

COOKING DEMO WITH CHEF RICHARD WEST WALT DISNEY WORLD DOLPHIN HOTEL

BRAISED SHORT RIBS

1. Season boneless chuck short ribs with salt and pepper and sear in olive oil– hold
2. Sauté one carrot, onion and celery root– add short rib, veal stock, fresh thyme, laurel leaves, whole peppercorns, and whole garlic
3. Cover with parchment and foil
4. Braise at 285° for 6 hours– allow to cool in liquid
5. Once cool, remove short ribs from the liquid, press meat between trays with parchment for consistent thickness, and cut into portions
6. Strain braising liquid– then reduce and thicken for sauce

FOR ASIAN APPLICATION:

Make a reduction of sake, mirin and brown sugar and marinate the short ribs overnight– then bring to a simmer and continue with the braising process detailed above

FOR LATIN APPLICATION:

Sear short rib and then braise with julienne mixed bell peppers, julienne onion, cumin, coriander, cilantro, and diced tomato

LATIN INSPIRED FRIED RICE

Cook rice pilaf with chopped onion, chopped garlic and chicken stock– cool, then add the below ingredients and stir-fry in olive oil until hot

- 1/4 red, green, yellow peppers
- 1/4 Spanish onion
- Chopped garlic
- Adobo and Sazon* seasoning
- Diced tomato
- Frozen peas
- Sliced olives
- Chopped capers

**Sazon is the magic spice blend in many Latin dishes. It's commonly found in the supermarket in small envelopes that you add to stews, beans, and rice. It gives yellow rice its color and basically makes anything taste good! Ingredients: coriander, cumin, turmeric, garlic powder, kosher salt, oregano and black pepper*

FOR ASIAN APPLICATION:

Cook rice pilaf one day ahead of time. Sauté garlic and ginger and add rice– then add water chestnuts, baby corn, straw mushroom, peas, and carrots, and finish with soy sauce