

Class Project : Sharing A Recipe

Tomoko Iakawa

Dear Ms.Cai

I wrote a recipe about Japanese Food "Tonkatsu" below. Could you please check my sentences?

•Youtube link

https://youtu.be/H_X9DtGvB4E?si=hCkY_9n7Kd1m39Y2

•Cooking steps

1 First, put the pork loin on the cutting board and cut to tender with a knife. It will be small when fried.

2 And then, beat the pork with knife. Because pork will be soft.

3 After that, sprinkle salt and pepper on the pork on both side.

4Then, pour the 2 eggs, a little water and a little flour into the bowl. Mix them all with a whisk.

5 Pour a little bread crumbs into another plate.

6 Pour the oil into the pot and heat until 170 °C.

7 Deep fry the pork with the oil for a few minutes.

Finally, take out the pork and cut with a knife. Put the Tonkatsu on a plate. Serve it hot.

Sincerely

Tomoko Iakawa



Monica Chang

https://youtu.be/dviJw3vp_gCDIHh/wC2pS9tkVfg?si=XF

Venezuela arepa 🍲 recipe

1. In the bowl add 2 cups of water , 1/2 tps sal and 2 cups of corn flour
2. Knead with your hand for 1 minute until the dough not stick to your hand
3. Let rest for 1 minute
4. Make a ball then flatten the dough
- 5 In the frying pan put the dough and let it cook for 5 minutes on each side on low heat
6. Fill the arepas with cheese and ham.



Elena Semiletova

OATMEAL COOKIES

Ingredients:

Flour 1 cup
oat flakes 1 cup
melted butter 2 tablespoons
eggs 2 ones
baking powder 1 teaspoon
sugar 4 tablespoons
honey 1 tablespoon
raisin 1 cup
salt 1 teaspoon
ground cinnamon 1 teaspoon



https://www.youtube.com/watch?v=A_WdUsCIew0

First, mix flour, oat flakes, baking powder, salt, cinnamon and raisins in a bowl

Then, beat the butter with sugar in another bowl.

After that, break the eggs into a bowl and add honey.

Next, mix everything together.

Then, pour dry ingredients out of the first bowl into the second one and mix it.

Finally, form small cakes and lay them on the baking tray and bake in the oven for 20 minutes at 380 degrees.

Bon appetit.

Elena Semiletova

Valeriy Oksak

Dear Ms. Cai,

Here is my homework.

Chicken Kiev

[Единожды попробовав эти котлеты по-киевски, вся семья полюбит их навсегда!!](#)
[Appetitno.TV - YouTube](#)

Ingredients:

- chicken filet;
- butter;
- parsley;
- lemon juice;
- salt;
- black pepper;
- flour;
- water;
- breadcrumbs;
- oil



1. First, take butter, put some parsley into it and mix.
2. Then pick a sausage and put it into the freezer for half an hour.
3. After that, cut this sausage into quarters.
4. Cut the chicken filet in half lengthwise.
5. Then, beat the filet, add salt and black pepper.
6. Mix flour and water.
7. Wrap the cold butter with the filet, then dip into the batter and after that, roll in breadcrumbs twice.
8. Fry in oil, then, put in the oven preheated to 180 degrees.
9. Serve with salad.

I hope that you will enjoy this dish.

Sincerely

Valeriy Oksak

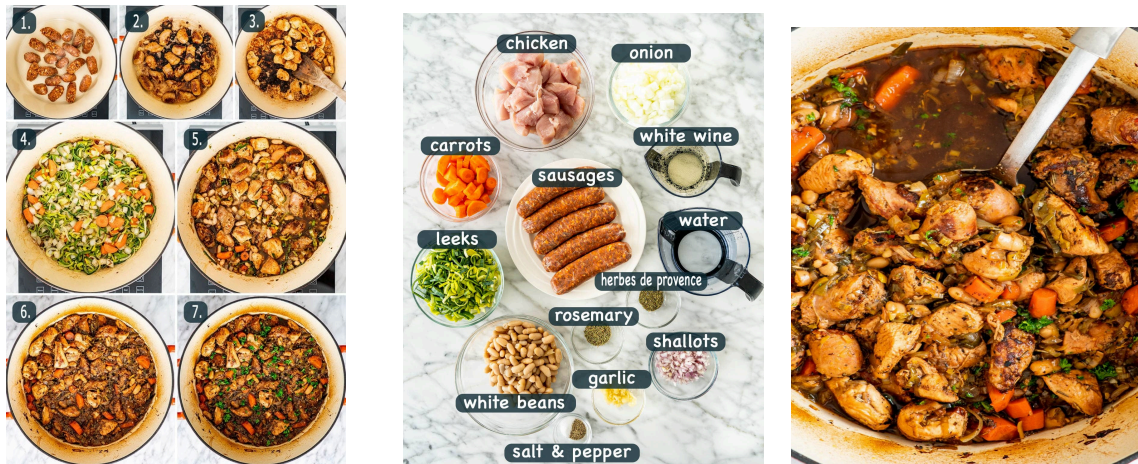
Andrew Sales

This **Classic French Cassoulet** is a classic and simple yet delicious casserole with beans, pork sausage and chicken breast. Served with a french baguette and salad.

https://youtu.be/uOL-IgFC61c?si=UeG6flcKldTpZ_rq

What is French Cassoulet?

Forget the French name for a moment, cassoulet is simply casserole. It's rich, cooked low and slow, and full of chicken, beans, and pork. Unlike the casserole Canadians and Americans are so familiar with, French cassoulet is prepared in a dutch oven and does not include any creams, canned soups, fried onions as garnish, or any breakfast cereals (ahem, corn flakes).



The actual dish itself is not difficult to make, it just takes time. So in the interest of making this recipe as easy to follow as possible, let's break it up into some steps.

Sausages – I used Italian pork sausages for this recipe as it was the easiest kind to find. Usually Toulouse sausage is most commonly used in traditional french cassoulet, a sausage made from a blend of pork and duck meat.

Chicken breast – I used boneless and skinless chicken breast but thighs can be substituted if that's all you have.

Salt & pepper – To taste.

Veggies – The veggie base of this dish is leek, carrot, shallots, and onion. If you have trouble finding leeks, more shallots can be used in their place.

White wine – I like to use a dry white wine such as a sauvignon blanc or pinot grigio.

Garlic – Lots of fresh garlic is crucial to the flavor of this dish. If minced is all you have, 1 1/2 teaspoons is equivalent to one fresh clove.

White beans – We want the mild flavor and texture of white beans specifically, so substitutions aren't recommended.

Herbs – I used dried rosemary and herbes de provence; a spice blend with lavender, oregano, basil, mint, fennel seeds, etc. It can be found in most grocery stores.

Parsley – For garnish.

How to prepare your French Cassoulet:

Prepare your oven: Set to 325 F degrees.

Brown the protein: In a dutch oven or heavy bottomed sauce pan, brown the sausages whole. I prefer a smaller bite so I dice them up in pieces. Remove them once browned and place chicken

breasts that have been cut into bite sized pieces in next, seasoned with salt and pepper, until they too are cooked through. Remove and set aside.

Saute veggies: Add onion, carrot, and leeks to the pot in the residual sausage fat and cook until tender, about 4 minutes. Then add the shallots and garlic and saute for an additional minute.

Finish the cassoulet: Deglaze the pot with your white wine, being sure to scrape up as many brown stuck bits as possible. Return the protein to the pot and add beans, herbs, water and seasoning. Bring to a simmer then cover and transfer to the oven to bake for 2 hours. Garnish with parsley and serve.

Storing Cassoulet

French cassoulet is a dish whose flavors develop better the longer it sits, to a point. If refrigerated in an airtight container it should last up to **4 days**, with its flavor peaking around the third day.

To freeze, transfer the casserole to an air tight container and allow to fully cool before freezing to ensure it lasts up to **3 months**.

Tips For Making The Best Cassoulet

Duck breast is a rich, delicious substitute for chicken in this dish and is quite true to the original French recipe.

Want more flavor? Try adding bay leaves before placing the dish in the oven, just be sure to remove them before serving.

You can also use dried cannellini beans, just make sure to soak them overnight in water. This is a great way to bring even better texture and flavor to your French cassoulet.

If you just can't find toulouse sausage anywhere and would like to be as authentic as possible, this recipe will replicate it nicely.

Ingredients

- 4 links Italian pork sausages (or similar, whole or cut into smaller pieces)
- 1 pound chicken breasts (boneless and skinless, cut into bite size pieces)
- ½ teaspoon salt (or to taste)
- ½ teaspoon pepper (or to taste)
- 1 large onion (chopped)
- 1 medium carrot (chopped)
- 1 leek (chopped (white and green part))
- ½ cup white wine (such as a sauvignon blanc or pinot grigio)
- 2 small shallots (chopped)
- 4 cloves garlic (minced)
- 19 ounce cannellini beans ((1 can), drained)
- 1 teaspoon rosemary (dried)
- ½ teaspoon herbes de provence
- 1½ cup water
- 2 tablespoon parsley (for garnish)

Instructions

Preheat your oven to 325°F.

Brown the sausage: In a dutch oven or heavy bottomed sauce pan, brown the sausages whole. I prefer a smaller bite so I dice them up in pieces. Remove them once browned.

Cook the chicken: Add the chicken breasts to the Dutch oven next, season with salt and pepper, and cook until the chicken is no longer pink and cooked through. Remove and set aside.

Saute veggies: Add onion, carrot, and leeks to the pot in the residual sausage fat and cook until tender, about 4 minutes. Then add the shallots and garlic and saute for an additional minute.

Deglaze pot: Add the white wine to deglaze the pot, scraping any brown bits from the bottom.

Finish the cassoulet: Return the protein to the pot and add beans, herbs, water and seasoning. Bring to a simmer then cover and transfer to the oven to bake for 2 hours.

Garnish with parsley and serve.

Notes

Leftovers: If refrigerated in an airtight container it should last up to 4 days, with its flavor peaking around the third day.

Freezing: To freeze, transfer the casserole to an air tight container and allow to fully cool before freezing to ensure it lasts up to 3 months.

Nutrition Information

Serving: 1 serving
Calories: 430kcal (22%)
Carbohydrates: 22g (7%)
Protein: 33g (66%)
Fat: 22g (34%)
Saturated Fat: 7g (44%)
Cholesterol: 102mg (34%)
Sodium: 970mg (42%)
Potassium: 619mg (18%)
Fiber: 5g (21%)
Sugar: 3g (3%)
Vitamin A: 2130IU (43%)
Vitamin C: 8.7mg (11%)
Calcium: 97mg (10%)
Iron: 3.9mg (22%)