

# CEZARS NEWS

News From Cezars Kitchen & Cezars Cafe

August 2020

## TOGETHER, WE EMERGE STRONGER!

Thank you for your continued trust in Cezars Kitchen! We hope that all of you are safe and healthy as we continue to navigate through the COVID-19 global pandemic. Considering safety, many schools have planned to reopen in phases.

We have been closely monitoring developments and are fully respecting and complying the recommended practices set forth by the local governments & authorities in all countries that we operate. Along with this, we have been monitoring international trusted sources such as, the WHO (World Health Organization), CDC (Center for Disease Control), FDA (Food & Drug Administration), EFSA (European Food Safety Authority) and the EPA (Environmental Protection Agency) to name a few.

We are committed towards the protection of our customers and we are continually working to ensure that *together we emerge stronger!* Additional details on this program can be found at [www.cezarskitchen.com/covid-19](http://www.cezarskitchen.com/covid-19)



## CAFETERIA OPERATION GUIDELINES DURING THE PANDEMIC

To ensure that the safety of food consumed by teachers, students and all customers remains free from contamination, we have implemented the following guidelines at all operations. These include:-

- Staff body temperatures are recorded entering the school premises and the kitchen as well. Staff with any signs of illness or fever are not be permitted to work.
- Frequent cleaning, sanitizing and disinfection of all food contact surfaces.
- The use of face mask and gloves for all kitchen activities.
- Food will be sold in properly sealed and closed containers.
- Implementation of safe social distancing at the food serving counter.
- Additional placement of safety related signs, handwashing stations and hand sanitizers.



Cezars Kitchen K.K

Ichigo Fushimi Bldg. 4F, 1-18-24 Nishiki, Naka-ku, Nagoya 460-0003 Japan

Tel: 052-229-8571 | Fax: 052-229-8590

 cezarskitchenjp | Website: [www.cezarskitchen.com](http://www.cezarskitchen.com) | Email: [info@cezarskitchen.com](mailto:info@cezarskitchen.com)

CEZARS™  
KITCHEN

# RECIPE OF THE MONTH: KOREAN BEEF BULGOGI

## Ingredients

- 690 g of Beef Topside
- 100 g of Tengu Pear
- 62 ml of Soy sauce
- 30 g of Brown Sugar
- 20 g of Oil Sesame
- 30 g of Garlic (peeled and chopped)
- 10 g of Grated ginger
- 10 g Yuki Gochujang (Korean red chili paste)
- 3 g of Garlic Chive trimmed (cut in 3-5 cm strips)
- 20 g of Sesame Oil
- 3 g of Green onion (finely sliced)
- 3 g Sesame seeds toasted (white)

## Directions

### A) Marinade

1. In the bowl of the food processor place the Pears, Ginger, Garlic, Gochujang, Sesame Oil, Soy Sauce and Brown Sugar.
2. Proceed to purée until like a paste. Small bits of garlic and ginger are acceptable.
3. Once the meat is sliced, proceed to marinate with the Garlic Chives (Nira).
4. If marinating in small portions you may choose to use ziplock bags to make it easier to turn from time to time. Place a small amount of the Gochujang purée, a small amount of Garlic Chives and then the meat in a larger container repeating until all of the meat has been marinated.
5. Cover and place in the refrigerator at least two hours and overnight is best.



### B) Cooking

1. Heat the sesame oil on the grill (180 degrees Celsius) or a sauté pan over medium high heat depending on the quantity of your meat.
2. Working in batches, in a single layer add the marinated sliced beef on to the grill and cook on one side until finished, it should be charred and grilled through 76 degrees Celsius or above for about 2-3 minutes.
3. Flip once and cook on the other side the same way.
4. Place onto a serving pan.
5. Serve immediately if possible, garnishing with the finely sliced green onions and sesame seeds. If you are using a buffet service style, store the cooked product in the warmer covered until ready to use, then garnish. If plating the dish, remove from the warmer and garnish accordingly.