



Course: Introduction to Chinese Cooking: Mastering a Balanced Chinese Meal

Course Duration: Face-to-Face

Guided Learning Hours: 6 hours

Course Description:

This course introduces participants to the essential techniques and flavours of Chinese cooking through hands-on preparation of traditional dishes. Students will gain practical experience in key skills such as stir-frying, ingredient preparation, sauce balancing, and proper heat control, all while learning how to coordinate multiple dishes efficiently.

Course Objective:

By the end of the day, participants will, participants will have gained a solid understanding of fundamental methods for cooking Chinese food, as well as an awareness of various flavour profiles that enhance dishes. They will also receive practical tips that will empower them to confidently recreate these popular dishes in the comfort of their own homes.

Target Audience:

- Beginners to intermediate cooks
- Food enthusiasts
- Small group classes (8–15 participants)

Learning Outcomes:

- Proper protein cooking without overcooking
- Achieving tender, flavourful meat
- Achieving restaurant-style fried rice texture
- Cooking vegetables that stay vibrant and crisp

Course Content

SESSION 1

Introductions & Foundations (9:00am – 10:00am)

Topics:

- Overview of Chinese cuisine styles (Cantonese, Sichuan, etc.)
- Kitchen setup & wok usage
- Key ingredients:
 - Soy sauce (light & dark)
 - Oyster sauce
 - Sesame oil
 - Cornstarch
 - Garlic, ginger, scallions

Activity:

- Knife skills (slicing meat, julienning vegetables)

SESSION 2

Protein Dish (10:00 AM – 11:00 AM)

Dish: **Sweet n' Sour Chicken & Chinese Style Chicken**

Skills Covered:

- Marinating techniques
- Stir-frying over high heat
- Moisture retention with crispy finish
- Building flavor in layers

Key Steps:

- Prepare marinades
- Preheat wok properly
- Pre-cooking chicken before frying
- Cook chicken in batches
- Use of aromatics (ginger, garlic)
- Finish with sauce

SESSION 3

Starch Component (12:00 – 1:00 PM)

Dish: **Egg Fried Rice**

Skills Covered:

- Cooking and cooling rice correctly
- Stir-frying grains without sticking
- Balancing seasoning

Key Steps:

- Scramble eggs first
- Stir-fry aromatics
- Add rice and break up clumps
- Season and combine ingredients

SESSION 4

Vegetable Dish (1:00 – 2:30 PM)

Dish: **Garlic Stir-Fried Mixed Vegetables**

(e.g., broccoli, carrots, snap peas, bok choy)

Skills Covered:

- Blanching vs stir-frying
- Maintaining colour and texture
- Simple sauce preparation

Key Steps:

- Prep vegetables uniformly
- Quick blanch (optional)
- Stir-fry with garlic
- Add light sauce (soy + oyster + water + cornstarch)

SESSION 5

Plating & Meal Assembly (2:30 – 4:00 PM)

Topics:

- Balancing a Chinese meal
- Portioning (family-style serving)

- Presentation basics

Final Menu:

- **Protein:** Sweet n' Sour Chicken and Chinese Style Chicken
- **Starch:** Egg Fried Rice
- **Vegetable:** Garlic Mixed Vegetables

Materials Provided

- Recipe booklet
- Ingredient guide
- Cooking tips cheat sheet