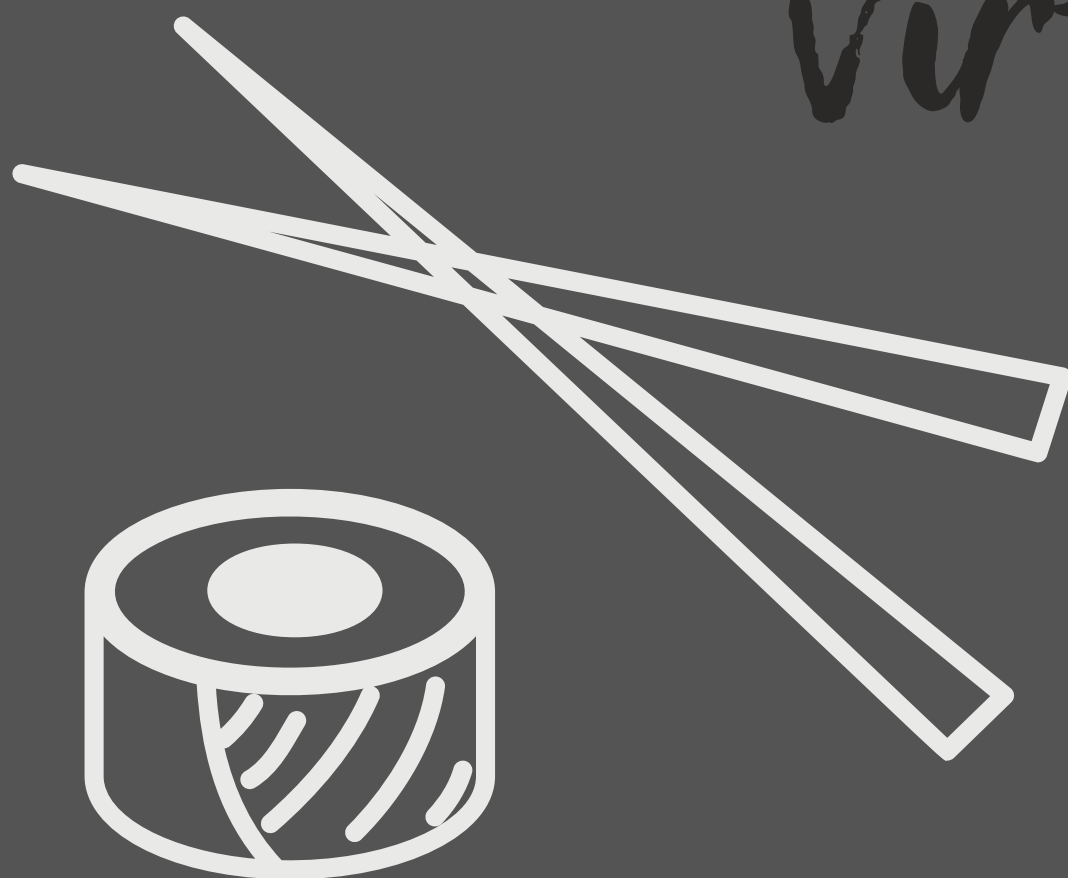




COOKING WITH DANIEL LAGARDE

# Olympic Day Virtual Cooking Event

Wednesday, June 23 @ 6:00PM Pacific





# I'm Daniel!

## *Welcome to the Kitchen Circuit Cooking Class*

Daniel LaGarde is the Regional Chef for Eurest working with a talented team of chefs at Ingredients Cafes. He was exposed to the culinary industry as a very young boy, coming from a Québec family that was immersed in the business.

Chef LaGarde was schooled at the Culinary Arts in Québec, and later received his Bachelor of Science of Hospitality Management at Sullivan University.

Chef LaGarde has appeared across the U.S., Australia, Japan and Canada on television, radio, in industry magazines and as a guest chef at regional festivals.

In his spare time, he enjoys golfing, ice skating, cooking and spending time with his family.



# Class Details

Olympic Day is Wednesday, June 23. Utilizing the spirit of the Olympics, our goal is to educate and draw our employees to food offerings that fuel both their physical and cognitive performance. Our goal is to encourage our employees to try new global foods, learn about the science of proper fueling, and how what you consume directly impacts your performance.

To celebrate Olympic Games Tokyo 2020, now occurring in 2021 we will be hosting a Japanese cuisine-themed virtual cooking class. Chef Daniel will demonstrate and teach the class how to make Sushi and Sunomono Salad (Cucumber Salad). Additionally, Exos will be on hosting to educate on the science of proper fueling!

Want to cook along with Chef Daniel and learn something new from Exos? Check out the equipment list and recipes in this booklet!

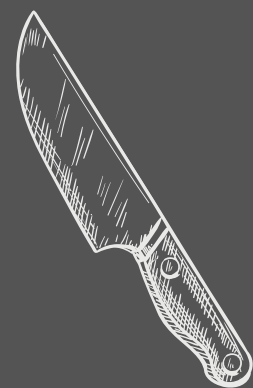
Sign up today: <https://meetup.intel.com/39305/35>



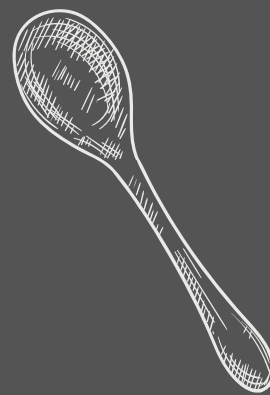
# Equipment List- Sushi



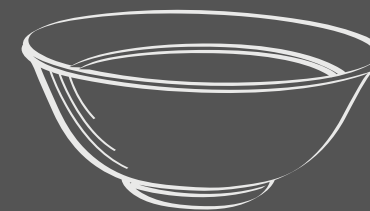
Rice cooker  
or  
Saucepan



Sushi or  
Chef  
Knife



Wooden Spoon or  
Spatula



Wooden  
Bowl or  
Glass Bowl

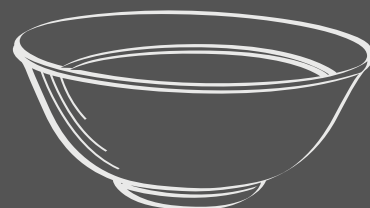


Bamboo  
Sushi Mat

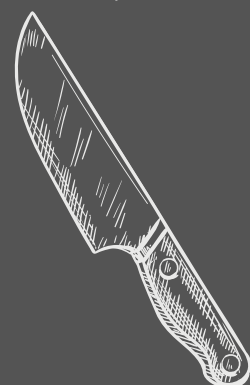


Mixing Bowl (2)  
& Whisk

# Equipment List- Japanese Cucumber Salad



Mixing Bowl



Sushi or  
Chef knife

# Sushi Rice

(20 servings)

## Ingredients:

- 3 cups Short grain Japanese rice, rinsed
- 1/3 cup Rice vinegar
- 2 TBSP Granulated sugar
- 1 tsp Kosher salt

## Method:

1. Rinse the rice several times discarding the water throughout. Combine the rice with 3 1/4 cups water in a rice cooker. (Use saucepan if no rice cooker available)
2. Combine the vinegar, sugar, and salt in a saucepan over medium heat, stirring to dissolve the sugar.
3. Transfer the cooked rice to a large wooden bowl or glass. (do not use Stainless steel)
4. Drizzle one third of the vinegar mixture over a wooden spoon or spatula onto the rice.
5. Fold the rice gently with the spoon to cool it and break any clumps, be careful not to smash the grains.
6. Fold in the remaining vinegar mixture and let the rice sit for 5-8 minutes. Spread the rice.

# Sushi Preparations

## Ingredients:

- 10 ea Nori Sheet (dried seaweeds), halved
- 1/4 cup Sesame seed, pre-toasted
- 1 ea English cucumber
- 1 ea Avocado
- 4 oz Sushi grade raw Salmon fresh
- 2 TBSP Wasabi paste
- 1/3 cup Pickled Ginger
- 1/3 cup Soy Sauce
- 1 cup Dynamite sauce

## Dynamite Sauce:

In a mixing bowl, mix well 1 cup mayonnaise, 1 TBSP Sriracha sauce, 1 teaspoon sugar, 1 teaspoon soy sauce

## Additional Filling Options:

- Cream Cheese
- Carrots
- Green Onion
- Crab
- Sushi Grade Tuna
- Tempura Shrimp
- Smoked Salmon



# Sushi Preparations

## Method:

1. Rinse the rice several times discarding the water throughout. Combine the rice with 3 1/4 cups water in a rice cooker. (Use saucepan if no rice cooker available)
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5. Fold the rice gently with the spoon to cool it and break any clumps, be careful not to smash the grains.
6. Fold in the remaining vinegar mixture and let the rice sit for 5-8 minutes. Spread the rice.

# - Japanese Cucumber Salad (Sunomono)

(4 servings)

## Ingredients:

- 1/4 tsp           Kosher Salt
- 1 each           English Cucumbers (hot house)
- 1/4 cup           Rice Vinegar
- 1 tsp             Granulated Sugar
- 2 TBSP           Sesame Seed, Pre-Toasted

## Method:

1. Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a sharp knife or mandoline, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture.
2. Combine vinegar, sugar, and salt in a medium bowl, stirring to dissolve. Add the cucumbers, toss well to combine, and let sit for 30 minutes. Add sesame seeds and serve immediately.





DINING SITE

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