

# HITACHI

## Inspire the Next

**Date:** Thursday, July 8<sup>th</sup>, 2020

**Time:** 4:30PM (CST)

**Location:** via Zoom

**Menu:**

- Chili Beef Slap Noodles with Red Onion, Bok Choy and Blistered Tomatoes
- Smashed Cucumber Salad with Chili Vinaigrette, Steamed Shrimp Dumplings and Pickled Fresnos

**Smashed Cucumber Salad with Chili Vinaigrette, Steamed Shrimp Dumplings and Pickled Fresnos**

For Pickled Fresnos:

4-5 fresno chiles  
Seasoned rice vinegar  
Kosher salt

For Chili Vinaigrette

½ cup soy  
⅓ cup sesame oil  
¼ cup red wine vinegar  
⅓ cup chili oil  
1 tsp sugar in the raw

For Shrimp Dumplings:

1 lb. medium jumbo shrimp, tails removed, peeled and deveined  
2 large egg whites  
2 Tbsp sambal oelek, or other Asian chili paste  
1½ Tbsp Shaoxing rice wine or dry sherry  
1½ Tbsp soy sauce  
1 ½ Tbsp fish sauce  
1 ½ Tbsp heavy cream  
1 Tbsp fresh lemon zest  
1 tsp toasted sesame oil  
½ tsp sugar  
Kosher salt  
Canola oil  
1 package store bought dumpling wrappers

### For Smashed Cucumber Salad:

6-8 Persian cucumbers  
Mint  
Cilantro  
Pickled fresnos (recipe above)  
Chili vinaigrette (recipe above)

### Recipe:

Start by making your pickled fresnos and cucumbers (this will allow them to achieve a quick pickle while you prepare the rest of your meal). Thinly slice the fresnos into thin rounds. Place in a resealable storage container. Add remaining  $\frac{2}{3}$  cup seasoned rice vinegar,  $\frac{1}{2}$  cup water, 1 Tbsp sugar and a pinch of salt to a small saucepan. Heat over medium high heat, whisking constantly, until the sugar is dissolved. Pour over the fresnos. Let cool completely.

Rinse the cucumbers and pat to dry. Remove the ends and cut in half. Place on a clean work surface and lay the blade of a large knife or flat kitchen object (a skillet or the flat-bottom of a pot works great) on top and lightly smash down on the cucumbers with your hand, lightly cracking the skin and breaking up the flesh. Repeat with remaining cucumber halves. Place cucumbers in a resealable storage container and pour over  $\frac{2}{3}$  cup seasoned rice vinegar and  $\frac{1}{2}$  cup water, submerging the cucumbers entirely. Refrigerate both cucumbers and fresnos while you prepare the rest of your meal.

Make the chili vinaigrette by whisking together all ingredients. Set aside.

Make the shrimp mousse: Slice a third of the shrimp into  $\frac{1}{4}$ -inch thick chunks. Place in a medium-sized mixing bowl and refrigerate. Add the remaining shrimp, egg whites, sambal oelek, rice wine (or dry sherry), soy sauce, fish sauce, cream, lemon zest, sesame oil, sugar and  $\frac{1}{2}$  tsp salt to the bowl of a food processor. Process until smooth.

Remove the bowl containing the sliced shrimp from the refrigerator and fold in the pureed shrimp mixture.

Heat a drizzle of canola oil in a small sauté pan over medium-high heat. Add a small dollop of the mousse to the pan and cook through, about 2 minutes. Taste and add more salt to the entire batch, if necessary.

Assemble your wontons: Place a few wonton wrappers on a clean work surface. Spoon about 1 tablespoon of the shrimp mixture into the center of each wrapper. Using your finger, rub the edges of the wrapper with water and fold the dough over the filling to create a half-moon shape, pinching the edges to seal. Repeat process until all of the shrimp mixture has been used up.

Fill a large skillet with about  $\frac{1}{4}$ -inch of salted water. Bring to a rolling boil. Working in batches, add the dumplings to the pan in a single layer. Cover and let steam until cooked through, about 5 minutes. Remove to a plate and repeat with remaining dumplings.

Remove cucumbers from the pickling liquid, cut into bite-sized pieces and place in a serving bowl. Toss with a few spoonfuls of chili vinaigrette until well coated. Remove some fresh mint and cilantro leaves from the stems and give them a rough chop (about  $\frac{1}{4}$  cup of leaves each). Add to the bowl containing the smashed cucumbers, along with some pickled fresnos and season to taste with salt. Top with some of your shrimp dumplings, or serve them on the side, with more chili vinaigrette for dipping.

## Beef Slap Noodles with Red Onion, Bok Choy and Blistered Tomatoes in a Chili Vinaigrette

### Ingredients:

5 cups all-purpose flour (610 g)  
Kosher salt  
1 ¼ cups water (295 g)  
1 lb. chuck roast  
Chili vinaigrette (recipe above)  
1 pint cherry tomatoes  
Canola oil  
1 red onion, thinly sliced  
1 head baby bok choy, thinly sliced  
5-6 cloves garlic, thinly sliced  
Mint  
Cilantro

### Recipe:

First, place your whole portion of chuck in the freezer, this will help you cut it later. To make your noodles, place flour and 1 tsp salt in the bowl of an electric mixer fitted with the bread hook attachment. Turn the mixer to low and slowly pour in the water. Continue mixing, scraping down the sides of the bowl as necessary, until the dough comes together to form a ball, about 10 minutes.

Remove dough from the mixer onto a lightly-floured work surface. Finish kneading by hand for 1-2 minutes more, until the dough ball is smooth and springy to the touch. Dust a mixing bowl with flour and transfer dough to the bowl. Cover with plastic wrap or a damp kitchen towel and let rest at room temperature for at least 1 hour.

Meanwhile, thinly slice the chuck into strips, as thin as possible. Place in a mixing bowl and toss with about ⅓ cup of the chili vinaigrette. Cover and place in the refrigerator to marinate while your noodles rest.

Once the dough has rested for about an hour, remove it from the bowl onto a lightly-floured work surface. Using a rolling pin or your hands, flatten the dough into a long rectangle, about ¼-inch thick. Cut the dough into 2 ½ - 3 inch long strips. Lightly oil a large bowl and place strips of dough into the bowl, or onto an oiled baking sheet. Cover with plastic wrap or a damp kitchen towel and let rest for at least 30 minutes more.

Meanwhile, preheat oven to 400 degrees. Toss cherry tomatoes with about 2 Tbsp of the chili vinaigrette until well coated and sprinkle with a pinch of kosher salt. Spread in a single-layer on a rimmed baking sheet and roast until tomatoes begin to blister and burst, about 10-15 minutes. Remove from the oven and set aside to cool.

When your noodles are done resting, bring a large pot of salted water to a rolling boil. Working one strip of dough at a time (leaving the rest covered), pull the dough from one end, shaping it into a long, thin noodle. Repeat with remaining dough. Place noodles, a few at a time, into the boiling water until cooked through, about 1-2 minutes. Using a slotted spoon, transfer cooked noodles to a plate. Repeat with remaining dough until all of your noodles are cooked.

Coat a large skillet (or wok if you have one) with about a tablespoon of canola oil. Once the oil is hot but not smoking, add beef to the skillet, reserving the remaining marinade. Stir fry the beef, stirring frequently, until cooked through to a medium doneness, about 3-5 minutes. Remove from skillet and set aside.

Add another drizzle of canola oil to the heated skillet and once sizzling, add in the onions, garlic and bok choy. Sprinkle with salt and stir fry the vegetables for 2-3 minutes, until beginning to soften. Add in the beef, slap noodles and remaining marinade. Toss to evenly coat and cook until beef is reheated, about 2 minute more. Season to taste with salt. Top with blistered tomatoes and some torn leaves of fresh mint and cilantro. Serve warm.