

# *Cooking Thyme with Stacie*

SHARING THE JOY OF  COOKING & HOSPITALITY

ScienceLogic  
Virtual Cooking Class  
January 12, 2024  
12 – 1 pm EST

- Menu -

Salmon Teriyaki Bowls  
Marinated Asian Cucumber Salad  
Coconut Jasmine Rice

Zoom Link  
<https://us02web.zoom.us/j/81056548551>

[www.cookingthymewithstacie.com](http://www.cookingthymewithstacie.com)

# Shopping List

## Pantry

- 2 cups jasmine rice
- 1 can coconut milk
- 2 TSP granulated sugar
- 1/3 cup teriyaki sauce
- 3 TB sesame oil
- 1/4 cup rice vinegar
- Cooking spray

## Produce

- 2 cups broccoli florets
- 1/2 yellow onion
- 1 yellow bell pepper
- 4 mini cucumbers

## Protein

- 1.5 lbs salmon, skin removed

## Spices

- Kosher salt
- Black pepper
- 3/4 TSP red pepper flakes

Optional: I recommend you buy these to garnish the bowls!

- Green onions (1 bunch)
- Bean sprouts (I find them in clear plastic bags at my store in produce)
- Sesame seeds

## Equipment

### Baking

- Large rimmed baking sheet

### Pots and Pans

- Dutch oven or large saucepan with tight fitting lid

### Utensils

- Chef's Knife
- Cutting board
- Fine mesh sieve
- Measuring cups and spoons
- Mixing bowls
- Whisk

## Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- Make sure to thaw fish if you purchase it frozen
- Remove the fish skin

# Teriyaki Salmon Bowls

Serves 4

## Rice

2 cups jasmine rice  
1 can coconut milk  
1 1/3 cups water  
1 TSP kosher salt  
1 TSP granulated sugar

Rinse the rice then drain. Repeat 2 more times until the water is no longer cloudy. In a large Dutch oven combine the rice, milk, water, salt and sugar. Bring up to a boil. Cover. Reduce heat to low and cook 20 minutes. Remove from heat, but leave the lid on an additional 5 minutes. Remove the lid, fluff with a fork and serve.

## Salmon

1 1/2 lbs salmon, skin removed and cubed into 1 1/2" pieces  
1/3 cup teriyaki sauce  
1 TB sesame oil

## Veggies

2 cups broccoli florets  
1/2 yellow onion, sliced  
1 yellow pepper, sliced  
2 TB sesame oil

Salt and pepper  
Preheat the oven to 375°.

Combine the salmon with teriyaki and sesame oil in a medium bowl. Marinate the fish as you prepare the other ingredients.

Mix the onion and pepper slices in a medium bowl with the sesame oil and some salt and pepper.

Spray a large rimmed baking sheet with cooking spray, Place the veggies on 1/2 of the rimmed baking sheet. Strain the salmon and place the salmon cubes on the other half of the sheet tray.

Bake for 10 minutes. Salmon should be 145°F to be cooked through. The veggies will be crisp tender.

## Marinated Asian Cucumbers

4 mini cucumbers, sliced (I do not peel them but you can if you wish)

1 TSP granulated sugar

1/4 cup rice vinegar

3/4 TSP red pepper flakes

3/4 TSP salt

In a medium bowl whisk together the sugar, salt, red pepper and vinegar. Add the sliced cucumbers. Toss to coat well. Marinate them for 30 minutes covered. Refrigerate them if you do not serve them right away.

To assemble: Optional garnishes: Green onions

Bean Sprouts Sesame seeds

Place the rice in the bottom of a large bowl, top with the salmon, roasted vegetables and the marinated cucumbers. Garnish with roasted sesame seeds, thinly sliced green onion and bean sprouts if desired.