

June 2020 • VOL. 3

In the kitchen

Staying connected with Tri-Star Catering



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It's officially summer and we're excited and hopeful that "normalcy" might slowly and safely begin to return!

Here's the June edition of In the kitchen!

The Tri-Star Catering Team



Mapo Tofu

Tingly delicious

"Ma" stands for "ma-zi" (Chinese: mázi, 麻子) which means pockmarks. "Po" is the first syllable of "popo" (Chinese:婆婆, pópo) which means an old woman or grandma. Hence, mapo is an old woman whose face is pockmarked. It is thus sometimes translated as "pockmarked grandma's beancurd".

Ingredients

- 1 tablespoon Sichuan peppercorns
- 1/4 cup vegetable oil
- 1 teaspoon cornstarch
- 2 teaspoons cold water
- 1/4 pound ground beef
- 3 garlic cloves, minced
- 1 tablespoon fresh minced ginger
- 2 tablespoons fermented chili bean paste
- 2 tablespoons Xiaoxing wine
- 2 tablespoon soy sauce
- 1/4 cup low-sodium chicken stock
- 1/4 cup hot chili oil
- 1 1/2 pounds firm silken tofu, cut into 1/2-inch cubes
- 1/4 cup finely sliced scallion greens

Method

1. Toast the sichuan peppercorns in a large wok over high heat until lightly smoking. Transfer to a mortar and pestle. Pound until finely ground and set aside.
2. Combine corn starch and cold water in a small bowl and mix with a fork until homogenous. Place diced tofu on a microwave safe plate and microwave for 1 minute on high power.
3. Heat oil in wok over high heat until smoking. Add beef and cook, stirring constantly for 1 minute. Add garlic and ginger and cook until fragrant, about 15 seconds. Add chili-bean paste, wine, soy sauce, and chicken stock and bring to a boil. Pour in corn starch mixture and cook for 30 seconds until thickened.
4. Stir in sichuan peppercorns, chili oil, and half of scallions and simmer for 30 seconds longer.
5. Fold in tofu, being careful not to break it up too much. Transfer immediately to a serving bowl and sprinkle with remaining scallions and sichuan peppercorns. Serve immediately with steamed rice.



Employee Profile

Rob Procell, Co-founder

Mr. Procell's credentials include over 35 years of experience in food and hospitality service with a focus on event planning and catering.

His father a chef and mother a florist and wedding caterer laid the foundation for his love of food and entertaining. A graduate of Bradley University's Theatre Program. Rob moved to Chicago over 30 years ago. He supplemented his acting career with bartending, and private catering. Cast as the actor who could "really" cook and bartend was not really his passion. After a regular customer and good friend, Dick Puchalski offered to back Rob's other dream of owning his own place.

He met fellow Bradley alum Glenn Tisdall while working for a Loop based restaurant group. The rest was history.

A proud Louisiana native Rob's knowledge of Delta cuisine is expansive. TRI-STAR excels in Southern foods. It has been a staple of our custom menus for twenty years. We know the difference between Cajun and Creole.

Do you want rice or potato salad with your gumbo?



*It's the fusion you didn't know existed,
but must try!*

Pancake Cereal: Breakfast classics reimagined!

You need:

1 box pancake mix

1 plastic squirt bottle

Few TBSP unsalted butter

Maple Syrup

Favorite pancake toppings

Step 1: Mix your pancake mix according to package instructions (or your homemade batter), add in a fraction more water or milk to loosen the batter to the consistency of yogurt.

Step 2: Carefully pour the batter into a squirt bottle, utilize a funnel if on hand.

Step 3: On a buttered nonstick pan or griddle at medium heat, dot mini nickel sized dots of the batter into the pan. Allow to cook as a normal pancake, flip, and repeat. Place cooked pancakes in a 200F preheated oven till all are done.

Step 4: Spoon pancakes into a bowl, top with your favorite syrup and any other toppings you might like!



As we move into phase 4 of reopening, consider the Railcar Club for your small events, seminars, and classes!

- **Full service on-site catering and bar packages available.**
- **Outside food service welcome.**
- **Outdoor patio space!**
- **Prime west loop/fulton market location!**

**E-Mail us:
info@therailcarclub.com**



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