

Our final journey of the luncheon series features the flavors and techniques of the Pacific Rim. Although the cultures and ingredients are similar from region to region, the combination of flavors and the techniques used are vastly different. From the fresh simple flavors of Japan, to the complex spicing of Thailand, we hope to create an interesting and eye-opening experience for you.

China offers a vast array of cooking styles and intensity of flavors. Our selections offer a wonderful representation of the ingredients that you will find from region to region. Braised pork belly and steamed shrimp rolls illustrate the willingness of the Chinese to utilize different cooking methods.

Japan offers many great fresh flavors. Their use of fresh fish for sushi and the cold buckwheat salad show their passion for freshness and their attention to keeping things simple, but delicious.

Thailand offers such interesting food items as Pad Thai, a hot noodle salad and sweet and spicy curries. Please enjoy the station and choose your own garnishes for our chicken with red curry or try out the spicy/sweet cucumber salad. Contrary to popular belief, Thai cuisine is not all about heat.

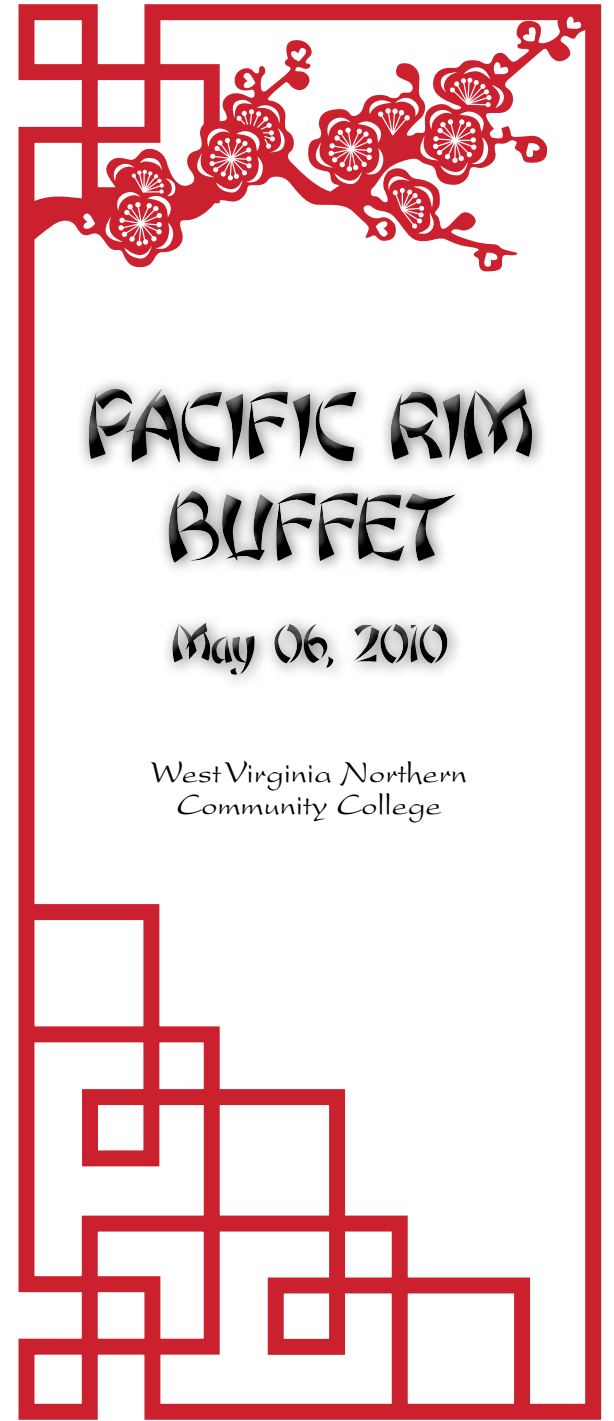
Vietnam keeps its cuisine and food very simple, too. The emphasis is on the freshness and quality of the ingredients. Pickling is a very popular technique throughout the Pacific Rim, so don't hesitate to try the pickled daikon and carrot salad or watch our students prepare the spring rolls right in front of you.

Those familiar with Korean cuisine might quickly associate the food with hot pots. However, we chose a deliciously spiced Barbeque beef rib and the Korean version of fried rice. Again, it illustrates the willingness to spice heavily and balance with sour, sweet and salty.

Our last tasty morsels come from Indonesia. Although satays, skewers, and shish kebabs can be found in every culture, we chose to incorporate the unique and straightforward approach taken by the Indonesians. We hope you enjoy this take on a Pacific Rim staple.

And as always.

よい食事



PACIFIC RIM BUFFET

May 06, 2010

West Virginia Northern
Community College



SOUP

Suan-La-T'Ang
(China - Szechuan)
Chinese Hot and Sour Soup

APPETIZERS

Har Cheung Fun (China)
Shrimp-filled Steamed Rice Rolls

Maki-Mono (Japan- Tokyo)
Vinegared Rice and Fillings
Rolled in Roasted Seaweed

Satay Babi and Satay Ayam
(Indonesia)
Pork and Chicken Skewers

Goi Cuon (Vietnam)
Fresh Spring Rolls

ENTRÉES AND SIDES

Hong Shao Roa (China)
Pork Belly in Red Cooked Style

Gaeng Phed Kai (Thailand)
Chicken in Red Curry

Kalbi-Kui (Korea)
Barbeque Beef Ribs

Tung Chai (China - Peking)
Pickled Cabbage - Peking Style

Dau Chua (Vietnam)
Pickled Carrot and Daikon Salad

Nam Jim Tua (Thailand)
Spicy/Sweet Cucumber Relish

Naganegi no Soba
(Japan - Hokkaido Islands)
Chilled Buckwheat Noodles with
Leeks and Dipping Sauce

Bibimbap (Korea)
Garnished Rice

We appreciate you joining us for our luncheons this season and we hope to see you again in the fall.

For the Fall 2010 series, we have decided to explore a new avenue to cater to our clientele. Can't make one of our luncheons? We will be offering an evening section of our popular luncheons at dinner time. Sample the offerings of our American Cuisines class and enjoy our classic Harvest and Yuletide luncheons in a more upscale and relaxed atmosphere.