

E-book

Winter 2022 – Block 2

By Chef Anthony Go



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Cook Together, Have Fun Together!
Explore the Foodie in You!



Welcome to my class



Chef Anthony Go

RECIPES by Chef Anthony Go

1. Tortilla Soup
2. Chicken Pot Pie
3. Beef Chili
4. Beef Tenderloin
5. Hot Dog Pretzel





RECIPES BY
CHEF
ANTHONY GO





Jordan
cooking in
class





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You





Explore the Foodie in You





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Chef Anthony Go

SIMPLY DELICIOUS RECIPES

By Chef Anthony Go



Block 2 Winter 2022



THANK YOU

for joining
Cooking with Chef Anthony Go

This Block 2 E-Book is created for
Jordan
as a keepsake for
his enthusiastic participation in this program





INTRODUCTION

Please enjoy reading my e-book!
.....as I enjoy writing it.

Cook together
Have fun together

Explore the Foodie in you!

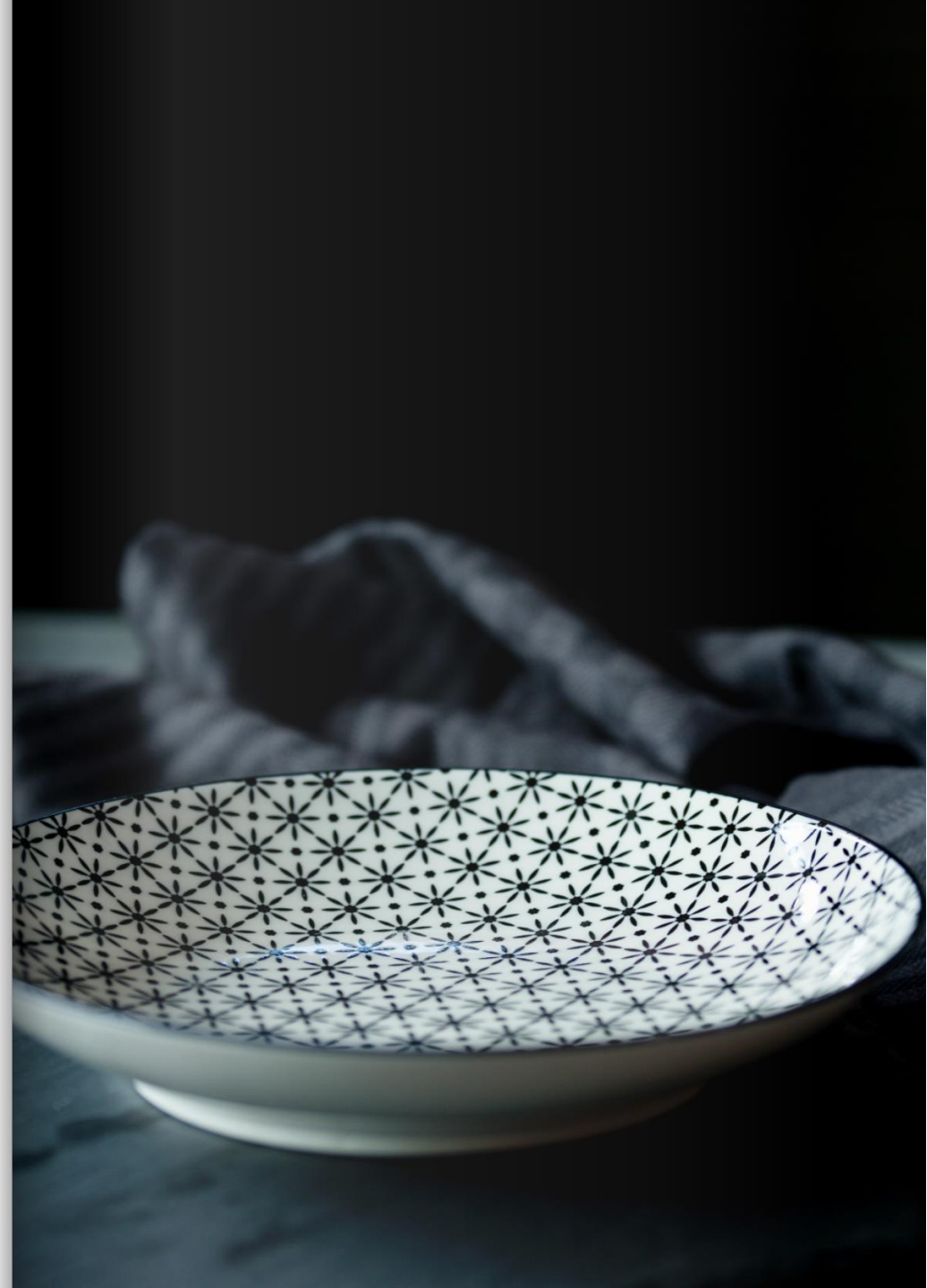
Thank you for joining my class
Let's get cooking.

Sincerely,
Chef Anthony Go



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Chef Anthony Go





SAVORY AND DELICIOUS

| Tortilla Soup | Chicken Pot Pie | Beef Chili | Beef
Tenderloin & Roast Potatoes | Hot Dog Pretzel



TORTILLA SOUP

In this recipe, we learn about making short cuts that will save time and money.

A Tortilla Soup usually begins with a base made of tomatoes, onions, cilantro, jalapeno, garlic, and other spices. By using salsa as our soup base, we shorten cooking time and enjoy the convenience of using ready made sauce.

Tortilla Soup is refreshing and comforting at the same time. It has freshness from the tomato base and beautiful fragrance from the coriander and lime. The avocado cubes provide creamy texture, hence comfort. The tortilla chips give crunchy texture to compliment the rest of the soup.

The addition of fresh corns adds sweetness that compliments the tangy lime and savory chicken broth. It is a complete meal in a bowl: protein from the chicken, lots of vegetables, and grains from the tortilla chips. Enjoy!



TORTILLA SOUP

INGREDIENTS

Makes 4 servings.

Tortilla Crunch: Store bought Tortilla chips, any kind that you like. Broken into bite size

Soup:

2 Teaspoon of Vegetable Oil

1 cup frozen corn

¼ Teaspoon Sugar

1 large tomatoes, cut into cubes

½ Jar Tostitos Salsa Dip (418 ml), choose from mild to hot according to your taste.

4 cups chicken stock (ex. Campbell's Chicken Stock 900ml)

½ lb skinless, boneless chicken thighs (2 thighs)

1 Tablespoon of Lime Juice (1-2 Limes)

Salt & Pepper to taste

Water or more stock, as needed

Toppings for serving:

1/3 cup Cilantro Leaves or parsley

1 Jalapeno pepper, slice in round thinly, ¼" (optional)

2 Avocados, cut into cubes

2 cups Shredded Monterey Jack Cheese

1 Lime, slice into 6 wedges

INSTRUCTIONS

1. Wash and dry all vegetables
2. Cut tomatoes into cubes, set aside
3. In a soup pot, Stir-fry frozen corn with Vegetable Oil, add sugar, stir fry further until soft. This gives a slight sweetness to the soup.
4. Add broth into the soup pot.
5. Put the chicken thighs into the soup. Simmer for 25 minutes until the chicken is fully cooked. Partially cover the pan.



TORTILLA SOUP

INSTRUCTIONS

6. While the chicken is cooking in the broth, prepare toppings:
 - a. Pluck the Cilantro leaves
 - b. Slice Jalapeno pepper thinly $\frac{1}{4}$ " round, remove seeds & vein to reduce heat
 - c. Peel & cut avocados into cubes
 - d. Slice 1 lime into 6 wedges
 - e. Grate cheese if necessary
7. After the chicken is cooked, use tongs to take the chicken out of soup pot. Put it on a plate to cool.
8. Add the Salsa & Tomato cubes into the soup pot. Add more water as needed. Bring to a boil.
9. Take the chicken a part using 2 forks or dice with a knife. Put back into soup pot.
10. Add salt and pepper to taste, lime juice
11. To serve: Ladle soup into serving bowl, sprinkle with cheese, add avocado cubes, jalapeno slices to taste, cilantro leaves, squeeze lime wedge, top with bite size Tortilla Chips. The lime juice brings out the flavour of the soup. The Tortilla adds crunch. If you like rich soup, add a spoonful of sour cream into your bowl. Enjoy!



TORTILLA SOUP







Chicken Pot Pie With Biscuits

In this recipe, we learn about making short cuts that will save time and money.

A pot pie usually has a white sauce, meat like chicken, and vegetables. It is topped with either a pie crust, biscuit or dumpling.

It is an easy comfort food to make, especially in the cold season.

If you are in a hurry or really hungry, use frozen vegetables. It saves you time by skipping washing, cleaning, and chopping.

You can use chicken stock or to get a better flavour you can use water infused with chicken bouillon cubes.

Let's make one.



CHICKEN POT PIE WITH BISCUITS

INGREDIENTS

Makes 6 servings

1. 1 onion
2. 2 carrots
3. 2 stalks of celery
4. 2/3 cup of butter
5. 2/3 cup all-purpose flour
6. 2 teaspoons garlic powder or 3 cloves peeled, sliced
7. 1 teaspoon salt
8. 1 teaspoon ground black pepper
9. 2 ½ cups chopped **cooked** chicken (from 6 thighs) Keep broth from boiling chicken.
10. 4 cups chicken broth - liquid from boiling chicken
11. 2 cups of milk or cream
12. 1 cup frozen peas
13. 6 potatoes, cut into bite size

1 Pillsbury Biscuits (8-10 pieces)

INSTRUCTIONS

1. Follow the package instruction and bake Pillsbury Biscuit. Set aside until use.
2. Wash and dry vegetables. Portion ingredients.
3. Dice potatoes. Skin-on. Put in boiling water. Simmer 20 minutes, until fork tender. Strain, let cool.
4. Boil chicken in 6 cups of water, let cool, cut into bite size. You can use the liquid as Chicken Broth.
5. Dice carrot, celery, onion.
6. Melt butter in a Dutch Oven pan over Medium High heat. Cook and stir-fry carrot, celery, and onion.
7. When the onions are translucent (5 minutes), add flour, salt, and pepper, stir. Cook about 1 minute.
8. Add chicken broth and milk or cream into the pan; stir to combine.
9. Bring the mixture to a boil and cook to thicken, about 3-5 minutes.
10. Add cooked chicken, peas, and cooked potatoes into the pan. Fold, cook on Medium heat for 5 minutes.
11. Transfer into serving dish. Place baked Biscuits on top and serve. Enjoy.





Beef Chili

Ingredients:

1. 2 Tablespoons of Vegetable Oil
2. 1 onion, diced
3. 1 carrot diced
4. 1 celery stalk, diced

5. 4 slices of Bacon or Turkey Bacon
6. 1 lb of lean Ground Beef
7. 1 can of Kidney Beans (540ml) white or red
8. 1 can of Diced Tomato (796ml)

9. 1 Cup of Water, use only if needed to thin out consistency
10. ½ Cup of Port Wine or Apple Juice

11. 1 Teaspoon of Garlic Powder or 2 fresh cloves sliced thinly
12. ½ Teaspoon of ground Black Pepper

13. SPICES:
 - a. 1 Cinnamon Stick or 1 Teaspoon of ground Cinnamon
 - b. 2 Bay Leaves (skip if you don't have it)
 - c. 1 Teaspoon of ground Coriander
 - d. 1 Teaspoon of ground Cumin
 - e. 1 Teaspoon of Ancho Chili (skip if you don't have it)
 - f. 1 Teaspoon of Mustard Seeds or 1 Teaspoon of Mustard (from bottle)
 - g. ½ Teaspoon of ground Cayenne (skip if you don't like spicy)
 - h. 1 Teaspoon of ground Paprika



Direction:

1. Open can beans and can tomato. Set aside.
 2. Portion other ingredients. Set aside.
 3. Wash dry vegetables. Cut into dice. Set aside.
 4. Portion Spices and Garlic Powder and Ground Black Pepper. Set aside.
 5. Cut Bacon into 1cm slices.
 6. Fry Bacon slices on Medium High until fat melted.
 7. Turn to Medium, add SPICES. Stir fry spices to intensify the flavours.
 8. Add the Ground Beef, Garlic Powder & Black Pepper. Stir fry again until brown.
 9. Add the diced vegetables. Stir to mix.
 10. Rinse beans and Strain to remove liquid. Add to pot. Stir to mix.
 11. Add can Tomato, Water, Port Wine into the pot. Stir to mix.
 12. Simmer on Medium heat, half cover for 1/2 hour until all flavours are combined.
 13. Add Salt to taste
-
1. **Take out Cinnamon Stick and Bay Leaf before serving.**
 2. Serve hot with Garlic or Corn Bread. Enjoy!



Beef

Chili





Beef Tenderloin

This recipe is for celebration; to mark any accomplishments or special events. The marinate will guarantee a beautifully browned and tender steak.

The persillade sauce is what makes this Tenderloin very special. Any left over of the sauce can be put on other protein like grilled chicken, or even a sandwich and it will brighten the taste. Enjoy!



Ingredients:

Makes servings 4 Servings (½ lb per person)

Marinate Beef Tenderloin:

1. 2 lbs Beef Tenderloin or Angus Sirloin Tip Roast – cleaned of silver skin and tied with string
2. 1 ½ Teaspoons of Salt
3. 1 Teaspoon ground Black Pepper
4. ¼ Teaspoon of Baking Soda (helps with tenderizing & browning in oven)

Roast Potato:

1. 2 lbs Red potatoes
2. 2 Tablespoons of Olive Oil
3. 4 Green Onion, minced
4. 1 Teaspoon of Garlic Powder
5. 2 Teaspoons of ground Paprika
6. ½ Teaspoon of Salt
7. ¼ Teaspoon of ground Black Pepper

Persillade Sauce:

1. 1 Cup Parsley, chopped roughly
2. 1 Green Onion, chopped roughly
3. 15 Sweet Gherkins
4. 1 Tablespoon Cider Vinegar
5. ¼ Cup of Capers
6. 1 Teaspoon of Garlic Powder
7. ¼ Teaspoon of Salt
8. ¼ Teaspoon of ground Black Pepper
9. ½ Cup of Olive Oil

You may add more Olive Oil until it is the consistency you like (similar to pesto)



Direction:

1 Hour before Class Time:

1. Marinate Beef Tenderloin:
 - a. Mix ingredients
 - b. Tie with Butcher's Twine
 - c. Rub Beef all over.
 - d. Tie beef segments (Ties help beef cooks evenly in oven).
 - e. Let stand for 1 hour.



Class Day:

1. Preheat Oven to 300F
2. Line 13x9 pan with aluminum foil or use a roasting pan.
3. **Make Roast Potato:**
 - a. Wash, dry potatoes & herbs. Portion ingredients
 - b. Mince Green Onion
 - c. Cut potatoes into bite size, either quarters or halves depending on size
 - d. On Medium High Heat, place all ingredients in a pan, combine, stir fry. Half cover for 10 minutes.
 - e. Add ½ Cup of water to scrape fond on bottom of pan.
 - f. Transfer into 13x9 prepared lined pan.

Class Day:

4. Continue with Beef Tenderloin:

- a. Place well rested Beef Tenderloin on top of Potatoes
- b. Put in 300F oven on bottom rack for 45 minutes, until Internal Temperature is between 125-130F for Medium Rare in center cuts and Medium at ends.

5. Make Persillade Sauce: use knife and cutting board if not using food processor to chop.

- a. Wash, dry herbs
- b. Rough Chop Green Onion & Parsley.
- c. Portion all ingredients
- d. In a Food Processor: place ¾ Cup chopped Parsley & rest of ingredients, pulse until consistency of a relish
- e. Transfer to a bowl. Combine with ¼ Cup chopped Parsley for texture.
- f. Add additional Olive Oil until desired consistency, like pesto. Enjoy.

6. Finishing:

- a. Check Internal Temperature of Beef, between 125-130F for Medium Rare in center cuts and Medium at ends.
- b. Rest meat covered in aluminum foil for 15 minutes.
- c. Place Potatoes back in **turned off** oven.
- d. After 15 minutes rest, remove twines, slice beef 1 inch thick.
- e. Serve with Potatoes, and Persillade sauce. Enjoy!









HOT DOG Pretzel

Makes 12 Regular Hotdogs or 24 Minis

INGREDIENTS:

No Knead Dough

1. 2 ½ Cups All-Purpose Flour (300g), Spoon flour into measuring cup, do not pack
2. 2 Teaspoons **Instant** Yeast
3. 1 Teaspoon of Salt
4. 1 Tablespoon of Sugar
5. 2/3 Cup of Milk
6. 1/3 Cup of Water, warm to the touch
7. 2 Tablespoons of Butter, melted
8. Use Instant yeast. It can be added directly into the flour, no blooming required.
9. Few Tablespoons of All-Purpose Flour for shaping dough into a ball.



HOT DOG Pretzel

Hotdogs: Choose one

1. 12 Hot Dogs (ex: Schneiders Red Hot Original (pork & chicken) or Schneiders Original Recipe all beef)
OR
1. 24 Cocktail Mini Hot Dogs (ex: Schneiders Cocktail Sausage)

Alkaline Bath: This bath gives Pretzel it's unique taste.

1. 1 Liter Water
2. 3 ½ Tablespoons of Baking Soda (50g).

Before Oven:

1. Brush: Egg Wash (1 Egg + 1 Tablespoon of Water, beat)
2. Sprinkle: Coarse Salt or Sesame Seeds

If desired: on baked Pretzel before serving

1. Brush: 2 Tablespoons melted Butter, Melt in Microwave: Power 80%, 7 seconds interval, stir



HOT DOG Pretzel

INSTRUCTIONS

18 hours before class – around 8 to 9 pm the day before class:

1. Portion Dough ingredients.
2. **MAKE DOUGH:**
 - a. In a large bowl: Whisk flour, yeast, salt, sugar until combine.
 - b. Make sure water is warm to the touch, not too hot. At 54C or 130F, Yeast will die. Happy Yeast temperature is between 20-32C or 68-90F. Think room temperature.
 - c. Melt Butter in Microwave: Power 80%, 7 seconds interval, stir to spread heat evenly.
 - d. Mix all ingredients into a **Shaggy Dough**.
 - e. Add 1 Tablespoon of Flour on top of Shaggy dough, pull and push the dough inside the bowl so that it is shaped into a ball.
 - f. Roll around the dough inside the bowl until the side of the bowl is clean with no more flour and the dough's surface is smooth (i.e. No longer shaggy).
 - g. Cover with plastic wrap. Then place clean towel over the plastic.
 - h. Rest over night in room temperature, about 18 hours.

On Class Day:

1. Dry the Hot Dogs with Paper Towel. Set-aside until use
2. **DIVIDE & SHAPE DOUGH:**
 - a. Line **2 x ½ Sheet Pan** with parchment paper or Slipat. **Important: Oil surface lightly.**
 - b. The dough should be about 2 times the volume, smells boozy and looks spongy.
 - c. Lightly flour work surface. Transfer dough on to work surface.
 - d. Divide into 12 pieces to make REGULAR Hot Dog or 24 pieces to make MINIs
 - e. Roll, Shape into a 30cm rope. **10cm for MINI.** Wrap it around 1 Hot Dog. Repeat for all Hot Dog.
 - f. **If you are making MINIs:** use a **Toothpick** to pierce the ends of the dough, so that it will NOT unroll during the bath and in the oven!
 - g. Rest each Hot Dog on the prepared sheet pans.

3. Pre-Heat Oven 450F

4. Set up Alkaline Bath:

- a. Portion Baking Soda, set aside.
- b. Use a Stainless-Steel 4 Liter Pan. Stainless-Steel will not react to Baking Soda. Set up Spider and Tongs ready to use.
- c. Fill pan with 1 Liter of Water. Bring to a boil.
- d. After it is boiling, add Baking Soda. **Water will bubble up.**
- e. Gently, lower 3-4 Hot Dogs into pan using a Spider. **6-8 Hot Dogs for MINI.**
- f. Boil Regular Hot Dog for 30 seconds then Flip, boil another 30 seconds. **If you are making MINI ones:** Boil for 30 seconds only.
- g. Transfer Hot Dogs back onto prepared sheet pans.

5. Into the Oven:

- a. Brush with Egg Wash. Sprinkle with garnish.
- b. Bake at 450F for **10 minutes (MINI Hot Dog)** to 13 minutes (REGULAR Hot Dog) until golden brown.

6. **Before serving:** Brush with melted butter. Serve with Mustard.

7. Enjoy with oven fries or green salad!



HOT DOG Pretzel



Bath Station



Different Garnish



Different Types of Mustard



SWEETS

| Lemon Bars





Lemon Bars

Often, we take lemons for granted. Because lemon trees bear fruits through out the year, we can get lemons easily.

Lemons bring such freshness to any dish, both sweet and savory. On savory dish, lemons change the entire flavour profile of the food. It is like adding salt to a dish. In sweet baked goods, lemons add beautiful refreshing fragrant and zing.

In pastry recipes, we use a lot of lemon zest like in this Lemon Bar's recipe because the lemony fragrant and flavour is in the rind.

Lemon Bar has 2 components: Shortbread and lemon curd. Both have been popular since the Renaissance era. However, only in the 20th century the two are combined together to make a delicious dessert called Lemon Bar.





LEMON BARS

INGREDIENTS

Makes 8 bars.

Crust:

1. ½ Cup Sugar
2. ½ lb (2 sticks=226g) unsalted Butter, room temperature
3. 2 Cups All-purpose Flour
4. 1/4 teaspoon Salt
5. 1 Tablespoon Flour for dusting work space

Lemon Filling:

1. 3 Cups Sugar
2. Lemon Zest from 4 Lemons
3. ½ cup Lemon Juice from 4 Lemons
4. ½ cup Milk
5. 6 Large Eggs, room temperature
6. 1 Cup All-purpose Flour

Icing Sugar for dusting (Optional)



INSTRUCTIONS

1. Preheat the oven to 350 ° F.
2. Prepare Pan: line ½ sheet pan (13"x18") with parchment paper.
3. **Crust:**
 - a. Combine flour and salt in a bowl.
 - b. Cream sugar and butter in a bigger mixing bowl.
 - c. Add flour to the creamed butter. Mixed by hands until pea size.
 - d. Sprinkle flour on work space, transfer dough to workspace.
 - e. Shape into a ball.
 - f. Transfer dough on to a 9x13x2 inch baking pan. Spread and Press dough to cover the pan. Create 2cm edge on all sides. Use the bottom of a measuring cup to help flatten dough.
 - g. Dock with a fork.
 - h. Rest in fridge 15 minutes. Cooled dough reduces shrinkage in the oven.
 - i. Bake at 350F for 15-20 minutes until lightly brown. Cool on rack.
4. **Lemon Filling:**
 - a. Pre-heat oven to 350F
 - b. In a mixing bowl, combine eggs, sugar, lemon zest, lemon juice, milk and flour. Whisk to combine.
 - c. Transfer filling into the cooled crust and bake for 35 minutes at 350F until the filling is set.
 - d. Cool to the touch on rack.
5. Score to divide into 8 rectangles, then cut. Sprinkle with icing sugar if desired.





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Have fun together!*



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