

Oriental Recipes #

10 Minute Szechwan Chicken

Yield: 4 Servings

Ingredients

no ingredients

4 chicken half breasts boneless, skinless

1½ TB white wine vinegar

3 TB cornstarch

1 tsp sugar

1 TB vegetable oil

¼ c water

3 cloves garlic

6 Green stem onions cut into 1 inch pieces

5 TB soy sauce

1/8 tsp cayenne

Instructions

Cut chicken into 1½ inch cubes. Lightly toss with cornstarch in bag to coat. Heat oil in skillet or wok stir fry chicken and garlic until lightly browned. Add soy sauce, vinegar, sugar and water. Cover and cook 3 minutes or until chicken is cooked through. Add green onions and cayenne cook uncovered about 2 minutes longer. 221 calories per serving.

15 Minute Oriental Brown Rice & Green Beans

Yield: 6 Servings

Ingredients

1 can Campbell's Condensed Chicken Broth

1 c frozen cut green beans

1 tb soy sauce

½ ts garlic powder

1 ½ c Minute Brown Rice uncooked

2 tb toasted sliced almonds optional

Instructions

BRING broth, green beans, soy sauce and garlic powder to boil in medium saucepan.

STIR in rice. Return to boil. Reduce heat to low cover and simmer 5 minutes.

Remove from heat. Let stand 5 minutes. Fluff with fork. Sprinkle with almonds.

Contributor: Kraft

Preparation Time: 0:15

15 Minute Oriental Chicken & Rice Dinner

Yield: 4 Servings

Ingredients

1 tb oil
4 sm boneless skinless chicken breast ha (about 1 lb.)
1 can CAMPBELL'S Condensed Cream of Mushroom (10 3/4 oz.) Soup
1 soup can of water (1 1/3 cups)
3 tb soy sauce
2 c MINUTE White Rice uncooked
16 oz frozen stir fry vegetables
thawed

Instructions

HEAT oil in large non stick skillet on medium high heat. Add chicken cover.

Cook 4 minutes on each side or until cooked through.

REMOVE chicken from skillet. Stir in soup, water and soy sauce. Bring to boil.

STIR in rice and vegetables. Top with chicken cover. Cook on low heat 5 minutes.

Contributor: Kraft

Preparation Time: 0:00

Oriental Recipes A

A 10 Minute Szechwan Chicken

Yield: 4 Servings

Ingredients

4 Chicken breasts*, skinned and deboned
3 Tbsp Cornstarch
1 Tbsp Vegetable oil
3 Cloves garlic, minced
5 Tbsp Soy sauce (low salt)
1½ Tbsp White wine vinegar
1 tsp Sugar
¼ cup Water
6 Green onions, cut into 1" pieces
1/8 tsp Cayenne or to taste

Instructions

Cut chicken *(these are ½ breasts, as you buy them in the market) into 1 ½ inch cubes.

Lightly toss with cornstarch in bag to coat.

Heat oil in skillet or wok stir fry chicken and garlic until lightly browned. Add soy sauce, vinegar, sugar and water. Cover and cook 3 minutes or until chicken is cooked through. Add green onions and cayenne cook uncovered about 2 minutes longer. 221 calories per serving.

A Simplified Peking Duck & Chinese Pancakes

Yield: 6 Servings

Ingredients

1 whole Duck giblets removed
1 ts Freshly Ground White Pepper
1½ tbsps Ground Cinnamon
1 ½ tbsps Ground Ginger
¾ c Brown Sugar
¾ c Red Wine Vinegar
1 ts Sesame Oil
2 tsps Peanut Oil
½ ts Ground Star Anise
CHINESE PANCAKES:
2 c all purpose flour
1 c boiling water
2 tbsps minced green onion
2 tbsps sesame oil

Instructions

Bring a pot of water, large enough to hold the duck, to a boil. Remove from heat and plunge duck in the water for 5 minutes. Remove and pat dry. Combine the rest of the ingredients in a small saucepan and bring just to the boil. Off heat, allow mixture to cool to room temperature.

Liberally coat the duck with the mixture and let it sit at room temperature for 3 hours so that the coating dries out. To cook: Place duck on a rack, breast side up in a preheated 350 degree oven for 2 2½ hours. Roast until skin is crisp and brown. Check occasionally and regulate temperature so that the coating does not burn. To serve: Let duck cool to room temperature. Carefully carve pieces from the bone being sure to include the crisp skin. Roll up in Chinese Pancakes (recipe follows) with a dab of hoisin sauce and slivered green onions.

CHINESE PANCAKES: In a bowl combine the flour and water stirring constantly until all the water is absorbed. Add more water if mixture seems dry, dough should just hold together in large lumps. Add green onions and gather and knead dough on a lightly floured board (or in a mixer) until smooth, about 5 minutes. Wrap in plastic and allow to rest at room temperature for 30 minutes. Unwrap, knead again for 5 minutes. Form into a log about 18 inches long and 1 inch in diameter. Cut roll into 20 pieces and roll each piece into a ball. Dip one side of ball in the sesame oil and place oiled side on top of another ball. Roll out the two into a circle about 6 inches in diameter. (Rolling the two together, helps keep them moist inside.) Heat an ungreased sauté pan over low heat. Put double pancakes into pan and cook until dry on one side. Flip and dry out other side. Remove pancakes, peel them apart and set aside. Cover with plastic. At serving time, steam briefly or wrap in plastic and cook in microwave at full power for 30 40 seconds.

Per serving (excluding unknown items): 1184 Calories 91g Fat (69calories from fat)
29g Protein 63g Carbohydrate 161mg Cholesterol 148mg Sodium
Contributor: COOKING RIGHT SHOW #CR9747
Preparation Time: 5:30

A Traditional Indian Side Dish

Yield: 4 Servings

Ingredients

1 tomato cubed
1 red onion sliced thin
1 fresh hot or mildly hot pepper slides
1 ginger (some matchstick slices)
1 fresh lemon juice
1 salt to taste

Instructions

From: kmeade@ids2.idsonline.com (The Meades)

Date: Sun, 14 Apr 1996 22:40:58 0400

From recipe files of Sue Smith, SueSmith9@aol.com. Posted by Rooprai to AOL. In a bowl add the veggies, some salt and squeeze lemon juice into the bowl. cover. let stand in fridge for at least ½ hour before serving. Tastes great with channa masala and roti or as the prime "chutney" with aloo paranthas.

MC RECIPE@MASTERCOOK.COM

MASTERCOOK RECIPES LIST SERVER

MC RECIPE DIGEST V1 #43

From the MasterCook recipe list. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

About Indian Pudding

Yield: 1 Servings

Ingredients

1 text file

Instructions

It is made of cornmeal, milk, molasses, spices like cinnamon, ginger, cloves, allspice and of course a bit of salt. You cook 4 cups of milk and 1 cup of cornmeal on top of the stove until thickened, add sugar and molasses to taste and season with spices to taste and put the mixture into a buttered heavy baking pan (I use a 2 quart enamelled cast iron casserole). You pour an additional cup of cold milk over and bake at 350 until the milk disappears. Repeat the process with another cup of milk and cook until thickened (all the baking is without stirring). I don't have my recipe here at work, but that is a close approximation.

From: madelin@north.pacific.net (Madelin Holtkamp)

close enough the cooking temp. and time vary a lot, some being quite low for several hours, some being over 350 and hour. It is the sort of thing you would put in a slow oven with the bean pot.

It is an American colonial recipe the one i have seen dates from the early 1700's. It's presumably a variant of something the native Americans made with corn they would not have had the molasses or the spices, but would have had maple syrup.

pat From: patcar@mainemoose.esd.sgi.com (Pat Caruthers)

Adai(Savory Indian Pancakes)

Yield: 1 Servings

Ingredients

1 c mixture of dhals*

2 c long grained rice

1 salt to taste.

Instructions

*(use any combination of tur dhal, chana dal or even split yellow peas)

Wash and rinse the dhals and rice thoroughly. When the rinse water runs clear, soak the dhals and rice together in a bowl with fresh water for a couple of hours. Drain the dhal rice mixture and grind into a somewhat coarse mixture in a blender using water when necessary. Empty the batter into a bowl, add some salt and let it rest for at least an hour. You could also let it ferment overnight if you like a sourdough tang in your pancakes.

To make the pancakes, heat a non stick/well seasoned cast iron skillet on a moderate stove. If a few drops of water bounce off the pan, the pan is hot enough and you can proceed to make the pancakes.

Drop a ladleful of the pre prepared batter in the center of the pan and with the back of the ladle, swirl the batter from inside to outside to form a thin round pancake. Wait till the top looks dry, wait another minute if you like them crisp and flip to cook the other side. Remove onto a plate and eat immediately with a nice coriander chutney. (Continue preparing pancakes in the same way, till you run out of batter and/or chutney. The batter will also keep in the fridge for almost a week and you can prepare the pancakes when the mood strikes you.)

Variation: Can add finely chopped onions/jalapenos/spinach/ginger/a few cumin seeds, anything you fancy, to the batter before making the pancakes. You will however not be able to make neat circular pancakes. Instead, you will end up with (tasty) irregular shaped ones.

From: nalini@picard.vwo.Verdix.COM (Nalini Ganapati). Fatfree Digest [Volume 8 Issue 55] June 16, 1994. Formatted by Sue Smith, S.Smith34, TXFT40A@Prodigy.com using MMCONV.

Ajar Thailand

Yield: 1 Serving

Ingredients

3 tbsps Rice vinegar

1 med Cucumber peeled

1 tb Sugar

½ c Red onion thinly sliced

½ ts Salt

2 tbsps Cilantro leaves chopped

1 ds Black pepper
1 same Fresh red or green chili

Instructions

In a medium bowl, stir vinegar, sugar, salt, and pepper until sugar & salt are dissolved. Quarter cucumber lengthwise. Remove seeds. Cut quarters crosswise into 1/8" thick slices. Add cucumber, onion, cilantro & chilli to vinegar dressing toss until combined. Cover and marinate in the refrigerator for 3 hours, stirring occasionally.
Per serving (excluding unknown items): 159 Calories 1g Fat (4 calories from fat) 5g Protein 38g Carbohydrate 0mg Cholesterol 1080mg Sodium
Preparation Time: 0:00

Al & Tipper Gore'S Chinese Chicken With Walnuts

Yield: 6 Servings

Ingredients

6 chicken breast halves (boneless, skinless)
2½ tb reduced sodium soy sauce
1½ tb water
2 ts cornstarch
2 tb dry sherry
1 ts sugar
1 ts grated fresh ginger
½ ts crushed red pepper
¼ ts salt
3 ts peanut oil
2 med green peppers cut into 3/4 inch pieces
4 green onions diagonally sliced into 1 inch length
1/3 c walnut halves

Instructions

[NAH Editor's note: Serve this over rice and you'll cut the percent of calories from fat.]

DIRECTIONS:

Cut the chicken into 1 inch pieces and set aside. Mix the soy sauce and water, then blend into the cornstarch stir in the sherry, sugar, ginger, red pepper, and salt. Preheat a wok or large skillet over high heat add 2 teaspoons of peanut oil. Stir fry the green peppers and onions for 2 minutes and remove. Add the walnuts and stir fry for 1 to 2 minutes until golden brown. Remove. Add the rest of the oil and stir fry half of the chicken for 2 minutes.

Return all the chicken to the wok and stir in the soy mixture. Cook and stir until bubbly. Stir in the vegetables and walnuts, cover and cook for 1 minute.

Per serving:

Calories: 229 Protein: 30 grams Carb: 4 grams Sodium: 404 mg Fat: 9 grams (35 of calories)

* Source: "Cooking with the Stars"

* Published in "Nutrition Action Healthletter", March 1994

* Typed for you by Karen Mintzias

From: Terri Woltmon

Date: 04 15 94 (20:09) Number:

208 From

All About Chinese Noodles

Yield: 1 Good Idea

Ingredients

TASTE, TVFN

Instructions

* Cellophane noodles: Aka bean thread mung bean flower noodles. Soak in hot water first before using, but not before frying. Do not boil. Good in soups and stir fries. * Rice flour noodles: Aka Mai fun (like angel hair pasta). Good for stir frying. * Chow fun: lg noodles toss with vegetables and meat. Dried noodles: Aka Rice sticks. Don't boil before using. Thin soak in warm water to soften thick cover with boiling water, let stand to soften. In hot oil these are the noodles that will puff up. Wheat Noodles: Fresh Cantonese style, aka regular mein or lo mein noodles (will say so on pkg), can be thick or thin. Cook to taste, 4 mins or so in boiling water to soften. Do not cook Chinese noodles al dente they must be soft. Typed by Sherilyn Schamber

All That Carp On About Chinese New Year Is A Load Of Rubbish

Yield: 1

Ingredients

FOR THE STEAMED FISH

15 ml garam masala

5 ml each of chervil dill and coriander, chopped

1 fillet carp

250 g ung choi steamed

Instructions

1 Pour 900ml 1.2l/1½ 2 pints water into a wok over the heat and stir in the herbs and spices. Put a steamer over the wok.

2 Wrap the fish fillet in the cooked Ung Choi, season and steam. Serve with Rösti and sweet and sour sauce.

Converted by MC_Buster.

Per serving: 108 Calories (kcal) 5g Total Fat (41 calories from fat) 15g Protein 0g Carbohydrate 56mg Cholesterol 42mg Sodium Food Exchanges: 0 Grain(Starch) 2 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Ready Steady Cook

Converted by MM_Buster v2.0n.

Almond Cookies Chinese American

Yield: 16 Servings

Ingredients

8 tbsps unsalted butter at room temperature

1 c sugar

1 egg

1 ts almond extract

½ c ground almonds

2 c all purpose flour
1 ts baking powder
1 pinch salt
1 egg for egg wash

Instructions

Preheat oven to 375F. In large bowl cream butter and sugar. Add egg, almond extract and ground almonds mix. Combine dry ingredients and add to butter sugar mixture mix but do not over mix. Roll into log about 12" long. and cut into 16 even pieces. Roll each piece into a ball and flatten slightly. Place on baking tray, brush with egg wash and bake 15 minutes until golden.

Per serving: 191 Calories 9g Fat (41 calories from fat) 3g Protein 25g Carbohydrate 39mg Cholesterol 39mg Sodium

Contributor: Easy Family Recipes from a Chinese American Childhood

Preparation Time: 0:00

Almond Float Chinese Chamber Of Commerce Of Hawaii

Yield: 1 Servings

Ingredients

3 c water
3 envelopes unflavoured gelatin
1 c sugar
1 ½ c milk
4 ts almond extract
15 oz can fruit cocktail, including liquid
20 oz can lychees, including liquid
11 oz can mandarin oranges, including liquid
16 maraschino cherries, cut into halves

Instructions

In a saucepan, bring water to a boil. Add gelatin and sugar cook until dissolved. Remove from heat, add milk and almond. Pour into a 13x9x2 pan and chill until firm, about 2 hr. Cut gelatin into cubes. Combine with fruits and their liquid. Garnish with cherries. Chill before serving.

Almond Jello (Chinese Gelatin Dessert)

Yield: 16 Servings

Ingredients

1 pk knox gelatin
1 c water
1 c milk
1 tb almond extract
1 ts sugar (optional)

Instructions

From: Andria Lee

Date: Tue, 12 Jul 1994 02:18:05 0400 (EDT)

Boil the water and dissolve the gelatin. Add milk and stir. Throw in almond extract (I pour in 1T, then I pour in a little extra). Stir. (Add the sugar earlier with the gelatin

sorry) Gel in a square pan in the refrigerator. When gelled, cut into squares. I serve it with fruit cocktail.

REC.FOOD.RECIPES ARCHIVES/DESSERTS

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Almost Indian Chicken

Yield: 4 Servings

Ingredients

4 boned and skinned chicken breast halves, cut in 1"
2 tb olive oil
1 piece fresh ginger (1 x 1), cut in slivers
2 cloves garlic crushed
1 large onion sliced thin
1 ts ground cumin
1 ts ground coriander
1 ts dried parsley flakes
½ ts curry powder
½ ts freshly ground pepper
1 c plain yogurt
½ c chicken broth divided
1½ tb cornstarch
2 ts soy sauce

Instructions

In fry pan, place olive oil and heat over medium temperature. Add chicken, ginger, garlic and onion sauté about 10 minutes or until chicken is brown on all sides and onion is transparent. Meanwhile, in crock pot, place chicken broth (I used 1/2 cup warm water with 3 chicken bouillon cubes), cumin, coriander, parsley flakes, curry powder, and pepper. In a small separate dish, combine the cornstarch and soy sauce. When smooth, stir into the crock pot with the spice mixture. Add the browned chicken and onion mixture into the broth/spice mixture in crock pot. Gently stir in the yogurt. Set crock pot on low and cook for about 3 to 4 hours.

Genevieve Lehman, Rockville, MD submitted the original format of this recipe in the National Chicken Cooking Contest.

Serving Ideas : Over fresh pasta or basmati rice.

NOTES : This recipe has been modified from its original format by Leilani Young.

Served this to my hubby with rave reviews. Original recipe called for 1 whole cut up broiler fryer chicken, and to be prepared on stovetop in large covered skillet.

Recipe by: The Chicken Cookbook/38th National Chicken Cooking Contest Posted to TNT Prodigy's Recipe Exchange Newsletter by Bill & Leilani

Devries on Aug 31, 1997

Almost Lobster Tail (Monkfish Fillets)

Yield: 4

Ingredients

¼ c butter melted (½ stick)

½ ts paprika
¼ ts salt
¼ ts black pepper
four x 6 ounce monkfish fillets
2 tb plain bread crumbs

Instructions

Preheat the oven to 350 degrees F. In a small bowl, combine the butter, paprika, salt, and pepper mix well. Place the fish on a baking sheet and brush evenly with the butter mixture. Sprinkle the bread crumbs evenly down the center of the fish fillets and bake for 15 to 17 minutes, or until the fish flakes easily with a fork. Serve immediately.

Note: Serve with melted butter for dipping and, for a little more zip, use Italian flavored bread crumbs. Wanna fancy it up? Serve along with a small steak for an easy on your pocketbook surf and turf. Mmm mmm!

Air date: February 17, 1999.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Almost Thai Chicken Wings

Yield: 10 Servings

Ingredients

36 chicken wings, tips cut
1 c flour
1 salt and pepper
2 ts cornstarch
1 ts garlic powder
1½ lg ginger, slice
2 cl garlic
1½ ts coriander, ground
1 ts chili paste, sweet
5 tb coconut creme
1½ ts sesame seeds
1 ts sesame oil
1/3 c water
2 lime (fresh squeezed)
1½ tb peanut butter, crunchy

Instructions

Separate Drumettes from wings, cut off tips, place in shallow baking dish. Mix flour, salt and pepper, garlic and 1 tsp cornstarch together. Roll chicken wings in flour, bake in 350 oven 20 minutes, turning once. Mix all other ingredients in blender until almost smooth. Baste chicken with sauce every 5 minutes for 20 minutes. I poured all the rest of the mixture over the chicken for the last 5 minutes. . Use more or less of chili paste, as to your guests ability to withstand heat.

Bake in 350F oven, covered for 25 minutes, uncovered for 10.

Am Ka Achar (Indian Mango Pickles)

Yield: 1 Servings

Ingredients

2 dozen unripe mangoes

4 c oil
3 tb salt
1 tb coriander seeds
1 tb white cumin seeds
1 tb mustard seeds
1 tb onion seeds (or substitute finely minced onion)
1 tb garlic finely minced
1 c red chilli powder

Instructions

1. Wash the mangoes and wipe dry. Cut into quarters.
2. Mix the salt into the mangoes and spread out on a tray or baking tin and dry in the sun 2 or 3 days, until the skin of the fruit becomes soft and pliable.
3. Fry all the whole spices in 2 cups of the oil until they are light brown.
4. Remove from the oil and grind to a smooth paste. Set aside.
5. Put the rest of the oil in a saucepan and heat well. Add all the ground spices and stir for 1 minute. Add all the dry mangoes.
6. Stir together over fire very briefly and remove immediately. Allow to cool completely to room temperature.
7. When cool, place the achar in airtight containers and store at room temperature.
This achar can be preserved for at least one year.

Formatted and Busted by RecipeLu

Posted to recipelu digest Volume 01 Number 182 by RecipeLu on Oct 29, 1997

American Indian Fry Bread

Yield: 1 Servings

Ingredients

2 c flour
1/3 c powdered milk
2 ts baking powder
1 ts salt
3 tb lard, divided
3/4 c warm water
oil

Instructions

Mix dry ingredients. Cut in 2 " lard until crumbly. Add water & mix until a soft dough forms. Knead until dough is smooth & springy in texture. Make into 12 balls. Melt 1 Tbls. lard & brush on each ball of dough. Set aside for 30 45 minutes. On a lightly floured surface, roll each ball to a 4" circle, then stretch to 7 8" in diameter. Poke hole in center. Fry in oil at 365 degrees until lightly browned, turning once. Serve with butter, honey or jam, or use as the bottom layer of an Indian taco.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

American Indian Hopi Blue Corn Mush "Savory Way"

Yield: 6 Servings

Ingredients

1 qt water
1 salt
1 1/2 c blue cornmeal

oil, for frying

Instructions

Bring water to a boil in a saucepan, add salt to taste, and whisk in the cornmeal. Lower the heat and stir the cornmeal for 10 minutes or until it tastes done. The coarser the meal, the longer it will take. Pour the cooked cereal onto a cookie sheet or into a bread pan and set it aside to cool for an hour or so or until firm. Once it has cooled, slice it into pieces for frying. Fry the slices in butter or oil in a non stick pan until lightly crisped on both sides. If this is to be eaten as a savory, sprinkle a little red chilli or paprika on top just before serving.

This is cooked like cornmeal mush, molded in a bread pan, and then sliced and fried. It is delicious with a clear corn flavor and odd purple blue color. It's good with eggs and bacon, or with butter.

American Indian Pudding

Yield: 1 Servings

Ingredients

1½ c seedless raisins

3 c milk scalded

1½ c milk cold

1 c cornmeal

½ c molasses

1 ts salt

½ c sugar

¾ ts ginger

¼ ts nutmeg

¼ c butter

Instructions

Add the raisins to the hot milk. Mix 1 cup cold milk with the cornmeal, then stir into the hot milk. Heat very slowly, stirring constantly, for about 10 to 15 minutes or until the mixture thickens. Mix in the molasses, salt, sugar, ginger, nutmeg, & butter. Pour into a buttered 2 quart casserole. Then pour the remaining ½ cup cold milk into the center of the pudding. Set dish in a pan of cold water, & bake in a slow oven, 300 F., for 2½ hours. Let cool for 3 to 4 hours before serving.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

American Indian Stew

Yield: 1

Ingredients

½ c lentils rinsed

½ c navy beans rinsed

2 c chopped onion

2 c celery coarsely chopped

5 carrots scrubbed and

1 chunked into 1 inch pieces

¼ c brown sugar

1 c barley

½ ts thyme chopped

1 ts minced garlic

2 bay leaves
1 ts black pepper
½ c cooking wine red
1 qt low sodium vegetable juice v8
2 c water

Instructions

Combine all ingredients in a Crock pot and cook for 8 10 hours on medium or low heat, or 4 5 hours on high heat. Remove bay leaves before serving.

Note: The flavor of this stew improves with time. For best results, prepare stew one to three days before serving. Also, if added salt is desired, add salt at the end of cooking time adding salt too soon can toughen the seed coats on the lentils.

MY VERSION [Karen Ferner]:

(I boil the beans for 15 minutes and then add everything else. I do it on top of the stove and cook for 2 hours. The beans were still hard when I cooked it in the crock pot, yuch!)

Per serving: 2082 Calories (kcal) 8g Total Fat (3 calories from fat) 91g Protein 366g Carbohydrate 0mg Cholesterol 715mg Sodium Food Exchanges: 17 Grain(Starch) 4 Lean Meat 23 ½ Vegetable 0 Fruit 0 Fat 2 ½ Other Carbohydrates

Recipe by: Diabetes in the News 9/10/94 (Jonathon the Cyberarian)

Converted by MM_Buster v2.0n.

American Oriental Chicken Soup

Yield: 6 Servings

Ingredients

6 c chicken stock or canned chicken broth
1 sl fresh ginger (2) julienned
2 bn green onions diagonally sliced in to ½ in piece
2 celery stalks cut diagonally in thin slice
2 c cooked chicken torn into bite sized piece
2 tb soy sauce
1 ts hoisin sauce
1 cn sliced water chestnuts (8oz) drained
salt
freshly ground pepper

Instructions

PUT THE CHICKEN STOCK in a soup pot and set over high heat. Add the ginger, green onions and celery. Bring to the boil, reduce heat, and simmer 10 minutes. Add the chicken, soy sauce and hoisin sauce and simmer 5 minutes. Add the water chestnuts. Taste for seasoning and add salt and pepper. Serve hot. May be made ahead a day. This freezes fine for a leftover. Don't freeze it for making an impression.

Makes 6 to 8 Servings

NATHALIE DUPREE

PRODIGY GUEST CHEFS COOKBOOK

Anglo Indian Curry Sauce

Yield: 4 Servings

Ingredients

2 tb mild vegetable oil

1 c coarsely chopped onion
1 inch piece fresh ginger, peeled
1½ lb red ripe tomatoes, cored, quartered
¼ c chopped cilantro
½ ts cayenne pepper
1 ts salt
1¼ ts garam masala or curry powder

Instructions

Heat oil in a heavy, medium sized skillet over medium heat. Add onions and stir fry until onions turn caramel brown, about 12 to 15 minutes. Remove from heat. Place in a blender with the ginger, tomatoes, cilantro, cayenne and salt puree until smooth.

Transfer to a medium size saucepan. Stir in garam masala or curry powder, cover, and cook over medium heat until tomatoes lose their raw aroma, 15 to 18 minutes.

Makes about 2 cups.

PER TABLESPOON: 15 calories, 0 g protein, 1 g carbohydrate, 1 g fat (0 g saturated), 0 mg cholesterol, 69 mg sodium, 0 g fiber.

Laxmi Hiremath writing in the San Francisco Chronicle, 6/24/92.

Converted by MMCONV vers. 1.50

Anish Nah Be Pakwejjigan (Real Indian Bread)

Yield: 4 Servings

Ingredients

1 ea recipe soft bread
2/3 c sunflower oil
½ c blueberries or raisins

Instructions

Let the soft bread dough cool to room temperature. Mix in the blueberries & put the dough into a bowl. Chill until it thickens. When the dough is firm, cut it into ½ " slices & fry until it is a golden colour. Serve hot with maple syrup.

Ants On A Tree Chinese Spicy Pork With Bean Threads

Yield: 1 Servings

Ingredients

¾ lb lean ground pork
1 TB distilled white vinegar
2 ts oriental sesame oil
2 ts soy sauce
3 ½ oz bean threads (up to 4)
1 TB vegetable oil
2 garlic cloves minced
1 TB peeled and minced gingerroot
½ c sliced scallions
2 ts chili paste
1 ½ c chicken stock
3 TB scotch

Instructions

In a small bowl combine the pork lightly with 1 teaspoon of the vinegar, 1 teaspoon sesame oil, and 1 teaspoon soy sauce and let the mixture stand for 20 minutes. In a

bowl let the bean threads soak in warm water to cover for 15 minutes, drain them, and cut them into 3 inch lengths.

Heat a wok or heavy skillet over high heat until it is hot, add the vegetable oil, and heat until it is hot. Add the garlic and gingerroot and stir fry the mixture for 5 seconds. Add the pork mixture and stir fry it, breaking up the lumps, until it is no longer pink. Add the scallions and the chilli paste and stir fry the mixture for 10 seconds. Add the bean threads, combine the mixture well, and add the stock, the Scotch, remaining 2 teaspoons vinegar, remaining soy sauce, and salt and pepper to taste. Bring the liquid to a boil, simmer the mixture, covered, for 5 minutes, and drizzle it with the remaining 1 teaspoon sesame oil.

Yield: 4 servings

Recipe By : Cooking Live Show #CL8982

From: "Angele And Jon Freeman" Date: 14 Oct 97 Mastercook

Recipes (Mailing List) Ž

Ants On The Hill (Chinese Style Beef)

Yield: 6 Servings

Ingredients

BINDER

2 ts cornstarch

¼ c chicken soup stock, or

1 canned chicken broth

MARINADE

1 ts sugar

¼ ts black pepper

¼ ts baking soda

2 tb soy sauce

1 tb oyster sauce

1 ts sesame seed oil

1 tb dry sherry, gin or vodka, optional

INGREDIENTS

1 lb ground chuck, sirloin or beef stew

3 c fried cellophane noodles

3 tb corn, vegetable or safflower oil

1 ts minced fresh garlic or

2 lg cloves garlic, minced

2 tb fresh scallions or scallion with green top, diced

NOODLES

3 c oil

2 oz cellophane noodles

Instructions

Before you start: Mix binder ingredients in cup or small bowl until Smooth .Set aside.

Mix marinade ingredients together in medium bowl until smooth.

1. Add beef to marinade in bowl and blend well. Set aside.
2. Spread fried cellophane noodles evenly on serving platter.
3. Heat skillet or wok on high for 30 seconds. Add oil and swirl to coat skillet for 30 seconds longer. Add garlic. Stir fry for 15 seconds. Add beef and marinade. Stir fry for 2 minutes, until beef loses its pink color.
4. Add binder to beef in skillet and blend well. Cook 1 minute.

5. Spoon cooked beef evenly over noodles. Garnish with scallions sprinkled on top. Serve hot with rice and salad or vegetable of your choice.

Yields 4 to 6 servings.

Noodles:

1. Heat 3 cups of corn, vegetable or safflower oil almost to smoking, about 375 degrees.
2. Unwrap and drop in one package (2 oz.) cellophane noodles.
3. Within 3 seconds, the noodles will puff up and turn white and crunchy.
4. With slotted spoon or wire mesh strainer, turn noodles over and deep fry for several seconds.
5. Remove from hot oil and drain on paper towels. May be stored in a tightly covered container for about a week.

Makes 5 cups fried noodles.

Ants On The Tree Mk 1 (Chinese Pasta & Meat Sauce)

Yield: 3 Servings

Ingredients

BINDER

1 ts cornstarch

1/8 c stock

MARINADE

1/2 ts sugar

1/8 ts black pepper

1 tb soy sauce

1 tb oyster sauce

1/2 ts sesame seed oil

1 tb rice wine or dry sherry

INGREDIENTS

1/2 lb ground lean beef

2 c fried thin rice sticks

1 ts vegetable oil

1 lg garlic cloves minced

2 tb fresh scallions sliced

NOODLES

3 c oil

2 oz thin rice sticks

Instructions

Before you start: mix binder ingredients in cup or small bowl until smooth. Set aside. Mix marinade ingredients together in medium bowl. Add beef to marinade in bowl and mix well. Set aside. Spread noodles evenly on serving platter. Heat skillet or wok on high for 30 seconds. Add oil and swirl to coat skillet for 10 seconds longer. Add garlic. Stir fry for 15 seconds. Add half of the scallions stir once, then add beef and marinade. Stir fry for 2 minutes, until beef loses its pink color. Add binder to beef in skillet and blend well. Cook 30 secs. Spoon cooked beef evenly over noodles. Garnish with remaining scallions sprinkled on top. Serve hot.

Noodles:

Heat 3 cups of oil almost to smoking, about 375 degrees. Unwrap and drop in rice sticks. Within 3 seconds, the noodles will puff up and turn white and crunchy. With slotted spoon or wire mesh strainer, turn noodles over and deep fry for a few seconds more. Remove from hot oil and drain on paper towels.

May be stored in a tightly covered container for about a week.

Makes 4 cups fried noodles.

If not used immediately, re heat them briefly in the oven.

Recipe M Loo. ForgSs France 3 January 1997

From: Ian Hoare

Date: 04 Jan 97 National

Cooking Echo Ž

Ants On The Tree Mk 2 (Chinese Pasta & Meat Sauce)

Yield: 3 Servings

Ingredients

BINDER

1 ts cornstarch

1/8 c stock

MARINADE

1/2 ts sugar

1/8 ts black pepper

1 tb soy sauce

1 1/2 tb hoisin sauce

1/2 ts sesame seed oil

1 tb rice wine or dry sherry

INGREDIENTS

1/2 lb ground lean beef

2 oz cellophane noodles

warm water

1/2 c stock

1 ts vegetable oil

1 lg garlic cloves minced

2 tb fresh scallions sliced

Instructions

Before you start: mix binder ingredients in cup or small bowl until smooth. Set aside.

Mix marinade ingredients together in medium bowl until smooth. Soak noodles in warm water for at least 20 minutes until pliable.

Add beef to marinade in bowl and mix. Set aside.

Heat skillet or wok on high for 30 seconds. Add oil and swirl to coat skillet for 10 seconds longer. Add garlic. Stir fry for 15 seconds. Add half of the scallions stir once, then add beef and marinade. Stir fry for 2 minutes, until beef loses its pink color.

Add binder to beef in skillet and blend well. Cook 30 secs. Leave a few seconds while heating noodles.

Drain noodles slightly sling into hot dry wok and stir fry 30 secs. Gradually add stock, tossing to mix between additions. Noodles will take up liquid and become almost transparent. If they aren't, add more stock and continue until they are. Put them in a bowl, spoon cooked beef over noodles. Garnish with remaining scallions sprinkled on top. Serve hot.

Recipe M Loo. ForgSs France 3 January 1997
From: Ian Hoare
Date: 04 Jan 97 National
Cooking Echo Ž

Apple Cider Indian Pudding

Yield: 1

Ingredients

1 c milk
2/3 c yellow cornmeal
3 c unpasteurized apple cider
1 lg egg beaten lightly
½ c firmly packed light brown sugar
1 ts cinnamon
1 ts salt
½ stick unsalted butter cut into bits (¼ cup)
½ c raisins
vanilla ice cream as an accompaniment

Instructions

In the top of a double boiler set over simmering water scald ½ cup of the milk. In a bowl whisk together the cornmeal and the cider, stir the mixture into the scalded milk, and cook the mixture, stirring occasionally, for 20 to 25 minutes, or until it is thickened. (The mixture may appear slightly curdled.) Remove the pan from the heat, whisk in the egg, the brown sugar, the cinnamon, the salt, the butter, and the raisins, and pour the mixture into a buttered 13 by 9 inch baking pan.

Whisk in the remaining ½ cup milk and bake the pudding in the middle of a preheated 325F. oven for 1 hour. Serve the pudding warm with the ice cream.

Serves 6 to 8.

Gourmet October 1991

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Applebee's Oriental Chicken Salad Oriental Dressing

Yield: 1 Serving

Ingredients

DRESSING

3 tb honey
1½ tb white vinegar
4 ts mayonnaise
1 tb dijon mustard
1/8 ts sesame oil

SALAD

1 egg
½ c milk
½ c flour
½ c corn flake crumbs

1 ts salt
¼ ts pepper
1 chicken breast half boneless, skinless
2 c vegetable oil (for frying)
3 c chopped romaine lettuce
1 c red cabbage
1 c napa cabbage
½ carrot, julienned
1 green onion, chopped
1 tb sliced almonds
1/3 c chow mein noodles

Instructions

Crisp Oriental greens topped with chunks of crunchy Chicken Fingers, toasted almonds & crispy rice noodles tossed in a light Oriental vinaigrette. This Oriental Chicken salad, which is considered one of the restaurant's signature items.

1. Preheat oil in deep fryer or deep pan over medium heat. You want the temperature of the oil to be around 350 degrees.
2. Blend together all ingredients for dressing in a small bowl with an electric mixer. Put dressing in refrigerator to chill while you prepare the salad.
3. In a small, shallow bowl beat egg, add milk, and mix well.
4. In another bowl, combine flour with corn flake crumbs, salt and pepper.
5. Cut chicken breast into 4 or 5 long strips. Dip each strip of chicken first into egg mixture then into the flour mixture, coating each piece completely.
6. Fry each chicken finger for 5 minutes or until coating has darkened to brown.
7. Prepare salad by tossing the chopped romaine with the chopped red cabbage, Napa cabbage, and carrots.
8. Sprinkle sliced green onion on top of the lettuce.
9. Sprinkle almonds over the salad, then the chow mein noodles.
10. Cut the chicken into small bite size chunks. Place the chicken onto the salad forming a pile in the middle. Serve with salad dressing on the side.

Makes 1 dinner size salad.

Applebee's Oriental Chicken Salad

Yield: 1 Serving

Ingredients

ORIENTAL DRESSING:

3 tb honey
1½ tb white vinegar
4 ts mayonnaise
1 tb Dijon mustard
1/8 ts sesame oil

SALAD:

1 egg
½ c low fat milk
½ c flour
½ c corn flake crumbs
1 ts salt

¼ ts pepper
1 skinless boneless chicken breast ha cut into
3 tb vegetable or canola oil for frying
3 c romaine lettuce chopped
1 c red cabbage chopped
1 c carrot shredded
1 green onion chopped
1 tb sliced almonds
1/3 c chow mein noodles

Instructions

Preheat oil in frying pan over medium heat . Blend together all ingredients for dressing in a small bowl with an electric mixer. Chill. In a small bowl, beat egg add milk mix well. In another bowl, combine flour with corn flake crumbs, salt and pepper. Dip chicken first into egg mixture then into flour mixture, coating each piece completely. Fry each chicken finger for 5 minutes or until coating has darkened to brown. Prepare salad by tossing the lettuce with the cabbage and carrot. Sprinkle green onion on top of lettuce.

Sprinkle almonds over the salad then the chow mein noodles. Cut the chicken into Small bite size chunks. Place the chicken onto the salad forming a pile in the middle. Serve with salad dressing on the side.

Makes 1 dinner size salad.

Todd Wilbur

Top Secret Recipes

From cjhartlin@email.msn.com Sun Jan 17 11:53:55 1999

Contributor: Recipe List

Preparation Time: 0:15

Ariel's Spicy Indian Potatoes 1

Yield: 2 Servings

Ingredients

2 large potatoes
1 crushed black peppercorns
1 dried green mango powder
1 (amchoor or umchoor)
oil

Instructions

- 1) Cut potatoes into shoestrings (i.e. thin fries).
- 2) Pan fry in oil. Remove to serving platter.
- 3) Sprinkle liberally with crushed black peppercorns and green mango powder.

From the kitchen of Peggy and Bruce Travers,Cyberealms BBS Watertown NY
315 786 1120

Ariel's Spicy Indian Potatoes 2

Yield: 2 Servings

Ingredients

2 large potatoes
1 crushed black peppercorns
1 dried green mango powder
1 (amchoor or umchoor)
oil

Instructions

- 1) Cut potatoes into shoestrings (i.e. thin fries).
- 2) Pan fry in oil. Remove to serving platter.
- 3) Sprinkle liberally with crushed black peppercorns and green mango powder.

From: Ghislaine Dumont Date: 14 Jun 97 National Cooking

Echo Ž

Arizona Elephant Ears Or Navajo Bread Or Indian Fried Bread

Yield: 1 Servings

Ingredients

4 c un sifted flour
1 ts salt
3 ts baking powder
1¼ c lukewarm water

Instructions

Mix dry ingredients. Add water and knead thoroughly. Cover and let stand 10 minutes. Roll dough into balls about 2 inches in diameter and roll them out flat with a rolling pin. Cut two slashes in center. Fry on both sides in hot grease until brown. Makes 10 to 12 portions.

For the dessert version: drizzle with honey and sprinkle with powdered sugar.
For a Navajo taco, top with refried beans, chopped tomatoes, onions, and grated cheese. Serve with salsa.

Recipe from The Copper Town Cookbook, Jerome, AZ. Both versions are yummy!
From: NWilbourne

Aromatic Braised Oxtail With Preserved Lemon Polenta

Yield: 4

Ingredients

12 oxtails
2 c all purpose flour
¼ c ancho chile powder
¼ c salt
1/8 c freshly ground black pepper
2 onions chopped
2 fennel bulbs chopped
½ celery stalk chopped
1 large carrot chopped
10 garlic cloves
1 tb minced ginger

4 lemon grass stalks white part only, pounded,
2 c red wine
1 can roma tomatoes (8 oz) drained
½ c dark soy sauce
½ bn fresh thyme
2 bay leaves
water to cover oxtails
1 preserved lemon polenta
3 c polenta
2 tb minced ginger
¼ c minced shallots
½ c finely diced preserved lemons
3 c chicken stock
salt to taste
freshly ground black pepper to taste
4 tb butter

Instructions

Mix flour, chile, salt and pepper and coat oxtails well. In a hot stock pot, coat bottom with oil and sear oxtails until all sides are browned. Pull out oxtails and wipe out stock pot.

Sauté onions, fennel, celery, carrots, garlic, ginger and lemon grass.
Deglaze with wine and reduce. Add tomatoes, soy, thyme and bay. Add water to completely cover meat. Check for seasoning the broth should taste well seasoned. Bring to boil then simmer on low heat for 3 hours. The meat should fall off of the bone.

Remove oxtails and reduce sauce by 20 percent. Using a hand blender, puree sauce. Check for seasoning. Serve on top of polenta.

For the Preserved Lemon Polenta: In a saucepan, sauté shallots and ginger in 1 tablespoon of butter. Add polenta, lemons, stock, salt, pepper and butter. Check for seasoning. Stir well and cover tightly. Bake in 400 degree oven For 1 hour. A crust will form. Break through crust for polenta.

This recipe yields 4 servings.

Source:

"EAST MEETS WEST with Ming Tsai (Show # MT 1A29) from the TV FOOD NETWORK"

S(Formatted for MC5):

"10 27 1999 by Joe Comiskey jcomiskey@krypto.net"

Per serving: 1266 Calories (kcal) 14g Total Fat (10 calories from fat) 28g Protein 232g Carbohydrate 31mg Cholesterol 8277mg Sodium Food Exchanges: 14 1/2 Grain(Starch) 0 Lean Meat 2 Vegetable 0 Fruit 2 ½ Fat 0 Other Carbohydrates

Recipe by: Ming Tsai

Converted by MM_Buster v2.0n.

Aromatic Broth With Vegetable Slivers Thailand

Yield: 1 Serving

Ingredients

1 stalk Lemon Grass
1½ tbsps Salt
4 c Cubed Chicken Meat
Pepper To Taste
Chicken Or Fish Stock
3 ozs Snow Peas
½ c Sliced Cilantro Leaves
1 med Carrot Peeled
1 Serrano Or Jalapeno Chili
4 med Radishes
½ ts Grated Lime Zest
Green Part of 1 Scallion
Lime Juice To Taste
2 tbsps Whole Cilantro Leaves

Instructions

Cut lemon grass in 2 inch pieces bruise lightly. Combine with stock, cilantro stems, chili, and lime zest in sauce pan. Simmer, covered, 15 minutes (halfway through, taste and remove hot pepper, if desired, or leave in longer for more heat). Strain. (Solids can be re used with more cilantro to flavor another batch of broth.) Add lime juice, salt and pepper. Cut snow peas in thin diagonal strips. With vegetable peeler shave 2 inch ribbons of carrot. Thinly slice radishes and scallion.

Bring soup to a boil: stir in snow peas and carrots and boil until just tender about 1 1/2 minutes. Stir in radishes, scallion, and cilantro bring to a boil. Serve at once.

Per serving (excluding unknown items): 66 Calories less than one gram Fat (5 calories from fat) 4g Protein 13g Carbohydrate 0mg Cholesterol 9819mg Sodium

Preparation Time: 0:00

Aromatic Garlic Squid Chinese American

Yield: 4 Servings

Ingredients

1½ lbs squid, fresh or frozen
1½ tbsps peanut oil
3 tbsps garlic finely sliced
1 tb ginger finely shredded
1 ts salt
½ ts fresh ground black pepper
2 tsps dried chili flakes
1 ts Asian sesame oil

Instructions

The edible parts of the squid are the tentacles and the body. Pull the head and tentacles away from the body. Then pull off and discard skin.

Using a small sharp knife, split body in half. Remove the transparent body sections. Wash halves thoroughly under cold running water and pull off and discard skin. Cut tentacles firm heat cutting just above the eye. If necessary remove the break from the base of the ring of tentacles. Cut squid meat into 1½ " strips. Blanch strips and tentacles in large pot of boiling water for 5 seconds. The squid will firm up slightly and turn an opaque whit color. Remove and drain immediately in colander. Allow squid to drain for at least 5 minutes in colander. Heat wok or large frying pan over high heat until it is hot. Ad peanut oil, add ginger and stir fry 15 seconds. Add salt, black pepper, and chili and stir fry 30 seconds. Add squid and stir fry vigorously 1 minute. Add sesame oil and give a quick stir. Serve immediately with other dishes and with rice.

Per serving (excluding unknown items): 64 Calories 5g Fat (70 calories from fat) 1g Protein 4g Carbohydrate 0mg Cholesterol 535mg Sodium

Contributor: Easy Family Recipes from a Chinese American Childhood
Preparation Time: 0:00

Asparagus & Shrimp Oriental

Yield: 6 Servings

Ingredients

LISA CRAWLEY TSPN00B

1 lb fresh shrimp cooked

1 can water chestnuts

1 c fresh mushrooms sliced

1 med onion sliced

1 c celery sliced diagonally

1½ lb fresh asparagus steamed

11 ounces can mandarin orange sections drained

2 tb vegetable oil

½ ts salt

¼ ts freshly ground pepper

2 tb sugar

2 tb soy sauce

boiled rice

Instructions

Shell devein shrimp. Drain and slice water chestnuts. Arrange shrimp, chestnuts, mushrooms, onion, celery, asparagus, and oranges on lg. tray. Heat oil in wok or electric skillet. Add onion, celery, salt, pepper, and sugar cook, stirring, until veg. are crisp tender. Add asparagus and shrimp place mushrooms and water chestnuts over shrimp. Sprinkle with soy sauce place orange sections on top. Cover cook until mixture begins to steam reduce heat. Simmer about 12 min.

Serve on rice.

Yield: 6 servings.

Asparagus Napoleons With Oriental Black Bean Sauce

Yield: 1

Ingredients

FOR THE PASTRY RECTANGLES

½ lb frozen puff pastry thawed
an egg wash made by beating 1 large egg yolk with 2 teaspoons water

FOR THE SAUCE

1 tb cornstarch
1/3 c water
2/3 c chicken broth
1½ tb soy sauce
1½ tb scotch or medium dry sherry
2 ts sugar
1 tb vegetable oil
1 tb fermented black beans (available at oriental markets and specialty foods shops),
rinsed well and drained
2 tb fine julienne strips of orange zest
1½ tb minced peeled fresh gingerroot
1 tb minced garlic
1½ lb asparagus trimmed and peeled

Instructions

Make the pastry rectangles:

Roll out the pastry 1/8 inch thick on a lightly floured surface, cut out six 5 by 2 inch rectangles, and transfer them to a dampened baking sheet.

Brush the tops of the rectangles with some of the egg wash, being careful not to let the egg wash drip down the sides, score them in a crosshatch pattern with the back of a paring knife, and brush them again with some of the remaining egg wash. Bake the rectangles in the upper third of a preheated 400F. oven for 12 to 15 minutes, or until they are puffed and golden, transfer them with a spatula to racks, and let them cool. The pastry rectangles may be made 1 day in advance, kept in an airtight container at room temperature, and reheated. Halve the rectangles horizontally with a serrated knife and with a fork pull out carefully any uncooked dough.

Make the sauce:

In a small bowl dissolve the cornstarch in the water and stir in the broth, the soy sauce, the Scotch, and the sugar. In a heavy saucepan heat the oil over moderately high heat until it is hot but not smoking and in it stir fry the beans, the zest, the gingerroot, and the garlic for 1 minute, or until the mixture is very fragrant. Stir the broth mixture and add it to the bean mixture. Bring the sauce to a boil, stirring, simmer it for 2 minutes, and keep it warm. The sauce may be made 1 day in advance, kept covered and chilled, and reheated.

In a large deep skillet of boiling salted water cook the asparagus for 3 to 5 minutes, or until the stalks are just tender but not limp, and drain it well. Arrange the bottom half of each pastry rectangle on a plate and divide the asparagus among the pastries. Spoon the sauce over the asparagus and around the pastries on each plate and top the asparagus with the top halves of the pastries.

Serves 6 as a first course.

Gourmet April 1992

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Asparagus Rice Oriental

Yield: 1

Ingredients

1 lb fresh asparagus or 10 oz frozen
1 tb olive oil
1 clove garlic crushed
¼ ts fresh ginger grated
2 c chicken broth
¼ c chopped green onions
2 ts soy sauce
½ ts sugar
1 c long grain white rice

Instructions

Cut asparagus diagonally into 2 inch lengths, keeping bottom ends separate. Heat oil in wok or Dutch oven (non stick). Add garlic, ginger and asparagus bottoms. Stir fry 1 minute. Add remaining asparagus stir fry 2 minutes. Remove asparagus and set aside. Add broth, green onions, soy sauce, and sugar. Bring to a boil stir in rice. Cover reduce heat to low and simmer 15 minutes. Add asparagus cook 5 more minutes. Makes 5 cups.

Per serving: 1003 Calories (kcal) 18g Total Fat (16 calories from fat) 34g Protein 176g Carbohydrate 0mg Cholesterol 2235mg Sodium Food Exchanges: 9 1/2 Grain(Starch) 1 Lean Meat 5 Vegetable 0 Fruit 2 ½ Fat 0 Other Carbohydrates

Recipe by: (Tina D. Bell)

Converted by MM_Buster v2.0n.

Asparagus Soup (Indiana)

Yield: 6 Servings

Ingredients

30 stalks asparagus (2 pounds)
4 qt water
1 tb salt
¼ c minced onion
¼ c minced parsley
1 ts ground coriander
2 tb butter
1 tb flour
2 c chicken broth, heated
½ c heavy cream
1 tb lemon juice
½ ts salt
¼ ts white pepper

Instructions

Trim tough ends and peel asparagus stems with potato peeler. Tie together in 3 bunches simmer in large pot of salted water until just tender. Lift bundles out place in sink of cold water. When cook, drain on paper towels. Cut into 1 inch pieces reserve.

In medium saucepan, sauté onion and parsley with coriander and butter until soft. Stir in flour cook for three minutes. Remove pan from heat stir in heated broth. Simmer mixture 5 minutes. Add reserved asparagus stalks. Puree mixture in blender or food processor until smooth. (Do in batches.) Return puree to saucepan stir in cream and reserved tips. Heat. Do not boil. Stir in lemon juice. Add salt and pepper.

Serve hot or chilled.

From: Ghislaine Dumont

Date: 14 Jun 97 National Cooking Echo Ž

Aubergine And Mozzarella Mountains

Yield: 1

Ingredients

1 aubergine cut into 8 slices

4 beef tomatoes

250 gram pac buffalo mozzarella

2 tb olive oil

ready made pesto

sea salt and pepper

Instructions

Preheat the oven to 190C /375F/gas mark 5.

Place the aubergine slices on a preheated griddle or under a hot grill and cook until browned on both sides.

Place 4 of the aubergine slices on a lightly oiled baking sheet, top each with alternative slices of tomato and the remaining aubergine slices.

Sprinkle each layer with salt and pepper.

Skewer the stacks through the centre with a cocktail or satay stick to hold them together. Place in the oven and cook for 10 minutes.

To serve, transfer the stack onto individual serving plates, carefully remove the stabilising sticks. Drizzle with a little olive oil and top with a generous spoonful of pesto. Garnish with basil sprigs and serve warm or at room temperature.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Aubergine Fritters Makhua Chub Khai Thord Thailand

Yield: 1 Serving

Ingredients

2 Eggs beaten

Salt to taste

2 tbsps Milk

2 Aubergines (eggplants) finely sliced

Oil for deep frying

Instructions

Mix the eggs, salt and milk together to make a batter. Dip the aubergine slices into the batter and deep fry the coated aubergine slices in the oil over moderate heat until evenly brown.

Per serving (excluding unknown items): 145 Calories 10g Fat (60 calories from fat)
12g Protein 2g Carbohydrate 371mg Cholesterol 122mg Sodium

Contributor: Discover Thai Cooking Chaslin, Canungmai & Tettoni
Preparation Time: 0:00

Audrey's Oriental Chicken

Yield: 4 Servings

Ingredients

¼ c firmly packed brown sugar
2 tb cornstarch
¼ c vinegar
1 tb soy sauce
15 oz. can pineapple chunks
1 c strips, green pepper
1 c thin onion rings
1 tb oil
2 boneless chicken breasts*

Instructions

*Cut into thin strips. In a medium bowl, combine sugar and cornstarch. Gradually stir in vinegar and soy sauce. Stir in pineapple, green pepper and onion, set aside. Heat oil in wok. Add chicken and stir fry, just until tender, and chicken has turned white. Add pineapple and vegetable mixture stir until well mixed. Cover and simmer over low heat 15 minutes. Cal: 314 Fat 7g.

Authentic Beef With Chinese Broccoli

Yield: 2 Servings

Ingredients

1½ lb Chinese broccoli {gai lan}
1 lb Flank steak
3 tb Vegetable oil
1 Garlic clove minced
1 ts Minced fresh ginger
1 Scallion, green and white parts minced
1 tb Dark soy sauce
¼ c Unsalted or low sodium chicken stock or water
1 tb Brandy
½ ts Sugar
2 ts Roasted sesame oil
MARINADE
1 tb Dark soy sauce
1 tb Cornstarch
2 ts Dry white wine

Instructions

Wash the broccoli well in cold water, separating the leaves and tender hearts and the stalks. Peel the thicker stalks, if necessary. Set aside. Make the marinade: Mix the soy sauce, cornstarch, and wine in a bowl. Slice the beef across the grain into ¼ inch thick pieces, each about 1½ inches long. Combine with the marinade and let stand at least 10 minutes.

Heat 1 tablespoon oil in a wok and stir fry the broccoli stalks, about 30 seconds to 1 minute, then add the leaves and hearts and stir fry another 30 seconds, tossing frequently. Remove to a bowl and set aside.

Return wok to the heat and add the remaining 2 tablespoons oil. Over medium high heat, stir fry the garlic, ginger, and scallion for 30 seconds, or until aromatic. Add the beef and stir fry until browned, tossing frequently. Add the soy sauce, stock, brandy, and sugar, then the broccoli, tossing to blend and heating the broccoli. Turn off heat, drizzle with sesame oil, and serve.

This recipe yields 2 to 4 servings.

Comments: Although beef with broccoli appears on most North American Chinese restaurant menus, very few customers have tasted the authentic dish. You must use Chinese broccoli {gai lan}. Chinese broccoli has tiny white flowers on the central stalk, so the dish does not even look like the run of the mill take out beef with broccoli !

Recipe Source:

BEYOND BOK CHOY by Rosa Lo San Ross (c) 1996

Artisan, a division of Workman Publishing, New York, NY 191 pages
\$25.00

As reprinted in the Jan/Feb, 1997 issue of Cookbook Digest

Formatted for MasterCook by Joe Comiskey, aka MR MAD

jpmd44a@prodigy.com or MAD_SQUAD@prodigy.net

07 23 1997

Contributor: Rosa Lo San Ross

Preparation Time: 0:00

Authentic Chinese Lemon Chicken Chinese American

Yield: 4 Servings

Ingredients

1 lb boneless chicken breastcut in 1½ " cubes

1 egg white

1 ts salt

2 tsps cornstarch

1 c peanut oil

SAUCE:

½ c homemade chicken broth

2 tbsps fresh lemon juice

1 tb sugar

1 tb light soy sauce

2 tsps Shaoxing rice wine

1 tb garlic finely sliced

2 dried and crushed red chillies

1 tb grated lemon zest
1 ts cornstarch, blended with 1 tsp water

Instructions

Mix cut chicken with egg white, salt and cornstarch in bowl refrigerate for 20 minutes. Heat large pan until very hot add oil. When oil is very hot, remove pan from heat and immediately add chicken pieces, stirring vigorously to keep from sticking. As soon as chicken pieces turn white in about 2 minutes, quickly drain chicken and all of the oil discard the oil. Mix in saucepan all sauce ingredients except cornstarch mixture and bring to simmer. Slowly add cornstarch mixture stirring all the while. When sauce has slightly thickened add chicken and mix. Turn onto a platter and serve at once.

Per serving (excluding unknown items): 505 Calories 54g Fat (94 calories from fat) 1g Protein 6g Carbohydrate 0mg Cholesterol 547mg Sodium

Contributor: Easy Family Recipes from a Chinese American Childhood
Preparation Time: 0:00

Avocado Cocktail

Yield: 8

Ingredients

GENERAL

250 ml tomato ketchup (8 fl oz)
125 g cream cheese (4oz)
1 lemon juice of
½ ts worcestershire sauce
½ ts tabasco sauce
½ ts ground black pepper
½ ts salt

½ lettuce shredded finely

4 ripe avocados

TO GARNISH

4 spring onions chopped finely

Instructions

Mix together the ketchup, cream cheese, lemon, Worcestershire sauce, Tabasco, black pepper and salt, cover and stand for about 1 hour.

Just before serving, spoon the avocado flesh out in large pieces. Divide the lettuce and place it in the bottom of individual cocktail glasses.

Lay the avocado pieces on top and spoon over the sauce and garnish with the chopped spring onions.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Azuki Ice Cream Japanese Red Beans Ice Cream

Yield: 1 Serving

Ingredients

1 c azuki beans

1/3 c sugar

2 tsps lemon juice

3½ c water

CUSTARD BASE

1 c milk

1 c cream

4 egg yolks

2/3 c sugar

1 ts vanilla

Instructions

Wash beans, and transfer beans, sugar, lemon juice, and water into a saucepan. Bring to boil, and boil uncovered for 3 minutes. Decrease the heat to low and cover the pan, and cook the beans until very tender, adding additional water as needed, 2 1/2 3 hours. The beans should be very tender. When done, there should be a total of 3 cups beans and liquid.

If not enough liquid, add more water to make 3 cups total mixture. If too much water, drain some liquid. Let the mixture cool 5 minutes. Strain the bean mixture through a sieve. I used a wooden mallet for this purpose.

Refrigerate the bean mixture 2 3 hours until cold. Discard bean skins left in the sieve. Heat the milk and cream to simmer in a saucepan. Combine egg yolks, and sugar in a bowl, stirring with a wire whisk. Stir 1/4 cup of the hot cream/milk mixture into the egg/sugar mixture combine well.

Transfer the egg/sugar mixture into the milk/cream mixture in the saucepan. Place the saucepan over low heat and stir until mixture thickens somewhat, about 5 minutes.

Remove from heat, add vanilla, and refrigerate 2 3 hours until cold. Combine bean mixture and custard mixture and process according to your ice cream maker instructions.

Per serving (excluding unknown items): 1761 Calories 88g Fat (44 calories from fat)

25g Protein 223g Carbohydrate 1093mg Cholesterol 264mg Sodium

Preparation Time: 0:00

Oriental Recipes B

Baby Corn Soup Gaeng Juut Khaopote On Thailand

Yield: 4 Servings

Ingredients

5 stalks fresh coriander

10 ozs lean ground pork

1 ts ground pepper

1 ts fish sauce

2 cloves garlic minced

12 baby corn ears drained

5 c chicken stock
freshly ground white pepper

Instructions

Remove leaves from coriander stalks and set aside. Chop stalks. In bowl, combine coriander stalks, pork, pepper, fish sauce and garlic. Mix well. Flatten a teaspoonful of the pork mixture into a rough triangle. Wrap around a corn ear, making sure only the centre of corn is covered. Repeat with remaining corn. In saucepan, bring stock to the boil. Add corn, and return to the boil. Reduce heat and gently simmer 10 minutes. Serve in individual glass bowls, garnished with coriander leaves and white pepper.

Per serving (excluding unknown items): 34 Calories less than one gram Fat (23 calories from fat) 1g Protein 2g Carbohydrate 0mg Cholesterol 2685mg Sodium
Contributor: Thai Sensations Sherry Brydson
Preparation Time: 0:00

Baked Indian Pudding (Ai)

Yield: 1 Servings

Ingredients

3 c milk
4 tb corn meal
1/3 c molasses
1/2 c sugar
1 egg beaten
1/4 ts salt
1/2 ts ginger
1/2 ts cinnamon
1 c milk butter size of walnut

Instructions

Scald milk. Mix together meal and molasses and stir into hot milk. Cook until it thickens stir constantly. Remove from heat, add sugar, egg, butter, salt, ginger, and cinnamon. Mix thoroughly. Pour into buttered baking dish and bake 1/2 hour at 300 degrees. Pour over it one cup of milk and continue baking for 2 hours. Serve with cream or ice cream.

SHARED BY:Jim Bodle 3/92

Baked Indian Pudding With Old Fashioned Custard Sauce

Yield: 4 Servings

Ingredients

1/4 cup of yellow corn meal
5 c of whole milk
1/4 cups of dark molasses
1/2 tsp salt
1/4 tsp ground cinnamon
1/8 tsp ground ginger

1 tb butter

Instructions

Mix corn meal with 1 cup of milk. Scald the remaining 4 cups of milk in a double boiler. Add corn meal, molasses, salt, spices, butter, and mix well. Pour into a greased pan and bake in oven at 275* for 2 hours. Serve with a custard sauce.

Baked Indian Pudding

Yield: 4 Servings

Ingredients

1 c yellow granulated corn meal

½ c black molasses

¼ c granulated sugar

¼ c lard or butter

¼ ts salt

¼ ts baking soda

2 eggs

1½ qt hot milk

Instructions

From: jlang@cityscape.co.uk (Jack Lang)

Date: Thu, 25 Aug 1994 04:05:35 GMT

This is from a leaflet from the famous Durgin Park Restaurant ('Where your grandfather dined a century ago'),

Mix all the ingredients thoroughly with one half (¾ quart) of the above hot milk and bake in a very hot oven until it boils. Then stir in remaining half (¾ quart) of hot milk, and bake in a slow oven heat for five to seven hours. Bake in a stone crock, well greased inside.

REC.FOOD.RECIPES ARCHIVES/DESSERTS

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Baked Oriental Salmon

Yield: 2 Servings Can

Ingredients

2 tb rice vinegar

2 tb teriyaki sauce

½ tsp. dark sesame oil

¼ tsp. chili oil

1 lb salmon fillets

Instructions

In a bowl combine marinade ingredients. Place salmon in a glass baking dish pour the marinade over the fillets. Let stand 10 minutes at room temp.

Bake at 425: 10 15 minutes basting once or twice with the pan juices until the fish flakes easily with a fork.

Baked Plaice With Salted Beans And Chinese Greens

Yield: 4

Ingredients

8 sm head bok choy

4 tb soy sauce

1 sesame oil

30 g salted black beans (1oz)

½ ts caster sugar

1 sm red chilli deseeded and finely chopped

½ bn spring onions finely sliced

1 bn coriander chopped

1 golf ball sized knob of ginger peeled and finely chopped

2 garlic cloves

150 ml vegetable oil plus little extra for frying (5fl oz)

½ lemon zest of

4 200 g (7oz) fillets of plaice

1 lemon quartered

Instructions

Pre heat the oven to 180C/350F/gas mark 4. Blanch the bok choy in boiling salted water for 2 minutes, or until cooked through, drain, refresh under cold water and pat dry. Place in a shallow, ovenproof dish and drizzle over the soy sauce and 1 tbsp of sesame oil.

Roughly mash the black beans with the caster sugar in a bowl. Mix in the chilli, spring onions and coriander with half the ginger and garlic. Stir in the vegetable oil, lemon zest and 4 tbsp of sesame oil.

Arrange the bok choy into 4 moulds. Fold the fish fillets into neat bundles and place on top of the bok choy. Spoon the dressing over each bundle, cover the dish with foil and bake for 20 minutes, or until the fish is opaque right through to the centre.

Heat a little vegetable oil in a frying pan and when hot, sauté, the remaining garlic and ginger until crispy and golden. Spoon it over the fish and serve with lemon quarters.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Baked Shrimp In Phyllo With Indian Spice Shrimp Wraps And To

Yield: 1

Ingredients

3 sheets phyllo dough

1 melted butter

¼ c ground hazelnuts

1 tb garam masala

5 head on gulf shrimp

TOMATO CHUTNEY

2 tb butter

1 ts ginger chopped
1 ts shallots chopped
¼ ts garlic chopped
1 tb sugar
1 ts tomato paste
½ c tomato concasse
1 ts lime juice
¼ c cilantro chopped

Instructions

Lay a sheet of phyllo out and brush with melted butter. Sprinkle one third of the hazelnuts and then one third of the garam masala. Repeat process two more times, placing each new phyllo dough sheet directly on top of the seasoned phyllo sheets. Cut the stack width wise into 5 strips, place one shrimp on the near end of each strip, and roll. Place the rolls on a lightly greased baking sheet. Bake in a 375 degree oven for 8 minutes.

To make the chutney, melt the butter in a sauté pan, and sweat the ginger, shallots and garlic. Add sugar, tomato paste, tomato concasse and cilantro. Spoon some chutney over each roll before serving it.

Yield: 5 rolls

Converted by MC_Buster.

Per serving: 576 Calories (kcal) 39g Total Fat (72 calories from fat) 9g Protein 24g Carbohydrate 62mg Cholesterol 570mg Sodium Food Exchanges: 2½ Grain(Starch) ½ Lean Meat ½ Vegetable 0 Fruit 7½ Fat 1 Other Carbohydrates

Recipe by: IN FOOD TODAY SHOW# INF299

Converted by MM_Buster v2.0n.

Baked Thai Tofu With Cucumber Relish

Yield: 6

Ingredients

2 lb firm tofu

1 cut in 12 flat rectangles

MARINADE

1 c vegetable stock

2 tb soy sauce

1 tb chile paste

1 cooking spray

CUCUMBER RELISH

¼ c rice wine vinegar

¼ c sugar

¼ c water

10 cilantro stems

2 cloves garlic minced

1 salt to taste

1 cucumber

1 cut in half lengthwise

1 seeds removed thinly sliced

1 ts minced ginger root
¼ ts chile paste
2 tb coarsely chopped cilantro leaves (optional)

Instructions

Makes 6 servings

Most Thai recipes include the instructions "brung tam chop jai," or season to taste. " In older recipes, no quantities were given. Thais believe each cook tends to favor one of the four basic seasonings (hot, sweet, sour, or salty) and will season to his or her own preference.

1. Arrange tofu slices in a large shallow dish. Mix together marinade ingredients, pour over tofu, cover, and refrigerate overnight.
2. Preheat oven to 400g. Spray a baking sheet with cooking spray. Drain tofu and gently place slices on sheet. Spray lightly with cooking spray. Bake about one hour, turning occasionally, until lightly browned.
3. While tofu is baking, prepare Cucumber Relish. In a medium pan, combine vinegar, sugar, water, cilantro stems, garlic, and salt. Bring to a boil stir until sugar dissolves. Strain and cool.
4. In a medium bowl, mix together cucumber, ginger, chile paste, and chopped cilantro, if desired. Pour vinegar mixture over, and let stand, uncovered, while tofu bakes. Serve tofu with relish.

VEGAN

PER SERVING: 154 CAL (27 from fat), 11g PROT, 4.5g FAT, 16g CARB, 219mg SOD, 0mg CHOL, 1g FIBER

By "Karen C. Greenlee" on Mar 13, 1999.

Recipe by: Veggie Life Magazine, November 1998, page 26

Converted by MM_Buster v2.0l.

Baked White Fish W/ Cocktail Sauce

Yield: 1

Ingredients

1 white fish

1 cocktail sauce

Instructions

Take any white fish (orange roughy is a particular favorite of mine, very very mild) and evenly coat the top with cocktail sauce. Bake at 350 F until fish is done and cocktail sauce has become slightly "crusty". This is EXCELLENT! The topping no longer tastes like cocktail sauce and it adds great flavor with no fat.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Mary A. Flesch

Converted by MM_Buster v2.0n.

Balti Indian Cooking Introduction

Yield: 1 Info Sheet

Ingredients

no ingredients

Instructions

There really are Balti people who live in Baltistan. Once it was a kingdom complete with its own royals. Now it is the northernmost part of Pakistan. It is located on the roof of the world and though few places are as remote and inhospitable, few people are more friendly and few have such a colourful history. Their food has evolved over centuries into pan cooked stir fries and slow cooked dryish stews. The results are aromatic and very tasty indeed.

It was an imaginative restaurateur who, by establishing a Balti restaurant in, of all places, Birmingham England, a few years ago, put Balti cooking on the map. It took off in a big way, and just 10 years later there are no less than 100 Balti houses in Birmingham alone, with dozens more springing up all over the UK, and sweeping the British Isles in the way that tandoori did two decades ago.

What is Balti?

Seriously delicious" is how Patrick,

Earl of Lichfield, described Balti cooking when he first encountered it in the company of the Birmingham Post's Carol Ann Rice.

Balti is a type of Kashmiri curry whose origins go back centuries in the area which is now northern Pakistan. Balti refers both to its area of origin and the dish in which the food is cooked and served to the table. Known also as the Karahi, the Balti pan is a round bottomed, wok like, heavy cast iron dish with two handles. The food served in the Balti pan are freshly cooked aromatically spiced curries. Balti food at its best is very aromatic, but not excessively spiked with chillies. Traditionally it is eaten without rice or cutlery. Balti bread is used to scoop up the food, using the right hand only.

The origins of Balti cooking are wide ranging and owe as much to China (with a slight resemblance to the spicy cooking of Szechuan) and Tibet as to the tribal ancestry of the nomad, the tastes of the mogul emperors, the aromatic spices of Kashmir, and the 'winter foods' of lands high in the mountains. Balti food is both simple in its concept and cooking, and complex in its flavours. True Balti food is dryish and slightly oily and spicily tasty. The modern British Balti house has retained the traditional concepts, and has widened the range of Balti to encompass many favourite curries which have never been heard of in Baltistan. Whether this modification of the authentic and traditional is a good thing or a bad thing, is frankly, I believe, irrelevant. The diners at a Birmingham Balti house have as much in common with a Balti or Pathan tribesman as an alien from outer space. Indeed many of the Balti house owners and workers have probably been no nearer to

Baltistan than their customers. Their demands are quite different. So too are those of householders who want to cook at home. In Baltistan they cook what they cook, day by day, meal by meal according to what provisions they have in store. Most of us at home do the same for our lunch, tea, supper or dinner. Unless we are planning an elaborate entertaining session, we simply use what we've got. In this respect, Balti cooking is perfect. In this book (Balti Curry Cookbook) I give recipes for the two types

of Balti cooking authentic recipes from Baltistan, and recipes for Balti dishes as served in the modern Balti restaurant.

The Balti Restaurant

The first Birmingham Balti restaurants, or houses, were in effect, curry transport cafes. Furnishings were basic. Formica chairs and tables were bolted to the floor. They stayed open from 10am to 3am daily and you paid in advance. A wide choice of dishes were offered, all called Balti this and Balti that: Balti Meat, Balti Chicken, Balti Prawns, Balti Vegetables, Balti Dhals. All could be ordered in any combination – so Balti meat with Peas, or Balti Chicken with Carrots, or Balti Prawns with Chickpeas or Balti Meat with Chicken or Palti Prawns with Meat

were just some of the examples on the original menu. Spicing was subtle with an emphasis on fresh garlic, ginger, coriander leaf (throughout my Balti recipes, the European word 'coriander' will be used instead of the American/ Latin american 'cilantro' IMH) and aromatic spices including clove, cassia bark (similar to cinnamon which can be substituted IMH), cardamoms, aniseed, fennel, cummin and garam masala. As the restaurateurs were Pakistani Moslems, alcohol was not served and the Balti House was not licensed. As times went by clones began to open around the Midlands. By the mid 1980s, things began to elaborate and menus got longer with some restaurants offering over 60 Balti dishes. The combinations have become legendary. Adil's, one of the earliest Balti houses offers such coded delights as Balti Mt Spi Cha Chi Aub, meaning Balti meat with spinach, chana dhal, chickpeas and aubergines. Another favourite is Balti Tropical which is a combination of Balti Meat, Chicken and Prawns. The ultimate mix is called 'the Exhausting Balti Dish' by at least two Balti houses. I asked one of the waiters why it was called 'Exhausting'. 'Simple', he said in a perfect Kashmiri Brum accent, 'it will exhaust you eating it. A better epitaph I cannot write.

Taken from The Balti Curry Cookbook Pat Chapman ISBN 0 7499 1342 8
From: Ian Hoare Date: 29 Dec 96 National Cooking Echo Ž

Bam Baap (Korean Chestnut Rice)

Yield: 6 Servings

Ingredients

2 c Rice

6 Chestnuts

Instructions

Korean chestnuts are the size of a small egg very large, solid and sweet. It is astonishing in the autumn, the chestnut season, to see a large heap of these giant chestnuts piled in pyramids in the public marketplaces. In New York, during the Thanksgiving/Christmas season, reasonably good chestnuts imported from Italy are available and make a satisfactory substitute.

Prepare the chestnuts in this manner: Chestnuts that have been well dried by leaving them at room temperature for a day or two are easier to peel with a serrated knife. Sometimes the peel can be broken off with your fingers. To remove the inner and outer skin, cut off about half of the thick outer shell and drop the chestnuts in boiling water. Cover the pan and cook for 5 minutes. Drain, cool enough to handle, then pull off both skins.

1. Rinse the rice in cold water and drain.
2. Peel the chestnuts of their outer brown skins and the inner, thinner skin linings. Cut them into halves, if large, or leave them whole if they are small.
3. Combine the rice, chestnuts and water, bring to a boil, then reduce heat to low and cook for about 15 minutes. Stir once or twice toward the end of the cooking. The water will have been absorbed and the chestnuts softened.

Serve warm. Serves 6 at Korean meals.

Source: "The Korean Kitchen" by Copeland Marks

Per serving: 534 Calories (kcal) 4g Total Fat (6 calories from fat) 8g Protein 115g Carbohydrate 0mg Cholesterol 7mg Sodium Food Exchanges: 7½ Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit ½ Fat 0 Other Carbohydrates

Nutr. Assoc. : 0 0

Preparation Time: 0:00

Bamboo Club Thai Spicy Noodles

Yield: 2 Servings

Ingredients

8 ounce thick egg noodles
4 tbsps fish sauce
4 tbsps lime juice
4 tbsps tomato puree
4 tbsps sugar
1 tb hot red pepper flakes
½ c ground peanuts
½ c vegetable oil
4 cloves garlic minced
1 square tofu drained and cubed
1 lb chicken in bite sized pieces
8 lg shrimp (optional)
4 eggs lightly beaten
2 c bean sprouts
4 scallions cut in pieces
ground peanuts for garnish
lemon wedges for garnish
cucumber slices for garnish
corriander for garnish

Instructions

Partially cook the noodles and allow to cool set aside. Mix together fish sauce, lime juice, tomato puree, sugar and red pepper flakes set aside. Grind peanuts in food processor (at least ½ cup plus extra for garnish). Prepare and assemble all other ingredients. In a large wok, over medium heat brown the garlic in oil. Add tofu, chicken and shrimp and sauté until lightly browned. Add eggs and continue to stir fry. Add drained noodles and fish sauce mixture stir fry 3 minutes. Add peanuts, bean sprouts and scallion stir fry 2 minutes. Remove from heat, add garnish and serve.

Per serving (excluding unknown items): 1331 Calories 90g Fat (59 calories from fat)
81g Protein 56g Carbohydrate 574mg Cholesterol 464mg Sodium
Contributor: Bamboo Club Restaurant
Preparation Time: 0:00

Bao Syang : Thai Shrimp Soup

Yield: 4

Ingredients

FLAVOUR BASE

¼ ts extra light olive oil with
a dash of sesame oil (1.25ml)

¼ ts toasted sesame oil

4 green onions separated into white and green parts, finely chopped

8 quarter size slices of fresh peeled

1 ginger root

1 clove garlic peeled, smashed and chopped

1 c chicken stock (236ml)

SOUP

¼ ts toasted sesame oil

12 oz shrimp (41 50 count per pound) (340g) peeled and de veined

8 oz fresh mushrooms (227g) quartered

1 tb fish sauce (15ml)

4 c chicken stock (944ml)

Instructions

The Flavour Base: Pour the oils into a large skillet over the medium heat, add the garlic, ginger and the white parts of the green onions and cook 3 min.

Reserve the dark green parts. Pour in the chicken stock, bring to a boil for 3 minutes.

Strain into a small bowl, pressing firmly on the solids until they squeeze through the sieve in the form of a flavour packed pulp. Set aside.

The Soup: Pour the sesame oil into a large wok over a medium heat, add the shrimp all at once and cook until they turn pink, stirring constantly about 30 seconds.

Stir in the mushrooms and cook 1 minute. Add the fish sauce and ¼ cup of the reserved Flavour Base and cook for 3 minutes, stirring frequently.

Pour in the chicken stock and the remaining Flavour Base and bring just to the boil if it gets to a rolling boil stage the shrimp will become very tough. Remove from the heat and skim the foam that rises to the surface.

To serve: Ladle into bowls and sprinkle each with a tablespoon (15ml) of the dark green parts of the chopped green onions.

Converted by MC_Buster.

Per serving: 146 Calories (kcal) 2g Total Fat (17 calories from fat) 20g Protein 7g Carbohydrate 130mg Cholesterol 2815mg Sodium Food Exchanges: 0 Grain(Starch) 2½ Lean Meat 1 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Converted by MM_Buster v2.0n.

Bar B Q Secret Thai Shrimp

Yield: 4 Servings

Ingredients

2 3/16 lb black tiger shrimp, shell on

1 spicy thai dressing

Instructions

Commercial Thai Sauce preparations are available such as "President's Choice Spicy Thai Dressing" (in Canada). In a stainless steel or ceramic bowl, marinate the Shell on Black Tiger Shrimp (rinsed if defrosted) for 1 1/2 to 2 hours in sufficient Thai sauce to cover. Do not marinate longer or shrimp will start to cook in the marinade and take on a rubbery texture. Barbecue shrimp in shells over hot coals 3 4 minutes each side. The shells keep the meat moist. Serve immediately with a suitable dipping sauce.

Barbecue Halibut Oriental

Yield: 1 Servings

Ingredients

2 lb halibut

1/4 c orange juice

1/4 c soy sauce

2 tb ketchup

2 tb chopped fresh parsley

2 tb salad oil

1 tb lemon juice

1/2 ts oregano

1/2 ts pepper

1 clove garlic, minced

Instructions

Cut fish into fillets and place in a single layer in a shallow pan. Combine the remaining ingredients, mix well and pour over the fish.

Marinate for 30 minutes, turning the fillets once or twice to be sure they are well coated. Grill fish, reserving the sauce to pour over the fillets before serving.

From the files of Al Rice, North Pole Alaska. Feb 1994

Barbecue Pork Loin With Chinese Pancakes

Yield: 1

Ingredients

BARBECUE PORK LOIN

3 cloves garlic chopped

1 tb chopped gingerroot

1 c hoisin sauce

2 ts chile flakes

2 lb boneless pork loin fat trimmed

CHINESE PANCAKES

2 c flour

3/4 c boiling water

1/3 c light sesame oil

1 vegetable oil for frying

Instructions

For the pork loin, in a medium size bowl, mix together garlic, gingerroot, hoisin sauce, and chile flakes. Rub this mixture over the pork loin and allow it to marinate for at least 4 hours overnight is better.

Preheat oven to 375 degrees. Remove excess sauce from pork. Coat pork with sesame seeds. Place in a roasting pan. Roast for 30 to 40 minutes for medium well doneness. Allow to rest for a minute or two before slicing.

For the pancakes, place flour in a medium bowl, add water, and stir to form a soft dough. Allow to rest for 15 minutes.

Roll dough out on floured board. With a small (½ inch) round cookie cutter, cut circles. Make an even number of circles you should have 8 to 12. Lightly flour a clean board. Place one circle of dough on the board place a drop of sesame oil in the middle. Place another circle on top of the first. Roll the circles out, making each into one very thin circle. It should be 3 times the size of the original circle.

Heat a non stick pan until hot. Place a bit of vegetable oil in the pan. Fry the pancakes for about 1 minute on each side, or until lightly browned.

When the pancakes are cooked on both sides, remove from the heat and pull the two pancakes apart. Cover pancakes with a cloth to keep warm if serving right away. Serve with barbecue pork loin. The pork is rolled up in each pancake, burrito style.

Serves four.

Converted by MC_Buster.

Per serving: 1487 Calories (kcal) 11g Total Fat (6 calories from fat) 35g Protein 307g Carbohydrate 8mg Cholesterol 4146mg Sodium Food Exchanges: 12 ½ Grain(Starch) 0 Lean Meat ½ Vegetable 0 Fruit 1½ Fat 7½ Other Carbohydrates

Converted by MM_Buster v2.0n.

Barbecue Sauce (Chinese #1)

Yield: 2 Pounds

Ingredients

¼ c soy sauce

¼ c hoisin sauce

2 tb sake or dry sherry

1 small crushed garlic clove

Instructions

This can be used for chicken wings or pork ribs.

Cut wings at joints, as for buffalo wings.

Have butcher cut ribs in half horizontally so they are about 3" long. Cut rack into pieces of 2 ribs each.

Mix marinade ingredients together. Marinate chicken wings and/or pork ribs and refrigerate for 2 hours in plastic bag, turning every so often.

To cook: Arrange in foil lined broiler pan, meaty side up. Brush with marinade. Cover with heavy duty foil and cook at 325 for 45 minutes. Remove foil, brush with marinade. Cook uncovered, brushing with marinade occasionally, until done. Wings will take about 20 minutes, ribs about 45 minutes. Do not over cook, the outside will get too dark and crunchy.

Barbecue Sauce (Chinese)

Yield: 1 Servings

Ingredients

¾ c catsup

3 tb soy sauce

1 tb liquid smoke

½ c brown sugar

1 tb ground ginger

2 cloves garlic, minced

Instructions

Combine all ingredients and heat until sugar is dissolved and bubbly.

Barbecue Sauce Oriental

Yield: 16 Servings

Ingredients

½ c ketchup

½ c corn syrup

¼ c soy sauce

2 cloves garlic

½ ts anise seed

½ ts cinnamon ground

¼ ts pepper

1/8 ts cloves ground

Instructions

Date: Thu, 25 Apr 1996 07:54:56 0700

From: cstarz@teleport.com (Carey Starzinger)

Mix thoroughly and allow flavors to blend for at least one hour.

MM_RECIPES@IDISCOVER.NET

MEAL MASTER RECIPES LISTSERVER

MM RECIPES DIGEST V3 #116

From the MealMaster recipe list. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Barbecue Sauce For Oriental Style Meatloaf

Yield: 4 Servings

Ingredients

3 tb olive oil
1 c ketchup
2 tb lemon juice
1 tb garlic chopped
2 tb honey
2 ts ginger
2 ts soy sauce
3 sl lemon seeded, sliced thin
1 tb dijon mustard

Instructions

Combine all ingredients in a saucepan, blending well. Bring to a boil and remove from heat. Spoon barbecue sauce over and around each individual Oriental Style Meatloaf.

Recipe By : Nola Erbe from Lodi, Wisconsin

From: Sharon Nardo Date: 20 Apr 97 Mastercook Recipes (Mailing List) Ž

Barbecue Braised Oxtail With Red Chili Beans

Yield: 1

Ingredients

6 lb oxtails trimmed
1 seasoned flour for dredging the oxtails
6 tb vegetables oil
3 c finely chopped onion
3 lg garlic cloves minced
1 tb grated peeled fresh gingerroot
2/3 c firmly packed light brown sugar
1½ c ketchup
3 tb dijon style mustard
1 c cider vinegar
¼ c worcestershire sauce
¼ c lemon juice
1 tabasco to taste
1 cayenne to taste
1 a 28 ounce can italian tomatoes drained, reserving the juice, and chopped
1 lb dried small red chili beans soaked in enough cold water to cover them by 2 inches overnight or quick soaked (procedure follows) and drained
1 chopped scallion greens for garnish

Instructions

Dredge the oxtails in the flour, shaking off the excess. In a heavy kettle heat 4 tablespoon of the oil over moderately high heat until it is hot but not smoking and in it brown the oxtails in batches, transferring them with a slotted spoon as they are browned to a plate. To the kettle add the remaining 2 tablespoon oil, in it cook the onion, the garlic, and the gingerroot over moderately low heat, stirring, until the onion is softened, and stir in the brown sugar, the ketchup, the mustard, the vinegar, the Worcestershire sauce, the lemon juice, the Tabasco, the cayenne, the tomatoes with the reserved juice, and salt and pepper to taste. Simmer the sauce, stirring occasionally, for 5 minutes, add the oxtails, and simmer the mixture, covered, stirring occasionally, for 2½ hours.

While the oxtails are cooking, in a large saucepan combine the beans with enough cold water to cover them by 2 inches, bring the liquid to a boil, and simmer the beans, covered, for 1 hour, or until they are tender.

Drain the beans well and stir them into the oxtail mixture. Simmer the mixture, uncovered, stirring occasionally, for 30 minutes to 1 hour, or until the meat is very tender, and serve it sprinkle with the scallion greens.

To quick soak dried beans:

In a colander rinse the beans under cold water and discard any discolored ones. In a kettle combine the beans with enough cold water to cover them by 2 inches, bring the water to a boil, and boil the beans for 2 minutes. Remove the kettle from the heat and let the beans soak, covered, for 1 hour.

Serves 6 to 8.

Gourmet March 1991

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Barbecued Beef (Korean Bul Kogi)

Yield: 4 Servings

Ingredients

2 lb sirloin steak

3 scallions

4 cloves garlic

5 tb soy sauce

2 tb sesame oil

¼ c sugar

2 tb sherry

¼ c beef stock (optional)

1/8 ts black pepper

Instructions

1. Slice the steak very thin on the bias. Score each piece with an X.
2. Chop the scallions and crush the garlic. Combine these ingredients with the remaining seasonings in a bowl. Add the meat to the marinade and mix well until all sides of the steak are coated.
3. The meat may be grilled immediately. The best results are obtained if the steak is marinated for 2 hours. The marinade will keep overnight

Variation: Use rib steak or flank steak.

Bul Kogi is so popular that many Koreans consider it the national meat dish. Serve with rice and kimchi.

From: The Korean Cookbook, by Judy Hyun.

Serves 1 people

From <http://www.orientalfood.com>

Barbecued Indian Spice Turkey

Yield: 6 Servings

Ingredients

1 turkey breast, boned and halved, partially frozen
1 c plain non fat yogurt
1 tb minced seeded jalapeno chili
1 ts ground cumin
¼ ts cayenne pepper
2 ds nutmeg
1 ds garlic powder

Instructions

Trim halved turkey breast slices of all fat and skin. Butterfly meat by using a sharp knife, starting in center of one long side and cutting in half to within ½ " of second long side open meat like a book (using partially frozen turkey makes this process easier). Set meat flat on a platter.

Mix together yogurt, chili, cumin, pepper, nutmeg, and garlic powder in a small bowl. Rub mixture over turkey, cover, and chill overnight (or at least 2 hours).

Prepare barbecue. Grill meat 4 inches from heat source until cooked through, about 4-6 minutes per side. Let stand for 5 minutes, then cut diagonally into slices. Serve with a rice salad. Makes about 6 servings.

Barbecued Ribs Oriental #3

Yield: 6 Servings

Ingredients

5 lb pork spare ribs
1½ ts salt
1 beef bouillon cube
¾ c water, boiling
1 ts oil
1 cn pineapple, crushed, undrained
¼ c brown sugar, dark, firm packed
1 ts onion powder
¼ ts garlic powder
2 tb worcestershire sauce
2 tb cornstarch
¼ c water, cold

Instructions

1. Cut ribs to form individual portions sprinkle with 1 teaspoon salt.
2. Place ribs on a rack in a shallow baking pan bake in preheated 375°F. oven until almost tender, 1½ to 2 hours. Drain off fat.
3. Meanwhile, dissolve bouillon cube in boiling water in a medium size saucepan.
4. Add oil, pineapple, brown sugar, onion powder, garlic powder, Worcestershire sauce and remaining salt bring to a boil.
5. Reduce heat and simmer, uncovered, 5 minutes.
6. Combine cornstarch with cold water in a small bowl stir into sauce mixture. Cook and stir until thickened.
7. Spoon sauce over drained, baked ribs.
8. Increase oven temperature to 425°F. bake until nicely glazed, about 30 minutes.

Barbecued Ribs Oriental

Yield: 6 Servings

Ingredients

5 lb Pork spare ribs

1½ tsp Salt

1 Beef bouillon cube

¾ cup Water,boiling

1 tsp Oil

1 can Pineapple, crushed, undrained

¼ cup Brown sugar, dark, firm packed

1 tsp Onion powder

¼ tsp Garlic powder

2 Tbsp Worcestershire sauce

2 Tbsp Cornstarch

¼ cup Water, cold

Instructions

Cut ribs to form individual portions sprinkle with 1 teaspoon salt.

Place ribs on a rack in a shallow baking pan bake in preheated 375°F. oven until almost tender, 1 1/2 to 2 hours. Drain off fat.

Meanwhile, dissolve bouillon cube in boiling water in a medium size saucepan. Add oil, pineapple, brown sugar, onion powder, garlic powder, Worcestershire sauce and remaining salt bring to a boil. Reduce heat and simmer, uncovered, 5 minutes.

Combine cornstarch with cold water in a small bowl stir into sauce

mixture. Cook and stir until thickened. Spoon sauce over drained, baked ribs.

Increase oven temperature to 425°F. bake until nicely glazed, about 30 minutes.

Barbecued Spareribs Chinese American

Yield: 4

Ingredients

no ingredients

Instructions

Lay spareribs on baking sheet. Mix marinade ingredients together and spread this evenly on both sides of spareribs. Wrap with plastic wrap and refrigerate overnight. Preheat to 250F. Place spareribs with marinade in large roasting pan in one layer, coat with honey and cook slowly in oven, for 2 hours and 15 minutes or until tender. Pour off any excess fat. Turn temperature to 450F and continue to cook for 10 minutes, or until ribs are browned. Serve at once.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Easy Family Recipes from a Chinese American Childhood

Converted by MM_Buster v2.0n.

Barbeque Sauce Oriental

Yield: 16 Servings

Ingredients

½ c ketchup
½ c corn syrup
¼ c soy sauce
2 ea garlic, cloves
½ ts anise seed
½ ts cinnamon, ground
¼ ts pepper
1/8 ts cloves, ground

Instructions

Mix thoroughly and allow flavors to blend for at least one hour.

Basic Chinese Sauces

Yield: 1 Servings

Ingredients

½ c water
4 ts cornstarch
4 ts soy sauce
1 ts sesame oil
1 ts oyster sauce
1 ts chili paste

Instructions

Combine all ingredients in a small bowl and mix well. Stir fry your meat first and set aside then stir fry your vegetables, return meat to wok or skillet with the sauce mixture. This recipe would be for using 1 lb of meat, but I like to double this recipe as we like a lot of sauce.

Basic Curry Powder (Indian Curry)

Yield: 1 Servings

Ingredients

6 dried red chilies
25 g (1 oz) coriander seeds
2 ts cumin seeds
½ ts mustard seeds
1 ts black peppercorns
1 ts fenugreek seeds
10 fresh curry leaves
½ ts ground ginger
1 tb ground turmeric

Instructions

This medium hot curry blend can be used in any dish that calls for curry powder.

Remove the seeds from the chilies. Dry roast the whole spices over a medium heat until they darken, stirring or shaking the pan frequently to prevent burning. Leave to cool, then grind to a powder. Dry roast the curry leaves in the pan for a few minutes, then grind and add them to the mixture with the ginger and turmeric, blending well.

* To make Aromatic Curry Powder, add 1 tsp ground cinnamon and ¼ tsp ground cloves with the ginger and turmeric, and use only 2 or 3 chilies.

Source: Jill Norman "The Complete Book of Spices" Viking Studio Books, 1991 ISBN 0 670 83437 8 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe by: Jill Norman * Web File 4/97 Posted to MC Recipe Digest V1 #615 by "Mary Spyridakis" on May 16, 97

Basic Garam Masala (Indian Spice)

Yield: 1 Servings

Ingredients

2 cinnamon sticks

3 bay leaves

40 g (1½ oz) cumin seeds

25 g (1 oz) coriander seeds

20 g (¾ oz) green or black cardamom seeds

20 g (¾ oz) black peppercorns

15 g (½ oz) cloves

15 g (½ oz) ground mace

Instructions

This is a version of the most common type of garam masala used throughout Uttar Pradesh and the Punjab, which goes well with onion based sauces for meats and poultry. It is a spicy, pungent blend. Change the proportions to suit your taste and the dish.

Break the cinnamon sticks into pieces. Crumble the bay leaves. Heat a heavy frying pan and after 2-3 minutes put in the whole spices. Dry roast over a medium heat until the color darkens, stirring or shaking the pan frequently to prevent burning. Leave to cool, then grind and blend with the mace. In an airtight container, the mixture will keep for 3-4 months.

* To make a mild and subtle Moghul Masala, use only green cardamoms, cinnamon, black peppercorns, mace and a few cloves.

* For a hot Gujerati Masala, add sesame seeds, fennel seeds, ajowan seeds and chilies.

* For a mildish Kashmiri Masala, use black cumin seeds, green cardamoms, black peppercorns, cloves, cinnamon, mace, and add a little grated nutmeg.

* For a hot Parsi Dhansak Masala, add fenugreek seeds, mustard seeds, chilies and ground turmeric, and double the amount of coriander seeds.

Source: Jill Norman "The Complete Book of Spices" Viking Studio Books, 1991 ISBN 0 670 83437 8 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe by: Jill Norman * Web File 4/97 Posted to MC Recipe Digest V1 #615 by "Mary Spyridakis" on May 16, 97

Basic Oriental Fried Rice Stephen Yan

Yield: 8 Servings

Ingredients

6 c rice, cooked, cold

2 lg eggs beaten with dash of salt

½ ts salt
2 tb soy sauce, dark
1 ts wine, cooking
2 green onion stalks, chopped fine
1 c peas frozen thawed
4 tb peanut oil

Instructions

1. Into a hot wok, add 1 tablespoon of peanut oil. When oil is hot, gently pour egg into wok and cook with medium high heat for 2 minutes and then turn over to cook the other side of the egg. Cook for another 2 minutes and remove from wok to a cutting board. Shred egg into slivers.
2. Use medium heat, add 3 tablespoons of peanut oil into wok until smoke begins to rise. Put in cooked rice, salt, wine, and dark soy sauce. Keep stirring until the rice is hot. Add peas, egg slivers, and green onions. Stir for another minute and serve hot.

"There are many ways to do fried rice, depending on the kinds of ingredients employed. The specific name is called when a specific kind of ingredient, mostly meat is added to the basic fried rice. Fried rice can be made ahead of time and kept warm in oven. It freezes well in deep freeze too." Stephen Yan

Source: Chinese Recipes by Stephen Yan 5th Edition Typos by Vern

From: Barry Weinstein Date: 08 24 95

Posted to MM Recipes Digest V3 #255

Date: Tue, 17 Sep 1996 23:55:52 0400

From: BobbieB1@aol.com

Basic Won Ton (Chinese)

Yield: 1 Servings

Ingredients

10 chinese mushrooms, small
¼ lb prawns
5 fresh water chestnuts (or 7 canned ones)
½ lb ground pork
1 green onion, finely chopped
1 pk wonton skins
1 ts salt
½ ts sugar
1 ts thin soy sauce
1 ts oyster sauce
1 dash of pepper
¼ tb cornstarch
1 sm egg

Instructions

Boil Chinese mushrooms for 10 minutes, rinse, squeeze dry, cut off, and discard stems then, chop into very small pieces.

Shell, de vein and wash prawns. Chop into very small pieces

Peel and crush water chestnuts with the flat side of the cleaver. If you don't have a cleaver, chop the water chestnuts into very fine pieces.

Combine mushrooms, prawns, water chestnuts, pork and green onion.

Add all other ingredients and mix well. 1 teaspoon of filling is used for each wonton.

With one corner of the skin toward you, place 1 teaspoon of filling about an inch from the corner.

Fold one corner to cover the filling.

Told once more...about $\frac{3}{4}$ inch.

Turn the won ton so that the triangle is toward you. Dampen the left corner with a little water.

Swing the right corner away from you and place it on top of the dampened left corner. As you make this fold, simultaneously pull the filling toward you with your middle finger. You should finish with a little "hat like" effect.

Batter For Frying Oriental

Yield: 1 Servings

Ingredients

2 eggs beaten

$\frac{3}{4}$ ts salt

$\frac{1}{2}$ ts garlic powder or fresh garlic, finely minced

$\frac{1}{2}$ c all purpose flour

$\frac{1}{4}$ c cornstarch

$\frac{1}{2}$ c milk

1 tb honey

1 ts lemon juice

2 tb sherry

1 ts ginger fresh, put thru garlic press

Instructions

Mix eggs, salt, garlic, flour, cornstarch, and milk to make a smooth batter. Mix honey, lemon juice, sherry and ginger together and marinate shrimp (split in back), lobster (cut in cubes), chicken (cut in pieces 1" x 2"), or thin sliced pork for at least 15 minutes. Fry dipped pieces in peanut oil until light brown. OPTION: Cool fried pieces after frying, then refrigerate, if desired, and later re dip in batter, refry until golden brown. Even crunchier, and great as appetizers for a party that you can prepare ahead and still serve HOT at the last minute! It makes enough batter for 1 lb. of Shrimp, Lobster Meat, Chicken or Pork.

Bau Dzu(Chinese Bun)

Yield: 1

Ingredients

1 cn biscuits

1 c ground beef

3 scallions chopped
1 piece of ginger (about 1/2 inch long chopped or 1/2 ts ginger powder)
2 tb soy sauce
1/2 ts sugar
1 ts salt
2 tb vegetable oil or sesame oil

Instructions

Combine all ingredients except biscuits into a mixture. Roll out each biscuit until it is about 3 1/2 inches wide, leaving center thicker than edges. Put 1 tablespoon of meat mixture in the center of the dough. Fold the dough and press to form a bun, or flute the edges in the center to close.

Steam the buns for 15 minutes or bake 15 20 minutes at 350 in an electric fry pan.

Bbq Bob's Southern (Indiana) Bbq Sauce

Yield: 4 Cups

Ingredients

12 oz tomato paste
3 c beef stock
1/3 c sugar
1/3 c brown sugar
1/4 c prepared mustard
1/4 c white vinegar
1/4 c Worcestershire sauce
1 ea medium onion, minced
1 tb butter

Instructions

Heat butter till brown. Add minced onion, sauté. Add remaining ingredients then bring to a boil. Simmer 1 hour.

Bbq Oysters With Oriental Bbq Sauce

Yield: 1 Serving

Ingredients

8 Oysters cleaned, popped open
2 c Ketchup
1 ts Cayenne pepper
1 tb Brown sugar
1/4 c Worcestershire sauce
2 tb Soy sauce
1 tb Red wine vinegar
1 tb Minced garlic
1 tb Minced ginger
1 bn Scallions grilled

Instructions

Place oysters in shells on grill. Mix next 8 ingredients in a bowl. After 3 to 4 minutes, remove top shells of oysters and spoon on sauce. Let cook one minute. Garnish with grilled scallions.

This recipe yields ?? servings.

Recipe Source:

EMERIL GRILLS with Emeril Lagasse

From the TV FOOD NETWORK (Show # EE EG02 broadcast 07 22 1997)

Downloaded from their Web Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com
or MAD_SQUAD@prodigy.net 10 04 1997

Contributor: Emeril Lagasse

Preparation Time: 0:00

Bean Curd Szechwan Style

Yield: 4 Servings

Ingredients

4 tb oil
1 sl fresh ginger chopped fine
½ scallion chopped fine
4 oz pork minced
2 tb soy sauce dark
1 tb sherry
4 pieces tofu (from block ½ " thick) cubed
1 ts chili paste with garlic
1/8 ts sugar (or equivalent sweetener)
1½ ts cornstarch
1 clove garlic chopped fine

Instructions

1. Heat 2 Tbs. of oil in wok. Stir fry ginger and scallions 30 seconds. Put in port. Stir fry 1 minute. Add 1 T. soy sauce and sherry. Cook 1 minute. Remove mixture to plate.
2. Heat 2 Tbs oil in wok. Put in tofu. Add 1 Tbs soy sauce, stock, chili past and sugar/sweetener.
3. Put pork mixture on top of tod. Cook over high heat 2 minutes. Add dissolved cornstarch to thicken (optional). Add garlic. Stir gently into sauce.

Per serving (excluding unknown items): 184 Calories 17g Fat (85 calories from fat) 4g Protein 2g Carbohydrate 15mg Cholesterol 427mg Sodium

NOTES : May be prepared in advance through step 1, or frozen after step 4. Reheat prior to serving. [Nutritional values are off due to ingredient list. LC appr. 8.5 gr per serving.]

Contributor: adapted from Madame Wong's Long Life Chinese Cookbook

Preparation Time: 0:00

Bean Curd With Chinese Parsley

Yield: 3 Servings

Ingredients

2 hot italian peppers
½ sm sweet red bell pepper

1 ts cornstarch
2 tb oil
¼ ts salt
½ lb medium bean curd, cubed
1 tb soy sauce
½ c chopped chinese parsley

Instructions

Slice hot peppers into long strips. Mix cornstarch with ¼ cup water. Heat oil in a wok. When hot, add hot pepper & fry for 30 seconds. Slice & fry sweet peppers in the same way.

Add cubes of tofu. Drizzle in soy sauce & add cornstarch mixture. Scatter the parsley over the top. Turn the heat up slightly & cook till sauce thickens. Serve hot.

Madhur Jaffrey, "World of the East Vegetarian Cookbook"

Bean Sprout Salad With Warm Shiitakes, Chinese Chives And Ch

Yield: 4

Ingredients

1 c sliced shiitakes
2 shallots minced
1 c chopped chinese chives
½ c julienned sliced chinese ham
½ c balsamic vinegar
¼ c chinese black vinegar
½ c extra virgin olive oil
1 tb whole grain mustard
1 lb bean sprouts hair removed

Instructions

In a hot sauté pan, coat with a little olive oil, and sauté the shiitakes and shallots until soft, about 3 minutes. Add the chives, and ham and stir.

Deglaze with both vinegars and season. Whisk in the oil, add mustard, check for seasoning and bring back to temperature. Drizzle on top of the bean sprouts to wilt. Mix well and verify seasoning.

For Plating: Mold the salad in O rings and drizzle with leftover vinaigrette.

This recipe yields 4 servings.

Source: "EAST MEETS WEST with Ming Tsai (Show # MT 1C02) from the TV FOOD NETWORK" S(Formatted for MC5): "11 02 1999 by Joe Comiskey
jcomiskey@krypto.net "

Per serving: 281 Calories (kcal) 27g Total Fat (82 calories from fat) 4g Protein 10g Carbohydrate 0mg Cholesterol 8mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1½ Vegetable 0 Fruit 5½ Fat 0 Other Carbohydrates

Recipe by: Ming Tsai

Converted by MM_Buster v2.0n.

Beef & Asparagus With Chinese Noodles

Yield: 4 Servings

Ingredients

½ lb beef boneless eye of round steak
1 egg white
1 ts cornstarch
1 ts sesame oil
1/8 ts white pepper
1 package (11.25 oz) fresh
1 chinese noodles or 8 oz
1 angel hair pasta (uncooked)
2 c frozen asparagus cuts, thawed
½ md red bell pepper, cut into
1 1x ¼ inch strips
1/3 c stir fry sauce with garlic and ginger

Instructions

Trim fat from beef. Cut beef into 1/2 inch cubes. Mix egg white, cornstarch, sesame oil and white pepper in medium glass or plastic bowl. Stir in beef. Let stand 10 minutes. Cook and drain noodles as directed on package. While noodles are cooking, spray 12 inch non stick skillet or wok with non stick cooking spray heat over medium high heat. Add beef stir fry about 3 minutes or until brown. Add asparagus and bell pepper stir fry 2 to 3 minutes or until vegetables are crisp tender. Add stir fry sauce stir fry about 1 minute or until heated through. Serve over noodles. 3 grams fat per serving

typed by jessann :)

From: Jessica Wildes Date: 01 Mar 97 Meal Master

Format Recipes (Mailing List) Ž

Beef And Broccoli, Chinese

Yield: 1

Ingredients

1 lb flank steak
2 tb soy sauce
1 tb dry sherry
½ ts cornstarch
1 pk frozen broccoli defrosted
1 clove garlic minced
1 sl fresh ginger finely minced
2 tb peanut oil
salt to taste

Instructions

Slice the steak against the grain into very thin slices. Combine the soy sauce, sherry, and cornstarch and pour this mixture over the steak. Marinate the meat for 15 minutes. While the meat is marinating, slice the broccoli at a diagonal and mince garlic and ginger. Heat a wok or large frying pan for 30 seconds, add oil, wait about 20 seconds, and add minced garlic and ginger root. Fry over high heat, stirring constantly for about

20 seconds more, then add the beef. Stir fry, stirring constantly, for about 1 minute. Add broccoli and stir fry for another 4 to 6 minutes, until the broccoli is cooked but still crisp and still dark green. Serve hot.

This is low in carbohydrates

Beef And Chinese Lettuce Soup

Yield: 4 Servings

Ingredients

½ lb lean beef

1 tb soy sauce

1 ts peanut oil

6 c stock (see recipe)

½ lb chinese lettuce

1 ts salt

½ ts sugar

Instructions

1. Slice beef thin. Combine soy sauce and oil. Add to beef and toss. Let stand 30 minutes, turning meat occasionally.
2. Bring stock to a boil. Meanwhile cut lettuce in 2 inch sections.
3. Add lettuce to stock with salt and sugar and simmer, uncovered, until nearly done (about 10 minutes).
4. Add beef and simmer, uncovered, 3 to 4 minutes more.

VARIATION: For the Chinese lettuce, substitute either alone or in combination: celery, shredded Swiss chard or spinach leaves, cut in half or water cress, cut in 2 inch sections. Reduce cooking time in step 3 to about 2 or 3 minutes.

From , ISBN 0 517 65870 4. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Beef And Millet Pie With Indian Spices

Yield: 10 Servings

Ingredients

½ c millet

2 tb olive oil

1 md onion minced

1 md green bell pepper cut into small bits

1 md red bell pepper cut into small bits

3 stalks celery cut into small bits

2 md cloves garlic minced

1 tb minced fresh ginger root

1 lb ground beef (optional)

1/3 c coarsely chopped walnuts

¾ c fresh bread crumbs

1 tb tomato paste

2 eggs beaten

1 c tomato juice (optional) (omit in vegetarian version)

1 ts ground cumin

¾ ts dried red pepper flakes

¾ ts dried red pepper flakes
½ c cilantro, minced, loosely packed
Salt
Ground black pepper
VEGETARIAN VERSION ADD THESE:
4 oz mushrooms minced
½ c millet
1 egg
1 md potato peeled and diced

Instructions

TO PREPARE:

Bring millet and 2½ cups water to boil in a small saucepan simmer until just tender, about 15 minutes. Drain and set aside.

Heat oil in a large skillet. Add next 6 ingredients sauté, until vegetables soften, about 5 minutes. Mix millet, vegetable mixture, and remaining ingredients, including 1 teaspoon salt and ¼ teaspoon pepper in a large bowl.

TO COOK AND SERVE:

Heat oven to 375F. Press mixture into a 10 by 2 inch round baking dish, cover with aluminium foil, and bake for 1 hour. Remove foil and bake until top of pie is browned, about 20 minutes longer. Remove pie from oven and let stand for 5 minutes. (Can be cooled, covered, and refrigerated up to 4 days.) Cut pie into wedges and serve warm or at room temperature.

FOR VEGETARIAN VERSION:

Omit the beef and tomato juice. Increase the millet to 1 cup, the water to 1 quart, the tomato paste to 2 tablespoons, and the eggs to 3. Also, add 4 ounces minced domestic mushrooms and 1 peeled and diced medium potato. Shape and bake this mixture as directed.

Serves 8 10.

NOTES : A spicy ground beef pie that can be made vegetarian style.

Contributor: Cook's Magazine April 1990

Preparation Time: 2:00

Beef Barbecue Appetizers (Korean Beef)

Yield: 1 Servings

Ingredients

1 chuck meat
¼ c soy sauce
¼ ts cayenne
1 green onion and top, sliced
2 tb sesame or salad oil
1 ts garlic powder
1½ ts vinegar
1½ ts sesame seeds
1 black pepper (adjust to taste)

Instructions

Here's a recipe that goes way back in my family. I can't cite a source, but it's likely my father brought it back with him after he spent time in Korea. These are great appetizers, but we eat them as our main dish sometimes too. Hot and spicy, but you can reduce the seasoning for a little less intensity and they'll still taste good. In summer you can barbeque them but they're just as good in winter done in a hot frying pan over high heat.

Cut meat across grain in very thin slices. If longer than 3 inches, cut in half. Place in bowl with rest of ingredients and mix well. Cover and refrigerate overnight (or longer for spicier flavor must be at least 4 hours). Place meat on rack over barbeque (high heat), one minute each side. Should be brown, not crusty. Or heat large fry pan, toss in meat and cook over high heat two minutes, stirring occasionally.

Posted to TNT Prodigy's Recipe Exchange Newsletter by donarose@juno.com on Jul 8, 1997

Beef Casserole Oriental

Yield: 4 Servings

Ingredients

2 c uncooked macaroni cooked
1 lb ground beef or 2 c. cooked diced be
1 c (2 med.) chopped onions
2 c celery sliced diagonally
¾ oz can condensed cream of chicken soup
¾ oz can condensed cream of mushroom soup
1 soup can water
4½ oz can water chestnuts drained and sliced
¼ c soy sauce
¾ to 1 c. chopped cashew nuts

Instructions

Heat oven to 325 degrees. In large saucepan, brown meat, add onions and celery. Cook until tender drain off excess fat. Add macaroni, chicken and mushroom soups, water, water chestnuts and soy sauce. Pour into a 3 quart casserole. Sprinkle with cashews. Bake at 350 degrees for 20 25 minutes. Serve with additional soy sauce. Makes 8 servings.

Per serving: 19 Calories (kcal) trace Total Fat (3 calories from fat) 1g Protein 4g Carbohydrate 0mg Cholesterol 1081mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat ½ Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Beef Chow Fun With Black Bean Sauce Chinese American

Yield: 4

Ingredients

no ingredients

Instructions

Mix cut beef with light soy sauce, rice wine, sesame oil, baking soda and cornstarch. Let sit 20 minutes. Heat wok/pan until it is very hot. Add peanut oil and when it is very hot and smoking, quickly add beef and stir fry for 3 minutes. Remove beef with slotted

spoon and drain off all but 1 1/2 tablespoons of oil. Reheat wok and oil. Add garlic, black beans, ginger, scallions and onion and stir fry for 1 minute. Pour in rice wine soy sauces and chicken stock and continue to cook for 3 minutes. Then add rice noodles and stir fry 3 minutes. Add oyster sauce. Mix well return beef to mixture and continue to cook for another minute. Turn mixture onto large platter and serve at once.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Recipe by: Easy Family Recipes from a Chinese American Childhood
Converted by MM_Buster v2.0n.

Beef Pot Roast Oriental/Pressure Cooker

Yield: 6 Servings

Ingredients

1.00 ts garlic salt
0.50 ts dry mustard
0.25 ts pepper
3.00 lb beef pot roast
2.00 tb shortening
0.75 c water
2.00 tb soy sauce
3.00 tb honey
1.00 tb vinegar
1.50 ts celery seeds
0.50 ts ground ginger

Instructions

Combine garlic salt, mustard and pepper rub into roast. Heat pressure cooker. Add shortening brown roast well on all sides. Combine water, soy sauce, honey, vinegar, celery seed and ginger pour over meat. Close cover tightly. Place pressure regulator on vent pipe. Cook 40 min. Let pressure drop on its own accord. Thicken gravy if desired. 6 to 8 Servings. Be sure you start timing once pressure is reached.

Andy Zaech

Beef Pot Roast, Oriental Style

Yield: 10 Servings

Ingredients

5 lb beef chunk eye roast boneless
2 tb cooking fat
1 salt
1 pepper
1/2 c onion chopped
1/2 c green pepper diced
1/4 c soy sauce
1/4 c dry sherry wine
1 ts ginger fresh grated or
1/4 ts ground ginger

½ c water
4 oz sliced mushrooms drained save liquid
2 tb cornstarch
1 hot cooked rice

Instructions

1. In a Dutch oven, or large pan with a tight fitting cover, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings.
2. Add onion, green pepper, soy sauce, wine, ginger, water, and mushrooms mix well.
3. 3. Return meat to pan. Cover and simmer for 3½ to 4 hours, or until done. (Or cook in a 325F oven for same amount of time.)
4. Turn meat once to cook it evenly throughout. When done, remove meat and keep warm.
5. For 2 cups of gravy, pour liquid from pan into a 2 cup measuring cup. Let stand for 1 minute to allow fat to come to top. Discard all but 4 Tablespoons (or less) of fat. Add enough water (or other liquid) to measure 1½ cups of liquid. Return to pan.
6. In same cup, measure ½ cup cold water and blend in flour. Add mixture slowly to liquid in pan. Bring to a boil, stirring constantly, and cook until thickened, about 3 minutes. Taste gravy and correct seasoning, if necessary, with salt and pepper.
7. Slice meat serve with sauce over hot rice.

From the book given to me by Cookie. Lady:

The More Beef for your Money Cookbook

Mary Dunham

Peter H. Wyden, New York, 1974 Happy Charring (((((THE.LaRK))))))

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Beef With Chinese Pea Pods

Yield: 1 Serving

Ingredients

1 lb flank steaks cut in 3" thin strip
3 tb corn oil
3 tb soy sauce
2 ts cornstarch
1½ ts sugar
1 clove garlic
4 sl fresh ginger

Instructions

Marinate sliced steak in 1 teaspoon cornstarch, 1 tablespoon oil, 1 tablespoon soy sauce, ½ teaspoon sugar and 4 sluces fresh ginger for 30 minutes.

Make a paste with 1 teaspoon cornstarch, 2 tablespoons soy sauce, 1 teaspoon sugar and ½ cup water. Over high flame brown garlic in 2 tablespoons oil, discard garlic.

Add beef and fry for a few minutes. add green pepper, celery, green onion, water chestnuts and sliced bamboo and fry a few more minutes, than add pea pods and cook 1 minute, then add paste mixture, drain and serve.

Serving Ideas: Serve with rice.

Contributor: Mike Price

Preparation Time: 0:0

Beef With Chinese Peas

Yield: 4 Servings

Ingredients

1½ lb flank steak thinly sliced

1 tb oil

1 clove garlic mashed

½ onion sliced thinly

1 c chinese peas

MARINADE

1 tb cornstarch

¼ c oyster sauce

2 ts sherry

1 ts shoyu

1 tb sugar

1 tb oil

Instructions

Marinate beef for 15 minutes or longer. Heat oil in skillet and brown garlic. Stir fry onion and marinated meat. Add peas and heat thoroughly.

From a book of my mother's (Judy Hosey) titled

Beef With Chinese Steak Sauce

Yield: 4 Servings

Ingredients

1 lb Beef sirloin or flank steak

MARINADE

1 tb Soy sauce

1 tb Water

1 tb Dry sherry

2 ts Sesame oil

1 ts Cornstarch

SAUCE

2 tb Hot ketchup

1 tb Hoisin sauce

1 tb Steak sauce

2 ts Worcestershire sauce

2 ts Packed brown sugar

½ ts Tabasco sauce

NOODLES

2 oz Bean thread noodles broken half

GARNISH

1 Green onion (including top) finely chopped

Instructions

Preparation: Trim and discard fat from beef. Cut beef across the grain into 3 by 2 by ¼ inch slices. Combine marinade ingredients in a bowl and add beef stir to coat. Cover and refrigerate for 2 hours.

Combine sauce ingredients in a bowl mix well and set aside.

Cooking: Set wok in a ring stand and add oil to a depth of 1½ to 2 inches. Place over high heat until oil reaches about 375 degrees F. Add half the bean thread noodles and deep fry for about 5 seconds or until they puff and expand. Turn over and cook other side. Lift out and drain on paper towels. Cook remaining noodles. Place noodles on a serving platter, pressing down on noodles to flatten slightly set aside.

Remove all but 2 Tablespoons oil from wok. Add beef, 6 or 7 pieces at a time, and cook for about 1 to 1 1/2 minutes on each side or until done to your liking. As beef is cooked, transfer it to a bowl set aside while cooking remaining beef.

Return all beef to wok and place over medium heat. Pour sauce over beef and cook, stirring to coat well, for 2 minutes.

Spoon beef over noodles and sprinkle with green onion. Serve hot.

Tips: Adjust the amount of Tabasco sauce to taste. For a spicier flavor, substitute sweet bean sauce for hoisin sauce.

From: Martin Yan The Chinese Chef, Copy Right 1985, ISBN 0 385 23412 0

Per serving: 51 Calories (kcal) 2g Total Fat (45 calories from fat) trace Protein 6g Carbohydrate trace Cholesterol 405mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit ½ Fat ½ Other Carbohydrates

Preparation Time: 0:00

Beef With Hot Indian Spice And Spinach

Yield: 0 Servings

Ingredients

6 tb vegetable oil

3 lb lean boneless beef cut into ½ inch cubes

3½ c thinly sliced onions

1½ tb finely chopped garlic

3 tb finely chopped fresh ginger

1 tb ground cumin

2 tb ground coriander

1 ts turmeric

1 ripe tomato finely chopped

3 green chiles seeded and chopped, or 1 ts red pepper flakes or cayenne

3 tb plain yogurt or sour cream

½ ts ground cinnamon

½ ts ground cardamom

½ ts ground cloves

1 tb kosher salt

20 oz frozen defrosted, and drained or 3 c cooked spinach drained

4 ts Hot Hot Indian Spice

Instructions

In a large frying pan heat 2 tablespoons of oil over high heat until very hot. Dry meat on paper towels and add enough to cover the bottom of the pan without touching. Brown meat on all sides, remove and set aside. Add more beef and repeat until all is browned. Add remaining 4 tablespoons of oil to pan with onions. Lower heat and cook until they turn a lovely mahogany brown, about 25 minutes, stirring as needed. Add garlic, ginger, cumin, coriander, and turmeric and cook over low heat for 2 minutes. Add tomato and chiles and continue cooking until tomato is cooked and entire mixture is reduced to a thick pulpy mass, about 5 minutes. Remove from heat and quickly stir in yogurt. When cool enough to handle, puree in electric blender or food processor.

In a large skillet combine puree and meat and add remaining spices. Stir in 1 cup hot water or reserved tomato juice and salt, distribute meat in sauce, and bring to a boil. In a food processor or electric blender finely puree spinach, or finely chop it with a knife. Add spinach and Hot Hot Indian Spice and cook 5 more minutes.

Yield: 4 servings.

HOT HOT INDIAN SPICE

2 tablespoons ground cardamom
1 tablespoon ground cinnamon
1 tablespoon whole cloves
¼ cup black peppercorns
½ cup cumin seeds
½ cup coriander seeds

Combine all the ingredients in food processor or blender and process until the mixture is a fine powder. Store in an airtight container in a cool place.

Yield: 1½ cups.

Per serving: 1149 Calories (kcal) 88g Total Fat (63 calories from fat) 27g Protein 85g Carbohydrate 0mg Cholesterol 6068mg Sodium Food Exchanges: 1 Grain(Starch) 0 Lean Meat 14 Vegetable 0 Fruit 17 Fat 0 Other Carbohydrates

NOTES : by: NATHALIE DUPREE SHOW#ND7018

Preparation Time: 0:00

Beets & Carrots With West Indian Spices

Yield: 1 Servings

Ingredients

1 lb beets (about 4 medium)
1 lb carrots, sliced
2 tb grated fresh gingerroot
½ c brown sugar
½ c orange juice
¼ c cider vinegar
1 grated zest of 1 orange
½ ts ground cinnamon
½ ts mace

Instructions

Wash the beets well and cut off the leaves, leaving an inch or so of stem. Cover with cold water, bring to a boil and simmer, covered until tender, about 40 minutes. Drain and cover with cool or lukewarm water. When cool enough to handle, slip off the skins. Cut the beets into slices or chunks.

Peel and cut the carrots into slices or chunks, resembling the beets in size and style. Steam or boil in lightly salted water about 5 minutes or until tender but not soft. Drain. Combine the ginger, sugar, orange juice, vinegar, orange zest and spices in a saucepan and bring the mixture to a simmer. Cook until thickened. Simmer the cooked beets and carrots in this sauce for about 5 minutes.

Note: Alternatively, you may bake the beets in a foil covered pan for about an hour. When cool, slip off the skins. Cut the beets into slices or chunks.

Since I didn't want to waste the beet tops, I sliced the green beet tops and steamed them and when I combined the sauce with the cooked beets and carrots, I also added the steamed beet tops.

This came from the Eat More, Weigh Less book by Dr. Dean Ornish.

Posted by JOHN & LISA DEBOVSKI to the Fatfree Dig. Vol. 12 Issue 27 Nov. 28, 1994.

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File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/fatfreex.zip>

Beingan Bharta Indian Eggplant

Yield: 1 Servings

Ingredients

1 lg eggplant
1 green chili thinly sliced
1 pn asafoetida (optional)
1 ts mustard seed
2 ts salt
1 md onion chopped
1 fresh cilantro chopped a healthy amount
1 vegetable oil for frying

Instructions

The eggplant should be grilled first to give the dish a nice smokey flavor. You can do this either by putting the whole eggplant on an outdoor grill and turning a couple of times, or you can grill it on a gas range. First remove the stems and leaves so they won't burn. Put down some tin foil in the well of the burner to catch the juice which will come out. Place the metal burner on top and grill the eggplant directly on it. The outside of the eggplant will burn as the inside cooks, turn it frequently

Once cooked, let it cool until you can comfortably handle it. Peel the skin off this should be easy because it is burnt, but if a little bit of skin sticks, that's fine.

Heat about a tablespoon of oil in a frying pan or wok. Don't let it get too hot, though because you want the heat on low as you add the mustard seeds.

Let the seeds pop gently in the oil, then add the onion. Fry until translucent. Add the eggplant, as afetida, green chili, and salt.

Fry for 5 10 minutes. Add the chopped cilantro about a minute before serving. Enjoy with flat bread (naan or chapatis) or plain old pita. Yum!

Leslie Providence, RI (thanks to Jeremy jblum@laser.net) Posted to recipelu digest Volume 01 Number 410 by "Diane Geary." on Dec 28, 1997

Bengali Panch Phoron (Indian Spice)

Yield: 1 Servings

Ingredients

1 tb cumin seeds

1 tb fennel seeds

1 tb mustard seeds

1 tb nigella seeds

1 tb fenugreek seeds

Instructions

This mix of whole spices comes from Bengal in the east of India, where it is used to flavor pulses and vegetable dishes. it may be put into hot oil to perfume it before other ingredients are added, or it is used to spice the ghee that is poured over a dish of lentils as it is served.

Mix all the spices together. Stored in an airtight jar, the blend will keep for 3 4 months.

Source: Jill Norman "The Complete Book of Spices" Viking Studio

Books, 1991 ISBN 0 670 83437 8 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe By : Jill Norman * Web File 4/97

From: Peggy Morgan Date: 18 May 97 Mastercook

Recipes (Mailing List) Ž

Benihana's Japanese Fried Rice

Yield: 4 Servings

Ingredients

4 c cooked converted or parboiled rice

1 c frozen green peas thawed

2 tb finely grated carrot

2 eggs beaten

½ c diced onion

2 tb soy sauce

Salt and pepper

Instructions

1. Cook rice following instructions on package (Bring 2 cups water to a boil, add rice and a dash of salt, reduce heat and simmer in covered saucepan for 20 minutes). Pour rice into a large bowl to let it cool in the refrigerator.
 2. Scramble the eggs in a small pan over medium heat. Separate the scrambled chunks of egg into small pea size bits while cooking.
 3. When rice has cooled to near room temperature, add peas, grated carrot, scrambled egg and diced onion to the bowl. Carefully toss all of the ingredients together.
 4. Melt 1½ tablespoons of butter in a large frying pan over medium/high heat.
 5. When butter has completely melted, dump the bowl of rice and other ingredients into the pan and add soy sauce plus a dash of salt and pepper.
- Cook rice for 6 8 minutes over heat, stirring often.

TIDBITS: This fried rice can be prepared ahead of time by cooking the rice, then adding the peas, carrots and egg plus half of the soy sauce. Keep this refrigerated until you are ready to fry it in the butter. That's when you add the salt, pepper and remaining soy sauce.

NOTE: When 20 year old Rocky Aoki came to the New York City from Japan with his wrestling team in 1959 he was convinced it was the land of opportunity. Just five years later he took \$10,000 he had saved plus another \$20,000 that he borrowed to open a Benihana Steakhouse on the West side of Manhattan. His concept of bringing the chefs out from the back kitchen to prepare the food in front of customers on a specially designed hibachi grill was groundbreaking. The restaurant was such a smashing success that it paid for itself within six months. Here's a clone recipe for the fried rice at Banihana that is prepared by chefs with pre cooked rice on those open hibachi grills.

Posted to MC Recipe Digest by Gr8seeksM8@aol.com on Feb 7, 1998

Contributor: Top Secret Recipes <http://www.topsecretrecipes.com>

Preparation Time: 0:00

Best Chinese Baby Back Ribs

Yield: 4 Servings

Ingredients

2 pork baby back ribs

1 c hoisin sauce

½ c plum sauce

1/3 c oyster sauce

¼ c red or white wine vinegar

¼ c honey

2 tb dark soy sauce

2 tb chinese rice wine or dry sherry

1 tb Asian chili sauce

1 tb dark sesame oil

½ ts five spice powder

1 tb orange zest grated or finely minced

10 garlic finely minced

¼ c fresh ginger finely minced

¼ c green onion (green & white parts) finely minced

Preliminaries: Remove membrane from underside of ribs. Place in rectangular baking dish.

1. To make sauce, combine all ingredients (except ribs) stir well to combine.
2. Coat ribs evenly on both sides with marinade. Marinate ribs, refrigerated, for at least 15 minutes. For more flavor, marinate up to 8 hours.
3. Preheat grill. If using gas grill, heat to 325 degrees. If using charcoal or wood, prepare fire.
4. Grill ribs 1 hour to 1 ¼ hours, basting with extra sauce (stop basting 15 minutes before removing ribs from grill).

Presentation: Cut into individual ribs. Serve.

Contributor: The Great Rib Book Carpenter/Sandison

Bhutte Ki Roti (Nan) Indian Bread

Yield: 8 Servings

Ingredients

3 ears of corn or 1½ cups kernel corn

2 c all purpose flour

½ c all purpose flour

3 fresh jalapeño chilies seeded and minced

1½ ts salt

1 tb oil

Instructions

Using a sharp knife, remove corn from cob. Combine corn with first measure of flour, chilies, oil and salt in a large bowl. Mix until dough gathers together. Knead dough in bowl until a heavy, slightly sticky dough forms.

Add remaining flour as necessary.

Divide the dough into 8 pieces. Roll into smooth balls, dusting with flour to prevent sticking. Cover with plastic. Roll 1 ball out on a lightly floured surface to a 7 inch round, dusting frequently with flour. Cover with a kitchen towel. Repeat with remaining dough balls. Do not let bread rounds touch each other.

Heat griddle or heavy large skillet over high heat until hot about 3 minutes. Reduce heat to medium high. Bake breads until spotted brown, pressing gently with a spatula to ensure even cooking about 1 ½ minutes per side. (Can be prepared 4 days ahead.) Cool. Wrap tightly and refrigerate. Reheat on hot, dry griddle.

NOTES : Tortilla style griddle breads made with fresh corn and jalapeños. This bread goes well with any roasted meat. Or, try it with Mexican food in place of the usual tortillas.

Contributor: Susan Carlisle

Preparation Time: 0:20

Black Bean Chicken Wings Chinese American

Yield: 4

Ingredients

no ingredients

Instructions

Mix chicken wing with soy sauce, Shaoxing rice wine, salt, sugar, sesame oil and cornstarch. Marinate 1 hour, then drain excess marinade and discard. Heat wok or large frying pan over high heat until it is hot.

Add peanut oil and when it is very hot, add chicken wings. Stir fry 5 minutes or until chicken begins to brown. Add ginger, garlic, shallots, scallions and black beans and stir fry 2 minutes. Pour in soy sauce, rice wine, salt, pepper and stock. Bring mixture to boil and reduce heat. Cover and simmer for 15 minutes or until chicken is cooked. Uncover, bring heat to high and reduce liquid to sauce. Transfer to large platter and serve at once, garnish with scallions.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Easy Family Recipes from a Chinese American Childhood
Converted by MM_Buster v2.0n.

Black Cod, Chinese Style

Yield: 4

Ingredients

no ingredients

Instructions

Mix together the soy sauce, honey, sherry and sesame oil in a bowl. Add the fish and allow to marinate several hours, turning occasionally. Bake at 350 degrees for about 20 minutes, depending on thickness. Baste the fish with the marinade once or twice during cooking. The secret to this dish involves not overcooking it. Comments: My dear friend Mary Young took me to a restaurant just outside San Francisco. It is called Hong Kong East Ocean and it is a seafood house. They served this dish and I was astounded at the richness and clarity of flavor. This recipe is as close as I can come to theirs. Black cod is very rich, and I am afraid, rather expensive. On the East Coast it is called sablefish.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: THE FRUGAL GOURMET by Jeff Smith
Converted by MM_Buster v2.0n.

Black Russian Cocktail

Yield: 1

Ingredients

1 shot vodka

1 shot kahlua

1 ds coke

Instructions

Fill a beaker with ice, add the vodka and kahlua and shake well. Pour into a glass and top with coke.

Converted by MC_Buster.
Converted by MM_Buster v2.0l.

Black feet Indian Jellied Snake

Yield: 1 Recipe

Ingredients

1 md snake
2 c indian vinegar
1 handful mint
2 fingers coltsfoot salt

Instructions

Cut off the head and skin and take out the intestines. Cut into 1" pieces. Wash in cold water. Put the vinegar, mint and coltsfoot salt in some kind of container put the pieces of snake on top and cover with cold water. Let stand overnight. Put the container over the hot coals in the morning and simmer slowly for about 35 minutes. Remove from the fire and cool. The dish is ready to eat when the jelly has set.

Source: "Indian Cookin'", compiled by Herb Walker, 1977

Blue Mountain Coffee Ice Cream

Yield: 1

Ingredients

50 g instant blue mountain coffee
1 muslin
720 ml double cream
720 ml milk
16 yolks
140 g caster sugar
4 hearts mint
4 dl tia maria sabayon (see recipe)
1 chocolate

Instructions

Wrap the coffee within the muslin and seal tightly. Boil the cream, milk and coffee and reduce to 220ml. Remove from the heat. Beat the eggs and sugar until light. Pour the infused milk. Place into a clean pan over a gentle heat and cook the mixture until it coats the back of a spoon.

Pass through a fine sieve. Freeze the mixture in an ice cream machine according to the manufacturer's instructions.

Alternatively, pour it into a large freezer proof bowl, cover and freeze until almost set. Transfer to a food processor and whisk until it is creamy and all the ice crystals have broken down. Return the mixture to the bowl, cover and place in the freezer again.

Repeat this process twice, then freeze the ice cream until firm. Ball the ice cream and pour the Sabayon on it. Garnish with the hearts of mint.

Converted by MC_Buster.
Converted by MM_Buster v2.0l.

Blue Ribbon Crab Cakes Contain More Crab, Less Fat

Yield: 1

Ingredients

1 lb jumbo lump crab meat
½ c frozen egg substitute thawed
¼ c reduced fat (mayonnaise type) salad dressing
1 tb liquid buttery spread
½ ts old bay seasoning up to 1,
up to ½ ts natures season
½ ts creole seasoning up to 1,
up to ½ ts garlic powder
½ ts celery powder
½ ts blackening seasoning
½ ts mrs. dash seasoning blend up to 1,
up to ¼ c crushed flavored crackers
butter flavored cooking spray

Instructions

Clean crab meat to remove all the shell.

Prepare a batter using egg substitute, salad dressing, buttery spread, and remaining seasonings. Stir well.

Place crab meat into the batter and stir to coat on all sides. Add crushed crackers to the mixture and gently stir. Press the mixture into 2½ 3 inch cakes, about ½ inch thick. Place the cakes onto a dish and freeze for about 15 20 minutes.

Just prior to removing the cakes from the freezer, generously spray a non stick skillet with cooking spray and place over medium heat. Place the cakes into the skillet and sauté for 3 5 minutes or until well toasted.

Turn the crab cakes carefully while cooking. When golden brown, remove from the skillet and serve piping hot. Makes 8 crab cakes.

Converted by MC_Buster.

Per serving: 201 Calories (kcal) 13g Total Fat (60 calories from fat) 14g Protein 6g Carbohydrate 2mg Cholesterol 347mg Sodium Food Exchanges: 0 Grain(Starch) 2 Lean Meat 0 Vegetable 0 Fruit 1½ Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Blueberry Baked Indian Pudding

Yield: 4 Servings

Ingredients

1 c Fresh or frozen blueberries (or ½ cup dried blueberries)
2 c Skim milk
¼ c Sugar
¼ c Stone ground white cornmeal

1 lg Egg lightly beaten
1 ts Grated orange zest
½ ts Ground ginger
¼ ts Ground cinnamon
½ ts Salt
¼ c Light molasses
¼ c Packed brown sugar

Instructions

Preheat the oven to 300 degrees. Lightly grease a 1½ quart baking dish or coat with non stick spray. Pour the blueberries into the pan and spread them out evenly.

In a heavy saucepan, mix the milk with the sugar. Place over medium high heat and stir until the milk is simmering gradually sprinkle in the cornmeal and whisk until smooth.

In a small bowl, whisk the egg, orange zest, ginger, cinnamon, salt, molasses, and brown sugar together. Whisk in a small amount of the cornmeal mixture. Return the whole mixture to the saucepan and stir to blend. Pour the mixture into the prepared baking dish over the berries.

Bake for 45 to 55 minutes, or until a knife inserted into the center comes out clean. This recipe yields 4 servings.

Content per Serving: calories .. 256 .. (15 calories from fat) total fat .. 1.75 g dietary fiber .. 1.61 g cholesterol .. 55.2 mg sodium .. 90.1 mg

Comments: This simple, earthy pudding, a perfect ending to an autumn meal, is usually served with plain vanilla ice cream. Non fat yogurt or light ice cream keeps it within the boundaries of 30 percent of calories or less from fat. This is wonderful made with fresh wild blueberries, but when they're not available, you can use dried or frozen blueberries.

Recipe Source: BEATRICE OJAKANGAS' LIGHT & EASY BAKING by Beatrice Ojakangas (c) 1996 Clarkson Potter Publishers, New York, NY 226 pages \$25.00 As reprinted in the Sep/Oct, 1997 issue of Cookbook Digest

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MAD_SQUAD@prodigy.net 11 02 1997

Contributor: Beatrice Ojakangas

Preparation Time: 0:00

Blueberry Mountain Cheesecake Healthy Exchanges

Yield: 1

Ingredients

2 pk philadelphia fat free cream cheese (8 ounce)
1 pk jell o sugar free instant vanilla pudding, (4 serving mix)
2/3 c carnation non fat dry milk powder
1 c diet mountain dew
¾ c cool whip lite
1½ ts coconut extract
1 keebler butter flavored piecrust (6 ounce)
½ c blueberry spread able fruit spread

2 tb flaked coconut

Instructions

In a large bowl, stir cream cheese with a spoon until soft. Add dry pudding mix, dry milk powder, and Diet Mountain Dew. Mix well, using a wire whisk. Blend in 1/4 cup Cool Whip Lite and 1 teaspoon coconut extract. Pour mixture into piecrust. Refrigerate for about 15 minutes. In a small bowl, combine blueberry spread able fruit, remaining 1/2 teaspoon coconut extract, and remaining 1/2 cup Cool Whip Lite. Spread blueberry mixture evenly over cheesecake filling. Sprinkle coconut evenly over top. Refrigerate until ready to serve.

HINT: Diet 7UP, Diet Slice, or even plain water can be used in place of the Diet Mountain Dew.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Blushing Peach Cocktail

Yield: 6

Ingredients

3 c raspberry juice chilled

3 c peach nectar chilled

1 peach slices and fresh raspberries for, for garni

Instructions

6 SERVINGS VEGAN

The striking color of this drink hints at its deep flavor.

In large pitcher, mix juices. Pour into glasses over ice. Garnish each glass with peach slice and raspberry if desired.

PER 0 OZ. SERVING: 130 CAL. 1G PROT. 0 TOTAL FAT (0 SAT. FAT) 33G CARB. 0 CHOL. 30MG SOD. 0 FIBER.

Converted by MC_Buster.

By Kathleen on Jun 25, 1999.

Per serving: 117 Calories (kcal) trace Total Fat (0 calories from fat) trace Protein 31g Carbohydrate 0mg Cholesterol 22mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 2 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Vegetarian Times, October 1997, page 52

Converted by MM_Buster v2.0n.

Bobby's Mama's Kal Bi Ribs (Korean Bbq Ribs)

Yield: 4 Servings

Ingredients

4 lb short ribs (up to 5)

1/2 c shoyu (soy sauce)

2 tb honey

2 tb toasted sesame seeds (up to 3)

1/8 ts dried red pepper

3 cloves garlic minced (up to 4)

½ c green onions chopped
1 piece fresh ginger root grated, 1x ½
1 tb sesame oil (up to 2)
1 ds pepper

Instructions

Kal Bi Ribs Combine all ingredients except ribs. Mix well. Add ribs and marinate for several hours (overnight is best). Turn a few times. Broil on hibachi until well browned (3 or 4 minutes on each side). Enjoy! Me kealoha, Mary Spero

Recipe by: Bobby Lee

Posted to TNT Prodigy's Recipe Exchange Newsletter by MarySpero@prodigy.com
(MS MARY E SPERO) on Sep 18, 1997

Boiled Shrimp With Thaiified Cocktail Sauce

Yield: 1 Serving

Ingredients

2 Lbs. Large Shrimp, Boiled peeled & de veined
1 Jar Cocktail Sauce (about 6 8 oz.)
3 Tbsp. Fresh Squeezed Lime Juice
1 Tsp. Red Chili Paste With Garlic * see note
1 Tsp. Chopped Cilantro

Instructions

Mix all the sauce ingredients and serve as a dipping sauce for the shrimp.

Serves 10 20 as one of a few snacks/appetizers before a dinner.

*Available at Asian markets.

NOTES: I made this up to have as another snack right when people arrived. We bought the shrimp already prepared and I just jazzed up some cocktail sauce. They were good, aparently they were gone before my wife and I could try any

Contributor: NURPPL@NURSE.EMORY.EDU

Preparation Time: 0:00

Bok Choy & Chinese Mushrooms

Yield: 1

Ingredients

1½ c vegetarian chicken flavored broth
5 shitake mushrooms cut to ½ inch pieces (rehydrated or fresh, no stems)
5 button or straw mushrooms cut if necessary
1 green onion sliced thin
1 lg clove fresh garlic minced or pressed
1 fresh ginger minced or pressed (1 inch square)
4 c chopped bok choy or
4 baby bok choy quartered
2 tb corn starch (mixed with ¼ cup cool water)

Instructions

Pour broth into skillet. Add half the scallions, the garlic and the ginger. "Sautee" for a few minutes, then add the mushrooms.

Steam the bok choy in the microwave (2½ 3 minutes, checking and tossing every minute) or in a steamer.

Thicken the broth with corn starch. Make it slightly thicker than you want the sauce to be, since the moisture from the boy choy will thin it a bit.

Toss in the bok choy and mix. Serve over steamed rice (or your favorite grain)

Per serving: 26 Calories (kcal) trace Total Fat (6 calories from fat) 1g Protein 6g Carbohydrate 0mg Cholesterol 6mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: sally charette

Converted by MM_Buster v2.0n.

Braised Bean Curd With Pork Chinese American

Yield: 4

Ingredients

no ingredients

Instructions

Heat wok/pan over high heat until hot Add oil and when slightly smoking add garlic and stir fry 20 seconds. Add pork and stir fry 8 minutes.

Add whole bean sauce, soy sauce, rice wine, and salt and continue cooking for 30 seconds. Add stock, gently slide bean curd, run the heat down and cook gently for 3 minutes. Stir cornstarch mixture to thicken slightly and cook for another minute. Ladle mixture into serving bowl and serve at once.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Easy Family Recipes from a Chinese American Childhood

Converted by MM_Buster v2.0n.

Braised Chinese Cabbage With Shrimps, Northeast China Style

Yield: 1 Servings

Ingredients

9 oz chinese cabbage(bok choy)

5 oz vegetable oil

½ ts scallions shredded

¼ ts fresh ginger shredded

4 ts dried shrimps soaked

2 fresh or canned mushrooms sliced

1 carrot sliced thinly

5 oz clear stock

2 ts salt or to taste
1 ts soy sauce
1/8 ts ground sichuan peppercorn
2 tb cornstarch (cornflour) dissolved in 2 tb water
1/4 ts sesame oil
1/4 ts msg

Instructions

1. Wash the cabbage, drain well, and cut into 1/2 inch by 1 inch pieces.
2. Heat 3 tbs of the oil in a wok until the surface ripples. Add the cabbage and stir fry for 1 minute. Remove and set aside. Heat 7 tbs of the oil. Add the scallions and ginger and stir fry until fragrant. Add the cabbage, shrimps, mushroom and carrot. Pour in the stock and bring to a boil. Add the salt, soy sauce, and ground peppercorn. When the stock has been almost reduced, add the MSG and the cornstarch water mixture. Cook, stirring, until thickened slightly. Add the sesame oil, remove, and serve.

Posted to recipelu digest Volume 01 Number 233 by James and Susan Kirkland on Nov 09, 1997

Braised Chinese Cabbage

Yield: 4 Servings

Ingredients

2 lb napa (or celery) cabbage
1 ts salt
8 chinese jyo black mushrooms
1 tb dried shrimp
1/4 c sichuan preserved mustard green
1 tb peanut oil
1 c chicken stock
1/4 ts salt
1 tb sherry
1/2 ts sugar
1 ts thin soy sauce
1 cornstarch paste
1 tb rendered chicken fat

Instructions

Preparation: Wash & soak Chinese mushrooms & dried shrimp in warm water for 1 hour until soft. Mince shrimp. Remove hard stem from mushrooms.

Wash & thinly slice mustard green. Separate cabbage leaves blanch in salted boiling water for 30 seconds drain slice into 2" sections. In a bowl, combine stock, salt, sherry, sugar & soy sauce reserve. Render chicken fat in small saucepan at medium heat discard pieces of fat keep oil hot. Braising: Heat peanut oil in wok until hot but not smoking.

Stir fry mushrooms, shrimp & mustard green for 15 seconds. Add cabbage stir fry for 1 minute. Add stock mixture bring to boil. Reduce heat, cover wok, & simmer for 10 minutes, reducing liquid by half add more stock if needed. Turn up heat add enough cornstarch paste to make light sauce.

Swirl in hot chicken oil. Serve. Note: Cabbage leaves should become transparent, but avoid overcooking they should be soft but not wilted.

Serves 4

Braised Chinese Eggplant With Sun Dried Tomatoes

Yield: 1

Ingredients

1 lb chinese eggplant (about 4)
3 tb olive oil
3 garlic cloves minced
1 jalapeno pepper finely chopped
¼ c sun dried tomatoes diced
2 tb soy sauce
1 tb balsamic vinegar
1 ts sugar
1 sm tomato peeled
1 seeded and diced
1 tb chopped fresh cilantro leaves

Instructions

Remove the stem end of each eggplant, cut each eggplant in half lengthwise, and slice each on the diagonal into ¼ inch thick.

Heat the oil in a large skillet. Add the garlic and jalapeno pepper and cook over high heat until the garlic is soft. Add the sun dried tomatoes and eggplant. Turn the heat to medium. Cook and stir for about 5 minutes until the eggplant is tender. Add the soy sauce, vinegar and sugar to the skillet.

Cook until the liquid is absorbed. Add tomato and cilantro. Stir to combine. Remove from the heat.

**This popular dish is always made with garlic, vinegar and soy sauce. It is great to serve cold on crisp baguettes, in a sandwich, or as a vegetable side dish.

<http://www.pbs.org/regina/recipes2> Episode 406. The following recipes were presented in this episode: Vegetarian Spring Rolls with Mango Salsa and Pineapple Coriander Sauce, Braised Chinese Eggplant with Sun Dried Tomatoes, and Veggie Philly Cheese.

Per serving: 439 Calories (kcal) 41g Total Fat (81 calories from fat) 4g Protein 18g Carbohydrate 0mg Cholesterol 2070mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 2½ Vegetable 0 Fruit 8 Fat ½ Other Carbohydrates

Recipe by: Regina's Vegetarian Table: Episode 406

Converted by MM_Buster v2.0n.

Braised Chinese Lettuce And Chestnuts

Yield: 6 Servings

Ingredients

2 or 3 dried scallops
15 chestnuts
1 lb chinese lettuce
1 or 2 tb oil
1 c stock
½ ts salt
1 ts cornstarch

2 tb water

Instructions

1. Soak dried scallops.
2. Shell chestnuts. Cut Chinese lettuce in 2 inch cubes and blanch. Shred scallops.
3. Heat oil. Add lettuce and stir fry to coat with oil.
4. Add stock, salt, scallops and chestnuts. Bring to a boil then simmer, covered, until chestnuts are soft (about 20 minutes).
5. Blend cornstarch and cold water to a paste then stir in to thicken.

Serve hot in a deep bowl. VARIATION: In step 3, add with the lettuce, dried mushrooms (soaked), sliced.

From , ISBN 0 517 65870 4. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey> .

Braised Chinese Lettuce And Dried Shrimp

Yield: 6 Servings

Ingredients

10 dried shrimp
4 dried black mushrooms
1 lb chinese lettuce
6 c water
2 tb oil
½ ts salt
1 c mushroom soaking liquid
2 tb soy sauce
1 ts sugar

Instructions

1. Separately soak dried shrimp and dried mushrooms. Reserve mushroom soaking liquid.
2. Cut lettuce in 2 inch cubes. Bring water to a boil. Blanch lettuce 1 to 2 minutes, then drain.
3. Heat oil. Add shrimp and stir fry 2 minutes. Add lettuce stir fry to coat with oil. Then sprinkle with salt.
4. Add mushroom liquid. Bring to boil then simmer, covered, 10 minutes.
5. Add soaked mushrooms, soy sauce and sugar. Simmer, covered, 10 minutes more. VARIATIONS:

1. In step 3, after stir frying the lettuce, add 1/8 cup bamboo shoots, sliced stir fry 1 minute more. Then sprinkle with salt.
2. In step 5, also add 1 sweet red pepper, sliced or diced.
3. After step 5, thicken sauce with a cornstarch paste made of ½ tablespoon cornstarch and 2 tablespoons cold water.

From , ISBN 0 517 65870 4. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey> .

Braised Hand Of Pork With Rice And Oriental Flavours

Yield: 6

Ingredients

3 lb hand of pork with the trotter left on

MARINADE

2 tb soy sauce

1 tb rice vinegar or sherry vinegar

1 tb toasted sesame oil

2 tb szechuan pepper crushed

1 ts five spice powder

2 ts finely grated fresh ginger

1 ts molasses or dark muscovado sugar (1 to 2)

SAUCE

1/8 pt water or stock

2 star anise pods

4 cloves

1 onions peeled and thinly (1 to 2) sliced

1 piece dried tangerine peel soaked and finely shredded

8 dried chinese mushrooms soaked and sliced

1 lemongrass stalk split down the middle

RICE

1 lb jasmine or thai fragrant rice

2 pt water or stock

2 tb fresh coriander chopped (2 to 3)

3 spring onions or garlic

chives chopped (3 to 4)

Instructions

Mix all the marinade ingredients, rub well into the pork and leave it in the fridge overnight, or for a few hours, or cook it straight away. Put it in a deep casserole with the sauce ingredients and any remaining marinade. Preheat the oven to 150C/300F/gas2.

Cover the casserole with a lid and cook for about 2 hours in the lower half of the oven. Remove the lid and add the rice ingredients.

Stir in the rice, bring to the boil on top of the stove then put the casserole back in the oven for a further 45 60 minutes. Add more liquid if necessary. The dish should be quite moist and sticky and will not spoil if left a little longer in the oven.

Serve from the casserole.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Braised Oxtail In Red Wine

Yield: 1

Ingredients

2 kg oxtail jointed (4 small oxtails)

2 tb plain flour

2 tb olive oil
12 whole brown shallots peeled
½ bottle red wine
1 water or beef stock
¼ c port
1 few cloves
1 freshly milled black pepper
1 orange (peel only)

Instructions

Trim as much fat as you can from the oxtails using a small sharp knife. Toss oxtails in flour, firming it on well. Heat oil in a large frying pan then brown with oxtails slowly. Transfer these to a baking dish or casserole. Add shallots, red wine and sufficient beef stock or water to completely cover the meat. Add port, cloves and some freshly milled black pepper. Pare a thin strip of peel from the orange using a potato peeler and tuck this into the meat.

Cover tightly with a lid or with foil and bake slowly for about 3 to 4 hours, or until oxtail is meltingly tender. Replace any liquid as it evaporates to ensure that the meat is completely covered (otherwise it will dry out). When cooked, skim away any fat (it is better, however to refrigerate this casserole overnight so the fat rises and is easy to remove). When ready to serve, reheat and boil liquid rapidly to reduce and thicken slightly. Season to taste with salt and serve with hot boiled long grain white or brown rice or with buttered noodles, couscous or with mashed potatoes. Serves 6

Converted by MC_Buster.

Per serving: 311 Calories (kcal) 27g Total Fat (78 calories from fat) 1g Protein 16g Carbohydrate 0mg Cholesterol 10mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 1 Fruit 5½ Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Braised Oxtail With Cinnamon

Yield: 1

Ingredients

2 oxtails cut into pieces
2 tb seasoned flour
1 butter
1 onion
2 sticks celery
2 md carrots
150 ml ruby port
1 bottle red wine (full bodied rhône is good)
3 sticks cinnamon broken into pieces
3 bayleaves
2 ts black peppercorns
5 sprigs thyme up to 6
1 salt and fresh ground black pepper
1 strip orange zest
1¼ l rich beef stock

Instructions

Preheat oven to 150C/gas 2. Trim oxtail pieces of excess fat and wash the meat. Toss in seasoned flour and shake off any excess. Melt some butter in a heavy bottomed pan or frying pan. Add oxtail sear brown on all sides. Remove oxtail with slotted spoon to deep ovenproof casserole.

Peel and roughly chop vegetables, add to pan and brown in butter. Add vegetables to oxtail in casserole. Add port to pan. Reduce until sticky, stirring constantly to scrape up crusty meat sediment from pan.

Gradually add wine to pan and bring to the boil. Boil hard for about 10 minutes to drive off alcohol. Add stock, cinnamon, bay, peppercorns, thyme, salt & pepper. Return to boil. Add to oxtail casserole.

Cover with lid and cook in pre heated oven for 3 1/2 4 hours, until meat is falling from bones.

Remove oxtail from casserole with slotted spoon and keep hot. Strain casserole juices into clean pan, pressing vegetables well with back of ladle or draining spoon to extract all possible flavour. At this point the casserole could be refrigerated overnight to allow fat to solidify, and then be removed. Re heat oxtail and sauce.

Bring sauce to boil and season to taste. Skin off as much fat as possible. Sauce should be deep in colour, rich and unctuous.

Serve oxtail with sauce poured over and with mashed potatoes.

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Carlton Food Network <http://www.cfn.co.uk/>

Converted by MM_Buster v2.0l.

Braised Oxtails Cabbage Leaves & Mashed Potatoes (Dj/Ja)

Yield: 1

Ingredients

4 lb oxtails cut 2 inches thick

1 salt and freshly ground black pepper

2 c diced onion

1 c diced carrot

1/2 c diced peeled celery

6 clove garlic coarsely chopped

1 tb chopped fresh thyme leaves

1 tb chopped fresh sage leaves

1 ts ground cumin

1 ts ground coriander

3 bay leaves

2 c canned plum tomatoes with their juices

2 c red wine

2 tb capers , rinsed and dried

8 lg cabbage leaves blanched in salted water

1/2 bread crumbs

1/4 parmesan cheese

2 tb chopped parsley
4 italian parsley sprigs
4 pepperoncini thinly sliced

Instructions

Recipe by: CHEF DU JOUR JODY ADAMS SHOW #DJ9329

Preheat oven to 325 degrees. Heat a large casserole dish with 1/8 inch oil over medium high heat. Season the oxtails with salt and pepper and sear on all sides in the casserole. Transfer the oxtails to plate and add the onions, carrots, celery and garlic to the pan and cook until they start to caramelize. Add the herbs and spices, and return the oxtails to the pan. Add the tomatoes, wine and capers and bring to a boil. There should be just enough liquid to come halfway up the oxtails. Add water if necessary.

Cover with a piece of foil and then with a lid and braise in the oven 4 hours.

Add more water during the braising if the juices reduce too much. The oxtails are done when the meat is falling off the bones. When cool enough to handle, strip the meat off the bones. Discard excess fat and grizzle.

Chop the meat. Strain 1 cup vegetables out of the sauce and mix the vegetables with the meat. Add the crumbs, cheese and parsley and mix well. Season with salt and pepper. Remove the tough part of the stems in the cabbage leaves. Season leaves with salt and pepper. Distribute the stuffing evenly among the leaves. Roll up the leaves into a sausage shape, completely enclosing the stuffing. Arrange the cabbage leaves in a gratin to hold them snugly. Pour the juices, thinned with water if necessary, around the rolls. Sprinkle with Parmesan cheese. Bake at 375 degrees 30 minutes or until heated through and golden on top. Serve on mashed potatoes garnished with parsley sprigs and sliced Pepperoncini.

Yield: 4 servings

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Braised Red Bean Curd Chicken Chinese American

Yield: 4

Ingredients

no ingredients

Instructions

Mix cut chicken with rice wine, soy sauce, sesame oil and cornstarch.

Set aside. Heat wok/pan over high heat until it is hot. Add peanut oil and when it is very hot and slightly smoking, toss in chicken pieces and stir fry for 5 minutes, until they are lightly browned. Drain off all excess fat and oil. Add ginger and bean curd, mix well, and stir fry for 2 minutes. Add potatoes and stir fry 2 minutes. Add salt, pepper and five spice powder. Add chicken stock, rice wine, soy sauce and sesame oil and sprinkle in sugar. Mix well and bring mixture to simmer. Reduce heat to low, cover and cook for 20 minutes. Serve at once, or refrigerate and reheat.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Easy Family Recipes from a Chinese American Childhood

Converted by MM_Buster v2.0n.

Broccoli Oriental

Yield: 6 Servings

Ingredients

1 bn broccoli

4 carrots in strips

2 onions slivered

1 c water chestnuts, canned sliced

2 ts soy sauce

Instructions

Sauté onions, add the rest. Cover and cook 10 15 min., adding more water needed.

Per serving: 44 Calories less than one gram Fat (4 calories from fat) 2g Protein 10g Carbohydrate 0mg Cholesterol 296mg Sodium

Contributor: My files

Preparation Time: 0:00

Broccoli With Chinese Sausage

Yield: 1

Ingredients

6 links of chinese sausage

2 tb peanut oil

1 sl fresh ginger (1/4 inch)

½ ts salt

1 bn broccoli cut into 1½ inch florets and the stems reserved for another use

1 tb dry white wine

Instructions

In a metal pie plate or heatproof flat dish set on a round metal rack in a wok or in a steamer steam the sausage, covered, over boiling water for 20 minutes, transfer it with tongs to a cutting board, and cut it diagonally into 1/8 inch thick slices. Mound the sausage in a large shallow serving dish and keep it warm, covered, in a preheated 250 degree oven.

In a heated wok heat the oil with the ginger and salt over high heat until the oil just begins to smoke, add the broccoli, and stir fry the mixture for 2 minutes. Drizzle the wine around the edge of the wok, stir fry the mixture for 1 minute, or until the broccoli is bright green and crisp tender, and transfer it to the dish, arranging it around the sausage.

Yield: 6 servings as part of a Chinese banquet

Converted by MC_Buster.

Recipe by: COOKING LIVE SHOW # CL9279

Converted by MM_Buster v2.0l.

Broiled Oriental Swordfish

Yield: 6 Servings

Ingredients

2 tb fresh lemon juice

2 tb soy sauce

1 tb olive oil
1 tb fresh minced ginger
½ lb swordfish steak cut 1¼ to 1½ inch thick
1 vegetable oil for broiling dish
1 scallion thin sliced on the diagonal for garnish
1 lemon cut in half for garnish

Instructions

Combine lemon juice, soy sauce, olive oil, ginger and garlic in a bowl. Marinate swordfish in the mixture for 1 hour in refrigerator, turning occasionally. Remove from marinade and scrape off any ginger or garlic that may cling. Strain marinade, reserving liquid. Preheat broiler. Place swordfish 4 inches from heat source on a lightly oiled, flat broiling dish. Don't place fish directly on broiling rack, which can break it apart. Brushing with reserved marinade, broil fish to desired degree of doneness, 4 5 minutes per side. Don't overcook. Sprinkle with scallion and garnish with lemon halves. Serve immediately.

Broiled Oriental Turkey Slices

Yield: 4

Ingredients

1 lb turkey breast slices
3 tb soy sauce
3 tb honey
1 tb lemon juice
1 tb vegetable oil
1 ts finely chopped gingerroot or ¼ ts ground ginger
2 green onions (with tops) sliced
2 cl garlic crushed

Instructions

Mix all ingredients in glass bowl or plastic bag. Cover bowl or seal bag tightly. Refrigerate at least 4 hours. Remove turkey slices. Set oven control to broil. Place turkey on rack in broiler pan. Place broiler pan so top of turkey is 4 inches from heat. Broil turkey about 7 minutes, turning once.4

SERVINGS 225 CALORIES PER SERVING. Per serving: 1509 Calories (kcal) 56g Total Fat (31 calories from fat) 38g Protein 233g Carbohydrate 47mg Cholesterol 13979mg Sodium Food Exchanges: 0 Grain(Starch) 3½ Lean Meat 4½ Vegetable ½ Fruit 11 Fat 14 Other Carbohydrates
Converted by MM_Buster v2.0n.

Brussels Sprout Oriental 1

Yield: 6 Servings

Ingredients

2 lb Brussels sprouts washed
1 water, salted
1 ts soy sauce
½ ts seasoned salt
1 tb butter (or margarine.)
5 oz water chestnuts drain/slice

Instructions

Simmer Brussels sprouts, covered, in a small amount of salted water for about 8 to 10 minutes or until tender drain. Add other ingredients and heat. Serve hot. Food

Exchange per serving: 1 VEGETABLE EXCHANGE SOURCE: Southern Living Magazine, sometime in 1973. Typed for you by Nancy Coleman.

Brussels Sprouts Oriental 2

Yield: 6 Servings

Ingredients

2 lb Brussels sprouts

1 salt to taste

1 ts soy sauce

½ ts seasoned salt

1 tb butter

1 cn (5 oz) water chestnuts sliced

Instructions

Combine all ingredients in small amount of water in saucepan. Simmer until sprouts are done.

MRS HARRY WOOD (TOOBY) GREERS FERRY, AR

From the book

Bubble Gum Cocktail

Yield: 1

Ingredients

1 shot orange liqueur

1 shot cherry liqueur

1 shot flavoured vodkas

1 pineapple juice

Instructions

BBQ Fill a shaker with ice then add the orange and cherry liqueur, flavoured vodka and top up with pineapple juice.

Place the lid of the shaker on top and shake well, pour in a glass and serve.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Buffalo Wings Oriental

Yield: 3 Servings

Ingredients

2½ lb chicken wings

2 garlic cloves minced

¼ c soya sauce

½ c honey

¼ c sherry

2 ts vinegar

1 tb sesame oil

¼ c chili ginger sauce
2 tb sesame seeds
1 oil for deep frying

Instructions

In a large bowl mix together garlic, soya sauce, honey, sherry, vinegar, sesame oil and chili ginger sauce. Add wings, stir and marinate for 1 hour at room temperature.

Preheat broiler, making sure the top rack is 6 inches from the broiler. Place wings on broiler pan and broil 6 minutes. Remove wings from oven and turn pieces over. Baste with remaining marinade and sprinkle sesame seeds on top of wings. Broil for an additional 6 minutes. Serve.

Calories per serving: Number of Servings: 2 Fat grams per serving: Approx. Cook Time: :12 Cholesterol per serving: Marks: E

Bug Tails In A Lime & Chilli Butter Sauce

Yield: 1

Ingredients

18 bug tails meat only
20 g butter
40 ml olive oil
2 cloves garlic minced
1 Birdseye chilli minced
1 salt and pepper to taste
1 assorted greens such as snow pea shoots and baby spinach or rocket Birdseye chilli finely chopped
1 lime leaf crushed
100 ml fresh lime juice
100 ml white wine
250 g butter diced small and room temperature, extra salt and pepper.

Instructions

First, make the sauce. In a saucepan combine the chilli, lime leaf, lime juice, white wine and some salt and pepper. Bring to the boil and simmer for a few minutes until the mixture reduces a little. Remove from the heat and whisk in the butter, a few pieces at a time, until the butter has been incorporated. Add salt and pepper to taste and keep in a warm area, do not re boil.

Now prepare the shellfish. Heat oil and butter in a hot pan and add the garlic and chilli and sauté, for a moment or two. Add the bug meat or shellfish of your choice and toss until covered in butter. Turn heat down a little and move bug meat around the pan until cooked. 3 5 minutes. If using prawns, cook until bright orange, about 2 minutes.

Wash and dry the salad leaves and arrange on a plate with the shellfish. Drizzle with the sauce and serve immediately.

Converted by MC_Buster.

Per serving: 2364 Calories (kcal) 256g Total Fat (97 calories from fat) 3g Protein 12g Carbohydrate 591mg Cholesterol 2237mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat ½ Vegetable ½ Fruit 51 Fat 0 Other Carbohydrates
Converted by MM_Buster v2.0n.

Bugogi Korean Beef Dish

Yield: 4 Servings

Ingredients

1 lb beef tenderloin, sliced very thin
2 cloves fresh garlic, crushed
2 tb granulated sugar
1 tb sesame oil
1 black pepper good sprinkling
1 roasted sesame seeds (also a good sprinkling)
1 green onion, finely chopped
2 tb soy sauce
3 tb water

Instructions

In a glass or plastic bowl, mix everything together. Cover and refrigerate for 1 2 days. (You can cook immediately, but of course, it won't taste as good. :))

In a skillet, heat a tablespoon of vegetable oil over medium high to high heat. Cook the beef slices, turning until meat reaches desired degree of doneness (about 1 2 minutes).

Serve with rice and green vegetables.

NOTES: The recipe says 'serves four,' but then again, I ate a batch of this myself without complaining too much. I guess it depends on how hungry you are and what else you're serving.)

I also usually omit the sesame seeds, since neither my son nor I like them. Hasn't killed me yet.

I got this recipe from the Atlanta Journal/Constitution, near Christmas (it was part of a list of dishes that the paper's contributors served at their own Christmas dinners they had a Cuban writer, someone Russian, etc. I do not recall the name of the South Korean woman whose recipe this is, alas). Lance

Bul Gogi (Korean Marinated Beef)

Yield: 1 Servings

Ingredients

1 lb beef sliced thin
1 marinade:
½ c soy sauce
1½ tb sugar
3 cloves garlic, crushed or
1 sliced thinly
2 scallions, chopped thinly
1 ts grated fresh ginger

1 tb sesame oil
2 ts toasted sesame seeds
1 red pepper to taste.

Instructions

Marinate the beef in the sauce for about an hour (some people do it overnight, but this seems to be overkill to me!)

To cook, the ideal thing is to use a Korean bul gogi grill. That failing, a hibachi is okay but you lose the juice. You can also do it under the broiler in the oven, which is a solution a lot of my Korean friends used at home. Serve with short grain rice, bean sprouts, and kim chee.

bbeer@u.washington.edu (Bob Beer) posted to Rec.food.recipes From the Chile Heads Recipe Collection URL: <http://chile.ucdmc.ucdavis.edu:8000/www/recipe.html>

Bul Kogi (Korean Barbecue)

Yield: 6 Servings

Ingredients

5 lb beef short ribs
2 garlic cloves crushed
¼ c sesame seeds toasted and crushed
1 c finely chopped green onions
1 ts pepper
1 ts sesame oil
2 c soy sauce
1 c sugar
¼ c oil

Instructions

Place short ribs in bowl. Add garlic, sesame seeds, green onions, pepper, sesame oil, soy sauce, sugar and oil and toss to coat meat well. Cover and let stand at room temperature 2 hours. Barbecue over coals or run under broiler, turning and basting often with marinade until meat is tender.

Created by: Wailea Steak House, Hawaii
(C) 1992 The Los Angeles Times

Bulger Oriental

Yield: 6 Servings

Ingredients

1 c bulger wheat
1 c water
¼ c olive oil
¼ c lemon juice
2 ts low sodium soy sauce
1 c diced tomato
1 c diced Japanese cucumber
½ c chopped green onions
½ c chopped Chinese parsley
1 lettuce

1 c plain yogurt

Instructions

In a saucepan, combine bulger and water cover and bring to a boil. Lower heat and simmer for 5 minutes. Remove from heat stir in olive oil, lemon juice, and soy sauce. Place in a bowl and let cool. Add tomato, cucumber, green onions, and parsley. Refrigerate until ready to serve. Place on a bed of lettuce serve with yogurt. Makes 6 servings.

Recipe was selected in accordance with American Cancer Society nutrition guidelines and demonstrated by Campbell High School teacher, Lorna Lubawski and student, Scott Alcaide.

QUICK AND HEALTHY RECIPES (JANUARY 1995)

Reprinted with permission from: The Electric Kitchen & Hawaiian Electric Company, Inc. [Meal Master compatible format by Karen Mintzias]

Bulgogi (Korean Barbecue)

Yield: 4 Servings

Ingredients

5 lb thinly sliced sirloin (4 to 5 lbs)
2 cloves garlic crushed
¼ c sesame seeds toasted and crushed
1 c finely chopped green onion
½ ts pepper
¼ c sesame oil
2 c soy sauce
1 c sugar

Instructions

Mix all marinade. Marinate meat at least 4 hours. Grill.
PACIFIC STARS & STRIPES, 930725

Bulgogi (Korean Barbecued Beef)

Yield: 4 Servings

Ingredients

2 lg garlic cloves peeled
½ soy sauce
¾ to 1 tb. sugar
1 ts white sesame seeds toasted and ground
1 ts minced garlic chives
1 ts french thyme (optional.)
¼ c dark sesame oil
1 lb lean beef loin sliced against grain 1/8 thick

Instructions

Crush garlic with the back of a chef's knife and place it in a large mixing bowl.

Combine the soy sauce, sugar, sesame seeds, garlic chives, thyme and sesame oil. Gently rub marinade into the meat with your hands, then place the meat in layers.

Marinate the meat for 10 minutes or longer. Heat a large cast iron skillet until very hot. Stir fry the beef to your preference: rare, medium or well done.

Transfer meat to a heated platter, pour the pan juices over it and serve immediately.

Saville writes: "Traditionally, this Korean barbecued beef would be cooked over a cast iron tabletop appliance known as a Mongolian fire or Genghis Khan grill, but it can also be cooked in a cast iron skillet on top of the stove. Chicken or pork can be marinated and cooked in the same manner. Stir fried beans and rice would be a delicious accompaniment. Serve Bulgogi with kim chee..."

Recipe from third generation Korean American Paula Batson of Los Angeles in Carole Seville's "An Oriental Flavor" article in "The Herb Companion." June/July 1994, Vol. 6, No. 5. Pg. 32. Loveland, CO: Interweave Press, Inc. ISSN 1040 581X. Posted by Cathy Harned.

From : Barry Weinstein

From: "Fred Towner"

Bunelos (Fried Indian Bread)

Yield: 1 Servings

Ingredients

4 c flour

½ c lukewarm water

2 tb lard

2 ts salt

½ ts baking powder

Instructions

Sift dry ingredients together, cut in lard, add water and knead. Let stand for 20 minutes. Divide dough into 12 uniform size balls.

Stretch each one to about 5 inches in diameter and 1/4 inch thick.

Deep fry at 425 degrees until golden brown. A small hole (finger sized or smaller) all the way through the center of each round will help the dough to puff up.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

Burfi [Indian Milk Fudge]

Yield: 1 Batch

Ingredients

½ c butter

1 lb ricotta cheese

¾ c sugar

½ ts nutmeg

½ ts cardamon

3 c powdered milk

1 pk ground almonds

Instructions

Melt butter in a saucepan and add cheese. Cook over med heat 7 min stirring constantly. Add spices and milk. Cook, stirring, another 5 min. Remove from heat and add sugar and almonds. Pour into an 8x8 pan, cool and cut into squares.

Recipe as told to Roslind by Harbindar "Peachee" Naib. Old recipes from India started with large quantities of whole milk which were reduced slowly with very low heat to the consistency of fudge and then flavored. Peachee says that this recipe is not only quicker but tastier.

Jim Weller.

Burmese Coconut Chicken With Thai & Opal Basil

Yield: 4 Servings

Ingredients

2 tb peanut oil
4 chicken thighs
4 chicken legs
2 lg onions cut in ½ wedges
4 cloves garlic thin sliced
3 jalapeno peppers stem/slice
1 tb caraway seeds ground
1 ts cinnamon, ground
28 oz coconut milk
2 c thai basil, fresh chopped
2 c opal basil, fresh chopped
1 salt & pepper to taste

Instructions

"Luscious and spicy, serve this simple Burmese curry with steamed rice and stir fried vegetables to make a complete meal."

Preheat the oven to 400 degrees F.

In a large, non stick skillet, heat the peanut oil over moderate heat.

Add the chicken in batches and brown on all sides. Remove with a slotted spoon and place in a baking dish large enough to accommodate the chicken and the coconut milk in one layer.

Using the same skillet and the oil and chicken fat remaining in it, cook the onions, garlic, jalapeno peppers, caraway, and cinnamon over high heat for 5 minutes, stirring constantly. Remove from the heat and add to the chicken. Pour the coconut milk into the hot skillet and stir, scraping the bottom to remove any browned particles. Add to the onions and chicken and mix well.

Bake, uncovered, for 1½ hours. Remove from the oven, add the basil, and mix gently. Season with salt and pepper, and serve immediately.

Source: "Basil" by Janet Hazen

Oriental Recipes C

Cabbage (Korean Ho Baechu)

Yield: 4 Servings

Ingredients

6 ea leaves chinese cabbage
1 ea clove garlic
1 tb sesame oil
½ ts sesame seeds
1 dash cayenne pepper
1 dash black pepper
2 tb chang, meat sauce

Instructions

1. Shred the cabbage into thin strips and steam until just tender. After cooking, there should be 2 cups of cabbage remaining.
2. Crush the garlic, then add it, the sesame oil, sesame seeds, the cayenne and black pepper to the cabbage. Add the meat sauce. Cook over a high flame for 2 minutes to blend the flavors.

Source: The Korean Cookbook, by Judy Hyun. Typed in by Ronnie Wright

Cabbage Eggplant Salad : Baechu Baji Muchim (Korean)

Yield: 6 Servings

Ingredients

2 japanese eggplant halved lengthwise
1 lb cabbage head quartered
½ lb firm tofu bite sized pieces
1 md carrot shredded

DRESSING

¼ c soy sauce
1 ts sesame oil
1 tb cider vinegar
1 korean red pepper powder or substitute less cayenne see note seasoning
1 salt and black pepper to taste

Instructions

1. Steam the eggplant and cabbage in a large Dutch oven or steamer until the eggplant is soft and the cabbage is tender yet still firm, about 15 minutes. Drain thoroughly and cool.
2. Cut the eggplant into bite size cubes, and chop the cabbage into bite size pieces.
3. In a large bowl, mix together the eggplant, cabbage, tofu cubes, and carrot.
4. In a small bowl, mix together the dressing ingredients. Add the dressing to the cabbage eggplant mixture and combine well. Add salt and pepper. Serve immediately.

PER SERVING: 115 cal, 6g protein, 2g fat (16 of cal), 17 g carb estimated by publisher.

SOURCE: Flavors of Korea: Delicious vegetarian cuisine / Deborah Coultrip Davis, Young Sook Ramsay (1998 Book Publishing Co) kitpath@earthlink.net 3/99

From: PatHanneman

Per serving: 103 Calories (kcal) 3g Total Fat (22 calories from fat) 6g Protein 16g Carbohydrate 0mg Cholesterol 709mg Sodium Food Exchanges: 0 Grain(Starch) 1 Lean Meat 3 Vegetable 0 Fruit ½ Fat 0 Other Carbohydrates

NOTES : You will need ¼ to ½ teaspoon Korean red pepper powder or half that measure of cayenne pepper.

Nutr. Assoc. : 3234 0 0 0 0 0 0 0 0 0 0

Contributor: Flavors of Korea: Vegetarian Cuisine 1998

Preparation Time: 0:00

Cabbage Rice, Chinese Style Pancakes

Yield: 4 Servings

Ingredients

2 c cabbage finely shredded

¼ c green onions sliced thin

¼ c celery finely diced

1 tb oil

1 ½ c brown rice, cooked (½ c uncooked)

¾ ts salt

1/8 ts black pepper

2 tb soy sauce

6 eggs slightly beaten

chinese sauce...

1 c chicken broth

1 tb cornstarch

1 tb soy sauce

½ ts molasses

1 salt to taste

1 black pepper to taste

Instructions

These quickly made pancakes are similar to Eggs Foo Yung. The Chinese would use white rice but brown rice is more flavorful and nutritious.

In a medium skillet combine cabbage, onions and celery in the heated oil. Sauté, stirring, just until cabbage is wilted.

Remove from heat. Stir in rice, salt, black pepper, soy sauce and eggs.

Drop by ¼ cupfuls onto hot, lightly greased griddle or skillet. Cook over high heat until browned on both sides.

Keep pancakes warm while cooking remaining mixture. Garnish with parsley. Serve at once with Chinese Sauce.

Recipe By : Ron West

From: Ron West Date: Wed, 28 Jan 1998 06:30:39 ~0600

Cajunized Oriental Pork Chops

Yield: 6 Servings

Ingredients

6 ea thick pork chops

1 salt & red cayenne pepper

1 ½ c dry white wine

1 c bell pepper, chopped
1 c onions, chopped
1 ea clove garlic, chopped
3 tb soy sauce
1 cn pineapple chunks (15 oz.)

Instructions

Salt and red pepper the chops. Brown them slowly in a skillet. Add wine, bell pepper, onion, and garlic, Cover and simmer for 25 to 30 minutes. Remove pork chops, being sure to keep them warm. Add the soy sauce and syrup from the pineapple. Stir and simmer until more or less thick. Add the pineapple chunks and bring to a boil. Serve over pork chops and hot cooked rice. From Justin Wilson's "Gourmet and Gourmand Cookbook"

Campbell Soup Chinese Pepper Steak

Yield: 4 Servings

Ingredients

1 lb round steak cut into strips
2 tb shortening
1 cn condensed onion soup

Instructions

pn Pepper ½ cn Water ½ c Canned tomatoes 2 ts Soy sauce 1 lg Green pepper cut in strips 1 tb Cornstarch Cooked rice In frying pan, brown steak in shortening pour off fat. Sprinkle with Pepper. Add soup, water, tomatoes, soy sauce and green pepper. Cover cook over low heat 30 minutes or until tender. Stir occasionally. Mix cornstarch and 2 tablespoons water until smooth. Gradually stir into sauce cook stir until thickened. Serve over rice. Submitted By JANE

KNOX On 09 11 94

Recipe By :

Canadian Indian (Sioux) Fish Chowder

Yield: 1 Servings

Ingredients

1 c chopped onion
4 c cubed potatoes
1 tb salt
1/8 tb pepper
5 c raw fish 3/4 cubes
1 qt boiling water
2 c milk
1 c half & half cream
1 parsley or chives

Instructions

Add potatoes, onions, salt and pepper to water. Cook about 10 min, until veg are soft, but not completely cooked. Add fish and cook 10 min. Add milk and light cream, stir and heat 15 min longer. DO NOT BOIL. Serve with parsley or chives. Posted by bobbi744@sojourn.com

Posted to MC Recipe Digest V1 #235

Date: Tue, 1 Oct 1996 03:16:00 +0000

From: Marina

Canton Chicken & Chinese Sausages

Yield: 4 Servings

Ingredients

2 tb each soy sauce and dry sherry
1/2 lb chinese sausages (lop cheong)
1 tb sugar
2 cloves garlic, minced
2 tb salad oil
2 quarter size slices fresh ginger crushed
1 ¾ c water
1 c long grain rice
1 lb chicken thighs, boned & cut in 1 ½ inch pieces
2 whole green onions, thinly sliced
4 medium size dried mushrooms

Instructions

In a bowl, combine soy, sherry, sugar, garlic, and ginger. Add chicken and stir to coat. Cover and refrigerate for one hour. Cover mushrooms with warm water, let stand for 30 minutes, then drain. Cut off and discard stems squeeze mushrooms dry and thinly slice. Cut sausages in ¼ inch thick diagonal slices. Drain chicken, reserving marinade discard ginger. In a heavy 3 quart pan, heat oil over high heat. Add chicken and cook, turning, until lightly browned (about 2 minutes on each side). Remove chicken and set aside. To the pan, add reserved marinade and water stir in rice. Bring to a boil over medium high heat and cook, uncovered, until liquid is absorbed (about 8 to 10 minutes). Reduce heat to low and stir in chicken, sausages, and mushrooms. Cover and simmer, without stirring, until rice is tender (about 45 minutes). To serve, spoon mixture into a serving bowl and sprinkle with green onion.

Cantonese Style Chow Mein Chinese American

Yield: 4

Ingredients

1 no ingredients

Instructions

Combine chicken, egg white, cornstarch, salt and pepper in small bowl mix and refrigerate for at least 20 minutes. Blanch noodles for 2 minutes in large pot of salted boiling water drain well. Heat frying pan until hot, add 1 ½ tbsps oil evenly spread noodles over surface, turn heat to low and allow noodle to brown slowly, about 5 minutes. When noodle are brown turn and brown other side, adding oil if necessary. Remove noodle to platter and keep warm in turned off oven. Heat wok/pan until very hot and add ½ cup oil. When it is very hot, remove from heat and immediately add chicken shreds, stirring vigorously to keep them from sticking. As soon as chicken turns white, about 2 minutes, quickly drain in stainless steel colander, set in bowl. Discard oil. Clean wok and reheat it over high heat. Now pour in rice wine, oyster sauce, soy sauce, chicken stock, salt and pepper. Bring mixture to boil and add cornstarch mixture. Bring to simmer again. Return chicken to sauce and give mixture a few stirs. Pour this over noodles, garnish with scallions and serve at once.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Easy Family Recipes from a Chinese American Childhood
Converted by MM_Buster v2.0n.

Capelli D'Angelo With Thai Chicken

Yield: 6 Servings

Ingredients

1 tb vegetable oil
1 lb boneless, skinless chicken breasts, cubed
1 cn chicken broth (10 oz.)
2 tb liquid honey
1 tb soy sauce
¼ c peanut butter
1 tb corn starch
1 ts ground ginger
1 green onions, sliced
2 cloves garlic, minced
½ red pepper, cut into julienne strips
1 pk (375 g) catelli capelli d'angelo

Instructions

In skillet, heat oil sauté chicken until golden. Remove chicken set aside and keep warm. In clean skillet, combine broth, honey, and soy sauce whisk in peanut butter, corn starch and ginger. Add green onions and garlic cook stirring constantly, over low heat until blended and smooth. Add red pepper and reserved chicken cook and stir until just bubbly and thickened. Cook Capelli d'Angelo according to package directions. Spoon chicken mixture over Capelli d'Angelo and serve topped with parsley.
Makes 6 servings.

Captain Nye'S Sweet Shop And Cafe Easy Pleasing Peppermint

Yield: 1

Ingredients

½ ga peppermint ice cream softened
1 chocolate flavored crumb pie shell
1 jar fudge ice cream topping 12 oz

Instructions

In a chilled bowl, stir the ice cream till softened. Spoon ice cream into pie shell, spreading evenly. Return to freezer for at least 4 hours or till serving time.
TO SERVE: Warm the fudge topping in the microwave oven according to directions. Let pie stand at room temperature for 5 minutes before slicing.
Serve with warmed topping. Makes 8 servings.

Converted by MC_Buster.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Midwest Living Magazine

Converted by MM_Buster v2.0n.

Captain's Coleslaw

Yield: 1

Ingredients

1/2 c mayonnaise
1/3 c milk
1 ts white vinegar
1/4 c sugar
1/4 ts salt
1 pk cabbage coleslaw mix (see note) (16 ounces)

Instructions

In a large bowl, whisk together all the ingredients except the coleslaw mix until smooth and creamy. Add the coleslaw mix and toss until well coated. Cover and chill for at least 1 hour before serving.

NOTE: Wanna shred the cabbage yourself? Go ahead! Use about 10 cups shredded cabbage (and add a few shredded carrots if you want). Remember, you're the captain!

Converted by MC_Buster.

NOTES : 6 to 8 servings

Converted by MM_Buster v2.0l.

Caribou Meatloaf Chinese Style

Yield: 4 Servings

Ingredients

1 1/2 lb ground caribou
1/2 lb ground pork
1/2 c cooked rice
1 tb soy sauce
1/2 ts salt
1/2 ts pepper
1/4 ts garlic powder
1/4 ts anise or chinese 5 spice
1/8 ts cayenne opt'l bunch radish tops chopped
1 egg

Instructions

Radish greens are good cooked as a pot herb and have a flavor similar to Chinese parsley or Cilantro.

Combine all ingredients and shape by hand into a loaf. Place in a bread pan and cook in a preheated oven for 50 60 min til browned and juices bubbling.

Carne Guisada Con Plantanos (Beef And Plantai

Yield: 6

Ingredients

1/2 c pure spanish olive oil
2 1/2 lb boneless chuck cut into 2 inch chunks
1 lg onion thickly sliced
1 lg green bell pepper seeded, diced
4 cloves garlic finely chopped
2 c drained and chopped canned whole tomatoes or 4 medium size ripe (4 to 6) tomatoes
1 c dry sherry
1 c cuban beef stock**
1 tb salt

1 tb spanish paprika
1/2 ts freshly ground black pepper
1/4 ts cumin seeds crushed
1 pn dried oregano
1 bay leaf
3 md plantains of medium ripe
2 tb finely chopped fresh parsley

Instructions

**Specialty shop

In a large casserole heat the oil over medium heat until fragrant, then brown the beef on all sides. Reduce the heat to low, add the onions, bell pepper, and garlic, and cook, stirring, until the onions are lightly browned, 4 to 5 minutes. Add the remaining ingredients, except for the plantains and parsley, cover, and simmer 1 1/2 hours, stirring frequently. Add more stock if necessary. 2. Cut the tips off the plantains, peel, and slice 1 inch thick. Add them to the casserole and cook over low heat, until the plantains are tender, another 20 to 30 minutes. Transfer the stew to a serving bowl, sprinkle with parsley, and serve hot. Makes 6 to 8 servings

Mary Urrutia Randelman "Memories of a Cuban Kitchen" (Macmillan, 1992)

Per serving: 65 Calories (kcal) trace Total Fat (8 calories from fat) 1g Protein 5g Carbohydrate 0mg Cholesterol 1072mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Carpathian Mountain Soup

Yield: 4

Ingredients

3 coarsely chopped beetroot
3 beetroot pulped in a liquidizer
1/2 pt sour cream
2 pt water
1 tb sugar
1 some plain flour
1 an egg yolk
1 a handful of toasted chunks of bread for croutons

Instructions

Put the pulped beetroot in a pot with two pints of water and simmer for a couple of minutes. Take half your quantity of sour cream and whisk it up with the flour. Stir this into the mixture in the pot and keep warm.

For the next stage you gently beat the egg yolk up with the rest of the cream and pour it into your serving dish. Now bring over the heated soup and gently fold it in with the eggy mixture, giving the soup a lovely smooth texture.

Now sprinkle with croutons.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Carrot Cake With An Indian Flavor Madhur Jaffrey

Yield: 6 Servings

Ingredients

1 1/2 ts Vegetable oil

1 c Unbleached white flour
plus extra for dusting
1 ts Baking soda
1/4 ts Salt
2 lg Eggs
1/4 ts Ground cardamom seeds
1 c Granulated sugar
1/4 c Softened clarified butter (ghee)
1 1/2 c Grated carrots firmly packed
2 tb Chopped pistachios
2 tb Chopped blanched almonds
2 tb Raisins
Edible silver foil (opt.)

Instructions

"A characteristic sweet of southern India is carrot halvah, a rich, sweet reduction of carrots and spices that is almost fudgelike in consistency.

This cake falls somewhere between this traditional treat and the popular American carrot cake. It has a dense texture and the unexpected flavor of cardamom, yet doesn't require the tedious cooking and stirring of a halvah.

"Special Indian dishes are often decorated with silver foil – a microscopic thin sheet of edible, flavorless real silver, available in Indian groceries. We have cut edible foil into decorative shapes – a tedious business that must be done in a completely draftless room but more manageable solid toppings are customary. "Serve this nontraditional ending to your Indian meal with coffee that has been brewed with a few cardamom seeds." Rub a round cake pan that is 9 inches in diameter and 1 1/2 inches in height with the vegetable oil and then dust it very lightly with flour. Preheat the oven to 350 F. Sift 1 cup flour with the baking soda and salt. Beat the eggs well in a large bowl. Add the cardamom, sugar, and clarified butter. Keep beating until all the ingredients are thoroughly mixed. Add the sifted flour mixture to the ingredients in the large bowl and fold it in gently with a spatula. Add the carrots, pistachios, almonds, and raisins. Fold them in gently as well. Turn the cake batter into the oiled and floured cake pan and bake for 35 to 45 minutes, or until a toothpick inserted in the center comes out clean and the top is golden red. Decorate top iwth edible silver foil.

* Source: World of the East Vegetarian Cooking by Madhur Jaffrey * Published in: The Herb Companion February/March 1993 * Typed for you by

Karen Mintzias

Preparation Time: 0:00

Carrot Halwa A South Indian Preparation

Yield: 1 Servings

Ingredients

350 g carrots
3/8 l milk
1/2 l sugar
5 cardamom pods
5 cashew nuts (optional)
10 raisins (optional)
1 ghee (optional for frying cashews)

Instructions

The first step is to grate the carrots using a blender. It is a bit difficult getting it done using a cheap one. Persistence pays. :)

Heat milk in a vessel and bring it to boil. Once it is boiling, add the grated carrots until the odor of carrots disappears and the odor of milk dominates.

If you have sugar crystals, it is probably better to make a thick sugary liquid separately (heating sugar crystals in water until the sugar dissolves completely). Alternatively, you can just add sugar to the preparation after Step 2. Heat the preparation until the sugar has diffused in the mixture and the mixture becomes thick.

Grind the cardamom pods using your hands to break them open and add them. If using cashews, break them into small pieces and fry them in ghee separately and add them. Add the raisins too.

The final preparation (whatever comes out!) is the halwa. It is best eaten after it is cooled.

NOTES The trick to tune the recipe to your fat/taste requirements is to have a fixed amount of carrots and vary the amounts of milk and sugar. If you need more milk, you can add it anytime and let the preparation for a little more time until it becomes thick.

CONTRIBUTOR Sridhar Venkataraman with ingredient help from 'Samaiththup paar', a cookbook in Tamil.

Carrot Soup (Indian)

Yield: 5 Servings

Ingredients

400 g carrots

1 lg onion

1 tb moong dal

1 c skim milk

1 salt to taste

1 fresh ground black pepper to taste

Instructions

1. Cut the carrots and onion into big pieces.
2. Add 3 teacups of water and the moong dal and cook in a pressure cooker.
3. When cooked blend in a liquidiser and strain.
4. Heat the milk and add to the soup. Mix well.
5. Add salt and pepper and boil for 1 minute.

NOTES : Serve hot.

Recipe by: Ron West

Posted to Bakery Shoppe Digest V1 #491 by Ron West on Jan 7, 1998

Carrot Soup With Fragrant Indian Spices

Yield: 6 Servings

Ingredients

BURPEES EARLY SUMMER GARDEN

4 tb unsalted butter

1 lg onion peeled and finely minced

1 tb dark brown sugar

1/2 ts ground coriander

1 tb imported curry powder preferably madras

1/4 ts ground cardamom

1 lg pinch of nutmeg freshly grated

1 lb carrots trimmed, peeled, and cubed

2 md potatoes peeled and cubed
6 c chicken stock
1 salt
1 black pepper
1/2 c to 3/4 cup heavy cream

GARNISH

1 tiny fresh coriander leaves
1 tiny mint leaves

Instructions

In a lg. heavy casserole, heat the butter, add the onion, and cook over low heat until soft but not brown. Add the brown sugar and spices and cook the mixture for one minute. Add the carrots, potatoes, and stock, bring to a boil, reduce heat. Season with salt and pepper and simmer the soup for 30 mins. or until the carrots are very tender. Cool the soup and transfer to a food processor or blender and process until smooth. Return the soup to the casserole.

Add the cream and simmer for another 20 mins. Correc the seasoning.

Serve the soup hot or at room temp garnished with tiny leaves.

Note if you wish the soup to have more texture, finely dice and steam an additional large carrot and add it to the soup before serving. For a slightly different texture, add the heart of a boston lettuce, separated into leaves, to the finished soup and simmer just until wilted.

Author Perla Meyers

Casual Kimchi (Korean Mak Kimchi I)

Yield: 16 Servings

Ingredients

4 lb chinese cabbage (the long straight leafed variety)
1/4 lb chinese turnip
2 cn flat anchovies
4 cloves garlic (or 5)
3 scallions
1/4 c salt
4 tb hot pepper flakes
2 tb cayenne pepper

Instructions

1. Remove the large outside leaves of the cabbage. Cut them in half lengthwise, then cut across the grain into 2 inch lengths. Cut all the inside leaves into 2 inch lengths at the same time. Place the cabbage in a very large pot.
2. Quarter the turnip, then slice across the grain holding the 4 quarters together for more speed and convenience in slicing.
3. Pour the oil from the anchovies over the cabbage and turnip. Slice the anchovies across the grain. Crush the garlic. Cut the scallions into 2 inch lengths, then slice thin lengthwise. Add these ingredients to the pot. Season with salt, pepper flakes and cayenne pepper, and mix thoroughly. Cover the pot and let the mixture stand at room temperature for 2 days.

Casual kimchi will keep at least 10 days. Refrigerate in a jar.

From: The Korean Cookbook, By Judy Hyun.

Catskill Mountain Rye Bread +++Dgsk75A

Yield: 8 Servings

Ingredients

1 c water
1 tb oil
2 tb honey
1 ts salt
3 tb dry milk
1 tb caraway seeds
1 c rye flour
1 3/4 c bread flour (better for bread)
4 tb gluten
1 tb active dry yeast (red star is great)

Instructions

BREAD MACHINE DIRECTIONS: Use the standard or white mode on the bread machine. **CONVENTIONAL OVEN DIRECTIONS:** If you prefer, the bread can be baked in the oven at 350 degrees for about 25 30 minutes. From Donna Celeiro DSGK75A

Cauliflower And Potatoes (Indian Dish)

Yield: 6 Appetizer Ser

Ingredients

2 potatoes, peeled and cut into small dice
2 potatoes, cauliflower cut into small pieces the same
2 potatoes, about 1 2 tsp ginger fresh, peeled and
2 potatoes, pinch gram masala
1 ts cumin seed
1 ts red chilis, dried, small, thai peppers
4 tbsp oil
salt

Instructions

Put oil, cumin seed and ginger in a large frying pan and cook over med. Heat 3 5 minutes. Add cauliflower and potatoes. Add some Gram Masala and red Peppers and mix. Cook over med. heat 7 10 minutes then cover and reduce heat to low the steam should cook the vegetables if it seems too dry add a little water.

Jan

Cauliflower Oriental Casserole

Yield: 1 Servings

Ingredients

1 md cauliflower head
2 tb water
1/2 c chopped onion
1/2 c chopped celery
1 tb parsley
1 tb margarine
1 ts vegetarian chicken seasoning
1 c boiling water
1 tb cornstarch
1 tb soy sauce
1 ds pepper (optional)

Instructions

Break up cauliflower into bits and pieces. Place cauliflower and 2 tablespoons water in 2 quart casserole. Cover and cook in microwave on High for 3 to 4 minutes or until cauliflower is tender. Remove and let stand covered. Combine onion, celery, parsley and margarine in 1 quart casserole. Cook in microwave on High until vegetables are tender. Halfway through cooking time, stir vegetables. Dissolve vegetarian chicken seasoning in 1 cup boiling water, cornstarch, soy sauce and pepper. Pour into onion mixture. Cook in microwave on High for 2 minutes or until thickened. Drain cauliflower and place in serving dish. Spoon sauce over cauliflower. Yield: 6 servings. Posted to recipelu digest by "Diane Geary" on Feb 6, 1998

Cauliflower With Beef "Szechwan Style"

Yield: 4 Servings

Ingredients

1/2 lb round steak
5 black mushroom
2 carrot
2 c cauliflower
3 green onion
1/2 ts fresh ginger
2 garlic clove
1/2 ts szechuan peppercorn
3 tb peanut oil

Instructions

MARINADE

1/4 c soy sauce
1/4 c dry sherry

SAUCE

1 c chicken stock
1 ts lan chi black bean paste
2 ds black vinegar
3 dr sesame oil
1 cornstarch
1/2 c carrot stock

MARINADE

1/4 c mushroom stock

* cut in 1/2 inch cubes. ** make into a thin paste. Combine soy and sherry for marinade. Marinate steak pieces for 1 hour. Massage meat in marinade to aid tenderizing drain, reserving marinade. Wash and soak mushrooms for 1 hour drain, reserving soaking liquid, thinly slice. Wash, peel and roll cut carrots. (Roll cut means slicing on a slight bias in 1" lengths but turning the carrot a quarter tur (90 degrees) between slices. Wash cauliflower, trim off thick part of stems, and either break or cut florets into pieces about the size of the carrot pieces. Parboil carrots in boiling stock for about 3 minutes or until just beginning to soften. Reserve carrots and stock. Stir frying: Heat peanut oil in hot wok. When oil just begins to smoke, add drained steak cubes stir fry briskly for 1 minute until meat begins to lose pinkness. Don't overcook meat or it will be tough. Remove to holding plate. Swirl remaining oil into wok. Add ginger, garlic and peppercorns stir fry 15 seconds. Add cauliflower and mushrooms stir fry 1 minute. Add specified amounts of liquids generated

during preparation: reserved carrot stock, marinade, and mushroom soaking liquid bring to boil. Cover wok reduce heat to medium, and simmer 3 minutes. Remove lid turn heat to high. When sauce boils again, add carrots and beef. Mix together. Splash vinegar down sides of wok. Push ingredients out of sauce, thicken with thin cornstarch paste. Sauce should be a light gravy. Add sesame oil. Toss in green onion. Serve.

Certainly Citrus Bread

Yield: 1 Servings

Ingredients

2/3 c water

2 c bread flour

1 tb plus (see below)

1 ts nonfat dried milk

2 ts sugar

1 ts salt

1 tb plus (see below)

1 ts applesauce

2 tb orange marmalade

2 ts lime juice

1 pn lemon peel

2 ts yeast (active dry)

Instructions

1 pound loaf

Ch'Un Chuan (Chinese Egg Rolls)

Yield: 1 Servings

Ingredients

FILLING

1 c cooked or rinsed canned shrimp, chopped

1 c canned bean sprouts, drained and chopped

1 c finely chopped celery

1/2 c drained canned mushrooms, chopped

1 1/2 ts salt

1/2 ts sugar

1 ts msg (not optional)

WRAPPER

1 c sifted flour

3 eggs beaten

1 ts salt cold water

FOR FRYING

2 qt salad oil

MUSTARD SAUCE

3 tb dry mustard water

Instructions

About 3 hours before serving*:

1. Make Shrimp Filling as follows: Mix shrimp, bean sprouts, celery, mushrooms, 1 1/2 t salt, MSG and sugar, then refrigerate.
2. Now make batter for Egg Roll Wrappers by thoroughly combining flour, 1 t salt, 3 eggs, beaten. Then stir in 1 C water, a little at a time, until a smooth, thin batter.

3. Now cook the Egg Roll Wrappers as follows: Heat 1 t salad oil in a skillet 7" across the bottom, over medium heat. Then pour in 3 T batter (full 1/4 cup). Rotate skillet until batter covers bottom, then let it cook until surface is set do not turn. When set, carefully slide it onto paper toweling. (If wrapper sticks roll one edge of it over and loosen bottom with a spatula.)
4. Wipe any particles from bottom of skillet, then repeat step 3 until all batter is used up, letting each wrapper cool on its own piece of paper toweling.
5. Now fill each Egg Roll Wrapper as follows: Drain Shrimp Filling well, then place 1 heaping Tablespoon of it, off center, on one of the wrappers. Fold 2 sides of wrapper over filling, then brush exposed part of wrapper with some of remaining egg, beaten. Next, starting from filling end, roll up filling in wrapper. When all egg rolls are filled, refrigerate them, uncovered, for 1 hour.
6. Then to fry egg rolls: Heat 1" of salad oil in skillet to 375oF, or until a 1" square of day old bread browns in 40 seconds. Fry egg rolls, two at a time, until well browned on both sides, draining them on paper toweling.
7. When all the egg rolls have been fried, reheat them, uncovered, on a cookie sheet in a 400o oven about 10 minutes.
8. Meanwhile, for the Hot Mustard Sauce, stir enough water into dry mustard to make it the consistency of mayonnaise.
9. These Egg Rolls, with the Mustard Sauce are delicious before a main dish of frozen or canned Chicken Chow Mein. Fruit and hot tea make nice top offs.

*If preferred, Egg Rolls can be made 1 week ahead, then wrap and freeze. Or make 1 day ahead, then refrigerate.

From: Sandra May Date: 05 Apr 94

Cha Thai (Iced Tea)

Yield: 6 Servings

Ingredients

1 stephen ceideburg

3 tb thai tea (cha thai)

6 oz boiling water

1 sugar or:

1 sweetened condensed milk to taste milk or: half and half

Instructions

1. Place tea in a coffee filter in a drip cone. Preheat carafe with boiling water discard water. Pour 6 ounces boiling water per serving into cone and let it drip through. Transfer brew to another container, then pour back through filter. Repeat until tea is deep red in color, a total of 4 to 6 times.
2. Sweeten tea to taste with sugar or condensed milk. Fill tall glasses with ice cubes and add tea to fill glasses halfway. Add milk or half and half and stir.

Variation: The tea may be brewed in a teapot, but it will still need to be filtered through a paper filter or a very fine nylon strainer. Preheat pot with boiling water and allow to steep 6 to 8 minutes before straining.

From the California Culinary Academy's "Southeast Asian Cooking", Jay Harlow, published by the Chevron Chemical Company, 1987. ISBN 0 89721 098 0.

Chai (Indian Tea)

Yield: 1

Ingredients

1/4 ts cardamom

5 whole cloves
3 ts loose tea
3 c water
1 chopped ginger
1 milk
1 sweetener

Instructions

To make about 3 cups of tea, try the following:

Lightly crush approx. 1/4 tsp. cardamom seeds and 5 cloves. Combine the spices with 3 rounded tsp. loose tea. (The original writer suggested pelleted Nirav brand in the bag, which should be easy to get from an Indian market but notes that any other loose tea, Kroger brand or Lipton, should do.) Bring 3 cups water to a boil and add a small piece of ginger, chopped, allowing it to boil in the water for a couple of minutes, for flavor. Take the water off the heat, then add the tea/spice mixture. Cover and let it steep for about 8 minutes, then pour off the tea, through a strainer if necessary (apparently the pelleted Nirav tea sinks to the bottom, so it doesn't need to be strained I can't comment on this as I am not familiar with this brand of tea). Serve with milk and sweetener of your choice.

You could try using star anise and cinnamon, you can crush them and add them to the spice/tea mixture (you'll have to play with the amounts). Maybe, you could add dried ginger to the spice/tea mix, rather than fresh ginger or even ground cloves.

The spice proportions for a larger quantity of mix shouldn't be difficult to determine from the basic recipe for example, to a dry cup of tea, you might add 4 tsp. crushed cardamom seeds.

You could try and see if this page still exists <http://www.sni.net/chai/> which reportedly has chai recipes.

From: "Majewski, Susan J"

Per serving: 7 Calories (kcal) trace Total Fat (3 calories from fat) trace Protein 2g
Carbohydrate 0mg Cholesterol 24mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean
Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Converted by MM_Buster v2.0n.

Champagne "Cocktails"

Yield: 1

Ingredients

2 pk lemon flavored gelatin (4 servings each)
2 c boiling water
2 c champagne
8 whole strawberries washed and hulled

Instructions

In a large bowl, dissolve the gelatin in the boiling water allow to cool for 10 minutes. Stir in the champagne and chill for 40 to 45 minutes, or until slightly thickened.

Reserve 1 cup of the gelatin mixture and spoon the remaining gelatin mixture evenly into 8 champagne flutes or parfait glasses. Place 1 strawberry in each glass. In a small bowl, with an electric beater on high speed, beat the reserved 1 cup gelatin mixture until fluffy and doubled in volume. Spoon evenly into the glasses, then cover and chill for at least 2 hours, or until set.

NOTE: This is a great way to enjoy leftover champagne. But for those who prefer a kid approved version you know, with no alcohol we can use either nonalcoholic champagne or ginger ale.

Converted by MC_Buster.

NOTES : 8 servings

Converted by MM_Buster v2.0l.

Chapati With Spicy Potato Filling (Indian)

Yield: 16 Chapatis

Ingredients

1 tb oil
2 onions
1 dessertspoon ground chillies
2 potatoes, mashed
1 md carrot, grated
1 ts salt
1 stalk spring onion, chopped
1 sprig coriander leaves
500 g wholemeal flour (atta)
1 1/2 c water
1/2 ts salt
3 tb ghee

Instructions

Heat oil and lightly brown onions. Add chillies, mashed potatoes, grated carrot, salt and chopped spring onion and coriander leaves. Mix well.

Remove from heat and allow to cool.

Put wholemeal flour into a mixing bowl with salt. Mix into a firm ball of dough by adding water a little at a time. Spread 1 tablespoon of ghee on the dough and continue kneading. Repeat with another tablespoon of ghee.

Lastly spread the last tablespoon of ghee onto the lump of dough and allow to stand for 30 minutes.

Divide into small balls of dough. Flatten dough with the palm of your hands. Dip both sides into a little flour. Place chapati on a wooden board and roll out with a rolling pin.

Brush with a little ghee and spread 1 tablespoon of spicy potato filling evenly on surface. Fold into half and then fold again to seal filling. Dip again into flour and roll out again into a thin square of chapati.

Place chapati onto a flat pan over medium heat and brown both sides. Brush chapati with ghee on both sides while frying.

Serve with your favourite curry, dhal or plain yoghurt.

Compiled by Imran C.

Posted to EAT L Digest 16 November 96

Date: Mon, 18 Nov 1996 09:23:40 +1000

From: "I. Chaudhary"

Char Shu Shig (Chinese Barbecued Pork)

Yield: 10 Servings

Ingredients

4 tb soy sauce
2 tb honey

2 tb sherry
2 tb pineapple sauce
1 garlic clove, crushed
2 lb country style pork ribs
1/2 ts salt
1 tb sugar

Instructions

Cut pork into strips 1x1 1/2 inches and 5 inches long. Combine 1/2 tsp. salt and 1 Tbsp. sugar, sprinkle the mixture on the pork strips. Let stand for at least 2 hours. In a bowl, combine the rest of the ingredients.

Wipe pork strips dry with paper towels and marinate in the sauce for at least 45 minutes. Preheat oven to 400 degrees F. Remove pork from marinade, reserving the liquid. Place pork on a rack in a roasting pan lined with heavy aluminum foil. Bake in 400 degree oven for 20 minutes. Remove from oven, dip in marinade and roast another 20 minutes. Remove pork again, dip in marinade. Return to oven and turn the heat down to 250 degrees F. and roast 20 more minutes.

Dip in mixture for the last time and roast 15 to 20 minutes. Turn the oven off and let the pork set in oven for 20 minutes. Slice pork about 1/8 in thick and serve with dipping sauce. DIPPING SAUCE: Hot mustard paste (dry mustard mixed with a few drops of water to form a paste like texture), combined with 1 tsp. soy sauce.

Charlie Chiang's Chinese Spicy Cucumber Salad

Yield: 2 Servings

Ingredients

1 no ingredients

Instructions

1 Lb Cucumber

1/2 Pc Red Bell Pepper

1 Pc Green Chili Pepper To Taste

2 Cloves Garlic – Finely Chopped

1/4 ts Salt

1/4 ts Sugar

1/4 ts Sesame Oil Asian

: Chili Paste To Taste

Peel cucumber and cut in half horizontally. Scoop out seeds. Slice thinly. Cut bell pepper and chili pepper into thin slices and add to cucumber. Combine garlic, salt, saugar, sesame oil and chili paste and pour over cucumbers

Recipe By : Charlie Chiang's Restaurant via the Washington Post

From: Johnnye Tamaru

Chat Masala (Indian Spice)

Yield: 1 Servings

Ingredients

1 ts cumin seed

1 ts black peppercorns

1/2 ts ajowan seed

1 ts pomegranate seeds

1 ts black salt

1 ts coarse salt

1 pn dried mint flakes heavy pinch
1/4 ts ground asafetida
2 ts mango powder
1/2 ts cayenne pepper ground
1/2 ts ground ginger

Instructions

A fresh tasting, sourish preparation used with fruit and vegetable salads. If you are unable to find the black salt, simply increase the amount of coarse salt.

Grind the whole spices and salt to a powder, then mix in the mint, asafetida, mango powder, cayenne and ginger.

NOTES : The blend will keep for 3 4 months stored in an airtight container.

Recipe by: Ron West

Posted to Bakery Shoppe Digest V1 #491 by Ron West on Jan 7, 1998

Chazuke (Japanese Rice/Tea/Salmon Soup)

Yield: 4 Servings

Ingredients

3 c leftover cooked rice
1 tb white sesame seeds
1 sheet asakusa nori
1 sl salt grilled salmon (optional) (up to)
3 tb chopped coriander
1/4 ts wasabi
2 c very hot freshly brewed green tea

Instructions

I believe you're describing Chazuke (also called Ocahzukey). The salmon version is called Sake Chazuke (Sake meaning salmon, here, not rice wine).

There is also a rice and egg porridge called Zosui.

From: Elizabeth Andoh's *_At_Home_With_Japanese_Cooking_* (Alfred A. Knopf 1986):

Divide the rice among four deep bowls. Dry roast sesame seeds in dry skillet until golden, and crush them coarsely (in a suribachi, or a blender or with a heavy knife) and sprinkle them over the rice. Dry roast the nori by waving it over a gas or electric burner for up to a minute fold and tear the sheet into 20 small rectangles and place 5 in each bowl of rice.

If making sake chazuke, remove skin and bones from the salmon and break it into little chunks divide it among the 4 bowls. Garnish each bowl with a little coriander and a small dab of wasabe. Pour 1/2 cup of very hot tea over each bowl and serve immediately.

P01046@PSILINK.COM

(JESSICA LITMAN)

REC.FOOD.RECIPES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chi Tan T'Ang (Chinese Egg Drop Soup)

Yield: 1 Servings

Ingredients

2 tblesp cornstarch

6 c chicken bouillon
2 tblesp soy sauce
3 tblesp vinegar
1/4 ts pepper
1/2 ts monosodium glutamate
1 scallion, minced
3 eggs, beaten

Instructions

In large saucepan mix cornstarch with small amount of cold bouillon. Add remaining bouillon and other ingredients except eggs. Bring to boil and simmer until clear, stirring occasionally. Gradually stir in eggs, season to taste, and serve at once. Makes about 1 1/2 quarts.

Posted to EAT L Digest 01 Sep 96

From: Julie Sterchi

Date: Mon, 2 Sep 1996 20:29:56 0700

Chicken & Chinese Cabbage

Yield: 0 Servings

Ingredients

1 chicken breast boned and cut into bite sizes.
1 lb napa cabbage 1 inch slices
4 mushrooms fresh sliced
4 mushrooms chinese black presoaked and sliced
3/4 c chicken broth
3/4 c chicken broth
1 tb cornstarch dissolved in 2 t cold water
1/2 ts msg
1 ts rice wine
1 tb soy sauce
salt
pepper

Instructions

Stir fry chicken in 2 T oil until meat changes color.

Add cabbage and both kinds of mushrooms. Continue stir frying as you pour in the chicken broth.

When cabbage is cooked or limp, add second chicken broth, cornstarch, MSG, rice wine, soy sauce, salt and pepper. Stir fry until sauce thickens (not a very thick sauce).

Yield: 2 servings

NOTES : main dish, poultry

Preparation Time: 0:00

Chicken & Chinese Chive Shu Mei

Yield: 24 Servings

Ingredients

1 filling:
1 lb ground chicken
1/2 c finely chopped chinese garlic chives
1 clove garlic, crushed
1 tb dry sherry

1 tb light soy sauce
1/2 ts freshly grated ginger
1/2 ts msg (opt)
1 pn sugar
1 1/2 ts sesame oil
1 tb cornstarch
1 ts salt
1/2 ts ground white pepper
1 assembly:
1 additional whole chives
24 shu mei wrappers (gyoza skins)

Instructions

Mix all filling ingredients together. Whip by hand until the mixture holds together very well. Place about 3/4 T filling in the center of each wrapper and bring up the corners so that you have a little "money bag." Leave the top open so that you can see some of the meat. Blanch the whole chives in very hot tap water just for a moment. Tie one chive around the neck of each dumpling so that it looks like it is wearing a little green belt. Steam in an oiled bamboo steamer for 15 minutes, on high heat. From *The Frugal Gourmet Cooks Three Ancient Cuisines*, Jeff Smith, Avon, c 1989. Typed by Terri St.Louis Woltmon O:).

Chicken Almond Chinese

Yield: 4 Servings

Ingredients

1 ts cornstarch
1 ts soy sauce
2 ts sherry
1/2 ts sugar
1/2 ts oil
2 c chicken cubed
1/2 c slivered almonds
3 tb oil
1 c celery sliced diagonally
1 c pea pods frozen
1 c fresh mushrooms sliced
1/2 c waterchestnuts sliced
1 c chicken stock
2 tb cornstarch
2 tb water
1 tb soy sauce

Instructions

In medium mixing bowl combine cornstarch, soy sauce, sherry, sugar and 1/2 teaspoon oil. Add cubed chicken and toss to coat. Set aside. Preheat electric wok at 350 degrees. Toast almonds, stirring constantly until lightly browned, about 3 minutes, remove. heat 3 tablespoons oil in wok, uncovered, to 375 degrees, add chicken mixture. Stir fry 3 to 4 minutes, push up side of wok, add celery and pea

pods, stir fry 2 to 3 minutes, push up sides of wok, add mushrooms, scallions and waterchestnuts, stir fry 2 minutes. Add stock and combine all ingredients. Cover and simmer 5 minutes. Meanwhile combine cornstarch, water and soy sauce, pour into chicken mixture, stirring until thickened. Garnish with toasted almonds. Reduce heat setting to warm for serving. Serve over cooked rice.

Preparation Time: 0:0

Chicken And Chinese Cabbage

Yield: 2 Servings

Ingredients

1 chicken breast, boned and cut into bite sizes.
1 lb napa cabbage, 1 inch slices
4 mushrooms, fresh sliced
4 mushrooms, chinese black presoaked and sliced
3/4 c chicken broth
3/4 c chicken broth
1 tb cornstarch dissolved in 2 t cold water
1/2 ts msg
1 ts rice wine
1 tb soy sauce
salt
pepper

Instructions

Stir fry chicken in 2 T oil until meat changes color.

Add cabbage and both kinds of mushrooms. Continue stir frying as you pour in the chicken broth.

When cabbage is cooked or limp, add second chicken broth, cornstarch, MSG, rice wine, soy sauce, salt and pepper. Stir fry until sauce thickens (not a very thick sauce).

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Chicken And Chinese Chive Shu Mei

Yield: 24 Servings

Ingredients

1 filling:
1 lb ground chicken
1/2 c finely chopped chinese garlic chives
1 clove garlic, crushed
1 tb dry sherry
1 tb light soy sauce
1/2 ts freshly grated ginger
1/2 ts msg (opt)
1 pn sugar
1 1/2 ts sesame oil
1 tb cornstarch
1 ts salt
1/2 ts ground white pepper
1 assembly:

1 additional whole chives
24 shu mei wrappers (gyoza skins)

Instructions

Mix all filling ingredients together. Whip by hand until the mixture holds together very well. Place about 3/4 T filling in the center of each wrapper and bring up the corners so that you have a little "money bag." Leave the top open so that you can see some of the meat. Blanch the whole chives in very hot tap water just for a moment. Tie one chive around the neck of each dumpling so that it looks like it is wearing a little green belt. Steam in an oiled bamboo steamer for 15 minutes, on high heat. From *The Frugal Gourmet Cooks Three Ancient Cuisines*, Jeff Smith, Avon, c 1989.

Typed by Terri St.Louis Woltmon O:).

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Chicken Baked W/ Five Spice (Oriental)

Yield: 1 Servings

Ingredients

3 tb rice
1 carrot, chopped
2 green onion, chopped
1 garlic clove, minced
1/3 c water
1 tb soy sauce
1/4 ts five spice
1 pepper, dash
1/2 chicken breast

Instructions

Place first four ingredients on foil with dull side down. Place chicken breast on top. Mix together remaining ingredients and pour over breast.

Bake at 375 degrees for 45 to 50 minutes. Posted to recipelu digest by jeryder@juno.com (Judy E Ryder) on Feb 04, 1998

Chicken Broccoli Oriental

Yield: 4 Servings

Ingredients

1 tb vegetable oil
1 lb boneless skinless chicken thighs or breast, cut into strips
1 sm onion cut into 1" squares
1 md green or sweet red pepper cut into 1" squares
1 cn campbell's cream of broccoli soup
3 tb water
1 tb soy sauce
hot cooked rice

Instructions

In 10" skillet over medium high heat, in hot oil, cook chicken, 1/2 at a time, until browned. Add onion and peppers. Cook 5 minutes or until vegetables are tender crisp. Stir in soup, water and soy sauce. Heat to boiling. Reduce heat to low. Cover simmer 5 minutes or until vegetables are tender. Serve over rice.

Busted by Barb

Contributor: Possum Kingdom Lake Cookbook

Preparation Time: 0:0

Chicken Broccoli Orientale

Yield: 4 Servings

Ingredients

- 1 tb Vegetable oil
- 1 lb Chicken breasts or thighs skinless
- 1 Small onion diced
- 1 Green or sweet red pepper medium,
- 1 cn Cream of broccoli soup Campbell's
- 3 tb Water
- 1 tb Soy sauce
- 2 pk Chicken ramen noodle soup Campbell

Instructions

In 10 inch skillet or wok over medium high heat, in hot oil, stir fry half the chicken until browned, stirring occasionally. Remove set aside. Repeat with remaining chicken. In same skillet stir fry onion and green pepper until tender crisp, stirring occasionally. Reduce heat to low. Stir in reserved chicken, broccoli soup, water and soy. Heat through, stirring occasionally. Meanwhile, cook noodles according to package directions. Add seasoning packets drain off most of liquid. Spoon chicken mixture over noodles. Serve with additional soy if desired.

Per serving: 525 Calories (kcal) 55g Total Fat (91 calories from fat) 4g Protein 7g Carbohydrate 0mg Cholesterol 4121mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 1/2 Vegetable 0 Fruit 11 Fat 0 Other Carbohydrates

Preparation Time: 0:00

Chicken Chow Mein With Chinese Prawn Toasts

Yield: 2

Ingredients

- 100 g cooked peeled prawns
- 1 egg white
- 1/2 ts chinese five spice powder
- 1 pn salt
- 1 ts sesame seeds
- 1 tb sunflower oil (1 to 2)
- 2 thin slices bread

FOR THE CHOW MEIN

- 175 g straight to wok noodles
- 1 tb sunflower oil
- 1 onion
- 1 ts frozen garlic
- 1 ts frozen ginger
- 100 g beansprouts
- 100 g mangetout
- 175 g cooked chicken shredded
- 1 tb soy sauce
- 1 tb sweet chilli sauce

TO GARNISH

- 1 spring onion and chilli curls

Instructions

1. For the Prawn Toasts: Place the prawns, egg white, five spice and salt in a mini food processor and whizz until well blended. Heat the sunflower in a large frying pan. Spread the prawn mixture onto the bread and sprinkle over the sesame seeds.
2. Cut into quarters and cook prawn side down for 1 2 minutes on each side until golden brown. Drain on kitchen paper and keep warm. Heat the oil in a wok.
3. Thinly slice the onion. Stirfry the onion over a high heat for 2 3 minutes until beginning to brown. Add the garlic, ginger, if using, beansprouts and mangetout and stir fry for a minute.
4. Add the noodles to the wok with the chicken and soy sauce and cook for 2 minutes until piping hot. Stir in the sweet chilli sauce and serve with the prawn toasts.

Converted by MC_Buster.

Per serving: 381 Calories (kcal) 19g Total Fat (46 calories from fat) 32g Protein 18g Carbohydrate 75mg Cholesterol 812mg Sodium Food Exchanges: 1 Grain(Starch) 4 Lean Meat 1 Vegetable 0 Fruit 3 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Chicken Crock Pot Stew (Country Captain)

Yield: 5 Servings

Ingredients

- 1 cn tomatoes (28 ounce) peeled and diced
- 1 cn tomato sauce (15 ounce)
- 1 md onion chopped
- 1 tart apples green chopped
- 1 green bell pepper chopped
- 1/3 c raisins
- 1 1/2 tb curry powder
- 3/4 ts garlic pepper
- 1/2 ts ground ginger
- 1/8 ts cayenne
- 1 1/2 c white rice converted
- 6 skinless boneless chicken breast halved

Instructions

Makes 5 to 6 servings

1. In a 5 quart electric slow cooker, mix together the tomatoes with their liquid, tomato sauce, onion, apple, green pepper, raisins, curry powder, garlic powder, ginger, cayenne, and rice. Cut each chicken breast half crosswise into 5 pieces. Stir the chicken pieces into the mixture in the slow cooker.
2. Cover and cook on the low heat setting about 3 1/2 hours, or until the chicken is cooked through and the rice is tender do not overcook or the rice will be mushy.

From: ShawnaLee Jessiman

Per serving: 441 Calories (kcal) 3g Total Fat (5 calories from fat) 39g Protein 65g Carbohydrate 82mg Cholesterol 397mg Sodium Food Exchanges: 3 Grain(Starch) 4 1/2 Lean Meat 1 1/2 Vegetable 1/2 Fruit 0 Fat 0 Other Carbohydrates

NOTES : I hope you enjoy this one. When I made it, the cooking time actually took much longer than listed, thankfully the rice still turned out fine.

Contributor: The Best Slow Cooker Cookbook Ever, Natalie Haughton

Preparation Time: 0:00

Chicken Cucumber Soup (Or Fuzzy Melon) Chinese American

Yield: 4

Ingredients

1 no ingredients

Instructions

Mix cut chicken with egg white, 1/2 tsp salt and cornstarch. Let sit in refrigerator for 20 minutes. Sprinkle cut cucumber with 1 tsp salt put in colander to drain 20 minutes. Rinse cucumber in cold running water blot dry. In a pot of boiling water blanch chicken slices for 2 minutes until they are slightly firm and white. Drain and set aside. Bring chicken stock to simmer and season with soy sauce, rice wine, sesame oil and sugar. Add cucumber and simmer 3 minutes, add chicken and bring back to simmer. Add scallions and serve.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Easy Family Recipes from a Chinese American Childhood

Converted by MM_Buster v2.0n.

Chicken Curry North Indian Style

Yield: 1 Servings

Ingredients

1 lb chicken drumsticks, thighs breast piece

1 sm carton plain yogurt

2 md onions very finely chopped

4 tb vegetable oil

2 cloves

1/2 ts mustard powder

2 pods cardamom

1/2 ts cumin powder

1 ts garam masala

1 ts chilli powder

1/2 inch ginger

4 pods garlic

1/3 ts coriander seeds

1 to taste salt

1/2 ts freshly ground pepper

Instructions

1. Remove fat from the chicken. Salt and pepper the chicken. Sprinkle with chili powder. Add yogurt and mix well till the chicken is covered liberally with yogurt. Use your hands. Set aside for 1 hour before cooking. If kept in the refrigerator, set aside for at least 4 hours.
2. Heat oil in a large heavy pan. When oil is hot, add mustard seeds if using mustard seeds. Add cloves, cardamom, and coriander seeds. Fry for 30 seconds.
3. Add the onion and fry for two minutes till onion begins to turn. Lower heat to medium.
4. Add the ginger garlic paste and fry for 4 6 minutes.
5. Add mustard powder if using powder, add garam masala, add cumin powder.

6. Brush excess yogurt off the chicken and put in a large pot. Add ingredients from frying pan. Cook uncovered over high heat for 4 minutes.
7. Reduce heat to low and cover. Cook for 25 minutes or till the chicken is tender, stirring every 5 minutes.
8. Important note: When chicken is cooked with a cover on the pot, it releases water that becomes a part of the sauce. If after 10 minutes, there isn't enough sauce in the pot, add 1/4 cup water. Conversely if there is too much liquid in the pot, cook uncovered till the liquid evaporates.

Variations There are several variations to the above recipe:

1. Leave out the yogurt. Add 1/4 cup of water just before turning the heat to low and covering the pot.
2. Boil two potatoes for 10 minutes before slicing them thinly. Add potatoes into the pot when you start cooking the chicken.
3. This variation is usually called "Malai Chicken" or literally "creamy" chicken. Leave out the yogurt. When the chicken is 3/4 done, add one small can of tomato paste. Just before removing a small carton of whipping cream and cook for a few minutes.

Recipe By : Somesh Rao

Chicken Dopiazza (Indian Chicken Curry)

Yield: 1 Servings

Ingredients

- 1 1/2 lb chicken meat
- 2 md onions, thinly sliced
- 2 tb peanut oil
- 1/4 ts garlic powder
- 1 tb coriander seeds
- 1 tb ground cumin
- 1/2 ts ground turmeric
- 1 ts ground ginger
- 1 tb chili powder
- 1 ts black pepper
- 1/2 ts salt
- 1 cn tomatoes (undrained)

Instructions

Partially cook chicken, Cut in large bite size pieces.

Fry onions in oil in a large pan until they are golden brown.

Mix the garlic with the spices and a little pepper. Add the spice mixture to the pan, fry spices with onions for 1 minute.

Add chicken and stir together for 1 minute.

Add tomatoes, break up solid tomatoes with fork to small size pieces.

Pour sufficient water in pan to cover the meat. Bring to boil, cover and slowly simmer for 45 minutes then uncover and cook slowly for 60 minutes or until meat is fork tender Stir occasionally to prevent sticking.

Serves 4

Serve with Turmeric Rice or Regular Rice Courtesy of Dale & Gail Shipp, Columbia Md.

Converted by MMCONV vers. 1.50

Chicken Dumplings With Orange Dipping Sauce (Japanese)

Yield: 6 Servings

Ingredients

2 c shredded nappa cabbage
1/2 lb ground chicken
1 ts ginger root, minced
1/2 ts salt
1 nonstick cooking spray
1/3 c orange marmalade
1/4 c minced shiitake mushrooms
1 green onion, minced
3 tb water
30 round wonton wrappers 3 1/2
1 1/4 c chicken broth
3 tb rice vinegar

Instructions

In nonstick skillet, over medium high heat, saute cabbage and mushrooms for 2 minutes, cool. Stir in ground chicken, green onion, ginger, water and salt. Place 1 tsp filling on each wrapper. Moisten edges with water and join over filling. (Note: Make dumplings in advance. Cover with damp cloth and plastic wrap With cooking spray, grease skillet. Over medium heat, brown dumplings, half at a time, 6 minutes. Turn. Over medium high heat, add 1/2 cup broth. Cover and cook 3 minutes, until broth evaporates. For sauce, blend marmalade, vinegar and remaining broth. 6 servings about 1 cup sauce

Per serving, 205 calories, 13 g protein, 34 g carbohydrate, 2 g fat, 31 mg cholesterol, 388 mg sodium. From McCall's, July 1991 – Grandma Sheila (Exner)

RECIPE CLIPPED by Michael Prothro

Chicken Everest (Kosher Indian)

Yield: 6 Servings

Ingredients

1 chicken everest (kosher indian)

Instructions

This is one of my mother's successful variations on a traditional Indian theme which accounts for the lack of an Indian name and the presence of soy sauce. Using ground rice in the marinade gives the chicken a crisp coating. INGREDIENTS: 1 X 1.5 kg (3 lb.) roasting chicken 2 cloves garlic, crushed 2 teaspoons finely grated fresh ginger 1 half tablespoons curry powder 1 teaspoon paprika 2 teaspoons salt half teaspoon ground black pepper 2 tablespoons lemon juice half teaspoon ground curry leaves 2 teaspoons light soy sauce 2 tablespoons oil 2 tablespoons ground rice little warm water 2 tablespoons finely chopped spring onion 2 tablespoons chopped fresh coriander leaves Wash and dry chicken well. Combine all other ingredients with sufficient warm water to make a paste of spreading consistence Rub this paste inside and outside the chicken. leave for 1 hour. Roast in a preheated moderate oven 170_C (350_F) for 1 1/4 hours or until

chicken is done. If bird browns too much during cooking. cover with foil. Serve warm or cold with rice, bread, or a salad. Copyright 1995 by Raphael Meyer, Asian

American Kashrus Services

Submitted By SAM LEFKOWITZ Submitted By GEORGETTE/DAVE BURNSIDE

Chicken Indian Style

Yield: 4 Servings

Ingredients

4 chicken breast halves without skin
1/3 c fat free plain yogurt
4 ts unbleached flour
1/8 c water
1 ts curry powder
1/8 ts garlic powder
1/8 ts paprika
1/8 ts black or white pepper*

Instructions

Preheat oven to 400. Place chicken in shallow baking dish. Cover with foil and bake 20 to 25 minutes. While chicken is baking, combine yogurt, and flour set aside. In a pan, stir together water, curry powder, garlic powder, paprika, and pepper bring to a boil. Reduce heat and add yogurt mixture. Cook until thickened. Cook broccoli according to package directions drain. Pour sauce over chicken.

Recipe By : One Year of Healthy Hearty & Simple One Dish Meals

From: Date: 05/28

Chicken Oriental #2

Yield: 8 Servings

Ingredients

2 whole chickens quartered
1/4 c salad oil
1 ts salt
1/4 ts pepper
15 1/2 oz pineapple chunks in syrup unsweetened
1/2 c sugar
2 tb cornstarch
3/4 c cider vinegar
1 tb soy sauce
1/4 ts ginger
1 chicken bouillon cube
1 lg green or red pepper cut in 1/2" slices

Instructions

Wash chicken, pat dry. heat oil in large skillet, add chicken, a few pieces at a time and brown on all sides. Remove as browned to shallow roasting pan. Arrange pieces skin side up. Sprinkle with salt and pepper.

Meanwhile, preheat oven to 350 degrees.

Make sauce, drain the pineapple chunks pouring syrup into 2 cup measure, add water to make 1 1/4 cups. In medium saucepan, combine sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger and bouillon cube. Bring to a boil stirring constantly. Boil 2 minutes. Pour over chicken. Bake uncovered 30 minutes. Add pineapple chunks and green or red peppers. Bake 30 minutes longer or until chicken is tender.

Serving Ideas: rice

NOTES : Serve with fluffy white rice, butter zucchini, poppy seed rolls. Have a soup first.

Preparation Time: 0:0

Oriental Burgers With Grilled Shiitake

Yield: 6 Servings

Ingredients

2 tb Sesame seeds
2 lb Ground chicken
2 tb Hoisin sauce
1 tb Chopped cilantro
1 tb Finely chopped scallions
1 ts Ginger juice
1 ts Tamari
1 ts Cornstarch
1/2 ts Garlic powder
1/4 ts Sesame oil
1/4 ts Hot chili oil
1/4 ts Freshly cracked black pepper
BLACK BEAN MUSTARD BASTING SAUCE
1/2 c Asian black bean sauce
1/4 c White Zinfandel
2 tb Stone ground mustard
2 ts Tamari
1 ts Prepared horseradish
1 ts Onion powder
1/2 ts Garlic powder
1/4 ts Ground red pepper
FOR GRILLING
2 ts Vegetable oil for brushing grill
6 md Shiitake mushrooms stems removed
1 tb Sesame oil
6 Onion rolls
1 tb Melted butter for brushing rolls

Instructions

Prepare a medium hot fire for direct heat cooking. When ready, toast the sesame seeds in a dry pan. Cool and reserve. Combine the toasted sesame seeds with the ground chicken and the next 10 ingredients. Shape into 6 patties and reserve. Combine the ingredients for the black bean mustard basting sauce and reserve.

Brush the grill rack with vegetable oil and place over the hot coals.

Brush the mushrooms with the sesame oil and grill along with the burgers, basting frequently with the black bean mustard sauce. After about 5 minutes turn all the items and place the buttered rolls on the outer edge of the grill. Cook another 5 minutes. Remove the burgers, mushrooms, and rolls and rest for 3 minutes. Cut the shiitake into wedges. Brush a bit of sauce on the cut side of each roll and top with a burger and 4 grilled shiitake wedges.

This recipe yields 6 servings.

Recipe Source:

SUTTER HOME WINERY 1995 BUILD A BETTER BURGER RECIPE CONTEST

– Porter Lansing, \$10,000 Grand Prize Winner

(cookbooklet by mail) For a free copy of the top winners send a self addressed, stamped, business size envelope to: Build a Better Burger leaflet, Sutter Home Winery,

303 Green Island Road, American Canyon, CA 94589 As reprinted in the Jul/Aug,
1996 issue of Cookbook Digest

Formatted for MasterCook by Joe Comiskey, aka MR MAD

jpmd44a@prodigy.com or MAD_SQUAD@prodigy.net 11 20 1997

Contributor: Porter Lansing

Preparation Time: 0:00

Chicken Oriental Burgers With Grilled Shitakes

Yield: 4 Servings

Ingredients

2 tb sesame seeds
2 lb ground chicken
2 tb hoisin sauce
1 tb chopped cilantro
1 tb finely chopped scallions
1 ts ginger juice
1 ts tamari
1 ts cornstarch
1/2 ts garlic powder
1/4 ts sesame oil
1/4 ts hot chili oil
1/4 ts freshly cracked pepper
1 black bean mustard basting sauce
1/2 c asian black bean sauce
1/4 c white zinfandel
2 tb stone ground mustard
2 ts tamari
1 ts prepared horseradish
1 ts onion powder
1/2 ts garlic powder
1/4 ts ground red pepper
2 ts vegetable oil for brushing
1 grill rack
6 md shitake mushrooms stemmed
1 tb sesame oil
6 onion rolls
1 tb melted butter for brushing on rolls

Instructions

Prepare a medium hot fire for direct heat cooking. Toast sesame seeds in dry pan cool and reserve. Combine seeds with chicken and next 10 ingredients. Shape into 6 patties and reserve. Combine all sauce ingredients reserve. Brush grill rack with vegetable oil and place over hot coals. Brush mushrooms with sesame oil and grill along with burgers, basting frequently with sauce. After 5 minutes turn all items and place buttered rolls on outer edge of grill. Cook 5 minutes. Remove burgers, mushrooms and rolls and let rest 3 minutes. Cut shitakes into wedges. Brush a bit of sauce on cut side of each roll and top with a burger and 4 grilled shitake wedges. Serves 6.

Posted to EAT L Digest 27 May 96

Date: Tue, 28 May 1996 13:15:37 0500

From: Isaacs

Recipe By : Sutter Home Build A Better Burger Recipe Contest Winner

Chicken Oriental

Yield: 4 Servings

Ingredients

1/2 ts ground cumin
1/2 ts ground coriander
1/4 ts salt
1 lg pinch cayenne pepper
1 pk holly farms thin 'n fancy chicken f
4 tb peanut oil
1 lg clov garlic minced
1 ts grated fresh gingerroot (1/3 tsp. G ginger)
1 1/2 tb rice wine vinegar
1 ts soy sauce
1/4 c thinly sliced green onions including

Instructions

In a small dish, combine the cumin, coriander, salt, and cayenne pepper. Sprinkle both sides of the chicken with the spice mixture. Heat the oil in a large skillet. Saute the chicken over medium high heat for 4 5 minutes until golden brown and cooked through. Remove chicken from the skillet and keep warm. Add the garlic and gingerroot to the skillet and sauti, stirring for about 45 seconds. Add the vinegar and soy sauce and simmer, stirring, about 30 seconds. Spoon the sauce over the chicken and garnish with the green onions. Serve with cooked Chinese noodles or Chow Mein Noodles and a salad of shredded red cabbage and lettuce.

Busted by Barb

Contributor: Possum Kingdom Lake Cookbook

Preparation Time: 0:0

Chicken Pear Salad Orientale

Yield: 4

Ingredients

1 3/4 oz uncooked rice sticks (maifun) (about 1/4 pkg.)
1/4 c vegetable oil
1 qt shredded iceberg lettuce
1 fresh green anjou northwest pear (or, cored and sliced) other usa pear)
1 c cooked shredded chicken
1/2 c diagonally sliced green onion and sliced
1 green pepper
1 tb toasted sesame seeds (optional)

SESAME OIL DRESSING

1/4 c vinegar
1/4 c sesame oil
1 tb soy sauce
1 ts salt
1 ts sugar

HOISIN DRESSING

2 tb catsup
1 tb hoisin sauce
1 tb salad oil

1 tb sugar
1 tb vinegar
1/2 ts salt

Instructions

Break rice sticks into 3 or 4 inch lengths. Heat oil to 375 to 400F fry rice sticks until white and fluffy. Turn once to fry pieces evenly. (Entire process than 1/2 minute.)
Drain on paper towels. Toss rice sticks with remaining ingredients.
Serve with choice of dressing.

Sesame Oil Dressing:

Combine all ingredients mix well. Makes about 1/2 cup.

Hoisin Dressing:

Combine all ingredients mix well. Makes about 1/3 cup.

Always be sure to use ripe pears.

Per serving: 309 Calories (kcal) 31g Total Fat (87 calories from fat) trace Protein 9g
Carbohydrate trace Cholesterol 1210mg Sodium Food Exchanges: 0 Grain(Starch) 0
Lean Meat 0 Vegetable 0 Fruit 6 Fat 1/2 Other Carbohydrates

Recipe by: <http://www.usapears.com/>

Converted by MM_Buster v2.0n.

Chicken Salad With Oriental Flavors

Yield: 6 Servings

Ingredients

1/2 c red wine vinegar
1 tb soy sauce
3 cloves garlic, minced
1/2 c olive oil
9 c torn fresh spinach
1 11 oz can mandarin orange sections, drained
1 lg red onion, thinly sliced
6 md boned and skinned chicken breast halved
1/4 c soy sauce
1 tb cooking oil
1 tb honey
1 ts five spice powder
2 1/2 cloves garlic
1 /2 ts ground ginger
2 md avocados, peeled and sliced

Instructions

In a small bowl combine the red wine vinegar, soy sauce, and garlic. Whisk in the olive oil. Set aside.

In a large bowl, combine the spinach, oranges, and the red onion toss to mix.

Rinse the chicken in cold water pat dry with paper towels.

In a small bowl, combine the soy sauce, oil, honey, five spice powder, garlic and ginger. Brush the chicken with the soy spice mixture.

Grill the chicken in an uncovered grill directly over medium coals for 6 to 7 minutes.

Turn and brush with the soy spice mixture and cook for 6 to 7 minutes.

Divide the spinach mixture among 6 individual plates. Slice each chicken breast 1/2 inch slices. Place the chicken on the spinach. Arrange the avocado slices around the chicken. Drizzle each salad with some of the vinaigrette.

Contributor: The Easier You Make It by Better, Home & Garden

Preparation Time: 0:00

Chicken Soup With Yuca, Plantains And Potatoes

Yield: 8 Servings

Ingredients

1 skinless boneless chicken breast b
3 qt water
2 sm yellow onions minced
4 md garlic cloves minced
1/4 ts salt or to taste
1/8 ts black pepper freshly ground
3/4 lb yuca peeled
2 md red skinned potatoes cut into 1/2 inch chunks
1/8 ts ground cumin
2 yellow plantains cut into 1/2 inch rounds
1/3 c fresh lemon juice
2 md scallions trimmed and minced
2 tb finely chopped fresh cilantro

Instructions

Rinse the chicken under cold running water. Put the chicken, water, half of the minced onions, 2 cloves garlic, and the salt and pepper in a large stockpot. Bring to a boil, covered, over medium high heat, then reduce the heat and simmer the chicken, covered, for 1+1/2 hours.

Remove the chicken from the stock to a large plate. Bone the chicken breasts and cut into bite size chunks. Return the chunks of chicken breast to the pot. Reserve the rest of the chicken meat for another use.

Cut the pieces of yuca in half lengthwise, cut away the fibrous core in the center of each piece with a paring knife, then cut the yuca into 1/2 inch chunks. Add the yuca, potatoes, the remaining onions and 2 cloves garlic, and the cumin to the stock. Bring to a boil, covered, then reduce the heat and simmer, covered, for 20 minutes.

Add the plantains and lemon juice to the soup, and continue simmering until the plantains are tender, about 20 minutes. Remove the soup from the heat, and stir in the scallions and cilantro. Taste and adjust the seasoning, and serve at once.

Serves 8 to 10 as a first course and 4 to 5 as a main entree.

Source: Latin American Cooking Across The U.S.A. By Himilce Novas And Rosemary Silva. (1997: Knopf) Library of Kitpath@earthlink.net 8/30/98

From: Pat Hanneman

Per serving: 119 Calories (kcal) 1g Total Fat (4 calories from fat) 8g Protein 22g Carbohydrate 17mg Cholesterol 101mg Sodium Food Exchanges: 0 Grain(Starch) 1 Lean Meat 1/2 Vegetable 1 Fruit 0 Fat 0 Other Carbohydrates

NOTES : Sancocho de gallina starts out as an ordinary chicken soup with onion and garlic but halfway through the cooking time in goes a marvelous medley of vegetables: nutty yuca (yuca, cassava), mellow red skinned potatoes, and slightly tart yellow plantains.

The broth is subtly seasoned with cumin and lemon and cilantro.

There are many variations of this soup. This recipe is Colombian American.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 4716 0 0 4524 0 0 0 384

Contributor: LATIN AMERICAN COOKING ACROSS THE USA by Novas and Silv

Preparation Time: 0:00

Chicken Stock Chinese

Yield: 2 Servings

Ingredients

- 7 lb chicken backbones and wings
- 1 sl ginger fresh, about 1 1/2 inches, smashed
- 4 clove garlic
- 4 green onions halved crosswise (4 to 5 scallion
- 2 md onions quartered
- 3 ribs celery halved lengthwise

Instructions

1. In a stockpot, bring 3 quarts of water to a boil. Add the chicken parts and boil for 1 minute. Pour off the water and run cold water over the chicken drain well.
2. Return the chicken to the stockpot. Add 3 quarts of cold water and the ginger, garlic, green onions, onions and celery. Cover and bring to a boil over high heat. Reduce the heat to moderately low, cover partially and simmer for 4 hours.
3. Strain the broth through a colander set over a large bowl discard the chicken and vegetables. Refrigerate the stock for up to 3 days. Skim off the fat before using. (The stock can be frozen for up to 1 month.)

Makes about 2 Quarts.

Recipe from Food & Wine, November, 1991.

Chicken Szechwan Style With Sesame Paste

Yield: 6 Servings

Ingredients

- 2 whole chicken breasts, skinned and boned
- 2 tb szechwan peppercorns
- 4 tb sesame paste
- 3 tb green tea
- 2 tb wine vinegar
- 2 1/2 ts soy sauce
- 3 tb peanut oil
- 2 ts crushed red pepper *
- 3 sl fresh ginger, minced
- 1 scallion (white part only), chopped
- 1 clove garlic, minced fine
- 1 1/2 tb dry sherry or shaoshing wine
- 1/2 ts cayenne pepper

Instructions

* or you substitute 2 whole chili peppers, crushed.

In a pot, poach the chicken breasts in a little boiling water for 10 minutes until white and opaque.

In a dry frying pan, toast the Szechwan peppercorns over moderate heat, then crush or grind them set aside.

Remove the chicken breasts from the pot, drain and cool them. Slice them, then shred the slices into julienne pieces.

In a mixing bowl, combine the sesame paste and green tea (or the peanut butter and sesame oil See NOTE). Add the vinegar and soy sauce blend well. Add the peanut oil, red pepper, ginger, scallion, garlic, sherry, cayenne pepper, and the peppercorns. Mix all ingredients very well.

Toss the chicken strips in this sauce, to coat. Refrigerate until 20 minutes before serving. Pass the chicken and the lettuce leaves separately, and let each guest place a small portion of the chicken in the middle of a lettuce leaf and roll it up like an egg roll to eat using fingers. Makes 6 appetizer servings.

NOTE: The authentic recipe calls for green tea to thin the sesame seed paste, but you may substitute chicken broth, or simply water, if you prefer.

Another substitution you may make if you wish is peanut butter for the sesame seed paste along with sesame oil instead of green tea.

This dish is served cold or at room temperature and can be made a day ahead.

Recipe: "Chinese Appetizers" by Verdi Published by Irene Chalmers Cookbooks, 1981

Chicken Tandoori (Indian Grilled Chicken)

Yield: 6 Servings

Ingredients

- 16 oz plain yogurt
- 1/4 c lime juice
- 2 cl garlic, finely
- 1 chopped or pressed
- 2 ts salt
- 1/4 ts turmeric
- 1/2 ts coriander
- 1 ts ground cumin
- 1 1/2 ts ground ginger
- 1/8 ts cayenne pepper (optional)
- 3 whole chicken breasts, split
- 1 lg onion, finely chopped
- 1 lg green pepper,
- 1 finely chopped

Instructions

In large bowl, combine:

Yogurt coriander Lime juice cumin Garlic ginger Salt cayenne pepper Turmeric
Stir to mix. Add chicken pieces and toss to coat. Cover mixture and chicken with peppers and onions. Cover. Chill overnight (or longer).

Prepare hot coals or preheat oven broiler for 10 minutes. Turn and cook until done, approximately 15 to 20 minutes. Baste with marinade throughout cooking. WALT
Philippa Jane Wightman P.O. Box 270, The Gap Q Australia

Chicken Tidbits Chinese

Yield: 24 Servings

Ingredients

AMERICAN MEASUREMENTS

- 4 chicken breast halves skinless, boneless
- 3 tb dry sherry
- 3 tb soy sauce
- 2 tb (to 3) cornstarch
- 3 tb (to 4) margarine(not diet)or

2 tb peanut oil
1/4 ts garlic powder
1/4 ts ground thyme
1 tb fresh chopped parsley

Instructions

This recipe was printed in a special section during the 1960's, the early years of the Houston Chronicle Food section.

Cut chicken into bite size tidbits or inch wide strips. In a large bowl, combine sherry and soy sauce stir in cornstarch. Add chicken to sherry mixture and marinate 15 to 30 minutes.

Melt margarine in a large skillet or wok over high heat. Add chicken and sprinkle with garlic powder and thyme. Cook 5 minutes, stirring constantly.

Sprinkle with parsley. to serve, place chicken mixture in a chafing dish and serve with cocktail picks. Makes about 2 dozen tidbits.

Source: Houston Chronicle Special Anniversary Edition, April 17, 1996 typos by Dorothy Flatman 1996 From: Dorothy Flatman Date: 11 Jun 97
National Cooking Echo Ž

Chicken W/Oriental Sauce

Yield: 4 Servings

Ingredients

1 chicken breast boned & cut in half
1 tb ginger root minced
1 green onion sliced
1 tb cornstarch
1 tb sherry
2 tb water
1/2 ts salt
1 lb fresh spinach
1 tb sesame seeds
1/2 ts sugar
oriental sauce:
1 tb oil
1 clove garlic minced
2 green onion sliced
1 tb soy sauce
1 tb sherry
1/2 c water
1/4 lb ground pork
2 eggs slightly beaten

Instructions

The type of Oriental sauce used is classically served over lobster but it is equally delicious served over boneless chicken breast. Although the actual cooking time is short, preparation time involves the cleaning and slicing of vegetables and meats that
Tip: To prepare dish quickly, have all the ingredients ready ahead of time, including the sauce.

1. Cut chicken breast into 1/2" slices and place into bowl.
2. Add ginger, green onion, cornstarch, sherry, water and salt. Set aside.
3. Stem and cut spinach into 1/2" shreds.
4. Prepare Oriental Sauce and keep warm.

5. Heat enough oil in bottom of wok to coat bottom. Add chicken and stir fry about 2-3 minutes or until it begins to brown. Remove and keep warm.
6. Add 1 Tbsp. more oil to pan. Add sesame seeds and spinach and stir fry 2 minutes. Return chicken to pan. Heat through.
7. Transfer to heated dish. Top with Oriental Sauce. Serve immediately, garnished with watercress, if desired.

Oriental Sauce: Heat oil in skillet. Add garlic. Sauté for 1 minute. Mix in green onions, soy sauce, sherry, sugar and water. Add pork then stir fry until pork is done and mixture is thickened. Add eggs and continue heating, stirring, about 1 minute.

Recipe By : Ron West

From: Ron West Date: Wed, 28 Jan 1998 06:32:44 ~0600

Chicken With Cashew Nuts (Oriental Cooking)

Yield: 6 Servings

Ingredients

- 3/4 lb fresh chicken meat diced
- 1/2 c unsalted roasted cashew nuts
- 1 c diced bok choy stalks or celery
- 1/2 c diced bamboo shoots
- 1/2 c diced water chestnuts fresh or can
- 1 c diced sweet green pepper
- 1 c diced sweet red pepper or carrots
- 1 ts minced fresh garlic root
- 1 ts minced garlic
- 1 tb hoisin sauce
- 1/2 tb bean sauce
- 1 ts chili sauce (optional) (up to 2)
- 4 tb cooking oil
- 1/4 c water or chicken stock
- 1 ts sesame oil or hot sesame oil (spicy)
- 2 ts cornstarch dissolved in 1 tablespoon cold water

MARINATE INGREDIENTS

- 1 tb thin soy sauce
- 1 ts sugar
- 1 ts wine
- 2 ts cornstarch
- 2 ts cooking oil

Instructions

Recipe by Betty SooHoo Eng, Instructor Mayland Community College serves about 6 people

1. Heat wok over high heat until hot (omit preheating if your wok is teflon coated). Put in 2 tablespoons cooking oil, add chicken, stir fry for 2 minutes or until chicken is brown, remove and set aside.
2. Put 2 tablespoons cooking oil in hot wok, put in ginger, garlic, Hoisin sauce, and bean sauce. Then put in all the diced vegetables. Stir fry for 1 minute. Pour in 1/4 cup of water or chicken stock, cover and cook for 2 minutes.
3. Put in the cooked chicken and sesame oil, Stir in cornstarch to thicken. Remove to a serving plate. Sprinkle roasted cashew nuts on top. Serve hot.

My notes: Ingredients in Hoisin Sauce : sugar, vinegar, soy bean, water, salt, wheat flour, garlic, sesame seed, chili, spices and artificial color (fd&c red#4) It is bottled in Hong Kong.

If anyone is still interested in Oriental recipes I have the recipe for: Beef Lo Mein, Steak with Onion, Chicken fried Rice, and Sweet and Sour Soup. Let me know.

Ruth, who will be going again to Knoxville TN. again this weekend for a taping of Club Dance. Starting on Sept. 13 we can be seen on TNN (Nashville Network) at either 9:A.M or 2P.M. eastern time for 9 consecutive weekdays. My husband is very tall, and I am short and somewhat dumpy. We both have grey hair, and he has a grey beard. Perhaps you can find us in the crowd of dancers. Posted to JEWISH FOOD digest V97 #245 by "Barbara S. Wand" on

Chicken With Chinese Mushrooms

Yield: 4 Servings

Ingredients

1 c soy sauce or more to taste
1 ts chopped fresh ginger
1/2 ts baking soda
1 tb sesame oil
1 salt & pepper to taste
2 boneless chicken breasts diced 1 inch pieces
2 tb cooking oil
1 c onion coarsely diced
1/2 c bamboo shoots
1/2 c water chestnuts
1 c diced chinese cabbage
1 c coarsely chopped broccoli
1 c bean sprouts
3 lg chinese black mushrooms diced
1 pn (large) sugar
1 pn (large) five spice powder
1 splash oyster sauce
1 splash soy sauce
1 c chicken broth
2 tb cornstarch
1/4 c cold water

Instructions

Combine 1 cup soy sauce, the ginger, baking soda, sesame oil, & a pinch each of salt & pep per to make a marinade. Marinate the chicken for 2 hours, drain, & set aside. Preheat a wok over high heat w/ 2 tbs. Cooking oil. Add onion & lightly stir fry. Stir in chicken & then the remaining vegetables. Add sugar, five spice powder, oyster sauce, & a splash of soy sauce. Add Chicken Broth & bring to boil. Mix corn starch w/ water to make smooth paste. Slowly pour into Chicken Broth, stirring constantly until stock thickens & becomes clear. Serve. Note: Chinese black mushrooms are available fresh in some larger markets. Otherwise, you can buy them dried. With these, soak to reconstitute, remove stems, & dice buttons.

ORIENT EXPRESS

KETCHUM SUN VALLEY

BEVERAGE: TSINGTAO BEER

From the . Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Chicken With Chinese Vegetables

Yield: 1 Servings

Ingredients

1 tb vegetable oil
4 skinnless boneless chicken breasts,
1 onion chopped
4 stalks celery chopped
2 cloves garlic minced
1 cn (4.5 oz) mushrooms stems and pieces
1 cn (28 oz) chop suey vegetables
1/4 c soy sauce
1 cn chicken broth
1 cooked rice or chow mein noodles

Instructions

Brown chicken in vegetable oil. Add onions, celery and garlic, cook until browned. Drain chop suey vegetables, add to chicken mixture. Drain and add mushrooms. Add soy sauce and chicken broth. Cover, reduce heat, and simmer for about 30 minutes. Serve over cooked rice or chow mein noodles.

Posted to brand name recipes by Dolores Myers on Mar 03, 1998

Chicken With Noodles And Vegetables And Thai Peanut Sauce

Yield: 1

Ingredients

NOODLES

1 lb linguine (dry)
14 oz boneless chicken breast
1/2 ts vegetable oil
2 1/2 c broccoli florets
3 c julienned carrots
1 tb chopped peanuts
1 tb fresh parsley

Instructions

Pasta: Cook pasta in boiling water according to package directions. Cut chicken into small strips and pound thin. In a non stick skillet, add oil and cook chicken for 10 minutes. Add broccoli, carrots and red peppers. Saute. Toss with Thai Peanut Sauce and sprinkle with chopped peanuts and parsley.

Serve hot.

Per serving: 1811 Calories (kcal) 14g Total Fat (7 calories from fat) 66g Protein 350g Carbohydrate 0mg Cholesterol 85mg Sodium Food Exchanges: 23 Grain(Starch) 1/2 Lean Meat 2 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Chicken With Oriental Noodles

Yield: 4

Ingredients

2 tb cornflour

2 ts schwartz oriental stir fry seasoning
350 g boneless skinless chicken breasts, cut into strips (12 oz)
1 tb oil

1 yellow pepper sliced

FOR THE NOODLES

175 g noodles (6 oz)

1 ts cornflour

1 ts schwartz oriental stir fry seasoning

2 tb dark soy sauce

2 tb lemon juice

1 ts soft brown sugar

1 tb tomato puree

1 bn spring onions chopped

1 225 gram tin bamboo shoots drained and washed (8 oz)

Instructions

Mix together the cornflour and Oriental Stir Fry Seasoning and toss in the chicken, coating evenly. Heat the oil in a frying pan and fry the chicken for 4 5 minutes until golden. Add the pepper and fry for a further 1 2 minutes.

Meanwhile, cook the noodles according to the pack instructions. Drain.

Blend the cornflour, Oriental Stir Fry Seasoning, soy sauce, lemon juice, sugar and tomato puree in a saucepan. Add 75ml (3 fl oz) water and bring to the boil, stirring until thickened. Stir in the spring onions, bamboo shoots and noodles. Toss the chicken and noodles together.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Chilled Japanese Noodles With Grilled Chicken And Vegetable

Yield: 1

Ingredients

FOR THE SAUCE

1/2 c soy sauce

1/3 c mirin (sweet wine, available at asian markets and some supermarkets)

1/3 c chicken broth

2 tb sake

1/2 ts sugar

2 tb thinly sliced scallion greens

2 whole skinless boneless chicken breasts, (about 1 pounds), halved

10 oz dried thin somen (wheat noodles, available at asian markets some supermarkets, and some health food stores)

3/4 c finely shredded carrot

3/4 c very thinly sliced cucumber

3/4 c snow peas blanched for 1 minute in boiling water and cut into 1/2 inch pieces

Instructions

Make the sauce: In a small saucepan combine 1/3 cup water, the soy sauce, the mirin, the broth, the sake, the sugar, and a pinch of salt, bring the liquid to a boil, and add the scallion greens. Chill the sauce until it is cold.

On an oiled rack set about 4 inches over glowing coals or in an oiled ridged grill pan heated over moderately high heat grill the chicken breasts, seasoned with salt and pepper, for 8 minutes on each side, or until they are cooked through. Transfer the chicken to a cutting board and let it cool. In a kettle of boiling water boil the somen for

3 minutes, or until they are al dente, drain them, and rinse them under cold water until they are cold. Divide the noodles among 4 plates, forming bunches of the noodles by wrapping them around the hand and overlapping them on each plate. Surround the noodles with mounds of the carrot, the radish, the cucumber, and the snow peas. Cut the chicken into thin slices and divide it among the plates, fanning out the slices. Serve the noodles with the sauce for dipping or pouring over them.

Serves 4.

Gourmet July 1991

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Chilled Japanese Soba With Dipping Sauce

Yield: 4 Servings

Ingredients

7 oz japanese buckwheat noodles (up to 8)

1 tb grated fresh ginger

3 scallions thinly sliced

1/2 ts anchovy paste or to taste

1/2 c soy sauce

1/2 c mirin or dry sherry

2 tb rice vinegar

1 pn sugar

1 pn salt

1/4 c finely julienned carrot

1 sheet nori

Instructions

Bring a saucepan of water to a boil and cook the Buckwheat noodles a few minutes.

Drain and refresh under cold running water. Hold noodles in a bowl with cold water until ready to serve.

Mix ginger, scallion and anchovy paste and set aside. In a small saucepan bring soy sauce, Mirin and vinegar to taste, to a boil. Mix this warm liquid into ginger, scallion and anchovy paste and season to taste with sugar, salt and pepper. Transfer this to 4 small dipping bowls.

Drain noodles and portion out into 4 small bowls top each portion with some julienned carrot.

Toast sheet of Nori over an electric burner or place in a hot cast iron or heavy skillet and cook until crisp and crumble it over the soba and carrot. Dip noodles in sauce, and enjoy.

Yield: 4 appetizer servings

PASTA MONDAY TO FRIDAY SHOW PS6536, Copyright, 1997, TV FOOD NETWORK, G.P., All Rights Reserved

McBusted by Gail Shermeyer on Mar 31, 1997

Recipe By : PASTA MONDAY TO FRIDAY SHOW PS6536

From: Shermeyer Gail Date: 04 Apr 97 Mastercook

Recipes (Mailing List) Ž

Chilli, Sea Bass Oriental With Chinese Rice Noodles

Yield: 4

Ingredients

4 200 g fillet sea bass (boned but with skin left on)

6 red chillies
1 1 inch squar fresh root ginger
4 spring onions
100 ml light soy sauce
1 dsp honey
1 dsp rice vinegar
1 tb oyster sauce
200 g rice noodles
1 pk unsalted peanuts
1 ts curry powder

Instructions

1. Shred and deseed the chilli, shred the spring onions and ginger.
2. Steam the Seabass on a butter wrapper with half of the ginger, spring onion and chilli for 10 minutes.
3. Prepare the sauce by mixing the 100ml of soy sauce with the honey and vinegar. Add the remainder of ginger, spring onion and chilli.
4. Blanch the vermicelli (rice noodles) in boiling water with a little salt, refresh under cold water.
5. Fry the noodles in a wok with the oyster sauce and crushed peanuts and add little curry powder.
6. Serve the steamed sea bass on a bed of the noodles with the shredded chilli and ginger etc and the sauce around

Converted by MC_Buster.

NOTES : Chef:Steven Saunders

Converted by MM_Buster v2.0l.

Chimayo Cocktail

Yield: 1 Servings

Ingredients

1 1/2 oz cuervo gold or other gold tequila
1 oz apple cider preferably unfiltered
1/4 oz lemon juice
1/4 oz creme de cassis
1 sl unpeeled apple

Instructions

When the Restaurante first opened, the Jaramillos looked for ways to popularize Chimayo's apple cider, hoping to make its commercial production more viable for area farmers. After weeks of experimentation they hit upon the Chimayo Cocktail, a potent concoction that is now the restaurant's signature drink and its most requested recipe.

Half fill an 8 ounce glass with ice cubes. Pour all of the ingredients over the ice and stir to blend. Garnish the rim with the apple slice and serve.

Mastercook formatted by: Garry Howard, Cambridge, MA g.howard@ix.netcom.com

Visit Garry's Home Cookin' Website <http://members.aol.com/garhow/cooking>

Recipe By : The Rancho de Chimayo Cookbook ISBN 1 55832 035 0

From: "Garry Howard" Date: 20 Jan 97 Chile Heads

Chinese & Japanese Spice Info

Yield: 1 Servings

Ingredients

1 ***** none *****

Instructions

The Japanese use many aromatic ingredients in their cooking, although few are spices. Those most commonly used are wasabi and sansho, which are exclusive to Japanese cuisine, chilies, mustard, ginger and sesame. All are used with moderation.

The Chinese use some spice mixtures, to flavor meats and poultry and in marinades. The best known spice blend is five spice powder, but Chinese supermarkets also stock large bags, labeled mixed spices, which contain cassia, star anise, cardamom, dried ginger, Sichuan pepper, licorice root and cassia buds. This mixture is used in a technique common throughout China called flavor potting, where meat is steeped in a rich spiced sauce the sauce permeates the meat and the meat enriches the sauce. The blend has a predominantly woody smell of cassia combined with anise.

Source: Jill Norman "The Complete Book of Spices" Viking Studio

Books, 1991 ISBN 0 670 83437 8 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe By : Jill Norman * Web File 4/97

From: "Mary Spyridakis" Date: 01 Jun 97 Mastercook

Recipes (Mailing List) Ž

Chinese Style Chicken

Yield: 4 Servings

Ingredients

2 lb skinless chicken breasts

1 nonstick spray coating

3/4 c water

2 tb dry sherry

2 tb reduced sodium soy sauce

1/8 ts garlic powder

2 tb water

1 tb cornstarch

1 c celery, biased sliced 1/4

4 green onions, cut into 1 pcs

1 1/3 c hot cooked rice

Instructions

Rinse chicken pat dry. Spray a cold large skillet with non stick coating. Preheat the skillet over medium heat. Brown chicken pieces on all sides in hot skillet. Add 3/4 cup water, sherry, soy sauce and garlic powder. Simmer, covered for 35 to 40 minutes or till chicken is tender and no longer pink. Transfer chicken to a serving platter keep warm.

FOR SAUCE: Stir together the 2 tbs water and the cornstarch set aside. Add celery and onions to skillet. Cook and stir for 3 to 4 minutes or till celery is crisp tender. Stir in cornstarch mixture. cook and stir till thickened and bubbly. Cook and stir for 2 minutes longer. Serve chicken and sauce with hot cooked rice.

One serving equals 3 lean meat exchanges 1 starch / bread exchange

Per servings Calories 240 Protein 26g Carbohydrates 17g Total Fat 6g Saturated Fat 2g
Choesterol 76mg Sodium 293mg Potassium 355mg

From the Better Homes and Gardens Diabetic Cookbook

Typed by G.Major 10\15\95

Chinese 5 Spice Powder

Yield: 1 Batch

Ingredients

60 ea peppercorns, black
4 ts anise seed or 1 ea star anise
2 ts fennel seed
12 ea whole cloves
4 ea 1 long stick cinnamon

Instructions

Put all 5 ingredients through a spice grinder till a fine powder

Chinese Almond Cakes:::Gwhp32A

Yield: 30 Servings

Ingredients

1 barb day
1 1/2 c all purpose flour
3/4 ts baking powder
1/2 c lard
1/2 c vegetable shortening
1 1/2 c sugar
1/4 ts almond extract
2 tb egg beaten
30 blanched whole almonds for garnish

Instructions

Into a bowl sift together the flour and the baking powder and blend in the lard, the vegetable shortening, and the sugar until the mixture resembles coarse meal. Stir in the almond extract, the egg, and 1 tablespoon water, or enough to form the mixture into a soft dough, knead the dough several times, and let it stand in a cool place for 5 minutes. Form the dough into 1 1/2 inch balls and press them down with the palm of the hand to form cakes about 1/2 inch thick.

Press an almond into the center of each cake and bake the cakes in batches on floured baking sheets in the middle of a preheated 375 deg. F. oven for 5 minutes.

Reduce the temperature to 300 deg F. and bake the cakes for 8 to 10 minutes more, or until they are light golden brown. Makes 30 cakes.

The Best of Gourmet 1992 From Barb Day's database

Chinese Almond Cakes

Yield: 1 Serving

Ingredients

2 1/2 c all purpose flour
3/4 ts double acting baking powder
1/2 c lard
1/2 vegetable shortening
1 1/2 c sugar
1/4 ts almond extract
2 tb beaten egg
30 blanched whole almonds for garnish

Instructions

Into a bowl sift together the flour and the baking powder and blend in the lard,

the vegetable shortening, and the sugar until the mixture resembles coarse meal. Stir in the almond extract, the egg, and 1 tablespoon water, or enough to form the mixture into a soft dough, knead the dough several times, and let it stand in a cool place for 5 minutes. Form the dough into 1 1/2 inch balls and press them down with the palm of the hand to form cakes about 1/2 inch thick.

Press an almond into the center of each cake and bake the cakes in batches on floured baking sheets in the middle of a preheated 375F. oven for 5 minutes.

Reduce the temperature to 300F. and bake the cakes for 8 to 10 minutes more, or until they are light golden brown.

Makes 30 cakes.

Gourmet

Alan Hewitt

The UK Recipe Archive recipes on line in Mastercook and Mealmaster formats.

<http://recipes.reedsweb.net/>

Preparation Time: 0:00

Chinese Almond Chicken (Gbgh75A)

Yield: 4 Servings

Ingredients

3 lb chicken*

1/3 c fresh mushrooms**

3 tb soy sauce

1/2 c bamboo shoots cut diagonally

3/4 ts salt

1/2 c celery cur diagonally cut

1 tb cornstarch

1/4 c onion cut in thin strips

2 tb sherry

10 water chestnuts thin sliced

1 c blanched almonds or walnuts

1/3 c chicken stock

2 c peanut oil

Instructions

*cleaned and skinned (or for less work **sliced lengthwise or 1 4 oz. can, drained.

You can use deboned and skinned chicken breasts)

Remove both light and dark meat from bones cut in shreds. Smear with a mixture of soy sauce, salt, cornstarch and Sherry set aside. Fry almonds or walnuts until golden in 1 1/2 cups hot oil. Pour off oil drain almonds on a paper towel. Reheat pan add 3 tablespoons oil. Saute vegetables for 1 minute drain off oil and set aside. Heat 4 tablespoons oil saute chicken for 1 minute. Mix in vegetables and stock simmer 1 minute. Add almonds or walnuts. Serve with rice.

Serves 4 to 6 people. FROM: DORIS HILL (GBGH75A) Converted by MMCONV vers. 1.00

Chinese Almond Chicken

Yield: 4 Servings

Ingredients

3 lb chicken*

1/3 c fresh mushrooms**

3 tb soy sauce

1/2 c bamboo shoots cut diagonally
3/4 ts salt
1/2 c celery cur diag cut
1 tb cornstarch
1/4 c onion cut in thin strips
2 tb sherry
10 water chestnuts thin sliced
1 c blanched almonds or walnuts
1/3 c chicken stock
2 c peanut oil

Instructions

*cleaned and skinned (or for less work **sliced lengthwise or 1 4 oz. can, drained. You can use deboned and skinned chicken breasts) Remove both light and dark meat from bones cut in shreds. Smear with a mixture of soy sauce, salt, cornstarch and Sherry set aside. Fry almonds or walnuts until golden in 1 1/2 cups hot oil. Pour off oil drain almonds on a paper towel. Reheat pan add 3 tablespoons oil. Saute vegetables for 1 minute drain off oil and set aside. Heat 4 tablespoons oil saute chicken for 1 minute. Mix in vegetables and stock simmer 1 minute . Add almonds or walnuts. Serve with rice. Serves 4 to 6 people. FROM: DORIS HILL (GBGH75A) Converted by MMCONV vers. 1.00 Posted to MC Recipe Digest V1 #264
Date: Mon, 28 Oct 1996 21:34:10 +0800 (HKT)
From: Sweeney

Chinese Almond Cookies #1

Yield: 4 Servings

Ingredients

2 3/4 c sifted flour
1 c sugar
1/2 ts soda
1/2 ts salt
1 c butter
1 slightly beaten egg
1 ts almond extract
1/3 c whole almonds

Instructions

Sift flour, sugar, soda and salt together into bowl. Cut in butter till mixt resembles cornmeal. Add egg and almond extract mix well. Shape dough into 1 inch balls and place 2 inches apart on ungreased cookie sheet. Place an almond atop each cookie and press down to flatten slightly. Bake at 325 degrees for 15 to 18 minutes. Cool on rack. Makes 4 1/2 dozen

Chinese Almond Cookies #2

Yield: 36 Servings

Ingredients

2 c flour
1/2 ts baking soda
3/4 ts baking powder
1 egg
1/2 lb lard
1/2 c brown sugar, packed

1/2 c sugar
1/2 ts almond extract
1 blanched whole almonds
1 egg yolk (or double amt.)

Instructions

Sift flour with soda and baking powder. Beat egg and lard together.
Add sugars and almond extract. Gradually mix in dry ingredients until well blended.
For each cookie, roll 1 tablespoon dough into ball. Place on ungreased baking sheets and press 1 almond in middle of each. Brush with beaten egg yolk and bake at 350F 15 to 20 minutes.

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Chinese Almond Cookies #3

Yield: 7 To 8 Dozen

Ingredients

4 c flour
2 1/2 c sugar
4 ts baking powder
1 ts baking soda
1 lb shortening
2 eggs, beaten
4 ts almond extract
1 almond halves for garnish
1 additional egg for glaze

Instructions

These delicate cookies melt in your mouth and are the perfect accompaniment to a Chinese banquet.

In a large bowl, sift the flour, sugar, baking powder and baking soda together. Gradually beat in the shortening. When the shortening is well blended, add beaten eggs and almond extract. If mixture is sticky, add one or two more tablespoons flour. When mixture is well blended, remove from bowl and separate into four portions. Shape each portion into a log about 1 inch in diameter. Wrap in plastic wrap and refrigerate for one hour.

Preheat oven to 350x. Lightly grease baking sheets.

Remove logs from refrigerator and cut each log into pieces 3/4 inch thick. Use your hands to roll each slice into a ball. Place the balls on cookie sheets and flatten slightly with your finger tips. Brush gently with beaten egg and place half an almond in the center of the cookie.

Bake at 350x for 12 15 minutes (do not allow cookies to brown they should be almond colored). Remove from oven and let cookies cool on cookie sheets for about two minutes, then remove to racks to cool completely. (They tend to crumble if you remove immediately to racks.) Store in tightly covered tins.

Note: These cookies may be frozen for up to 2 months. Thaw in original wrapping and, if desired, freshen in a warm oven for 4 5 minutes.

Yield: 7 8 dozen. Jane Bradley, author of Southern Style (published by The American Cooking Guild), Alexandria, VA

From the MM database of Judi M. Phelps. jphelps@shell.portal.com,
juphelps@delphi.com , or jphelps@best.com

Chinese Almond Muffins

Yield: 12 Servings

Ingredients

FROM J.R'S KITCHEN

1 1/2 c Flour

1/2 c Sugar

1 tb Baking powder

2/3 c Sliced almonds

1 c Milk

2 1/2 ts Almond extract

1/4 c Butter, melted

12 Whole almonds: garnish

Instructions

Whisk the dry ingredients and stir in almonds. Whisk liquid ingredients together. Make a well in the drys and blend in liquid ingredients quickly. Batter will be lumpy. Spoon into muffin cups 3/4 full. Top each with whole almond. bake 375 20 minutes or until browned.

Per serving: 103 Calories (kcal) 1g Total Fat (7 calories from fat) 2g Protein 21g Carbohydrate 3mg Cholesterol 51mg Sodium Food Exchanges: 1 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 1/2 Other Carbohydrates

Preparation Time: 0:00

Chinese Almondine With Mandarin Almond Cream Sauce

Yield: 1 Servings

Ingredients

4 cleaned fish (10 12 oz ea)

2 beaten eggs

1 cn (11 oz) mandarin oranges

1 1/2 c fine dry bread crumbs

1 ts salt

1/2 ts grated lemon rind

1/3 c melted butter

1 mandarin almond cream sauce

Instructions

Combine in a shallow dish, eggs & 2 Tbls. liquid from oranges, reserving fruit for sauce. Combine in another shallow dish, bread crumbs, salt & lemon rind. Dip fish into egg mixture, then roll in crumb mixture place on wire rack to dry slightly. Pour butter in 10*15" baking dish place fish in dish, turning to coat both sides with butter. Bake, uncovered, in 350 oven for 35 40 minutes. Serve with Mandarin Almond Cream Sauce.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

Chinese American Thanksgiving Turkey

Yield: 12 Servings

Ingredients

3 c Sweet rice (also known as glutinous

1 c Dried black mushrooms

1 1/2 lb Ground pork

3 tb Light soy sauce

1/4 c Shaoxing rice wine or dry Sherry
2 ts Asian sesame oil
Salt
Freshly ground pepper
2 tb Peanut oil
1/2 c Finely chopped green onions
2 tb Finely chopped ginger root
Chopped turkey giblets heart, gizzard only
1 lb Chinese pork sausage chopped
1/2 lb Fresh or canned water chestnuts peeled, and coarsely chopped
3 c Low sodium chicken broth

TURKEY

12 lb Turkey (to 14 lbs)
2 tb Asian sesame oil
3 tb Kosher salt
1 tb Freshly ground pepper

SAUCE

3 c Low sodium chicken broth
Salt

Freshly ground bpepper

Instructions

STUFFING: Put rice in large bowl, cover with cold water and soak overnight. Drain thoroughly. Soak mushrooms in warm water 20 minutes. Drain and squeeze out excess liquid. Remove and discard stems. Coarsely chop caps. Combine ground pork with 1 tablespoon soy sauce, 1 tablespoon rice wine, sesame oil, 1 teaspoon salt and 1/2 teaspoon pepper. Set aside 20 minutes. Heat wok or large skillet over high heat until hot. Swirl in peanut oil. When it is very hot and smoking slightly, add green onions and ginger and stir fry 3 minutes. Add pork mixture and turkey giblets and stir fry 3 minutes, breaking up pork. Add mushrooms, Chinese sausage, rice and water chestnuts and continue to stir fry until thoroughly mixed, about 3 minutes. Add chicken broth, remaining 2 tablespoons soy sauce and remaining 3 tablespoons rice wine and mix well. Season to taste with salt and pepper. Reduce heat to low, cover and cook 20 minutes, stirring occasionally. Remove from heat and cool thoroughly.

TURKEY: Carefully separate skin of turkey breast from meat with hands. Rub skin with sesame oil. Mix salt and pepper and rub evenly over turkey. Set aside. (This may be done a day ahead. Cover turkey with plastic wrap and refrigerate.) Insert thin layer of stuffing between turkey breast and skin. Loosely fill turkey cavity with stuffing and close with skewer. (Spoon any remaining stuffing into baking dish and steam 40 minutes before serving). Place turkey on deep heat proof platter on rack in large roasting pan or turkey roaster. Add enough hot water to pan or roaster to come to 1 1/2 inches beneath rack. Cover pan tightly with lid or foil. Bring water to simmer, reduce heat to low and gently steam until thigh juices run clear when pricked with fork or tip of knife, 2 to 2 1/2 hours. Replenish steaming water as needed. Remove turkey from platter, reserving any juices that may have collected. Discard steaming water. Place steamed turkey on rack in roasting pan and roast at 350 degrees 25 minutes. Increase temperature to 450 degrees and roast until turkey is golden brown and instant read thermometer inserted in thickest part of the thigh registers 165 degrees, about 15 minutes. Remove turkey from oven and let rest 20 minutes before carving. Serve carved turkey and stuffing with sauce.

SAUCE: While turkey is roasting, combine chicken stock and reserved turkey juices in saucepan. Bring mixture to boil and reduce by half. Season to taste with salt and pepper.

Yields 10 to 12 servings.

Each of 12 servings: 848 calories 1,056 mg sodium 286 mg cholesterol 33 grams fat 47 grams carbohydrates 83 grams protein 0.39 gram fiber

Recipe Source: Los Angeles Times 11 23 1997

Recipe from "Easy Family Recipes From a Chinese American Childhood" by Ken Hom (Knopf, \$27.50)

Formatted for Mastercook by Lynn Thomas dcqp82a@prodigy.com

Preparation Time: 0:00

Chinese And Japanese Spice Info

Yield: 1 Servings

Ingredients

NONE

Instructions

The Japanese use many aromatic ingredients in their cooking, although few are spices. Those most commonly used are wasabi and sansho, which are exclusive to Japanese cuisine, chilies, mustard, ginger and sesame. All are used with moderation.

The Chinese use some spice mixtures, to flavor meats and poultry and in marinades. The best known spice blend is five spice powder, but Chinese supermarkets also stock large bags, labeled mixed spices, which contain cassia, star anise, cardamom, dried ginger, Sichuan pepper, licorice root and cassia buds. This mixture is used in a technique common throughout China called flavor potting, where meat is steeped in a rich spiced sauce the sauce permeates the meat and the meat enriches the sauce. The blend has a predominantly woody smell of cassia combined with anise.

Source: Jill Norman "The Complete Book of Spices" Viking Studio Books, 1991 ISBN 0 670 83437 8 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe by: Jill Norman * Web File 4/97

Posted to recipelu digest Volume 01 Number 238 by "Diane Geary" on Nov 10, 1997

Chinese Apricot Chicken

Yield: 6 Servings

Ingredients

1 chicken, cut up (4 lb)

1/2 c rice wine vinegar or white wine vinegar

1/2 c water

1/2 c sugar

3 tb soy sauce

2 tb sherry

3 tb ketchup

2 tb cornstarch

2 tb peanut oil

6 apricots, halved (3/4 lb)

3 green onion(s) cut into 2 slivers

Instructions

Cut chicken parts into 2 inch pieces.

Combine vinegar, water, sugar., soy sauce, sherry, ketchup, and cornstarch for sauce set aside.

In a wok or large frying pan, heat oil and stir fry chicken over high heat 10 minutes or until tender and golden brown. Add apricots stir fry 1 minute. Pour sauce mixture over chicken cook, stirring until thickened. Garnish with onion slivers.

From: California Apricot Advisory Board Bulletin

From: Diane Lazarus Date: 22 May 96

Chinese Asparagus W/ Cashews

Yield: 6 Servings

Ingredients

ELAINE RADIS

1 1/2 lb asparagus

2 tb olive oil

2 ts sesame oil

1 tb fresh ginger root fine chop

1/2 c roasted cashews coarsely chopped

1 tb soy sauce

Instructions

1. Cut off the tough lower stems of the asparagus and discard. Cut each stalk diagonally into 3 or 3 pieces.
2. Heat the oils together in a wok over high heat. Add the ginger and stir fry for one minute.
3. Add the asparagus and stir fry until tender but still crisp...4 to 5 minutes.
4. Stir in the cashews and soy sauce. Serve immediately. SILVER PALATE

GOOD

TIMES COOKBOOK.. AUTHORS: Julee Rousso & Shiela Lukins Posted to MC Recipe Digest by "Mega bytes" on Apr 3, 1998

Chinese Asparagus With Black Bean Beef

Yield: 4 Servings

Ingredients

CATE VANICEK

1/2 lb beef, sliced, marinated

1 lb asparagus

1/4 ts baking soda, dissolved in 2 teaspoons water

1 tb chinese fermented black

1 beans, minced with: garlic cloves (1/2 teaspoon each)

1 ts rice wine

2 ts soy sauce

1 peanut oil

MARINADE FOR BEEF

1 ts cornstarch

1 ts soy sauce

1/2 ts rice wine

1/2 ts sugar

1/4 ts msg (optional)

1/2 ts salt

GRAVY MIXTURE

1 ts cornstarch

1/3 c water

Instructions

Cut the beef when it is partially frozen, and cut it across the grain into thin slices. Stir baking soda solution into the beef (to help tenderize it). Stir in the marinade. Then stir in 1 tsp peanut oil and marinate the beef for one hour or more in the refrigerator. Heat 1 tablespoon peanut oil over high heat, add 1/2 teaspoon salt. Stir in asparagus. Add 1/4 cup water. Cover pan for 2 minutes, and do not lift lid. When done, remove to a platter.

Over high heat, add 1 tablespoon of oil. Stir fry the RINSED black beans and garlic mixture. Stir for a few seconds. Add the beef. Stir fry quickly until barely. Do not overcook or the beef will become tough. Sizzle in 1 tablespoon of rice wine and 2 teaspoons of soy sauce. Stir in asparagus.

Add gravy mixture. Stir until thickened. Serve hot.

SOURCE: Stella Chan's Secrets in the Art of Chinese Cooking.

Chinese Baked Shark

Yield: 0 Servings

Ingredients

3 shark steaks (the younger the shark white cooking wine
onion
green pepper
mushrooms (the more the better, but
Hoisin sauce (or whichever chinese
various spices

Instructions

1. Make sure the steaks are fresh (frozen shark can be used as a retread rubber). Marinate them in a few spices and 3 4 tablespoons of wine per steak for about 2 hours.
2. Saute your veggies with some butter and wine and add the chinese sauce. Bring to a simmer and add about a cup of wine and then turn the heat down to low.
3. Now, butter the bottom of your baking dish, add some fresh veggies to the bottom of the dish if you want (I make a different variation of this each time I cook it). Put the steaks in and then pour the sauce on top. Bake at 180C for about 20 minutes or until they're white throughout. Don't overcook because the can get rubbery.

Author's Notes: My father does alot of off shore deep sea fishing and usually has alot of small sharks in the freezer that usually get dumped on me since I've found some rather creative things to do with good shark steaks (besides stir fry). I don't know if chinese food is baked usually but this tastes good anyway

I usually serve them with some stir fry vegetables and rice. You can also make it an Italian dish by substituting tomato sauce for the hoisin sauce.

Difficulty : easy.

Precision : no need to measure.

Contributor: Michael Mealling ccoprmm@prism.gatech.edu

Preparation Time: 0:00

Chinese Baked Sweet & Sour Chicken

Yield: 8 Servings

Ingredients

2 1/2 lb boneless cubed chicken breasts

3 tb butter or margarine
2 tb water
1 egg
1/3 c packed brown sugar
2 tb cornstarch
1 cn 15 1/4oz)pineapple chunks in syrup, drained reserving syrup
3 tb vinegar
2 tb catsup
2 tb soy sauce
1 md green pepper, cut into 1 pieces
1 sm onion thinly sliced
1 hot cooked rice
1 c biscuit mix

Instructions

Directions Cut chicken into 1" pieces. Heat butter in rectangular pan, in 400 degree oven until melted. Beat water and egg slightly. Dip chicken into egg mixture, then coat with baking mix. Place chicken in pan. Bake uncovered in 400 degree oven until bottoms of chicken pieces are golden brown, 25 to 30 minutes. Turn chicken bake until done, 10 to 15 minutes longer. Sweet and Sour Sauce Mix brown sugar and cornstarch in 3 qt. saucepan. Add enough water to reserved pineapple syrup to measure 1 2/3 cups. Stir syrup mixture, vinegar, catsup and soy sauce into saucepan. Cook over medium high heat, stirring constantly, until mixture thickens and boils. Stir in pineapple, green pepper and onion reduce heat. Cover and simmer until green pepper is crisp tender, 5 to 7 minutes. Stir in chicken heat until hot. Serve over rice. The chicken can also be deep fried, and sauce poured over them.

Chinese Banquet:

Yield: 1

Ingredients

DEEP FRIED PRAWNS AND NOODLE

1 lg onions
5 cm ginger chopped
1 bn spring onions shredded
1 chopped chillies
1 ground pepper
1 chopped noki
1 tempura mix for the batter
1 soy sauce
1 sesame oil

STIR FRY BEEF IN BLACK BEAN

1 courgette
1 sunflower oil
1 sesame oil
1 onion cut into shreds
1 strips fillet steak
1 dried black beans

THE VEGETABLES

1 lotus roots
1 water chestnuts
1 pakchoi/chinese greens

1 shiitake mushrooms

Instructions

For the deep fried prawns and noodles, fry the chillies, ginger and the onions in the wok. Then add the noki and spring onions. Take a bag of tempura mix/batter and whisk together with about 3/4 cup of water. Add the noodles and spring onions to the wok and continue to stir fry with soy sauce and sesame oil.

For the prawns, dip in the tempura mix and throw into a pan of boiling oil for a couple of minutes. When cooked, serve on a bed of noodles.

For the stir fry beef in black bean sauce, fry the onion in the wok in sunflower oil.

Season with sesame oil. Add the beef and cook very quickly. Soak the beans in water and add to the wok along with the courgettes cut into ribbons. Slit a spring onion and put in cold water until it has curled up. Use this to garnish the meat and serve with the vegetables.

To prepare the vegetables, peel and half cook the lotus roots. Add the water chestnuts and add the pakchoi. Add water and steam the vegetables.

At the last minute add some Shiitake mushrooms. Serve with the meat.

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Converted by MM_Buster v2.0l.

Chinese Barbaque Pork (Char Siew)

Yield: 4 Servings

Ingredients

1 tb hoisin sauce

2 tb soy sauce

1 ts sesame oil

1 fresh garlic finely chopped

4 tb sugar

1/2 ts salt & pepper

2 1/2 lb pork roast boneless

Instructions

Slice pork into strips approximately 1 1/2 in. thick, 5 6 in. long, and 1/2 in. wide.

Combine all the ingredients for the sauce and mix well. Marinate pork strips in sauce for a minimum of 2 hours. Bake in pre heated oven 375 deg for 25 minutes. Turn meat over and bake for an additional 25 minutes.

Chinese Barbecue Pork Ribs

Yield: 1

Ingredients

2 lb lean pork spareribs well trimmed

1/4 c sugar

1 tb thin soy sauce

1 tb black soy sauce

1 tb hoisin sauce

1 tb ground bean sauce

1 tb shao hsing rice cooking wine

1 tb oyster flavored sauce

1 ts sesame oil

1/4 ts ground white pepper

3 tb honey

1 cilantro sprigs (optional)

Instructions

Makes 8 servings

1. Cut spareribs into two equal pieces. Remove any visible fat pockets. Lightly score the spareribs on the meat side and place them in a large, shallow bowl. Sprinkle sugar on both sides of the ribs, using more on the meaty side. Set aside to marinate for 15 minutes. Pour off any excess liquid.
2. In a small bowl, combine the thin and black soy sauces, hoisin sauce, bean sauce, rice wine, oyster sauce, sesame oil and pepper. Pour over the ribs, making sure they are well coated. Loosely cover the ribs with plastic wrap and marinate overnight in the refrigerator.
3. Just before roasting, use your hands to spread honey on the spareribs, especially on the meaty side. Place a rack in a roasting pan and add enough water so that the water reaches a depth of ½ inch in the pan. Place the marinated spareribs meat side up on the rack, leaving about 1 inch of space between the two pieces. Place pan in a preheated 500 degree oven and roast for 30 minutes. Monitor the water level in the broiler pan to make sure it never falls below ¼ inch. Carefully remove the roasting pan of ribs from oven.
4. Preheat the broiler. Place the roasting pan of ribs 4 inches from the heat and broil 5 to 7 minutes or until the ribs have a sugar crust similar to the crust on a baked ham. Carefully remove the spareribs from the oven and set on a platter to cool 15 minutes. Cut spareribs into individual ribs and serve immediately or at room temperature. Garnish with cilantro if desired. Note: All of the specialty items can be found at most Asian grocery stores. Thin soy sauce, also known as superior or premium soy sauce, is not to be confused with "lite" or reduced sodium soy sauce. The soy sauce sold in Western markets is generally thin. Black soy sauce also known as soy superior or dark soy sauce is darker, thicker and richer in color and slightly sweeter in taste.

The Wisdom of the Chinese Kitchen

Per serving: 464 Calories (kcal) 5g Total Fat (9 calories from fat) 1g Protein 110g

Carbohydrate trace Cholesterol 261mg Sodium Food Exchanges: 0 Grain(Starch) 0

Lean Meat 0 Vegetable 0 Fruit 1 Fat 7 1/2 Other Carbohydrates

Converted by MM_Buster v2.0n.

Chinese Barbecue Sauce #1

Yield: 10 Servings

Ingredients

1 jar (7 oz) plum sauce

3 tb rice wine vinegar

1 1/2 ts prepared horseradish

1 1/2 ts chili oil

1/2 ts paprika

1 pn each ground cinnamon & five spice powder

1 tb sesame oil

1 jar (7 oz) hoisin sauce

1 1/2 c duck or chicken stock or canned chicken broth

Instructions

In heavy 2 3 quart saucepan over medium heat bring plum sauce to a boil. Reduce by 2/3 until it begins to caramelize. Whisk in rice vinegar, add horseradish, chili oil, paprika, cinnamon and 5 spice powder. Boil 1 minute, whisking constantly. Add

sesame oil and hoisin sauce. Return to boil and allow mixture to reduce slightly. Add duck or chicken stock. Return to boil and cook 5 minutes, whisking occasionally. Stir in lime juice, return to a boil and remove from heat. Use immediately. Makes 2 1/2 cups sauce.

STARS & STRIPES, 6 DEC 92
FROM 'SALADS' BY LEONARD
SCHWARTZ

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chinese Barbecue Sauce #2

Yield: 1 Servings

Ingredients

3/4 c catsup
3 tb soy sauce
1 tb liquid smoke
1/2 c brown sugar
1 tb ground ginger
2 cloves garlic, minced

Instructions

Combine all ingredients and heat until sugar is dissolved and bubbly.

Chinese Barbecue Sauce Char Sui

Yield: 13 Servings

Ingredients

1/2 c sherry
4 cloves garlic
6 tb soy sauce
2 ts plum sauce
2 tb black bean paste
6 tb hoisin sauce
2 ts salt
1 1/2 ts chinese 5 spice
1/2 c sugar

Instructions

Mix together well. Heat in double boiler add cornstarch for thickening.

Posted to bbq digest by wight@odc.net on Nov 19, 1998, converted by MM_Buster v2.0l.

Chinese Barbecue Sauce

Yield: 1 Servings

Ingredients

3/4 c catsup
1/2 c brown sugar
3 tb soy sauce
1 tb ground ginger
1 tb liquid smoke
2 cloves garlic, minced

Instructions

Combine all ingredients and heat until sugar is dissolved and bubbly.

Chinese Barbecue Stir Fry

Yield: 1 Servings

Ingredients

1/2 c bottled hoisin sauce
2 tb balsamic vinegar or distilled white vinegar
2 ts brown sugar
1/4 ts garlic powder
1/4 ts ground black pepper
1 lb skinless, boneless chicken breast halves in bite size
2 tb cooking oil
1 md sweet pepper in strips
1 lg onion, halved crosswise, sliced in rings
1 lg carrot, thinly bias sliced or about 7 10 baby carrots
2 ts cornstarch
2 c coarsely chopped chinese cabbage or regular
1 hot cooked rice

Instructions

Recipe by: Rosie.Baker@state.or.us

For marinade, in a medium mixing bowl combine hoisin sauce, vinegar, brow Drain chicken well, reserving marinade. Stir cornstarch into marinade set

Chinese Barbecued Baby Back Ribs

Yield: 6 Servings

Ingredients

2 tb sugar
1 tb dry sherry
3 tb hoisin sauce
1/2 ts finely chop garlic
1 ds salt optional
1/2 c ketchup
3 lb pork back finger ribs cut 1 inch wide by 3 inch long

Instructions

Place ribs in nonreactive, plastic, bowl with a lid. In a separate bowl, combine marinade ingredients sugar, sherry, hoisin sauce, garlic, salt (if desired) and ketchup. Mix well and spoon over ribs. Place cover on bowl and shake to coat ribs thoroughly with marinade. Place in refrigerator and marinate for 4 hours or longer. Shake once or twice while marinating to coat again.

To avoid mess, cover cookie sheet with aluminum foil. Take ribs from refrigerator and shake to coat again. Place ribs on their sides on cookie sheet. Don't crowd, or they won't be crispy. Bake at 350 degrees for 30 minutes. Turn over with tongs and bake additional 20 30 minutes. Check carefully last 10 minutes of baking to prevent burning.

Chinese Barbecued Chunks

Yield: 8 Servings

Ingredients

COMBINE IN 2 QUART PAN
2 c tvp chunks

2 c boiling water
2 tb ketchup
MIX IN SMALL PAN
1/3 c ketchup
1/4 c brown sugar
2 tb dark sesame oil
2 tb tamari
2 ts 5 spice powder *

Instructions

* 5 Spice powder may be obtained in a health food store or a Chinese grocery store.

VERY hot! OR may be made by combining 1 t ground fennel, 1 t cinnamon, 1/2 t ground star anise, 1/2 t ground cloves and 1/4 t Szechuan or cayenne pepper.

Take first three ingredients, mix and let stand 10 minutes. Cover tightly and microwave on medium for 10 minutes or simmer on top of stove 20 minutes, adding more liquid if needed.

Heat sauce, adding any liquid from the chunks. Stir well and when sauce is boiling, mix with the chunks. Let marinate 30 minutes or longer. Before serving, bake in the marinade in a covered dish in a microwave on medium power about 5 minutes, stirring once. OR bake at 350F until chunks and sauce are hot.

Spicy and aromatic. Serve with toothpicks as an appetizer or mix with cooked rice for a main dish. Makes about 1 quart.

Per appetizer serving: Calories:53, Protein:4gm, Carbohydrates: 7gm, Fat:2gm

FROM The TVP Cookbook, Dorothy Bates ISBN: 0 913990 79 5 Typed for MealMaster by Susan Grabowski on 5/7/93

Chinese Barbecued Pork (Cha Shu)

Yield: 4 Servings

Ingredients

2 lb pork or pork loin, boneless
3 tb soy sauce
2 tb hoi sin sauce
2 tb sherry or rice wine
1/2 ts salt
3 cl garlic, crushed and minced
2 tb sugar
1/3 c honey (orange blossom honey is best)

Instructions

Cut pork into strips about 5" long X 2" wide X 1" thick. Mix all above ingredients, except honey, in a bowl. Marinate meat, cover and refrigerate overnight. Preheat oven to 350 degrees F. Line pan with foil and pour 1 cup water into roasting pan. Place meat on a wire rack in pan and bake 30 minutes on one side. Turn meat over and bake another 30 minutes. Baste every 10 minutes with leftover marinade. If water in pan dries up, add a little more. After baking one hour, brush the meat with honey on one side first. Place meat in broiler to brown for a few minutes. Then turn meat over, brush with honey and brown for a few additional minutes.

Chani #2 @1357

Chinese: Barbecued Pork (Cha Siu)

Yield: 5 Servings

Ingredients

1 lb lean pork butt
1/4 ts salt
1 dash of pepper
1 1/4 tb sugar
2 ts thin soy sauce
1 ts roasting salt
1 1/2 ts oyster sauce
1 1/2 ts hoisin sauce
2 ts white wine
1 tb honey
1 c water (for roasting)

Instructions

1. Cut meat into pieces approximately 5" x 2" x 1"
2. Sprinkle meat with each of the remaining ingredients, except water, mix well, and marinate over night (or for at least 5 hours) in the refrigerator.
3. Pre heat oven at 375 degrees.
4. In a roasting pan add 1 cup water. Place rack on top. Place pork on rack and roast for 1/2 hour on each side. Total cooking time 1 hour. Baste 3 or 4 times. Do not cover.

NOTE: Barbecued pork can be frozen for 3 months or refrigerated for 1 week.

Chinese Barbecued Pork Chops

Yield: 6 Servings

Ingredients

6 pork chops
1 tipsy marinade:
3 tb barbecue sauce (tomato based)
3 tb sugar
2 tb dry sherry, gin, whiskey, brandy or rum
3 tb dark soy sauce or 2 tb oyster sauce
1/2 ts five spice powder
1/2 ts salt
1 garlic clove, mashed.

Instructions

Mix all the marinade ingredients together and pour over pork chops. Marinate for 3 4 hours in refrigerator or for 1/2 hour un refrigerated.

Barbecue pork chops for 15 minutes on each side, basting with leftover marinade every few minutes. Serve 4 6. Can substitute chicken.

Origin: Homestyles, Canadian Classics Shared by: Sharon Stevens

Chinese Barbecued Pork Fried Rice

Yield: 4 Servings

Ingredients

3 c rice, cooked, cold
2 eggs, beaten
3/4 c barbecued pork, diced*
3 green onion, cut fine
1/2 c green peas and carrots, pre cooked
1/2 c celery, diced
1/2 ts salt, optional

3 tbs soy sauce

3 tb oil

Instructions

*The type of meat used can vary. Cooked chicken or Chinese sausage (Lop Chong) is very good.

Heat 3 tbs oil in wok. Add barbecued pork and celery and cook until celery is crisp tender. Add beaten eggs and green onion and continue frying until eggs are cooked. Immediately add rice, pressing the rice gently to the sides and bottom of wok to separate rice kernels. Stir fry until blended together. Add soy sauce, salt, peas and carrots. Mix well and serve hot.

Chani #2 @1357

Chinese Barbecued Pork With Garlic Sauce

Yield: 4 Servings

Ingredients

FOR BARBECUED PORK

1 tb Hoisin sauce

1 tb Ketchup

1 tb Soy sauce

2 ts Minced garlic

1/2 ts Sugar

3/4 lb Pork tenderloin

FOR GARLIC SAUCE

2 tb Soy sauce

1 1/2 tb Minced garlic

1 ts Rice vinegar

1 ts Sugar

1 ts Asian chili oil (or 1 teaspoon Asian sesame oil plus Tabasco to taste)

1/4 c Fresh coriander leaves washed well, spun dry, and torn

Instructions

Preheat oven to 350 degrees, and line a shallow baking pan with foil. In a small bowl whisk together hoisin sauce, ketchup, soy sauce, garlic, and sugar. Put pork tenderloin in baking pan and coat with hoisin sauce mixture. Roast pork in middle of oven 35 to 40 minutes, or until a meat thermometer inserted in center registers 160 degrees. Cool pork completely in baking pan.

In a small bowl stir together sauce ingredients until sugar is dissolved. Transfer pork to a cutting board and with a knife held at a 45 degree angle cut meat across grain into thin slices. Arrange pork, overlapping slices slightly. Spoon garlic sauce over pork and sprinkle pork with coriander. This recipe yields 4 servings.

Recipe Source:

COOKING LIVE with Sara Moulton

Recipe courtesy of Gourmet Magazine

From the TV FOOD NETWORK (Show # CL D106 broadcast

04 10 1998) Downloaded from their Web Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com

or MAD_SQUAD@prodigy.net

10 09 1998

Contributor: Sara Moulton

Preparation Time: 0:00

Chinese Barbecued Pork

Yield: 4 Servings

Ingredients

2 lb boneless pork shoulder cut into 8x2 1/2x1/2 pieces

Instructions

MARINADE

5 ts sugar

1 1/2 ts salt

2 cloves garlic minced

1 ts ginger juice

4 tb ketchup

4 tb soy sauce

5 ts white wine

1 ts five spice powder

BASTING SAUCE

1 tb hoisin sauce

1/4 c honey

Date: Thu, 2 May 1996 04:03:00 GMT

From: Anne Sheresky

Marinate pork for 2 4 hours, or overnight if you wish. Preheat oven to 375F and place marinated pork on a rack over a roasting pan filled with 1 cup of water. Bake for 20 minutes, basting occasionally with remaining marinade. Turn and bake another 20 minutes.

Take pan out of oven, switch oven to broil. Baste both sides of pork with basting sauce and broil for 1 minute on each side.

Let pork cool and cut into thin slices. Serve hot or cold. Keep in tightly sealed container in refrigerator or in freezer if not served right away. Reheat with a little water in roasting pan, or wrap in foil.

Notes: Let the meat marinate at least 8 hours you will get a much more tender result.

Make extra, it's really good... We serve it cold on a plate with pickled ginger and green onion flowers as a starter to a Chinese meal. Or add it to 'La Choy' frozen wonton soup along with some green onion, and slivered vegetables for a 'homemade' look.

Source: The Joy of Wokking, Martin Yan Unsolicited comments: Anne Sheresky (sheresky@worldchat.com)

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MEAL MASTER RECIPES LISTSERVER

MM RECIPES DIGEST V3 #122

From the MealMaster recipe list. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Chinese Barbecued Ribs

Yield: 6 Servings

Ingredients

4 lb back or side ribs

1/2 c ketchup

1/2 c hoisin sauce

3 cloves garlic, minced

1 tb minced fresh ginger root

1 tb hot chinese chili paste

3 tb soy sauce
1 ts oriental sesame oil (opt.)
1 tb dijon mustard
2 tb honey

Instructions

Cut the racks of ribs in half. Cook the ribs in simmering water for 45 minutes. Drain and cool.

Combine the remaining ingredients. Marinate the ribs in the refrigerator for 1 hour or overnight.

Barbecue for 10 to 15 minutes per side (or bake for 10 ~ 15 minutes per side at 400oF).

Brush with any excess marinade during the

cooking. Yield: 6 servings Typed in MMFormat by cjhartlin@msn.com

Source: Cooking with Bonnie Stern.

Chinese Barbecued Spareribs (Hom)

Yield: 4 Servings

Ingredients

3 1/2 lb pork ribs
2 ts salt
12 ts freshly ground black pepper
TANGY BARBECUE SAUCE
1 1/2 tb peanut oil
2 tb finely chopped shallots
2 tb finely chopped scallions
1 tb finely chopped garlic
1 tb finely chopped fresh ginger
2 tb fine. chopped fresh cilantro
3 tb finely chopped fresh chiles
2 tb rice wine or dry sherry
3 tb hoisin sauce
2 tb sugar
2 ts chinese sesame oil
1 tb orange zest
2 tb chinese chili bean sauce or satay paste
2 ts tomato paste
1 ts chinese white rice vinegar or cider vinegar
1/2 c orange juice
1 1/2 tb light soy sauce
1 1/2 tb dark soy sauce
1 ts salt
1 ts freshly ground black pepper

Instructions

PREHEAT THE OVEN TO 250F. Salt and pepper the pork ribs evenly and place in a baking dish and cook for 2 hours to render the fat and tenderize the meat. Remove the ribs from the dish, drain the fat and set aside. Heat a wok or large frying pan and add the oil. Quickly add the shallots, scallions, ginger and garlic. Stir fry for 20 seconds and add the rest of the sauce ingredients. Reduce the heat and simmer the sauce gently for 15 minutes. Allow the sauce to cool.

(These steps can be done hours ahead or even the night before.) When you are ready to cook the ribs, smear them with the barbecue sauce. Make a charcoal fire and, when the

coals are ash white, grill the ribs, basting with any remaining sauce. Cook the ribs for 5 to 10 minutes on each side, depending on thickness. Serve immediately.

Makes 4 to 6 Servings

KEN HOM

PRODIGY GUEST CHEFS COOKBOOK

Chinese Barbecued Spareribs No.2

Yield: 1 Servings

Ingredients

2 lb spareribs

2 tb thin soy sauce

3 tb koon chun hoisin sauce

1/2 ts hot chili oil

1 tb dry marsala

2 tb dark soy sauce

3 tb orange honey

1 clove garlic

1 green onion

Instructions

Preparation: Chop ribs into 2" sections. Mix remaining ingredients and marinate ribs in mixture for 4 6 hours, turning several times. If you marinate overnight, keep refrigerated, allow to warm up before baking.

Baking: Preheat oven to 350 degrees. Drain ribs, saving marinade. Place ribs on rack in roasting pan. Bake at 325 degrees for 45 minutes, basting every 15 minutes. Turn up heat to 375 and finish undisturbed for 15 minutes until slightly rusty. Serve hot.

Chinese Barbecued Spareribs

Yield: 1 Servings

Ingredients

3 lb to 3 1/2 lb spareribs *

1 tb sugar

2 tb fermented red bean curd

3 tb light soy sauce

1 tb ground bean sauce

3 tb hoisin sauce

2 tb sesame paste

1/4 c honey

2 tb dark soy sauce

Instructions

* cut into two or three strips across the bone

Rub ribs all over with 1 tablespoon sugar and let stand for 30 minutes. Preheat oven to 450F.

Blend the red bean curd, light soy, bean sauce, hoisin and sesame paste together and rub over the rack of ribs. Line a deep baking dish with aluminum foil, fit a rack over it and arrange the spareribs on the rack. Put the pan in the oven and roast for 20 minutes. Turn the ribs and roast for 15 minutes.

Meanwhile, heat about 1/4 cup honey with 2 tablespoons dark soy in a small saucepan over low heat. Baste one side of the ribs with the mixture and roast for 10 minutes.

Turn, baste again with the honey mixture and roast for 5 to 10 minutes longer. Remove

the ribs from the oven, allow them to sit for 10 minutes, cut into separate ribs and serve.

Posted by Stephen Ceideberg October 5 1992.

Chinese Barbeque Sauce #14

Yield: 1 Servings

Ingredients

3/4 c catsup

3 tb soy sauce

1 tb liquid smoke

1/2 c brown sugar

1 tb ground ginger

2 cloves garlic, minced

Instructions

Combine all ingredients and heat until sugar is dissolved and bubbly.

Chinese Barbeque Sauce Char Sui

Yield: 13 Servings

Ingredients

1/2 c sherry

4 ea cloves garlic

6 tb soy sauce

2 ts plum sauce

2 tb black bean paste

6 tb hoisin sauce

2 ts salt

1 1/2 ts chinese 5 spice

1/2 c sugar

Instructions

Mix together well. Heat in double boiler add cornstarch for thickening.

Chinese Barbeque Sauce

Yield: 1 Servings

Ingredients

3/4 c catsup

1/2 c brown sugar

3 tb soy sauce

1 tb ground ginger

1 tb liquid smoke

2 cloves garlic, minced

Instructions

Combine all ingredients and heat until sugar is dissolved and bubbly.

Chinese Barbequed Pork #3

Yield: 6 Servings

Ingredients

2 pork tenderloins, 1.5 lb ea

1 marinade

2 tb light soy sauce

2 tb hoisin sauce
1 tb sherry
1 tb black bean sauce
1 1/2 ts minced gingerroot
1 1/2 ts packed brown sugar
1 clove garlic, minced
1/2 ts sesame oil
1 one pinch 5 spice powder

Instructions

VARIATIONS: Thai Barbeque Pork: Substitute fish sauce for soy sauce, and lime juice for sherry. Increase gingerroot to 1 T. Substitute 1 T chopped fresh coriander for five spice powder. Szechuan Barbequed Pork: Substitute 1 t Chinese chili paste for five spice powder.

1. Add 1 green onion, chopped. 1. Trim any fat off tenderloin tuck ends under and tie each with kitchen string. Place in a shallow glass dish.
2. Marinade: Whisk together soy sauce, hoisin sauce, sherry, black bean sauce, gingerroot, sugar, garlic, sesame oil and five spice powder.
3. Pour marinade over tenderloins and turn to coat. Cover and refrigerate for at least 2 hours or up to 24 hours turn occasionally. Let stand for 30 minutes at room temp before cooking.
4. Place tenderloins on rack in roasting pan, reserving marinade. Pour 1 cup water into pan. Bake, basting generously four times, in a 375F oven for 30 35 minutes, or until meat thermometer inserted at 20 degree angle registers 160F and meat still has a hint of pink.
5. Remove to cutting board, and tent with foil. Let stand for 10 minutes. 6. Remove string. Using sharp knife, slice pork diagonally into thin slices.

Chinese: Basic Won Ton

Yield: 1 Servings

Ingredients

10 chinese mushrooms, small
1/4 lb prawns
5 fresh water chestnuts (or 7 canned ones)
1/2 lb ground pork
1 green onion, finely chopped
1 pk wonton skins
1 ts salt
1/2 ts sugar
1 ts thin soy sauce
1 ts oyster sauce
1 dash of pepper
1 1/4 tb cornstarch
1 sm egg

Instructions

Boil Chinese mushrooms for 10 minutes, rinse, squeeze dry, cut off, and discard stems then, chop into very small pieces.

Shell, devein and wash prawns. Chop into very small pieces

Peel and crush water chestnuts with the flat side of the cleaver. If you don't have a cleaver, chop the water chestnuts into very fine pieces.

Combine mushrooms, prawns, water chestnuts, pork and green onion.

Add all other ingredients and mix well. 1 teaspoon of filling is used for each wonton. With one corner of the skin toward you, place 1 teaspoon of filling about an inch from the corner.

Fold one corner to cover the filling.

Told once more...about 3/4 inch.

Turn the won ton so that the triangel is toward you. Dampen the left corner with a little water.

Swing the right corner away from you and place it on top of the dampened left corner.

As you make this fold, simultaneously pull the filling toward you with your middle finger. You should finish with a little "hat like" effect.

SOURCE: Chopstick, Cleaver and Wok.

Chinese Bbq Chicken Salad

Yield: 1 Servings

Ingredients

1 ts salt & 1 teaspoons soy

1 sauce

2 ts sherry

1 sauce:

2 ts red wine vinegar & 1/4 cup soy sauce

2 ts dark sesame oil & 2 tbsp. sugar

2 ts hoisin sauce & 2 stalks green onion shredd

1 salad:

3/4 head lettuce torn into sm pieces

1 1/2 boneless, skinless chicken breasts

3 ts sesame seeds

1 mai fun noodles or sai fun noodles (chinese

1 oil for deep frying

Instructions

The night (or morning) before serving: mix marinade ingredients, cut chicken into cubes about 3/4 inch or smaller, and mix chicken pieces with marinade.

Bake chicken and marinade in dish large enough so that chicken pieces are spread out (not in a big pile). Bake approximately 25 to 30 minutes at 350 degrees until chicken pieces are cooked. After sufficient cooling period, place chicken in refrigerator to chill/store.

While baking chicken, mix sauce. Place in refrigerator to chill.

Anytime before serving: Pour oil in wok or pan until it is at least one inch deep (two or three inches is much better!). Heat to 375 or 400 degrees. Place a single Mai Fun noodle in hot oil to test. If the oil is hot enough, the noodle will instantly expand like crackly popcorn.

Place small quantities of noodles in the hot oil. They will expand instantly. Be sure all noodles are cooked. Sometimes the expansion will lift noodles out of the oil before they cook. Flip the uncooked noodles into the hot oil so they cook too. The cooked noodles don't retain much oil.

Cook enough noodles to match the amount of lettuce/bean sprouts. The noodles will shrink when you add the sauce.

Before serving: Mix lettuce and bean sprouts. Place in bowl twice as large as the lettuce/bean sprouts. Remove the chicken from the refrigerator. Mix with the lettuce and bean sprouts. Add the noodles.

Mix with the salad. Sprinkle sesame seeds on top of salad. Remove the sauce from the refrigerator. Stir and pour over salad. Serve immediately.

Recipe By : whitney@shalom.sybase.com (Whitney Martin)

Chinese Bbq Pork Char Siu

Yield: 8 Servings

Ingredients

Sedgwick XPST31A Posted on *P
2 lb Pork loin or tenderloin cut
2 tb Shoyu Sauce (soy sauce)
2 tb Dry sherry
2 tb Sesame oil
1/2 ts Chinese Five Spice Powder (Ng Salt
1/4 c Sugar
2 tb Honey or corn syrup (light)
2 Garlic cloves finely minced
1 ts Ginger juice (See note)

Instructions

(NOTE: To make ginger juice, take several slices of fresh ginger and put them in a garlic press and squeeze the juice from the fresh ginger.)

Combine all the ingredients except the pork and mix well. Add the pork slices or chunks and marinate in the refrigerator for at least six hours or overnight.

Turn the meat over occasionally so that all sides are well marinated. Place the pork pieces on a wire rack in a roasting pan and bake in a pre heated 350 degree oven for about 50 to 60 minutes or until tender. During the roasting, baste the meat frequently with the juices from the roasting pan. If desired, the meat can be taken from the roasting pan slightly before it should be done and can be finished off under a broiler or on a barbecue. You have to watch it carefully if you decided to use this step because it tends to burn very rapidly due to the sugar and honey.

The pork can be served hot or cold and can be utilized in many Chinese recipes.

Aloha..."Kapena"

Formatted for MM by Elayne Caldwell (KVN17B)

are without web access, send the following message to

From kitpath@earthlink.net Tue Jan 05 13:06:16 1999

Chinese Bbq Pork

Yield: 0 Servings

Ingredients

1 lb Lean Pork butt
1 1/2 ts Oyster Sauce
1/4 ts Salt
1 1/2 ts Hoisin sauce
1 Dash pepper
2 ts White wine
1 1/4 tb Sugar
1 tb Honey
2 ts Thin soy sauce
1 c Water (for roasting)
1 ts Roasting salt

Instructions

Except ingredients water mix well, and marinate over night (or for at least 5 hours) in the refrigerator.

Pre heat oven at 375 degrees.

In a roasting pan add 1 cup water. Place rack on top. Place pork on rack and roast for 1/2 hour on each side. Total cooking time 1 hour. Baste 3 or 4 times. Do not cover.

NOTE: Barbecued pork can be frozen for 3 months or refrigerated for 1 week.

From brandon@cwnet.com Tue Jan 05 13:34:26 1999

Preparation Time: 0:00

Chinese Bbq Ribs (Glyn Harris)

Yield: 1 Servings

Ingredients

10 oz jar plum jelly
1/3 c dark karo syrup
1/3 c soy sauce
1/4 c chopped green onion
2 cloves garlic, minced
2 ts ground ginger
2 lb spareribs cut into individual ribs

Instructions

Heat jelly, Karo, soy sauce, green onion, garlic, and ginger. Pour over ribs, cover, and marinate for 2 3 hours. Place on baking rack and bake at 350 for 1 hour, basting and turning half way through.

Chinese Bbq Ribs

Yield: 6 Servings

Ingredients

6 lb spareribs
1 c ketchup
1/2 c soy sauce
1/4 c lemon or lime juice, (or combination)
1/4 c rice vinegar
1/4 c hoisin sauce
2 cloves garlic, minced
2 ts cornstarch
1/2 c liquid honey

Instructions

In a large pot, cover ribs with water simmer, covered, for about 1 hour or just until tender. Drain and arrange in shallow pan.

Mix together remaining ingredients, except honey stir until cornstarch is dissolved.

Pour over ribs marinate in refrigerator for at least 2 hours.

Remove ribs, reserving marinade. Cook ribs on grill over medium hot coals or on medium setting for 10 minutes, turning once and brushing often with marinade. add honey to remaining marinade and brush over ribs cook turning once or twice and brushing with honey mixture, for about 10 minutes or until richly glazed. Cut ribs into serving size pieces or one or two ribs each.

Makes about 6 servings

NOTES : Hoisin sauce and rice vinegar are available at most supermarkets or specialty shops.

Recipe by: Random House BBQ and Summer food cookbook, p. 55 Posted to MC Recipe Digest V1 #654 by Diana Stephens on Jul 1, 1997

Chinese Bbq Sauce #1

Yield: 2 Pounds

Ingredients

1/4 c soy sauce
1/4 c hoisin sauce
2 tb sake or dry sherry
1 small crushed garlic clove

Instructions

This can be used for chicken wings or pork ribs. Cut wings at joints, as for buffalo wings. Have butcher cut ribs in half horizontally so they are about 3" long. Cut rack into pieces of 2 ribs each.

Mix marinade ingredients together. Marinate chicken wings and/or pork ribs and refrigerate for 2 hours in plastic bag, turning every so often.

To cook: Arrange in foil lined broiler pan, meaty side up. Brush with marinade. Cover with heavy duty foil and cook at 325 for 45 minutes. Remove foil, brush with marinade. Cook uncovered, brushing with marinade occasionally, until done. Wings will take about 20 more minutes, ribs about 45 more minutes. Do not over cook, the outside will get too dark and crunchy.

From: Teri Chesser Date: 10 Feb 97 National Cooking Echo Ž

Chinese Bbq Sauce

Yield: 1 Recipe

Ingredients

3/4 c catsup
1/2 c brown sugar
3 tb soy sauce
1 tb ground ginger
1 tb liquid smoke
2 cloves garlic, minced

Instructions

Combine all ingredients and heat until sugar is dissolved and bubbly.

Source: Downloaded from AOL, source unknown.

Chinese Bean Casserole

Yield: 1 Servings

Ingredients

1 cn french style green beans
1 cn cream of celery soup
1 cn chow mein vegetables
1 cn french fried onions
1/4 ts salt
1/2 c chopped almonds

Instructions

Drain the green beans and chow mein vegetables. Mix all ingredients into casserole dish and cover, saving some French fried onions, then bake at 350 degrees for 20 minutes. Remove cover, add onions and bake 10 minutes more.

Chinese Beans (Pastries)

Yield: 8 Servings

Ingredients

2 c cooked idaho red or pinto beans

1/2 c sugar

1/4 ts salt

2 tb butter

1/4 c milk

1 1/2 c flour

1/2 ts salt

1/2 c shortening

6 tb water

1 egg yolk beaten with 2 tbs.water

Instructions

For filling, mash and strain beans. Combine with sugar and 1/4 teaspoon salt, butter and milk Cook, stirring until sugar dissolves. Cool For pastry, sift flour with 1/2 teaspoon salt. Cut in shortening. Add warm water to form ball. Divide Into 8 parts. Roll each Into a 4 inch square. Top with mound of bean filling. Fold in all corners and seal. Place on cookie sheet. Brush with egg yolk mixture. Bake at 425 degrees F for 15 to 20 minutes or until golden. Cool. Yields: 8 pastries

Posted to recipelu digest Volume 01 Number 455 by "Diane Geary." on Jan 5, 1998

Chinese Beef & Beans

Yield: 1 Servings

Ingredients

1 lb round steak

1 envelope french's brown gravy mix

1 tb soy sauce

1 ts sugar

1/8 ts ground ginger

3 tb salad oil

1 pk frozen french style green beans 10 oz.

2/3 c water

Instructions

Slice steak diagonally into thin strips. Combine contents of gravy mix, soy sauce, sugar and ginger. Pour over meat toss to cover Heat 1/2 of the oil in a large skillet. Add green beans and cook, stirring, 5 minutes until tender and crisp. Remove from pan. Heat remaining oil in same pan. Add steak. Cook for 3 to 5 minutes, stirring until brown. Add beans and water. Cook, stirring until heated. Serve over hot rice. Randy Rigg

Chinese Beef & Pea Pods

Yield: 4 Servings

Ingredients

1 1/2 lb flank steak

1 cn beef consomme (10 1/2 oz)
1/4 c soy sauce
1/4 ts ground ginger
1 pk green onions, sliced
2 tb cornstarch
2 tb cold water
7 oz frozen pea pods, partly thaw

Instructions

Thinly slice flank steak diagonally across the grain. Combine strips in slow cooker with consomme, soy sauce, ginger and onions. Cover and cook on low for 5 to 7 hours. Turn control to high. Stir in cornstarch that has been dissolved in cold water. Cook on high for 10 15 minutes or until thickened. Drop in pea pods the last 5 minutes. Serve over hot rice.

Chinese Beef & Tomatoes

Yield: 8 Servings

Ingredients

4 md tomatoes
2 lb flank steak
3 tb soy sauce
2 tb dry sherry
1 cl garlic,minced
1/2 ts ground ginger
1/8 ts ground black pepper
2 tb oil
1 md green pepper,sliced
1 md onion,sliced
1 beef bouillon cube
3/4 c boiling water
2 tb cornstarch
2 tb cold water

Instructions

Thinly slice beef on the diagonal (for easy slicing, place meat in the freezer until slightly frozen) place in a snug fitting bowl. Combine soy sauce, sherry, garlic, and black pepper pour over meat, tossing to coat completely. Cover and refrigerate 8 to 10 hours.

In a large skillet or wok,heat oil. Add green pepper and onion saute for 2 minutes. Dissolve bouillon cube in boiling water. Add beef and marinate. Bring to boiling point. Reduce heat and simmer, covered for 8 minutes. Blend cornstarch with cold water. Stir into mixture in skillet. Cook and stir until thickened. Cut tomatoes into wedges add to skillet stir gently. Cover and simmer, just until tomatoes are hot, about 3 minutes. Serve hot over rice with scallions, if desired. Serves 6 to 8.

Chinese Beef And Beans

Yield: 1 Servings

Ingredients

1 lb round steak
1 envelope french's brown gravy mix
1 tb soy sauce
1 ts sugar

1/8 ts ground ginger
3 tb salad oil
1 pk frozen french style green beans 10 oz.
2/3 c water

Instructions

Slice steak diagonally into thin strips. Combine contents of gravy mix, soy sauce, sugar and ginger. Pour over meat toss to cover Heat 1/2 of the oil in a large skillet. Add green beans and cook, stirring, 5 minutes until tender and crisp. Remove from pan. Heat remaining oil in same pan. Add steak. Cook for 3 to 5 minutes, stirring until brown. Add beans and water. Cook, stirring until heated. Serve over hot rice. Randy Rigg

Chinese Beef And Pasta Skillet Supper

Yield: 4 Servings

Ingredients

1 c unsweetened pineapple juice
1 tb reduced sodium soy sauce
1 tb packed brown sugar
1 ts dry mustard
1 lb lean chuck roast trimmed of fat cut in 2" cubes
1 1/2 ts dark sesame oil
1 c diced onions
8 oz carrots sliced
1 ts minced garlic
1/2 teaspoon grated fresh ginger
8 oz spaghetti
1 ts cornstarch
1 tb water
1/2 cup minced scallions

Instructions

In a shallow non metal dish, combine the pineapple juice, soy sauce, brown sugar, and mustard. Mix well. Add the beef and mix well. Cover and refrigerate for 1 hour, stirring occasionally. Coat a 10" no stick skillet with no stick spray and place over medium high heat. Add the oil and heat until hot. Add the onions, carrots, garlic, and ginger. Cook, stirring, for 5 minutes or until the onions are soft but not browned. Add the beef mixture. Cook, stirring, for 10 minutes, or until the beef is no longer pink in the center. Check by inserting the tip of a sharp knife into 1 cube. Cook the spaghetti in a large pot of boiling water according to the package directions. Drain well. Place the cornstarch in a cup. Add the water and stir until smooth. Add to the skillet. Cook, stirring, for 2 to 3 minutes, or until the sauce thickens. Add the spaghetti and scallions toss well. Cover and cook for 1 minute, or until the spaghetti is hot.

To freeze, pack the Cooled cooked beef and spaghetti in a freezer quality plastic container. To use, thaw overnight in the refrigerator. Cover and microwave on high power for 5 Minutes, or until hot. Makes 4 servings

From (Copyrighted material, used with permission from eat1f@lists.best.com)

Chinese Beef And Peppers

Yield: 6 Servings

Ingredients

1 1/2 lb lean ground beef
2 tb salad oil
1/2 ts garlic minced
2 beef bouillon cubes
1/4 ts pepper
1/2 ts ginger
6 whole (up to 8) green onions, cut in 1/4 pieces
4 stalks celery cut diagonally 1/4 pieces
2 tb cornstarch
3 md green peppers cut in 1/2 strips
1 tb soy sauce

Instructions

Shape meat into 18 small patties. In large skillet over med. heat, in hot oil, brown patties and garlic pour off fat. Add beef bouillon, pepper, ginger and 1 3/4 cups hot water. Simmer, uncovered, 15 minutes. Add vegetables simmer 5 min., stirring occasionally. In cup, combine cornstarch, soy sauce and 1/4 cup water stir into mixture in skillet.

Cook, covered 7 to 10 min. til celery is tender crisp.

3 meat exchanges 1 vegetable exchange Posted to recipelu digest Volume 01 Number 165 by James and Susan Kirkland on Oct 26, 1997

Chinese Beef And Rice

Yield: 1 Servings

Ingredients

1 1/3 c uncooked regular rice
1/4 c salad oil
1 tb salt
3 c boiling water
2 beef bouillon cubes
1 tb + 1 tsp. soy sauce
2 md onions chopped
4 stalks chopped celery
2 green peppers chopped
3 c diced cooked beef

Instructions

In large skillet cook and stir rice in oil over medium heat until golden brown. Add salt, water, bouillon cubes and Soy Sauce. Cover and simmer 20 minutes. Stir in onion, celery, green peppers and meat. Cover tightly. Simmer 10 minutes longer or until all liquid is absorbed and rice is tender.

Posted to recipelu digest by ncanty@juno.com (Nadia I Canty) on Mar 9, 1998

Chinese Beef And Tomato Soup

Yield: 2 Servings

Ingredients

1 tb pale dry sherry
1 tb soy sauce
1 freshly ground pepper
2 ts cornstarch
1/4 lb flank steak thinly sliced and cut into
1 tb oil

4 1/4 c chicken stock
2 ts salt
2 tomatoes peeled and roughly chopped
2 eggs beaten
1 tb chopped scallion

Instructions

From: Anja Wolle Date: Tue, 2 Jul 1996 11:34:27 +0100

Source: 500 Recipes Cooking for Two, Wendy James (ed.), Treasure Press 1989

Mix together the sherry, soy sauce, pepper and cornflour (cornstarch) in a bowl. Add the beef and turn until well coated. Heat the oil in a pan. Add the beef and stir fry until it becomes brown. Add the stock and salt and bring to the boil. Add the tomato pieces. Cook for 5 minutes, reduce the heat and slowly pour in the beaten eggs, without stirring so that they resemble clouds floating on top of the soup. Garnish with the chopped spring onion (scallion) and serve immediately.

EAT L DIGEST 1 JULY 96

From the EAT L recipe list. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Chinese Beef Jerky

Yield: 36 Pieces

Ingredients

3 lb flank steak or london broil
1/2 c light soya sauce
4 1/2 c dry sherry
6 ea garlic cloves, minced
1 1/2 tb ginger, fresh, minced
1 1/2 tb red pepper, crushed
1 1/2 tb sesame oil
1 ds pepper

Instructions

Cut meat in half, lengthwise and slice diagonally crosswise into paper thin strips 1 1/2" to 2" wide and 4" long. Transfer to a shallow pan. Combine marinade ingredients and rub thoroughly into meat. Arrange meat on racks and let dry at cool room temperature overnight (do not refrigerate).

Preheat oven to 250 degrees. Line two large baking sheets with foil and set wire racks on top of each baking sheet. Arrange meat on racks in single layer. Bake 30 minutes. Reduce heat to 175 degrees and continue to dry meat another 40 minutes. Meat should be lightly brown, but not burnt. Let meat continue to dry on racks at cool room temperature overnight before packing into jars.

Dried meat can be brushed lightly with sesame oil for additional flavor and shine.

Chinese Beef Kebabs

Yield: 1 Servings

Ingredients

1/2 lb beef sirloin, tenderloin, or top round – cut into strips
1 green pepper squares
1 cherry tomatoes
1 pineapple chunks
1 lemon wedges
1 marinade:

1/3 c sherry
1/2 c vegetable oil
1/3 c soy sauce
1/4 c brown sugar
1 clove garlic minced
1/2 ts ginger

Instructions

Combine marinade ingredients and marinate meat 3 hours or overnight in refrigerator. Alternate meat, vegetables and lemon wedges on skewers. Brush with marinade. Preheat grill. Arrange skewers and grill for 8 12 minutes, turning occasionally.

Recipe By : Rival

From: The Taillons Date: 04 May 97 Eat L List (Recipes And Food Folklore) Ž

Chinese Beef Lo Mein

Yield: 1 Servings

Ingredients

2 pk chinese chef instant egg noodles (beef flavor), 3 oz.
1 pk
1/2 bn green onions (chopped) or 1 lg onion or both
1/2 lb ground lean beef (mixed with 4 tb soy sauce and 2 tbsp. cornstarch)
1/2 lg green bell pepper (chopped)
1/2 sm cabbage (thin shred)
2 tb vegetable oil

Instructions

Date: Fri, 24 May 1996 16:47:44 0500

From: awilson@tfs.net

Heat oil in skillet. Add ground beef, onions and bell pepper. Stir. When 1/2 done, add cabbage. Cook 2 packages of noodles according to directions (only 3 minutes). Let set 1 minute. Pour over meat cabbage mixture. Add seasonings from noodle package. Makes 3 servings. P. S. Chicken or pork can be substituted for beef.

Posted to MealMaster Recipes List, Digest #144

Chinese Beef Noodle Soup

Yield: 1

Ingredients

2 1/2 lb beef short ribs cut between bones into pieces
7 c water
1/3 c soy sauce
1/4 c scotch or medium dry sherry
1 tb sugar
1 six (1/4 inch thick) diagonal slices fresh gingerroot
8 scallions trimmed
3 lg garlic cloves chopped
1 a (3 inch) cinnamon stick
1 ts aniseed
1/4 ts dried hot red pepper flakes
1/2 lb turnips peeled and cut into 3/4 inch cubes
6 oz egg noodles

1 ts asian (toasted) sesame oil if desired

Instructions

In a heavy kettle (at least 5 quarts) combine short ribs, water, soy sauce, Scotch, and sugar and bring to a boil. Reduce to a simmer and skim froth. Add gingerroot, 5 scallions, flattened with the side of a large knife, garlic, cinnamon, aniseed, and pepper flakes and simmer, covered, 2 hours, or until rib meat is tender. Let ribs cool, uncovered, in broth 30 minutes and transfer with a slotted spoon to a cutting board.

Chop meat, discarding fat and bones.

Strain broth through a fine sieve into a large saucepan and add chopped meat. If finishing and serving soup immediately, spoon off fat. For best results, chill soup, covered, overnight and discard fat.

Add turnips and simmer, covered 10 minutes. Add noodles and simmer, covered, stirring occasionally, until tender, about 7 minutes. Soup may be prepared up to this point 2 days ahead (cool uncovered before chilling covered). Reheat gently.

Slice remaining 3 scallions thin and stir into soup. Stir in sesame oil (if using).

Makes about 10 cups.

Gourmet March 1994

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Chinese: Beef Shreds With Green Pepper

Yield: 6 Servings

Ingredients

1 lb flank steak

2 md bell peppers

1 clove garlic

4 tb peanut oil

1/4 ts salt

1 sauce:

1/4 c stock

1 ts thin soy sauce

1 ts chili paste with soybean

1 ts sherry wine

1 1/2 ts (approx) thin cornstarch paste

Instructions

Preparation: Remove membrane from flank steak. If it is a thick slab of meat, slice with grain into thin sheet about 1/4" thick. Slice across grain into matchsticks about 2 1/2" long. Halve and core bell pepper scald pepper halves until color turns bright green plunge in cold water to stop cooking process. Slice pepper thinly to match cooked meat. Peel and quarter garlic clove add to peanut oil. Mix sauce ingredients.

Stir frying: Heat wok as hot as possible. Add garlic and 1/2 the oil stir remove garlic when it browns. Add salt to oil stir. Add half of flank steak toss and stir briskly to coat with oil and prevent scorching of meat. When meat begins to shrivel, remove to platter.

Rinse wok reheat add rest of oil. Stir fry remaining meat.

Add peppers, sauce, other beef toss briskly for about 1 minute until sauce evaporates.

Serve.

Garnishing note: Time and inclination permitting, deep fry about 12 shrimp chips.

Arrange on serving platter around beef and peppers.

Chinese Beef Stew

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Game meats or goat meat may be substituted for the beef for a delicious and unusual variation. Oxtails can also be braised in this manner, or even veal shanks. Almost any cut of meat or organ that requires extensive cooking does well if braised. The strong sauce keeps the meat flavorful throughout.

Turnips or carrots may be substituted for the Chinese radish, and chestnuts have a strong, sweet taste that holds up well to braising.

3 lbs brisket of beef or stew beef 4 tablespoons peanut oil

SAUCE:

2 cubes fermented red bean cake * 3 tablespoons hoisin sauce 4 tablespoons Shaoxing wine or dry sherry 4 tablespoons thin soy sauce 1 tablespoon minced garlic 1 whole star anise 1 teaspoon roasted and crushed Szechuan peppercorns 1 teaspoon five spice powder 2 teaspoons sugar 6 cups water

1 large (about 1 1/2 to 2 lbs) Chinese (icicle) radish, roll cut. [Make a diagonal slice, roll daikon 1/4 turn and slice again. Continue rolling and cutting until done. S.C.]

* [This is nice if you have some laying around, but don't worry if you don't. The taste can be somewhat bizarre for a Westerner, but it won't overwhelm the dish S.C.]

1. The preferred cut is brisket of beef, a boneless piece of tough meat from the underside of the steer, because of its rich, gelatinous texture when cooked. It is sold in Chinese meat markets as Chinese stew beef. Any tough beef cut can be used, such as boneless chuck and bottom round.
2. Trim away the outer layers of fat.
3. Cut the meat into 1 1/2 inch strips.
4. Cut the strips into cubes.
5. Brown the meat on all sides in a wok over a high flame in 3 tablespoons of the oil. Set it aside.
6. In the remaining 1 tablespoon of oil, over a high flame, break up the red bean curd with a spatula.
7. Add the remaining sauce ingredients. Bring them to a boil.
8. Add the beef to the sauce, reduce the heat to a simmer, cover the wok, and braise the beef for 2 hours. After 1 1/2 hours, add the roll cut radish. Cook for 30 minutes more, until both the beef and radish are tender.
9. Serve the stew immediately.

Makes 6 servings.

From "Chinese Technique" by Ken Hom with Harvey Steiman. Simon and Schuster, New York. 1981.

Posted by Stephen Ceideburg December 18 1990.

Chinese Beef Stir Fry (Aha)

Yield: 6 Servings

Ingredients

1 lb thinly sliced sirloin steak, all visible fat removed

1 1/3 c chicken broth (aha) or commercial low sodium variety

3 tb cornstarch

3 tb sherry

2 tb light soy sauce
1 tb rice vinegar
1 tb hot pepper oil
1 tb grated fresh ginger
3 cloves garlic, minced
1 tb sesame oil
8 oz package fresh mushrooms, sliced
1 c diced red bell pepper
3/4 c sliced green onion
1/3 c unsalted walnut halves

Instructions

In a small bowl, combine broth, cornstarch, sherry, soy sauce, and vinegar. Set aside. Heat hot pepper oil in a nonstick skillet or wok over high heat. Add ginger and garlic and saute 1 minute. Add beef and stir fry until lightly browned. Transfer beef to plate and set aside.

Add sesame oil to skillet. Stir in mushrooms and pepper. Cover pan, reduce heat to medium high, and steam 5 7 minutes. Add chicken broth mixture. Return beef to pan and cook until sauce is thickened. Add onions and walnuts and cook 2 minutes more. Serve over rice if desired.

Nutritional Analysis: Calories 247 kcal Cholesterol 45 mg Saturated Fat 3 gm Protein 20 gm Sodium 256 mg Polyunsaturated Fat 4 gm Carbohydrate 11 gm Total Fat 14 gm Monounsaturated Fat 5 gm

From: American Heart Association Cookbook Fifth Edition Times Books, 1991

Entered by: Lawrence Kellie Sat 11 16 1996 at 12:12:39

Size of Serving: N/A

From: Lawrence Kellie Date: 05 Dec 96 Home Cooking Ž

Chinese Beef Stir Fry W/ Vegetables

Yield: 4 Servings

Ingredients

1 lb good quality sirloin tips, cut into 1 inch cubes
1 tb dry sherry
1 tb cornstarch
1/2 ts sugar
2 tb plus 1/2 teaspoon vegetable oil
1/8 ts fresh ground black pepper
2 cloves garlic pressed
1 tb oyster sauce
2 large stalks of broccoli stems removed and cut into
2 carrots peeled and sliced on a dish
1/2 c beef broth
8 spears water packed baby corn drained
20 fresh snow peas
1 scallion both white and green part

Instructions

Marinate the sirloin at room temperature in a mixture of sherry, soy sauce, 1 teaspoon of the cornstarch, the sugar, 1/2 teaspoon of the oil, the pepper, and garlic for an hour. Heat 1 Tablespoon of the remaining oil in a wok over high heat. Stir fry beef quickly, until the meat is brown outside and pink inside. Remove.

Mix the remaining 2 teaspoons cornstarch with the oyster sauce. Reheat the wok with the remaining tablespoon oil. Add the broccoli and carrots stir fry for 30 seconds. Add the broth, cover the wok, and steam for approximately 1 minute or until the vegetables are tender but retain their crunch. Add the corn, snow peas, scallion, beef, and oyster sauce cornstarch mixture.

Heat quickly, until the sauce is clear and thickened. Serve immediately over rice or chinese noodles. Makes 4 servings.

From the novel *The Cereal Murders* by Diane Mott Davidson.

Formatted for MM by Pegg Seevers 7/11/94 From: Lyn Ortiz Date: 05 20 96 (F)
Cooking Ž

Chinese Beef With Cashews

Yield: 4 Servings

Ingredients

1 lb beef rump steak
4 tb vegetable oil
8 green onions
2 cloves garlic
1 piece fresh ginger root
2/3 c unsalted roasted cashews
1/2 c water
4 ts cornstarch
4 ts soy sauce
1 ts sesame oil
1 ts oyster sauce
1 ts chinese chili sauce

Instructions

1. Remove and discard fat from meat. Cut meat across the grain into thin slices about 2 inches long. Heat 2 tablespoons of the vegetable oil in wok over high heat. Stir fry half of the meat in oil until brown, 3 to 5 minutes. Remove from wok. Cook remaining meat and remove from wok.
2. Cut green onions into 1/2 inch pieces. Crush garlic. Pare ginger and chop finely.
3. Heat remaining 2 tablespoons vegetable oil in wok over high heat. Add onions, garlic, ginger and cashews. Stir fry 1 minute.
4. Mix meat into cashew vegetable mixture. Combine all remaining ingredients and pour over meat mixture. Cook and stir until liquid boils and thickens.

Chinese: Beef With Green Pepper (Lot Tzu Ngow)

Yield: 1 Servings

Ingredients

1/2 lb steak, thinly sliced
1 ts corn starch
1 ts soy sauce
2 ts rice wine
1/4 ts oil
2 lg green peppers
1 md onion
1 clove garlic
1 sl ginger
4 ts cornstarch

1 c chicken broth
2 tb soy sauce
1/4 ts sugar
1 tb chinese black beans
1 (fermented black beans)
2 tb oil
1/2 ts salt

Instructions

PREPARATION: Cut steak on the diagonal into 1/4 inch slices each 2 inches long. Mix 1 teaspoon cornstarch, 1 teaspoon soy sauce, 2 teaspoons rice wine, 1/4 teaspoon sugar and 1/4 tsp oil. Pour this mixture over beef, mix well, and let stand for 15 minutes.

Cut peppers in half, remove seeds. Cut into 1/4 inch long strips. Smash, peel, and mince garlic. Peel and mince ginger root. In a cup, mix together 4 teaspoon cornstarch, 1 cup chicken broth, 2 tablespoon soy sauce, and 1/4 teaspoon sugar. Wash black beans and drain. Mash.

COOKING: Heat 1 tablespoon of the oil with 1/2 teaspoon salt over high heat. Add beef and stir fry 1 minute. Remove beef from pan and set aside. Clean the pan. Heat the other tablespoon of oil over high heat. Add the mashed black beans, garlic, and ginger root stir fry for about 1 minute. Add green pepper and onion. Stir fry for 2 minutes. (The pepper slices should remain crisp.) Return beef to skillet and add the cornstarch mixture. Cook and stir until thickened, about 1 minute. Serve.

Chinese Beef With Vegetables (Lf)

Yield: 4 Servings

Ingredients

1 ts Peanut oil
2 ts Water
12 oz Round steak trimmed of fat cut diagonally into
1 md Onion chopped
1/4 ts Ground ginger
2 c Broccoli chopped
Carrots sliced
1 c Beef stock
1 c Snow peas
1/2 c Water chestnuts drained sliced
1/2 c Bean sprouts
1 tb Soy sauce
1 tb Cornstarch

Instructions

Place oil and water in large skillet or wok and heat over med high heat. Add meat and onion and brown lightly. Add remaining ingredients except soy sauce and cornstarch. Cover and cook until vegetables are just tender. Mix the soy sauce and cornstarch together to make a paste. Stir into the other ingredients and cook, stirring occasionally, until thickened. Serve with brown rice. Makes 4 servings.

Per serving (excluding unknown items): 61 Calories 1g Fat (20 calories from fat) 4g Protein 10g Carbohydrate 0mg Cholesterol 736mg Sodium

Preparation Time: 0:00

Chinese Beets

Yield: 12 Servings

Ingredients

6 c beets, canned or fresh, cooked & sliced
1 1/2 c beet liquid
1 c sugar
1 c vinegar
2 tb cornstarch
24 whole cloves
3 tb catsup
1 ts vanilla
3 tb corn or vegetable oil

Instructions

Mix all ingredients, except beets. Bring to a boil, stirring constantly. Add beets and cook for 3 minutes, stirring occasionally. Let cool, then store in refrigerator until used.

From: Merrymeeting Merry Eating, A Collection of Recipes Gathered in Maine
Privately published by the Regional Memorial hospital Auxiliary, Brunswick, Maine
ISBN: 0 9620094 0 7

Typed by: Bob 8 { }

From: Robert White Date: 10 Apr 97 National
Cooking Echo Ž

Chinese Black Bean Vinaigrette

Yield: 1 Serving

Ingredients

1 1/4 ts Minced garlic
1 1/4 ts Minced fresh ginger
2 tb Minced shallots
1/4 c Sesame oil
3/4 c Canola oil
1/2 c Unseasoned rice vinegar
2 tb Soy sauce
2 tb Thai style chili sauce
2 ts Honey
1/2 c Fermented black beans rinsed
1/4 c Minced cilantro

Instructions

Combine all the ingredients in a mixing bowl. Whisk together until combined. This may be prepared a day in advance. It is best not to use a food processor.

This recipe yields about 2 cups of vinaigrette.

Recipe Source: COOKING RIGHT with John Ash From the TV FOOD NETWORK
(Show # CR 9735 broadcast 11 14 1996)

Downloaded from their Web Site <http://www.foodtv.com>

Formatted for MasterCook by MR MAD, aka Joe Comiskey jpmd44a@prodigy.com
11 22 1996

Contributor: John Ash

Preparation Time: 0:00

Chinese Black Pepper Steak

Yield: 4 Servings

Ingredients

750 g Eye fillet (in one piece)
2 Onions, sliced
1/2 ts Sesame oil
2 tb Dry sherry
2 ts Sugar
2 ts Grated fresh ginger
1 tb Dark soya sauce
2 tb Whole black peppercorns, Crushed

Instructions

Partly freeze steak. Cut into thin slices. Combine steak, onions, sesame oil, sherry, sugar, ginger and soya sauce in bowl. Cover, marinate several hours or refrigerate overnight. Stir peppercorns through steak mixture. Stir fry steak and onions in a wok over high heat until steak is cooked to your liking.

TNT & Compiled by Imran C.

Preparation Time: 0:00

Chinese Boiled Chicken With Onions Chow Yow Gai

Yield: 1

Ingredients

1 ea 3 3 1/2 pound chicken, cleaned
2 bn green onions
1 tb light soy sauce
1 tb sesame oil
2 ts salt
1/2 cup peanut oil, heated to smoking point

Instructions

Poach chicken. Debone the chicken and tear the meat into small strips. Place them on a large platter. Clean the green onions, and split each onion down the middle. Then cut them up into 1/2 inch pieces and place over the mound of chicken. Pour the soy sauce and the sesame oil over the chicken. Pour the salt over the onions. When you are ready to serve, pour the hot peanut oil over onions and chicken. Toss like salad. Serve.

Chinese Brine Pickles

Yield: 1 Servings

Ingredients

2 tb salt
1 tb szechwan peppercorns
2 small dried red chili peppers
1/2 c boiling water
3 1/2 c cold water
4 slices fresh ginger
1 tb dry sherry
4 c total of the following in bite size pieces:
1 broccoli stems
1 napa cabbage
1 celery

1 cabbage
1 carrots
1 cauliflower
1 daikon
1 green string beans
1 red bell peppers

Instructions

In a mixing bowl, combine the salt, peppercorns, chile peppers and boiling water, and stir until the salt dissolves. Stir in the cold water, fresh ginger, and vodka or sherry. Put the vegetables of your choice into a Chinese pickling jar or 2 quart glass jar. If using a Chinese pickling jar, seal with water according to the instructions.

If using a regular glass jar, simply cover with plastic wrap. Do not wrap tightly as gas must escape. Allow the pickles to sit, unrefrigerated, for 24 hours and serve. The pickles will keep for several days if sealed and in the refrigerator. From *The Frugal Gourmet Cooks Three Ancient Cuisines*, Jeff Smith, Avon, c 1989.

Typed by Terri St.Louis Woltmon O:).

Makes: 1 qt

Chinese Broccoli Rabe

Yield: 6

Ingredients

3 lb broccoli rabe trimmed of thick stems and any tough leaves
3/4 c vegetable broth
1 1/2 tb tamari or dark soy sauce
1 tb cornstarch
2 ts olive oil
3 md clove garlic minced
3 thin slices fresh ginger (1/4 inch thick)
1/4 ts red pepper flakes or hot chili oil to taste, up to 1 ts dark sesame oil

Instructions

6 SERVINGS DAIRY FREE

You can substitute bok choy for broccoli rabe in this recipe. It isn't necessary to parboil bok choy first, but you will need to stir fry the white portions for a few minutes before adding the dark green leafy parts to the wok.

MEAL PLAN: Before you begin the recipe, bring a large pot of water to a boil. Cook some rice noodles or soba (buckwheat) noodles according to package directions. Drain and toss with a little dark sesame oil. Serve hot with the broccoli rabe.

Bring large pot of lightly salted water to a boil. Add broccoli rabe and cook 2 minutes. Drain, rinse under cold running water until cool, then drain again. Set aside.

Meanwhile, in small bowl, mix broth, tamari or soy sauce and cornstarch until well blended. Set aside.

In wok or large nonstick skillet, heat oil over medium high heat, Add garlic and ginger and stir fry 20 seconds.

Add broccoli rabe, broth mixture and pepper flakes and stir fry until broccoli rabe is tender and sauce is thickened, about 1 minute, Discard ginger slices. Sprinkle sesame oil over mixture and serve hot.

PER SERVING: 82 CALORIES 5G PROTEIN 3G TOTAL FAT (0G SAT. FAT) 10G CARBOHYDRATE 0G CHOLESTEROL 267MG SODIUM 5G FIBER

Per serving: 56 Calories (kcal) 3g Total Fat (44 calories from fat) 1g Protein 7g
Carbohydrate trace Cholesterol 205mg Sodium Food Exchanges: 1/2 Grain(Starch) 0
Lean Meat 1/2 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates
Recipe by: Vegetarian Times Magazine, October 1999, page 31
Converted by MM_Buster v2.0n.

Chinese Broccoli

Yield: 2 Servings

Ingredients

1 lb broccoli
2 tb salted black bean rinsed and drained
2 lg cloves garlic mashed
2 ts freshly grated ginger
1 tb dark sesame oil
2 tb soy sauce
2 ts sugar
1 ts red pepper flakes
2 tb chopped green onions
1/4 c dry sherry

Instructions

Wash broccoli. Cut flowers off broccoli stalks and divide into bite size chunks. Peel stalks and cut into slices. Put it in a pot with remaining ingredients. Bring to a boil, cover, and steam until the broccoli is just crunchy tender. Uncover to evaporate most of the liquid and toss broccoli well in the black bean sauce before serving with rice.

Recipe by: Jo McGinnis (EAT L)

Posted to EAT L Digest by Kaye Sykes on Dec 11, 1997

Chinese Broiled Chicken Wings

Yield: 6 Servings

Ingredients

12 chicken wings
1 clove garlic minced
2 scallions chopped
1/4 c soy sauce
1 tb sherry or white wine
1/2 c water
1/4 c honey
2 tb sugar
1 ts hoisin sauce

Instructions

Discard wing tips (save for soup) and divide wings in half, Combine wings with rest of Ingredients in a pot. Bring to a boil, cover, and simmer 30 40 min., shaking pot occasionally. Uncover and simmer 15 min.

Remove from pan, reserving liquid, Place wings on broiler pan, sprinkle with liquid, and broil till crisp, turning and basting at least once.

Contributor: My files

Preparation Time: 0:00

Chinese Brown Gravy

Yield: 2 Servings

Ingredients

1/4 c soy sauce
1 tb cornstarch
1 tb sugar
1 tb sesame oil
1/2 c white wine

Instructions

Blend all ingredients and cook until slightly thickened.

From the recipe files of Sylvia Steiger, GENIE THE.STEIGERS, CI\$ 71511,2253, GT Cookbook echo moderator at net/node 004/005

Chinese Brownd Chicken

Yield: 4 Servings

Ingredients

2 whole chicken breasts,halved (or 1 chicken cut up)
2 tb melted butter
2 tb worcestershire sauce
1 tb soy sauce

Instructions

Line baking pan with foil for easier cleaning. Place chicken on foil, skin side up.

Combine remaining ingredients. Brush chicken with mixture bake at 350 degrees for 1 hour, basing occasionally with butter mixture and pan juices. Makes 4 servings. Typed in MMFormat by cjhartlin@msn.com Source: Six Ingredients or Less

Chinese Buns

Yield: 12 Servings

Ingredients

1/2 pk active dry yeast
1/2 c warm water (105 115f)
2 3/4 c flour (divided)
1 sesame oil

Instructions

Dissolve yeast in warm water. Stir in all purpose flour. Let rise about 30 minutes, until bubbly.

Stir in 1 1/2 to 1 3/4 cups all purpose flour. Knead. Let rise until double in size.

Shape into 12 3 inch circles. Brush with sesame oil. Fold in half. Let rise 15 minutes.

Steam 10 minutes.

NOTE: To steam, suspend a steamer or rack with buns on it over boiling water inside container with cover. Leave room for steam to circulate freely. Lid must fit securely.

Bring water to boil over high flame. Cover and steam buns 10 minutes.

Recipe By : Ron West

From: Ron West Date: Wed, 28 Jan 1998 06:35:27 ~0600

Chinese Burritos

Yield: 4 Servings

Ingredients

4 8 inch 2 c chicken and sweet pepper stir fry
4 oz canned mushrooms sliced
1 and drained
1/4 c plum preserves
1 flour tortilla

Instructions

Wrap tortillas in foil. Heat in a 350° oven for 10 minutes to soften. meanwhile, in a med saucepan stir together the reserved Chicken and Sweet pepper stir fry, mushrooms, and plum preserves. Cook and stir over med heat about 5 minutes or till heated through.

To assemble, spoon 1/4 of the chicken mixture down the center of each tortilla. Fold in the opposite sides of the tortilla so they overlap.

Recipe By : Better Homes and Gardens

From: James And Susan Kirkland Date: 09 Sep 97 Mastercook

Recipes (Mailing List) Z

Chinese Butterfly Shrimp

Yield: 4 Servings

Ingredients

1 lb jumbo shrimp *
3 tb flour
1/2 tb cornstarch
1 tb white cornmeal
1/4 ts baking powder
3/4 ts salt
1 c milk
barbecue sauce
1/2 c soy sauce
2 tb honey
2 tb dry sherry
1/2 ts pepper
1 garlic clove minced

Instructions

* peeled, deveined and butterflied with tail intact. Mix dry ingredients together add milk to make a thin batter dip each shrimp in batter and deep fry at 375~F 2 to 3 minutes, without crowding, or until golden brown serve with barbecue sauce. Barbecue sauce: Heat soy sauce add remaining ingredients and simmer 5 minutes.

Preparation Time: 0:0

Chinese Butterfly

Yield: 6 Servings

Ingredients

1 lb ground ham
1/2 stalk of celery finely diced
1/2 head of cabbage finely diced
2 finely diced onions
6 egg
1/2 c bread crumbs
6 to 8 fresh oysters
1/2 lb pork sausage

1/4 c soy sauce or to taste
6 whole boneless skinless breasts of chicken butterfly
1 paprika
1 dried parsley
1 radish or olive slices for garnish

Instructions

Combine ham, celery, cabbage, mushrooms, onions, eggs, bread crumbs, oysters, sausage and soy sauce in large bowl. Divide the mixture in six equal parts and mound each part evenly on each butterflied chicken breast. Sprinkle paprika on top. Add dried parsley and bake at 350 degrees until brown 1 1/2 to 2 hours or until juices run clear when center is poked with a fork. Garnish with radish slices or olive slices for a colorful butterfly look. Cut in half to serve.

Chinese Cabbage & Cilantro Slaw

Yield: 6 Servings

Ingredients

1 lb chinese cabbage
3/4 c red pepper
2 tb green onion
2 tb cilantro
1/4 c lime juice
2 tb vegetable oil
1/8 ts salt
1/8 ts crushed red pepper flakes
1 garlic

Instructions

Combine Cabbage, Red Pepper, Green Onions & Cilantro in A Large Bowl. Toss & Set Aside. Combine Lime Juice, Oil, Salt, Red Pepper Flakes & Garlic in A Smallbowl, Stirring With A Wire Whisk Until Well Blended. Pour Lime Juicemixture Over Cabbage Mixture, Tossing Well. Cover & Chill Thoroughly. (Fat 4.8. Chol. 0.)

Chinese Cabbage & Sheeps Cheese

Yield: 4 Servings

Ingredients

9 oz onion
4 tb olive oil
2 sprigs of fresh thyme
2/3 tb wine vinegar
1 salt, pepper
29 oz chinese cabbage
8 oz sheeps cheese

Instructions

1. Peel and chop onions.
2. Heat oil in a skillet and saute the onions in it and with the oil put in a bowl.
3. Chopp the thyme finely and mix together ,with the vinegar, under the onion mix.
4. Season with salt and pepper.
5. Clean cabbage and cut into small stripes add to bowl.
6. Break cheese into small pieces and add to bowl
7. Let stand for one hour, taste and season again if nessesary

Translated by Brigitte Sealing Cyberealm BBS Watertown NY 315 786 1120

Chinese Cabbage Basics

Yield: 1 Servings

Ingredients

SELECTING,STORING,PREPARING

Instructions

ALSO CALLED: Celery Cabbage

SEASON: All year.

LOOK FOR: Crisp, fresh looking cabbage, free from blemishes.

TO STORE: Refrigerate use within 3 days.

TO PREPARE: Cut bottom from stalk. Separate into ribs rinse and slice.

TO COOK: Toss with seasonings for salads, use in stir fry.

Source: The New Good Housekeeping Cookbook ISBN: 0 688 03897 2

From: Dorothy Flatman Date: 22 Mar 96

Chinese Cabbage On Brown Rice

Yield: 4 Servings

Ingredients

10 oz firm tofu

2 tb sesame oil

1 tb grated fresh ginger

1/4 ts crushed red pepper flakes

2 carrots,julienned

1 head chinese cabbage

7 oz jar straw mushrooms,drained

6 oz fresh or thawed snow peas

3 c cooked brown rice

1 soy sauce

Instructions

Drain tofu and cut into 1/2" thick slices, cut slices into 1/2" strips set aside.

Alternately, using a small amount of oil in a non stick skillet, fry tofu strips on range about 10 minutes or until browned.

In a 2 quart glass measure or casserole, combine sesame oil, ginger and red pepper flakes. Add carrots toss to coat. Cover with vented plastic wrap or lid and microwave on high for 3 minutes.

Slice head of cabbage, crosswise, into 1" sections. Add cabbage to carrot mixture mix well. Cover again microwave on high for 4 minutes. Add mushrooms and snow peas.

Cover again microwave on high for 4 minutes. Add tofu and let stand for 4 minutes.

Serve over brown rice. Sprinkle with soy sauce as desired.

Chinese Cabbage Salad 2

Yield: 8 Servings

Ingredients

1 head napa cabbage chopped

6 green onions chopped

1/2 c butter

2 pk ramen noodles

1/4 c slivered almonds

1/2 c raw sesame seeds
1 c canola oil
1/2 c cider vinegar
2 ts soy sauce

Instructions

Combine cabbage and green onions in large bowl and set aside. Melt butter in skillet over medium heat. Crush noodles (do not use seasoning packets), and add to skillet along with almonds and sesame seeds. Cook, stirring constantly, until nuts and seeds are tan in color. Remove from heat and set aside.

In a small bowl, combine oil, sugar, vinegar and soy sauce. Blend well and keep at room temperature. About 1/2 hour before serving, mix all salad and dressing ingredients together in a large bowl and chill until serving.

Makes about 14 cups, or 8 servings of 1 3/4 cups each.

Recipe By : reader in San Antonio Express Newspaper 6/12/96

Posted to MC Recipe Digest V1 #304

Date: Fri, 15 Nov 1996 22:31:45 0800

From: Shirley

Chinese Cabbage Salad

Yield: 6 Servings

Ingredients

1/2 head cabbage shredded
4 stalks scallion minced
1/2 c almond slivers toasted
2 Tablespoons sesame seeds toasted
1/3 c oil
1 Tablespoon soy sauce
1 Tablespoon sesame oil
2 Tablespoons rice vinegar
2 Tablespoons sugar
1 packet Ramen flavoring
1/2 ts ginger grated
1 cn mandarin oranges
1 pk Ramen noodles

Instructions

Combine all vegetables and fruit. in a large bowl. Mix oil, sesame oil, rice vinegar, sugar and flavor packet in a jar and shake well. Just before serving break Ramen noodles into small pieces, mix with sesame seeds and toss into salad. At the very last minute before serving pour the dressing onto the salad and toss to combine.

Per serving (excluding unknown items): 258 Calories 23g Fat (75 calories from fat) 4g Protein 13g Carbohydrate 0mg Cholesterol 154mg Sodium

Contributor: Pat Cameron

Preparation Time: 20:00

Chinese Cake

Yield: 1 Serving

Ingredients

3/4 c Sugar
2 Egg whites beaten stiff
1/2 c Butter

1 c Brown sugar
2 Egg yolks
1 c Nut meats
1/3 c Milk
Salt
1 1/2 c Pastry flour
Vanilla
1 ts Baking powder
Mix cake batter spread in pa
Mix egg whites, beaten stiff

Instructions

brown sugar and nut meats. Spread on batter in pan and bake in 350 degree oven for approx. 30 minutes

Preparation Time: 0:00

Chinese Carrots And Mushrooms

Yield: 4 Servings

Ingredients

3 tb butter
12 carrots sliced paper thin
2 onions thinly sliced
1 1/2 c fresh mushrooms thinly sliced
1/2 c water
1/2 lemon juice of
3/4 ts salt
1/4 ts savory
1/4 ts ginger
1/8 ts mace
1/8 ts nutmeg
1/8 ts thyme
1/8 ts pepper
2 tb chopped parsley

Instructions

Melt butter in a large skillet. Add carrots, onion and mushrooms and saute, until onion is tender. Add water and remaining ingredients and simmer until tender, about 25 minutes. Yield: 4 to 6 servings.

MARY ANN WRIGHT

NAPERVILLE, IL

From , by the Little Rock (AR) Junior League. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chinese Carryout Noodles

Yield: 2 Servings

Ingredients

1 ts canola oil
1 ts asian sesame oil
1 c onion chopped
1 clove garlic
4 oz chicken breast skinless & boneless
1 tb ginger grated

2 lg stalks bok choy
8 oz angel hair pasta
1/4 c chicken stock
2 tb dry sherry
1 tb soy sauce
1 1/2 tb hoisin sauce
2 scallions
1/8 ts salt

Instructions

Date: Tue, 18 Jun 1996 07:27:14 0800

From: Joel Ehrlich

Bring water to a boil in a covered pot. Cook the pasta according to package directions. Heat the canola and sesame oils together in a non stick skillet or wok until very hot. Chop the onion. Stir fry in the oils. Mince the garlic. Add to the wok. Continue cooking. Wash and dry the chicken and cut into bite size pieces. Add to the wok. Stir fry until the chicken browns. Add the grated ginger. Wash, trim and cut the bok choy into small pieces. Stir into the wok. Add the chicken stock, sherry, soy sauce and the hoisin. Stir well. Reduce heat. Continue cooking. Wash, trim and slice the scallions. Drain the pasta. Stir into the wok. Season with salt.

Sprinkle with scallions. Serve.

EAT L DIGEST 18 JUNE 1996

From the EAT L recipe list. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Chinese: Cashew Chicken

Yield: 4 Servings

Ingredients

3 chicken breasts *
1/2 lb chinese pea pods
1/2 lb mushrooms
4 green onions
2 c bamboo shoots, drained
1 c chicken broth **
1/4 c soy sauce
2 tb corn starch
1/2 ts sugar
1/2 ts salt
4 tb salad oil
1 pk cashew nuts (about 4 oz)

Instructions

* Boned and skinned ** Or bouillon cube dissolved in water

Slice breasts horizontally into very thin slices and cut into inch squares.

Place on tray. Prepare vegetables, removing ends and strings from pea pods, slicing mushrooms, green part of onions, and the bamboo shoots. Add to tray. Mix soy sauce, cornstarch, sugar, and salt. Heat 1 tbs of oil in skillet over moderate heat, add all the nuts, and cook 1 min shaking the pan, toasting the nuts lightly. Remove and reserve. Pour remaining oil in pan, fry chicken quickly, turning often until it looks opaque. Lower heat to low. Add pea pods, mushrooms, and broth. Cover and cook slowly for 2 mins. Remove cover, add soy sauce mixture, bamboo shoots, and cook until thickened,

stirring constantly. Simmer uncovered a bit more and add green onions and nuts and serve immediately.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemin

Chinese Cashew Nut Chicken (Yiu Gwoh Gai)

Yield: 8 Servings

Ingredients

3 lb chicken or 2 whole chicken
1 breasts
1/4 lb raw cashew nuts
20 sm chinese mushrooms (or 1
1 medium size can mushrooms)
4 stalks celery
1/2 c bamboo shoot tips (water packed in 15 oz can)
1 yellow onion, thinly sliced
3 tb oil, approximately
1/2 ts salt
1/2 ts sugar
2 c chicken stock
1 tb cornstarch

Water

MARINADE

3/4 ts salt
1/2 ts sugar
1 ts thin soy sauce
1 tb oyster sauce
1 ds pepper
1 tb cornstarch
2 green onions, slivered
3 thin slices ginger root, slivered
2 c oil for deep frying

Instructions

1. Skin and bone chicken. Cut into 2" x 1/2" pieces.
2. Sprinkle the chicken with each of the ingredients listed under "marinade," mix well, then add the green onions and ginger. Marinate for 1 hour.
3. Heat 2 cups oil to 325 degrees and deep fry cashew nuts for 5 minutes, drain and salt lightly.
4. Boil Chinese mushrooms for 10 minutes, rinse, squeeze dry, cut off and discard stems. If you use canned mushrooms, omit this step.
5. Cut celery into 1 1/2" pieces, then cut each piece lengthwise into strips, julienne style.
6. Cut bamboo shoot tips into thin slices.
7. Peel water chestnuts (using potato peeler) and cut a little off the top and the bottom of each one. Then cut them into thin slices and soak in water to prevent them from turning dark. (Canned water chestnuts are already peeled.)
8. Heat wok, add 1 t. oil and stir fry the bamboo tips and water chestnuts together, if you use fresh water chestnuts. (If canned ones are used, stir fry them separately in 1 teaspoon oil for 1 2 minutes, adding 2 teaspoons sugar.) Set aside.

9. Heat wok, add 1 teaspoon oil and stir fry mushrooms, celery and yellow onion for 3 minutes, with 1/2 teaspoon salt and 1/2 teaspoon sugar. Set aside.
10. Heat wok, add 2 tablespoons oil and stir fry marinated chicken for 3 minutes. Add chicken stock, cover and cook for 10 minutes over medium heat.
11. Add vegetables which have been previously set aside and bring to a fast boil.
12. Thicken with a mixture made with the cornstarch and 2 tablespoon cold water. Bring to a boil, cook for 1 minute and turn off the heat.
13. Add cashew nuts, mix thoroughly, and serve.

Serve alone, or with rice.

Yield: Serves 8.

SOURCE: Chopsticks, Clever and Wok.

Chinese: Cashew Nut Prawns (Yiu Gwoh Ha)

Yield: 4 Servings

Ingredients

- 1/2 lb fresh prawns
- 1/2 cn mini sweet corn
- 2 stalks celery
- 2 green onions
- 2 oz raw cashew nuts (1/2 cup)
- 2 c water
- 1 ts salt
- 1 tb oil
- 1 c oil for deep frying

THICKENING MIXTURE

- 2 tb water
- 1 ts thin soy sauce
- 1/2 ts dark soy sauce
- 1 dash of pepper
- 1 1/2 ts cornstarch

Instructions

Shell, devein and wash prawns then, put 1 teaspoon salt into 2 cups water. Add the prawns and soak for 1 hour.

Cut each mini corn diagonally into 2 parts.

Cut celery into 1 1/2 inch pieces then cut each piece lengthwise into strips, julienne style.

Cut green onions into 3/4 inch lengths.

Drain and dry prawns with a paper towel.

In a small saucepan heat 1 cup oil to 325 degrees. Then, deep fry the cashew nuts for 3 minutes or until golden brown. Drain off excess oil and set aside.

Using the same oil as used for the cashew nuts, deep fry the prawns for 3 minutes. Remove and set aside.

Heat wok, add 1 tablespoon oil and stir fry celery, sweet corn and green onion for 1 minute, sprinkling lightly with salt and sugar.

Add prawns.

Combine thickening ingredients in a cup then stir into prawn mixture. Cook for 1 minute.

Turn off heat, and cashew nuts, mix thoroughly, and serve.

SOURCE: Chosticks, Cleaver and Wok.

Chinese Cashew Tuna (Or Chicken) Dinner

Yield: 1 Serving

Ingredients

1 cn drained tuna or 1 c. cooked diced c (7
1 c diced celery
1/2 c diced onion
3 tb butter or margarine
1 cn condensed cream of mushroom s oup (cream of gives nice change)
1 cn drained bean sprouts (16oz.)
1 tb soy sauce
1 c cashew nuts (have a friend who uses peanuts)
chow mein noodles

Instructions

Combine all ingred. except noodles in crock pot. Stir well, and cook for 5 to 9 hours on low. Serve over chow mein noodles (or rice) (Very Pseudo Chinese...I don't even try to pass it off as Chinese...just good)

Preparation Time: 0:00

Chinese Cashew Tuna

Yield: 4 Servings

Ingredients

7 oz tuna in water drain/flake
1 c celery diced
1/2 c onions minced
3 tb margarine
1 cn cream of mushroom soup condensed can(16oz)
1 tb soy sauce
1 c cashews coarsely chop
1 cn chow mein noddles.
1 bean sprouts drained

Instructions

Combine all ingredients except chow mein noodles in Crock Pot stir well. Cover and cook on Low setting for 4 to 9 hours. Serve over chow mein noodles.

From the recipe files of Carole Walberg

Recipe By : PRK

Chinese Casserole

Yield: 1

Ingredients

2 oriental eggplant cut into bite size chunks
1/3 c frozen peas
1 chopped scallion
1/2 c water or vegetable broth
2 tb soy sauce
2 tb shao sing rice wine
1/2 ts black bean chile paste
1 tb cornstarch

Instructions

mixed with water to form a thin paste

Put everything except the cornstarch mixture into the pot. Bring to a boil and simmer covered for 10 minutes. Thicken the sauce with the cornstarch and serve with brown rice or Japanese soba noodles. The variations are endless. You can replace the eggplant with firm tofu cut into 1 inch cubes. This past weekend, I used a mixture of tofu and vegetarian abalone that I got in an oriental market. The peas can be replaced with any mixture of green vegetables or mushrooms. I've even used fresh spinach. Any oriental paste type condiment can substitute for the black bean chile paste. Chile paste with sweet basil is particularly good. You can also use a little curry powder, or leave it out altogether.

Per serving: 91 Calories (kcal) trace Total Fat (2 calories from fat) 5g Protein 18g Carbohydrate 0mg Cholesterol 2118mg Sodium Food Exchanges: 1 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Converted by MM_Buster v2.0n.

Chinese Charred Peppers And Zucchini

Yield: 6

Ingredients

- 1 c large diced red bell pepper
- 1 c large diced yellow bell pepper
- 2 c sliced zucchini
- 1 ts salt

SEASONING SAUCE

- 1 tb soy sauce
- 2 ts red wine vinegar
- 1/2 ts chili oil
- 1/2 ts sugar
- 1 tb peanut oil

Instructions

1. Put the peppers and zucchini in a bowl and sprinkle with salt. Allow to sit at room temperature for 1 hour.
2. Submerge salted vegetables in cold water, drain and spin or drain dry. Make sure to dry well or the vegetables will not char properly.
3. To make the seasoning sauce, combine the soy sauce, vinegar, chili oil, and sugar. Set aside.
4. Place a wok or large cast iron skillet over high heat until it smokes, 2 to 3 min. Add the oil.
5. Immediately add the peppers and zucchini. Press down occasionally with the back of a spatula to aid the charring.
6. Cook until the peppers and zucchini are scorched in places and soft, about 5 min. If they appear to be scorching too rapidly, reduce the heat.
7. Add the seasoning sauce and stir for a few seconds until absorbed.

Serve at room temperature.

Yields 2 cups, serves 6 as a side dish

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Formatted using MC Buster by Barb at PK

Converted by MM_Buster v2.0l.

Chinese Checkerboard Cake

Yield: 1

Ingredients

1 baked (12 inch round) cake
4 c white frosting
1/2 c purple blue, orange, yellow, green and pink frosting
1 c red frosting
60 gumballs 10 of each frosting color

Instructions

Frost the cake white. Using a ruler and a knife, lightly mark a six pointed star. Frost each section a different color and frost the center red. Let the cake sit for a few hours so the frosting forms a crust. Use a marble to make indentations, then set in the gumballs.

Converted by MC_Buster.

Per serving: 5067 Calories (kcal) 202g Total Fat (35 calories from fat) 0g Protein 839g Carbohydrate 0mg Cholesterol 1089mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 40 1/2 Fat 54 Other Carbohydrates

Recipe by: IN FOOD TODAY SHOW #INE199

Converted by MM_Buster v2.0n.

Chinese Chews 1

Yield: 1

Ingredients

1/2 c margarine
2 tb white sugar
1 c flour
1 1/2 c brown sugar
1 ts vanilla
2 eggs
1/4 c coconut
1/4 c nuts
2 tb flour

Instructions

Mix together the margarine, white sugar, 1 cup of flour and press into 9x9 inch pan. Bake at 350 degrees for 15 minutes.

Second part: Mix eggs, coconut, nuts, brown sugar, flour, vanilla and place over the above baked part. Bake again at 350 degrees for 25 minutes.

Joyce Bechtel (Waitress)

Ida Miller (Cook)

Per serving: 2575 Calories (kcal) 128g Total Fat (44 calories from fat) 33g Protein 333g Carbohydrate 374mg Cholesterol 1272mg Sodium Food Exchanges: 7 1/2 Grain(Starch) 2 Lean Meat 0 Vegetable 0 Fruit 24 Fat 14 Other Carbohydrates

Recipe by: Amish County Cookbook Joyce Bechtel & Ida Miller

Converted by MM_Buster v2.0n.

Chinese Chews For The Boys

Yield: 1 Servings

Ingredients

JONI CLOUD SSMW41A
1 c dates pitted and chopped
1 c pecans chopped
3/4 c flour sifted

1 c sugar
1 ts baking powder
1/4 ts salt
2 eggs well beaten

Instructions

Combine the Dates and Pecans. Mix and sift flour, baking powder and salt, sift over the nuts and dates. Combine the eggs and sugar, add to flour mixture. Mix well. Spread mixture into a greased pans. Bake in a moderate oven (350 F) for 40 minutes. Cut into Bars.

Source: Pack a Treat for the Boys Afloat or Ashore 1943 Paper

Chinese Chews

Yield: 1 Servings

Ingredients

2 ea eggs
1 c sugar
1/2 c flour
1/2 ts baking powder
1/4 ts salt
1 c dates chopped
1 c nuts chopped

Instructions

Beat eggs until light. Add sugar and blend. Sift together dry ingredients, add to egg mixture. Stir in dates and nuts. Spread mixture in well buttered pan and bake in slow oven 300 F. about 20 minutes. When cool cut into squares and roll in granulated sugar.

Source: Mrs. Elmer Fry, Woodgrove Grange, Delaware County, OH

Chinese Chicken & Mushroom Soup

Yield: 6 Servings

Ingredients

110 g chicken leg meat skinned
1 tb sherry or rice wine
1 tb light soy sauce (1)
25 g chinese dried mushrooms
1100 l chicken stock
1 tb spring onions chopped
25 g raw ham or lean bacon
1 tb light soy sauce (2)
2 ts oil

Instructions

Soak the mushrooms in warm water for 20 minutes. Meanwhile, cut the chicken into 1 cm. cubes. Put them in a bowl together with the sherry or rice wine and the soy sauce (1) and let the mixture stand 10 minutes or so. When the mushrooms have soaked, drain them and squeeze out excess liquid. Remove and discard the stems and finely shred the caps into thin strips. Finely shred the ham or bacon (should be smoked) into thin strips. Bring the stock to a simmer in a large pot. Drain the marinade (but not the chicken cubes) into the stock. Add the mushrooms, finely chopped spring onions, ham or bacon and remaining soy sauce (2). Continue to simmer the soup and meanwhile heat the oil in a wok or large frying pan. When really hot, stir fry the chicken over high heat until they are nicely brown this should take about 5 minutes.

Drain them on kitchen paper and then add them to the soup. Simmer together for 5 minutes and the soup is ready to serve.

Notes. This soup would also go well with French bread and butter for a non chinese meal. It also reheats well, tasting even better when made one day and eaten the next.

Recipe Ken Hom's Chinese Cookery

Mmed IMH Georges' Home BBS 2:323/4.4

From: Ian Hoare Date: 26 Jun 96

Chinese Chicken & Noodles

Yield: 4 Servings

Ingredients

1/4 c margarine, imitation
1 md green bell pepper chopped
1 md red bell pepper chopped
1 md onion chopped
1/4 c apple cider vinegar
1/4 c soy sauce
1/4 c pineapple juice
2 tb sugar
2 tb cornstarch
2 tb water
8 oz pasta
1 lb chicken breast halves without skin boneless
1 five spice powder to taste

Instructions

Saute vegetables in butter until almost soft. Cut chicken into bite size chunks. Season chicken with five spice powder sparingly. Add chicken and mushrooms. Stir fry on high heat very fast, until chicken is done. Turn down heat. Then add apple cider, soy sauce and pineapple juice. Can add more soy sauce and pineapple if needed. Add sugar. Mix cornstarch and water together and add and turn on very high heat until thickens. Can add just a very little pinch of five spice to mixture, but be careful with five spice. It's very strong.

To make lower fat, can saute vegetables with 1/2 margarine and 1/2 chicken broth. Can make lower in Sodium if use low sodium soy sauce.

When seasoning chicken breasts, use five spice sparingly. Toss with noodles.

Recipe By : Rhonda Guilbeaux

Chinese Chicken And Walnut Salad

Yield: 8 Servings

Ingredients

1 dressing
1 c corn oil
1/2 c hoisin sauce
1/2 c soy sauce
1/2 c red wine vinegar
1 tb garlic chopped
1 tb ginger grated
1/2 c sesame seeds
1 salad
1 bn spinach

1/2 bn nappa or chinese cabbage
4 whole carrots julienned
1 1/2 c walnuts coarsely chopped
1 sweet red pepper julienned
4 whole scallion thinly sliced
2 c skinless boneless chicken
1 breast cooked and shredded

Instructions

Combine dressing ingredients and blend well. Refrigerate. Wash spinach thoroughly and remove stems. Slice into 1/2 inch strips. Wash and core cabbage. Slice into 1/2 inch pieces. Dry and crisp in the refrigerator.

Combine greens and remaining salad ingredients in a large bowl. Toss well. Add dressing to taste and retoss. Reserve dressing may be stored in a covered glass container in the refrigerator.

Recipe By : Delicious Decisions/tpogue@idsonline.com

From: Terry Pogue Date: 05 Dec 97 Eat L List
(Recipes And Food Folklore) Ž

Chinese Chicken Batter

Yield: 1 Serving

Ingredients

1 egg
3 tb cornstarch
1 ts salt

Instructions

Mix and toss with 1 lb diced chicken breast. Stand 30 minutes and deep fry until golden (at 375 degrees)

Converted by MC_Buster.

Chinese Chicken Breasts

Yield: 4 Servings

Ingredients

1 ts sesame oil
2 whole boneless, skinless chicken breasts cut in halves
1 ts garlic, minced
1/4 c chopped onion
2 c broccoli spears
1 10 oz. pkg. frozen snow pea pods(fresh are even better)

Instructions

Start marinating in the morning for maximum flavor.

Heat oil in a non stick frying pan until it sizzles. Add the remaining ingredients except snow pea pods. Cover and cook for 5 minutes. Turn chicken breasts over and cook 8 minutes longer. Add snow pea pods and heat through. Stir and serve. Yield: 4 servings

Typed in MMFormat by cjhartlin@email.msn.com Source: Garlic Recipes

Chinese Chicken Broth

Yield: 10 Cups

Ingredients

4 lb chicken bones see note

2 tb dry sherry
3 sl ginger root
1 scallion

Instructions

NOTE: Save up your chicken bones when cooking other dishes. If you don't have enough, go ahead and add a couple of whole pieces. Or, if no one in your family will eat wings, save them in the freezer until you have enough to make a batch of stock. Bring a large amount of water to a boil in a stockpot large enough to hold all the bones and enough water to cover them. Blanch the bones by dropping them into the boiling water. When the water returns to a boil, about 3 to 5 minutes, drain the bones in a colander and rinse with cold water. This blanching ensures a clearer broth.

Rinse and scrub out any clinging scum from the stockpot. Put the chicken bones back into the pot with just enough cold water to cover them. Add the sherry, ginger root and scallion, bring the water to a boil over high heat and immediately turn the heat down to maintain a simmer. Don't cover the pot.

Skim off any foam or impurities and discard. Simmer, uncovered, for 1 1/2 to 2 hours, or until the chicken is tender and the bones fall apart easily. Remember, it's the slow simmering that makes a good broth, so don't rush this process.

Skim off the fat that is on the surface and remove any large bones. Strain the broth through a fine mesh strainer and through 2 layers of damp cheesecloth spread over a colander. Cool, uncovered, then refrigerate the broth in a sealed container until ready to use.

(Remove any congealed fat before using.) Refrigerated, the stock will keep for about 5 days to 1 week. You may also freeze the broth in 1 to 2 cup containers for easier use. Serve this broth alone, salted to taste and garnished with chopped scallion, as a base for other soup recipes or in stir fry dishes in place of water.

Nutritional Information: per cup: 32 calories, 2g fat, 3g carbohydrates, 1mg cholesterol, 46mg sodium. Percent of calories from fat 43.

** Fort Worth Star Telegram Food section 10 January 1996 **

Scanned and formatted for you by The WEE Scot paul macGregor

From: Iris Grayson Date: 07 Mar 97 National

Cooking Echo Z

Chinese Chicken Cooked With Rice

Yield: 4 Servings

Ingredients

1 1/2 c long grain white rice
8 oz boneless chicken thighs with skin removed
1 tb light soy sauce
2 ts dark soy sauce
2 ts rice wine or dry sherry
1 ts salt
2 ts sesame oil
1 ts cornstarch
1 1/2 tb peanut oil
2 ts minced peeled fresh ginger

GARNISH

1 tb dark soy sauce
2 tb finely chopped scallions

Instructions

PUT RICE IN CLAY POT or medium sized pot with water to cover about 1 inch. Bring rice to boil cook until most water evaporates. Reduce heat to low and cover tightly. Coarsely chop chicken combine with soy sauces, wine, salt, sesame oil and cornstarch. Heat wok or large saute pan until hot. Add oil and ginger stir fry for 10 seconds. Add chicken, and stir fry for 2 minutes. Pour the contents of wok on top of the rice, cover, and continue to cook for 10 minutes. Just before serving, drizzle the soy sauce on top of the rice and garnish with the scallions.

Makes 2 to 4 Servings

KEN HOM

PRODIGY GUEST CHEFS COOKBOOK

Chinese Chicken Corn Soup #2

Yield: 6 Servings

Ingredients

3 c chicken broth

8 1/4 oz can creamed corn 1

1 c chicken diced, cooked, skinned

1 tb cornstarch

2 tb cold water

2 egg whites

2 tb parsley finely, minced, fresh

Instructions

Combine chicken broth, corn, and chicken pieces in a large saucepan.

Bring mixture to a boil over medium heat, stirring occasionally.

Blend cornstarch with cold water and add to soup. Continue cooking, uncovered, for 3 minutes. Beat egg whites until foamy stir into soup. Reduce heat to a simmer and cook until foamy. Ladle soup into individual bowls and garnish with parsley. Serve hot.

Food Exchanges per serving: 2 MEAT EXCHANGES + 1 STARCH/BREAD

EXCHANGES. CHO: 14g PRO: 16g FAT: 4g CAL: 156 LOW SODIUM DIETS:

Substitute unsalted broth.

Source: The Art of Cooking for the Diabetic by Mary Abbott

Hess, R.D., M.S. and Katharine Middleton Brought to you and yours via

Nancy O'Brien and her Meal Master

Chinese Chicken ...Fournier

Yield: 1 Servings

Ingredients

18 chicken wings drumsticks

3 garlic cloves minced

1 ground ginger minced

1 ging

1 1/2 ts five spice powder

1/2 c soy sauce

1/2 c white wine

1/4 c vegetable oil

Instructions

DIRECTIONS MIX TOGETHER AND PLACE CHICKEN IN MARINAT FOR 1 OR MORE HOURS. BAKE AT 350 RFOR 30 40 MIN KEEP BASTING. COOK IN GRILL AND BRUSH MARINATE TO CRISPEN.

Recipe By :

Chinese Chicken ...Fournier2

Yield: 1

Ingredients

18 chicken wings drumsticks
3 garlic cloves minced
1 ground ginger minced ginger
1 1/2 ts five spice powder
1/2 c soy sauce
1/2 c white wine
1/4 c vegetable oil

Instructions

DIRECTIONS MIX TOGETHER AND PLACE CHICKEN IN MARINAT FOR 1 OR MORE HOURS. BAKE AT 350 RFOR 30 40 MIN KEEP BASTING. COOK IN GRILL AND BRUSH MARINATE TO CRISPEN.

Posted to CHILE HEADS DIGEST V3 #, converted by MM_Buster v2.0l.

Chinese Chicken Goulash

Yield: 6 Servings

Ingredients

1/4 c butter
1 sm onion sliced
4 oz mushrooms
2 c chicken broth
1 c uncooked rice washed
1 green bell pepper in thin strips
1/2 c diced celery
2 c cooked chicken cut up
1/4 c rich milk (or evaporated skim)
salt and pepper to taste

Instructions

Melt butter in heavy skillet. Add onion and mushrooms cook until golden. Pour in chicken broth and heat to boiling. Stir in rice. Cover and simmer gently for 10 minutes. Add rest of ingredients cover and cook 10 15 minutes more.

Serves 6.

MC formatting by bobbi744@acd.net ICQ# 12099532

Contributor: Very Old Recipe Card, original source unknown

Preparation Time: 0:00

Chinese Chicken In A Bag

Yield: 4 Servings

Ingredients

1 tb flour
1 frying chicken 3 to 4 pounds
1 1/2 ts salt
1 ts ground ginger
1/2 ts chinese five spice powder
3 green onions cut into 3 inch pieces
3 tb each: hoisin sauce honey
2 tb dry sherry

1/2 ts freshly ground black pepper

Instructions

The chicken is so flavorful and tender, and so easy to prepare, that this single recipe is reason enough to buy a box of oven bags. You can remove the skin from the chicken before serving it or let your guests take it off themselves. If you're really in a hurry you can omit the marination step. Just rub the seasonings on the chicken, inside and out, fill the cavity with the green onions and put it in the oven. This way you can have it ready to eat in a little over an hour. It takes so little time to assemble this recipe that I often prepare two chickens just to have leftovers. Remove the skin and bones from the leftover chicken and cut it into bite size pieces. Store it in a tightly covered container or a zipper type storage bag in the refrigerator. Save any leftover cooking liquid after skimming the fat from it. You can use the chicken the next day in salad or soup. You also can mix the chicken with the liquid and serve it over pasta, rice or a baked potato. The defatted cooking liquid can be mixed with a little rice vinegar for a delicious salad dressing.

Preparation time: 15 minutes Cooking time: 1 hour Chilling time: 4 hours

1. Put flour in large (14 by 20 inch) oven bag and shake well. Leave flour in bag to protect against bursting and set aside. Wash chicken and pat dry. Combine 1/2 teaspoon of the salt, ginger and five spice powder mix well. Rub mixture into cavity of chicken and place green onions inside cavity.
2. Combine hoisin sauce, honey, sherry, remaining salt and pepper rub all over outside of chicken. Place chicken in bag, pour in any remaining sauce. Place bag in baking dish at least 2 inches deep. Close bag with nylon tie packed in carton of bags cut six 1/2 inch slits in top of bag. If possible, refrigerate at least 4 hours before baking to allow chicken to marinate.
3. Heat oven to 350 degrees. Bake chicken until legs can be easily pulled away from sides, about 1 hour.
4. Remove chicken from oven and allow to stand 10 minutes. Carefully cut bag open using scissors. Remove chicken from bag, and pour cooking liquid into medium bowl. Place bowl in freezer until fat congeals on top and remove. When chicken is cool enough to handle safely, cut off wings and legs. Cut down center of chicken lengthwise and cut each half, crosswise, right through bone, into many pieces.
5. To serve, place all chicken pieces on serving platter. Pour defatted liquid over top.

Nutrition information per serving: Calories 290 Fat 8 g Cholesterol .. 100 mg Sodium 945 mg Carbohydrates .. 16 g Protein 34 g Send your recipe for revision to: Cook it light, Chicago Tribune, 435 N. Michigan Ave., Chicago, Ill. 60611 4041. Posted to TNT Prodigy's Recipe Exchange Newsletter by Rrairie@aol.com on Aug 6, 1997

Chinese: Chicken In Plum Sauce: Mwei Jiong Ga

Yield: 4 Servings

Ingredients

1 no ingredients

Instructions

1/2 cup Oil

1 Clove garlic

3 lb Frying chicken

1/3 cup Plum sauce

5 Celery stalks, diced
4 sl Ginger
3 Tbsp Sherry
4 Carrots
2 tsp Sugar
1 tsp Salt
1/3 cup Chinese pickles
1/4 cup Water
2 tsp Cornstarch mixed with 1/4 cup water
Cut chicken into bite sized pieces. Peel carrots and cut into cubes.
Crush garlic.

Place oil and garlic in skillet. Brown Chicken, stir 5 minutes, cover, reduce heat, and simmer 10 minutes. Add plum sauce celery, ginger, sherry, carrots, sugar salt, pickles and water. Simmer covered for 12 minutes. Add cornstarch water mixture to thicken gravy.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdjaxxx.zip>

Chinese Chicken Italiano

Yield: 4 Servings

Ingredients

4 chicken breasts, boned
2 c mixed chinese vegetables
1 c tomato sauce
1 c rice
2 c water
1 ts salt
4 tb cooking oil
2 tb cornstarch or 2 tb flour
1 (garnishes):
1 hot sauce
1 grated cheese

Instructions

Cook rice per directions. I undercook the rice by about 5 min.

Meanwhile, cut chicken into bite size pieces. Coat with flour or cornstarch. Heat oil in wok or frying pan till very hot. Stir fry the chicken until lightly browned. Add vegetables and stir fry until thawed.

Add tomato sauce and cooked rice. Simmer on low for 15 min., or until rice is done.

Serve with fresh bread. Add hot sauce or cheese, per taste.

From: The Crazy Kitchen of Dan Ceppa Typed by: Natalie Ceppa

Chinese Chicken Livers* Dxdg05A

Yield: 12 Servings

Ingredients

8 oz chicken livers cut in half
1/4 c lemon juice
1/2 c soy
1/2 c flour
3/4 onion, finely minced
3 tb vegetable oil

Instructions

***Ling Mun Gai**

1. Combine lemon juice and soy sauce, pour over livers and refrigerated over night
2. Drain livers and dredge in flour
3. Heat oil in wok. Fry livers and onions together until livers are golden brown

Posted by Jane Harris. MM:MK VMXV03A.

Chinese Chicken Livers

Yield: 1 Servings

Ingredients

- 1 lb chicken livers
- 1 tb soy sauce
- 1/4 c vegetable oil
- 2 tb honey
- 1 tb white wine
- 1 or 2 cloves minced garlic

Instructions

Wash chicken livers and pat dry. Combine other ingredients, adding oil last. Marinate livers in the honey mixture. Bake at 375 degrees for 15 to 20 minutes. I usually turn the livers about half way.

From: Earl Shelsby Date: 10 09 93

Chinese Chicken Meatballs

Yield: 1

Ingredients

- 1 lb lean ground chicken or turkey breast 500g
- 1 clove garlic minced 1
- 2 egg whites or 1 whole egg 2
- 1 c fresh whole wheat or white breadcrumbs 250 ml
- 1/4 c ketchup 50 ml
- 1 ts salt 5 ml
- 1/4 ts pepper 1 ml
- 2 tb chopped fresh parsley 25 ml
- SWEET AND SOUR SAUCE**
- 1 tb vegetable oil 15 ml
- 1 clove garlic finely chopped
- 1 onion chopped 1
- 1/2 c ketchup 125 ml
- 1 cn plum tomatoes drained and pureed or broken up 1 (28 oz/796 ml)
- 1/2 c ginger ale or cranberry juice 125 ml

Instructions

In large bowl, combine ground chicken, minced garlic, egg whites, breadcrumbs, 1/4 cup/50 mL ketchup, salt, pepper and parsley. Shape into 1 inch/2.5 cm balls. Reserve. To prepare sauce, heat oil in large non stick saucepan. Add garlic and onion. Cook on low heat until fragrant but do not brown. Add 1/2 cup/125 mL ketchup, tomatoes and ginger ale.

Bring to boil (if sauce is too thick, add about 1/2 cup/125 mL water or additional ginger ale). Taste and adjust seasonings if necessary.

Add chicken balls to boiling sauce. Reduce heat and cook gently, uncovered, for 20 to 30 minutes, or until meatballs are tender and sauce is thick.

Converted by MC_Buster.

NOTES : These delicious meatballs (recipe from More HeartSmart Cooking With Bonnie Stern) can also be served as a main course over rice, couscous or orzo and steamed broccoli.

Converted by MM_Buster v2.0l.

Chinese Chicken Nuggets

Yield: 32 Servings

Ingredients

- 1/4 c soy sauce
- 1/4 c dry sherry or vermouth
- 1 tb sugar
- 2 cloves garlic minced
- 1 tb fresh ginger grated
- 1 ds cayenne
- 1 lb boned and skinned chicken breast halves, cut 1 inch

Instructions

1. In a shallow dish just large enough to hold the chicken in one layer, combine the soy sauce, sherry, sugar, garlic, ginger and cayenne.
2. Add the chicken, cover and refrigerate for at least 4 hours or overnight.
3. Preheat broiler or grill. Thread chicken onto thin skewers.
4. Broil or grill about 4 inches from the heat for 2 minutes. Turn and broil 2 minutes longer until cooked through.
5. Transfer to a serving platter.
6. Serve hot with toothpicks for spearing.

Recipe by: Readers Digest Cook Now, Serve Later, 1989

Posted to MC Recipe Digest V1 #1025 by njwwb on Jan 20, 1998

Chinese Chicken Pasta Salad

Yield: 4 Servings

Ingredients

- 2 c shredded cooked chicken breast bone (1 pound)
- 2 c cooked radiatore (short fat rippled pasta) cooked without salt or fat
- 1 1/2 c diagonally sliced fresh snow peas (1/2 inch)
- 1/2 c diced red bell pepper
- 1/4 c sliced green onions
- 8 oz sliced water chestnuts (1 can) drained
- 1/3 c plain low fat yogurt
- 2 1/2 tb low sodium soy sauce
- 2 tb reduced calorie mayonnaise
- 1/4 ts pepper
- 1/8 ts ground ginger
- 1 tb slivered almonds toasted
- 2 ts slivered almonds toasted

Instructions

Combine first 6 ingredients in a large bowl toss gently, and set aside.

Combine yogurt and next 4 ingredients in a bowl stir well. Add to chicken mixture toss gently to coat. Sprinkle with toasted slivered almonds.

Yield: 4 servings (serving size: 1 1/2 cups).

Per serving (excluding unknown items): 98 Calories 3g Fat (25 calories from fat) 3g Protein 15g Carbohydrate 4mg Cholesterol 361mg Sodium
Nutr. Assoc. : 0 0 0 0 0 0 5473 0 0 5020 0 0 4363 2571
Contributor: Cooking Light, May/June 1993, page 142
Preparation Time: 0:21

Chinese Chicken Pasta

Yield: 6 Servings

Ingredients

1 tb vegetable oil
1/2 lb shiitake mushrooms, stems removed and caps sliced
1 tb finely chopped fresh ginger
1/2 ts minced garlic
1 c chicken broth
2 tb soy sauce
1 1/2 ts asian sesame oil
1/4 ts freshly ground pepper
2 c diced cooked chicken
1/4 c sliced green onions
1 bn spinach (10 oz.), washed and chopped
1 lb spaghetti, cooked according to package directions

Instructions

Heat vegetable oil in large skillet over medium high heat. Add mushrooms cook 5 minutes. Add ginger and garlic cook 1 minute more. Add chicken broth, soy sauce, sesame oil and pepper bring to boil and cook 1 minute. Add cooked chicken, green onions and spinach. Toss with hot pasta.

PER SERVING Calories 435 Total Fat 9 g Saturated Fat 2 g Cholesterol 42 mg Sodium 644 mg Carbohydrates 62 g Protein 27 g

Posted to MM Recipes Digest by Julie Bertholf & Simon Wood on Sep 06, 1998

Chinese Chicken Patties

Yield: 4 Servings

Ingredients

2 chicken breasts (about 1 3/4 lb)
1 egg separated
2 tb margarine softened
1 tb vegetable oil
1 milk
1 salt and pepper
1 chopped parsley
1 bread crumbs
1 sherry
1 soy sauce
1 ts sour cream

Instructions

Skin chicken breasts and remove all fat. Chop meat into small pieces. Mix with egg white, margarine and oil. Moisten with a little milk, add salt and pepper and form into oval patties 1/2" thick. Press chopped parsley into center of each patty. Brush with egg yolk, sprinkle with bread crumbs and saute for 5 minutes over medium heat. Add sherry to taste, a little soy sauce for color and 1 tsp sour cream to complete gravy.

Serves 4 to 6.

Chinese Chicken Sa La

Yield: 2 Servings

Ingredients

1 no ingredients

Instructions

1/2 c Pineapple chunks* (no sugar)

1 tb Vinegar cider or rice

1 tb Soy sauce

1 1/2 ts Mustard Dijon style

1 ts Oil peanut or vegetable

1/4 ts Seasoned salt

6 oz Chicken breast*

2 c Lettuce shredded

1/4 c Onions green chopped

2 tb Parsley chopped

1/4 c Green pepper

1 1/2 oz Water chestnuts sliced

1 Onion green *

1/2 ts Sesame seed, toasted

In medium glass (not aluminum) bowl combine pineapple juice* (reserved from can) vinegar, soy sauce, mustard, oil, and seasoned salt. Add chicken* which has been skinned, boned, cooked and cut into thin strips, and toss to coat. Cover with plastic wrap and refrigerate for 1 hour. Toss mixture occasionally. In another bowl combine lettuce, sliced green onions, and parsley and toss to combine. Cover with plastic wrap and refrigerate until ready to use. To serve, line serving platter with lettuce mixture. Spoon chicken mixture onto lettuce mixture and top chicken with pineapple chunks, bell pepper, and water chestnuts garnish with green onion* (trimmed and cut lengthwise into 4 strips) and sprinkle with sesame seed. 245 calories/serving.

Chinese Chicken Salad (Weight Watchers Magazine)

Yield: 6 Servings

Ingredients

1 tb rice wine vinegar

1 ts canola oil

1 ts sesame oil

1 tb toasted sesame seeds

1/2 ts ground ginger

3 c torn romaine lettuce

3 c shredded red cabbage

1 c drained canned sliced water chestnuts

8 oz cooked skinless boneless chicken breast, cut into

1 oz sliced almonds

1 lemon juice

Instructions

Adapted from Candlestick Park, San Francisco, CA. Foodservice: Harry M. Stevens

1. In small bowl, combine vinegar, canola and sesame oil with 1 T. water whisk in sesame seeds and ginger set aside.

2. Divide lettuce, cabbage and water chestnuts evenly among 4 plates. Top each evenly with chicken sprinkle evenly with almonds. Drizzle dressing over salad. Sprinkle with lemon juice.
Each serving provides: 1 FA, 2 1/2 P, 3 V, 1/2 B, 15 C Per serving: 208 cal, 21 g pro, 9 g fat, 11 g car, 56 mg sod, 48 mg chol
Posted by: Valerie Whittle

Chinese Chicken Salad By David Cassidy

Yield: 1 Servings

Ingredients

6 oz chicken breast per person (24 oz.)
1 olive oil
1 ground ginger
1 teriyaki sauce
1 sesame seeds
1 romaine lettuce
1 butter lettuce
1 carrot
1 green onion
1 green and red peppers
1 alfalfa sprouts
1 cucumber
1 pine nuts
1 cn pineapple pieces (save the juice)
1 cn mandarine oranges (save the juice)
1/4 c crispy chow mein salad noodles
1 for the dressing:
1/4 c olive oil
1 tb sesame oil
1/2 c white wine vinegar
1 tbsps sweet & sour sauce
1 pineapple and mandarine juice from cans
2 tb brown sugar
1 pn nutmeg
1 ts dijon mustar1 cup water

Instructions

Wash and pat dry the chicken and cut into cubes. Heat olive oil in a skillet. Toss the chicken cubes in teriyaki sauce and ground ginger.
Add to the skillet and fry, stirring constantly, until cooked through. Set aside to cool.
Wash and chop all raw ingredients (amount would vary as to how many you were preparing for) In a large salad bowl, combine with chicken and garnish with chow mein salad noodles.
In a blender, mix together all the dressing ingredients and add salt, pepper, dijon and sesame oil to taste.
Serve with garlic bread. From: AI Date: 24 Jan 97 Jewish Food List Ž

Chinese Chicken Salad B1

Yield: 4 Servings

Ingredients

2 chicken breasts or drumstick thighs

2 qt vegetable oil
8 squares wonton dough cut in 1/8 inch. strips
1/3 pk rice noodles
1 ts liquid mustard
1 ts chinese five spice powder
1 ts sesame oil
2 tb toasted almonds (finely chopped)
1/2 c thinly sliced green onions (white part only)
1/2 ts salt
1/2 head lettuce shredded

Instructions

Place chicken in pot, cover with water. Bring to boil, simmer 20 minutes. Remove, drain on paper towels. Place vegetable oil in deep fryer, heat to 350 F. Test for readiness by dropping a rice noodle into oil. If it sinks, oil isn't hot enough. When it pops up immediately, put in dough strips, fry to a light tan color. Remove and drain on paper towels. Divide noodles into 3 parts, deep fry separately. Noodles should explode on contact with hot oil & should be removed instantly, before oil is absorbed. Drain on paper towels.

Deep fry chicken 5 minutes. Remove, drain on paper towels. Bone, cut into strips, including skin. Place chicken meat in large bowl. Add mustard, five spice powder, sesame oil, soy sauce, almonds, green onions, & salt.

Mix well. Add crisp fried wonton strips & noodles mix well. They'll break. Pile salad on bed of lettuce, don't toss.

Temperature(s): COLD Effort: AVERAGE Time: 00:30 Source: MADAME WU'S GARDEN Comments: WILSHIRE BLVD., LOS ANGELES Comments: BEVERAGE: CHINESE TEA

Chinese Chicken Salad Dressing I

Yield: 1 Batch

Ingredients

1 c dark sesame oil
1 ts salt
1 tb sugar (heaping)
1 c balsamic vinegar
1 c soy sauce
4 green onions, finely chopped
1 tb lay yu hot flavored oil
4 tb fresh garlic, chopped

Instructions

Combine all ingredients.

Goldstein said this is a "great" chicken salad dressing.

From Larry Goldstein to Victoria Parducci on Prodigy, 09/23/92 @ 8:22 p.m. Typed for you by Cathy Harned.

Chinese Chicken Salad Dressing II

Yield: 1 Batch

Ingredients

1 tb sesame oil
1 tb vegetable oil
3 tb rice vinegar

3 tb sugar
1 ts salt
1 sesame seeds

Instructions

Adjust amounts to fit your need. Combine all.

From Allison Jenkins in Honolulu to Laurie Martinez on Prodigy, 09/23/92 @ 8:24 p.m. Typed for you by Cathy Harned.

Chinese Chicken Salad Dressing Iii

Yield: 1 Batch

Ingredients

3 tb dry sherry
1/2 ts fresh ginger, grated
3 tb soy sauce
1/2 c water
2 tb minced green onion
3 tb rice wine vinegar
2 tb hoisin sauce
1 tb sugar
1 tb sesame oil

Instructions

Combine and blend all ingredients.

Martinez writes: "I also use this as a regular salad dressing. It has a really good flavor."

From Laurie Martinez in Lancaster, PA to Victoria Parducci on Prodigy, 09/23/92 @ 8:23 p.m. Typed for you by Cathy Harned.

Chinese Chicken Salad In Wun Tun Baskets

Yield: 10 Servings

Ingredients

1/4 c sugar
1/4 c vinegar
1/4 c salad oil
2 1/2 ts salt
1/2 ts brown sugar
2 lb chicken breasts or thighs cooked and shredded
6 oz wun tun wrappers (about 30)
1 salad oil for frying
1 head lettuce shredded
1 green onion sliced
1/2 c slivered almonds toasted

Instructions

Combine sugar, vinegar, the 1/4 cup oil, the salt, and brown sugar mix well. Pour over chicken, marinate for at least 20 minutes or longer. Heat oil to 375 F. Place one wun tun wrapper in basket ladle, fit another ladle on top wrapper to hold in place. Deep fry in hot oil until golden brown drain. Repeat until all wrappers are made into mini baskets. Place baskets on a platter lined with lettuce.

Fill each basket with lettuce, chicken, green onion and almonds.

Serve immediately. Makes 10 servings.

Recipes demonstrated by Nanakuli High School Food Service students Fredlum Paaluhi, Janifer Salvacion, Chanda Talbert and Christopher Wilcox. (JUNE 1995)

Reprinted with permission from: The Electric Kitchen & Hawaiian Electric Company, Inc.

[Meal Master compatible format by Karen Mintzias]

Chinese Chicken Salad With Pasta

Yield: 4 Servings

Ingredients

3/4 lb Fettucine
12 oz Cooked chicken or smoked chicken
4 Scallions thinly sliced
2 tb Oriental sesame oil (to 3 tbsps)
2 tb Rice vinegar (to 3 tbsps)
2 ts Chinese chili paste with garlic
1/4 c Chunky peanut butter
Salt to taste
Crushed red pepper to taste
Spinach leaves as a bed for salad
2 Kirby cucumbers peeled, seeded, and grated for garnish
Chopped peanuts and/or cilantro leaves for garnish, (optional)

Instructions

Boil the pasta until al dente, about 10 minutes.

While the water is coming to a boil for the pasta and the pasta itself is cooking, cut the chicken into strips about 2 inches long and 1/4 inch wide.

In the bottom of a mixing bowl combine the scallions, sesame oil, rice vinegar, chili paste and peanut butter. Whisk until smooth and season with salt and crushed red pepper. Add more of any ingredient to make it taste as you wish.

Add the chicken. When the pasta is done, drain and rinse it under cold water to stop the cooking process and pat dry. Add the pasta to the bowl, toss the ingredients together and adjust the seasoning. Transfer the salad to a platter lined with spinach leaves (dressed or not as you wish with a vinaigrette or favorite salad dressing). Garnish with cucumbers, peanuts or cilantro.

This recipe yields 4 servings.

Recipe Source:

COOKING MONDAY TO FRIDAY with Michele Urvater

From the TV FOOD NETWORK (Show # MF 6710 broadcast 07 04 1998)

Downloaded from their Web Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com

or MAD_SQUAD@prodigy.net 10 12 1998

Contributor: Michele Urvater

Preparation Time: 0:00

Chinese Chicken Salad Ww

Yield: 2 Servings

Ingredients

1/2 c pineapple chunks* (no sugar)
1 tb soy sauce
1 ts oil peanut or vegetable
6 oz chicken breast*
1/4 c onions green chopped
1/4 c green pepper

1 onion green *
1 tb vinegar cider or rice
1 1/2 ts mustard dijon style
1/4 ts seasoned salt
2 c lettuce shredded
2 tb parsley chopped
1 1/2 oz water chestnuts sliced
1/2 ts sesame seed, toasted

Instructions

In medium glass (not aluminum) bowl combine pineapple juice* (reserved from can) vinegar, soy sauce, mustard, oil, and seasoned salt. Add chicken* which has been skinned, boned, cooked and cut into thin strips, and toss to coat. Cover with plastic wrap and refrigerate for 1 hour. Toss mixture occasionally. In another bowl combine lettuce, sliced green onions, and parsley and toss to combine. Cover with plastic wrap and refrigerate until ready to use.

To serve, line serving platter with lettuce mixture. Spoon chicken mixture onto lettuce mixture and top chicken with pineapple chunks, bell pepper, and water chestnuts garnish with green onion* (trimmed and cut lengthwise into 4 strips) and sprinkle with sesame seed. 245 calories/serving.

Chinese Chicken Soup Stock

Yield: 1 Serving

Ingredients

5 lb Chicken backs and necks
2 sl Fresh ginger root about quarter size
2 Chinese dried turnip balls see * Note

Instructions

* Note: Preserved turnip or use preserved radish (both found in Oriental markets), coarsely chopped and rinsed with fresh water.

Place the chicken parts in a 12 quart stockpot and cover with water. On high heat bring the bones barely to a simmer. We do not want to cook the soup yet, so do not let it do more than just simmer. Foam and scum will form on the top of the pot. You do not want this to boil.

Drain the bones, discarding the water, and rinse well with cold water. Add 1 quart of fresh water for each pound of bones, along with the ginger and rinsed dried turnip. Bring to a simmer and cook 1 hour, uncovered. Strain the soup stock and discard the solids. Remove the fat by chilling the stock overnight and removing the fat when it has congealed. This recipe makes about 4 1/2 quarts of soup stock.

Recipe Source: THE FRUGAL GOURMET by Jeff Smith From the 09 09 1992 issue The Springfield Union News

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MAD_SQUAD@prodigy.net 10 12 1995

Contributor: Jeff Smith

Preparation Time: 0:00

Chinese Chicken Soup With Chicken Stuffed Cabbage

Yield: 4 Servings

Ingredients

1/4 lb lean ground chicken
1/4 lb lean ground pork

1/4 c white part of scallions finely chopped
1/4 c cooked spinach finely chopped
1 1/2 tb cilantro finely chopped
1 1/2 ts dried mint leaves
1 ts sesame oil
4 ts fresh ginger grated
2 ts onion finely chopped
1 tb soy sauce
12 chinese cabbage leaves blanched
12 scallions (green part) blanched
6 c chicken broth

Instructions

Combine the chicken, pork, half the chopped scallions, the spinach, cilantro, mint, sesame oil, 2 ts of the ginger, the onion and soy sauce. Mix thoroughly. Spread a cabbage leaf flat on a work surface.

Place a heaping teaspoon of the meat mixture in the center of the leaf. Fold sides of the leaf over the filling. Fold the top of the leaf over the filling. Roll filling down the leaf one turn. Trim away excess stem.

Tie package with a scallion green. Wrap remaining cabbage leaves in the same way.

Bring the chicken broth to a boil. Simmer the cabbage packages in the broth 6 7 minutes until firm to the touch. Divide remaining chopped scallion and ginger among 4 large soup bowls. Place 3 cabbage packages in each bowl and ladle chicken broth over the top.

Per Serving: Calories: 150, Protein: 20 g, Carbohydrate: 10 g, Fat: 4 g, Saturated Fat: 1 g, Cholesterol: 35 mg, Sodium: 315 mg, Fiber: 2 g.

Source: San Francisco Chronicle Typed by Katherine Smith Kook Net: The Shadow Zone IV Stinson Beach, CA

Chinese Chicken Spaghetti

Yield: 8 Servings

Ingredients

1 lg hen or large fryer
1 lg bell pepper chopped
1 lg onion chopped
3 ribs celery chopped
1 cn pimiento chopped
1 cn mushrooms sliced
chicken stock
12 oz spaghetti
salt
pepper
soy sauce
accentr seasoning mix

Instructions

Cook hen in seasoned water and leave in broth to cool. Debone hen when cooled and reserve stock. Cut meat into bite size pieces. Cook the bell pepper, onions and celery in 1 cup stock. Cook the spaghetti in rest of chicken stock until tender. You will find you absorb all the stock. Toss all together and add the pimentos, and mushrooms. Season to taste with salt, pepper and Accent. This is a very good and different chicken spaghetti. Pass soy sauce. Serves 8 to 10.

Mrs. George Snellings III

I add soy sauce to all of it and about a tablespoon of sugar when I toss all the ingredients.

Per serving (excluding unknown items): 14 Calories less than one gram Fat (6 calories from fat) 1g Protein 3g Carbohydrate 0mg Cholesterol 13mg Sodium

SueLynn Sandifer

MC formatting by bobbi744@acd.net ICQ# 12099532

Contributor: Cotton Country

Preparation Time: 0:00

Chinese Chicken Strata

Yield: 6 Servings

Ingredients

3 c chicken diced, cooked

3 tb soy sauce

1 1/2 tb rice vinegar

1 1/2 tb sesame oil

1 ts chili paste with garlic

1 3/4 ts dry mustard

4 scallions chopped

1 md red bell pepper chopped

1 cn waterchestnuts sliced, drained

6 bread slices cubed

2 c cheddar cheese shredded

3 eggs

2 c milk

Instructions

In a medium bowl, combine diced chicken, soy sauce, vinegar, sesame oil, chili paste with garlic, 1 teaspoon dry mustard, scallions, red pepper, and water chestnuts. Mix well and set aside. Turn half the bread cubes into a buttered 11 x 7 baking dish.

Sprinkle with half the cheese. Distribute half the chicken mixture over cheese. Cover with remaining bread cubes and remaining 3/4 teaspoon dry mustard until blended.

Pour evenly over casserole. Cover with plastic wrap.

Refrigerate several hours, or overnight.

Preheat oven to 350 degrees F. Bake, uncovered 40 to 45 minutes, until top is golden and center is set. Let cool 5 minutes, then cut into squares or rectangles to serve.

Source: 365 Easy One Dish Meals. Posted by Sue Klapper.

From the MM database of Judi M. Phelps. jphelps@slip.net or jphelps@best.com

Chinese Chicken Stuffed Peppers

Yield: 4 Servings

Ingredients

1 Lg sweet red Pepper

1 c Finely chopped Chicken *

1 tb Sesame oil

1 c Cooked regular Rice

1 Clove garlic minced

1/2 c Frzn English Peas thawed

1 ts Minced fresh Gingerroot

Egg beaten

1/2 c Finely chopped Carrots
1 tb Plus 1 1/2 t Soy sauce
1/4 c Thinly sliced Green onions
1/8 ts Salt

Instructions

* 1 cup finely chopped, cooked Chicken Breast (skinned before cooking) Cut a 1/2" thick slice from the side of each pepper, reserving slices remove seeds. Place peppers in boiling water, boil 5 minutes. Drain, set aside.

Coat a large skillet or wok with Pam add sesame oil, and place over med heat until hot. Add garlic and gingerroot stir fry 30 seconds. Add carrots and green onions stir fry 2 minutes more. Remove from heat. Add chicken and remaining ingredients, stirring well.

Spoon 3/4 cup mixture into each reserved pepper. Top with reserved pepper slices. Arrange peppers, cut side up, in a 10x6x2" baking dish. Cover and bake 350 deg F for 30 minutes or until thoroughly heated.

PER SERVING: 231 calories, 16.4 g protein, 6.7 g fat, 25.7 carbohydrates 98 g cholesterol, 3.1 mg iron, 366 mg sodium, 37 mg calcium.

Converted by MMCONV vers. 1.00

Per serving (excluding unknown items): 38 Calories 3g Fat (78 calories from fat) 0g Protein 2g Carbohydrate 0mg Cholesterol 68mg Sodium

Preparation Time: 0:00

Chinese Chicken Toasts

Yield: 60 Servings

Ingredients

INGREDIENTS

1 1/2 lb chicken breasts, boneless
1 c scallion, coarsely chopped
2 eggs, well beaten
1/4 c cornstarch
1 ts oriental sesame oil
1/2 ts salt
8 oz water chestnuts, drained chopped
16 sl firm white bread, crusts removed
1 vegetable oil, for frying

Instructions

1. Cut chicken into chunks and put in a food processor. Add scallion, eggs, cornstarch, sesame oil, and salt puree to a paste. Transfer to a bowl and stir in water chestnuts.
2. Spread chicken paste over bread slices, cover, and refrigerate until ready to cook.
3. In a large frying pan, heat 3/4 inch of oil over medium heat. Add bread, chicken side down, and fry until golden brown, 1 to 2 minutes. Drain on paper towels. Cut into triangles and serve hot.

From: 365 Ways to Cook Chicken

Chinese Chicken Wing Drumsticks

Yield: 3 Servings

Ingredients

CATE VANICEK

10 chicken wings (yield 20 drumsticks)
1 egg white, slightly beaten
1/3 c cornstarch mixed with: 1 ts baking powder
1 peanut oil for deep frying

MARINADE

1 ts five spice powder
1/2 ts msg (optional)
1 ts salt
1/2 ts sugar
1 ts rice wine
1 ts soy sauce

Instructions

Discard wing tips. Cut between joints. Remove the smaller bone of the lower wing. Cut skin loose around the small end and push skin and meat up to form drumstick. Marinate wings for 1 hour. Add egg white. Coat wings evenly. (Using egg white to coat the wings will help to seal the juice inside the meat. Hence the meat will be juicier.

Dredge wings in cornstarch mixture. (Using cornstarch and baking powder helps to make the outside layer crisp.)

Deep fry for 3 minutes. Drain. Let cool.

Deep fry once again right before serving. (Deep fry the first time to cook the meat and seal the juice in the meat. The second time to make the outside crisp. Make sure the oil is very hot before you deep fry for the second time.)

SOURCE: Stella Chan's Secrets in the Art of Chinese Cooking.

Chinese Chicken Wings* Dxdg05A

Yield: 48 Servings

Ingredients

24 chicken wings, separated, tips discarded
2 c soy sauce
2 ts prepared mustard (the asian kind not frenches)
2 ts freshly grated ginger
1/2 c sugar
2 ts finely chopped garlic

Instructions

*Gai Yik

1. Combine soy, mustard, ginger, sugar and garlic, stir well, then pour over chicken wings,
2. Cover and refrigerate over night
3. At serving time heat oven to 350 degrees and bake for 1 hour or grill on a charcoal fire.

Posted by Jane Harris. MM:MK VMXV03A.

Chinese Chicken Wings

Yield: 1 Serving

Ingredients

18 chicken wings drumsticks
3 garlic cloves minced
1 inch ginger root minced
1 1/2 ts five spice powder

1/2 c soy sauce
1/2 c white wine
1/4 c vegetable oil

Instructions

Mix together and place chicken in marinate for 1 or more hours. Bake at 350F for 30
40 min keep basting.

Cook in grill and brush marinate to crisp it up.

Preparation Time: 0:00

Chinese Chicken With Spicy Self Making Plum S

Yield: 4 Servings

Ingredients

2 whole frying chicken breasts split
6 ripe purple plums pitted and thinly sliced
1 onion halved and thinly sliced
1 clove garlic minced
3 tb water
2 tb lemon juice
2 tb light soy sauce
1 tb honey
1 ts oriental 5 spice powder

Instructions

Brown chicken, skin side down, in an ungreased nonstick skillet or chicken fryer.

Drain and discard chicken fat. Blot chicken with paper toweling and return to the pan,
skin side up.

Add remaining ingredients. Cover and simmer, stirring occasionally, until chicken is
tender 40 to 45 minutes. Uncover and continue simmering until sauce is thick.

Note: For thin boneless chicken breasts, cut cooking time about 15 20 minutes.

Makes 4 servings: 215 calories each. Source: Light & Spicy by Barbara Gibbons.

Shared and MM by Judi M. Phelps. jphelps@shell.portal.com or jphelps@best.com

Chinese Chili With Peppers

Yield: 1 Servings

Ingredients

3/4 lb ground lamb
1 tb dark soy sauce
1 tb dry sherry
1 tb hoisin sauce
1 green bell pepper
1 red bell pepper
1 yellow bell pepper
1 sm yellow onion
2 tb cornstarch
2 tb peanut oil
1 tb finely minced fresh ginger
4 cloves garlic, finely minced

Instructions

SAUCE:

1/2 cup chicken stock 2 tablespoons dry sherry 2 tablespoons hoisin sauce 2
tablespoons oyster sauce 1 tablespoon bean sauce 1 tablespoon Oriental sesame oil 1
tablespoon distilled white vinegar 1 1/2 teaspoons Chinese chili sauce

Stir fried ground meat and diced vegetables in a spicy sauce produce an Oriental
"chili" that can be mounded on steamed rice or buttered noodles to make a quick and
satisfying dinner.

ADVANCE PREPARATION: In a bowl, thoroughly combine lamb, soy sauce, sherry,
and hoisin sauce. Set aside until ready to cook.

Seed and stem peppers, then cut into 1/2 inch cubes. Peel and coarsely chop onion. Set
peppers and onion aside.

In a small bowl, combine sauce ingredients set aside.

LAST MINUTE COOKING: Stir cornstarch with an equal amount of cold water, then
set aside.

Place wok over highest heat. When wok becomes very hot, add 1 tablespoon peanut oil
to center, then roll oil around sides of wok.

When oil just begins to smoke, add lamb and stir fry, pressing meat against the sides of
the wok, until it loses its raw color and separates into small pieces, about 3 minutes.

Transfer to a work platter.

Immediately return wok to highest heat and add remaining tablespoon peanut oil to
center. Add ginger and garlic and saute for a few seconds. Add vegetables and stir fry
until peppers brighten and onion becomes transparent, about 2 minutes.

Return lamb to wok and pour in sauce. Bring sauce to a low boil, then stir in a little
cornstarch mixture to lightly thicken. Reduce heat to low and simmer for 2 minutes.

Turn out onto a heated platter or individual plates. Serve at once with steamed rice,
noodles, or bread.

Serves: 2 as an entree 6 to 8 as part of an Oriental meal.

MENU IDEAS: Easy dinner for 4 Chinese Chili with Peppers (double recipe) Onion
Bread (double recipe cook before guests arrive, and reheat in oven) Steamed Corn with
Chinese Herb Sauce ice cream and coffee.

Notes: This dish is excellent made with ground pork, beef, or lamb, but not with
ground veal, chicken, or turkey.

To simplify any stir fry dish, substitute 3/4 pound ground meat (pork, beef, or lamb)
for the cubed or sliced meat or seafood. This shortens the preparation time but results
in an equally good dish.

From "Pacific Flavors, Oriental Recipes for a Contemporary Kitchen", Hugh
Carpenter, Stuart, Tabori and Chang, N.Y., 1988. ISBN 1 55670 333 3.

Posted by Stephen Ceideberg May 17 1993.

Chinese Chili

Yield: 1

Ingredients

3 lb hamburger

1 qt chili sauce

1 qt tomatoes

2 cn kidney beans

1 lg can chinese vegetables

2 cn french cut green beans

Instructions

Brown hamburger and drain. Add chili sauce, tomatoes, kidney beans, Chinese vegetables, and green beans together. Simmer a short time. Makes a large pot of chili and may be frozen.

Maxine Nohl

Per serving: 5723 Calories (kcal) 185g Total Fat (28 calories from fat) 286g Protein

764g Carbohydrate 531mg Cholesterol 6250mg Sodium Food Exchanges: 44 1/2

Grain(Starch) 19 1/2 Lean Meat 6 1/2 Vegetable 0 Fruit 27 Fat 2 1/2 Other

Carbohydrates

Recipe by: A Taste of Eureka Hospitality Maxine Nohl

Converted by MM_Buster v2.0n.

Chinese Chive, Tomato And Sweetcorn Noodles

Yield: 4

Ingredients

400 g fresh flat or ribbon egg noodles

2 tb groundnut or sunflower oil

1 tb sesame oil

4 cm fresh root ginger very finely chopped

1 bn chinese chives (about

30 g cut into 1cm lengths (30 to 45)

175 g fresh or frozen sweetcorn kernels thawed if frozen

3 md tomatoes deseeded and diced

4 tb oyster sauce

1 tb soy sauce

Instructions

1. Cook the noodles, according to the packet. Drain and toss with 1/2 tbsp groundnut or sunflower oil. Heat up the wok over a high heat until it smokes.
2. Add the remaining groundnut or sunflower oil and sesame oil and when they've heated, throw in the ginger.
3. Give it a quick stir, and add the chives and sweetcorn. Stir fry for about 40 60 seconds, and add the tomatoes. Stir fry for another 30 seconds or so and tip in the noodles.
4. Stir and mix lightly for about 30 seconds, and spoon in the oyster sauce and soy sauce.
5. Toss, until the sauces are mixed in evenly and the noodles are heated through. Taste and adjust the seasoning and serve immediately.

Converted by MC_Buster.

Recipe by: Sophie Grigson's Herbs

Converted by MM_Buster v2.0l.

Converted by MC_Buster.

Chinese Coconut Candy

Yield: 6 Servings

Ingredients

1 c grated coconut (substitute canned)

2 c brown sugar

1 walnut halves

Instructions

1. Melt sugar in heavy pan over a slow fire.
2. Add coconut and cook until sugar begins to crystallize.

3. Remove from fire and pour into a buttered pan.
4. Cut into 1 inch squares and press a walnut half on top of each cookie.

Variations: Place 1/2 square of coconut candy or about 1 Teaspoon of crystallized sugar and coconut on one corner of a small WONTON wrapper (See Recipe WONTON.TXT)

Fold over corner of wrapper, enclosing candy mixture. Pinch together two opposite free corners of wrapper, leaving one corner free.

Fry in deep hot oil until golden brown.

Chinese Cold Sesame Noodles

Yield: 1 Servings

Ingredients

- 1 lb fresh thin chinese egg noodles
- 4 qt water
- 2 ts salt
- 2 tb soy sauce
- 1 tb szechwan sesame oil with hot chilies
- 1 tb sesame oil
- 1 tb rice vinegar or cider vinegar
- 1 ts sugar
- 1 clove minced garlic
- 1 tb peanut oil
- 1/3 c toasted sesame seeds
- 6 scallions cut into ringlets

Instructions

1. Bring the salted water to a boil, add noodles, and cook for 3 minutes. Drain and rinse under cold water.
2. Combine remaining ingredients and pour over cold noodles, toss until well blended. May serve immediately or chill for several hours.

Posted to recipelu digest Volume 01 Number 495 by James and Susan Kirkland on Jan 11, 1998

Chinese: Cold Shredded Vegetables With Chicken

Yield: 6 Servings

Ingredients

- 2 lg leeks
- 3 green onions
- 2 sm zucchini
- 2 sm carrots
- 2 long seedless type cucumbers
- 1 long white radish
- 2 wood ear black fungus
- 1 egg
- 1 tb peanut oil
- 1/2 c cooked chicken meat
- 2 md tomatoes
- sauce:
 - 1 ts juice of ginger root
 - 1 ts dry mustard
 - 2 ts sugar

1 1/2 tb thin soy sauce
1 1/2 tb sesame oil
1 1/2 ts chinkiang vinegar
1 tb freshly squeezed tomato juice

Instructions

Prepare Dressing: In mixing bowl, mix mustard & sugar gradually add thin soy sauce, blend to avoid lumping. Squeeze some peeled ginger root through a garlic press to extract juice. Squeeze juice from tomato. Add other sauce ingredients stir well and set aside.

Prepare salad: Wash, then soak, wood ear fungus in 3 cups warm water for 1 hour. Beat egg fry very thin omelet in large skillet greased with peanut oil. Fry both sides gently. Set aside to cool.

Trim leeks, green onions, zucchini, carrots & white radish. Cut ends off cucumber, but don't peel. Peel carrots & radish. Shred vegetables with shredder or cleaver. Wash tomatoes & cut each into eighths. Shred chicken with fingers. Thinly slice omelet into strips. Pour boiling water over fungus & drain. Cut out hard center & cut floppy ears into thin strips.

Finish: Layer shredded vegetables in center of serving plate, mounding slightly as you build layers of cucumber, carrot, chicken, fungus, zucchini, egg, leeks, radish, green onion & so on, ending with cucumber. Arrange tomatoe wedge around outer edge.

Working from center of vegetable mound, arrange egg strips like spokes of a wheel. Add dressing and serve.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdjaxxx.zip>

Chinese Cole Slaw Salad

Yield: 8 Servings

Ingredients

1 md cabbage shredded
2 md carrot shredded
2 pk top ramen, oriental or
1 chicken crumbled
4 tb almonds sliced
1/2 c cilantro chopped
4 tb sesame seeds toasted
1 dressing:
1 ts salt
3/4 ts pepper
3 tb sugar
1/4 c salad oil
1/4 c vinegar
1/4 c sesame oil
1/2 ts chili oil
1 tb hoisin sauce

Instructions

Prepare salad dressing (one of the seasoning packets from the top ramen can be added for a variation). Chill Mix salad ingredients and toss with the dressing just before serving so noodles don't soften.

Recipe By : Char Wilson (HughOs daughter)

From: Laura Bettingen Date: 08 Aug 97 Mastercook

Recipes (Mailing List) Ž

Chinese Coleslaw A La Poggi

Yield: 8 Servings

Ingredients

- 1 pk coleslaw 9 8 oz.
- 1 pk top ramen noodles (oriental)
- 1 bn green onions
- 1/2 c sunflower seeds
- 1/2 c slivered almonds
- 2 ts butter (split in half)

DRESSING

- 1/2 c oil
- 3 tb sugar
- 3 tb balsamic vinegar
- 1 ramen seasoning

Instructions

Break the top ramen noodles apart, being careful not to grind them in your hands, then brown them in butter. Noodles should be crisp. Set aside.

Next brown green onions, sunflower seeds and almond slivers in skillet with butter. Set aside.

Mix oil, sugar, vinegar and ramen seasoning to make the dressing. shake vigorously. Do not mix ingredients until you are ready to serve.

Chinese Coleslaw

Yield: 1 Serving

Ingredients

- 1 3 oz. pkg. chicken flavored Ramen noodles
- 3 T. vinegar
- 1/2 C. vegetable oil
- 2 T. sugar
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 1 lb. pkg. coleslaw mix
- 1/4 C. chopped onion (1/4 to 1/2)
- 1/2 C. toasted almonds or sunflower nuts
- 1 C. chow mein noodles (1 to 2)

Instructions

Mix together the seasoning packet from the Ramen noodles with the vinegar, oil, sugar, salt, and pepper until sugar is dissolved. Toss together with coleslaw, onion, and nuts. At serving time, stir in the Ramen noodles and chow mein noodles.

Preparation Time: 0:00

Chinese Cooking Regions Cantonese (Ck)

Yield: 1 Servings

Ingredients

- 1 no ingredients

Instructions

Americans are most familiar with the southeastern, or Cantonese, style of cooking, because it is from Canton that the first Chinese were able to emigrate in large numbers. Stir fried dishes, in which individual ingredients retain their flavors and colors even as

they blend to create a whole dish light marinades of soy sauce, ginger, and wine the use of chicken stock and the liberal use of fresh produce, fish, and seafood are all characteristic of Cantonese cuisine.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc., 1989

Entered by: Lawrence Kellie

Chinese Cooking Regions Fukien (Ck)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Many food authorities consider the culinary center of the coastal region of China to be the province of Fukien (although some focus on Shanghai cooking when discussing the East Coast). Fukien is famous for its red cooked dishes (foods cooking in soy sauce) as well as for its seafood preparations and its clear, light soups.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc., 1989

Entered by: Lawrence Kellie

Chinese Cooking Regions Honan (Ck)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

The cuisine of Honan Province, which is either included in discussions of norther Chinese cuisine or treated as a separate school fo cooking, is most famous for its sweet and sour fish. However, Cantonese chefs readily welcomed the flavorful Honan sauces adn sweet and sour dishes into their own repertoires, and thus it is with the Cantonese that we generally associate sweet and sour preparations.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc., 1989

Entered by: Lawrence Kellie

Chinese Cooking Regions Hunan And Szechwan (Ck)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Moving inland to the provinces of Hunan and Szechwan, we find that in home cooking liberal use is made of hot peppers. Interestingly, Szechwan *banquet* dishes are more often bland and light, reflecting the influence of northerners who migrated from Peking. This inland area of China gives us the intriguing Szechwan peppercorn, whose distinctive taste affects any dish it touches.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc., 1989

Entered by: Lawrence Kellie

Chinese Cooking Regions Mongolia (Ck)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Although no school of cooking has developed in sparsely populated Mongolia, that northern region has become known for its use of lamb, which is not often eaten in other parts of China.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc., 1989

Entered by: Lawrence Kellie

Chinese Cooking Regions Shantung And Peking (Ck)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Shantung and Peking dishes, from northern China, are closely related. This is due to the active trade that has existed in that region and the resultant "borrowing" of dishes and "exchanging" of chefs. Northern cooking features garlic and scallions extensively, and is also well known for its use of wheat as a staple rather than rice.

Peking duck and the pancakes served with mu shu dishes are from the North as well.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc., 1989

Entered by: Lawrence Kellie

Chinese Cooking Sauce Melinda Lee

Yield: 1 Servings

Ingredients

1 tb sugar

1 tb distilled vinegar

1 tb dry sherry

2 tb soy sauce

3 tb chicken broth

2 ts cornstarch

Instructions

Combine all ingredients and mix well. When your stir fry is just about done, move the stir fry to the outside of the wok. Add the cooking sauce to the center and mix with juices. When mixed toss with stir fry to coat.

Chinese Corn Crepes With Grilled Pork

Yield: 1 Serving

Ingredients

1/3 c Hoisin sauce or more to taste

1/2 c Slivered green onions or more to taste

GRILLED PORK

1 Garlic clove minced or pressed

1/4 ts Crushed red pepper flakes

1 ts Chinese five spice powder preferred(or 1/2 tspn each of ground ginger and ground cinnamon)

1 tb Soy sauce

2 ts Salad oil

2 tb Rice vinegar

12 oz Pork tenderloin

CHINESE CORN CREPES

1 3/4 c Water plus

2 tb Water

1 c Yellow cornmeal

1/2 c All purpose flour

1 ts Salad oil

1/4 ts Salt

Instructions

Marinate Grilled Pork. Prepare the crepes.

For the grilled pork: Combine first six ingredients in a shallow bowl. Trim pork of fat and silvery membrane and add to marinade. Turn to coat. Cover and refrigerate for at least 30 minutes or up to 3 hours, turning several times.

Lift pork from bowl, reserving marinade. Place on a lightly greased grill 4 to 6 inches above a solid bed of medium hot coals. Cook, brushing with marinade and turning 2 or 3 times to brown all sides, until a meat thermometer inserted in thickest part registers 155 degrees (about 20 minutes). Lift to a carving board and keep warm for about 15 minutes before slicing.

For the crepes: Whirl all ingredients in a blender. Spray a 6 to 7 inch crepe pan with vegetable oil cooking spray heat pan over medium heat until a drop of water dances on the surface. To cook each crepe, pour 3 tablespoons batter into pan tilt so batter covers entire surface. Cook until top of crepe is dry. Carefully turn crepe and brown other side then turn out onto a plate. Stack crepes as made. Use more cooking spray as needed to prevent sticking stir batter often to keep cornmeal from settling.

While barbecuing the pork, wrap stacked crepes in foil and reheat in a 350 degree oven until warm (about 15 minutes). To serve, cut pork into thin slices. Wrap pork in crepes, adding hoisin sauce and onions to taste.

This recipe yields 12 to 14 crepes.

Content per Serving: calories .. 114 total fat .. 3 g saturated fat .. 0.5 g carbohydrates .. 14 g protein .. 8 g cholesterol .. 19 mg sodium .. 323 mg Calories From: fat .. 21 carbohydrates .. 51 protein .. 28

Comments: In northern China, dried and ground corn is used to make jian bin crisp chewy, crepelike griddlecakes. Here, they're wrapped around thinly sliced barbecued pork for a savory appetizer.

Recipe Source:

SUNSET LOW FAT COOKBOOK by the Editors of Sunset Books (c) 1992 Sunset Publishing Corporation, Menlo Park, CA 112 pages \$8.95

As reprinted in the Jul/Aug, 1992 issue of Cookbook Digest

Formatted for MasterCook II by: Joe Comiskey { * Prodigy Service ID # JPMD44A } on 11 17 1995

Preparation Time: 0:00

Chinese Country Ribs & Hill Country Ribs

Yield: 4 Servings

Ingredients

2 c ketchup
2 tb honey
2 tb white vinegar
2 tb soy sauce
1/4 ts five spice powder (opt.)
1 sm onion: finely chopped
2 ts fresh ginger minced
1 garlic clove minced
1 ts cornstarch dissolved in 1 t cold water
4 lb country ribs: cut into individual ribs
1 hot cooked rice

Instructions

In a 3 1/2 quart slow cooker, combine ketchup, honey, vinegar, soy sauce, five spice powder, onion, ginger and garlic. Position a broiler rack 6 inches from the source of the heat and preheat the broiler. Broil the ribs, turning once, until browned. About 10 minutes. Transfer the ribs to the slow cooker. Stir to coat the ribs with the sauce. Cover and slow cook until ribs are tender, 5 6 hours on LOW. Transfer the ribs to a platter and cover with aluminum foil to keep warm. Skim the fat from the surface of the sauce. In a medium saucepan bring the sauce to a simmer over a medium heat. Cook until reduced to about 1 cup. (6 8 minutes) Stir in the cornstarch mixture and cook just until thickened. Pour the sauce over ribs and serve immediately with hot cooked rice. **HILL COUNTRY RIBS:** Broil the ribs as above. Place in a 3 1/2 qt. slow cooker. Add 1 cut prepared barbecue sauce and stir to coat ribs with the sauce. Cover and slow cook until ribs are tender, 5 6 hours on LOW. To thicken the sauce,, skim the fat from the surface, pour into a medium saucepan, and simmer until reduced to 1 cup.
(From Jean Allen GRDG72B)

Chinese Country Ribs

Yield: 4 Servings

Ingredients

1/2 c ketchup
2 tb honey
2 tb rice or white vinegar
2 tb soy sauce
1/4 ts five spice powder optional
1 sm onion finely chopped
2 ts minced fresh ginger
1 garlic clove minced
1 ts cornstarch dissolved in
1 tb cold water
4 lb country ribs (cut into individual ribs)
1 hot cooked rice

Instructions

In a 3 1/2 quart slo cooker, combine ketchup, honey, vinegar, soy sauce, five spice powder, onion, ginger and garlic. Position a broiler rack 6 inches from the source of the heat and preheat the broiler. Broil the ribs, turning once, until browned. About 10 minutes. Transfer the ribs to the slow cooker. Stir to coat the ribs with the sauce. Cover and slow cook until ribs are tender. 5 6 hours at 200 degrees (low). Transfer the ribs to a platter and cover with aluminum foil to keep

warm. Skim the fat from the surface of the sauce. In a medium saucepan bring the sauce to a simmer over a medium heat. Cook until reduced to about 1 C, 6 8 minutes. Stir in the cornstarch mixture and cook just until thickened. Pour the sauce over ribs and serve immediately with hot cooked rice.

Chinese Crab & Corn Soup

Yield: 7 Servings

Ingredients

1 (16 oz.) pkg. frozen whole corn
1 tb cornstarch
1/4 c water
3 cn (10 1/4 oz.) chicken broth
1 ts gingerroot
1/2 lb fresh crabmeat
1/3 c minced green onions
1/2 ts salt
1/8 ts white pepper
1 ts rice vinegar

Instructions

Position Knife Blade in Processor. Add Half Of Corn. Process Until Finely Chopped. Add Remaining Corn. Stir Well & Set Aside.

Combine Cornstarch & Water in A Small Bowl Stir Well & Set Aside.

Combine Chicken Broth & Gingerroot in A Large Saucepan Bring To A Boil. Add Corn, Cornstarch Mixture, Crabmeat, Green Onions, Pepper &

Rice Vinegar. Bring To A Boil. Reduce Heat & Simmer Uncovered 3 Min.
(Fat 0.6. Chol. 32.)

Chinese: Crab Meat Lion'S Head Shanghai

Yield: 1 Servings

Ingredients

3 ts oil
1 lb ground pork
6 oz chopped cooked or canned crab meat
2 eggs
2 ts sherry
1 ts salt
1 tb cornstarch
1 black pepper
2 scallions
4 sl minced ginger
1 tb light soy sauce
1 lb celery or chinese cabbage
1 tb cornstarch mixed with 3 tb. water

Instructions

Cut celery/or chinese cabbage into 2 inch segments.

Mix ground pork, crab, eggs, sherry, salt, cornstarch, pepper, scallion, ginger and soy sauce into 5 large meatballs. Heat oil then fry meat balls until brown, approximately 8 minutes. Add broth and cover. Simmer for 15 minutes. Add celery or Chinese cabbage. When cabbage is done but crisp, add water cornstarch mixture to thicken.

Chinese Crab Rice

Yield: 6 Servings

Ingredients

1 stephen ceideburg
2 green onions, chopped
1 piece fresh ginger, 2 3 cm, grated
4 tb dry sherry
3 tb light soy sauce
3 blue crabs
400 g glutinous rice
1 tb soy sauce
1 tb oil
1 ts sugar

Instructions

The Chinese have comfort food, too, and this dish qualifies. You will need a large steamer if you don't yet have one, they can be bought cheaply in large Chinese or Vietnamese food stores where you can also pick up the glutinous rice. The dish takes considerably longer to cook than the previous recipes but little more of the cook's time. By the time the rice is cooked, it is saturated with crab flavour.

Finely chop 2 green (spring) onions and grate 2 3 cms of fresh ginger. Combine them with 4 tablespoons dry sherry and 3 tablespoons light soy sauce. Prepare three green blue swimmers crabs. Chop two of them into several pieces with a large knife or cleaver and crack the hardest pieces of the shell with a hammer. Crack the third crab thoroughly all over but do not chop up. Pour the sherry soy sauce mixture over the crabs and leave to marinate for an hour. Wash 400 grams glutinous rice in several changes of water until the water runs clear.

Put the rice into a saucepan and pour over it 1.5 L water. Bring to the boil and boil for 5 minutes. Drain.

In the bottom of a heatproof dish at least 12 cm deep and of a size to fit into your steamer, pack in the chopped crab pieces, reserving the marinade. Pour the rice over the top and pack it down. Press the intact crab into the top of the rice. To the marinade, add a further tablespoon soy sauce and a tablespoon oil, teaspoon salt and 1 teaspoon sugar. Pour over the crabs and rice.

Put the dish in the steamer over boiling water and steam for 35 40 minutes. Serve.

Diners deal first with the top crab, now half buried in rice, then fish around, for the rest of the crab pieces in rice.

From an article by Meryl Constance in The Sydney Morning Herald, 5/18/93. Courtesy Mark Herron.

Chinese Crab Salad In Tomato Baskets

Yield: 10 Servings

Ingredients

4 c fresh crabmeat
2 c peeled, halved, seeded cucumbers thinly sliced
2 c shredded green cabbage
2 tb grated red onion
2 tb toasted sesame seed
1/4 c minced cilantro
1 c rice vinegar

2/3 c light honey
2 tb low sodium tamari or soy sauce
2 tb grated gingerroot
2 tb dark sesame oil
2 ts herbal salt substitute
1/2 c chopped roasted macadamia nuts
1 c chow mein noodles (optional)
lettuce leaves for lining platter
5 lg ripe tomatoes

Instructions

1. In a large bowl combine crabmeat, cucumbers, cabbage, onion, sesame seed, and cilantro. Toss well.
2. In another bowl whisk together vinegar, honey, tamari, gingerroot, oil, and salt substitute. Pour over crabmeat mixture and toss well. Add nuts and noodles (if used).
3. Line a platter with lettuce leaves. Cut each tomato in half width wise. With a sharp knife, score interior and scoop out pulp to form a shell. Fill with a generous portion of crab salad and place on lettuce lined platter.

NOTES : Shimmering with the flavors of lemon and dark sesame oil, this salad is an upbeat version of the famous Chinese chicken salads that are so popular in California. Cut the tomatoes about an hour before serving. Lace the crabmeat with the irresistible combination of roasted macadamia nuts, cilantro, and a dressing of rice vinegar and sesame oil. Marinate the salad ahead of time, even over night, but add the nuts and chow mein noodles (if used) right before serving.

Nutr. Assoc. : 2925 3011 4920 4712 1357 383 0 731 4026 3366 1356 4828 842 2692 0 1514

Preparation Time: 0:45

Chinese Crunchy Bean Sprouts With Beef

Yield: 4 Servings

Ingredients

1/2 lb flank steak
1 tb dark soy sauce
2 c mung bean sprouts
1 tb dry sherry
1/2 md yellow onion
1 cornstarch paste
1 tb peanut oil
2 ts salt
1/2 c chicken stock
1 ts szechuan peppercorns

Instructions

Preparation: Rinse bean sprouts drain. Separate layers of onion and slice into thin strips to match sprouts. Cut steak into slices across the grain 1/4" wide by 2" long. Mix stock, soy sauce and sherry in a cup.

Prepare Szechuan pepper/salt: heat dry wok to medium and add Szechuan peppercorns, stirring constantly until peppercorns exude a strong aroma remove from heat. Crush peppercorns with salt, using rolling pin or blender. Sift to remove coarse pieces. Store in closed jar.

Scalding: In large bowl, cover onions with boiling water drain in 10 minutes. Add sprouts, cover both with boiling water drain in 3 minutes. Sprinkle with about 1/2 tsp. Szechuan pepper/salt.

Stir fry: Add oil to hot wok. When oil starts to smoke, add steak, and stir fry briskly for 1 minute or until meat loses pinkness. Push meat aside in wok add stock mixture and bring to boil. Dribble in thin cornstarch paste until light gravy is formed. Mix with beef. Pour over sprouts and onions in a serving bowl. Serve.

From: Helen Peagram Date: 05 20 96 (F) Cooking Ž

Chinese Cucumber Salad

Yield: 4 Servings

Ingredients

3 4 6 cucumbers
4 tb red wine vinegar
4 tb soy sauce
4 tb sugar (3t was fine)
4 ts sesame oil
2 ts salt
1 ts tabasco sauce

Instructions

Peel the cukes if you want, cut lengthwise, and scrape out any large seeds. Slice 1/4" thick. Soak in salted ice water for 30 min. Drain.

Mix sauce ingredients and pour over drained cukes. Let stand 30 min prior to serving. [Standing 1 2 hours is ok longer and the cukes are probably too marinated.]

Recipe By : Too Many Tomatoes ... by Burrows & Myers

From: Kaye Sykes Date: 10 Mar 97 Eat L List
(Recipes And Food Folklore) Ž

Chinese Curry Chicken

Yield: 1

Ingredients

6 tb oil
1 md onion chopped
2 tomatoes chopped
2 tb curry powder
2 tb soy sauce
2 ts minced peeled fresh ginger
2 garlic cloves minced
1 ts ground turmeric
1 ts chili powder
1/2 lb boiling potatoes cut into 1 inch cubes
1 c canned chicken broth
1 tb dry white wine
2 lb boneless skinless chicken breast halves, cut into 2 pieces
1 salt and pepper

Instructions

Heat 6 tablespoons oil in wok or heavy large skillet over medium high heat. Add onion and stir fry until translucent, about 5 minutes. Add tomatoes and next 6 ingredients and stir 4 minutes. Mix in potatoes, broth and wine. Cover and simmer 10 minutes. Add

chicken cover and cook until potatoes are tender and chicken is cooked through, about 10 minutes.

Season to taste with salt and freshly ground pepper.

Serves 4.

Bon Appetit June 1990

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Chinese Dim Sum Dough

Yield: 1 Servings

Ingredients

1 info

Instructions

I tread in this arena with trepidation since there must be a few traditional Chinese out in Cyber Space who can speak with more experience than I on this subject.

In the book "DIM SUM" by Rhoda Yee states the majority of dim sum specialties are wrapped in dough of some sort and there many more than the following five. She does give the receipes for the basic five. The dough or wrapper varies according to the filling.

1. Steamed or Baked Bun Dough

1 cake of yeast

1 3/4 cup of warm water

3/4 cup sugar

6 1/2 cups of Bread flour

make like a bread dough

2. Egg Noodle Dough use purchased wonton or egg roll wrappers

3. Rice Noodle Dough (Fun)

2 cups Swansdown cake flour

1/4 cup Cornstarch

1 t salt

1/3 cup oil

2 2/3 cups cold water

Mix and use jelly roll style

4. Wheat Starch Dough

1 cup wheat starch

2/3 cup tapioca starch

1/2 t salt

2 t oil

1 cup + boiling water

knead and roll for use

5. Glutinous Rice Dough

2 1/4 cups rice flour

1/4 cup potato flour

3/4 t salt

1/2 t Sugar

1 1/2 cups boiling water
knead and roll for use

I too share your love for this delicacy but it is so much fun to have an excuse to enjoy it in a correct atmosphere we try to get it in a good restaurant. I get to San Francisco fairly often and a trip to China Town is a requirement.

Bon Apetit

john.gradijan@megasystem.com

From: John.Gradijan@megasystem . Date: 12 23 94 Email

Chinese Dinner Rolls

Yield: 1 Servings

Ingredients

1 bread flour

1 active dry yeast

1 water

1 salt

1 sugar

1 tb bean paste sweet

Instructions

Here is an approximate recipe.

I have made them (and bbq pork pastries, etc) by using a regular white bread recipe, and letting it rise once. Then, I roll out small balls of it until they are about 6" wide (about 1/4" or less thick). Using sweet bean paste (made from soy beans and purchased at a chinese grocery) I put a tablespoon or so of the paste in middle. Gather up all the edges to the middle and twist closed. Set onto a steamer rack twisted side up.

Steam till done (gosh, can I remember how long that is?? i am guess from memory, so don't take me at my word)...maybe about 15 minutes? perhaps 20.

Hope this helps more than confuses!

best Deborah Bier deb@essences.com (Deborah Bier)

From: Bread Bakers Archives: <ftp.best.com/pub/reggie/archives/bread/recipe>

Chinese Dry Marinade

Yield: 1 Servings

Ingredients

3 tb brown sugar

1 1/2 ts paprika

1 ts salt

3/4 ts monosodium glutamate

3/4 ts ground tumeric

1/4 ts celery seed

1/4 ts dry mustard

Instructions

Combine ingredients and use for marinade for spare ribs and pork.

Chinese Duck Salad

Yield: 4 Servings

Ingredients

1/2 lb Cooked duck meat, boneless cut julienne

3/4 lb Bean sprouts
1/4 c Chopped fresh coriander
DRESSING
1/4 c Japanese rice wine vinegar
2 tb Soy sauce, light
2 tb Sesame oil
1/2 ts Sugar
2 tb Sesame seeds toasted
Freshly ground black pepper to taste

BASE

Iceberg lettuce shredded

Instructions

Place the ingredients for the salad in a bowl. Mix the dressing separately and toss with the salad. Serve over shredded iceberg lettuce.

Comments: I developed this dish one night because I had a bit of roast duck left over. This salad is so good, however, that it would be worth your time to roast a duck just for this dish.

Recipe Source: THE FRUGAL GOURMET by Jeff Smith From the 05 27 1992 issue The Springfield Union News

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MAD_SQUAD@prodigy.net 07 17 1994

Contributor: Jeff Smith

Preparation Time: 0:00

Chinese Duck Sauce (Plum)

Yield: 2 Servings

Ingredients

One:

1 Pound Plums halved and pitted
1 Pound Apricots halved and pitted
1 1/4 Cups Cider vinegar
3/4 Cup Water

Two:

1 Cup Cider vinegar
1 Cup Firmly packed brown sugar
1 c White sugar
1/2 c Lemon juice

Three:

1/4 c Chopped ginger
1 sm Onion sliced
1 (or more) serrano seeded chopped
2 sm Garlic cloves sliced
4 ts Salt
1 tb Mustard seed toasted
1 Cinnamon stick

Instructions

Combine first set of ingredients and cook over moderate heat for 5 minutes.

Reduce heat and simmer uncovered for 15 minutes. Combine second set of ingredients and boil for 10 minutes. Combine the above three sets of ingredients and simmer for 45 minutes.

Remove cinnamon. Puree in food processor. Return to kettle and simmer until thick. Transfer to sterilized mason jar, cap loosely and let cool. Tighten caps and let stand in dark at least 2 weeks. Makes 2 pints.

Per serving (excluding unknown items): 484 Calories 0g Fat (0 calories from fat) 0g Protein 134g Carbohydrate 0mg Cholesterol 4314mg Sodium

Preparation Time: 0:00

Chinese Duck Sauce

Yield: 1 Servings

Ingredients

1 lb plums halved and pitted

1 lb apricots halved and pitted

1 1/4 c cider vinegar

3/4 c water

Instructions

Combine and cook over moderate heat for 5 minutes. Reduce heat and simmer uncovered for 15 minutes.

1 cup cider vinegar 1 cup firmly packed brown sugar 1 cup white sugar 1/2 cup lemon juice Combine and boil for 10 minutes.

1/4 cup chopped ginger 1 small onion sliced 1 (or more) serrano, seeded and chopped 2 small garlic cloves sliced 4 teaspoons salt 1 tablespoon mustard seed toasted 1 cinammon stick

Combine the above three sets of ingredients and simmer for 45 minutes.

Remove cinammon. Puree in food processor. Return to kettle and simmer until thick. Transfer to sterilized mason jar, cap loosely and let cool. Tighten caps and let stand in dark at least 2 weeks. Makes 2 pints.

Chinese Dumpling Soup

Yield: 6 Servings

Ingredients

1/2 lb ground turkey

1 tb green onion minced

2 ts soy sauce

2 ts rice vinegar

2 ts gingerroot minced

1 ts cornstarch

1/2 ts salt

1 pk 10 oz. round potsticker wrappers

1 egg beaten

4 cn 14.5 oz. chicken broth

1 sm bunch bok choy cut crosswise into 1 sl

4 fresh shiitake mushrooms sliced

1 2.1/4 piece gingerroot peeled and sliced

1/4 ts sesame oil

1 cilantro chopped

Instructions

Combine ground turkey, onion, soy sauce, rice vinegar, minced ginger, cornstarch and salt in bowl. Brush outer edge of potsticker wrapper with beaten egg. Spoon about 1 tsp turkey mixture onto center of wrapper fold wrapper in half. Press firmly to seal well pleat edge. Repeat until all filling is used. Combine chicken broth, bok choy,

mushrooms, and ginger in lg. sauce pot bring to boil. Reduce heat cover and simmer for 5 mins. Add filled dumplings return to boil. Reduce heat. Cover and simmer until dumplings are cooked through, 5 to 10 mins. Stir in sesame oil. Spoon into serving bowls and sprinkle with cilantro. Makes 6 servings with about 30 dumplings.

Source: Bradenton Herald, 7/27/95

Chinese Dumplings (Boiled, Pork/Cabbage)

Yield: 3 Servings

Ingredients

1 filling
1 lb fresh lean ground
1 pork in a bowl
1/2 c cabbage, after chopping very fine and squeezing out water till dry
2 ts salt (plain old iodized salt)
2 1/2 ts sugar (just white granulated)
1 ts pepper (white or black this is optional to taste)
2 tb soy sauce
2 tb cornstarch
2 ts sesame oil
1 sm bowl of water just for sealing wontons
1 md wonton skins (thickness will determine cooking time)
1 sauce
2 tb hot chili sauce
3 tb soy sauce
1 ts powdered ginger
1 ts sesame oil

Instructions

Here is the way I make dumplings (not wonton soup) at home. Serves a full meal 2 3 depending on how much each person eats.

Prepare the sauce: Depending on how spicy you like it, adjust. We like it VERY HOT. Warning: I don't normally measure, I just taste and keep adding on, so normally I end up with 2 1/2 times as much sauce as we need. **WONTONS & FILLING** Put the ground pork in a bowl and press it into a flattened ball. Sprinkle half of the salt lightly over it, flip the meat over and then do the same on the other side. Mix it in well, then do the same for the sugar. When you sprinkle salt and sugar on, make it look like lightly powdered sugar sprinkled over a cake. If you want pepper of any kind, add it in the same way. Add in the soy sauce. I like the meat to have a taste of its own, and for me the color of the meat should be somewhat darker than the color of the meat after adding the soy sauce. If you are afraid it may be salty for you, measure it in smaller quantities and smell it to test the saltiness. Also, you can drop a small ball of it into boiling water to cook it and test its saltiness at any stage.

I always peel off the outside layer of cabbage, then cut off the big stem at the bottom enough to easily peel off a couple more leaves. The amount of cabbage you put in depends on how much you like it. I generally chop about 3 5 leaves of a small head of cabbage and then whatever I don't use I just throw away. **DO NOT** chop a whole head and waste your energy not even 1/4 of a head, because once it's chopped up and squeezed to get the water out, it will dry out in the fridge.

Note: The cabbage must be chopped really, really finely. It normally takes me quite a long time to hand chop it. I have never used a food processor, that makes it too watery. If you sit down and go at it, it may take you 20 30 minutes depending on how much

excess you end up chopping and not needing. Don't dump in all the cabbage you chopped. Pick up a handful and squeeze out the water, then dump the squeezed cabbage into the measuring cup and press it down tightly. Mix the cabbage evenly into the meat.

You can start a pot of water boiling now (depending on your patience), and use a big pot so you can boil more at once.

Sprinkle the cornstarch heavily and mix in well. You can't overmix.

Depending on how soft you want the meat inside to be, add more to make it softer. We like our dumplings moderately soft, so this is about what we put in. Again, you can test it to see how soft it will be when finished if you drop a small amount into boiling water to test it.

When you're tired of mixing in the cornstarch and it's really sticking to your hands, add the sesame oil and handle the meat lightly. You want just enough so that it's not too sticky. Make the dumplings by putting about 1 1/2 tsp into the center of the wonton. Use the water to wet the edges and fold the skins over into a triangle. This is enough but if you fold the two 45 degree angled corners overlapping and stick them together, they are less likely to fall apart when you cook them.

The boiling water is only for cooking the dumplings. It is not for soup and we throw away at the end, although I use some water to dilute my sauce (personal preference it can get spicy). Put some dumplings in boiling water, uncovered (don't stuff too many in or they will stick together). Time the clock for 5 minutes, until they're floating, and then remove them into a bowl. I sometimes put them into room temperature water to keep them from sticking or overcooking but when you store them if you keep them in water, they will bloat up. It's better to make only what you can eat. Leftovers should be stored without any water, just in a bowl and covered so they don't dry out.

You may need to add water that was used up by the previous batch. Let the water boil again each time before putting in the new batch. Continue to cook all the dumplings this way.

Usually they're best when hot so we eat while we're cooking!

Have a good dinner, Tina Mongkolsmai

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Chinese Dumplings With Ginger Scallion Dipping Sauce

Yield: 4 Servings

Ingredients

- 1 garlic clove peeled
- 4 oz sea bass fillets or other firm white fish,
- 3 lg shrimp peeled and deveined
- 1 scallion chopped
- 2 lg egg whites
- 1 1/2 ts low sodium soy sauce
- 2 ts minced fresh cilantro
- 1/8 ts chinese 5 spice powder
- 1 pn salt or to taste
- 1 pn cayenne pepper or to taste
- 20 2 inch sq won ton wrappers
- 1 ginger scallion sauce see recipe

Instructions

1. Bring a large pot of water to a boil.

2. With the motor running, add garlic through the feed tube of a food processor and process until minced. Add sea bass, shrimp and scallion, and pulse for 10 seconds. Add egg whites, soy, cilantro, Chinese 5 spice powder, salt and cayenne, and pulse until well combined, about 10 seconds.
3. Lay 5 wonton wrappers on a dry work surface and place 1 1/2 tsp. of fish mixture in the center of each wrapper. Rub a drop of water on the edges of two adjoining sides of each wrapper and fold in half to form a triangle, pressing firmly to seal.
4. Fill rest of wrappers.
5. Gently drop the dumplings into the boiling water in batches, and remove with a slotted spoon when they float to the surface. Drain on paper towels.
6. To serve, arrange 5 dumplings on each of 4 salad plates and spoon Ginger Scallion Dipping Sauce over the dumplings. Pass remaining sauce at the table.

Nutritional information (with Ginger Scallion Dipping Sauce) 178 calories per serving (8 from fat)

SPA FOOD, by Lori Longbotham and Diane Quagliani, Jan/Feb 1998 AMERICAN HEALTH, Readers' Digest Publication, see also www.americanhealth.com

Notes: These dumplings are so full of flavor you'd never guess they're lowfat. The lean secret? They're filled with fish, not pork, then simmered instead of fried.

from Kitpath with a little help from mcbuster 2.0d

Recipe by: Rancho La Paerta, Baja California, Mexico

Posted to MC Recipe Digest by KitPATH on Mar 07, 1998

Chinese Egg Drop Soup

Yield: 2 Servings

Ingredients

2 c chicken broth

1 egg (room temperature)

Instructions

Heat the broth in a saucepan until it boils vigorously. Reduce the heat to a slow simmer (bubbles form and collapse BELOW the surface of the liquid). Break the egg into a cup and beat very lightly (just enough to combine yolk and white). Hold the cup in one hand, about 5 inches above the soup, while gently swirling the fork in WIDE circles in the soup with the other. Slowly pour a thin stream of egg into the soup, catching the egg with the fork (in the soup) and drawing it into wide circles in the soup. Interrupt the pouring several times so as to form several long, filmy threads. Season to taste.

Add a generous squeeze of lemon. Serve immediately.

Posted By Joel.Ehrlich@salata.com (Joel Ehrlich) On rec.food.recipes or rec.food.cooking

Chinese Egg Noodle Dough (Hand,Mixer,Or Food Processor) Pt 1

Yield: 1 Servings

Ingredients

1 3/4 c all purpose flour plus 2 tablespoons

2 tb gluten flour*

1/2 ts salt

1 lg egg

about 7 tablespoons water

1/8 ts oriental sesame oil or vegetable oil
1/3 c cornstarch (about) for large proce
2 3/4 c all purpose flour plus 1 tablespoon
3 tb gluten flour*
3/4 ts salt
2 lg eggs
1 about 9 tablespoons water
1/2 ts oriental sesame oil or vegetable oil
about 1/2 cup cornstarch

Instructions

In a food processor fitted with a metal blade, process the flours and salt to mix them well. Beat the eggs with 5 tablespoons (6 tablespoons for the larger recipe) water. Turn on the machine and gradually add the mixture, processing just until the dough begins to form a ball. You may need to drizzle in the remaining water, but stop processing just before the dough becomes a ball. Process another 10 seconds if you are going to use a pasta machine to roll out the dough. Process the dough another 35 seconds if you are going to roll it out by hand. Turn the dough, which should be barely sticky, onto a very lightly floured board, and knead it about 1 minute. It should be satiny and not stick to the palm of your hand when you hold it 15 seconds. Cover the dough with plastic or put it in a plastic bag and let it rest half an hour to an hour.

To mix by hand, blend the flours and salt in a large bowl. Make a well in the center and crack the egg into it. Add all but 2 tablespoons of the water and blend it first into the egg and then incorporate the flour. Add enough water to make a lose but not goeey dough. Pick up about 1/3 cup of the dough and rub it vigorously between your hands for about half a minute to develop the gluten and shorten the kneading time. Repeat with the remaining dough. Turn the dough onto a floured board and knead at least 10 minutes until the dough is satiny and does not stick to the palm of your hand when held for 15 seconds. Oil the dough, cover it with plastic or put it in a plastic bag, and let it rest half an hour to an hour.

The dough may also be made in a heavy duty mixer and kneaded with a dough hook. To roll out the dough with a pasta machine, roll the dough into a sausage shape 1 1/2 inches in diameter and cut it into thirds for the small recipe or quarters for the large. Cover the resting dough with plastic while you roll out the first piece. Flatten the dough piece to a rectangle about 1/4 inch thick and lightly coat both sides with cornstarch. Pass the dough through the thickest setting. Then fold the dough into thirds, flatten it slightly, dust it with cornstarch, and run it through the rollers again, feeding in the unfolded end first. Repeat this procedure three times. Turn the machine to the next thinnest setting, dust the dough, and roll it through unfolded. Repeat this procedure with each setting up to the fifth setting, or until the dough is 1/8 inch thick for hearty noodles or 1/16 inch thick for delicate noodles and wonton or egg roll wrappers.

Spread the rolled dough on a tea towel to dry slightly and become firm.

After you roll out the remaining dough pieces, the first piece should be ready to cut. Run the cornstarch dusted dough through the 1/8 inch or 1/16 inch cutting blades of the pasta machine, cut the noodles in half, and dust them with cornstarch. Allow them to dry about 10 minutes before cooking them, or refrigerating or freezing them for future use.

To cut wontons or egg roll skins, lay one piece of rolled dough on a wooden board, and with a sharp knife and ruler mark off 3 inch squares for wonton or 7 inch squares for

egg rolls. If you wish to make round wonton wrappers, cut the dough with a 3 inch round cookie cutter, biscuit cutter, or opened tin can (e.g., a tuna can). Allow the cut pieces to dry about 10 minutes, then dust them with cornstarch and stack them.

To roll out the dough by hand, it is best to use a long thin rolling pin about 16 inches long. If you are using a standard rolling pin, cut the dough into smaller pieces. Flatten one of the dough pieces into a circle on a cornstarch dusted board. Place the rolling pin in the center of the circle and roll the dough away from you, then roll the pin toward you in a sweeping motion. Turn the dough a quarter turn and roll again. Continue rolling and turning until the dough is almost 1/16 inch thick.

Put terry toweling along the edge of a table. Dust the dough sheet lightly with cornstarch. Hang the dough from the towel by putting about a third of it on the towel and allowing the remainder to hang over the table. Stretch the dough as thin as possible, holding the end on the towel down while pulling the other end. Allow the dough to dry while you roll out and stretch the remaining dough. Fold the first noodle sheet accordion style into 3 to 4 inch folds. With a very sharp knife or Chinese cleaver, cut the noodles by pressing straight down into the folded dough. Fluff the noodles onto a cornstarch dusted surface and allow them to dry about 15 minutes before storing as described above. The noodles should be dry and silky but not brittle.

A small recipe makes 3/4 pound of noodles.

A large recipe makes about 1 1/4 pounds.

*2 cups (3 cups for larger recipe) bread flour may be substituted for all the flour.

Most Chinese cooks do not make their own noodles, wonton wrappers, or egg roll skins because the products are available at nearby markets. But not everyone is near a Chinese market, and with a food processor and perhaps a pasta machine within arm's reach, the potentially time consuming tasks of mixing, kneading, rolling, stretching, and cutting the dough take only minutes. I have included alternative directions for those who do not own these machines. The same dough may be used to make square or round wonton and egg roll wrappers.

Source: Linda Burum Asian Pasta, A cook's guide to the noodles, wrappers and pasta creations of the East.

Scanned by Brenda Adams MC formatted by MC_Buster. Posted to MC recipe 9/22/97

Recipe by: Linda Burum, Asian Pasta

Posted to MC Recipe Digest V1 #796 by Badams on Sep 22, 1997

Chinese Egg Rolls

Yield: 18 Servings

Ingredients

- 1/2 c carrots chopped
- 10 napa cabbage leaves chopped and ends removed
- 2 stalks bok choy chopped
- 4 c fresh bean sprouts
- 1/2 md onion chopped
- 4 cloves garlic minced
- 1/2 c bamboo shoots chopped
- 1 c water chestnuts chopped
- 1 lb ground pork cooked
- 1 lb small shrimp cooked
- 1/2 lb ground beef cooked
- 1/4 c cooking wine

1/4 c soy sauce
3 tb sesame oil
1 pk egg roll skins or wrappers
1 oil for frying
1 egg beaten

Instructions

Date: Mon, 6 May 1996 18:39:14 0500

From: pickell@cyberspc.mb.ca (S.Pickell)

Mix filling ingredients together. Put mixture in the freezer awhile to cool. Warm meat tends to soften the wrappers and make things messy. Heat vegetable oil in fryer to 325 degrees. To roll, place about 3 tb filling mixture in the center of the wrapper. Fold 1 corner over mixture and fold in ends. Continue rolling. Brush egg mixture on exposed corner of wrapper to help seal egg roll. Put egg rolls in hot oil, a few at a time, and fry a few minutes on each side until golden brown. Remove to drain on paper towels. Serve warm with soy sauce, hot mustard, or sauce of your choice.

Makes 18 egg rolls.

Appeared in the 2 Nov 1994 issue of The Birmingham Post Herald. [MM](#)

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MM RECIPES DIGEST V3 #127

From the MealMaster recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chinese Egg Rolls: Skins [Large Qty]

Yield: 24 Egg Rolls

Ingredients

2 lb bread flour
4 eggs, beaten
1 1/2 ts salt
1 lb water, cold

Instructions

Sift the flour and salt together, place in the bowl of the mixing machine.

Add the eggs and water, using the paddle, mix at slow speed until the dough is firm and smooth.

Turn out the dough onto a floured board and let rest for 10 minutes, keep covered with a damp cloth.

Using a rolling pin roll out the dough to a thickness of approximately 1/8 inch. Cut into 6 inch squares.

Place 1 to 1 1/2 oz of filling on each 6 inch square of dough, fold in the two sides, so the filling cannot flow out, roll the filled dough tightly, dampen the end with water to secure.

Fry the rolls in deep fat at 350F 180C until golden brown drain.

Cut each roll into 4 pieces and serve in a chafing dish with picks. Source: "Food Preparation for Hotels, Restaurants, and Cafeterias" by Robert G. Haines (Second Edition) ISBN0 8269 4422 1 [PAM] p_meadows@ns.sympatico.ca

Chinese Egg Rolls

Yield: 6 Servings

Ingredients

1/2 c soy sauce

1/4 c water
1 mashed garlic clove
1 juice from 1/4 lemon
1 quartered roasting chicken
2 lb lean pork tenderloin
3 tb vegetable oil
1 finely sliced celery stalk
1 sm head cabbage finely diced
3 finely diced large onions
1 pk (8 oz) finely diced fresh mushrooms
1 soy sauce to taste
1 salt and pepper
1 lb bean sprouts thoroughly cleaned
1 egg roll wrappers
1 lightly beaten egg white
1 vegetable oil for frying
1 dipping sauce:
1/2 c soy sauce
1 ts dry mustard
1 ts to 3 ts garlic powder
1 ts vinegar
1 ts brown sugar

Instructions

Mix together, soy sauce, water, garlic and lemon juice. Add the chicken and pork. Cover tightly and marinate overnight. Roast the chicken and the pork together in a 350 degree oven until done. The chicken takes about an hour. The pork takes about an hour and a half. When cool, cut into matchstick pieces. Set aside. In a wok, or dee sided frying pan, warm the oil. Over medium heat, add the celery, cabbage, onions and mushrooms.

Stir fry until celery and onions are tender. Add chicken and pork. Stir until heated through. Add soy sauce, salt and pepper to taste. Remove this mixture from heat. Stir in bean sprouts. When working with egg roll wrappers be sure to cover them with a damp cloth to prevent them from drying out. To fill each roll, mound about 2 heaping tablespoon of filling just below the center of the egg roll. Fold bottom corner up over filling to cover, then fold in the two outside corners. Roll closed, sealing shut with a bit of egg white. Put oil in a wok or large pan to a depth of about 2 inches deep enough to cover the egg rolls. Over medium high heat, warm the oil and carefully add the egg rolls, one at a time. Deep fry about 2-3 minutes, until golden brown on both sides, turning once. May be kept warm in 200 degree oven until serving time. Serve with dipping sauce.

DIPPING SAUCE: Combine soy sauce, mustard, garlic powder, vinegar and brown sugar.

NOTE: Egg rolls may be frozen after frying and cooled. Reheat in oven to serve.

Posted by Z Pegasus #2 @1219000*1 to the Virtualnet Home Cooking sub 7 94

Chinese Egg White Omelet With Tomatoes

Yield: 8 Servings

Ingredients

2 tb vegetable oil
1/2 ts vegetable oil

2 lg tomatoes sliced into 1/4"
10 lg egg whites
1 1/2 ts kosher salt

Instructions

Heat a wok, without its stand, over high heat for 1 minute. Add ½ teaspoon oil swirling to coat sides of wok. When hot, 1 minute, add tomatoes. Quickly stir until they soften, 1 to 2 minutes. Set aside tomatoes and juices. Rinse wok with hot water dry. In a medium bowl, whisk egg whites with 1 teaspoon salt until foamy, about 1 minute. Return wok to high heat for 1 minute and add 2 tablespoons oil. When the oil is hot, about 1 minute, scoop up some of it using a large spoon hold this over wok while you pour the whites into the wok immediately pour hot oil onto whites. Cook 1 1/2 minutes. Do not stir egg whites will puff up.

Add tomatoes with their juices in a circular pattern. Continue to cook through, 1 to 3 minutes. Sprinkle with remaining salt. Slide out of wok onto a serving plate, cut into wedges, and serve.

Per serving: 59 Calories 4g Fat (57 calories from fat) 5g Protein 2g Carbohydrate 0mg Cholesterol 423mg Sodium

Contributor: Martha Stewart Living, June 1996

Preparation Time: 0:00

Chinese Eggplant Steaks

Yield: 4 Servings

Ingredients

1 lb eggplant
1 salt
1 tb olive oil
2 ea garlic cloves, chopped
2 tb light soy sauce
1 tb rice wine vinegar
2 ts oriental sesame oil
1/2 ts sugar
1/4 ts pepper
1 tb toasted pine nuts
1 ea green onion, finely chopped

Instructions

At least one hour before serving, prepare eggplant: Trim and discard ends of eggplant. Cut crosswise diagonally into eight 1/2" thick slices. Sprinkle both sides of slices lightly with salt place in colander and set aside 30 minutes.

Meanwhile, prepare marinade. In small skillet, heat oil over medium heat. Add garlic and saute until golden. Add soy sauce, vinegar, sesame oil, sugar and pepper. Cook 1 minute. Remove from heat and spread in large shallow baking pan or jelly roll pan.

Rinse eggplant slices and pat dry. Place slices in pan with marinade, turning to season both sides set aside at least 20 minutes or up to 2 hours.

Heat broiler. Drain marinade from pan reserve. Broil eggplant slices 3" from heat source until lightly browned turn to brown other side. Transfer to serving plate and top with pine nuts and green onions. Reheat marinade, pour over eggplant and serve.

Elaine Van Dyne, "Veggie Table: Vegetables Play the Lead in Asian Inspired Dishes" in "Country Living." April 1995. Vol. 18, No. 4. Pg. 142. Posted by Cathy Harned.

Chinese Eggs

Yield: 6 Servings

Ingredients

6 hard boiled eggs shelled
2 tb butter
3 tb soy sauce
2 ts green onions chopped
1 ts sesame oil

Instructions

Melt butter with soy sauce in a skillet. Add eggs and cook gently for 5 minutes, basting and turning all the time until the eggs become dark brown. Slice eggs on serving plate. Drizzle with sesame oil and sprinkle with chopped green onion.

Serving Ideas : Serve warm or cold

Nutr. Assoc. : 541 0 0 0 0

Contributor: Elizabeth Powell

Preparation Time: 0:10

Chinese Emerald Chicken

Yield: 6 Servings

Ingredients

2 tb vegetable oil
1 lb boneless, skinless chicken breasts, cut into chunks
1 tb finely chopped fresh ginger root
1 onion, sliced
1 green pepper, seeded and diced
1/2 lb broccoli, cut into 1 inch chunks
2 ribs celery, sliced
4 oz snow peas
1 salt and freshly ground pepper
1/2 c chicken stock
2 tb soy sauce
1 tb rice wine
1 tb cornstarch
1/4 c water
1 tb sesame seeds, toasted

Instructions

Heat the oil in a wok.

Dry the chicken pieces well and add to the wok with the ginger. Stir and cook until the chicken whitens.

Stir in the onion and cook for a few minutes. Add the remaining vegetables and cook for a few minutes longer. Season with salt and pepper.

Add the stock, soy sauce and wine. Cover and cook until the liquid comes to a boil.

Cook for 2 minutes. Reduce the heat and cook gently for 2 to 3 minutes.

Combine the cornstarch with the water and stir until smooth. Increase the heat. Mix the vegetables and cook until just thickened. Sprinkle with sesame seeds. Yield: 6

Typed in MMFormat by cjhartlin@msn.com

Source: Cooking with Bonnie Stern

Chinese Filled Pancakes (Chun Quen)

Yield: 4 Servings

Ingredients

AMERICAN MEASUREMENTS

PANCAKES

1/2 c all purpose flour

1 tb cornstarch

1/4 ts salt

1 egg

1 c water

1 melted butter or margarine

FILLING

1/4 lb minced lean pork

5 oz can bamboo shoots drain, chop fine

5 oz can water chestnuts drain, chop fine

2 tb minced scallion tops

9 oz canned shrimp drained, chop fine

1 egg lightly beaten

1 1/2 ts soy sauce

1/4 ts pepper

1 vegetable oil for deepfrying

Instructions

PANCAKES: Sift flour, cornstarch and salt together. Beat egg and add the water and gradually the flour, beating thoroughly. Heat an 8 inch skillet over medium heat. Coat pan with a thin film of melted butter.

When skillet is hot, pour about 3 tablespoons of batter in center and tilt to cover entire bottom. When golden brown on underside only, transfer to paper towels and set aside while preparing filling.

FILLING: Saute pork in greased 8 inch skillet for 15 minutes, stirring occasionally. Add bamboo shoots, water chestnuts, and scallions. Add shrimp together with egg, soy and pepper. Place about 1/4 cup of this filling in center of each pancake (brown side up). roll up two thirds of the way, fold both ends in, finish rolling and secure with toothpicks.

Fry in deep fat at 370 degrees F until crisp and golden brown. Drain on paper towels and keep hot until serving time.

Serve with hot mustard sauce. Serves 4 (2 per person)

Source: Bon Appetit, January 1977 typos by Dorothy Flatman 1996 From: Dorothy Flatman Date: 27 Jun 97 National Cooking Echo Ž

Chinese Fire Pot

Yield: 1 Serving

Ingredients

2 Pounds flank steak, sliced thinly against the grain

2 Pounds chicken breast thinly sliced

1 Pound large shrimp, U 15's peeled & de veined

20 fish balls

2 Pounds bay scallops

3 Packages soaked mung bean noodles

4 Shanghai cabbage whole leaves

4 baby bok choy whole leaves
1 napa cabbage large chopped
2 Quarts chicken stock
1 Pound shiitake mushrooms de stemmed
Boiling water
For The Table: Jars/Small
Bottles Of
the following to make
your own dipping sauce:
Samba Oelek
Peanut butter
Chinese sesame paste
Sesame oil
Oyster sauce
Rice wine vinegar
Shaoxing wine
1 Thin soy sauce
2 Cups scallions chopped
2 Cups cilantro chopped
Eggs optional

EQUIPMENT NEEDED:

Electric wok to keep cooking liquid boiling
1 Small Chinese strainers
Rice bowls and side plates
Chopsticks
Chinese spoons
Spoons for all of the above condime
Huge appetite!!

Instructions

This is the Chinese version of Swiss fondue, Korean BBQ, Japanese shabu shabu, French raclette, etc. It is communal cooking and eating at its best. This recipe will create enough food for 8 to 12 people, depending on appetite and cultural origin, i.e. we Chinese eat like there is no tomorrow. We would hate to leave this planet hungry!

Contributor: EAST MEETS WEST #MT1B13

Preparation Time: 0:00

Chinese Firecrackers

Yield: 14 Servings

Ingredients

1 ts vegetable oil
1/2 lb ground turkey
1 c finely chopped cabbage
1/2 c shredded carrot (about 1 md)
2 tb finely chopped green
onions (with tops)
1 tb chili paste or puree
1 tb dry white wine
1 ts cornstarch
14 frozen phyllo leaves (13 X 9 inche), thawed
1 tb plus

1 ts vegetable oil
3/4 c sweet and sour sauce

Instructions

Heat 1 teaspoon oil in 10 inch nonstick skillet. Cook ground turkey, cabbage, carrot and onions in oil over medium heat about 5 minutes, stirring frequently, until turkey is done and vegetables are crisp tender.

Stir in chili paste. Mix wine and cornstarch stir into turkey mixture. Cook uncovered, stirring occasionally, until slightly thickened.

Heat oven to 375 degrees. Cut phyllo leaves crosswise in half. Cover with damp towel to keep from drying out. Place 1 piece phyllo on flat surface.

Brush with small amount of oil. Top with second piece phyllo. Place about 2 tablespoons turkey mixture on short end of phyllo shape into about 4 inch log. Roll up phyllo and turkey mixture. Twist phyllo 1 inch from each end to form firecracker shape. Repeat with remaining phyllo and turkey mixture. Brush firecrackers with remaining oil. Bake on ungreased cookie sheet 18 to 22 minutes or until phyllo is crisp and golden brown. Serve with sweet and sour sauce. 14 FIRECRACKERS.

NOTES : average

Contributor: Betty Crocker's Low Fat

Preparation Time: 0:00

Chinese Five Spice Chic

Yield: 100 Servings

Ingredients

65 lb chicken whole fz
2 tb garlic dehy gra
2 1/8 lb onions dry
1/4 c cinnamon ground 1 lb cn
1 tb pepper black 1 lb cn
2 tb cloves ground
1/2 c ginger ground
3 1/4 qt soy sauce

Instructions

PAN: 18 BY 26 INCH SHEET PAN TEMPERATURE: 350 F. OVEN

1. WASH CHICKEN THOROUGHLY UNDER COLD RUNNING WATER. DRAIN WELL.
2. COMBINE SOY SAUCE, ONIONS, GARLIC AND GINGER MIX, WELL. POUR OVER CHICKEN. MARINATE 30 MINUTES, TURNING FREQUENTLY. DRAIN.
3. PLACE CHICKEN ON LIGHTLY GREASED SHEET PANS, SKIN SIDE UP.
4. COMBINE CINNAMON, CLOVES AND PEPPER. SPRINKLE OVER CHICKEN IN EACH PAN.
5. BAKE 1 HOUR OR UNTIL DONE (180 F.).

NOTE: 1. IN STEP 1, 82 LB CHICKEN, BROILER FRYER, WHOLE (CUT INTO QUARTERS OR EIGHTHS) OR 82 LB CHICKEN, BROILER FRYER, QUARTERED, MAY BE USED.

NOTE: 2. IN STEP 1, 2 LB 6 OZ ONIONS A.P. WILL YIELD 2 LB 2 OZ CHOPPED ONIONS.

NOTE: 3. IN STEP 1, 2 2/3 OZ (1/2 CUP (24 CLOVES 3 OZ A.P.)) DRY, MINCED GARLIC MAY BE USED.

NOTE: 4. IN STEP 5, IF CONVECTION OVEN IS USED, BAKE AT 350 F. 30 MINUTES OR UNTIL DONE (180 F.)

Recipe Number: L19000

SERVING SIZE: 2 PIECES (

From the (actually used today!).

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chinese Five Spice Sauce

Yield: 4 Servings

Ingredients

1/3 c tamari

1 tb garlic

2 tb lemon juice

2 ts mirin

2 ts chinese five spice blend

Instructions

USE ON SEAFOOD, TEMPEH, TOFU OR VEGETABLES. MIX ALL INGREDIENTS WELL. SPREAD ON MEAT OR VEGETABLES AND GRILL.

Chinese Fortune Cookies #1

Yield: 12 Servings

Ingredients

1 Egg

1/3 Cup Sugar

2 Tablespoons Corn Oil

2 Tablespoons Water

1/4 Cup Cornstarch

Instructions

Have fortunes prepared in advance. Beat egg on low speed until frothy.

Beat in sugar, a little at a time, & continue beating until mixture is a very light yellow and thick. Fold in corn oil. Blend water and a little of the egg mixture into cornstarch, then stir into the remaining egg mix.

Heat heavy, well seasoned griddle to 350 deg, or until drops of water bounce when dropped on the griddle. (For griddles without temperature control, keep heat between low and medium). Drop heaping T of batter on the griddle and spread with the back of a spoon to about 4 in. wide and 1/8 in. thick. Cook until edges are slightly brown & cookies can be easily lifted from griddle with a spatula, 5 8 minutes. (If cookies stick, bottoms need to be cooked a little longer). Turn

cookies carefully & cook other side until light brown. Be careful to keep temperature even. Place fortune paper on cookie as soon as it is removed from the griddle.

Folding is easier to do than to describe, but the end result is shaped like a horseshoe. Fold opposite edges together, forming a semicircle.

Crease crosswise at the center of the straight edge to form a flattened side, then bend the opposing corners together for the traditional shape.

Set in a small glass or muffin tin until cookie cools and holds its shape. Wipe griddle & stir batter. Repeat.

Shared by Micheal Kean, Prodigy ID# VMXV03A

Preparation Time: 0:00

Chinese Fortune Cookies #2

Yield: 20 Servings

Ingredients

2 Eggs
1/2 Cup Powdered Sugar
4 Tablespoons Water
1/2 Teaspoon Almond Flavoring
1 Cup Cake Flour sifted

Instructions

Butter a baking sheet & dust it lightly with flour. Heat oven to 350. Beat eggs & gradually mix in sugar while beating until mixture is very thick. Beat water in a T at a time. Add & beat in the almond flavoring, preferably with an electric mixer, as it must be thorough. Very gently fold in the flour to mix, but do not beat. Drop the batter by level tablespoonfuls on the buttered sheet 5 inches apart. Bake until very lightly browned. Remove from oven and shape while still quite warm, inserting fortunes. Let cool in glasses to hold the form.

Shared by Michael Kean, Prodigy ID# VMXV03A

Preparation Time: 0:00

Chinese Fortune Cookies #3

Yield: 48 Servings

Ingredients

3 lg egg whites
3/4 c sugar
1/8 ts salt
1/4 lb butter, melted
1/4 ts vanilla
1/4 ts almond extract
1 c sifted all purpose flour
2 tb water

Instructions

Combine egg whites, sugar & salt. Beat in, one ingredient at a time, the butter, extracts, flour & water. Blend thoroughly & chill for 20 minutes. Preheat to 350 deg. Do just 2 or 3 cookies at a time. Drop slightly rounded teaspoonfuls of thick batter for each cookie onto a lightly greased cookie sheet. Spread the dough very thin, using the back of the spoon, making rounds about 3 inches in diameter. Bake for 5 minutes., or until the edges begin to brown lightly. Remove to a wire rack. Working quickly, place a fortune in the center of each cookie. Fold opposite sides together, crease crosswise at the center of the straight edge to form a flattened side, then bend backward for the traditional shape. Cool in muffin tins or small glasses to hold shape. Makes about 4 dozen.

Chinese Fortune Cookies Iv

Yield: 8 Cookies

Ingredients

LISA CRAWLEY/TSPN
1/4 c flour
2 tb brown sugar
1 tb corn starch

1 ds salt
2 tb cooking oil
1 egg white beaten til stiff
1/4 ts vanilla or lemon flavoring
3 tb water
8 paper fortune strips typed or cut from magazines

Instructions

Combine flour, sugar, cornstarch and salt. Stir in oil and fold in egg white until mixture is smooth. Add flavoring and water and mix well. In a small skillet, an electric fry pan (medium heat) or on a lightly greased griddle, pour one tablespoon of batter, spreading it to a 3" circle. Cook for 4 minutes or till lightly browned, turn with a spatula and cook for one more minute. Batter will turn from beige to brown. Remove from griddle and quickly place "fortune" paper in the center of the circle. Fold in half over the edge of a glass, and then in half again. Hold for a few seconds until cool, then place in an empty egg carton to help cookie keep its shape. These get better with practice. This recipe makes 8 10 fortune cookies. If they do not seem crisp enough for you, toast them in the oven at 300 degrees for 10 minutes, or just let them "sit around" a few days. SOURCE: The Taming of the C.A.N.D.Y. Monster.

Chinese Fried Cabbage (Fr

Yield: 100 Servings

Ingredients

1 qt water warm
3 lb bacon sliced fz
10 eggs shell
1 tb garlic dehy gra
1 3/8 lb pimentos 7 oz
20 lb cabbage white fresh
1 1/2 oz onions dry
2 oz pepper swt grn fresh
6 3/8 lb beans sprouts #10
1 tb pepper black 1 lb cn
3 1/2 oz salt table 5lb

Instructions

PAN: 12 BY 20 BY 2 1/2 INCH STEAM TABLE PAN TEMPERATURE: 350 F.
OVEN

1. SHRED CABBAGE.
2. REHYDRATE ONIONS AND PEPPERS 20 TO 30 MINUTES DRAIN WELL.
3. SAUTE' ONIONS, PEPPERS, AND BACON TOGETHER UNTIL BACON STARTS TO BROWN, ABOUT 10 MINUTES. ADD CABBAGE TO SAUTE'ED VEGETABLES AND BACON. HEAT, STIRRING CONSTANTLY, UNTIL MIXTURE BEGINS TO STEAM. COOK 10 MINUTES LONGER, STIRRING OCCASIONALLY.
4. DRAIN BEAN SPROUTS AND PIMIENTOS ADD TO CABBAGE.
5. SPRINKLE PEPPER AND GARLIC OVER CABBAGE FOLD OVER SEVERAL TIMES TO BLEND.
6. HEAT TO STEAMING. PLACE IN OVEN.
7. POUR EGGS ONTO GREASED SHEET PAN (18 BY 26 INCHES) BAKE 6 TO 8 MINUTES OR UNTIL FIRM.

8. CUT EGGS INTO THIN STRIPS, 3 INCHES LONG SPREAD OVER CABBAGE.

**ALL NOTES ARE PER 100 PORTIONS.

NOTE: 1. IN STEP 2, 12 OZ (2 1/4 CUPS) CHOPPED DRY ONIONS (13 OZ A.P.) AND 12 OZ (2 1/4 CUPS) CHOPPED, FRESH SWEET PEPPERS (14 OZ A.P.) OR 12 OZ FROZEN, DICED, GREEN PEPPERS MAY BE USED. THAW PEPPERS.

NOTE: 2. IN STEP 4, 7 NO. 300 CN CANNED BEAN SPROUTS MAY BE USED.

NOTE: 3. IN STEP 4, 4 7 OZ CANNED PIMIENTOS MAY BE USED.

NOTE: 4. IN STEP 7, 5 OZ (1/4 NO. 3 CYL CN) CANNED, DEHYDRATED EGG MIX COMBINED WITH 1 1/2 CUPS WARM WATER MAY BE USED FOR WHOLE EGGS. SEE RECIPE NO. A 08000.

NOTE: 5. OTHER SIZES AND TYPES OF PANS MAY BE USED. SEE RECIPE NO A 02500.

NOTE: 6. ONE NO. 8 SCOOPS MAY BE USED. SEE RECIPE NO. A 04000.

Recipe Number: Q01501

SERVING SIZE: 1/2 CUP

From the (actually used today!).

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chinese Fried Catfish With Ground Pork Sauce

Yield: 4 Servings

Ingredients

2 ts sesame oil

1 tb corn oil

1/2 ts chile oil

1/2 lb ground pork

6 green onions 1 lengths

2 ts ginger shredded

2 garlic cloves minced

2 ts soy sauce

1/4 c rice wine

1/4 c hot water

1 salt

2 lb catfish fillets

1 oil for frying

Instructions

Combine sesame, corn and chile oils in wok or large skillet. Add pork and stir fry quickly over high heat, breaking pork up into smallest possible pieces with wooden spoon. When pork begins to brown, add green onions, ginger and garlic. Continue to stir fry about 2 minutes. Add soy sauce, rice wine and water. Stir well and reduce heat to low. Meanwhile, lightly salt catfish fillets to taste. Fry, turning once, in another skillet over medium high heat. Continue stirring sauce while fish fries. When fish is cooked but not overdone (about 2 3 minutes to a side), remove to warm dinner plates. Sauce should have reduced to thick, syrup like consistency.

If too liquid, raise heat to high and continue cooking, stirring constantly, about 1 more minute. Spoon sauce over fish.

Posted to MC Recipe Digest by Nancy Berry on Apr 20, 1998

Chinese Fried Nuts

Yield: 1 Servings

Ingredients

4 c walnuts pecans or other nuts
1/2 c sugar
1 salt
1 cooking oil
1 water

Instructions

Measure nuts. Bring water to a boil in a large sauce pan. Add nuts and boil for 1 minute. Have set to one side a shallow pan with 1/2 cup sugar in it. Drain nuts, rinse under hot running water. Drain well, then immediately turn nuts into pan with sugar, turning until sugar dissolves and coats the nuts (may take 5 minutes, allowing pan to sit and stirring occasionally).

Meanwhile, clean same large saucepan (3 quart) and bring to deep frying temperature about 1 inch of cooking oil in it. Add half of the nuts and fry until golden brown. Drain with slotted spoon and place on foil in a single layer, stirring so nuts separate.

Immediately salt nuts lightly with shaker and stir again. Allow to dry and cool completely before storing in an airtight container. Nuts should be shiny and hard on the outside, crunchy.

If they have not been fried long enough, they will stay sticky or chewy on the outside.
Posted to recipelu digest Volume 01 Number 236 by "Diane Geary" on Nov 10, 1997

Chinese Fried Prawns

Yield: 4 Servings

Ingredients

24 lg prawns
1 c flour
3 ts baking powder
1 c cornstarch
1/2 ts salt
1 egg beaten
1 c ice water
2 ts vegetable oil
1 peanut or vegetable oil

Instructions

Shell and devein the prawns, leaving the tails on. Sift flour, cornstarch, baking powder, and salt into a mixing bowl. Beat in egg, water and 2 T. of oil. Make a stiff batter. Heat 2" of oil in a large electric skillet (375 degrees). Dip the prawns in the batter and fry in hot oil until golden brown, turning occasionally. Drain on

paper towels. Arrange on serving platter in a circle with the tails pointing outward.

SOURCE: Panda Restaurant LA, Ca.

Chinese Fried Rice Deluxe

Yield: 4 Servings

Ingredients

6 tb lard or cooking oil
2 eggs
1 ts salt
2 scallions chopped
1/2 c fresh shrimp shelled, deveined, and diced
4 c cold, cooked rice

1/2 c cooked peas
1/4 c canned diced bamboo shoots
1/4 c diced boiled ham
1/2 c diced cooked chicken
1/2 c diced Chinese roast pork or left over roast beef or veal
2 tb soy sauce

Instructions

Heat 2 tablespoons lard or cooking oil. Beat eggs with 1/2 teaspoon salt and scramble in oil until firm, breaking into small pieces. Remove and reserve.

Heat remaining oil. Add scallion and shrimp and remaining salt. Cook until shrimp shows pink. Break up lumps of cold cooked rice. Add to shrimp. Stir until rice is heated and the grains of rice are separated. Make a hole in the center of the rice. Add all the rest of the ingredients except soy sauce.

Stir until thoroughly heated and mixed. Sprinkle soy sauce over rice and mix evenly through. Salt and pepper to taste. Garnish with additional chopped scallions if desired.

NOTE: The secret of making fried rice lies in the use of cold, cooked rice.

Freshly cooked rice will only produce a sticky mess.

Contributor: House and Garden Magazine September 1961

Preparation Time: 0:00

Chinese Fruit Compote

Yield: 6 Servings

Ingredients

2 apples
2 oranges
1 sm cantaloupe
14 oz lychees drained

Instructions

USING A SHARP KNIFE, peel, core and slice the apples into thin wedges. Peel and slice the oranges into segments. Cut the melon in half, scoop out and discard the pulp and seeds. Cut the melon flesh into 1 inch cubes, or use a melon baller. Combine all the fruits in a large bowl. Mix them gently together. Wrap the bowl tightly in plastic wrap until you are ready to serve the compote.

KEN HOM

PRODIGY GUEST CHEFS COOKBOOK

Chinese Fruit Salad

Yield: 4

Ingredients

6 clementines
650 g fresh lychees peeled and stoned (1lb 7oz)
1 sm pineapple
6 pieces waitrose stem ginger in syrup
30 ml syrup from the stem ginger (2tbsp)
175 g physalis (6oz)

Instructions

Squeeze the juice from two of the clementines and pour into a serving bowl. Add the lychees.

Cut away the skin of the pineapple, remove the centre core with a knife or apple corer and cut the pineapple into segments. Add to the salad.

Peel the remaining clementines, break into segments and add to the salad.

Slice the ginger into thin slivers and add to the bowl with the syrup.

Open the physalis and remove most of the fruits but leave some in their papery husks and arrange over the salad.

Chill for 30 minutes before serving.

Converted by MC_Buster.

NOTES : The clean flavour of the lychees marries well with fresh pineapple, clementines and slivers of stem ginger. Physalis in their paper lanterns add the last exotic touch. Although cream is not normally used in Chinese cooking, the fruit salad is delicious served with cream laced with a couple of drops of almond essence.

Converted by MM_Buster v2.0l.

Chinese Fruited Pork

Yield: 6 Servings

Ingredients

1 1/4 lb boneless pork, cut in 3/4 strips

2 tb soy sauce

1/4 c dorothy lynch home style or reduced calorie dressing

4 ts cornstarch, divided

5 tb salad oil, divided

1 pk frozen pea pods, slightly thawed (6 oz)

2 tb water

1 cn apricot halves, drained and sliced, reserving syrup (1

1 hot cooked rice

Instructions

Place pork in a bowl. Combine soy sauce, dressing and 3 cornstarch and pour over meat. Allow to marinate 15 minutes. Heat 4 tablespoons oil in wok or large skillet. Drain pork, reserving marinade. Add pork to wok and cook over high heat, stirring about 4-5 minutes or until meat is done. Remove meat and set aside. Drain wok. Add remaining 1 tablespoon oil to wok. Add snow peas and stir fry about 30 seconds. Add water, cover and steam about 30 seconds. Stir in pork and apricots. Dissolve cornstarch in reserved apricot syrup. Blend in remaining marinade. Add to wok and heat, stirring until sauce thickens. Serve each portion with 1/2 cup hot cooked rice.

585 calories per serving. (Dorothy Lynch Home Style)

Chinese Fudge

Yield: 1 Servings

Ingredients

1 pk semi sweet or sweet chocolate bits (12 oz.)

3/4 c peanut butter (crunchy)

3 c miniature marshmallows

1/2 c chow mein noodles

Instructions

Melt chocolate bits and peanut butter in a glass mixing bowl in the microwave oven for 2 minutes. Stir to blend chocolate and peanut butter. Add marshmallows and chow mein noodles. Stir well again. Pour into lightly greased 8 inch square dish. Chill 1 1/2 hours or freeze until firm, about 30 minutes.

Off center dishes in oven. Extras: maraschino cherries, mint chips, nuts or colored (green) marshmallows.

Posted to recipelu digest by "Diane Geary." on Feb 2, 1998

Chinese Garlic Chicken

Yield: 1 Servings

Ingredients

4 boneless skinless chicken breast halved
1 egg white
1 tb cornstarch
1 tb dry white wine or sherry
4 green onions
1 ts minced gingerroot
3 ts minced fresh garlic (about 6 med cloves)
2 tb vegetable oil
1 hot cooked rice

Instructions

SAUCE

1 ts crushed chili paste (sambal oelek), or more to taste
2 ts sugar
1 ts cornstarch
2 ts rice vinegar
1 tb water
2 tb dry white wine or sherry
2 tb soy sauce

Place chicken breasts in freezer for 1 to 2 hours or until very firm but not frozen solid. Slice crosswise into thin shreds. In small bowl, lightly beat egg white, then mix in 1 TBS cornstarch and 1 TBS wine, stirring until cornstarch is dissolved. Add chicken and mix well to coat all pieces. Let stand at room temperature 30 minutes. Meanwhile, slice green onions on the diagonal into very thin slices. Mince gingerroot and garlic. Combine Sauce ingredients, mixing well. Heat wok or frying pan, add oil, and stir fry chicken until no longer pink. Remove chicken with a slotted spoon. Add onions, ginger and garlic to wok and stirfry about 30 seconds, until ginger and garlic are fragrant but not brown. Return chicken to wok, restir sauce ingredients and add to wok. Cook, stirring constantly, until mixture is well combined, hot and bubbly and thickens slightly. Turn off heat and splash with about 1 tsp of dark sesame oil. Serve over rice. Makes 4 servings.

Posted to recipelu digest Volume 01 Number 234 by James and Susan Kirkland on Nov 09, 1997

Chinese Garlic Ginger Sauce

Yield: 1 Servings

Ingredients

3/4 c cold water
2 tb oyster sauce
1 tb cornstarch

Instructions

This is the sauce I use on broccoli chicken. If you want more of a ginger and garlic taste I would add garlic and ginger in with the chicken (or whatever meat you are using for the dish).

Wisk the above ingredients together and pour over stir fried chicken and broccoli. Pull vegetables up on sides of wok and let sauce thicken in well of wok (approx. 3 min.). Stir sauce, chicken, and broccoli together to coat.

Serve.

Recipe By : olxezeh@lafayette.unocal.com (Zeh Account)

Chinese Garlic Sauce

Yield: 1

Ingredients

- 2 tb of peanut oil
- 2 tb of minced garlic
- 3 tb of oyster sauce
- 1 a little fresh ginger grated if you wish
- 1/2 c chicken stock or canned broth

Instructions

Heat wok or deep pan over high heat until it is hot. Add oil and wait until it is smoking, add ginger and garlic and leave for a minute or so. Then add the oyster sauce and stock simmering for another few minutes. Pour over your favorite fried rice, white rice or meat, especially chicken.

Chinese Garlic Spareribs

Yield: 1 Servings

Ingredients

- 3 lb spareribs
- 1 onion diced
- 1 c pineapple juice
- 1/2 c cider vinegar
- 1/4 c soya sauce
- 1/2 ts ginger
- 3 cloves garlic minced

Instructions

Combine juice, vinegar, soya sauce, sugar, ginger and garlic in a saucepan. Bring to a boil and boil over low heat for 1/2 hour. While this sauce is cooking, place ribs into large saucepan with diced onion and water to cover and boil over low heat for 15 minutes. Lift out of water and place in clay baker. When sauce is done, pour over ribs.

Marinate for 8 to 12 hours in refrigerator, then drain off sauce. Bake ribs in upper third of oven at 400 F. for 1 1/2 hours. Take off cover and turn on broiler for last 10 minutes.

Posted to KitMailbox Digest by J Pellegrino on May 09, 1998

Chinese: General Tsao'S Chicken 1

Yield: 6 Servings

Ingredients

- 1 lb boneless chicken breasts cut into 1 in pieces
- 3 tb soy suace
- 3 tb cornstarch
- 1 egg white beaten until frothy
- 1 c veg. oil

3 hot dried chili peppers broken in half
2 cloves garlic finely chopped
1 piece ginger root (1 in) peeled and finely chopped
1 tb white wine vinegar
1 tb white wine
1 ts cornstarch
1 ts sesame oil
1/2 ts salt
1 ts brown sugar

Instructions

Wow, with over a dozen Chinese or Oriental cookbooks, I had a hard time finding this recipe! It is probably called something else (like spicy fried chicken) and I really do have a dozen recipes.

:) This one is from Elegant Entertaining Cookbook by Myra Sable of Sable and Rosenfeld, Bantam books.

General Tsao was a real person, general and poet who lived in China 155 220 AD.
m e in the frig for 1 hour.

Heat the oil in a wok. Deep fry the chicken, a few pieces at a time, about 1 minute or until golden brown. Remove and drain on paper towels. Pour all but 2 TB of the oil out of the wok.

To the oil in the wok, add the chili peppers, garlic and ginger, stir fry 2 minutes.

In a small bowl, combine the remaining soy sauce, vinegar, white wine and 1 tea cornstarch, mix until smooth. Stir in sugar, sesame oil and salt. Pour into wok, cook, stirring for 2 minutes until thickened.

Return chicken pieces to wok, mix well and serve.

Recipe By :

Chinese: General Tso'S Chicken 2

Yield: 2 Servings

Ingredients

MYRA SABLE HNKV12A

1 lb chicken breasts boneless, skinless, cut into 1 piece
3 tb soy sauce
1 tb cornstarch
1 egg white beaten frothy
1 c vegetable oil
3 dried hot chili peppers broken in half
2 garlic cloves chopped fine
1 piece gingerroot peeled and finely chopped
1 tb white wine vinegar
1 tb white wine
1 ts cornstarch
1 tb brown sugar
1 ts sesame oil
1/4 ts salt

Instructions

In a glass bowl, place chicken pieces. Combine 1 tbs. soy sauce and 1 tbs. cornstarch. Blend in beaten egg white. Pour over chicken and toss to coat well. Marinate in refrigerator for 1 hour.

In a small bowl, combine remaining soy sauce, vinegar, white wine, and 1 tsp. cornstarch mix until smooth. Stir in sugar, sesame oil and salt.

In a wok heat oil. Deep fry chicken, a few pieces at a time, about 1 minute, or until golden brown. Remove and drain on paper towel. Pour all but 2 tbs. oil out of wok. To the wok, add chili peppers, garlic and ginger stir fry 1 minute. Pour sauce mixture into wok and cook, stirring, about 1 minute, until thickened. Return chicken pieces to wok. Mix well and serve immediately.

I like to serve this with rice and Sautéed Snow Peas and Red Peppers.

The chicken is spicy hot with the dried chili peppers, so adjust to your taste. Enjoy!

Posted by Margie Auslander (HNKV12A) From The Elegant Entertaining

Cookbook by Myra Sable. MM:MK VMXV03A. From: Bud Cloyd Date: 07 Jan 94

Chinese Ginger Beef

Yield: 1 Serving

Ingredients

1 packet MAGGI Chinese Ginger Beef Mix

1/2 c water

2 ts oil

500 g rump steak thinly sliced

2 md carrots cut into thin strips

1 green pepper sliced

Instructions

Combine the Chinese Ginger Beef Mix and water. Set aside.

Heat the oil in a wok or large saucepan.

Add the steak and stir fry over a high heat until almost cooked.

Add the carrots, Stir fry for 1 minute

Add the green pepper and sauce mix. Bring to the boil, stirring, then cook for a further 30 seconds.

Serve immediately with MAGGI 2 Minute Noodles.

Converted by MC_Buster.

Preparation Time: 0:00

Chinese Ginger Fried Beef 1

Yield: 2 Servings

Ingredients

1/4 lb sirloin steak, shredded

1 md onion, quartered and *

1 sl ginger, thumb sized **

1 clove garlic, minced

2 ts light soy sauce

2 ts vegetable sauce

1 ts dark soy sauce

1 ts dry sherry or rice wine

1/2 ts sugar

1/2 ts sesame oil

1/4 ts salt

1/4 ts pepper

1/4 ts baking powder

2 ts cornstarch

1 tb water

Instructions

* Cut into strips ** peeled and shredded

NOTES: Thanks to reader Alice Ho, here's a ginger beef recipe that's stir fried not deep fried. If you partially freeze the beef, it can be cut into thin shreds making it quick work in a wok or wide skillet. Marinating the meat and cooking it, still partially frozen, keeps more of the meat juices in the meat and out of the sauce. For dessert, a tropical mixture of lychees, mandarins and grapes would be refreshing. If you thought soy sauce was soy sauce, Alice Ho offers these tips : "Black and light soy sauces are distinguishable. If you shake the light sauce, the bottle is transparent. This is easier than deciphering the chinese characters on the bottles." Ho says the baking powder in this recipe acts as a meat tenderizer.

DIRECTIONS: Cut beef into shreds, while partially frozen. Use a sharp cleaver or chef's knife. Prepare onion, pepper, ginger and garlic set aside. Pour marinade ingredients (mixed together) over beef and let stand for 30 minutes (longer if you wish).

Heat wok or wide skillet add 2Tvegetable oil. Fry onion and pepper in hot oil, stirring constantly. Add salt and pepper to taste, and cook for a minute. Vegetables should be crisp and glistening. Remove from pan.

Add another 2 Tbsp oil to the pan heat and add garlic and ginger. Add beef, stirring quickly to separate strips that cling together. Add 1/4 c hot water stir and cook for about a minute. Return cooked vegetables to wok and blend quickly. Season to taste, as you wish, or add 1 Tbsp oyster sauce to enhance the flavor. Serve over hot steaming rice. Offer a second stir fry dish to round out the meal.

Calgary Herald, food section, 92.01.29 From: Helen Peagram Date: 05 20 96 (F)
Cooking Ž

Chinese Ginger Fried Beef 2

Yield: 4 Servings

Ingredients

10 oz flank steak

BATTER

1/4 c water

2 tb vegetable oil

1/2 beaten egg

1/4 c cornstarch plus

2 tb cornstarch

1 1/2 tb flour

1 ts ground pepper

GARNISH

2 oz green bell pepper

2 oz red bell pepper

2 oz ginger root, finely chopped

1/2 oz garlic, mashed

SAUCE

1/4 c water

2 tb soy sauce

1 1/2 tb mushroom soy sauce

1 tb white vinegar

1 tb honey

1/2 tb cooking wine

1/4 c sugar
1/4 tb powdered chili
10 c cooking oil plus
3 tb (separated)

Instructions

Cutting against the grain, slice flank steak into strips about 2 inches long by 1/4 inch wide. (slightly frozen meat makes this task easier FHT). Combine batter ingredients and mix with steak slices toss to coat and set aside.

Cut up green and red peppers into same size strips and mix with garlic and ginger. Combine sauce ingredients and set aside.

To cook Ginger Fried Beef, put 10 cups cooking oil into a deep fryer or pot and preheat to 250 degrees F. Fry coated meat mixture, a few pieces at a time, until crispy, about seven to ten minutes. Set meat aside on a paper towel to drain and keep oil at same temperature for second stage frying.

Put 3 Tbsp cooking oil in wok and heat. Add green and red pepper mixture and stir fry over high heat 15 to 20 seconds. Add sauce mixture and cook another 15 to 20 seconds until somewhat thickened. Cooking times may be a little longer on a conventional stove.

Deep fry beef a second time for one minute. Remove from oil and add to stir fry toss lightly to coat thoroughly and serve.

Enjoy. The Ginger Beef Peking House Restaurant serves the best Ginger Fried Beef in Calgary.

My thanks to Leo Chan, General Manager of the Ginger Beef Peking House for supplying this recipe. From: Helen Peagram Date: 05 20 96 (F) Cooking Ž

Chinese Ginger Syrup Cake

Yield: 1

Ingredients

1 c mild crystallised ginger
1 1/2 c water
1/2 c brown sugar
1/2 c beehive co honey*
1/2 c brown sugar
1/4 c white sugar
125 g butter softened
2 lg eggs
1 1/2 c self raising flour
1/2 c milk

Instructions

Preheat the oven to 170c. and butter a 20cm. non stick cake tin.

First, prepare the ginger. In a medium saucepan, place the ginger, water, brown sugar and honey and bring to the boil. Simmer for 10 minutes then cool.

Set aside.

Using an electric mixer, cream the brown sugar, white sugar and butter together until thick and creamy. Remove the bowl from the mixer and add the eggs, one at a time, beating well by hand after each addition.

Add the flour and milk and stir gently but thoroughly. Remove the ginger from the syrup and slice thinly, then add 3/4 of the ginger to the cake, stirring to distribute the ginger.

Pour the cake batter into the prepared tin and bake at 170c. for one hour, or until the cake appears firm and dry on top and yields gently to pressure when pressed in the centre with your finger.

When the cake has been removed from the oven, spoon over the ginger syrup and allow it to soak into the cake then turn out and cool thoroughly on a wire rack.

To serve, spoon some thick, pure cream on top of the cake and decorate with the remaining slices of ginger. Alternatively, serve the cream on the side of the cake, with the ginger slices folded through the cream or on top of the cake.

Converted by MC_Buster.

Per serving: 1648 Calories (kcal) 114g Total Fat (61 calories from fat) 16g Protein

148g Carbohydrate 664mg Cholesterol 1270mg Sodium Food Exchanges: 0

Grain(Starch) 1 1/2 Lean Meat 0 Vegetable 0 Fruit 22 Fat 9 1/2 Other Carbohydrates

Converted by MM_Buster v2.0n.

Chinese Ginger Garlic Asparagus

Yield: 4 Servings

Ingredients

1 lb asparagus

2 tb salad oil

1 lg clove garlic minced or pressed

1/2 ts grated fresh ginger up to 1

2 tb water

Instructions

Snap off and discard tough ends of asparagus, then cut spears into 1/4 inch slanting slices.

Place wok over high heat when wok is hot, add oil. When oil begins to heat, add garlic and ginger and stir once then add asparagus and stir fry for 1 minute. Add water cover and cook until asparagus is tender crisp to bite (2 to 3 minutes). Makes 4 servings.

Beyond Biscuits Newsletter, Issue 30 February 8, 1998 Busted by Barb by southernfood admin@list.miningco.com on behalf of

Recipe by: The Wok Cookbook (Sunset)

Posted to MC Recipe Digest by abprice@wf.net on Feb 14, 1998

Chinese "Glob"

Yield: 8

Ingredients

1 lb hamburger browned

1 c celery diced

1 c onion chopped

1 1/4 c minute rice uncooked

1 cn cream of chicken soup

1 cn cream of mushroom soup

1 1/3 cn water

2 tb soy sauce

1 cn chow mein noodles

Instructions

Mix all ingredients, bake at 350 degrees for 45 minutes. Put a can of Chow Mein noodles on top and bake another 15 minutes.

Serves 6 to 8.

Sue Mullet (Bread Baker)

Per serving: 246 Calories (kcal) 11g Total Fat (40 calories from fat) 10g Protein 27g Carbohydrate 24mg Cholesterol 793mg Sodium Food Exchanges: 1 1/2 Grain(Starch) 1/2 Lean Meat 1/2 Vegetable 0 Fruit 2 Fat 0 Other Carbohydrates

Recipe by: Amish County Cookbook Sue Mullet

Converted by MM_Buster v2.0n.

Chinese: Golden Crown Restaurant House Special

Yield: 6 Servings

Ingredients

- 1 15 oz. package chow mein noodles (not canned)
- 1/4 c vegetable oil, divided
- 2 garlic cloves, minced
- 1 1/2 c fresh bean sprouts
- 1/4 c slivered bok choy
- 1/4 c slivered carrot
- 1/4 c slivered green pepper
- 1/4 c slivered celery
- 2 tb sliced water chestnuts
- 2 tb slivered bamboo shoots
- 2 tb sliced canned mushrooms
- 2 tb slivered onion
- 1/4 lb peeled small shrimp (60 to 75 per pound size)
- 1/4 c chopped chicken
- 1/4 c slivered chinese bbq pork
- 1 c chicken broth
- 1 tb cornstarch
- 1 ts oyster sauce
- 1/2 ts granulated sugar
- 1/2 ts msg (optional)
- 1/8 ts salt

Instructions

Boil chow mein noodles according to package directions. Drain.

Heat 2 tablespoons oil in wok or very large frying pan. Stir fry noodles for 3 to 5 minutes, or until crisp and light brown. Remove from wok and set aside. Add remaining 2 tablespoons oil and garlic.

Add bean sprouts, bok choy, carrot, green pepper, celery, water chestnuts, bamboo shoots, mushrooms and onion to wok. Stir fry for several minutes over high heat. Add shrimp, chicken and barbecued pork. Continue stir frying several minutes. Add broth and cover with lid. Cook with lid on for 3 to 4 minutes.

Combine Cornstarch with cold water. Stir in oyster sauce, sugar, MSG, if used, and salt. Add sauce and noodles to wok. Continue cooking just until sauce thickens about 1 minute. Serve immediately.

Makes 6 servings.

SOURCE: From the Golden Crown Restaurant, Beaverton, Oregon.

September '91 FOODday, Oregonian Newspaper.

Shared by Cate Vanicek

Chinese Gooseberry Cream

Yield: 6 Servings

Ingredients

1 c cooked chinese gooseberry pulp
2 eggs
1 c boiled milk
1 tb cornflour
1/2 ts vanilla
3 oz sugar
1/2 c whipped cream
1/8 ts salt

Instructions

Method:

1. Beat the egg yolks well. Add the salt, cornflour and vanilla and after stirring add the milk gradually, continuing to stir.
2. Cook the mixture over boiling water until it thickens and stir in half the sugar.
3. Beat the egg whites until they are stiff and whilst beating add in the rest of the sugar.
4. When the yolk mixture has cooled, fold in the egg whites, the pulped gooseberries, and the whipped cream.
5. Pour the mixture into a serving bowl and place sliced gooseberries around the top.

SOURCE: *Kiwi Cookbook, by Alan Armstrong, Seven Seas Publishing Pty Ltd, PO Box 1431, Wellington, New Zealand, (C. 1968) ISBN 85467 016 5

SHARED BY: Jim Bodle 6/93

Chinese Green Tea Chicken Salad

Yield: 1

Ingredients

3 tb chinese green tea leaves
1/2 c cold spring water or rice vinegar
3 tb sesame oil divided
4 boneless chicken breasts
1/4 ts soy sauce
1/4 ts sugar
3/4 c olive oil
1/2 c slivered almonds toasted in dry skillet or in oven
1 cn sliced water chestnuts drained
1 head iceberg lettuce torn into strips

Instructions

Serves 4

This recipe, from Diana Rosen's "The Book of Green Tea" (Storey,\$16.95), is a twist on the classic Chinese chicken salad.

For maximum efficiency, start steeping the tea leaves first. While the chicken cools, toast almonds, prepare lettuce and finish assembling the dressing.

Steep the tea leaves in water or rice vinegar for about 20 minutes. (If you are using low grade green tea, steep in rice vinegar use cold water for a high quality tea.)

While tea steeps, heat 2 tablespoons sesame oil in a large skillet over medium heat.

Saute chicken breasts until cooked, about 5 minutes on each side. Set aside to cool.

Strain tea and discard tea leaves. To tea add remaining sesame oil, soy sauce, sugar and olive oil mix well.

Tear chicken into small pieces. Combine with slivered almonds, water chestnuts and lettuce. Add dressing and serve immediately.

For world recipes in MasterCook format: Subscribe <mailto:EthnicRegionalMCooksubscribe@xxxxxxx.xxx> or <http://www.onelist.com/subscribe/EthnicRegionalMCook>

Per serving: 2288 Calories (kcal) 242g Total Fat (92 calories from fat) 20g Protein 26g Carbohydrate 0mg Cholesterol 142mg Sodium Food Exchanges: 1 Grain(Starch) 1 1/2 Lean Meat 2 Vegetable 0 Fruit 47 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Chinese Grilled Shortribs {Serves 4}

Yield: 1

Ingredients

1/8 ts trim 4 lbs baby back ribs. in a blender or food proc
1/3 c sesame oil, 4 1/2 tbl creamy peanut butter, 4 tbl brow
1/3 c sugar, 2 1/4 tbl curry, 3/4 cup soy sauce, 1/2 tbl pep
1/3 c cup rice wine, and 10 sliced green onions. process for
1/3 c seconds. add 1/2 tsp grated ginger root and 2 garlic c
1/3 c process for about 45 seconds. rub t he sauce on
1/3 c refrigerate for 2 hours. grill, basting often with
1/3 c done about 30 minutes.

Instructions

Grams: 381.00 Calories: 1161.74 Total Fat: 97.55 Sat. Fat: 26.90 Cholest.: 552.97
Sodium: 4152.44 Potassium: 802.73 Carbo: 21.79 Vitamin A: 35.25iu Calcium:
114.17mg Iron: 9.42mg Thiamin: 0.85mg Niacin: 9.03mg Vitamin B6: 1.74mg Folate:
44.05mcg

Chinese Halibut Broil

Yield: 1 Servings

Ingredients

3.00 tb soy sauce
1.00 ts salt
1.00 ts pepper
1.00 ts water
1.00 ts garlic salt
1.00 ts lemon juice
1.00 ts onion flakes
1 halibut steak

Instructions

Combine all ingredients except halibut. Spread on both sides of steak. Broil 3/4 inch from heat for 8 minutes or until brown. Turn and broil on second side.

Chinese Halibut

Yield: 4 Servings

Ingredients

4 lg halibut steaks, 1/2 lb each
MARINADE
3 tb finely chopped fresh ginger
6 tb finely chopped scallions
2 tb light soy sauce

1 tb dark soy sauce
2 tb chinese rice wine or: dry sherry
1 tb chinese sesame oil

GARNISH

1 1/2 tb minced fresh coriander

Instructions

LAY THE HALIBUT STEAKS on a platter. Puree the marinade ingredients in a blender and spread it evenly over the halibut steaks. Allow to marinate for 2 hours in the refrigerator or 1 hour at room temperature. Approximately 40 minutes before you are ready to cook, make a charcoal fire and, when the coals are ash white, grill the halibut steaks for 5 to 8 minutes on each side, depending on their thickness. Garnish with the chopped coriander and serve immediately.

Chinese Hamburger

Yield: 3 Servings

Ingredients

2 onions, chopped
1 green pepper, chopped
4 stalks of celery, chopped
2 tb butter
1 lb ground beef
1 cn water chestnuts
1 cn sliced mushrooms
1 cn mixed chinese vegetables, drained
1 soy sauce
1 parsleyed garlic salt
3 c cooked rice
1 cn condensed cream of mushroom soup

Instructions

Saute chopped onions, celery and green pepper in butter. Add ground beef and brown. Drain off excess fat. Add undiluted soup, Chinese vegetables, drained sliced water chestnuts, and mushrooms. Sprinkle with soy sauce, about 2 tb., and garlic salt. Heat thoroughly and serve over rice, thinning with a little water or wine.

Randy Rigg

Chinese Hamhocks

Yield: 1 Servings

Ingredients

1 text file

Instructions

Response: I guess hamhocks are in a lot of cultures from the looks of this thread. Hamhocks are the pig's legs without the foot attached. My mom used to use the smoked hamhocks to make bean soup however, my mother in law (whom I call Mama) is the one who really introduced me to regular hamhocks...not smoked. (If you are curious about our nationality, Mom and I are white Yankies and Mama is 100 Chinese.)

Mama boils the devil out of the hamhocks in rice wine, (White wine, vodka, or rum if no rice wine is available.) garlic, salt, and soysauce. Yum...my! Are those hamhocks brown and tender.

Magpie

Chinese Hawaiian Bbq Spareribs

Yield: 12 Servings

Ingredients

5 lb spareribs cut into 3 lengths

1 piece of fresh ginger crushed

Instructions

SAUCE

3/4 c brown sugar

1 c catsup

1 c oyster sauce

1 ts salt

1 clove garlic

2 oz sherry

Boil ribs with ginger for 30 minutes in water. Drain. Mix sauce ingredients. Marinate meat in sauce for 1 hour. Broil ribs to brown.

Serve.

From a book of my mother's (Judy Hosey) titled

Chinese Healthy Dumplings

Yield: 0 Servings

Ingredients

1/2 lb spicy turkey sausage or turkey breakfast

1 lb ground turkey

4 oz shrimp optional

6 green onions (scallions)

1/4 chinese cabbage or equivalent amount

2 ts soy sauce

2 ts sesame oil

1/2 ts pepper

1/4 c water mixed with ts corn flour (can use one egg, bu

2 ts white wine or sherry

FOR WRAPPING DUMPLINGS:

2 packets wonton wrappers round if possible, o

1 bowl water half full

1 damp clean hand or kitchen towel

Ginger Scallion Soy Sauce:

Instructions

Remove turkey sausage from skins and combine with minced turkey in a food processor. Shell and de vein shrimp and combine in food processor with turkey (if you do not have a food processor, you can chop shrimp into small pieces and hand mix with turkey). Mix in finely chopped scallions, finely chopped cabbage, soy sauce, sesame oil, pepper, cornflour mixture and white wine. Set on manual "pulse" control or on lowest chop setting and process for just a few seconds until shrimp is chopped coarsely into the turkey. If the amount is too much for your food processor, mix in batches.

Set up dumpling wrapping area with a half full bowl of water, a clean surface to work on, a damp clean hand or kitchen towel, chopsticks, or small spoons and whoever is around to help you wrap the dumplings!

Set turkey mixture on wrapping area. On your clean working area, place a few wonton wrappers flat down on surface (keep other wonton wrappers in plastic and they can dry out). Using chopsticks or a teaspoon, place about a teaspoon of mixture onto the center of wrapper. Dip a finger into the bowl of water and moisten one side of the dumpling wrapper with turkey mixture on it. Pick up the parcel and with fingers, pinch the two opposite sides of the wonton wrapper together forming the parcel into the shape of a half circle dumpling. If you are using square wrappers, you will have to pinch the square shape down into a half circle shape. Keep dumplings covered with damp cloth to keep them from drying out (do not have cloth dripping, it should be just damp to the touch).

Meanwhile, in a large deep pasta pot, fill a little above half with water. Bring to a boil. Lower temperature so that the water is at a low boil, too high a boil can break the dumplings. Place dumplings in carefully and close to the water to prevent them from breaking. Boil uncovered for about 10 to 12 minutes (checking to see if the inside is cooked). Gently take out immediately with a strainer spatula.

They are ready to eat with a ginger scallion soy sauce!

The next day, you can make pot stickers by frying the left over dumplings. Use a sweeter dipping sauce such as a plum or duck sauce for pot stickers.

Cuisine: "Chinese"

Source: "Calling All Cooks"

S(Formatted by): Lindell Martin on May 21, 2000"

Per serving: 1252 Calories (kcal) 50g Total Fat (36 calories from fat) 120g Protein 75g

Carbohydrate 537mg Cholesterol 9920mg Sodium Food Exchanges: 3 Grain(Starch)

14 Lean Meat 5 Vegetable 0 Fruit 2 1/2 Fat 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 920188 0 2130706543 0

Contributor: Cynthia Hsiung

Preparation Time: 0:00

Chinese Hoisin Shrimp

Yield: 1 Servings

Ingredients

1 1/2 lb medium shrimp

1/4 c chinese hoisin sauce, or

1 japanese ten men djan

1 tb dark chinese soy sauce

1 tb dry sherry

1 tb minced fresh ginger (do not use powdered ginger)

1 ts minced garlic

6 scallions

1/4 ts salt

2 3 tbs peanut oil for cooking

Instructions

Prep: Peel and devein shrimp. Cut scallions into 1" pieces. Mix together hoisin sauce, soy sauce, and sherry.

Cooking: High heat through out the cooking process Heat wok until almost smoking.

Add oil. Add ginger, garlic and salt, and stir fry 20 30 secs., until pungent. Add shrimp and stir fry 2 3 minutes until pink. Add scallions and stir fry 30 seconds. Add Hoisin sauce mixture, stir frying for another minute. Serve immediately with rice.

From: Steve Kramer

Chinese Honey Goose

Yield: 6 Servings

Ingredients

1 whole goose

HONEY SYRUP MIXTURE

1 lemon

4 c water

3 tb honey

3 tb dark soy sauce

2/3 c rice wine or dry sherry

Instructions

IF THE GOOSE IS FROZEN, thaw it thoroughly. Rinse the goose well and blot it completely dry with paper towels. Insert a meat hook near the neck. Using a sharp knife, cut the lemon into 1/4 inch slices, leaving the rind on. Combine the lemon slices with the rest of the honey syrup ingredients in a large pot and bring the mixture to a boil. Turn the heat to low and simmer for about 20 minutes. Using a large ladle or spoon, pour this mixture over the goose several times, as if to bathe it, until all of the skin is completely coated with the mixture. Hang the goose in a cool, well ventilated place to dry for 4 or 5 hours, or hang it in front of a cold fan for about 3 hours in either case, the longer the better. Once the goose has dried, the surface of the skin will feel like parchment. Preheat the oven to 475F. Meanwhile, place the goose on a rack in a roasting pan, breast side up. Put 2/3 cup of water into the roasting pan. Now put the goose into the oven and roast it for 15 minutes. Reduce heat to 350F and continue to roast for 1 hour and 10 minutes. Remove the goose from the oven and let it sit for at least 10 minutes before you carve it. Using a cleaver or sharp knife, cut the skin and meat into pieces and arrange them on a warm platter.

KEN HOM

PRODIGY GUEST CHEFS COOKBOOK

Chinese Hot & Sour Soup

Yield: 4 Servings

Ingredients

6 c chicken stock

2 chicken breast halves

1 sl 1 fresh ginger root

1 onion, sliced

6 shiitake mushrooms, soaked 20 mins in hot water

2 ts low sodium soy sauce

2 tb rice wine (or dry vermouth)

3 tb rice vinegar

1 tb sichuan hot bean paste

1/2 ts ground white pepper

1/2 c canned bamboo shoots cut into julienne strips

1 c tofu 1/2 in dice

3 lg eggs, beaten

1/2 c spring onions thinly sliced

Instructions

In this hot soup, the chilies' fire is hidden in the Sichuan hot bean paste.

Heat the chicken stock to a boil. Add the chicken breasts, ginger root and onion and simmer for 35 minutes, covered. Remove the chicken, reserving the stock, and let cool, remove skin and bones and shred meat. Set aside.

Strain the chicken stock into a 4 quart pan and bring again to a boil.

Drain the soaking mushrooms, discard the stems, and thinly slice the caps. Add them to the stock with the soy sauce, rice wine, rice vinegar, hot bean paste and white pepper, reduce the heat and simmer for 10 minutes. Add the shredded chicken, bamboo shoots and bean curd and simmer for another 2 minutes, then bring to a full boil. Beat the eggs well and, as you gently stir the soup, slowly add the eggs in a thin stream.

Adjust the seasoning for salt, hot bean paste and tartness.

At serving time, add the green onion slices.

Make 4 appetizer servings.

Per serving: 178 calories, 6 gm carbohydrates, 133 mg cholesterol, : 348 mg sodium, 18 gm protein, 9 gm fat, 3 gm saturated fat From: Bobbieb1@aol.Com Date: Mon, 6 May 1996 00:24:56 ~0400

Chinese Hot And Sour Chicken Noodle Salad

Yield: 6 Servings

Ingredients

1 whole chicken breast (about 1 1/4 pound) split

8 oz dry linguine

1 tb peppercorns

3/4 ts crushed dried hot red chiles

3 tb salad oil

1/3 c rice vinegar OR cider vinegar

2 tb soy sauce

1/4 c chopped fresh cilantro

1 sm cucumber thinly sliced

Instructions

In a 5 6 quart pan, bring about 3 quarts of water to a boil. Add chicken, cover and bring to a boil. Remove from heat and let stand, covered, until meat is white in thickest part, about 20 25 min. Lift out chicken, let cool and reserve water.

Remove and discard skin and bones* tear chicken into bite size

shreds. If made ahead, cover and chill chicken and water until next day. Bring water to a boil and add linguine. Boil, uncovered, until just tender to bite, 6 8 min. Drain immerse in cold water until cool, then drain well again.

Remove any debris from peppercorns. In a 6 8" frying pan, toast peppercorns over med low heat until fragrant, 2 3 min. shake pan often. Pour peppercorns into a blender and whirl until finely ground. Add chiles and oil to pan cook over low heat until chiles just begin to brown, about 3 min. Let cool and add ground pepper, vinegar, soy sauce and cilantro.

On a shallow dish, arrange a bed of noodles cover with cucumber and chicken.

Pour dressing evenly over salad and mix to blend.

NOTES : * I just use boneless, skinless chicken breasts to start with.

Contributor: Sunset

Preparation Time: 0:00

Chinese Hot And Sour Onions

Yield: 1 Serving

Ingredients

2 lg white onions
3 fresh red hot chillies
2 tb oil
1 1/2 ts white vinegar
1 1/2 ts brown vinegar
3 pn pepper powder (3 to 4)
1/4 ts sugar
salt to taste

Instructions

Peel and halve onions, chop into eight chunks each half.

Slice chillies thin and diagonally.

Heat oil, add chillies and onions, stirfry for 3 4 minutes.

Add all other ingredients, saute further 2 minutes.

Serve hot, with rice or bread.

Making time: 15 minutes

Makes: 2 3 servings

Shelflife: Best fresh

Converted by MC_Buster.

Preparation Time: 0:00

Chinese: Hot And Spicy Chicken (Ma La Tze Gee) Hunan

Yield: 1 Servings

Ingredients

4 tb oil
1 scallion
2 to 3 hot peppers
1 tb shredded ginger
1 tb sherry
2 tb light soy sauce
2 lb fryer
1/2 c chicken broth
1 tb light soy sauce
2 tb wine vinegar
1 tb sugar
1/2 ts salt
1 to 2 teaspoons anise pepper
1 tb cornstarch

Instructions

Cut chicken into bite sized pieces, marinate 15 20 minutes in ginger, sherry, soy sauce mixture.

Cut scallion and hot peppers diagonally into 1 inch pieces. Grind anise pepper to powder. Mix chicken broth, soy sauce, wine vinegar, sugar, salt and pepper.

Heat oil. Add scallion, and stir fry several times. Add ginger, sherry, soy mixture and chicken to scallions and hot pepper, and stir fry for 1 2 minutes more. Add chicken broth mixture, mix well. Cook over low heat until chicken pieces are tender. Add cornstarch to thicken. Serve.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdjaxxx.zip>

Chinese Hot Mustard

Yield: 5 Servings

Ingredients

1/4 c dry mustard
1 ts sugar
1/4 c boiling water
2 ts vegetable oil

Instructions

sugar stir in water and oil. Let stand 8 hours before serving.

Store in refrigerator. Yield: about 1/3 cup. NOTE: Serve Chinese Hot Mustard with egg rolls and other Oriental dishes.

NOTES : Chinese Hot Mustard is similar to the mustard sauce often served in Chinese restaurants a little of this pungent condiment goes a long way.

From: Angela Gilliland Date: 28 Jun 97 Eat L List

(Recipes And Food Folklore) Ž

Preparation Time: South

Chinese Hot And Spicy Asparagus Salad

Yield: 4 Servings

Ingredients

1 lb asparagus
1 tb minced garlic
1 tb grated gingerroot
1/2 ts salt or herbal salt substitute
1/2 ts honey
2 tb low sodium soy or tamari sauce
1 ts dark sesame oil
1 tb rice vinegar
1/4 ts cayenne pepper
1/4 ts hot pepper flakes (optional)

Instructions

1. Bring a large pot of water to a boil over high heat. Trim ends of asparagus and slice each stalk diagonally into 3 inch pieces. Steam until tender (8 to 10 minutes). Drain.
2. In a large bowl combine garlic, gingerroot, salt, honey, soy sauce, sesame oil, vinegar, cayenne, and hot pepper flakes. Toss with asparagus. Chill or serve warm.

NOTES : This spicy salad has a cooling effect when served in summer and works well with any Chinese menu. Adjust the spiciness to your taste by increasing or decreasing the cayenne pepper, garlic, and gingerroot. Serve it warm or chilled.

Nutr. Assoc. : 0 3505 3366 4828 0 4026 1356 0 0 4714

Preparation Time: 0:10

Chinese: Hunan Beef

Yield: 4 Servings

Ingredients

3/4 lb beef flank steak
1 egg white
1 tb cornstarch
2 tb soy sauce
1 tb chili paste with garlic (szechuan paste)
5 1/2 ts cornstarch

1/2 ts sugar
1 several drops sesame oil
2 cloves garlic, minced
3 to 4 tablespoons cooking oil
1 lg bunch watercress (4 cups leaves)
1 tb dry sherry
1/8 ts salt

Instructions

Partially freeze beef for ease in slicing. Slice, across grain, in thin slices. In bowl combine beef with egg white and 1 tablespoon cornstarch. Set aside.

In separate bowl, stir together soy sauce and chili paste blend in 1 1/2 teaspoons cornstarch, sugar, sesame oil, and garlic. Set aside.

Heat 2 tablespoons of the oil in wok or large skillet. Stir fry meat, half at a time, 1 1/2 to 2 minutes, adding additional tablespoon of oil if necessary. Return all meat to skillet. Add sauce mixture cook and stir till thickened and bubbly. Remove meat to one side of a warm platter keep warm. Wipe wok clean. Heat remaining 1 tablespoon oil add watercress, sherry, and salt. Stir fry 30 to 45 seconds. Arrange watercress on other side of platter. Makes 4 servings.

Shun Lee Dynasty New York, New York

Source: Benson & Hedges 100's presents 100 recipes from 100 of the Greatest Restaurants. Recipes selected and edited by Pat Jester.

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Chinese Imperial Palace Almond Cookies

Yield: 1 Servings

Ingredients

2 c cake flour
1/2 ts baking powder
1 c butter room temperature
1 c sugar
2 lg egg yolks
1/2 ts lemon extract
3/4 ts almond extract
70 whole blanched almonds

Instructions

EGG WASH IF DESIRED

1 egg
1 tb water

Egg Wash: Mix well and brush on unbaked cookie

I missed a bunch of posts, so I don't know if anyone posted any Chinese recipes in honor of Chinese New Year, but I got these from another list and they were obtained from www.copycat.com a wealth of copycat recipes

Preheat oven to 300 degrees. Cream sugar and butter until light and fluffy, then add egg yolks. Next add the extracts. Slowly add the flour and baking powder to the creamed butter and sugar and continue to mix well. Roll dough into 1 inch balls and place on a ungreased cookie sheet. Press an almond into the center of each cookie, and flatten cookies slightly with the edge of a spoon. Bake for about 15 to 20 minutes, until they are golden brown.

To enhance the color you can use an egg wash on the cookies before you place them into the oven.

Posted to recipelu digest by msdeep@juno.com (Deanna M Polakowski) on Feb 03, 1998

Chinese Imperial Palace Egg Drop Soup

Yield: 1 Servings

Ingredients

2 cn (10 3/4 oz) chicken broth
1 jar (2 1/2 oz) sliced mushrooms
2 green onions chopped fine
2 cloves garlic
1/8 ts white pepper
1 egg slightly beaten
1 ts peanut or vegetable oil

Instructions

I missed a bunch of posts, so I don't know if anyone posted any Chinese recipes in honor of Chinese New Year, but I got these from another list and they were obtained from www.copycat.com a wealth of copycat recipes

Combine first 5 ingredients in a large pot and bring to a boil, then cover. Reduce heat and simmer for about 10 minutes. Remove garlic. Mix together the egg and the oil, stirring well. slowly pour the egg mixture into the soup, making sure to stir constantly. Serve immediately Garnish with chopped green onion tops.

Posted to recipelu digest by msdeep@juno.com (Deanna M Polakowski) on Feb 03, 1998

Chinese Imperial Palace General Tsao Chicken

Yield: 1

Ingredients

1/2 c cornstarch
1/4 c water
1 1/2 tsp. minced fresh garlic
1 1/2 tsp. minced fresh ginger
3/4 c sugar
1/2 c soy sauce
1/4 c white vinegar
1/4 c sherry
1 cn condensed chicken broth

Instructions

Combine all ingredients for sauce in a quart jar with a lid and shake gently. Store in refrigerator until ready for use.

Meat

3 lbs. boneless, skinless chicken, cut into chunks
1/4 cup Soy Sauce
1 egg, beaten
1 cup cornstarch
2 cup sliced green onions
8 small dried hot peppers, seeds removed

Mix chicken, soy sauce, and pepper. Stir in egg. Add cornstarch, and mix until chicken pieces are coated. Deep fry 7 or 8 chicken pieces at a time in

a 350 degree oil until chicken pieces are crispy. Drain on paper towels. Repeat until all chicken is fried.

Place a small amount of oil (1 Tbs.) in wok, and heat to 400 degrees. Add onions, peppers, and stir fry about 30 seconds. Stir sauce mixture, then add to wok. Cook until thick. If too thick, add water a little at a time until right consistency is reached. Add chicken to sauce in wok, and cook until hot and bubbly.

Serve with fried or steamed rice.

Enjoy!! Liz

Chinese Imperial Palace Sweet And Sour Sauce

Yield: 1 Servings

Ingredients

A

1/3 c white vinegar

1 c water

2/3 c sugar

1 ds salt

1 ds msg

1 ds white pepper

1 ds tobasco

Instructions

B

1 tb cornstarch combined with

2 tb water

1/2 ts worcestershire sauce

Cook "A" over medium heat and add "B".

Cook until it is bubbly and thick. Remove from stove and add 2 Tbsp. ketchup.

This will stay good in the refrigerator for about a week. Posted to MC Recipe Digest V1 #1000 by Gr8seeksM8 on Jan 10, 1998

Chinese Imperials Sweet & Sour Sauce

Yield: 1 Servings

Ingredients

1/3 c white vinegar

1 c water

2/3 c sugar

1 ds salt

1 ds msg

1 ds white pepper

1 ds tabasco

Instructions

Cook over medium heat and add: 1 TB Cornstarch combined with 2 TB water, and 1/2 ts Worcestershire sauce. Cook until bubbly and thick. Remove from stove and add 2 TB ketchup. This will keep in the fridge for a week. Formatted by jayne@idt.net

Chinese Italian Kugel

Yield: 1 Servings

Ingredients

8 oz egg noodles (medium)
1 1/2 c cottage cheese (small curd)
8 oz sour cream
1 c fresh mushrooms chopped
1 c cashew nuts halved
1/2 c scallions chopped
2 tb dry sherry
1 tb soy sauce
2 cloves garlic minced
1/8 ts ground red pepper
1/2 c grated parmesan cheese

Instructions

Preheat oven to 350.

Cook noodles according to package directions. Drain well.

Combine cottage cheese and next 8 ingredients in a medium bowl stir well.

Add cottage cheese mixture to noodle mixture toss gently. Pour into buttered 2 quart casserole. Sprinkle with Parmesan cheese. Bake, uncovered, for 25 minutes or until thoroughly heated.

Posted to JEWISH FOOD digest V97 #337 by lisamontag@juno.com (Lisa Montag) on Dec 31, 1997

Chinese Joy Pot

Yield: 8 Servings

Ingredients

1/2 c low sodium soy sauce
1/2 c peanut butter
2 tb toasted sesame oil
2 tb curry powder
3 c bok choy chopped
2 pk frozen leaf spinach thawed and drained (8 oz)
2 c snow pea pods
6 carrots sliced into 1/2 thick pieces
2 lg red onions thinly sliced
8 oz firm tofu cut into 1 cubes
2 green bell peppers cut into 1/2 thick strips
2 red bell peppers cut into 1/2 thick strips

Instructions

Preheat oven to 275 deg.

In a small saucepan, heat soy sauce, peanut butter, sesame oil and curry over medium heat, stirring until well blended. Add enough hot water to make a thin sauce, if necessary.

Combine sauce with remaining ingredients in a large roasting pan or casserole dish.

Place in oven and cook, covered, for 2 hours. Serve hot.

Per serving: 445 cal 17 g prot 293 mg sod 64 g carb 14 g fat 0 mg chol 212 mg calcium

Source: Vegetarian Gourmet, Winter 93/MM by DEEANNE

Chinese Kabobs With Plum Sauce

Yield: 3 Servings

Ingredients

1 lb skinless turkey breast cut into 1 inch cubes
1 1/2 tb red wine vinegar
1 ts ground ginger
1 ts chinese five spice powder
3 green onions thinly sliced
4 tb soy sauce

Instructions

PLUM SAUCE

1 12 ounce robertson damson preserves or plum jelly
2 ts granules of chicken bouillon
1 tb instant minced onion
1/3 c red wine vinegar
2 ts soy sauce
1 ts ground ginger
1 ts chinese five spice powder

From: Penney Wilfort

Combine all ingredients EXCEPT Plum Sauce in plastic bag, close securely. Prop bag in refrigerator so that all turkey is submerged. Allow to marinate at least 4 hours in refrigerator. Thread turkey on skewers or put into kabob baskets and grill over hot coals 3 minutes on each of 4 sides or until done, brushing with remaining marinade. Serve with Plum Sauce. This recipe will easily accomodate 2 pounds of turkey without a change in other ingredients.

Plum Sauce: Melt preserves in small saucepan add remaining ingredients.

Brint to boil reduce heat to simmer and cook 15 to 20 minutes or until slightly thickened. Makes 1 1/2 cups.

Posted to recipelu digest by jeryder@juno.com on Mar 14, 1998

Chinese King Crab W/ Mushrooms And Snow Peas

Yield: 4 Servings

Ingredients

1/4 lb snow pea pods
1/2 ts white pepper
3 tb peanut oil
1 tb cornstarch dissolved in
1/2 c cold water
1 clove garlic crushed
3/4 lb king crab meat frozen
3/4 lb mushrooms thinly sliced
1/2 ts ginger ground
1 c poultry stock
2 scallions minced

Instructions

Steam snow pea pods for 5 minutes. Place in bottom of serving dish and keep warm. In a large skillet, heat oil until very hot but not smoking. Add garlic an saute until golden. Remove. Add crab meat and toss, cooking for 1 minute. Stir in mushrooms and cook for 1 minute more. Add Stock and pepper and bring to a boil. Add cornstarch mixture and cook, stirring until sauce thickens. Pour over snow pea pods, sprinkle with ginger, and toss to mix.

Sprinkle with scallions and serve hot with cooked brown rice.

Preparation Time: 0:0

Chinese Kiwi Chicken

Yield: 4 Servings

Ingredients

3/4 lb skinless boneless chicken breasts thinly sliced
2 ts vegetable oil
1/2 red bell pepper thinly sliced
1/4 c chicken broth homemade or salt free
1/2 ts sesame oil
1/2 ts sugar
1/4 ts salt
1 ts cornstarch mixed with 2 ts water
2 kiwi fruit peeled and cut into thin
1 kiwi slices for garnish

MARINADE

1 tb low sodium soy sauce
2 ts dry sherry
1 ts cornstarch

Instructions

Combine chicken and marinade ingredients in a bowl stir to coat. Set aside for 30 minutes.

Place a wok or wide frying pan with a nonstick finish over high heat until hot. Add vegetable oil, swirling to coat sides.

Add chicken and stir fry for 2 minutes or until chicken turns opaque. Add bell pepper and stir fry for 30 seconds. Add broth, sesame oil, sugar and salt cook for 1 minute or until bell pepper is tender crisp.

Add cornstarch solution stirring until sauce boils and thickens. Remove wok from heat. Gently stir in kiwi strips. Garnish platter with kiwi slices and top with chicken stir fry.

Contacts (<http://www.dhs.cahwnet.gov/ps/cdic/cpl/>) California Project LEAN PO Box 942732, MS 675 Sacramento, CA 94234 7320. MC(kitpath@Earthlink.net)BUSTER 10/98

Notes: Stir fry foods using a small amount of oil or broth. Foods will be flavorful and low in fat. Use ginger, garlic and red bell pepper to add spice to your food. They'll add flavor without the fat. Preparation and cooking time: 40 minutes [per serving: Calories 213 Fat 6g (25c) Cholesterol 73mg Sodium 292mg]

Recipe by: Martin Yan and California Project LEAN

Posted to EAT LF Digest by Pat Hanneman on Oct 01, 1998, converted by MM_Buster v2.01.

Chinese Knishes

Yield: 15 Servings

Ingredients

1/2 lb ground beef
1 env. lipton

Instructions

beef/mushroom

: 1 c Drained bean sprouts

Soup mix

1/4 c Chopped water chestnuts
2 pk Crescent rolls

: 2 T Chopped onions

Preheat oven to 375 degrees. Combine first 5 ingredients, brown well. Separate crescent rolls as package directs, cut in half. Place spoonful of mixture in center of each triangle. Fold over, seal edges. Bake on ungreased cookie sheet for 15 minutes or until golden brown. Janet Mayo

Guild of St. Mary of the Nativity, Scituate, MA

From: Barbara O'keefe Date: 06 19 96

Chinese Lady

Yield: 2 Servings

Ingredients

2 oz gin

1 oz yellow chartreuse

1 oz grapefruit juice

Instructions

Recipe By :

Chinese Lamb Slivers In Pungent Sauce

Yield: 4 Servings

Ingredients

1 lb lamb meat (shoulder or leg)

1 clove garlic, minced

2 tb sherry

1 ts fresh ginger, minced

1/4 ts salt

1/2 c stock

1/2 ts cornstarch

1 tb thin soy sauce

1/2 c peanut oil

1/2 tb dark soy sauce

4 scallions

1/2 ts sugar

1/2 lg bell pepper

1/2 tb cider vinegar

Instructions

Preparation: Cut lamb across grain in slivers about 2" long. In bowl, sprinkle lamb with salt & cornstarch rub into meat add sherry.

Marinate lamb for 15 minutes. Trim & cut scallions in 2" pieces.

Halve, core & slice bell pepper into slivers to match lamb. Combine stock, soy sauce, sugar and vinegar reserve.

Cooking: Heat peanut oil in wok to deep fry temperature (bubbles form around dry chopstick held upright in oil). Fry lamb slivers briefly, until coating of starch begins to brown. Remove to strainer & reserve. Remove oil from wok and save. Wash wok.

Return wok to high heat. Add 2 T oil to very hot wok. When oil starts to smoke, add scallions & bell pepper. Stir fry for 30 seconds add garlic & ginger. Keep stir frying.

When pepper turns bright green, add stock mixture. Stir until liquid boils and reduces slightly. Add lamb. Stir fry until lamb is hot. Serve.

From: Helen Peagram Date: 08 Dec 95

Chinese Laundry Cafe'S Feta & Garlic Pate

Yield: 1 Servings

Ingredients

2 garlic cloves minced
4 anchovy fillets minced
6 tb butter softened
10 oz cream cheese 300 g.
6 oz feta cheese 175 g.
1/4 c sour cream
1 tb chives, fresh chopped or green onions
1 tabasco sauce few drops
pepper freshly

Instructions

"This funky little cafe is a regular hangout for Queen's university students. Lucky students." this recipe comes from the owner, Ann Marie Rousseau. Combine all ingredients in food processor until very smooth and creamy. Spread on crackers, bread or bagels. Also terrific in sandwiches.

MAKES: 2 CUPS SOURCE: Bonnie Stern's "Quick Cuisine" column in the Toronto Star posted by Anne MacLellan

Chinese Leavened Dough I

Yield: 24 Buns

Ingredients

1/4 c sugar
1 3/4 c warm water
1 tb yeast
6 c flour, sifted
2 tb shortening

Instructions

Mix first three ingredients. Let stand for ten minutes or until mixture foams. If it doesn't foam, toss it and start again. Add flour and shortening. Mix and fashion into a ball. Remove from bowl and knead on a board until smooth and elastic (you may have to add water or flour to fix the consistency). Put dough in a clean bowl, cover with a damp cloth, and let rise in a warm place until at least doubled in bulk (2 to 4 hours).

Chinese Leeks Sweet And Sour

Yield: 1 Servings

Ingredients

1 lb chinese leeks
6 tb butter or margarine
2 tb dark brown sugar
4 tb red wine vinegar
1/2 c chicken broth
1 salt and pepper to taste

Instructions

From: strasheed@juno.com (Sam M Rasheed)

Prepare 1 lb Chinese leeks by trimming tops and roots. In a wok or frying pan, saute leeks in 6 tbs butter or margarine over low heat for 20 minutes or until soft. Stir

occasionally. Add final ingredients and bring to a boil. Reduce to simmer, stirring occasionally for 12 15 minutes or until liquid is absorbed. Salt and pepper to taste. Posted to JEWISH FOOD digest by dsabraham@juno.com (Deena Abraham) on Nov 12, 1998, converted by MM_Buster v2.01.

Chinese Lemon Chicken Nuggets

Yield: 1 Servings

Ingredients

1/4 c fresh lemon juice
1/4 c oil
1/2 ts salt
1/4 ts pepper
1/2 ts paprika
4 chicken breasts halves boned & skinned
1 c flour
1 oil for frying

Instructions

combine lemon juice, oil salt paprika & pepper in a mixing bowl, mix well. Cut chicken into 1" (one inch) pieces. Marinate in lemon mixture one hour. Remove chicken from marinade and dredge in flour. Heat oil, fry one minute on each side or until golden brown. Serve with honey, chinese sweet & sour sauce or barbecue sauce.

Posted to JEWISH FOOD digest V97 #318 by RozZencker on Dec 7, 1997

Chinese Lemon Chicken

Yield: 1 Servings

Ingredients

4 tb plus 1 tsp vegetable oil
2 ts soy sauce
1/2 ts dry sherry
1/4 ts freshly ground pepper
4 skinless, boneless chicken breast halves, flattened to 1 inch thick
1 tb cornstarch
1 tb sugar
2 tb ketchup
1/4 c fresh lemon juice
1 ts vegetable oil
1/2 ts salt
1 ts cornstarch, dissolved in 2 tb water
2 oz (about 2/3 cup) snow peas
2/3 c thinly sliced bamboo shoots
1/2 c thinly sliced water chestnuts

Instructions

For marinade, combine 1 tablespoon of the oil, the soy sauce, sherry, and pepper in a small bowl. Place chicken in a shallow dish. Rub marinade over chicken. Coat lightly with cornstarch. Refrigerate at least 30 minutes.

For lemon sauce, in a small saucepan over medium high heat, combine sugar, ketchup, lemon juice, 1 teaspoon oil, salt, and 3/4 cup water, bring to a boil, stirring occasionally. Add dissolved cornstarch and stir until slightly thickened. Keep warm.

In a wok or large frying pan, heat remaining oil. Add chicken and stir fry over medium high heat until golden brown on each side, about 8 minutes. Remove with tongs and cut into 3/4 inch wide strips. Set aside and cover with foil to keep warm.

Add snow peas, bamboo shoots, and water chestnuts to wok and stir fry 2 minutes transfer to heated serving platter. Top with chicken and spoon lemon sauce over all.

Serve over white rice, serves 4.

From: Steve Herrick Source: [365 Ways to Cook Chicken by Cheryl Sedaker ISBN 0 06 015539 6]

Chinese Lentil And Noodle Salad

Yield: 8 Servings

Ingredients

1 c lentils rinsed
2 c water
1/3 c seasoned rice vinegar
2 tb peanut oil
2 tb soy sauce
1 tb fresh ginger grated
1 tb sesame oil
1 clove garlic minced
6 oz uncooked linguine
2 qt boiling water
3/4 c green onions chopped
1 c waterchestnuts sliced
1 c pea pods
1/4 c chinese parsley chopped

Instructions

Place lentils in a medium saucepan with the water bring to a boil. Reduce heat, cover and simmer 10 to 12 minutes, or until lentils are barely tender. Drain, if necessary, and place in a medium bowl.

Combine vinegar, oil, soy sauce, ginger, sesame oil, and garlic. Pour over lentils.

Cover and chill while preparing linguine.

In a large saucepan, cook the linguine in boiling water until it reaches the desired tenderness. Drain well, and rinse with cold water. Stir linguine into the lentils along with the remaining ingredients. Chill several hours before serving to blend flavors.

Source: <http://www.pea.lentil.com/>

Per serving: 235 Calories (kcal) 6g Total Fat (21 calories from fat) 11g Protein 37g Carbohydrate 0mg Cholesterol 276mg Sodium Food Exchanges: 2 1/2 Grain(Starch) 1/2 Lean Meat 1/2 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 26045 0 0 0 0 0

Contributor: USA Dry Pea and Lentil Council

Preparation Time: 0:00

Chinese Long Beans With Lamb

Yield: 4 Servings

Ingredients

1/2 lb chinese long beans wash, remove stem ends, c
1/4 ts chinese 5 spice powder
1 tb soy sauce

1 ts rice vinegar
1/2 ts chili paste with garlic
1 tb vegetable oil
1 c green onions white and some of the green
1/2 tb garlic minced
1 c tomato seeded, diced
1 c chicken broth
6 oz roast lamb (up to 8) lean meat only*
1/4 c hoisin sauce
1 tb sesame oil

Instructions

*Roast pork may be substituted if so, omit the five spice powder

In a small bowl, combine the five spice powder, soy sauce, vinegar and chili paste. Stir well to dissolve the powder. Set aside.

In a wok or deep frying pan with a lid, heat the oil until nearly smoking. Add the green onions and toss over medium high heat for 1 minute. Add the garlic and tomato and toss for 30 seconds. Add the reserved seasoning mixture and the beans. Toss and stir for 1 minute.

Add the broth and bring to a boil. Lower heat to a simmer cover the wok and cook 20 minutes, or until beans are cooked but still firm.

Add the lamb and the hoisin. Toss briefly, re cover the pan and simmer until lamb is heated through, about 5 minutes. Meanwhile, in a small bowl, make a slurry with the cornstarch and 1 tablespoon cold water.

When the lamb is hot, uncover the pan, add the cornstarch slurry and stir until liquid boils and thickens somewhat, about 1 minute. Off the heat, stir in sesame oil and serve at once over steamed or boiled rice.

William Rice, Chicago Tribune Magazine 4/12/98

Typed and Busted by Carriej999@AOL.com 4/98

Recipe by: "Chez Nous" by Lydie Marshall

Posted to MC Recipe Digest by Carriej999 on Apr 19, 1998

Chinese Mapo Tofu

Yield: 4 Servings

Ingredients

2 tb oil for sauteing
1 tb black bean garlic sauce (see notes)
1 ts red chili paste with garlic
1/4 lb ground pork
1 pk fresh tofu (any firmness) cut into cubes
1/4 c chopped green onions
1 salt to taste

Instructions

Cooks notes: Black Bean Garlic Sauce and Red Chili Paste with Garlic are available at Asian markets and some supermarkets with large Asian specialty sections.

Procedure: In a wok or deep skillet, place oil, Black Bean Sauce, Red Chili Sauce with Garlic and ground pork. Turn heat on high gradually combine the sauces and meat as the heat increases. When meat is browned and cooked through, turn heat to medium and add cubed tofu. Mix gently and continue to simmer for 5 8 minutes, stirring occasionally, until well blended and tofu is heated through. Add green onion and toss. Add salt to taste.

Presentation: Serve hot accompanied with cooked white rice.

Yield: Makes 4 servings

This recipe was sent in to the paper by Janet Eng of Buena Park, CA. (Orange Country Register)

Shared by Ed Pallan

Chinese Marinated Meat

Yield: 0 Servings

Ingredients

60 ml dry sherry (cooking sherry will do)

30 ml light soy sauce

60 ml dark soy sauce

25 g sugar

60 ml hoisin sauce

60 ml unsweetened pineapple juice (or use

5 ml curry powder

2 1/2 ml white pepper

20 g ginger root cut into thin (3 mm)

650 g sirloin tip

300 g pineapple chunks

Instructions

1. Combine the ingredients for the marinade stir well.
2. Cut meat into bite size chunks, and place on skewers with 2 or 3 chunks of pineapple in between the meat pieces.
3. Marinate the skewers overnight, in a covered container, in the refrigerator.
4. To cook, broil the meat for about 10 minutes (depends on the size of the chunks). When the weather permits, grilling it outdoors on skewers is even better.

Author's Notes: After frequenting a local Chinese restaurant, I finally asked for the recipe for the marinade for the meat that came on skewers on the pu pu platter.

I was given a list of ingredients with instructions like ``heavy on this, light on this''. I devised my own amounts from this list. I served it to my family and they enjoyed it, so I feel confident sending it to mod.recipes.

You may need to double the marinade recipe. I use a tupperware container made especially for marinating. Any container will do, but it's tough having to turn over all those skewers. The hoisin sauce, ginger root, and light soy sauce should be available in any good grocery store. Comments, revisions, and/or additions will be appreciated.

Difficulty : easy.

Precision : Approximate measurement OK.

Contributor: Sandy Swier AT&T Technologies, New Jersey

Preparation Time: 0:00

Chinese Marinated Pork

Yield: 1 Servings

Ingredients

1/4 c hoisin sauce

1/4 c barbecue sauce

1 orange juice and zest

2 cloves garlic crushed

1 piece fresh ginger 1 1/4 inch, grated

1 lb pork tenderloin chops cut into 1 inch cubes

Instructions

Prep: 5 min, Marinate: 1:00, Cook: 10 min.

Combine all ingredients, except pork, in a bowl and mix well. Stir in pork and marinate 1 2 hours. Remove pork from marinade. Heat a wok or heavy nonstick skillet over medium high heat. Stir fry pork 7 8 minutes, or until just cooked through.

Posted to recipelu digest by molony on Feb 20, 1998

Chinese Marinated Steak

Yield: 2 Servings

Ingredients

1 1/2 ts vegetable oil

1 1/2 ts low sodium soy sauce

1 1/2 tb maple syrup

1 1/2 tb red wine vinegar

1 1/2 ts ginger

1/2 ts garlic powder

16 oz boneless sirloin steak

Instructions

COMBINE OIL, SOY SAUCE, SYRUP, VINEGAR, GINGER AND GARLIC. TRIM FAT FROM STEAK. MARINATE IN SAUCE UNTIL TIME TO COOK. REMOVE STEAKS FROM MARINADE. RESERVE MARINADE FOR LATER USE. PREPARE STOVE TOP GRILL OR PREHEAT BROILER. GRILL OR BROIL FOR 5 MINUTES ON EACH SIDE AND TURN ONCE OR TWICE. BRUSH WITH MARINATE EACH TIME YOU TURN. BROIL UNTIL DESIRED DONENESS.

Chinese Mayonnaise

Yield: 4 Servings

Ingredients

2 tb vinegar

1 tb water

1 ts peanut oil

1/2 c sesame paste

1 salt and pepper

Instructions

1. Combine vinegar, cold water and oil, blending well.
2. Gradually stir in sesame paste (see recipe) to blend. Then season with salt and pepper to taste.

VARIATION: In step 1, add 1 tablespoon soy sauce or a pinch of powdered mustard.

From , ISBN 0 517 65870 4. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Chinese Meatballs Wei Chuan, Paraphrased

Yield: 4 Servings

Ingredients

1 lb lean pork minced fine

1 ts salt

1/2 ts msg (sub: omit)

4 ts sugar

1/4 ts black pepper
1 egg beaten
6 tb flour
1 c onion minced fine
1/2 c carrot grated
1 water for steaming or oil for deep frying
1 ts szechwan peppercorns whole
2 tb salt

Instructions

Make sure the pork is very finely minced, almost to a paste. Add salt, sugar, MSG, pepper, egg, and flour. Mix completely. Add onion and carrot and mix well.

Make meatballs using oiled hands or spoons dipped in water. The meatballs should be about golf ball sized there will be about 2 ½ dozen.

Steam in a heatproof dish over boiling water for 12 min.

Meanwhile, dry fry the peppercorns 4 min or until fragrant. Grind to a powder in a blender or mortar and pestle. Dry fry the salt in the same pan. When it is hot, immediately take the pan off the heat and let it cool briefly then mix the powder and salt in a small dish.

Serve meatballs with salt.

VARIATION: Heat oil to 300. Add the meatballs and turn the heat to high. Deep fry until golden, about 3 min.

From: Michael Loo Date: 18 Nov 97

Chinese Meatballs

Yield: 6 Servings

Ingredients

1 lb lean ground pork
1/4 lb shrimp minced
1/4 c water chestnuts minced
1 ts fresh ginger root minced
1 whole green onion minced
3 tb soy sauce TOTAL
1 tb white wine
1/2 ts salt
1 ts sugar TOTAL
3 tb cornstarch TOTAL
1 egg lightly beaten
2 tb oil
1 1/2 c chicken broth
1 head Napa cabbage
1 ts sesame oil

Instructions

Combine pork, shrimp, water chestnuts, ginger, green onion, 1 Tbsp soy sauce, wine, salt, 1/2 tsp sugar, 1 Tbsp cornstarch, and egg. Make twelve meatballs.

Heat oil in wok. Add meatballs cook 6 8 minutes, until browned, stirring occasionally.

Transfer meatballs to 5 qt saucepan discard drippings. Add chicken broth, 2 Tbsp soy sauce and 1/2 tsp sugar. Bring to a boil.

Reduce heat to low, cover, and simmer 30 minutes. Meanwhile, core cabbage. Cut base of leaves into 2" squares. Cut leafy tops in half. Place over meatballs

cover and simmer 10 minutes more. Transfer meatballs and cabbage to serving platter. Blend 2 Tbsp cornstarch and 3 Tbsp water, and stir into pan juices cooking until slightly thickened. Add sesame oil and serve over meatballs.

NOTES : Don't let the long instructions fool you. This isn't hard, and it's very, very good!

gilcat2@aol.com

Preparation Time: 0:00

Chinese Menu Suggestion #1

Yield: 4 Servings

Ingredients

1 no ingredients

1 contains menu for a complete chinese dinner

Instructions

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 30 Aug 93 10:01:22 +0200

Source: Some Chinese Cook Books (see individual recipes in cookbook "INTERNET RECIPES RECIPES FROM AROUND THE WORLD recipes already posted there!)

CHINESE MENU #1 (Serves 4): MENU ITEMS:

1. Raindrop Soup
2. Sweet And Sour Prawns (Shrimp)
3. Chicken Dice With Fried Walnuts
4. Pork And Bamboo Shoots
5. Fried Lettuce
6. Boiled Or Steamed Rice
7. Gingered Fruit Note: I don't know what kind of stomach those 4 persons shall have I'd say the amounts would suffice for a small army...

REC.FOOD.RECIPES ARCHIVES MISC

ONE COMPLETE CHINESE DINNER

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Chinese Menu Suggestion #2

Yield: 4 Servings

Ingredients

1 no ingredients

1 menu for complete chinese dinner for four

Instructions

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke) Date: Mon, 30 Aug 93 10:01:23 +0200

Source: Some Chinese Cook Books. See individual recipes in this cookbook.

CHINESE MENU #2 (Serves 4): MENU ITEMS:

1. Tomato Soup With Egg Flower
2. Fried Shellfish
3. Braised Chicken With Peppers
4. Stewed Lamb With Orange
5. Fried Celery Cabbage
6. Fried Rice #09
7. Almond Cream With Chow Chow Note: I don't know what kind of stomach those 4 persons shall have I'd say the amounts would suffice for a small army...

REC.FOOD.RECIPES ARCHIVES/MISC
COMPLETE CHINESE DINNER MENU

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Chinese Menu Suggestion #3

Yield: 4 Servings

Ingredients

- 1 no ingredients
- 1 menu for complete chinese
dinner fo r four

Instructions

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 30 Aug 93 10:01:24 +0200 Source: Some Chinese Cook Books. See individual recipes in this cookbook.

(Serves 4) MENU ITEMS:

1. Watermelon Soup
2. Pineapple Fish
3. Duck With Almonds
4. Spiced Whole Lamb
5. Broccoli With Pork
6. Boiled Or Steamed Rice (recipes in Internet Recipes from Around the World)
7. Almond Biscuits Note: I don't know what kind of stomach those 4 persons shall have I'd say the amounts would suffice for a small army...

REC.FOOD.RECIPES ARCHIVES/MISC
PART OF A COMPLETE DINNER MENU

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Chinese Minimal Fish Soup

Yield: 6 Servings

Ingredients

- 8 c spring water
- 3 slices ginger
- 3 whole star anise
- 6 bunch bok choy cut crosswise into 1/4 inch
- 3 green onions, sliced diagonally
- 2 c sliced iceberg lettuce
- 1/4 lb fresh salmon, bass, halibut or sole cut into paper thin
- 1 salt
- 6 cilantro sprigs (fresh)

Instructions

Call your seafood shop ahead of time and ask for the fish to be sliced paper thin. If you have a problem finding someone to do this, the fish may be sliced by hand. Partially freeze the fish so it is firm, yet not frozen solid, and slice with a very sharp knife. Bring water to boil in saucepan. Add ginger and star anise and simmer 5 minutes. Remove from heat and let steep about 7 to 10 minutes, no longer, then strain. Put sliced bok choy in bottom of large serving bowl. Add sliced green onions and iceberg lettuce. Arrange fish slices in single layer to cover.

Return broth to boiling. Season to taste with salt. Present bowl without broth at table, then pour boiling seasoned water over fish. Ladle soup into serving bowls. Top each bowl with 1 cilantro sprig.

From: Robert Trussell Date: 27 Jan 97

Meal Master Format Recipes (Mailing List) Ž

Chinese Mixed Pickles

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

PICKLING LIQUID: 3 cups (750 ml.) sugar 3 cups (750 ml.) white vinegar 1 1/2 cups (375 ml.) water 1 1/2 teaspoons (7 ml.) salt

PICKLES:

3 large carrots 1 large Chinese white radish [daikon S.C.] (about 1 pound or 450 g.) 1 large cucumber 4 stalks celery 8 green onions 4 ounces (115 g.) fresh ginger root 1 large red pepper 1 large green pepper

FOR PICKLING LIQUID: 1. Combine all ingredients in a 3 quart (3 L) saucepan. Cook and stir over medium heat until liquid boils. Remove from heat. Cool.

FOR PICKLES:

1. Wash all vegetables. Pare carrots and radish. Cut cucumber lengthwise into quarters and remove seeds. Cut carrots, radish and cucumber into "match stick" thin strips about 2 inches (5 cm) long. Cut celery into 1/2 inch (1.5 cm) diagonal slices. Cut onions into 1/2 inch (0.5 cm) diagonal slices. Pare ginger root and cut into thin slices. Remove seeds from peppers and cut peppers into 1/2 inch (1.5 cm) cubes.

2. Fill a 5 quart (5 L) Dutch oven half full of water. Cover and cook over high heat until water boils. Uncover and add all vegetables. Remove from heat immediately. Let vegetables stand uncovered for 2 minutes.

3. Drain vegetables in large colander. Spread vegetables out on clean towels and allow to dry for 2 to 3 hours.

4. Pack vegetables firmly into clean jars with lids. Pour Pick ling Liquid into the jars until vegetables are completely covered. Cover jars tightly. Store in refrigerator for at least 1 week before using.

Makes 1 1/2 to 2 quarts (1.5 to 2 liters).

Chinese Cooking Class Cookbook, by the editors of Consumers Guide. Copyright 1980 by Publications International, Ltd, Skokie, Illinois. ISBN 0 517 322455

Posted by Stephen Ceideburg May 19 1992.

Chinese Mixed Vegetables B1

Yield: 4 Servings

Ingredients

1 ts vegetable oil

1 thin sliced gingerroot

1 garlic clove crushed

2 c chinese cabbage chopped

1 ts salt

1/2 ts sugar

1/4 ts monosodium glutamate (optional)

1/4 c canned chicken broth

1/2 c pea pods

1/2 c sliced bamboo shoots
1/2 c thinly sliced mushrooms

Instructions

Preheat a wok and swirl the vegetable oil around inside. Rub bottom and sides with the gingerroot and garlic and discard. Place cabbage in wok and stir. Add salt, sugar, monosodium glutamate, and chicken broth. Stir and cover cook for 3 minutes. Add the peas pods, bamboo shoots and mushrooms. Stir about 30 seconds and serve.

Temperature(s): HOT Effort: EASY Time: 00:15 Source: MADAME WU'S GARDEN
Comments: WILSHIRE BLVD, LOS ANGELES Comments:
WINE: DRY WHITE

Chinese Mongolian Beef 2

Yield: 4 Servings

Ingredients

4 c peanut oil
15 green onion tops
1 tb minced ginger
1 lb flank or sirloin steak
1 1/2 tb water chestnut flour
2 egg whites
1 pn salt
1 cornstarch paste

Instructions

SAUCE

1 ts chili paste with garlic
1/4 c chicken stock
2 tb dark soy sauce
1 pn sugar
1 1/2 tb dry sherry

Servings: 4 Preparation: Cut tops of green onions into 2" long pieces. Combine sauce ingredients in small bowl & stir thoroughly. Cut steak across the grain into thin slices, about 1/2" deep by 2" long. In bowl big enough to hold meat, combine egg whites, salt & water chestnut flour. Beat with chopstick until frothy. Add steak, & use fingers to coat each slice.

Deep frying: In wok, heat oil to moderately hot. When ready, piece of coated meat will rise to surface immediately. Fry meat in small batches drop in 1 slice at a time to avoid sticking. Cook until lightly brown, about 1 minute. Drain on Chinese strainer or paper bag.

Stir frying: Remove all but 2 T of oil from wok. With wok at medium heat, quickly stir fry green onions & ginger for about 20 seconds. Add sauce bring to boil on high heat while stirring. Add beef all at once, & toss with sauce until beef is hot & coated. Push beef out of sauce, dribble in cornstarch paste to lightly thicken. Recombine. Serve immediately.

Serves 4

Posted to MC Recipe Digest V1 #993 by Gr8seeksM8 on Jan 8, 1998

Chinese: Mushroom Foo Yung

Yield: 6 Servings

Ingredients

4 eggs lightly beaten

1/4 ts salt
1/4 ts ginger ground
1/2 c chicken, cooked finely chopped
1 c mushrooms sliced
1 c bean sprouts, fresh
2 green onions finely chopped
1 celery stalk finely chopped
1 cooking oil
1 soya sauce

Instructions

In a medium sized bowl beat together all ingredients except oil and soya sauce. Heat a small amount of oil in a large skillet (or Wok) at medium heat. Drop large spoonfuls (about 2 tbsp or 25 ml) into skillet. Cook, turning once, until lightly browned. Repeat until all egg mixture is used. Serve with soya sauce.

Source: Money's Mushroom Bag

From: Origin:

Chinese Mustard Pickle Soup Gaeng Jued Pakk

Yield: 4 Servings

Ingredients

1 tb oil
4 minced cloves garlic
4 c water
1 lb pork ribs cut in 2 pieces
1 lb chinese mustard pickles cut in 2 pieces
1/4 c fish sauce (nam pla)
1/4 ts white pepper

Instructions

Sips of soup between other dishes cleanse the palate for the interplay of flavors that is so much a part of a Thai meal. This one is a very refreshing soup. Chinese mustard pickles are available from Asian food stores.

Chinese Mustard Sauce #1

Yield: 6 Servings

Ingredients

1 c boiling water
1 c dry mustard
4 tb soy sauce
1/4 c vegetable oil

Instructions

Date: Wed, 17 Apr 1996 08:15:38 7

From: arlenes@holly.ColoState.EDU

Combine boiling water, soy sauce, and dry mustard. Whisk together until a smooth paste is formed. Mix well. Slowly add oil to create a smooth paste.

Note: A little sesame oil, or other flavored oils, may be mixed in whole or part with the vegetable oil to vary the flavor and to tailor it for various applications.

MM_RECIPES@IDISCOVER.NET

MEAL MASTER RECIPES LIST SERVER

MM RECIPES DIGEST V3 #108

From the MealMaster recipe list. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>

Chinese Mustard Sauce

Yield: 1 Serving

Ingredients

1 c Vinegar

1 c Sugar

2 tb Soy sauce

1 tb Cornstarch

1 tb Grated ginger root or

1 ts Dry ginger powder

1 tb Dry mustard

Instructions

Bring to a boil vinegar, sugar, salt and soy sauce. Mix cornstarch and dry mustard in 1/2 cup cold water. Stir in and cook until it thickens. Grate in ginger root (or dry ginger). Serve hot or cold.

Per serving (excluding unknown items): 1548 Calories 1g Fat (0 calories from fat) 25g Protein 371g Carbohydrate 0mg Cholesterol 26534mg Sodium

Preparation Time: 0:00

Chinese Names Of Greens

Yield: 1 Servings

Ingredients

1 text file

Instructions

According to Rosa Lo San Ross, Beyond Bok Choy, *Ipomoea aquatica* is the proper name for ong tsai.

The same source lists the following greens:

Mustard family

Brassica juncea var. *foliosa* bamboo mustard cabbage, juk gai choy, zhu jie cai

Brassica juncea var. *rugosa* wrapped heart mustard caggave, dai gai choy

Brassica oleracea var. *alboglabra* Chinese broccoli, gai lan cai, jie lan

Brassica parachinensis flowering cabbage, choy sum, cai xin

Brassica rapa var. *chinesis* oil seed rape, yau choy, you cai (broccoli rabe)

Brassica rapa var. *chinensis* bok choy, bai cai

Brassica rapa var. *japonica* mizuna, siu cai, xiu cai (I think this should be xui cai)

Brassica rapa var. *pekinensis* Chinese cabbage, siu choy, shao cai, wong nga bak

Brassica rosularis flat cabbage, tatsoi, tai goo choy

Other

Amaranthus tricolor amaranth, een choy, xian cai

Basella alba slippery vegetable, saan choy

Chrysanthemum coronarium garland chrysanthemum, tun ho

Ipomoea aquatica water spinach, ong choy, weng cai

Lactuca sativa var. *asparagina* stem lettuce, wo sun

Lycium barbarum (L. *chinense*) Chinese boxthorn, gau gei choy, gou qi cai

Nasturtium officinale (Rorippa *nasturtium aquaticum*) watercress, sai yeung choy, xi yang cai

Note: in the new pinyin transliteration, q is pronounced as a hard ch, c is pronounced ts, and x is pronounced sh. I think I got that right.

So cai tsai, qi chi, xi shi
From: Michael Loo Date: 13 Mar 97 National
Cooking Echo Ž

Chinese New Year Hot Pot Meal

Yield: 1

Ingredients

1 assorted fresh mushrooms
1 carrot
1 seaweed
3 coloured peppers
1 bamboo shoots
1 sliced chicken
1 spinach
1 sliced leek
1 green lipped mussels

Instructions

All of the ingredients should be put into a simmering vegetable stock and cooked for about 1 minute.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Chinese New Year Noodles

Yield: 6 Servings

Ingredients

2 tb peanut oil
1/2 ts salt
3 ea cloves garlic, chopped fine
1/4 ts freshly grated ginger
VEGETABLES
6 ea chinese dried mushrooms soaked for 2 hours, cut ju
1 c napa cabbage
1/4 c dried lily buds soaked for one hour (opt)
2 oz dried bean curd skin, soaked for one hour (opt)
1/2 c bamboo shoots, cut julienne

SAUCE

2 tb foo yee
1 tb light soy sauce
1/8 ts sugar
2 ts sesame oil
1/2 ts ground white pepper
1 ts garlic & red chile paste or more to taste

ADDITIONAL

4 oz cellophane noodles (sai fun) soaked for one hour
2 c chicken stock
1 green onions, chopped

Instructions

Remember the basic rule for chowing: Have everything ready before you light the wok. Soak and prepare the vegetables, mix the sauce, and then go to it. Heat the wok and add the oil, salt, garlic, and ginger. Chow for a moment and then add the

vegetables. Chow until hot and tender and then add the sauce, the drained noodles, and the chicken stock to the wok. Stir and simmer uncovered until the noodles are clear and tender and have absorbed most of the broth. Taste for salt and place in a serving bowl. Garnish with green onions & serve.

Chinese New Year'S Cookies

Yield: 4 Dozen

Ingredients

6 oz pkg semi sweet chocolate bits
6 oz pkg butterscotch pieces
3 oz can chinese noodles
7 1/2 oz can salted spanish peanuts

Instructions

Melt chocolate and butterscotch bits over hot water. Add noodles and peanuts. Drop by spoonful on wax paper. Keep mixture hot while spooning. Chill. Yield about 4 dozen.

Chinese Noodle Cake

Yield: 1

Ingredients

1/2 lb thin fresh or dried chinese egg noodles
2 ts dark sesame oil
1 1/2 tb sesame or peanut oil for frying

Instructions

MAKES ONE 8 TO 10 INCH CAKE

Gently pull the fresh noodles apart with your fingers into a large, loose heap. Boil them in a large pot of salted water until pleasantly firm, 2 to 3 minutes. Drain and rinse under water. Shake well, then toss with the dark sesame oil.

Lightly film an 8 or 10 inch nonstick skillet with half the lighter oil.

When it's hot, add noodles, then, with a spatula, neaten the sides and press down lightly on the noodles. Fry over medium heat until they're browned on the bottom, about 5 minutes. Place a plate on top, grasp the skillet, and invert the cake. Return the empty pan to the heat, add the rest of the oil, and slide the cake back in to cook the second side. Serve on a large round platter, topped with or accompanied by a stir fry.

These fat cushiony cakes make an appealing accompaniment to stir fried vegetables and a nice change from rice. The finished cakes can be held in a low oven if there's a gap in your timing. Chinese egg noodles are usually found in the Asian vegetable section of the supermarket, but spaghettini can be used in their place.

Per serving: 80 Calories (kcal) 9g Total Fat (100 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 2 Fat 0 Other Carbohydrates

Recipe by: Madison's Vegetarian Cooking for Everyone, page 263

Converted by MM_Buster v2.0n.

Chinese Noodle Cookies

Yield: 1 Servings

Ingredients

2 pk butterscotch chips
2 pk semi sweet chocolate bits
2 sm cans chinese noodles

1 sm can salted cashews cut up

Instructions

Source: Bev Hansen

Melt bits and pour over other ingredients. Spoon onto aluminum foil and let harden.

Freeze to keep fresh. Thaw before serving.

Vergie Ewing, Editor, Homemakers Monthly <http://www.angelfire.com/tx/homemake>

Posted to TNT Prodigy's Recipe Exchange Newsletter by vergie1@juno.com (Vergie A Ewing) on Nov 3, 1997

Chinese Noodle Crunch

Yield: 6 Servings

Ingredients

1 1/2 Pounds Lean Ground Beef

1 Cup Celery chopped

1/2 Cup Chopped Onions

1 Can Cream Of Mushroom Soup

1 Can Cream Of Chicken Soup

1 Can Chow Mein Noodles 5 oz.

Instructions

In large skillet, brown beef drain well. Stir in celery, onions, and soups.

Spoon into greased 9x13" pyrex baking dish. Sprinkle Chow Mein noodles on top.

Bake at 350 degrees for 20 minutes.

NOTES : Possum Kingdom Lake Cookbook

Contributor: United Supermarkets

Preparation Time: 0:0

Chinese Noodle Salad With Summer Squash & C

Yield: 8 Cups

Ingredients

2 tb toasted sesame oil

2 tb light soy sauce

2 tb tomato juice

2 tb white wine vinegar

2 tb apple or orange juice

2 c noodles (eggless) rinsed, drained, chilled

3 c cabbage or bok choy shredded

1 c yellow squash shredded

1 c zucchini shredded

1/2 c daikon or other radish sliced

1/4 c scallions or chives thinly sliced

1/4 c carrot shredded

1 garlic clove minced

4 ts sesame seeds toasted

1 ds ground nutmeg

6 tb dry roasted cashews chopped to garnish

1 squash or chive blossoms, to garnish

Instructions

To prepare the dressing, combine oil, soy sauce, tomato juice, vinegar and apple juice in a bowl mix well. Set aside.

Toss noodles, cabbage, squash, zucchini, daikon, scallions, carrots, garlic, sesame seeds, nutmeg and reserved dressing together. Garnish with cashews and blossoms if desired.

Source: Veggie Life, May 94/MM by DEEANNE

Chinese Noodle Soup With Pork And Winter Pickle

Yield: 4 Servings

Ingredients

1 pk mein noodles or other noodle

4 c chicken stock

Instructions

MEAT MIXTURE

2 tb peanut oil

1/2 lb lean ground pork

2 ts bean sauce

1/4 c winter pickle (tiensin tung choy) rinsed

This simple and hearty noodle dish is a snap to make. The most interesting flavor here is the winter pickle which is Chinese cabbage preserved with salt and garlic. This tasty vegetable is often cooked with meat and bland vegetables to provide nice flavors. It is ready to use from the crock by just giving it a quick rinse under cold water. You could use hot bean sauce in place of bean sauce in this dish for extra zip if desired.

PREPARATION: Cook the noodles in plenty of boiling water until just done. They should retain some "bite" and not be mushy. This will take four to ten minutes depending on the type of noodle you use. Drain and rinse the noodles under cold water to stop the cooking. This could be done ahead of time if you wish.

COOKING: Bring the chicken stock to a boil, reduce the heat and keep warm.

Meanwhile heat the oil in a frying pan or wok and add the ground pork. Stir fry over high heat until almost done, about three minutes. Add the bean sauce and winter pickle. Stir fry for one minute longer. Remove the meat mixture from the heat and keep warm. Reheat the noodles by dipping briefly in boiling water if they have cooled off.

Portion the noodles into individual noodle bowls. Add the Chicken broth. Spoon a portion of the meat mixture on top and serve at once. Makes three to four servings.

Recipe by: Spice Merchant

Posted to MC Recipe Digest by "Chateau Stripmine" on Mar 6, 1998

Chinese Nut Cookies

Yield: 1 Serving

Ingredients

1/2 c butter

2 tb sugar

1 c all purpose flour

1/2 c chopped nuts

1 ts vanilla

Instructions

Cream butter, add sugar. Add flour and vanilla. Add nuts.

Drop on greased cookie sheet.

Bake at 350 degrees for 10 minutes or until brown.

Roll in powder sugar while hot.

Contributor: Tommy Peacock
Preparation Time: 0:0
Yield: 4 Servings

Chinese: Orange Chicken

Yield: 3 Servings

Ingredients

CHICKEN

1 tb soy sauce
1 tb rice wine
2 ts cornstarch
1 1/2 ts minced fresh ginger
1 ts sesame oil
1 lb boned and skinned chicken, cut into 1/2 inch cubes

GARNISH

2 ts minced fresh orange peel

SAUCE

2 tb chicken stock
1 1/2 tb soy sauce
1 tb rice wine
2 ts cornstarch
1 ts sesame oil
1 pinch freshly ground white pepper
1/4 c peanut oil
6 to 8 snow peas
1 cooked rice

Instructions

Combine first five ingredients in small bowl. Add chicken and toss to coat well. Cover and marinate at room temperature at least 30 minutes, stirring occasionally. Soak orange peel in enough water to cover, about 5 minutes. Drain and set aside. Combine stock, soy sauce, rice wine, cornstarch, sesame oil and pepper. Mix. Set aside. Heat 1/4 cup oil. Drain chicken. Stir fry in small batches, about 2 minutes. Remove. Heat peanut oil with orange peel stir fry 1 minute. Return chicken to wok with snow peas and soy mixture stir fry 3 minutes. Serve immediately over rice.

Chinese: Oriental Pistachio Chicken

Yield: 8

Ingredients

8 servings
8 chicken breasts halved, boned and skinned
1 ts garlic powder
1 ts paprika
1 salt and freshly ground black pepper to taste
3 tb safflower oil
2 c beef broth
2 ts cornstarch
1/3 c dry red wine
2 tb oyster sauce

4 green onions including chopped
1/4 c pistachio nuts shelled
1 chinese rice noodles
1 pistachio nuts (optional)

Instructions

Season chicken breasts with garlic powder, paprika, salt and pepper. Saute chicken in oil over medium high heat. In saucepan, combine beef broth, cornstarch, wine and oyster sauce. Heat to boiling and simmer for 10 minutes. Add green onions and 1/4 cup pistachios. Prepare rice noodles according to package directions. Place noodles on heated serving dish, top with chicken breasts and pour sauce over all. Garnish with additional pistachios.

Crema de Colorado Cookbook (1987) From the collection of Jim Vorheis

Posted to CHILE HEADS DIGEST V3 #, converted by MM_Buster v2.01.

Chinese Oven Fried Pork Chops

Yield: 4 Servings

Ingredients

1 egg beaten
3 tb soy sauce low sodium
1 ts water
1/8 ts ground ginger
1/2 ts garlic powder
4 pork chops lean, well trimmed
1 1/2 c bread crumbs

Instructions

Spray jelly roll pan with non fat cooking spray. Beat egg, soy sauce, water, ginger and garlic powder in pie plate. Dip chops into egg mixture roll in bread crumbs. Arrange in single layer on prepared pan. Bake at 350 degrees for 30 minutes. Turn, bake 20 minutes longer or until chops are tender. Do not overcook.

Posted to recipelu digest Volume 01 Number 474 by Sewgoode on Jan 8, 1998

Chinese Oyster Stew

Yield: 4 Servings

Ingredients

1 cn (10 3/4 ounces) condensed chicken broth
1 soup can water
2 tb soy sauce
1/4 ts grated gingerroot
1 pn shucked large oysters, undrained
2 c chopped chinese cabbage
8 ounces sliced mushrooms (about 2 1/2 cups)
1/2 c bean sprouts
4 green onions (with tops), cut into 1 inch pieces

Instructions

Heat broth, water, soy sauce and gingerroot to boiling in 3 quart saucepan. Add oysters, cabbage, mushrooms and bean sprouts. Heat to boiling reduce heat. Cover and simmer about 2 minutes or until cabbage is c Ladle stew into bowls and garnish with green onions.

4 SERVINGS 135 CALORIES PER SERVING.

Chinese Paella

Yield: 1

Ingredients

12 md raw shrimp with shell
4 live mussels scrubbed or 8 hard shell clams
1 tb vegetable oil
1 ts chopped garlic
1 ts chopped ginger
1 onion diced
6 chicken wing drumettes (6 to 8)
1 red bell pepper seeded and chopped
12 snow peas
3 c cooked rice (3 to 4)
1 1/2 c soup stock
2 tb oyster flavored sauce

Instructions

Directions: Remove shrimp legs, leaving shells and tails intact. Cut back of shrimp with scissors and rinse out sand and veins. Partially boil the mussels or clams until they just open. Remove and drain well. Place wok over high heat until hot. Add oil and swirl. Add garlic, ginger, and onion. Cook and stir until onion is soft and translucent. Add chicken and cook for 3 minutes. Remove chicken and set aside. Add bell pepper and snow peas and cook for one minute. Add rice, stock, and oyster sauce. Stir to combine. Arrange chicken and shrimp on top of rice. Reduce heat, cover and simmer for 18-20 minutes until liquid is absorbed.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Chinese Pan Fried Dumplings

Yield: 1 Servings

Ingredients

1

1/2 lb ground pork
2 oz baby shrimp 2 or 3
1/2 md green onion – finely chopped
1 tb light soy sauce
1 tb oil of your choice
1 salt and pepper

Filling

1 shitake mushrooms diced

Instructions

Mix all the above ingredients together and depending on the size of your wraps, use either teaspoon or tablespoon to fill the wraps. Fill and fold it into a half moon shape. From here, you just fry them up on a low to medium heat for about 10 minutes, flipping every so often. Keep in mind that you'll also have to be careful about making sure the pork is well done too.

You can also steam or deep fry them too.

As for sauces...

1 oz of light soy 1 oz of the cooking oil of your choice 1 Tbsp of sugar

Mix the sugar and soy together, heat the oil up and then pour it into the sugar/soy mixture. I'm not sure why this is done, but I just remember my parents doing it that way.

You might also want to try chinese chili sauce, rice vinegar (regular malt vinegar, the stuff you use on fish 'n chips is much better IMO.)

Recipe By : yu105639@laurel.yorku.ca (William Ing)

Chinese Pancake

Yield: 1

Ingredients

3 eggs
2 tb chopped herbs eg parsley, chervil
4 spring onions white part only
1 mackerel fillet
1 flour for dredging
1 egg beaten
50 g couscous
1 knob butter
1 olive oil

Instructions

Preheat the oven to 200c/400f.

1. Whisk the eggs in a bowl with the herbs. Melt the butter in a small frying pan, and pour in the eggs. When set, flip over. Heat a little oil on a griddle pan, and add the spring onions. Grill all sides.
2. Dredge the fish in some flour, dip in the beaten egg and coat with couscous. Grill in the same pan, and transfer to the oven for 5 10 minutes. Serve on the pancake with the spring onions.

Converted by MC_Buster.

Per serving: 664 Calories (kcal) 22g Total Fat (30 calories from fat) 67g Protein 45g Carbohydrate 846mg Cholesterol 529mg Sodium Food Exchanges: 2 1/2 Grain(Starch) 8 1/2 Lean Meat 1 Vegetable 0 Fruit 2 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Chinese Pancakes #1

Yield: 6 Servings

Ingredients

2 c flour (approximately)
3/4 c boiling water
1 sesame oil

Instructions

Place flour in mixing bowl & make a well in the center. Add water, stirring quickly w/ fork until a rough dough has formed. It shouldn't be too sticky & you may not need all the water. Turn dough onto lightly floured board, knead until smooth (10 min.), adding more flour if necessary Place dough in mixing bowl & cover. Allow to rest 30 min. Moisten hands w/ sesame oil. Pull off golf ball sized pieces of dough & flatten them. Brush top of each ball w/ sesame oil, place another flattened ball on top. With rolling pin roll pair of pancakes out together to form a 6 8 in. circle. Repeat w/ all dough. Place each set of pancakes on baking pan, bake in moderate oven (325 350) for 1 2 min., until 1 side puffs up. Repeat on other side.

Pull pancakes apart while still warm. Let cool. Fold each in 1/4's, place on aluminum foil. Wrap each like package, place on rack over water. Steam 5 10 min.

MING'S

YORK ROAD BALTIMORE

TO BE USED W/ MOU SOU PORK

From the . Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Chinese Pancakes #2

Yield: 1 Servings

Ingredients

2 c flour

1 c boiling water

3 tb oil for brushing

Instructions

Measure the flour into a large bowl and add the boiling water gradually as you stir with chopsticks or a wooden spoon until the mixture resembles lumpy meal. Press the mass into a large ball.

Dust your work surface with flour and turn the dough out onto it. Knead it, pushing with the heels of your hands and turning it, for 5 minutes, until it is no longer sticky.

Dust lightly with flour whenever necessary. Cover with a damp cloth and let it rest for 30 minutes.

Flour the work surface again and knead the dough another 5 minutes until it is soft and smooth, dusting with flour when necessary. Shape the dough into a log, cut it in half lengthwise, and then roll each half back and forth with your palms to form a sausage shape about 15 inches long. Cut each sausage into 1 inch pieces and stand them up on their edges on a floured surface.

Brush 1 side of a piece of dough with oil and press this side onto another piece then roll into a double pancake measuring about 6 inches in diameter. Repeat until you have made 15 double pancakes. Doubling is to cut the pan baking time and effort in half.

Heat a heavy skillet over low heat until hot. Place a pancake in the center and "bake" it for about 1 1/2 minutes, until the surface puffs into a bubble and the bottom is speckled with small light brown spots. Flip and bake the other side about 45 seconds. These pancakes should be soft and slightly chewy. The crucial point in making them is the heat level if the pan is too hot the pancakes will be covered with large burned spots and if it is not hot enough the pancake will dry out in cooking. Be careful to bake only 1 1/2 minutes and test for light brown spots, and you'll have a perfect pancake.

Remove the double pancake to a plate while you put another one into the skillet then peel off the finished top one to give you 2 individual pancakes. Fold each one to make a half moon and place on a plate. Repeat the baking, peeling and folding until all 30 pancakes are made, lowering heat if pancakes are browning too fast.

Steam the folded pancakes on a heatproof plate for 5 minutes before serving them. You may make them hours or days in advance, and you can freeze them. Wrap tightly in plastic for refrigerating or freezing. Reheat by steaming 10 to 15 minutes until soft and resilient.

EASTMAN@SOLSTICE.JPL.NASA.GOV

REC.FOOD.RECIPES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Chinese Pasta Primavera Sam Choy

Yield: 8

Ingredients

1 lb linguine
1 tb olive oil
1 tb butter
1 md red bell pepper cut into strips
1 md yellow bell pepper cut into strips
2 md zucchini trimmed but not peeled sliced
1/2 lb broccoli florets
1/2 lb asparagus cut
1 into 1 inch pieces
1/2 lb sugar snap peas or snow peas trimmed
6 shallots or green onions thinly sliced
1 clove fresh garlic minced
1/4 c chopped fresh cilantro
2 tb chopped fresh basil preferably
1 thai basil or sweet basil
1 salt and pepper to taste
1 tb soy sauce
1/4 c freshly grated parmesan cheese

Instructions

Fill a large pot with water and begin heating it for the pasta.

Heat the oil and butter in a large skillet or wok and stir fry the vegetables, onions and garlic for about 3 minutes. Add the cilantro and basil and cook another minute, or until vegetables are done to your taste they should be a little crunchy.

When water boils, add linguine and cook according to package directions it should be al dente.

Season the vegetables with salt and pepper, mix with soy sauce, toss with pasta and sprinkle with Parmesan cheese. Yields 8 servings.

Published 04/18/1999(Sun) by Orlando Ramirez, for The Press Enterprise: "The Primavera concept." DID YOU KNOW: In the mid 1970s, Sirio Maccioni of New York's Le Cirque restaurant concocted a pasta dish that was loaded with vegetables. Maccioni dubbed it pasta primavera spring pasta and a whole new way of eating spaghetti came into being as the dish made its way onto other restaurant menus, then was adapted for home use by hosts wanting to impress guests.

NOTES : Hawaiian chef Sam Choy takes the essential primavera selection of vegetables zucchini, bell peppers and broccoli and adds asparagus, snap peas and a mix of basil and cilantro with soy sauce.

Recipe by: Sam Choy's Island Flavors (Hyperion)

Converted by MM_Buster v2.01.

Chinese Pasta Salad With Creamy Ginger Dressi

Yield: 4 Servings

Ingredients

1 lb precooked shanghai noodles
1 dash sesame oil for noodles
1/2 lb snow peas
1/2 lb shrimp, shelled deveined

2 tb coriander, chopped
2 tb scallions, minced
1 tb oil

SHRIMP MARINADE

1 ts salt
1/4 ts white pepper
1/2 ts chinese cooking wine

DRESSING

3 tb fresh ginger, grated
1 small garlic clove, crushed
1 egg yolk
1 ts egg white
2 ts lemon juice
2/3 c vegetable oil (not olive)
1 1/2 ts soy sauce
2 1/2 tb sesame oil
1 tb cream

Instructions

Mix the marinade ingredients in a small bowl and add shrimp. Blanch the noodles, rinse under cool water and sprinkle with sesame seed oil, toss, and set aside. (You may want to trim noodles with scissors to about 4 inches in length, to make serving easier.) Blanch whole snow peas and set aside. Heat wok, add 1 tablespoon oil, when oil is hot, add shrimp and stir fry until pink. Set aside. DRESSING: In a blender or food processor, mix ginger, garlic, egg yolk, egg white, and lemon. Slowly drizzle in oil. Mix in soy and cream. Set aside. Toss noodles, shrimps, and snow peas. Mix in dressing to taste. Garnish with scallions and coriander. Serve at room temperature.

Chinese Pasta Salad With Shellfish

Yield: 6 Servings

Ingredients

1 1/2 c snow peas
250 g rice vermicelli
1 red pepper sliced thin
1/2 cucumber sliced thin
6 oz shrimp cooked
130 g crabmeat
1 tb fresh ginger chopped fine
1 cl garlic chopped
2 tb sesame oil
1/2 ts black pepper
1 1/2 ts salt
2 tb lemon juice
3 ts vegetable oil
1 ts red wine vinegar

Instructions

Wash and trim snow peas. Place them in a bowl and pour in enough boiling water to cover them. Let stand 10 minutes drain and set aside. Cook the noodles in plenty of boiling water for 3 to 4 minutes. Drain in colander, rinse with cold water and set aside. In large bowl, combine noodles, snow peas, red pepper, cucumber, shrimp and

crabmeat. In a small bowl, combine ginger, garlic, sesame oil, pepper, salt, vegetable oil, lemon juice and vinegar. Pour this dressing over the other ingredients and mix thoroughly. Chill before serving.

Chinese Pasta Salad

Yield: 6 Servings

Ingredients

16 oz linguine
1 c vegetable broth
1/2 c soy sauce
1/2 c rice vinegar
1 tb sherry
1 tb sugar
1 tb cornstarch
1 1/2 ts minced fresh ginger
1/2 ts crushed red pepper
1 ds dark sesame oil
1 red bell pepper thinly sliced into 1 inch strips
1 green bell pepper thinly sliced into 1 inch strips
8 oz frozen baby pea pods thawed
13 oz smoked tofu cubed
(2 6.5 ounce packages)
1 bn green onions chopped
1/3 c chopped fresh cilantro s
several twists of freshly ground black pepper (optional)

Instructions

Preparation Time: 20 minutes

Cooking Time: 8 to 10 minutes

Chilling Time: 2 hours

Servings: 6

Bring a large pot of water to a boil. Drop in the linguine and cook until just tender, 8 to 10 minutes. Drain and rinse under cool water. Set aside.

Combine 1/2 cup of the broth with the soy sauce, rice vinegar, sherry, sugar, cornstarch, ginger, crushed red pepper, and sesame oil. Set aside.

Place the remaining 1/2 cup of broth in a large nonstick frying pan. Add the bell peppers and cook, stirring frequently, for 2 to 3 minutes. Add the peas and cook another minute. Add the tofu, cooked linguine, and the liquid mixture. Cook, stirring constantly, until the mixture boils and thickens. Stir in the green onions and cilantro.

Mix well. Place in a covered bowl and refrigerate at least 2 hours before serving.

Check the seasoning before serving and add a little more soy sauce and some black pepper, if desired.

Converted by MC_Buster.

Contributor: McDougall Program for Women, page 262

Preparation Time: 0:00

Chinese Peanut Dressing

Yield: 1 Serving

Ingredients

1 Half inch thick slice fresh ginger peeled, halved

8 Garlic cloves peeled
1 ts Hot chile paste or more to taste
1/2 c Smooth peanut butter more if necessary
1/4 c Soy sauce
3 1/2 tb Sugar
3 1/2 tb Chinese black vinegar (or use Worcestershire sauce)
3 tb Toasted sesame oil
5 tb Chinese Chicken Broth or water more if necessary

Instructions

In a food processor fitted with the metal blade or in a blender, finely chop the ginger and garlic. Add the remaining ingredients in the order listed and process until smooth. The dressing should be the consistency of heavy cream. If it is too thick, add more water or chicken broth if too thin, add more peanut butter.

Refrigerated, in a covered container, the dressing will keep for 2 to 3 weeks.

This recipe yields 1 3/4 cups.

Recipe Source: COOKING LIVE with Sara Moulton

From the TV FOOD NETWORK (Show # CL 8812 broadcast 02 03 1997)

Downloaded from their Web Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com
or MAD_SQUAD@prodigy.net 08 12 1998

Contributor: Sara Moulton

Preparation Time: 0:00

Chinese Peanut Sauce

Yield: 1

Ingredients

6 tb peanut butter
1/4 c water
3 tb light soy sauce
6 tb dark soy sauce
6 tb tahini
1/2 c dark sesame oil
2 tb sherry
4 tb rice wine vinegar
1/4 c honey
4 cloves garlic large
2 heaped tsp minced ginger
1/2 c hot water
1 tb hot pepper oil (1 to 2)

Instructions

Chopped cilantro, red onions slices, green onions, and cucumbers for garnish

Thin the ground mixture with hot water to whipping cream consistency before use.

Per serving: 2530 Calories (kcal) 221g Total Fat (75 calories from fat) 43g Protein

116g Carbohydrate 0mg Cholesterol 2381mg Sodium Food Exchanges: 2 1/2

Grain(Starch) 4 1/2 Lean Meat 1/2 Vegetable 0 Fruit 4 1/2 Fat 5 Other Carbohydrates

Converted by MM_Buster v2.0n.

Chinese Peanut Sauce2

Yield: 1

Ingredients

COMBINE IN A BLENDER TILL SM

6 tb peanut butter
1/4 c water
3 tb light soy sauce
6 tb dark soy sauce
6 tb tahini
1/2 c dark sesame oil
2 tb sherry
4 tb rice wine vinegar
1/4 c honey
4 cloves garlic large
2 heaped tsp minced ginger
1/2 c hot water 1 or
2 tb hot pepper oil [lime juice if you wish]

Instructions

Chopped cilantro, red onions slices, green onions, and cucumbers for garish Here's a peanut sauce recipe that can be used for dipping or for tossing cooked noodles in.

Thin the ground mixture with hot water to whipping cream consistency before use.

Source: This recipe is from Cooking Japanese Style by Mark Gregory and Yuzaburo Mogi (

Converted by MC_Buster.

Per serving: 2410 Calories (kcal) 207g Total Fat (74 calories from fat) 43g Protein

116g Carbohydrate 0mg Cholesterol 2378mg Sodium Food Exchanges: 2 1/2

Grain(Starch) 4 1/2 Lean Meat 1/2 Vegetable 0 Fruit 38 1/2 Fat 5 Other Carbohydrates

Converted by MM_Buster v2.0n.

Chinese Peanut Sauce3

Yield: 1

Ingredients

COMBINE IN A BLENDER TILL SM

6 tb peanut butter
1/4 c water
3 tb light soy sauce
6 tb dark soy sauce
6 tb tahini
1/2 c dark sesame oil
2 tb sherry
4 tb rice wine vinegar
1/4 c honey
4 cloves garlic large
2 heaped tsp minced ginger
1/2 c hot water 1 or
2 tb hot pepper oil [lime juice if you wish]

Instructions

Chopped cilantro, red onions slices, green onions, and cucumbers for garish

Here's a peanut sauce recipe that can be used for dipping or for tossing cooked noodles in.

Thin the ground mixture with hot water to whipping cream consistency before use.

Source: This recipe is from Cooking Japanese Style by Mark Gregory and Yuzaburo Mogi (
Per serving: 2410 Calories (kcal) 207g Total Fat (74 calories from fat) 43g Protein
116g Carbohydrate 0mg Cholesterol 2378mg Sodium Food Exchanges: 2 1/2
Grain(Starch) 4 1/2 Lean Meat 1/2 Vegetable 0 Fruit 38 1/2 Fat 5 Other Carbohydrates
Converted by MM_Buster v2.0n.

Chinese Pear Apple Sorbet

Yield: 6 Servings

Ingredients

6 lg chinese pear apples
6 tb chinese apple wine (or other apple wine, or apple juice)
1 lg lemon juice of
1/2 c vanilla sugar
1 c water

Instructions

Date: Mon, 22 Apr 1996 23:15:02 0700 (PDT)

From: "Tina D. Bell"

Recipe from Bon Appetit

Make this a day ahead to allow flavors to mellow.

Puree pear apples in processor or blender. Add wine or juice and mix well. Dissolve sugar in water and add to fruit mixture, blending thoroughly.

Transfer to ice cream machine and freeze according to manufacturers directions. (This will give best results, but you can freeze in containers, then break up and reprocess just before serving). Just before serving, return to processor and mix until slightly softened. Serve immediately.

FATFREE DIGEST V96 #112

From the Fatfree Vegetarian recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chinese Pepper Chicken

Yield: 6 Servings

Ingredients

3 tb vegetable oil
1 tb soy sauce
1 clove garlic minced
1 1/2
1 chopped
1 ts cornstarch
3 boneless skinless chicken breasts cut in 1/2 strips
2 bell peppers sliced
3 celery stalks sliced
1/3 c green onions chopped
3/4 c water
1/2 ts sugar
2 tb soy sauce
2 ts cornstarch
1 ts sesame oil
1 tb rice wine
1 ginger root slice

Instructions

In medium bowl, combine 1 tablespoon vegetable oil, soy sauce, garlic, ginger root and cornstarch. Toss chicken in sauce to coat and marinate 30 minutes. In a wok, heat remaining 2 tablespoons oil and cook peppers and celery over high heat, stirring frequently until softened. Add green onions and cook 2 minutes more. Remove vegetables from wok. Drain chicken and pat dry with paper towels. Add chicken to wok and stir fry until chicken is done, about 3 minutes. Mix remaining ingredients together in a small bowl. Add to chicken with vegetables simmer 3 minutes.

Recipe By : Elizabeth Powell

Chinese Pepper Steak #1

Yield: 6 Servings

Ingredients

1 1/2 lb top round steak
2 tb vegetable oil
1 clove garlic, minced
1 ts salt
1 c beef broth
1 c julienned bell pepper
1 c thinly sliced celery
1/4 c thinly sliced onion
1/2 c coca cola
2 md ripe tomatoes
2 1/2 tb cornstarch
1/4 c coca cola
1 tb soy sauce
1 hot cooked rice

Instructions

Trim all fat from the meat and cut into pencil thin strips. In a deep skillet or Dutch oven, heat oil, garlic and salt. Add the meat and brown over high heat, about 10 minutes, stirring occasionally with a fork. Add the beef broth. Cover and simmer for 15 to 20 minutes, or until the meat is fork tender. Stir in the green pepper strips, celery, onions and 1/2 cup Coca Cola. Cover and simmer for 5 minutes. Do not overcook the vegetables should be crisp tender. Peel the tomatoes cut into wedges and gently stir into meat mixture. Blend cornstarch with 1/4 cup of Coca Cola and the soy sauce. Stir into the meat mixture until the sauce thickens, about 1 minute, stirring lightly with a fork. Serve over hot rice.

From: "International Cooking with Coca Cola", a give away pamphlet from The Coca Cola Company, 1981.

Chinese Pepper Steak #2

Yield: 6 Servings

Ingredients

1 lb round steak
1 onion
1/4 c butter
1 garlic
1/2 ts salt
4 tb soy sauce

1/2 ts sugar
1 cn bean sprouts
1 c tomatoes
1 inch pieces green pepper
1/2 tb cornstarch
1 cooked rice

Instructions

Slice steak in short thin pieces. Heat butter, salt, onions, and garlic in skillet and in it cook beef until brown. Add soy sauce and sugar cover and cook 5 minutes. Add bean sprouts, tomatoes, and peppers cover and cook 5 minutes. Stir in corn starch. Serve over rice.

Chinese Pepper Steak #3

Yield: 6 Servings

Ingredients

1 lb round steak, cut into thin strips
2 to 3 t olive oil
1/2 c onions, chopped
3 cloves garlic, chopped
2 green peppers, cut into thin strips
1/2 c celery, chopped
1/4 ts pepper
1/2 cn consomme, undiluted
1 tb cornstarch
2 tb water
2 ts soy sauce

Instructions

Saute steak in oil until brown. Add next six ingredients. Cover and simmer 30 minutes. Blend cornstarch with water and soy sauce. Add to meat mixture and stir just until thickened. Serve with rice or pasta.

SOURCE: Know Your Onions SHARED BY: Jim Bodle 9/92

Chinese Pickled Vegetable

Yield: 6 Servings

Ingredients

PUPUS TO DA MAX
6 large cucumbers
1 fresh ginger
1 1/2 c sugar
1/4 c hawaiian salt
1 c japanese vinegar

Instructions

: Cut cucumbers, cut into 1/2 inch pieces. Add a few slices of ginger, cut into strips. Add salt. Let stand for several hours, rinse and drain. Boil vinegar and sugar. Cool and pour over vegetables.

From:Pupus To Da Max Orgin:Where I Live There are Rainbows, Beverly Lee

Formatted by: Dorie Villarreal

From: Jr Byers Date: 09 Nov 96 International Cooking Ž

Chinese Pickles

Yield: 3 Jars

Ingredients

1 c vinegar

1 c sugar

1 c water

2 tbsp. fresh or candied ginger (not ground), chop

1 various raw vegetables cut into bite size pieces (cauliflower, broccoli, peppers, cucumbers, etc.)

Instructions

In a large jar, crock or bowl combine vinegar, sugar, water and ginger. Add vegetables (liquid should cover vegetables). Allow to set 24 hours, covered.

Keeps 2 to 3 weeks. Keep container covered, but it's not necessary to refrigerate.

Chinese Pigs' Tail & Peanut Soup

Yield: 6 Servings

Ingredients

1 lb pigs' tails

1 c raw virginia peanuts or blanched almonds

1 sl fresh ginger root

1 tb choong toy (salted, preserved turnip)

1 ts salt

1/2 c chopped green onions, with tops

Instructions

Clean and parboil pigs' tails according to Steps I and II in the basic instructions cut in 2 inch lengths. Return to the pot with 2 quarts fresh water and all the remaining ingredients except green onions. Bring to a boil, reduce heat, cover and simmer for 1 1/2 hours. Add the green onions just before serving.

Serves 6 to 8.

All these recipes are from "Innards and Other Variety Meats". Jana Allen and Margret Gin. 101 Productions. San Francisco, 1974.

Posted by Stephen Ceideberg June 9 1992.

Chinese Pineapple Chicken (Bow Luo Gai)

Yield: 4 Servings

Ingredients

1 lb chicken parts

1 stalk celery

1 cn 8 oz. chunk style pineapple

1/2 c water

1/2 tb catsup

1 tb rice vinegar

1 1/4 tb sugar

1 dash of salt

1 ts cornstarch for thickening

2 ts cold water for thickening

2 c oil for deep frying

MARINADE

1/2 ts salt

1/2 ts sugar
1 ts thin soy sauce
1 dash of pepper
1 thin slice ginger, chopped

BATTER

1 lg egg
1 tb water
2 1/2 tb flour
3 tb cornstarch

Instructions

1. Skin and bone chicken. Cut into 1 1/2" cubes.
2. Sprinkle chicken with each of the ingredients listed under "marinade," mix well and marinate for 1/2 hour.
3. Cut celery into 1 1/2" pieces then, cut each piece lengthwise into strips, julienne style.
4. Drain pineapple, saving the juice.
5. Prepare batter by beating the egg, adding the water, flour and cornstarch. Mix thoroughly.
6. Heat oil to 350 degrees in a small saucepan.
7. Dip chicken in batter and drop into the hot oil. Deep fry for 10 minutes. Remove and drain off excess oil.
8. In wok, combine pineapple juice, water, catsup, vinegar, sugar and dash of salt. Bring to a boil.
9. Add celery, chicken and pineapple. Cook for 1 minute over high heat.
10. Add thickening made by combining cornstarch and cold water. Cook for 1 minute and serve.

SOURCE: Chopsticks, Clever, and Wok.

Chinese Pit Stickers

Yield: 64

Ingredients

2 c napa/green cabbage finely chopped
1 ts salt
1/2 lb shrimp peel, devein finely chop
1 lb lean ground pork
2 tb light colour soy sauce
2 tb rice sherry, or white wine
1 tb green onion chopped
1 tb sesame oil
2 ts gingerroot minced
1 garlic clove minced
64 wonton wrappers [2 pkgs]
1/4 c vegetable oil
1 c chicken stock or water

DIPPING SAUCE

2 tb light coloured soy sauce
1 tb rice vinegar
1 ts gingerroot minced

Instructions

1. In bowl, toss cabbage with salt and let stand for 5 minutes squeeze out liquid. Squeeze any liquid from shrimp. In large bowl, mix cabbage, shrimp, pork, soy sauce, wine, onion, oil, ginger and garlic. [Filling can be covered and refrigerated for up to 6 hours.]
2. With 3 inch round cutter, cut wonton wrappers into circles, keeping covered with damp cloth to prevent drying out. Working with 4 wrappers at a time, brush edges lightly with water. On 1 half of each round, pinch four 1/4 inch pleats.
3. In rounded hollow of each wrapper, place 2 ts filling fold pleated side over filling, matching edges and pressing out all air. Press edges to seal.
4. Arrange, seam side up, on waxed paper lined sheet, curving into crescent shape and pressing lightly to flatten bottom. [Dumplings can be prepared to this point, covered with plastic wrap and refrigerated for up to 24 hours, or frozen, then stored in airtight container for up to 1 week thaw in refrigerator before continuing.] Cover with damp cloth.
5. In 2 large skillets, heat 1 tb oil per pan over medium high heat fry 16 dumplings in each, flat side down, for 1 minute or until golden on bottom. Pour 1/4 cup stock into each pan reduce heat to low. Cover and cook, without turning, for 7 minutes or until dumplings are translucent and most of the liquid has evaporated.
6. Uncover and increase heat to medium cook for 5 7 minutes or until liquid evaporates and bottoms are dark brown. Drain on paper towel. Transfer to dish keep warm. Wipe pan repeat with remaining dumplings.

Dipping Sauce: Stir together soy sauce, vinegar and ginger serve with hot or warm dumplings.

Source: Canadian Living magazine, Feb 95 Presented in article "Cooking Lesson"
Recipe by Canadian Living Test Kitchen

Per serving: 15 Calories (kcal) 1g Total Fat (69 calories from fat) 1g Protein trace
Carbohydrate 5mg Cholesterol 72mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean
Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Chinese Pizza

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

CRUST: 1 package active dry yeast 2 teaspoons sugar 1 1/4 cups warm water 2
tablespoons salad oil 1 teaspoon salt 4 cups flour

SAUCE FOR CRUST: 3 tablespoons hoisin sauce 3 tablespoons catsup 1 teaspoon
sesame oil 2 tablespoons oil 2 cloves garlic, finely minced 2 or 3 slices ginger grated 1
cup thinly sliced Chinese sausages 1/2 cup shredded water chestnuts 1/2 cup bamboo
shoots, shredded 4 or 5 dried black mushrooms, shredded 1 or 2 stalks green onion,
shredded 3/4 onion, sliced 1 bell pepper, shredded 1 tablespoon soy sauce 2
tablespoons hoisin sauce 2 tablespoons catsup 2 teaspoons
sesame oil to brush on top of pizza

1. To make crust: Dissolve yeast and sugar in warm water. Let set for 10 minutes. Stir in oil and salt add flour gradually. Knead dough for 10 to 15 minutes or until smooth and elastic. Place in greased bowl, cover and let rise in a warm place free from drafts until double in bulk (1 1/2 to 2 hours). Punch down

dough and roll into thin crust. Make 2 pizzas of 12" diameter, 1/4" thickness. Place crust on baking sheet.

2. Combine ingredients for sauce and set aside.
3. Heat oil over high heat put in garlic and ginger, stir for 5 seconds. Add remaining ingredients, except hoisin sauce, catsup and sesame oil reduce heat to medium high. Stir fry for 1 to 2 minutes. Add hoisin sauce and catsup and stir fry for another minute.
4. Spread sauce on dough, then top with stir fried vegetables and meat brush sesame oil on top.
5. Bake pizza at 375F for 15 minutes or until golden brown.

Serve and enjoy.

REMARKS: One cup of sausage is equal to 3 sausages.

For a classier pizza, add 1/2 cup sliced prawns

For added hotness, put 1/2 teaspoon hot chili oil into the sauce.

From "The Yan Can Cook Book", Martin Yan, 1981. Doubleday & Company, New York.

Posted by Stephen Ceideberg January 21 1991.

Chinese Poached Chicken Breasts With Star Anise

Yield: 4

Ingredients

- 3 1/2 c canned low sodium chicken broth or homemade stock
- 2 carrots cut diagonally into 1/2 inch slices
- 6 scallions including green tops 5 cut into 4 inch lengths, 1 chopped
- 1 6 1/2 inch slices peeled fresh ginger, smashed, pl
- 1 tablespoons minced fresh ginger
- 4 cloves garlic smashed
- 1/4 c brown sugar preferably dark
- 1/4 c soy sauce
- 5 whole star anise
- 3 cinnamon sticks
- 6 black peppercorns
- 1/4 ts salt
- 1/4 c dry sherry
- 4 boneless skinless chicken breasts (about 1/3 pounds in all)

Instructions

1. In a large saucepan, combine the broth, carrots, the 5 scallions, the smashed ginger, the garlic, brown sugar, soy sauce, star anise, cinnamon sticks, peppercorns, and salt. Bring to a boil, reduce the heat, and simmer, covered, for 20 minutes.
2. Add the sherry and chicken and bring back to a simmer over moderately low heat, covered. Turn the chicken and simmer, covered, until the chicken is just done, about 5 minutes.
3. With a slotted spoon, transfer the chicken, carrots, and star anise to large shallow bowls. Strain the broth and add the minced ginger and 2 tablespoons of the chopped scallion. Ladle the broth over the chicken and top with the remaining chopped scallion.

Quick From Scratch Herbs & Spices

Posted to FOODWINE Digest TX Mar 99

Per serving: 136 Calories (kcal) 2g Total Fat (11 calories from fat) 3g Protein 28g Carbohydrate 0mg Cholesterol 1184mg Sodium Food Exchanges: 1 Grain(Starch) 0 Lean Meat 1 1/2 Vegetable 0 Fruit 1/2 Fat 1/2 Other Carbohydrates
Converted by MM_Buster v2.0n.

Chinese Poached Chicken

Yield: 1

Ingredients

1 water

1 whole chicken, about 3 pounds

Instructions

Fill a 12 quart kettle almost full of water and bring it to a boil. Place 1 whole chicken, about 3 pounds, in the boiling water. The water will stop boiling in just a moment or so. Using wooden spoons so that you do not tear the skin, remove the chicken from the water and place it on a tray. Cover the pot and bring the water back to a boil. Put the chicken back into the pot, cover and turn off the heat. Leave the chicken in the pot and the pot on the burner, but you will need no more heat. The water will be hot enough to cook the bird. After 1 hour the chicken is done. Remove and cool and debone it. Some of the poaching water can be used to cover the meat or use the meat for other chicken dishes that calls for cooked chicken.

This is from Jeff Smith's "The Frugal Gourmet Cooks Three Ancient Cuisines. Jan

Chinese Popcorn (Sweet & Pungent Shrimp)

Yield: 4 Servings

Ingredients

1 lb raw shrimp

1/2 egg white beaten

1 c cornstarch

1/2 ts salt to

4 c oil for deep frying

1 green onions for garnish

SWEET AND PUNGENT SAUCE

4 1/2 tb sugar

4 1/2 tb catsup

1/4 c vinegar

1/2 ts salt

1 tb sherry

1/2 ts cornstarch

1 ts oil

2 lg garlic cloves minced

3/4 ts minced fresh ginger root

1 tb chopped green onion

1 ts crushed red pepper

1 ts lemon zest

1 ts orange zest

Instructions

A reader who requested the recipe for a sweet and pungent shrimp from the Panda Inn in Pasadena won the everlasting thanks of our tasting panel. Because it's as impossible to eat just one of these as it is to eat a single kernel of popcorn, the recipe is often called Chinese popcorn.

Peel and devein the shrimp. Slice in halves lengthwise. Rinse well and pat dry. Add the egg white to the shrimp and mix well. Mix 1 1/2 tablespoons cornstarch with salt and add to shrimp. Stir to coat well. Add 1 1/2 tablespoons oil and mix well again. Place the shrimp in a bowl and refrigerate at least 2 hours. Remove the shrimp and dust with remaining cornstarch. Shrimp should be dry to the touch. Heat the remaining oil in a large wok to 350 to 375 degrees. Fry the shrimp 1 1/2 to 2 minutes until crisp, being careful to separate them with a long handled wooden spoon or chopsticks to prevent sticking.

It may be necessary to fry the shrimp in several batches. When done, remove the shrimp with a slotted spoon and drain well. Combine the shrimp and the sweet and pungent sauce and toss quickly to coat. Immediately turn out onto a platter and sprinkle with finely chopped green onions. **SWEET AND PUNGENT SAUCE:** Combine the sugar, catsup, vinegar, and salt, and set aside. Heat the oil in a wok. Add the garlic, ginger, green onion, red pepper, and zests of lemon and orange cook 30 seconds. Stir in the sugar catsup mixture. Immediately add the sherry mixture and cook until slightly thickened.

Chinese Popcorn Mix

Yield: 10 Cups

Ingredients

8 c unsalted popped corn
2 c chow mein noodles
1 c peanuts
3 tb butter
1/2 ts sesame oil
1 tb soy sauce
1 tb lemon juice
1 ts ground ginger

Instructions

Preheat oven to 250~. In a lg. shallow roasting pan, combine popcorn, chow mein noodles, and peanuts. Melt butter. Add sesame oil, soy sauce, lemon juice, and ginger. Pour over popcorn mixture toss to coat evenly. Bake for 1 hr., stirring every 20 mins. Spread on paper towels to cool. Store in airtight container.

Source: Theatre Popcorn Popper leaflet

From: Suewoodward

Chinese Pork & Peppers (Burros)

Yield: 2 Servings

Ingredients

1 stephen ceideburg
12 oz whole onion or:
11 oz chopped ready cut onion
2 ts canola oil
1 lg clove garlic
8 oz pork tenderloin
16 oz whole red, yellow and green peppers
4 oz whole mushrooms
1 tb fresh or frozen ginger
1/8 ts to 1/4 ts hot pepper flakes
3 tb dry sherry

1 tb reduced sodium soy sauce
2 tb water
1 tb cornstarch
1/2 c no salt added beef broth

Instructions

1. Chop whole onions and saute in hot oil in a nonstick skillet.
2. Mince garlic, and add to onion.
3. Trim fat from the tenderloin, and cut the meat into 2 or 3 inch strips, 1/4 inch wide. Add to pan and cook until brown on both sides.
4. Wash, trim, seed and slice whole peppers into thin strips, about 1/4 inch wide. Add to pan, and continue cooking over medium heat.
5. Wash, trim and slice whole mushrooms, and grate ginger. Add mushrooms, ginger, hot pepper flakes, sherry and soy sauce to pan, and cook until mushrooms begin to soften.
6. Stir one tablespoon of water into the cornstarch to make a paste stir in remaining water, and mix with beef broth. Add to pan, and cook over low heat, stirring, until mixture thickens.

Approximate nutritional analysis per serving: 370 calories, 10 grams fat, 80 milligrams cholesterol, 350 milligrams sodium, 30 grams protein, 35 grams arbohydrate.

Marian Burros writing in the New York Times, 9/22/93. Courtesy Helen Fleischer.

Posted by Stephen Ceideburg

Chinese Pork & Peppers

Yield: 2 Servings

Ingredients

2 c onion, chopped
2 ts canola oil
1 clove garlic
8 oz pork tenderloin
4 c red, yellow & green bell peppers, sliced thin
1 c mushrooms, sliced
1 tb ginger
1/4 ts hot red pepper flakes
3 tb dry sherry
1 tb soy sauce
2 tb water
1 tb cornstarch
1/2 c beef broth (salt free)

Instructions

Stir fry the onions in a non stick skillet or wok. Mince the garlic and add to the wok. Trim the fat from the tenderloin and cut into 2" or 3" long strips, 1/4 " wide Add to the pan and stir fry until browned on both sides. Wash, trim, seed and slice the bell peppers into 1/4 " wide strips. Grate the ginger. Add the mushrooms, ginger, bell pepper strips, hot red pepper flakes, sherry and soy sauce. Stir fry until the mushrooms begin to soften. Stir 1 tablespoon of water into the cornstarch to make a paste. Stir in the remaining water and the beef broth. Add to the wok. Cook over low heat, stirring, until the mixture thickens. Serve hot.

Chinese Pork & Shrimp Rice Noodles In Broth

Yield: 6 Servings

Ingredients

4 oriental mushrooms dried * or * 6 fresh mushrooms
6 leaves of napa cabbage
1/2 lb pork chop meat thinly sliced into 1/4 strips
1 tb soy sauce
1 ts hoisin sauce
3 tb water
2 ts cornstarch
4 tb vegetable oil
3 green onions cut into 2slivers
1 c small shrimp peeled & deveined
8 c chicken stock
1/2 lb rice stick noodles (may substitute egg noodles or vermicelli)
1 ts salt
1/4 ts black pepper

Instructions

Soak the dried mushrooms in hot water for 10 minutes. Remove the stems and slice the caps into strips. (Just slice the fresh mushrooms, if using fresh). Set aside.

Stack the cabbage leaves then cut across into strips 2 inches wide. Cut each strip across the width into slivers 2 inches in length. Set aside.

Place the pork strips in a bowl with the soy sauce, hoisin sauce, water and cornstarch. Mix until the pork is thoroughly coated. Set aside to marinate for 20 minutes.

Heat the oil in a wok or large skillet over high heat and stir fry the pork for 3 minutes.

Using a slotted spoon, drain the pork and remove to a paper towel lined plate.

Bring the oil back up to high heat and stir fry the mushrooms and onions for 2 minutes.

Add the shredded cabbage and shrimp and fry until the shrimp becomes pink and the cabbage becomes limp.

Add the stock and bring to a boil. Add the rice noodles and boil for one minute. Return the pork to the wok just to heat through and season with the salt and pepper.

NOTE: Some ingredients may be available only at Asian grocers.

Vietnamese variation:

Omit the mushrooms. Stir fry the onions with the pork. Substitute 3 large tomatoes, each cut into 6 segments, for the cabbage. Serve the soup in individual bowls, first placing a lettuce leaf torn into a few pieces, a few bean sprouts, 4 or 5 narrow strips of cucumber, 3 mint leaves and a scattering of chopped cilantro leaves in the bottom of each bowl before pouring the soup in. Garnish with a sprinkling of crushed peanuts.

This version may also be made with chicken instead of pork.

Nutritional Information per serving: 411 calories, 20g fat, 122mg cholesterol, 1753mg sodium

** Dallas Morning News Food section 26 July 1995 ** Posted by The WEE Soct Paul MacGregor

Chinese: Pork In Plum Sauce (Mwei Jiong Yoke) Canton

Yield: 1 Servings

Ingredients

1/4 c oil
1 clove garlic
1 lb boned pork
1/3 c plum sauce
2 stalks celery, diced

4 sl ginger
1 ts sherry
2 carrots
2 ts sugar
1 ts salt
1/3 c chinese pickled scallions
1/4 c water
2 ts cornstarch
2 tb water

Instructions

Cut pork into bite size pieces. Peel carrots, cut into cubes.

Place oil and garlic in wok. On high heat, brown pork. Stir fry 5 minutes. Add plum sauce, celery, ginger, sherry, carrots, sugar, salt scallions and water. Simmer covered, 12 minutes. Add cornstarch to water and mixture to wok. Stir until thickened.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdjaxxx.zip>

Chinese Pork Roast

Yield: 8 Servings

Ingredients

4 lb boneless pork roast
4 ts sugar
1 ts salt
1 tb soy sauce
1 1/2 tb honey
1 c chicken broth
3 tb vinegar
1/4 c water

Instructions

Combine sugar, salt, honey, soy sauce and broth, pour over roast and let marinate for at least one hour, turning occasionally. Place roast in shallow pan, pour sauce over and bake at 350 degrees for 2 1/2 to 3 hours (170 on meat thermometer). Baste as often as you can with a mixture of the vinegar and water to prevent sugar from scorching, and to add a slight sweet sour flavor.

From: Stewart Hopper Date: 01 01 95

Chinese Pork Sausage Buns (Lop Cheung Bow)

Yield: 1 Serving

Ingredients

Karen Adler FNGP13B.

Yield: 2 doz.

DOUGH

1/2 recipe of the basic steamed bun dough*

FILLING

6 Pairs Chinese pork sausage

Instructions

*Recipe is included in this collection.

Cut sausages into halves. You should have 24 3 inch sausages.

WRAPPING: Divide dough into 24 balls. Roll each ball into 2 inch rounds.

Place sausage in middle and fold dough over, leaving ends open. Place seam side down on square piece of wax paper. Let rise in warm place for 1 hour or so.

COOKING: Steam for 110 minutes. Pork Sausage Bun can also be baked at 350 degrees for 20 25 minutes. Mix beaten egg whites with a little water and sugar and brush buns (to keep crust soft). Brush with melted butter when done.

DO AHEAD NOTES: Make ahead and freeze. Reheat by steaming or baking 325 degrees in loosely wrapped foil for 25 minutes.

COMMENTS: Chinese sausage imparts a sweet flavor rather than the spicy flavor of most other sausages. They are available in Chinatown stores. If you like liver, try liver sausages as well.

Source: "Dim Sum" by Rhoda Fong Yee.

Formatted for MM by Karen Adler FNGP13B.

Re formatted for MC3.0 by Calvin Deiterich(cedeiter@epix.net)(7/25/96)

Per serving (excluding unknown items): 0 Calories 0g Fat (0 calories from fat) 0g

Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

Preparation Time: 0:00

Chinese Pork Shreds With Lettuce

Yield: 4 Servings

Ingredients

1 lb pork, boneless, shredded

1 tb soy sauce

2 ts cornstarch

1 ts peanut oil

1 sm head lettuce, washed & dried

2 tb peanut oil

4 green onions, chopped

1 sl ginger root, minced

4 dried black mushrooms, soak in hot water & shredded

1/2 c bamboo shoots, shredded

2 ts dry sherry

1/4 c chicken broth

1 ts cornstarch

1 tb water

1 ts sesame oil, optional

Instructions

Combine pork shreds, soy sauce, 2 tsp cornstarch and 1 tsp peanut oil and marinate for 30 minutes. Separate lettuce leaves and arrange on platter.

Heat wok or large skillet. Add 2 Tbsp oil, add pork shreds and stir fry 2 minutes.

Remove to platter, leave oil in pan. Stir fry ginger root and green onions for 30 seconds. Add mushrooms, bamboo shoots and pork shreds. Stir fry 1 minute.

Add sherry and chicken broth. Mix cornstarch with water and stir into sauce, stirring until thickened and glossy. Add sesame oil.

To serve: Spoon 2 3 Tbsp of pork mixture onto lettuce leaf, roll up to enclose and eat with fingers.

From: Merrymeeting Merry Eating, A Collection of Recipes Gathered in Maine
Privately published by the Regional Memorial Hospital Auxiliary, Brunswick, Maine
ISBN: 0 9620094 0 7

Typed by: Bob 8 {}

From: Robert White Date: 20 Apr 97 National

Cooking Echo Ž

Chinese Pork With Vegetables And Rice

Yield: 4 Sweet Ones

Ingredients

1 c celery diced
1/2 c onion diced
1 lg clove garlic minced
1 tb butter or 1 tb margarine
2 c cooked pork cubed
1 c instant rice uncooked
1 c hot water
4 1/2 oz (1 cn) mushrooms drained sliced
2 tb soy sauce
1 ts instant chicken bouillon
1 c snow peas

Instructions

In 2 quart microwave safe casserole, combine celery, onion, garlic and butter or margarine. Cover and microwave on High 3 to 5 minutes, stirring twice, until vegetables are crisp tender. Add all the remaining ingredients except snow peas stirring twice, until water is absorbed and rice is tender. Stir in snow peas. Cover and let stand 5 minutes before serving.

Source: The San Diego Union Tribune Food Section, Oct 6, 1994 Brought to you and yours via Nancy O'Brion and her Meal Master.

Chinese Pork Lettuce Rolls

Yield: 4 Servings

Ingredients

2 heads boston lettuce
1 dried chinese mushrooms
6 8 mushrooms
8 oz waterchestnuts canned
1/2 c bamboo shoots
1 lb ground pork
1 egg
1 1/2 tb soy sauce
4 ts cornstarch
2 tb dry sherry
3/4 c chicken broth
1/2 ts salt to taste
1/4 c corn oil
1 c celery minced

Instructions

1. Black mushrooms are optional. If using, soak in boiling water for 30 minutes, drain, cut off stems, and chop.
2. Wash lettuce, dry, and arrange 16 20 of the largest leaves on a serving plate, then refrigerate. Use head lettuce if Boston lettuce is not available.
3. Mince the waterchestnuts and bamboo shoots add to drained mushrooms. Set aside.
4. Mix together the pork, slightly beaten egg, soy sauce and 3 teaspoons (1 tablespoon) of the cornstarch. Set aside.

5. Combine sherry, 1/2 cup broth and salt. Add remaining 1 teaspoon cornstarch to the remaining 1/3 cup broth, blend well.
6. Heat a wok or heavy skillet add oil to the hot skillet.
7. Add pork mixture and cook, stirring constantly, about 5 minutes.
8. Add mushroom mixture cook, stirring constantly, 2 minutes.
9. Stir in wine mixture and the cornstarch mixture.
10. Add celery and stir until celery is heated through. If celery is minced fine enough, it won't need any further cooking time.
11. Place meat on a serving dish. To serve, let each guest fill a lettuce leaf with pork and roll the leaf. This is to be eaten with the fingers.

Recipe By : Jo Anne Merrill

Chinese Porridge

Yield: 1 Servings

Ingredients

- 2 boxes (10 oz) frozen chopped sp
- 8 oz fresh shiitake mushrooms discard the stem and slice
- 1 lb frozen tofu thawed and cubed
- 6 c vege broth
- 1 bn green onions chopped
- 1 tb grated fresh ginger
- 1 ts 5 spice powder
- 1 lg cloves garlic minced, (up to 2)
- 1 c very soft cooked brown rice
- 1 ts sesame oil (optional)
- 2 egg whites

Instructions

When my husband came back from a trip to China he described a soup he really loved, so I came up with this version. They call it porridge. We have had it for breakfast.

Yum! This makes a lot also.

Throw everything together in a large pot (except the egg whites) and cook until onions are tender and porridge is fragrant, about 30 45 minutes. Then beat the egg whites (if using) with a little water and pour slowly into the porridge. Stir gently into the porridge and serve.

Posted to fatfree digest V98 #005 by JBennicoff on Jan 5, 1998

Chinese Potato Salad

Yield: 1 Servings

Ingredients

- 5 md potatoes (about 2 1/2 pounds), (up to 6)
- 4 sl bacon well cooked and crumbled
- 3/4 c chopped bok choy
- 1 red pepper diced
- 1/2 c chopped green onion
- 1/4 c chopped celantro

Instructions

SAUCE

- 1 1/3 c mayonnaise
- 1 ts sugar
- 1 tb soy sauce

1 ts sesame oil (up to 2)
18 1/4 ts hot mustard powder
1/8 ts salt

Boil the potatoes until cooked but still firm. Cut into potato salad sized chunks. Mix the ingredients for the sauce together, using more or less sesame oil and hot mustard according to taste (the more the better, up to a point. . .). Put all solid ingredients together in a large bowl, then add the sauce and mix well. Chill. Served by sooz
Posted to recipelu digest Volume 01 Number 226 by James and Susan Kirkland on Nov 08, 1997

Chinese Potatoes With Chili Beans

Yield: 4 Servings

Ingredients

4 md potatoes cut in thick chunks
3 green onions sliced thin
1 lg chili pepper seeded and sliced
1 tb flavored cooking oil
2 cloves garlic crushed
2 tb soy sauce
1 tb sesame seeds
1 salt and pepper to taste
16 oz can kidney beans

Instructions

Boil the potatoes until they are just tender. Do not overcook. Drain and reserve. In large frying pan, stir fry the green onions and chili in oil for about 1 minute. Add garlic and fry for a few seconds longer. Add the potatoes, stirring well, then the beans and the soy sauce. Season to taste and cook until the vegetables are well heated through. Sprinkle with sesame seeds.

Recipe By : The Ultimate Vegetarian Cookbook

From: matejka@bga.Com (Anita A. Matejkadate: 96 09 09 23:43:38 Edt

Chinese Pretzels (Tong Wan)

Yield: 1 Servings

Ingredients

2 eggs
1 c sugar
2 c flour
1/4 c cornstarch
3/4 c milk or water
1 sesame seeds

Instructions

Mix all ingredients together but save out some sesame seeds. Add more sesame seeds to the batter as you go on. Heat oil, heat the pretzel iron in the oil, then dip into the batter. DO NOT let the batter go over the top of the iron. If you can't find a Chinese pretzel iron, get a Swedish rosette iron, they are smaller but work well & are more easily found.

Submitted by: Nancy Linn Organization: Dept. of Psychology, Univ. of Illinois, Urbana Alt.Culture.Hawaii

Chinese Radish Cucumber Salad

Yield: 4 Servings

Ingredients

1 bn radishes, coarsely chopped
1 cucumber, cut in half, peeled, drained on paper
1 towels about 15 minutes, and coarsely chopped
1 oriental salad dressing:
1 tb rice vinegar
2 ts soy sauce
1/2 ts sugar
1 ts sesame oil
2 c coarsely shredded cabbage, kept refrigerated until s

Instructions

In a medium size bowl, combine the radishes and cucumber.

To make the dressing: In a small bowl, mix together the vinegar and soy sauce. Add sugar, stirring to dissolve.

Pour dressing over vegetables, toss thoroughly, and refrigerate until serving time.

At serving time, place chilled cabbage on a serving dish. Toss vegetables again with dressing and spoon on top of cabbage.

Serve immediately.

From: CLASSIC COLD CUISINE by Karen Green, Jeremy P. Tarcher, Inc., Los Angeles. 1984. ISBN 0 87477 322 9 Posted by: Karin Brewer, Cooking Echo, 8/92

Chinese Ramen Salad

Yield: 8 Servings

Ingredients

4 green onions sliced
3/4 c sunflower seeds
3/4 c almonds slivered
1 pk ramen noodles (chicken flavor) crushed
1 pk coleslaw
black pepper

Instructions

Mix salad ingredients together. Stir sugar into vinegar. Gradually add oil till well mixed. Season with ramen noodle season mix and salt and pepper. Shake well. Pour enough over salad mixture to coat. Serve as soon as dressing has been added.

Per serving: 287 Calories (kcal) 23g Total Fat (68 calories from fat) 6g Protein 18g Carbohydrate 1mg Cholesterol 7mg Sodium Food Exchanges: 1/2 Grain(Starch) 1/2 Lean Meat 0 Vegetable 0 Fruit 4 Fat 1/2 Other Carbohydrates

Contributor: Jen Lieber

Preparation Time: 0:00

Chinese Red Cooked Pork

Yield: 6 Servings

Ingredients

2 lbs boneless pork loin roast
1/2 c dry red wine divided
2 tbsps sugar

1 c chopped onion
2 tbsps minced peeled fresh ginger
4 garlic cloves minced
1/2 c low sodium soy sauce
7 whole green onions
6 star anise optional
1 c water
3 c hot cooked long grain rice
3 tbsps chopped green onions

Instructions

Trim fat from pork. Cut pork into 2 inch pieces. Combine 1/4 cup of wine and sugar in a large Dutch oven. Cook over medium high heat until sugar melts and mixture thickens. Add the pork, onion, ginger and garlic, and cook 5 minutes, browning pork on all sides. Add 1/4 cup wine, soy sauce, whole green onions, and star anise. Bring mixture to a boil reduce heat and simmer 10 minutes, stirring occasionally. Stir in water cover and simmer 1 hour and 15 minutes or until pork shreds easily with a fork. Spoon over rice and sprinkle with chopped green onions.

Source: "Cooking Light November 1999" S(Formatted by): "Carol Taillon
taillon@earthlink.net"

Per serving: 85 Calories (kcal) 1g Total Fat (12 calories from fat) 3g Protein 14g
Carbohydrate 0mg Cholesterol 819mg Sodium Food Exchanges: 0 Grain(Starch) 0
Lean Meat 1 1/2 Vegetable 0 Fruit 0 Fat 1/2 Other Carbohydrates

Preparation Time: 0:00

Chinese Red Marinade

Yield: 1 Servings

Ingredients

FOR PORK

1 garlic clove crushed
1/2 ts freshly ground pepper
1/2 ts finely grated ginger root
4 ts soy sauce
4 ts honey
4 ts dry sherry
1/2 ts five spice powder
4 ts chili sauce

Instructions

Combine all ingredients in a bowl. Makes about 3/4 cup

Chinese Restaurant Spiced Rice

Yield: 5 Servings

Ingredients

1 c uncooked rice, washed and drained
2 tb corn oil
1 onion, finely minced
2 lg cloves garlic, finely minced
1 lg scallion, finely minced
1 md size green pepper, parboiled and cut into slivers
1 c water
1 c chicken stock

1/4 ts dried marjoram crushed
1/4 ts dried tarragon leaves, crushed
2 tb freshly chopped parsley
2 tb freshly chopped dill
3 dashes cayenne pepper
1/2 ts ground ginger

Instructions

Bring water and stock to boil in a heavy bottomed saucepan. Add rice.

Bring to boil again. Reduce heat and cook, partially covered, for 12-15 minutes or until all water is absorbed and rice is tender but firm.

Heat oil in iron skillet until hot. Add onion, garlic, scallion and pepper and saute until lightly browned, turning frequently, 5 to 7 minutes. Add rice to skillet and turn to coat with sauteed mixture.

Sprinkle with herbs, spices and seasoning. Stir. Cover tightly and place in preheated 450 degree oven for 5 minutes. Serve immediately.

Formatted on January 1, 1997 by Jamie Calton

Chinese Rice Snack

Yield: 4 Servings

Ingredients

3 c cooked rice room temperature
2 tb peanut oil
3 tb soy sauce
2 scallions with green tops finely chopped

Instructions

Add oil to rice, mix thoroughly. Add soy sauce toss gently. (The oil and rice must be mixed first so that each grain is coated and soy sauce will distribute evenly.) Sprinkle with chopped scallions fluff with fork.

NOTES : Chinese children eat this unassuming dish after school. Leftover rice, at room temperature rather than cold, is mixed with oil and sprinkled with dark soy sauce and finely chopped scallions.

Recipe by: The Ultimate Rice Cooker Cookbook by Betty L. Torre

Posted to recipelu digest Volume 01 Number 446 by James and Susan Kirkland on Jan 04, 1998

Chinese Risotto With Shiitake Mushrooms

Yield: 4 Servings

Ingredients

1 tb oriental sesame oil
2 ts minced red jalapeno or serrano chili
2 ts minced garlic
4 ts soy sauce
1 tb rice vinegar
1 pinch of sugar
3 tb vegetable oil
1/3 c chopped shallots
5 oz fresh shiitake mushrooms, stemmed, sliced
1 c chopped boneless smoked pork chops
1 c arborio or medium grain rice
3 c (or more) chicken stock or canned low salt broth

1 c finely chopped mustard greens

1 c chopped fresh cilantro

Instructions

Heat 1 tablespoon sesame oil in heavy medium skillet over medium high heat. Add minced chili and saute 1 minute. Add garlic and saute 1 minute. Remove from heat. Add soy sauce, rice vinegar and pinch of sugar and stir to blend. Strain through fine sieve into small bowl, pressing on solids with back of spoon. (Soy sauce mixture can be prepared 1 day ahead. Refrigerate.) Heat 3 tablespoons vegetable oil in heavy large saucepan over medium heat. Add chopped shallots and saute 2 minutes. Add sliced shiitake mushrooms and smoked pork and saute 6 minutes. Add rice and stir 1 minute. Add 3 cups chicken stock and bring to simmer, stirring occasionally. Reduce heat, cover and simmer until rice is just tender but still firm to bite, stirring occasionally, about 20 minutes. Add chopped mustard greens and cilantro and stir 1 minute. Mix in soy sauce mixture. Add more chicken stock by tablespoons if rice is dry. Divide risotto among bowls and serve.

Chinese Roast Duck

Yield: 8 Servings

Ingredients

5 lb duck

4 tb onions, chopped

4 tb celery, chopped

4 tb ginger, minced

1/2 ts cinnamon, ground

1 ea star anise, broken up

1/2 c soy sauce

2 ts sugar

2 tb dry sherry

1 tb salt

1 tb soy sauce

1/4 c honey

2 tb chinese black vinegar or

2 tb red wine vinegar

Instructions

Clean duck, removing as much fat from the neck as possible. Rinse and pat dry with paper towels. Tie the neck closed.

Combine onion, celery, ginger, cinnamon, anise, soy sauce, sugar and wine. Bring to a boil and pour into duck. Sew up the opening. Rub skin with the salt.

Line a pan with heavy aluminium foil. Place duck breast side up, on a rack in the pan. Pour 1 cup water into the bottom of the pan to Reduce smoke. Roast in a 425 F oven 30 minutes turning once. Pour off the water and fat and prick the skin lightly with a fork. Brush the duck with honey, vinegar and soy sauce mixture. Reduce the heat to 375F and roast 1 1/2 hours longer or until done, turning several times and brushing with the basting mixture every half hour.

Snip the threads and drain the duck (reserve the filling as sauce if desired). Let stand 10 minutes. Cut duck in small pieces and serve with corriander. Walt

Chinese Roast Pork (Kikkoman)

Yield: 6 Servings

Ingredients

1 4 pound pork loin roast
3/4 c kikkoman soy sauce
1/3 c dry sherry
1/3 c honey
2 garlic cloves crushed
1/2 ts ground ginger

Instructions

Pierce meaty sides of roast with fork, place in large plastic bag.

Combine remaining ingredients pour over roast. Press air out tie top securely.

Refrigerate 8 hours, or overnight turn bag over occasionally. Remove roast reserve

marinade. Place roast in shallow pan. Roast at 325 degrees F. 1 hour. Brush with reserved marinade cover loosely with foil. Roast 1 1/2 hours longer, or until meat

thermometer inserted into center registers 165 F brush several times with marinade. Remove roast let stand 15 minutes. Combine pan drippings with remaining marinade

in small saucepan. Bring to boil and cook 1 minute serve with roast.
Source: DISCOVER COOKING with Kikkoman Sauces Reprinted with the permission of Kikkoman International Inc. Electronic format courtesy of Karen Mintzias

Chinese Roast Pork Buns

Yield: 8 Servings

Ingredients

1 roast pork
1/4 c firmly packed brown sugar
1/4 c ketchup
2 tb soy sauce
2 tb hoisin sauce
1 tb dry sherry
1 garlic clove minced
1 1/2 lb pork steaks (1/2 inch thick)
1 sauce
1 tb cornstarch
1 tb dry sherry
1 tb peanut oil or vegetable oil
1/2 c chopped onion
1/2 c whopped water chestnuts
1 tb soy sauce
1 tb hoisin sauce
1/2 c chicken broth
1 pastry (17 3 oz)
1 glaze
1 ts sugar
1 ts water
1 egg white
1 cn large refrigerated buttermilk biscuits

Instructions

Heat oven to 375F. Line broiler pan with foil. In blender container or food processor bowl with metal blade, combine all roast pork ingredients except pork blend until smooth.* Generously brush both sides of the pork steaks, reserving remaining basting sauce. Place pork steaks on foil lined broiler pan. Bake at 375F for 30 minutes.

Remove pork from oven. Brush both sides of steaks with remaining basting sauce. Bake an additional 10 to 20 minutes or until no longer pink in the center. Remove from oven cool (leave the oven on). Remove meat from bone finely chop. Set aside. In small bowl, combine cornstarch and 1 Tbsp sherry blend well. Heat oil in wok or large skillet over high heat. Add onion and water chestnuts cook and stir 2 to 3 minutes or until onion begins to brown. Add 1 Tbsp soy sauce and 1 Tbsp hoisin sauce stir to coat. Add broth. Stir in cornstarch mixture cook and stir until mixture begins to thicken. Remove from heat stir in pork.** Separate dough into 8 biscuits. On lightly floured surface, press or roll each biscuit into 5 inch circle. Place about 1/3 cup pork mixture in center of each biscuit. Gather up edges, twist and pinch to seal. Place seam side down on ungreased cookie sheet. In small bowl, beat glaze ingredients until well blended brush over buns. Bake at 375F for 14 to 18 minutes or until golden brown.

*TIP: Mixture also can be blended in small bowl with wire whisk. **At this point, pork mixture can be covered and refrigerated. Heat until warm before making sandwiches.

Recipe By : Wayne Hu West Bloomfield, Michigan

Chinese Salad Bar

Yield: 12 Servings

Ingredients

3 lb cooked medium shrimp
5 c cooked chicken torn into bite size pieces
2 cn mandarin oranges drained (11 oz.)
1 c chopped fresh cilantro
3 heads iceberg lettuce thinly sliced
3 heads romaine lettuce thinly sliced
2 cn water chestnuts drained and sliced (8 oz.)
1 lb firm tofu drained and cut into 1/2 in. cubes
4 cucumbers peeled, seeded and cut into matchsticks
3 avocados peeled, seeded and sliced
1/4 lb bean sprouts coarsely chopped
2 c diagonally sliced celery
2 c sliced green onions with tops (about 2 bunches)
2 c toasted coarsely chopped cashews or sliced almonds (see Note*)
Fried wonton strips (optional see note*)
Rice noodles cooked according to pkg. directions
Bottled soy lemon dressing or simil Asian dressing
Bottled sesame dressing
Bottled ginger dressing

Instructions

Note: To toast nuts, spread on baking sheet and bake in 375 degree oven for 5 to 8 minutes or until brown. To make wonton strips, slice fresh wonton wrappers (found in the produce section of many supermarkets) into 3/4 inch wide strips. Fry the strips in hot oil (375 degrees) until crisp.

Drain on paper towels.

To prepare salad bar: Arrange shrimp, chicken, oranges, cilantro, lettuces, water chestnuts, tofu, alfalfa sprouts, cucumbers, avocados, bean sprouts, celery, green onions, cashews or almonds, wonton strips and rice noodles on plates or platters.

Put the salad dressings in bowls. Let guests arrange salads using whatever ingredients they desire, then let them ladle the dressings over.

NOTES : Here's a colorful selection of ingredients for a make your own Chinese style salad buffet. Adapted from "Easy Entertaining With Marlene Sorosky."

Contributor: Minneapolis Star and Tribune, 8/99

Chinese Salad Dressing

Yield: 12 Servings

Ingredients

1 c seasoned rice vinegar

1 tb sesame oil

1 ts soy sauce

Instructions

Put all ingredients in a jar and shake thoroughly.

From: Gaye Levy

Chinese Salt & Pepper

Yield: 6 Servings

Ingredients

2/3 c salt

2 tb szechwan peppercorns, whole

1 ts black peppercorns, whole

Instructions

Heat a heavy skillet over high heat. Reduce heat to medium and add salt and peppercorns. Stir constantly until mixture turns a light brown. Place in a blender or food processor and whirl until well blended. Shake through a sieve before bottling.

Yield about 6 oz.

SOURCE: Gifts from The Kitchen SHARED BY:Jim Bodle 8/92

Chinese Sauce For Stir Fry

Yield: 1 Servings

Ingredients

1 ts chicken bouillion granules

1 c hot water

2 tb cornstarch

4 ts sugar

4 tb sherry

4 tb soy sauce

Instructions

From: "Sharon H. Frye" Date: Fri, 16 Aug 1996 12:40:32 EDT

Dissolve bouillion in hot water. Add remaining ingredients and set aside until needed.

Stir before adding to wok.

Personal note: My family likes lots of sauce, so I usually double the recipe for the sauce. You can use whatever veggies you wish, and whatever kind of meat.

EAT L Digest 15 August 96

From the EAT L recipe list. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Chinese: Sauce: Loo (Basic Sauce)

Yield: 1 Servings

Ingredients

1 c dark soy sauce
1 c thin soy sauce
1 c sugar
2 c water
3 dried chili peppers
2 sl ginger root
2 tb five whole flowerets, star anise
1/2 c peanut oil
2 cloves garlic, split

Instructions

Add all ingredients to saucepan and boil 15 minutes. Refrigerate sauce.

Simmer foods in this sauce, as the foods absorb the salty taste, you may need to add more soy sauce to compensate.

Do not use fish in this sauce if you want to keep it long.

Basic Sauce is used over and over again to slow simmer a number of foods. It imparts its own flavor to what is cooked, and grows more savory with the cooking of different foods.

Chinese Sauce

Yield: 1

Ingredients

1 soy sauce
1 rice wine vinegar
1 ginger chopped fine
1 garlic small amt. chopped fine
1 scallion chop crosswise,
not
1 hot chili oil or chili/garlic sauc

Instructions

The sauce that my Chinese friend showed me to make contained these ingredients.

You can play with the ingredients to get the taste and consistency you want. Use more soysauce than vinegar. You can also put in a bit of sesame oil if you like. Ming told me she never makes it the same way twice, and from experience, I see what she means.

But it always tastes good!

Recipe by: srf@world.std.com (Stephanie R Faulkner)

Posted to CHILE HEADS DIGEST V3 #, converted by MM_Buster v2.0l.

Chinese Sausage & Rice

Yield: 4 Servings

Ingredients

1 1/2 c raw white rice
3 c water
1 or 2 chinese sausages

Instructions

The MOST typical use of sausage is (hold your hat another strange locution but slightly more comprehensible) steamed on rice. Plain.

Poor people's food (actually, a poor people's special treat) but quite satisfying: Bring the rice to a boil in 2 1/2 c of the water. Lower heat to low and cook 10 min.

Meanwhile, slice sausages into thin diagonal strips. Add rest of water to rice and cover top of rice with sausage strips. Some people add scallion or ginger but I prefer the flavor pristine. Raise heat to the boil again and then lower to low again. Steam until sausage fat is transparent and rice is done, 5 minutes or so more. Serve with soy sauce on the side.

To take this dish one step up, use sticky ("glutinous" or "sweet") rice in the usual way (requires somewhat more water and more careful cooking). To take this dish to its artisanly conclusion, cook the sticky rice separately let it cool cut it into 8 portions and spread 4 portions flat on the center part of a lotus or other large, tough, nonpoisonous leaf. Take the sausage strips and cut them into smaller pieces, and top each portion of rice with a portion of sausage. Add a small amount of chopped bamboo shoot, chopped scallion, and chopped dried shrimp (previously soaked in sherry for 1/2 hour) to each serving. Make a sauce from 2 T soy sauce and 1 T broth boiled together and thickened with 1/2 t cornstarch (mixed into 3/4 t water). Apply two teaspoons of this sauce to the top of your dish. Top this mess with the other 4 portions of rice and crimp the edges together. Now: carefully bring the sides of the leaf up to make an envelope, and tie with twine. Steam for 5 minutes or so and serve.

From: Michael Loo

Chinese Sausage Frittata

Yield: 1

Ingredients

- 1 canola oil to cook
- 2 potatoes peeled and diced 1/4 inch
- 2 lapchongs (chinese sausages) sliced 1/8 thick
- 1 lg red onion julienned
- 1 red bell pepper julienned
- 6 scallions sliced 1/8 thick
- 10 lg eggs beaten
- 1 salt to taste
- 1 freshly ground black pepper to taste
- 2 c shredded cheddar cheese

Instructions

Preheat an oven to 350 degrees. Coat a large, hot oven proof skillet (can be non stick) with oil and saute potatoes, lapchong, onions and peppers for About 6 minutes. Add scallions and eggs and season. Stir around for 30 seconds, top with cheese then place in the oven. Bake for 20 minutes or until a knife inserted in the center comes out clean. If top is not brown and crusty, turn on broiler to brown the cheese, about 2 minutes. Let rest 3 minutes before slicing into pie wedges and serving.

This recipe yields ?? servings.

Source: "EAST MEETS WEST with Ming Tsai (Show # MT 1B29) from the TV FOOD NETWORK" S(Formatted for MC5): "11 01 1999 by Joe Comiskey jcomiskey@krypto.net"

Per serving: 1687 Calories (kcal) 119g Total Fat (63 calories from fat) 116g Protein 36g Carbohydrate 2107mg Cholesterol 1978mg Sodium Food Exchanges: 0 Grain(Starch) 16 Lean Meat 5 Vegetable 0 Fruit 14 1/2 Fat 0 Other Carbohydrates

Recipe by: Ming Tsai

Converted by MM_Buster v2.0n.

Chinese Sausage Potstickers

Yield: 30 Servings

Ingredients

1/4 lb chinese sausages * minced or cut into thin
1 c uncooked short grain (arborio) or pearl rice *
1/4 c minced pickled ginger or to taste
4 large dried shiitake mushrooms,
1 tb sweetened chile sauce* or chinese plum sauce
4 green onions (scallions) white and green parts, mi
2 canned whole green chiles seeded,, (2 to 4) deveine
1 c dry white wine
1 salt and ground white pepper to taste
1 pk potsticker wrappers
1 chinese sesame oil for brushing

Instructions

1. Cook the sausage in a saucepan over medium heat until some of the fat is rendered, about 5 minutes.
2. Add the rice, pickled ginger, mushrooms, chile sauce, green onions, and chiles, and reduce the heat to low. Stir and cook for a minute or two, without browning the rice.
3. Strain the reserved mushroom liquid through a double thickness of paper towels and add 1 cup of it, along with the wine, to the rice. Bring to a boil over high heat and cover. Reduce the heat to low and cook until all the water is absorbed, about 20 minutes. Taste and adjust the seasonings.
4. Transfer the rice mixture to a bowl and place in the freezer to chill for about 30 minutes.
5. Preheat the oven to 400 degrees.
6. Place a generous teaspoonful of the mixture in the center of each wrapper. Fold in half slightly dampen the outer edges with cold water. Press the edges together to seal, using the tines of a fork or a potsticker mold.
7. Place on an oiled cookie sheet and brush the tops with sesame oil. Bake until crisp, about 15 20 minutes.

Can assemble up to 1 day in advance and refrigerate, or flash freeze* for up to 3 months. Do not thaw before baking just add 5 10 minutes to the baking time.

NOTE: I prefer to fry, steam and then brown until they stick to the pot. That's why they are called Pot Stickers. Grazie

Posted to KitMailbox Digest by Cairn Rodrigues on Sep 18, 1998, converted by MM_Buster v2.0l.

Chinese Scallion Cakes

Yield: 1 Servings

Ingredients

1 1/4 c all purpose flour + some more
3/4 pt boiling water
1 tb cold water (up to 2)
1 ts sesame oil (up to 2)
1 1/2 ts salt
4 oz margarine or butter

12 oz chopped scallions
1 peanut or corn oil for frying

Instructions

Sift flour into a large bowl. Pour in the boiling water gradually and mix with a fork. Rub together with fingers while the flour is still warm. Add the cold water and knead to form a firm, but not hard, dough.

Cover and let stand for 10 minutes. Oil a flat surface and a rolling pin with 1 tsp sesame oil. Place dough on oiled surface. Knead a few times and divide into 6 pieces. Roll out one piece into a 6 7 inch circle with the edges slightly thinner than the middle. Sprinkle all over with a good ¼ tsp of salt and press in with your fingers. Generously spread with 1/2 oz margarine all over, stopping just short of edges. Spread with about 5 Tbs of chopped scallions.

With both hands, pick of the sides nearest you and roll the cake up away from you (like a jellyroll), taking care not to let the scallions fall out. The dough should now be in a cylindrical shape. Pinch the ends closed and roll towards each other until the dough is ball shaped. Gently roll the ball out until it's about 6 inches across. Don't worry if the surface of the cake bursts while you're rolling (this **always** happens to me!). Repeat for each piece of dough.

Heat a heavy, flat frying pan until hot. Add 2 Tbs oil. Fry the cakes over low heat, covered, for 4 or 5 minutes or until spotted brown. Turn over and fry the other side likewise. Remove and drain on a paper towel. Serve hot.

I'll make a large batch and freeze them uncooked with waxed paper in between just thaw as many as you need and fry! Posted to recipelu digest Volume 01 Number 239 by James and Susan Kirkland on Nov 10, 1997

Chinese Scallion Pancakes

Yield: 1 Servings

Ingredients

2/3 c flour + some more
1/3 c water
1 butter/ margarine
1 salt
1/2 c chopped green onions/scallions divided t
3 tb cooking oil

Instructions

In a medium sized bowl, combine 2/3 c flour and 1/3 c water to make a manage dough. It's a good idea to start with less water and increase a tablespoon at a time since I don't know the exact measurements. The dough may be a little tough but that's okay. Divide the dough into 3 pieces and keep the ones you're not using under a damp cloth. Roll out the dough to a rectangular shape on a lightly floured surface.

NOTE: the thinner the dough is the more layers you'll get. Spread enough margarine to cover surface Sprinkle enough salt to cover surface(this depends on personal taste). Sprinkle one portion of scallions on dough Roll up dough **TIGHTLY** by the short length, tucking in the scallions along the way and seal the edge. Coil the dough into a snail shell and seal end. Roll out as flat as possible. Heat up frying pan with a tablespoon of oil. Fry both sides of pancake 'til golden. The whole thing won't be brown, only the spots where it's actually touching the pan. Slice and serve immediately when done. If it's not salty enough, it can be served with some soy sauce. Makes 3 individual pancakes.

busted by sooz

Posted to RecipeLu by James and Susan Kirkland on Nov 10, 1997.

Posted to recipelu digest Volume 01 Number 489 by James and Susan Kirkland on Jan 10, 1998

Chinese Scallops In Oyster Sauce

Yield: 4 Servings

Ingredients

2 tb oyster sauce or soy sauce
2 ts cornstarch
1 ts soy sauce
1/2 ts sugar
1/2 lb scallops thawed or frozen well rinsed, drained, and sliced across the grain
2 tb butter or margarine
1 1/2 c (3 oz.) edible pod peas, ends and strings removed. or 1 pk (6 oz.) frozen edible pod peas, thawed
1/4 c chopped green onion
1 hot cooked rice

Instructions

Bright green edible pod peas and tender scallops are tossed quickly in a hot wok to mingle with rich oyster sauce. Buy oyster sauce in the Oriental section of your market. Combine oyster sauce, cornstarch, soy, and sugar. Stir scallops into oyster sauce mixture set aside. Place wok over medium heat. When wok is hot, add butter. When butter has melted, add peas and onion and stir fry for 2 or 3 minutes or until vegetables are tender crisp.

(If using frozen pod peas, stir fry for 30 seconds or until heated through.) Raise heat to high, add scallop mixture, and stir fry for about 3 minutes or until scallops are just opaque throughout and sauce is slightly thickened. Spoon over hot cooked rice and serve immediately. Makes 4 servings

Sunset Wok Cookbook

From: Jj Judkins Date: 20 Nov 96 National
Cooking Echo Z

Chinese Sea Bass Parcels

Yield: 2

Ingredients

2 sea bass
1 salt and freshly ground black pepper
2 tb fresh ginger thinly sliced into julienne strips
1 tb lemon juice
8 chinese lettuce leaves
1 tb sesame oil
3 cloves garlic thinly sliced
2 tb soy sauce
1 tb sesame seeds toasted
2 spring onions sliced

Instructions

Remove scales from sea bass, cut off gills, head and tail.

Fillet the fish to remove the back bone but leaving the skin on. Cut the fillets into 2.

Season the fish and sprinkle with fresh ginger strips and lemon juice.

Wrap each piece of fish in a Chinese lettuce leaf.

Steam the parcels, either in a bamboo steamer, or on a plate, placed over a pan of boiling water then covered with a saucepan lid, for 15 20 minutes.

Fry the garlic slices in the sesame oil for 2 3 minutes.

When the fish parcels are cooked, drizzle with soy sauce and scatter over the garlic slices, toasted sesame seeds and spring onions.

Converted by MC_Buster.

NOTES : Sea Bass with an oriental touch.

Converted by MM_Buster v2.0l.

Chinese Sea Bass

Yield: 1

Ingredients

3/4 c canned low salt chicken broth

1 tb cornstarch

1 tb oriental sesame oil or vegetable oil

1 tb minced garlic

1 tb minced peeled fresh ginger

1 1/2 tb cider vinegar

4 ts soy sauce

1 ts sugar

2 sea bass fillets (6 ounce)

1 cooked rice

1 chopped green onion tops

Instructions

Combine broth and cornstarch in small bowl stir until cornstarch dissolves. Heat oil in heavy medium saucepan over high heat. Add garlic and ginger stir fry until fragrant, about 30 seconds. Add vinegar, soy sauce, sugar and cornstarch mixture and boil until sauce thickens, stirring constantly, about 1 minute. Remove from heat. Season sauce with pepper.

Preheat broiler. Brush some sauce over each side of fish fillets. Broil until just cooked through, about 3 minutes per side. Place fish on plates. Spoon rice alongside sprinkle with onion tops. Serve, passing remaining sauce separately.

Serves 2.

Bon Appetit March 1994

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Chinese Seafood Hotpot

Yield: 6

Ingredients

3 lemon sole fillets skinned

4 trout fillets skinned

6 raw king prawns

6 scallops sliced

4 sm squid cut into rings

1 3/4 l chicken stock

1 ts peeled and sliced fresh root ginger

60 g transparent rice noodles

4 spring onions chopped

500 g spring cabbage finely shredded

HOISIN SAUCE

2 tb hoisin sauce
1 tb tomato ketchup
2 ts soy sauce

Instructions

Cut the sole and trout into thin strips and arrange on a platter with the other fish. Put the stock in a pan with the ginger and simmer for 15 minutes.

Mix the hoisin sauce ingredients together and put into 6 small dishes.

Soak the noodles in warm water for 5 minutes then cut into short lengths and place in a serving bowl. Put the spring onions and shredded cabbage in a bowl.

Strain the stock into a fondue pot, bring back to a simmer then place on the heat.

Arrange a platter of fish, hoisin sauce, noodles and cabbage on the table. The fish and cabbage are cooked in the hot stock using Chinese wire strainers to hold the food.

Any remaining cabbage can be added at the end with the noodles to make the soup.

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Food Network <http://www.cfn.co.uk/>

Converted by MM_Buster v2.0l.

Chinese Seasoned Salt

Yield: 3 /4 Cup

Ingredients

6 tb kosher salt
4 tb sichuan peppercorns
2 tb black peppercorns

Instructions

Combine all the ingredient in a dry wok or heavy skillet. Cook over medium heat, shaking the pan until the peppercorns begin to darken and smoke. Transfer the mixture to a spice mill and grind to a coarse powder. store in an airtight container.

Traditionally sprinkled on roast squab, chicken, or shrimp cooked in the shell. You can also use this seasoning on baked potatoes or popcorn.

High Flavor, Low Fat Cooking by Steven Raichlen ISBN 0 1402 4123 X pg 165

Chinese: Sesame Chicken 2

Yield: 2 Servings

Ingredients

3/4 lb chicken breasts skinless and boneless
3 tb flour
2 tb sesame seeds
1 tb soy sauce
1/2 ts peanut oil
1 tb maple syrup
1 red lettuce leaves
1 tb dry sherry
1 lg tomato ripe
1 ts fresh ginger chopped
1 pepper to taste
1/2 ts chinese five spice powder

Instructions

Preheat oven to 350 degrees. Cut chicken into pieces about 1 by 2 inches.

Mix soy sauce, maple syrup, sherry, ginger and Chinese Five Spice together. Add chicken and marinate 20 minutes, turning once.

Meanwhile, place sesame seeds on a baking tray and toast in oven for 10 minutes or until slightly brown.

Drain chicken, reserving marinade.

Dredge chicken in flour seasoned with a little salt and pepper. Shake off any excess. Heat oil in a non stick skillet. Add chicken and brown, about 1 minute per side. Spoon marinade over chicken. j Reduce heat and saute another minute, or until chicken is cooked through.

Remove from heat and roll chicken in sesame seeds.

Wash and dry lettuce leaves. Line a serving plate with leaves, and spoon chicken on top. Cut tomato into wedges and use to garnish plate.

Serves 2 Per serving: 367 calories 44 g protein 23 g carbohydrate 10 g fat 108 mg cholesterol 389 mg sodium.

Source: San Diego Union Tribune (March 3 4, 1993) Shared by: Norman R. Brown
Recipe By :

Chinese: Sesame Chicken

Yield: 2 Servings

Ingredients

3/4 lb chicken breasts skinless and boneless

3 tb flour

2 tb sesame seeds

1 tb soy sauce

1/2 ts peanut oil

1 tb maple syrup

1 red lettuce leaves

1 tb dry sherry

1 lg tomato ripe

1 ts fresh ginger chopped

1 pepper to taste

1/2 ts chinese five spice powder

Instructions

Preheat oven to 350 degrees. Cut chicken into pieces about 1 by 2 inches. Mix soy sauce, maple syrup, sherry, ginger and Chinese Five Spice together. Add chicken and marinate 20 minutes, turning once. Meanwhile, place sesame seeds on a baking tray and toast in oven for 10 minutes or until slightly brown. Drain chicken, reserving marinade. Dredge chicken in flour seasoned with a little salt and pepper. Shake off any excess. Heat oil in a non stick skillet. Add chicken and brown, about 1 minute per side. Spoon marinade over chicken. j Reduce heat and saute another minute, or until chicken is cooked through. Remove from heat and roll chicken in sesame seeds.

Wash and dry lettuce leaves. Line a serving plate with leaves, and spoon chicken on top. Cut tomato into wedges and use to garnish plate.

Recipe By :

Chinese Sesame Garlic Cabbage

Yield: 4

Ingredients

1 savoy cabbage

1 clove garlic

1/2 onion
2 tb oil
2 ts sesame oil
1 tb sherry
1 tb sesame seeds
1 tb dark soy sauce
1 shred cabbage discarding tough inner core peel and chop garlic and onion .

Instructions

Heat wok. Add in oil. Fry onion and garlic for 1 minute. Add in cabbage, tossing thoroughly.

Pour in sherry. Stir fry for 1 minute Add in sesame oil and soy sauce.

Stir fry for 2 minutes. Add in sesame seeds. Stir fry for 1 minute.

Serve.

Converted by MC_Buster.

NOTES : Serve as part of a Chinese meal or as a vegetable side dish with roast pork.

Recipe by: Teletext (Ch4)

Converted by MM_Buster v2.0l.

Chinese: Shrimp In Chinese Lobster Sauce

Yield: 6

Ingredients

INGREDIENTS

1 lb jumbo shrimp (21 25 per pound)
1 tb fermented black beans
2 garlic cloves minced
1 quarter sized slice fresh ginger, peeled, minced
1 tb shao hsing rice wine or dry

Instructions

2 tablespoons Peanut or corn oil
1/2 teaspoon Salt
6 ounces Ground pork butt
1 small Onion cut into 1 inch cube
1 Bell pepper cut into 1 inch

1/2 teaspoon Sugar
1 Big pinch white pepper
1/2 tablespoon Light soy sauce
3/4 cup Chicken stock
2 teaspoons Cornstarch blended with 1 water
1 large Egg lightly beaten
1 Green onion chopped
1 teaspoon Asian sesame oil

Serves

SHRIMP IN CHINESE LOBSTER SAUCE INSTRUCTIONS:

Shell and de vein the shrimp. Butterfly shrimp by slicing them down the length of the back, stopping just above the tail. Rinse with cold water and blot dry.

Cover the black beans with lukewarm water let soak for 5 minutes. Drain.

Combine with the minced garlic and ginger gently crush into a paste. Mix in the wine set aside.

Place a wok over medium high heat. When hot, drizzle in half of the oil.

Add the shrimp and stir fry until they begin to curl and turn bright orange, about 1 minute. Remove to a dish and keep warm.

Reheat wok over medium heat add remaining tablespoon of oil and the salt.

Add the black bean paste and saute a few seconds until it becomes aromatic.

Increase heat to medium high. Add the pork and stir fry until the morsels are no longer pink, about 3 minutes.

Add onions, peppers, sugar, white pepper and soy sauce toss together until the vegetables begin to soften, about 1 minute. Add the stock and keep tossing until it comes to a boil.

Stir the cornstarch mixture to recombine, then drizzle into the center of the work, stirring constantly, until mixt TBBS v2.1/NM ! Origin: G.A.D.M. 4 lines TBBS Hayward,CA.(510) 581 3019 (1:215/208)

Posted to CHILE HEADS DIGEST V3 #, converted by MM_Buster v2.0l.

Chinese Shrimp Kababs

Yield: 4 Servings

Ingredients

- 16 chunks of fresh pineapple
- 2 lb raw shrimp, peeled and deveined
- 24 fresh snowpeas, blanched
- 1/2 c rice wine
- 2 tb sesame sauce
- 1 tb oil
- 1 ts lime juice
- 1 salt and pepper to taste

Instructions

1. Preheat the oven to 400 F
2. Place pineapple, shrimp, pea pods, wine and sesame sauce in bowl marinade 15 minutes.
3. Alternate ingredients on skewers and place on ovenproof platter, mix lime juice and oil and set aside.
4. cook skewers 8 10 minutes. Baste occasionally with oil mixture and turn skewers over once. Season to taste.
5. Serve with steamed rice.

Chinese Shrimp

Yield: 1

Ingredients

- 1 no ingredients

Instructions

- 3 scallions cut into one inch strips
- 2 sl ginger root
- 2 tb soy sauce
- 2 ts sugar
- 1/3 ts Accent seasoning
- 2 tb wine
- 3 tb vegetable oil
- 1 lb shrimp (in the shell)

Heat oil. Add all ingredients to shrimp and cook in oil until the shrimp turn bright pink.

Chinese Silk Apples

Yield: 6 Servings

Ingredients

3 apples
2 egg whites
2 tb flour
2 tb cornstarch
1 peanut oil for deep frying
1/2 c sugar
1/4 c honey
1/3 c water
1 tb peanut oil

Instructions

Quite an experience to eat the apples is still warm and soft, the top is crunchy and icy. Great after a wok dinner.

Peel the apples, core and cut into wedges about 1/2 inch thick. Whip egg whites until frothy. Add flour and cornstarch and beat into a smooth batter. Heat the oil to 375F. Dip each apple wedge into egg white batter, place in hot oil and fry, a few at a time, until crisp and brown. Place in a single layer on a warm service platter. Bring remaining ingredients to a boil in a saucepan and cook to a hard ball stage syrup 280 F on candy thermometer. Pour over apple wedges and serve at once, accompanied by a large crystal bowl of water containing lots of ice cubes. Each person picks up an apple wedge with a fork or small tongs and dips it into the ice water to crystallize the sugar and harden the top, which forms silk like threads....hence the name. Serves 6.

Origin: Found in recipe box bought at garage sale. Shared by: Sharon Stevens

Chinese Silver Loaves Steamed Dumplings

Yield: 1

Ingredients

1 3/4 c hot water
3 tb sugar
2 tb vegetable shortening or oil
6 c all purpose (plain) flour
2 tb baking powder
1/2 ts salt

Instructions

Dough for outside of dumpling: Add sugar and shortening to hot water, stir til sugar is dissolved, and allow to cool until barely warm.

Sift remaining dry ingredients into a large mixing bowl, and gradually stir in sugar mixture. Mix well and gradually draw dough together with your hands. It should be soft, but not sticky.

On a floured board, knead dough about 5-8 minutes, or til smooth and elastic. Return to bowl, cover with damp cloth and let rise at least 1 hour.

Per serving: 2327 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 602g Carbohydrate 0mg Cholesterol 2059mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 40 1/2 Other Carbohydrates

Converted by MM_Buster v2.0n.

Chinese Sirloin Steak

Yield: 1

Ingredients

- 1 cn condensed beef broth (10 1/2 ounces)
- 4 garlic cloves minced
- 1/4 c ketchup
- 1/4 c honey
- 1/4 c soy sauce
- 1 one 2 to 2 1/4 pound boneless beef top, about 1 sirloin steak, well trimm

Instructions

In a medium sized bowl, combine all the ingredients except the steak.

Place the steak in a 9" x 13" glass baking dish and cover with the marinade. Cover and refrigerate for at least 4 hours, or overnight, turning occasionally. Preheat the broiler.

Place the steak on a broiler pan or rimmed baking sheet discard the marinade. Broil for 14 to 16 minutes for medium rare, or to desired doneness, turning halfway through the cooking. Thinly slice across the grain and serve immediately.

NOTE: The longer this marinates, the more flavor will be absorbed by the steak. So, for best flavor, marinate overnight.

From "Mr. Food: A Little Lighter", due out this fall!

Converted by MC_Buster.

NOTES : 4 to 6 servings

Converted by MM_Buster v2.0l.

Chinese Smoked Chicken

Yield: 1 Servings

Ingredients

- 6 tb soy sauce
- 3 tb hoisin sauce
- 2 tb dry white wine
- 1 green onion chopped
- 1 tb brown sugar
- 1 tb finely minced ginger
- 1 ts liquid smoke flavoring
- 1 cooking bag
- 1 1 3 3/4 lb chicken
- 1 green onions sliced
- 1 steamed rice

Instructions

Combine first 7 ingredients in cooking bag. Add chicken and seal tightly. Rotate bag to coat chicken with marinade. Refrigerate at least 3 hours or overnight, turning bag occasionally.

Preheat oven to 350øF. Set bag with chicken on baking sheet. Cut 5 small vents in top of bag. Bake until chicken is tender and brown, about 1 hour 15 minutes. Remove from oven and cool slightly. Open bag and pour juices into bowl. Cut chicken into pieces.

Arrange on platter. Pour some of juices over chicken. Garnish with green onions.

Serve with rice, passing remaining juices separately.

4 Servings

Bon App,tit October 1992 Sharri Chambers: Royal Oak, Michigan

Posted to recipelu digest by Sandy on Mar 05, 1998

Chinese Smokey Ribs

Yield: 6 Servings

Ingredients

6 lb pork spareribs
1 chinese dry marinade

Instructions

Rub ribs thoroughly with the Chinese Dry Marinade. Let stand at room temperature for 1 to 2 hours. Arrange ribs ends down on cooking grill or place bones upright in rib rack. Smoke cook until done. Brush ribs with Chinese Barbecue sauce during the last few minutes of cooking, then serve with remaining sauce.

Chinese Snow Pea Pods

Yield: 6 Servings

Ingredients

2 tb vegetable oil
1 onion chopped fine
1 clove garlic chopped fine
1/2 ts seasoned salt
1/4 c sliced water chestnuts
1 6 oz pkg frozen pea pods
1 tb soy protein seasoning
1/4 c chicken broth

Instructions

Heat oil in heavy skillet. Add onion, garlic, salt, and water chestnuts. Saute until onion is golden. Add frozen pea pods, soy sauce, and chicken broth. Cover and cook for 5 minutes. Uncover and cook for 5 more minutes.

5.3 grams carbohydrate per serving

from Dr. Atkins Diet Cookbook typed by Tiffany Hall Graham

Chinese Spaghetti (Frud Bee Hoon)

Yield: 4 Servings

Ingredients

1 pk rice sticks
1/4 lb lean pork tenderloin
1 ts ginger
1 ts garlic
3 tb sesame oil
1/2 ts sugar
4 tb soy sauce
1 ea small head cabbage
2 ea carrots
2 ea eggs
4 tb oyster sauce
2 ea cloves of garlic, chopped

Instructions

Cut pork into small strips and marinade with ginger, garlic, 2tb sesame oil, sugar and 2 tb soy sauce for 30 minutes. Cut cabbage and carrots into strips. Fry eggs in wok. Break up in small pieces and set aside. Soak rice sticks in hot water for 3 5 minutes, until springily drain rinse with cold water and drain. Stir fry vegetables for 1 2

minutes. Add 2 tb oyster sauce and 1 tb of soy sauce. Vegetables should be crunchy. Set aside. Stir fry pork and set aside. Stir fry garlic and add rice sticks. Add 1 tb sesame oil, 2tb oyster sauce and 1tb soy sauce, to taste. Mix in pork, eggs and vegetables to rice sticks.

Chinese: Spicy Chicken (Le Tze Gee) Shangtung

Yield: 1 Servings

Ingredients

1/2 c oil
2 chicken breasts
1 tb sherry
1 tb light soy sauce
1 tb corn starch
1 cn (8 oz.) bamboo shoots, diced
2 tb hoison sauce
1/2 ts crushed red hot pepper
1 tb chopped scallion
1 ts chopped ginger

Instructions

Bone chicken and cube it. Mix sherry, soy sauce and corn starch. Marinate chicken in cornstarch mixture for 15 minutes.

Heat oil. Add chicken cornstarch mixture and stir fry for 2 minutes. Remove chicken. Add bamboo shoots, hoison sauce, scallion, ginger and crushed red peppers. Stir well, then add chicken and serve.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdjaxxx.zip>

Chinese: Spicy Cold Noodles With Chicken

Yield: 6 Servings

Ingredients

1/2 lb thin chinese flour noodles
1 md chicken breast
2 green onions, slivered
3 egg yolks
2 tb peanut oil
1 ts cool water
1 tb thin soy
1 ts chinkiang vinegar
1 ts hot chili pepper oil
1/2 ts ginger juice
1 clove garlic, minced
1 pn sugar
2 tb oil

Instructions

Noodles: In large pot of salted boiling water, cook noodles until chewy rinse in cold water drain. Toss noodles with 1/2 t oil to prevent sticking. Cover & refrigerate until ready to use.

Chicken: Remove and discard skin from chicken breast. Steam breast for 15 minutes remove from steamer and cool uncovered. Shred chicken with fingers slice into 3" strips.

Egg Yolks: Mix yolks with cool water. Brush skillet at medium heat with peanut oil. Pour some egg yolk mixture in skillet spread to make a thin sheet remove when egg is set. Repeat until egg is used.

Cool egg sheets. Slice into thin strips to match chicken shreds.

Onions: Wash & remove roots. Slice the long way, then thinly slice on the bias.

Dressing: Mix soy, vinegar, chili oil, ginger juice, garlic & sugar.

Heat oil until it begins to smoke add to other ingredients. Cool. Using hot oil gives dressing distinctive & mellow flavor.

Mixing: Just before serving, mix dressing with cold noodles, chicken & onion. Garnish with egg strips. Serve.

Chinese: Spicy Pork Strips With Black Fungus

Yield: 6 Servings

Ingredients

3/4 lb boned pork shoulder

1/2 tb dark soy sauce

1/4 c cloud ear black fungus

3/4 c winter bamboo shoots

1/2 c water chestnuts

6 thin slices of ginger root

1 tb szechuan hot sauce (halve for non chili lovers)

1/3 c stock

2 green onions

2 tb peanut oil

Instructions

Preparation: Wash and soak cloud ears in warm water for 45 minutes. Slice pork into 2" strips with the grain marinate in dark soy sauce while finishing preparations. Slice bamboo shoots into 2" strips, and water chestnuts into thin rounds. Mix Szechuan hot sauce with stock. Thinly slice green onions on bias. Drain, wash & thinly slice cloud ears.

Stir frying: Heat wok to hot add oil. When oil begins to smoke, add pork & stir fry for about 1 minute or until it looks slightly shriveled. Toss in bamboo shoots, water chestnuts, cloud ears & ginger, stir fry with pork for 1 more minute. Pour in liquid ingredients quickly around side of wok. Keep stirring until sauce reduces to almost nothing. Add green onions at last minute. Serve.

Chinese Sponge Cakes

Yield: 1 Servings

Ingredients

1 egg separated

1/4 c powdered sugar

1/3 c sifted flour

1/8 ts baking powder

Instructions

Beat egg white until peaks form, then gradually beat in sugar until mixture is stiff. Beat egg yolks and fold in. Sift flour and baking powder, then re sift over egg mixture and fold in thoroughly. Spoon into 6 greased custard cups. Place on rack in large saucepan (or use pasta/vegetable steamer or if without a rack, turn pie plate upside down in saucepan.) Add water to just below the top of the rack. cover

pan, bring water to a boil. reduce heat and let cakes steam until set. Serve hot or at room temperature. Serves 6, 1 serving 48 calories.

from: Round the World Low Calories diet cook Book by Merit Publications (1969) Lei Gui Bronx, NY

Chinese Squid Balls

Yield: 6 Servings

Ingredients

2 lb squid cut into rings
1/2 lb cooked shrimp
4 cloves garlic chopped
1 egg yolk
1/2 c water chestnuts, chopped
1 c chicken stock
1 tb ginger grated
6 tb peanut oil

Instructions

Poach squid rings and tentacles in boiling water for 30 seconds.

Drain and set aside to cool. Saute garlic in frying pan over low heat in 1 Tb of oil until lightly browned. Combine squid, garlic, the egg yolk and the rest of the dry ingredients in a food processor. add 1 or 2 Tbs of oil as you go. Stop when the mixture forms a large ball.

Remove and form into a dozen or so balls. Heat 3 Tbs of oil in a heavy frying pan. When hot, add squid balls and brown lightly on all sides. Turn down heat, add stock and cover. Simmer for five minutes.

Serve on toothpicks with soy sauce, or use as fishballs in soup.

Chinese Stacky Uppy

Yield: 1

Ingredients

CHICKEN MIXTURE

4 c chicken diced & cooked
1/2 c butter
1 1/2 c mushrooms sliced
2/3 c flour
1 ts salt
1 ts black pepper
2 2/3 c chicken broth
1 c light cream

STACK ON PLATE IN THIS ORDER

1 chow mein noodles
1 cooked rice
1 chicken mixture
1 onions chopped
1 green onions chopped
1 celery chopped
1 crushed pineapple drained
1 tomatoes diced
1 mild cheese grated
1 coconut shredded

1 toasted sliced almonds

Instructions

Saute mushrooms 5 minutes in butter stir in flour, salt and pepper. Add broth, slowly and cook until thick slowly add cream until thick. Add diced chicken last.

This makes a nice buffet, and is really good and different. A little of each makes a large serving.

Dorothy Baithrop Possum Kingdom Lake

Per serving: 3191 Calories (kcal) 250g Total Fat (70 calories from fat) 149g Protein

82g Carbohydrate 1029mg Cholesterol 5682mg Sodium Food Exchanges: 4 1/2

Grain(Starch) 18 Lean Meat 1 Vegetable 0 Fruit 38 1/2 Fat 1/2 Other Carbohydrates

Recipe by: Possum on the Half Shell

Converted by MM_Buster v2.0n.

Chinese Steamed Cracked Crabs

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

1 crab, live in the shell, about 2 pounds 2 green onions, bruised and cut in half 2 quarter sized slices of ginger 1 tablespoon Shao Hsing wine or dry sherry Ginger, Green Onion and Vinegar Dipping Sauce

Kill and clean the crab. Place it, top shell down, on a heat resistant plate. Scatter the onion, ginger and wine on top of the crab. Put the crab and plate into a preheated steamer. steam over high heat for 15 minutes. Remove and cool.

Disjoint and crack the crab and arrange on a platter. Dip the meat into the dipping sauce and eat with green onions and ginger. Use the tip of the leg to dig out the meat.

Serves 2 as a light meal.

GINGER, GREEN ONION and VINEGAR DIPPING SAUCE 4 tablespoons finely shredded green onion 2 tablespoons finely shredded ginger, preferably young ginger

1/4 teaspoon sugar

1/2 teaspoon salt 5 tablespoons vinegar

3 1/2 tablespoons peanut oil

Scatter green onions in a shallow saucer. Top with the shredded ginger. Sprinkle sugar and salt evenly over the ginger. Pour the vinegar over the ginger. Heat the oil until it's hot but not smoking, and pour it over the mixture. It should sizzle lightly. If it is too hot, let it cool.

Makes about 2/3 cup.

Joyce Jue, San Francisco Chronicle, 12/5/90.

Posted by Stephen Ceideburg December 8 1990.

Chinese Steamed Fish

Yield: 1 Servings

Ingredients

2 lb whole fish

3/4 c soy sauce

1 tb sesame oil

1/4 c rice wine

2 tb oyster sauce

1/2 c grated ginger root
1/2 c chopped green onions
1 salt and pepper to taste
1 c broccoli florets
1 c sliced carrots
1 chinese parsley

Instructions

<http://www.hei.com/heco/ekitchen/9612fish.html>

Scale and clean fish. In a heat resistant dish, combine soy sauce, sesame oil, rice wine, and oyster sauce. Put a tablespoon each of ginger and green onions in dish. Add salt and pepper to taste. Put 1/4 cup each of the remaining ginger and green onions in cavity of fish. Sprinkle fish with salt and pepper place in dish. Sprinkle the remaining ginger and green onions over fish. Place broccoli and carrots around fish. Place in steamer, cover, and steam for about 15 to 20 minutes. Garnish with Chinese parsley.

Makes 4 servings.

Posted to recipelu digest by molony on Feb 19, 1998

Chinese Steamed Lotus Buns

Yield: 24 Servings

Ingredients

1 stephen ceideburg
1 envelope active dry yeast
6 tb sugar
1/4 c warm water (100 degrees f. to 110 degrees f.)
3 1/2 c all purpose flour, + more for kneading
1 c warm milk (100 degrees f. to 110 degrees f.)
2 ts baking powder
1 asian sesame oil or vegetable oil

Instructions

Put yeast and 1 tablespoon of the sugar into a bowl. Pour in warm water, stir, and let mixture stand 5 minutes to dissolve. It should foam and bubble. If it does not, discard and use a fresh package of yeast.

Put flour and remaining sugar in a food processor fitted with the metal blade. Turn machine on for 2 seconds to mix ingredients.

Combine yeast mixture with warm milk and, while the machine is running, pour milk down the feed tube in a steady stream. Process until dough forms a rough ball. If the ball is sticky, add flour, 1 teaspoon at a time, and process a few seconds longer until dough pulls away from sides of bowl. Remove dough to a lightly floured board.

Knead, dusting with flour until dough is smooth and elastic, about 2 minutes. Form dough into a ball and put it into a large, lightly oiled. mixing bowl. Cover and set in a warm spot. Let rise until it doubles in size, about 1 hour.

Punch down dough and turn out on a lightly floured surface. Flatten, then put the baking powder in the center. Fold over edges and knead until baking powder is thoroughly incorporated. Invert, mixing bowl over the dough let rest 10 minutes.

Divide dough in half. Cover one half, and roll the other half into 12 inch long roll cut into 12 pieces. Remove 1 piece and cover rest.

Roll the piece into a flat 3 1/2 inch circle. Lightly brush one with oil fold over to form a half moon. With the back of a knife score the half moons crosswise at 1/4 inch intervals.

Then with a chopstick, make an indentation in the middle of the rounded edge while the thumb and forefinger pinch the middle of straight edge to form a notch and form a leaf. Set on a 3 inch square of parchment paper and place in a steaming basket. (You will need 2 baskets, or you'll need to steam 2 separate batches.) Repeat with remaining dough leave space between buns in the basket.

Let rise for 30 minutes, or until buns almost double in size, then steam over boiling water for 15 minutes. When done, let cool for a minute before serving.

Makes 24 buns.

PER BUN: 90 calories, 2 g protein, 18 g carbohydrate, 1 g fat, (0 g saturated), 1 mg cholesterol, 33 mg sodium, 0 g fiber.

Joyce Jue writing in the San Francisco Chronicle, 11/25/91.

Chinese Steamed Pork Buns 1

Yield: 12 Servings

Ingredients

2 tb hoi sin sauce
1 1/2 tb oyster sauce
1 1/2 tb soy sauce
1/2 ts sesame oil
8 oz barbecued pork
4 green onions
2 tb vegetable oil
2 ts grated pared fresh ginger
1 clove garlic, crushed
1 1/4 c water
1 tb cornstarch
3 c all purpose flour
1 tb baking powder
1/2 ts salt
1/4 c vegetable shortening or lard
1 ts white vinegar
1 water
2 whole pork tenderloins,
1 about 12 ounces
1/4 c soy sauce
2 tb dry red wine
1 tb brown sugar
1 tb honey
2 ts red food coloring,
1 if desired
1/2 ts ground cinnamon
1 clove garlic, crushed
1 green onion

Instructions

NOTE: these buns are cooked in bamboo steamers which are available in Chinese and specialty gourmet cookware stores. The round steamers can be purchased in various sizes separately or in sets of two or three tiers. For cooking, the covered steamer(s) is (are) placed over boiling water in a wok or large saucepan. The above is quoted directly from a section connected to the recipe. This is my own note. I do not like the

flavor that a bamboo steamer imparts to recipes therefore, I bought an aluminum Chinese steamer.

1. Combine hoi sin sauce, oyster sauce, soy sauce and sesame oil. Chop pork and onions finely.
2. Heat vegetable oil in wok or fry pan over high heat. Stir fry ginger and garlic in the oil 1 minute. Stir in hoi sin mixture. Cook and stir two minutes. Combine 1/2 cup of the water and the constarch. Blend into hoi sin mixture. Cook and stir until liquid boils. Reduce heat to medium and simmer 2 minutes. Stir in pork and onions. Remove from heat. Cool completely.
3. Combine flour, baking powder and salt in large bowl. Cut or rub in shortenilng until mixture resembles bread crumbs. Combine remaining 3/4 cup of the water and the vinegar. Mix water vinegar into flour until dough sticks together. Shape dough into ball. Knead on lightly floured surface 6 or 8 times. Cover with plastic wrap and let stand 20 minutes. Uncover and knead 4 or 5 more times. Divide dough into 12 equal portions. Shape each portions into a smooth ball.
4. Roll each ball of dough on lightly floured surface into a circle 5 to 6 inches in diameter. Brush around edges lightly with water. Spoon a heaping tablespoon of pork mixture onto center of each circle. Carefully pinch edges together to seal dough around filling. Bring the two ends of dough over the seam and pinch together.
5. Cut waxed paper into twelve 5 inch squares. Brush one side of paper lightly with oil. Place a bun, seam side down, on each square.
6. Place buns with paper in single layer on steamer rack over boiling water. Cover and steam buns until done about 20 minutes.

Yield: 1 dozen BARBECUED PORK:

1. Remove and discard fat from meat.
2. Combine soy sauce, wine, sugar, honey, food coloring, cinnamon, garlic and onion in large bowl. Add pork, turning tenderloins to coat completely. Cover and let stand at room temperature 1 hour or refrigerate overnight, turning occasionally.
3. Drain pork, reserve marinade. Place pork on wire rack over baking pan.
4. Bake in preheated 350 degree F. oven until done, about 45 minutes.
5. Turn and baste frequently during baking.
6. Remove pork from oven. Cool. Cut into diagonal slices.

SOURCE: CHINESE COOKING CLASS COOKBOOK by the editors of COMSUMER GUIDE

Chinese Steamed Scallops

Yield: 4 Servings

Ingredients

- 1 lb fresh bay scallops
- 2 tb oils of aloha macadamia nut
- 1 oil
- 1 ts cornstarch
- 1 tb chopped chinese parsley
- 1 tb thinly sliced green onions
- 1/2 tb minced fresh ginger
- 1 clove garlic, minced
- 2 tb soy sauce
- 1 hot cooked rice

Instructions

Combine scallops, 1 tablespoon of the oil and cornstarch toss gently. Place scallops on a steaming rack. Combine Chinese, parsley, green onions, and ginger sprinkle over scallops. Place steaming rack over boiling water, cover and steam 5 minutes. Remove scallops to a serving platter. In a small skillet saute garlic in the remaining 1 tablespoon of the oil until lightly browned. Stir in soy sauce and pour mixture over scallops. Serve immediately with hot rice. Makes 4 servings.

Posted by: Leonard Paris, 21 December, 1996 From: Leonard Paris Date: 21 Dec 96
Home Cooking Ž

Chinese Steamed Siopao

Yield: 1 Servings

Ingredients

1 1/2 ts yeast
1 1/2 ts sugar
1 c lukewarm water
1 c all purpose flour
3 c cake flour
2 1/4 ts baking powder
1/2 c sugar
4 1/2 ts melted butter
1/2 ts salt
1 filling:
1/4 c oil
4 cloves garlic, minced
2 pcs onions, chopped
1/2 lb pork, boiled and diced
1/2 lb chicken, boiled and diced
1 enough broth
1/4 c soysauce
1/4 c sugar
1 ts salt
1 sm green bell pepper, diced(optional)
1 sm can tomato sauce(140 gm. Can or approx. 1/2 c.)
1/4 c grated cheese

Instructions

Dissolve yeast and sugar in lukewarm water. Let stand for 10 min. Sift together flours, and baking powder. Set aside. To yeast mixture, add sugar, melted butter and salt. Stir in flour to form a soft dough. Knead until smooth. Let rise until doubled in bulk.

Prepare Filling: Saute garlic in oil. Add onions, when transparent, add meats. Add broth, soysauce and sugar. Simmer for a few minutes. Add all of the remaining ingredients. Continue cooking over low heat until thick. Divide dough into 12 pcs. Put filling in each dough and let rise for 20 minutes. Steam for 20-25 minutes.

Serves:12

Docden

[bakery shoppe] Dough:

Chinese Steamed Sponge Cake

Yield: 8 Servings

Ingredients

4 eggs
1 c sugar
1/2 ts lemon extract
1 c sifted cake flour
1/2 ts baking powder
1/4 ts salt
powdered sugar for sprinkling

Instructions

From: mikeace@ix.netcom.com (Robyn Walton)

Date: 28 Nov 1995 07:51:14 0700

Beat eggs until light and foamy. Add sugar gradually until all is used, beating throughout. Add lemon extract. Continue beating. Mix flour, baking powder and salt and sift over egg mixture, folding in lightly. Pour into slightly greased pan or a pan sprayed with a food release. Steam for 20 minutes. Before serving, sift powdered sugar over cake. COMMENTARY: In steaming foods, condensed steam can be prevented from dripping into the item being steamed by placing a dish cloth under the lid.

REC.FOOD.RECIPES ARCHIVES/CAKES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chinese: Steamed Translucent Dumpling Fun G

Yield: 2 Servings

Ingredients

6 dried chinese black mushrooms
6 oz shrimp, shelled and deveined
1 ts salt
1 1/2 tb peanut oil
6 oz ground pork butt
1/4 c finely diced bamboo shoots
1/4 c finely diced water chestnuts, preferably fresh
2 green onions, chopped
2 ts sugar
1/4 ts white pepper
1 tb shao hsing rice wine or dry sherry
1 1/2 ts light soy sauce
2 ts cornstarch
2 tb chicken stock
2 tb coarsely chopped fresh coriander leaves

Instructions

These dumplings make great finger food for a cocktail party. They can be prepared entirely in advance and reheated a few minutes before serving. The wheat starch wrappers have an interesting chewy texture, a unique translucent appearance and are absorbent of flavors. Roll out the wrappers as thin as possible otherwise they come out rubbery.

Wheat Starch Wrappers (see recipe) Vegetable oil Light soy sauce, for dipping
Chinese mustard, for dipping

Cover mushrooms in warm water for 20 minutes or until soft and pliable. Remove and squeeze out excess water from the mushrooms. Cut off the stems at the base and discard them. Finely mince the caps.

Toss the shrimp with salt and let them stand 10 minutes. Rinse well with cold water, pat dry thoroughly. Coarsely mince.

Preheat a wok or skillet. when hot, add the peanut oil. over medium high heat, add the mushrooms, shrimps, pork butt, bamboo shoots, water chestnuts, and half the green onions stir fry until the pork turns white. Season with the sugar, white pepper, wine and soy sauce.

Combine the cornstarch and chicken stock in a small bowl and mix until smooth pour into wok. Stir fry for 1 minute longer. Remove the mixture to a shallow plate and mix in the remaining green onion and coriander. Allow the filling to cool, then refrigerate it until needed.

Makes almost 2 cups of filling.

Prepare the Wheat Starch Wrapper dough. Pinch off 1 inch balls of dough. Lightly oil the ball and flatten it into a thin 3 1/2 inch circle. An oiled Chinese cleaver is traditionally used however, a tortilla press or a rolling pin works. Put 1 large teaspoon of filling in the center of the circle. Fold it in half and pinch the edges to seal the filling inside. Repeat with remaining dough and filling.

Place dumplings without touching each other on a lightly oiled bamboo steamer (or a heat resistant plate). Steam over boiling water for 3 minutes. Serve hot, dipped in light soy sauce and Chinese mustard.

Serve with Chinese Mustard, for dipping.

Makes 2 1/2 dozen dumplings.

Posted by Stephen Ceideburg. Reposted by Fred Peters.

Chinese Stew

Yield: 6 Servings

Ingredients

2 lb beef stew meat

1/8 ts pepper

1 tb cooking oil

1 cn golden mushroom soup

1 1/4 c water

1 sm onion thinly sliced

2 tb soy sauce

1 sm cabbage or chinese cabbage (6 cups) cut in 1"

1 5 oz can bamboo shoots (3/4 cup) drained or can use chinese vegetables

Instructions

Sprinkle the meat with pepper brown the meat in hot oil in skillet. Add mushroom soup, water, onion and soy sauce. Cover and simmer for 1 1/2 hours or till meat is tender. Add cabbage and bamboo shoots cover and simmer 8 minutes more.

Makes 6 servings.

Preparation Time: 0:00

Chinese Stir Fried Asparagus

Yield: 4 Servings

Ingredients

1 lb fresh asparagus

1/4 c chicken stock or bouillon (1/4 to 1/2)

2 tb peanut oil

1 green onion cut in 1/2 inch pieces

1 tb soy sauce (can be low sodium type)

1/2 ts sugar

Instructions

Discard tough fibrous ends of asparagus. Cut stalks diagonally in 1 to 1 1/2 inch sections. If desired, blanch stalks only (cook briefly in boiling water or in microwave). Combine stock, soy sauce and sugar. Heat oil in a wok. Add asparagus. Stir fry to coat with oil heat through. Add stock mixture heat quickly. Add green onion. Simmer, covered, over medium heat until asparagus is done, about 3 minutes. Serves 3 to 4. Posted to recipelu digest by "Diane Geary." on Feb 4, 1998

Chinese Stir Fried Vegetables And Pineapple

Yield: 4 Servings

Ingredients

1 tb oil [or spray oil or just sherry enough for sauteeing

1 c water or sherry

3 carrots chopped

1 zucchini chopped

6 oz snowpeas optional

1/2 lb mushrooms chopped

2 onions sliced

2 lg tomatoes chopped

1 for me, optional

1/2 lb mung bean sprouts – or chopped cabbage

1 10 oz can

3 tb soy sauce or tamari

1 baby corn and/or water chestnuts

1 variation

1 crushed pineapple

Instructions

Stir fry all ingredients together over medium high heat until carrots are tender yet crisp. Serve hot with rice [or Chinese noodles or your favorite pasta]. Serves 4. Posted by BuktiMukti.

Recipe By : SIMPLY VEGAN by Debra

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Chinese Stir Fried Vegetables Over Rice

Yield: 6 Servings

Ingredients

1 c onion thinly sliced

1 ts minced garlic

1 ts grated gingerroot

1/4 c dry sherry

1 c sliced bok choy

1/2 c broccoli florets broken into pieces

1/2 c sliced mushrooms

1/2 c red bell pepper julienned

1/4 c defatted Chicken Stock

1 c mung bean sprouts

1/2 ts Chinese five spice powder

1 tb low sodium soy or tamari sauce or to taste

1 tb arrowroot powder

Instructions

1. In a wok or large skillet over medium high heat, saut, onion, garlic, and gingerroot in sherry for 5 minutes, stirring frequently. Add bok choy, broccoli, mushrooms, bell pepper, and broth. Cover and steam until vegetables are tender crisp (about 5 minutes).
2. Add bean sprouts and cook 1 minute. In a small bowl combine five spice, soy sauce, and arrowroot. Add to stir fry and cook until mixture thickens (about 1 minute). Serve hot.

Note: Chinese five spice powder, a blend that typically includes fennel seed, cloves, Szechuan peppercorn, cinnamon, and anise, is available in Chinese markets.

NOTES : This easy stir fry recipe gets its rich flavor from sherry, Chinese five spice powder, garlic, and gingerroot, and eliminates the fat from cooking oils. The selection of fresh vegetables can change with the season and availability of produce. Try marinating a few of the vegetables in the sherry, garlic, and gingerroot for several hours before adding to the wok.

Nutr. Assoc. : 0 3505 3366 0 183 2358 0 0 4017 0 2614 4026 41

Preparation Time: 0:35

Chinese Stir Fry Peanut Chicken

Yield: 4 Servings

Ingredients

5 boneless chicken breasts

6 egg whites

6 tb cornstarch

2 1/4 c cooking oil

1/2 c fresh roasted peanuts

1/4 c sliced water chestnuts

1/4 c green peas

3/4 c chicken broth

1 ts hot pepper sauce

1/2 ts salt

1/2 ts monosodium glutamate

1/2 ts sesame oil

1/4 ts dried hot peppers crushed

1/2 c water

Instructions

Cut chicken into 1 inch slices. Combine egg whites, 4 Tablespoons of the cornstarch and 1 tablespoon of the oil, mix well. Pour over chicken and marinate for 1 hour.

In wok or large saucpan, heat 2 cups of the oil till very hot with slotted spoon lift about 1/4 of the chicken from the marinade and fry in hot oil for 2 minutes, drain and set aside. Repeat with remaining chicken in another wok, heat remaining 3 tablespoons oil over high heat. Add peanuts and vegetables and broth. bring mixture to a full boil. Add hot pepper sauce, sugar, mon glutamati, sesame oil, hot pepper and salt. blend remaining 2 tablespoons cornstarch with cold water and add to boiling mixture. Cook, stirring constantly till thickened and bubbly.

Serving Ideas: Serve over rice.

Preparation Time: 0:0

Chinese: Stir Fry Pork & Peppers

Yield: 4 Servings

Ingredients

3 pn five spice powder
2 tb dry sherry or sake
2 tb light soy sauce
1 garlic clove, crushed
1 piece ginger root, peeled, chopped (1)
1 lb pork tenderloin, cut in thin strips
2 onions
1/4 c corn oil
1 red bell pepper, seeded, cut in thin strips
1 green bell pepper, seeded, cut in thin strips
3 oz button mushrooms, sliced
6 canned whole water chestnuts, sliced
2 ts cornstarch
2/3 c chicken stock
1 leek curls (opt)
1 green onion curls (opt)

Instructions

In a bowl, combine Five Spice Powder, sherry, soy sauce, garlic and ginger. Add pork, stir well and let stand 30 minutes. Cut onions in eighths and separate in layers. Heat 2 tablespoons of oil in a skillet or wok. Drain pork, reserve marinade. Add pork to oil and stir fry 5 minutes. Remove from skillet and keep warm.

Add remaining oil to skillet. Add onions, bell peppers, mushrooms and water chestnuts. Stir fry 3 minutes. Add vegetable mixture to pork.

Blend cornstarch with reserved marinade and 2 tablespoons of stock.

Add remaining stock to skillet and bring to a boil. Add cornstarch mixture and cook 2 minutes, stirring constantly. Add pork and vegetables to stock and heat through, stirring constantly. Garnish with leek and green onion curls, if desired, and serve hot.

Chinese Style Beef & Vegetable Wrap Ups

Yield: 4 Servings

Ingredients

4 crepes
1/4 c chopped onion
1/4 c hot water
2 tb vegetable oil
1 lb ground beef, browned and drained
2 c chopped cabbage
1 oz pkg. fried rice seasoning mix

Instructions

Prepare crepes. Pour oil into rectangular baking dish, 13 x 9 x 2". Mix remaining ingredients in 10" skillet. Heat over medium heat until hot. Spoon down center of crepes. Fold ends of crepes over brown mixture. Place folded sides down in dish. Bake until crepes are crisp, 10 to 15 minutes. Drain. Serve with sweet and sour sauce, if desired. 6 Servings.

Chinese Style Country Ribs (Crockpot)

Yield: 4 Servings

Ingredients

1/4 c soy sauce
1/4 c orange marmalade
2 tb catsup
1 clove garlic crushed
3 lbs. country style spareribs (3 to 4)

Instructions

Combine soy sauce, marmalade, catsup and garlic. Brush on both sides of ribs. Place in Crockpot. Pour remaining sauce over all. Cover and cook on Low for 8 10 hours.

Per serving (excluding unknown items): 66 Calories 0g Fat (0 calories from fat) 1g Protein 17g Carbohydrate 0mg Cholesterol 929mg Sodium

Contributor: Crockery Cookery

Preparation Time: 0:00

Chinese Style Hamburger Hash

Yield: 8 Servings

Ingredients

1 lb ground beef
2 tb veg. oil
2 md onions chopped
1 c celery sliced
10 oz can of mushroom soup
10 oz can of cream of chicken soup
1 1/2 c warm water
1/2 c rice
1/4 c soy sauce
1/4 ts pepper
3 oz can of crisp chow mein noodles

Instructions

Brown meat in oil Add onion, celery, soups and water. stir in rice, soy sauce and pepper. Turn into a lightly greased casserole. Cover and bake in a 350 oven for 30 min remove cover and bake 30 min longer. Sprinkle on chow mein noodles and bake 15 min more.

From the Sunset Casserole Book.

I think garlic and a can of water chestnuts or bamboo shoots would make a nice addition here Jim Weller.

From: Jim Weller Date: 15 Mar 96

Chinese Style Mushroom Caps Pressure Cooker

Yield: 1 Serving

Ingredients

18 lg mushroom caps (abt 3/4 lb)
1/2 lb ground extra lean pork
2 green onions finely chopped
2 tb rice wine or sherry
2 tb cornstarch
1 tb soy sauce

1 tb sesame oil
2 ts sugar
1 clove garlic minced
1 c water
hot mustard

Instructions

serves 18

Remove stems from mushrooms. Finely chop stems. Combine chopped stems, pork, green onions, rice wine, cornstarch, soy sauce, sesame oil, sugar and garlic.

Stuff mushroom caps with mixture. Place cooking rack and 1 cup water in 4 or 6 quart pressure cooker. Place single layer of mushrooms on rack. Close Cover securely. Place pressure regulator on vent pipe. Cook 5 minutes, at 15 pounds pressure, with pressure regulator rocking slowly. Cool cooker at once.

Repeat above procedure to cook remaining mushrooms. Serve mushrooms with hot mustard.

Rec.food.recipes is moderated only recipes and recipe requests are accepted for posting. Please read the FAQ posted on Mondays. Recipes/requests go to recipes@rt66.com questions/comments to tfdpress@acpub.duke.edu .Please allow several days for your submission to appear.

From addicts@winternet.com Sun Jan 10 16:01:59 1999

Mandarin Chicken From "Chinese Cooking"

Grilled Mandarin Chicken

Contributor: The Official Presto Pressure Cooker Cookbook, cpyrt 199

Preparation Time: 0:00

Chinese Style Mushroom Filled With Salmon Fil

Yield: 2

Ingredients

1 salmon steak fresh

FILLING

1 mushrooms inoki, julienne

1 carrot julienne

1 mushroom shitake, julienne

1 celery julienned

1 salt (to taste)

1 pepper (to taste)

1 oil for frying

BRAISING SAUCE

1 lemon grass white part only minced

2 tb shallot minced

2 tb rice wine

2 tb fish sauce

1 ts sesame oil

2 tb broth chicken

1 ts sugar

1 rice cooked

1 cilantro (garnish)

Instructions

Preparation:

First julienne the mushrooms and vegetables into thin, short strips. Set aside. Cut the salmon steak in half. Take each half and slice it most of the way through horizontally so the two pieces fold back on a hinge like a hamburger or hot dog roll. Prepare a braising glaze by mixing the "sauce" ingredients above in a small bowl and stir and set aside.

Assembly:

Into each of the two salmon "sandwich" pieces, add a touch of salt and pepper to taste and then add portions of Shitake, and Inoki mushroom, celery and carrot as filling for the "sandwiches." Close up the "sandwiches" and set aside.

To Cook:

In a small saute pan, heat a bit of peanut oil over high heat until it begins to smoke and then put the salmon sandwiches in to brown both sides (about 1 minute each side.)

When both sides are browned, add the braising sauce to the salmon.

Cover and braise over medium heat until the salmon is done (2 to 3 minutes).

Transfer the cooked salmon sandwiches to a serving plate and serve with cakes of sticky rice and garnish with julienne fans of Szechuan pickle.

Top with drippings from the saute pan, and pieces of Cilantro.

Source: Martin Yan's Cooking for Two Show 1994 : KQED PBS Productions, San Francisco

Posted to CHILE HEADS DIGEST V3 #, converted by MM_Buster v2.0l.

Chinese Style Peanut Butter

Yield: 1 Serving

Ingredients

1 c Raw shelled peanuts

3 c Peanut oil

Salt to taste

Freshly ground black pepper to taste

Instructions

Heat the oil in a heavy skillet. When the oil is hot, add the peanuts and fry for 5 to 7 minutes, stirring constantly. Drain. In a food processor, fitted with a metal blade, puree the peanuts and 2 tablespoons of the oil until smooth. Season with salt and pepper.

Remove and cool.

This recipe yields about 1/2 cup.

Recipe Source: EMERIL LIVE with Emeril Lagasse

From the TV FOOD NETWORK (Show # EM 1B44 broadcast 05 19 1998)

Downloaded from their Web Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com

or MAD_SQUAD@prodigy.net 06 03 1998

Contributor: Emeril Lagasse

Preparation Time: 0:00

Chinese Style Ribs With Chipotle Sauce

Yield: 4 Servings

Ingredients

3 lb pork spare ribs cut into pieces (up to)

3 tb chinese salted black beans (up to)

4 cloves garlic

1 c chicken broth

2 tb rice wine (optional)

3 tb bufalo chipotle sauce (adjust to taste, 3 tb mi
1/4 c soy sauce (medium to dark preferred)

Instructions

Date: Fri, 21 Jun 1996 12:28:04 0700

From: che.wong@tempe.vlsi.com

Bufalo chipotle sauce seems to go very good with chinese dishes that have a dark sauce associated with them. Growing up, our family cooked and ate Cantonese style food, which has no spiciness outside of ginger.

I have been using Bufalo chipotle sauce to spice up a lot of chinese home style cooking recipes. I have attached the recipe for my latest experiment. It is for pork spare ribs cooked with black beans and garlic.

As always, the measurments are approximate and can be adjusted for personal tastes. Rinse the black beans and coarsely chop. Mash the garlic and chop, or put it through a garlic press. Combine the beans and the garlic. (Note that this garlic and black bean mixture is showing up in some asian food stores bottled.) Add the soy sauce, rice wine and chipotle sauce.

In a deep sided frying pan, brown the ribs over medium high heat with a little oil. Depending on the size of the pan, this may need to be done in batches. Do not overcrowd.

When all the meat has been browned, return the meat to the pan and add the black bean mixture and chicken broth. Be careful of the fumes as the bean mixture hits the hot pan. Stir to distribute the mixture over all of the meat. Simmer covered for 45 minutes or until the meat is tender. Stir occasionally.

Uncover the meat and allow the liquid to cook off. Turn the meat to get the sauce to adhere to the meat as the sauce is reduced. When the liquid has disappeared, it is ready to serve. There will be a lot of fat from the meat in the pan. Do not confuse this with the liquid you are trying to cook off.

Drain the fat before serving. Make sure to scape up the black bean and garlic bits from the pan to go along with the ribs.

CHILE HEADS DIGEST V3 #021

From the Chile Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chinese Sweet And Sour Sauce #1

Yield: 4 Servings

Ingredients

1 tb cornstarch

1/3 c firmly packed brown sugar

1/2 ts minced fresh ginger or 1/4 ts ground ginger

1 tb soy sauce

1 tb dry sherry

1/4 c wine vinegar

1/4 c regular strength chicken or beef broth

Instructions

Date: Mon, 25 Mar 96 13:05:40 EST

submitted by: dat95a27@mini01.vejlees.dk (Martin)

Hiya there, Here are some recipes for Chinese Sweet/Sour sauce (which are a bit messy I admit, but it should give some meaning anyways) and one for Chinese curry sauce.. I got them from a friend who lives in Washington State (I, myself, live in Denmark, small European country which is on top of Germany) I've been looking for

these for some time, and I hope they will be of some use to the rest of you.. This is my first posting, and I just joined the list.. and I like what I see) stir together one tablespoon cornstarch and one third cup firmly packed brown sugar. Then stir in one half teaspoon minced fresh ginger or one fourth teaspoon ground ginger. one tablespoon each soy sauce and dry sherry and one fourth cup each wine vinegar and regular strength chicken or beef broth.

DAVE

RECIPEINTERNET LIST SERVER

RECIPE ARCHIVE 26 MARCH 1996

From the 'RECIPEinternet: Recipes from Around the World' recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chinese Sweet And Sour Sauce #2

Yield: 4 Servings

Ingredients

4 ts cornstarch

1/4 c sugar

1/4 c wine vinegar

1/4 c regular strength chicken broth

2 tb minced fresh cilantro (coriander) or 1 1/2 ts dry cilantro leaves

2 tb soy sauce

2 tb dry sherry

1/2 ts ground ginger

1/4 ts salt

1/4 ts crushed red pepper

Instructions

Date: Mon, 25 Mar 96 13:05:40 EST

submitted by: dat95a27@mini01.vejlees.dk (Martin)

Hiya there, Here are some recipes for Chinese Sweet/Sour sauce (which are a bit messy I admit, but it should give some meaning anyways) and one for Chinese curry sauce.. I got them from a friend who lives in Washington State (I, myself, live in Denmark, small European country which is on top of Germany) I've been looking for these for some time, and I hope they will be of some use to the rest of you.. This is my first posting, and I just joined the list.. and I like what I see)

Stir together 4 teaspoons cornstarch, one 4th cup each sugar, wine vinegar, and regular strength chicken broth. two tablespoons minced fresh cilantro (coriander) or one and one half teaspoons dry cilantro leaves. 2 tablespoons each soy sauce and dry sherry.

1/2 teaspoon ground ginger and one fourth teaspoon each salt and crushed red pepper.

DAVE

RECIPEINTERNET LIST SERVER

RECIPE ARCHIVE 26 MARCH 1996

From the 'RECIPEinternet: Recipes from Around the World' recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chinese Szechuan Soup

Yield: 6 Servings

Ingredients

1 oz dried mushrooms

1 boiling water

6 oz uncooked boneless lean pork

4 oz cooked ham
1 sm red pepper
8 green onions
1/2 c water chestnuts
8 oz bean curd
2 qt chicken stock
1/2 c rice wine
4 ts soy sauce
1/2 ts chinese chili sauce
2 1/2 tb cornstarch
5 tb water
2 ts vinegar
2 ts sesame oil
1 egg
8 oz uncooked shrimp, shelled and deveined

Instructions

1. Place mushrooms in bowl and cover with boiling water. Let stand 30 minutes. Drain. Remove and discard stems. Cut caps into thin slices.
2. Cut pork and ham into "match stick" thin strips. Remove seeds from pepper and cut pepper into thin strips. Chop onions finely. Cut water chestnuts into slices. Cut bean curd into 1/2 cubes.
3. Combine chicken stock, wine, soy sauce and chili sauce in 5 quart pan. Cook over medium heat until soup boils. Reduce heat and simmer uncovered 5 minutes.
4. Blend cornstarch and 4 tablespoons of the water. Slowly stir mixture into soup. Cook and stir until soup boils. Add mushrooms, pork, ham, pepper and water chestnuts. Simmer uncovered 5 minutes.
5. Stir vinegar and oil into soup. Beat egg and remaining 1 tablespoon water together with fork. Gradually drizzle egg into soup while stirring soup vigorously. Add onions, bean curd and shrimp. Cook until shrimp is done, 1 to 2 minutes.

Yield: 6 to 8 servings.

Recipe courtesy of: Catherine Vanicek, 08 Feb 93 23:20:00

Chinese: Szechwan Chicken & Cashews

Yield: 4 Servings

Ingredients

4 servings
2 whole chicken breasts, boned, skinned and cut in 3/4 inch cubes
1 tb soy sauce
1 tb chinese rice wine or dry sherry
2 tb soy sauce
1 tb cornstarch
2 ts sugar
1 ts white vinegar
1/4 c vegetable oil
1/2 to 1 tsp crushed red pepper flakes
3 green onions, sliced diagonally
1 tb minced fresh ginger
1/2 c unsalted cashews

Instructions

Cooked rice

Marinate chicken in 1 Tbsp soy sauce and rice wine for 30 minutes.

Combine 2 Tbsp soy sauce, cornstarch, sugar and vinegar and set aside. Heat oil in wok or skillet. Add red pepper to taste and cook until black. Add chicken and stir fry for 2 minutes. Remove chicken.

Add green onions and ginger and stir fry for 1 minute. Return chicken to wok. Cook 2 minutes. Stirring constantly, add soy sauce mixture and any remaining chicken marinade. Add cashews. Serve over cooked rice.

Creme de Colorado Cookbook (1987) From the collection of Jim Vorheis

Chinese Szechwan Noodles With Green Onions

Yield: 8 Servings

Ingredients

1 lb chinese noodles (not canned)

3 1/2 tb dark brown sesame oil

3 1/2 tb soy sauce

2 tb rice vinegar

2 tb granulated sugar (or to taste)

1 ts hot chili oil (or to taste)

6 green onions sliced finely on the bias

1 black sesame seeds optional

1 fresh cilantro optional

1/4 c bbq pork optional

Instructions

Bring a generous amount of unsalted water to a boil. Add the noodles (all at once) for approximately 2 minutes, or until al dente (toothy but firm). Use chopsticks or two wooden spoons to separate noodles as they cook. Do not overcook.

Empty noodles into a large colander, then immediately flush with cold running water until cool. Shake off excess water and drain for 15 to 30 minutes.

Combine sesame oil, soy sauce, vinegar, sugar and chili oil mix well. Pour over noodles and use your hands to evenly distribute seasoned sauce. Work carefully so noodles don't break. Gently spread sauce over each strand and allow the noodles to fully absorb sauce before eating.

Add all onions except 2 tablespoons. Toss and mix to evenly distribute the onions.

Garnish with remaining onions, sesame seeds and cilantro, if desired.

Noodles taste best if they are allowed to sit and the flavors meld for a few hours before serving.

Serve refrigerated and cold, or at room temperature.

219 calories based on ten servings.

Posted to MC Recipe Digest V1 #267

Date: Tue, 29 Oct 1996 22:51:17 +0800 (HKT)

From: Sweeney

Chinese Tea Eggs

Yield: 12 Servings

Ingredients

AMERICAN MEASUREMENTS

12 hard cooked eggs in shells

1 still warm

1 qt cold water
1 tb salt
4 tb light soy sauce
1 whole star anise (optional)
6 ts chinese black tea

Instructions

Finely crack shells of eggs all over with the back of a spoon. Avoid making big or wide cracks. Carefully place eggs in a saucepan and add all remaining ingredients. Bring to boil, lower heat, cover and simmer for 1 1/2 to 2 hours. If liquid cooks down too much, add boiling water to keep eggs covered. Remove from heat and let stand in the liquid for 8 hours or overnight. Just before serving, carefully remove shells. Serve whole, quartered or halved.

Source: Bon Appetit, April, 1977 typos by Dorothy Flatman 1996

From: Dorothy Flatman

Chinese Thousand Year Eggs

Yield: 1 Batch

Ingredients

12 eggs
2 star anise
1/4 c black tea
2 ts salt
2 tb dark soy sauce

Instructions

Cover eggs with cold water. Boil 20 minutes. Cool in cold water. Crack shells but do not remove them. Boil eggs again in water to cover. Add star anise, black tea, salt, and soy sauce. Simmer 2 hours. Keep eggs in juice before serving. The longer the eggs remain in the juice, the better the flavor. Serve hot or cold. May be frozen.

From: colt@usr1.primenet.com (Colt) in rec.food. preserving, who wrote: "Another variation [of pickled eggs] is the Chinese Thousand Year Egg, also called the Tea Egg. These eggs are served during the Chinese New Year celebration and symbolize wealth, prosperity, and fertility." Formatted by Cathy Harned.

Chinese Three Flavors Soup

Yield: 4 Servings

Ingredients

5 c light clear chicken stock
10 md fresh shrimp
8 water chestnuts
2 green onions
1 ts salt

Instructions

From: Joel Ehrlich

Date: Fri, 12 Jul 1996 08:47:35 0800

Wash, shell and devein the shrimp. Slice the water chestnuts into thin circles. Mince the whole green onions. Heat the stock in a medium saucepan. Add the green onions and water chestnuts. Bring to a boil. Add the shrimp and the salt. Adjust seasoning. Return to a boil. Serve hot.

EAT L Digest 12 July 96

From the EAT L recipe list. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Chinese Tuna Steaks On The Grill

Yield: 4 Servings

Ingredients

1 tuna steak
1 ts salt
1 ts finely chopped ginger root
1/4 ts white pepper
1 ts cornstarch
2 tb salted black beans
4 green onions with tops
2 ts green chilies
1 tb cornstarch
1 tb water
1 ts sugar
2 tb peanut oil
1 tb peanut oil
2 ts finely minced garlic
1 c chicken broth (or fish stock)
1 spinach or red leaf lettuce
1 leaves

Instructions

Contributed to the echo by: Bill Birner

Pat fish dry w. paper towels. Mix salt, ginger & pepper. Coat both sides of fish with mixture and rub 1 tsp. cornstarch on both sides of fish. Cover & refrigerate 30 minutes. Place black beans in bowl and cover with warm water. Stir about 2 minutes. Remove and drain. Discard water. Partially pulverize beans. Chinese cooks use the back end of their cleaver handle.

Cut 3 of green onions on diagonal into 1 inch pieces, remaining one into thin slices (strings).

Remove seeds and membranes from chilies. Cut chilies into very thin slices.

Mix 1 Tbs cornstarch, water and sugar.

[If grilled fish is preferred, grill on charcoal about 4 5 minutes each side or 10 minutes per inch of thickness, not too close to coals otherwise fry in wok]

Heat wok until hot & add 2 Tbs oil, tilting to coat sides. Fry fish 2 minutes or until brown, turning once. Reduce heat to low, cover and simmer 10 minutes turning after 3 minutes. Uncover & remove from wok.

Bring wok back up to very hot over high heat. Add 1 Tbs oil, tilt & coat. Add black beans, chilies, garlic & green onion pieces & stir fry all for 1 minute. Add broth/stock and heat to boiling. Stir in cornstarch/sugar water mixture, stir cooking until thickened. Add fish steaks turning to coat with sauce. Heat 2 minutes.

Line platter with spinach/lettuce leaves, place fish on bed and garnish top with green onion slivers.

Chinese Turkey Drumsticks

Yield: 4

Ingredients

FOR THE GLAZE

2 tb clear honey
1 tb tomato puree
1 tb soy sauce
1 clove garlic finely chopped
1/2 ts five spice powder
1/2 ts chilli powder

FOR THE TURKEY

4 sm turkey drumsticks

Instructions

Preheat the oven to 220 C, 425 F, Gas Mark 7.

Mix together the ingredients for the glaze and baste over the turkey drumsticks. Bake in the oven for 20 30 minutes, basting with the sauce and turning occasionally.

Notes These can be served with fried seaweed to give an additional touch of the orient.

Converted by MC_Buster.

NOTES : This easy to make glaze makes the turkey drumsticks ideal for in or outdoor cooking.

Converted by MM_Buster v2.0l.

Chinese Turkey Salad

Yield: 8

Ingredients

6 c turkey cooked, shredded
1 bn watercress
2 celery stalks
1/2 cucumbers peeled & seeded
4 onions green

VINAIGRETTE DRESSING

1 ts orange peel grated
2 tb juice orange
1 tb vinegar rice
1 tb vinegar wine, white
2 ts soy sauce
1 ts dijon mustard
1/4 c oil peanut
1 tb oil sesame

Instructions

Trim green onions of roots and all but 3" of green. Cut celery, cucumber, and green onions into 2 1/2" matchstick strips.

Make vinaigrette dressing: combine orange peel, orange juice, vinegars, soy sauce, and mustard in bowl whisk well. Slowly drizzle in peanut and sesame oil, whisking constantly until dressing is slightly thick.

In bowl, toss turkey with black pepper and 1/3 c dressing. Use more dressing if desired. Reserve remaining dressing for another use.

To serve, arrange watercress on platter. Spoon dressed turkey onto center. Arrange celerly, cucumber, and green onions decoratively over turkey.

After heavy holiday meals, the freshness of this salad is a welcome treat. Matchstick strips of crisp celery, cucumbers, and scallions are easy enough to prepare with a sharp knife, and the results are elegant and decorative when arranged atop the dressed turkey.

Nutritional values per serving: 266 calories, xx gm protein, x gm carbohydrate, 14 gm fat, 48 of calories from fat, 80 mg cholesterol, xx gm saturated fat, xx mg sodium

Source: Parade magazine, 11/93

MM by Sylvia Steiger, Internet sylvia.steiger@lunatic.com

By Sylvia Steiger/Wyoming 71511,2253 on

Per serving: 231 Calories (kcal) 11g Total Fat (45 calories from fat) 29g Protein 1g

Carbohydrate 95mg Cholesterol 211mg Sodium Food Exchanges: 0 Grain(Starch) 4

Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Chinese Turkey Soup

Yield: 6 Servings

Ingredients

LIZ JONES (VXRF36B

8 turkey breasts slices *

1/2 c celery sliced diagonally

8 fresh mushrooms

2 cn chicken broth 14 3/4 each**

1 tb soy sauce lo sodium

2 tb lemon juice

2 tb cornstarch

Instructions

* Turkey breasts fresh, about 1 lb, cut in 1 inch cubes. ** Chicken broth can be low sodium as well as the soy sauce.

Place turkey cubes, celery, mushrooms, chicken broth, and soy sauce in Crock pot.

Cover and cook on LOW 8 to 10 hours or on HIGH for 4 to 6 hours. Before serving, mix lemon juice and cornstarch together, mix into soup. Cover and cook on HIGH 20 to 30 minutes.

Per serving: 164 calories, 3g fat, 53mg cholesterol, 711mg sodium. Souece: Dining Lite, Rival Crock Pot. This recipe has been developed for the 3 1/2 and 4 quart model Crockpot. Rival Home Economics Dept.

Chinese Vegetable Miso Soup

Yield: 6 Servings

Ingredients

1 no ingredients

Instructions

1 Tablespoon Sesame oil

2 ea Celery stalks, sliced

1 medium Carrot, sliced

2 ea Garlic cloves, minced

1 cup Vermicelli

1 medium Turnip, diced

2 bunches Scallions, chopped

1 1/2 cups Mushrooms, chopped

3/4 cup Snow peas

1 cup Mung bean sprouts

2 Tablespoons Dry sherry

1 Tablespoon Rice or white vinegar

2 ea Tofu cakes, diced

4 Tablespoons Miso

Bring 5 cup of vegetable stock to a boil. Lower heat and add sesame oil, celery, carrot and garlic. Cover and simmer over low heat for 10 minutes. In the meantime, cook the noodles separately til lal dente.

Drain and set aside.

Add turnip and white parts of scallions to the stock pot. Simmer for 5 minutes. Add rest of the ingredients except tofu, miso and noodles and simmer, covered, till cooked.

Add the noodles and tofu. Remove from heat.

Dissolve miso thoroughly in 1/2 cup warm water. Stir into soup. Serve immediately.

Nava Atlas, "Vegetariana"

Chinese Vegetable Soup

Yield: 4 Servings

Ingredients

10 c water

1 1/2 c mushroom liquid

1/4 c tamari soy sauce, low sodium

1/4 c sherry optional

3 garlic cloves crushed

1 tb fresh ginger root grated

2 pk shiitake mushrooms dried

1 onion cut in wedges

1 bn green onions cut in 1 piec

3 celery sliced

1/2 lb chinese cabbage sliced

1/2 lb soba noodles or buckwheat s

Instructions

Recipe by: McDougall Plan Preparation Time: 1:00 Pour 2 cups hot water over the mushrooms in a bowl soak for 15 minutes. Meanwhile, put 10 cups water in a large soup pot. Add tamari, sherry, ginger, and garlic. Bring to a boil. Add onion wedges. Reduce heat. Squeeze excess water from the mushrooms, reserving the liquid. Add 1 1/2 cups of this liquid to the hot broth. Chop mushrooms discarding tough stems, and add to broth. Add remaining ingredients, except for the noodles. Simmer over low heat 15 minutes, add noodles, and cook an additional 10 minutes. Serve hot.

HELPFUL HINTS: This will make a meal for four people, or a first course, with other Chinese food, for eight people. From the collection of Sue Smith, S.Smith34,

Uploaded June 16, 1994

Chinese Vegetable Stir Fry

Yield: 1 Servings

Ingredients

3/4 c pineapple juice

1 tb sugar

1 tb lemon juice

1 1/2 ts cornstarch

1 ts light soy sauce stir fry vegetables

4 ts vegetable oil

1 c broccoli florets

1 c sliced carrot

1 c cauliflower florets

1 c sliced celery

1 c chunked red bell pepper
1 c sugar peas , stems removed

Instructions

Combine the ingredients for the Sweet N' Sour sauce in a mixing bowl. Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower, and celery, cook for 2 minutes. Add bell pepper and sugar peas, cook for 2 minutes. Add Sweet 'N' Sour sauce, bring to a boil and cook for 1 minute, covered. Serve vegetables while hot.

Recipe by: Makes 4 to 6 servings

Posted to recipelu digest Volume 01 Number 664 by James and Susan Kirkland on Feb 01, 1998

Chinese Vegetable Stock

Yield: 1 Servings

Ingredients

4 dried shiitake mushrooms
1 hot water to cover
2 md onions
2 lg carrots, peeled
2 celery stalks
1 leek, washed well
1 tb vegetable oil
4 thin slices fresh ginger
2 whole garlic cloves
1/4 ts hot black peppercorns
1/4 ts whole szechuan peppercorns
1 tb tamari
8 c water

Instructions

Cover shiitake mushrooms & soak for 20 minutes.

Coarsely chop the vegetables. In a soup pot, heat oil for a moment.

Add the vegetables & the rest of the ingredients except the mushrooms, tamari & water. Stir fry for 3 to 4 minutes. Add the remaining 3 ingredients. Bring to a boil, lower heat & simmer, covered for about an hour. Strain & cool to room temperature.

Any stock not being used within 2 or 3 days, freeze.

"Sundays at Moosewood Restaurant Cookbook"

Chinese Vegetables & Tofu

Yield: 6 Servings

Ingredients

1 the musts:
3 cl garlic pressed or chopped
1 ts fresh ginger smashed/chopped
1 salt to tast
1 soy sauce to taste
2 celery stalks
1 onion
1/2 c water
1 the variables:
1 tofu
1 green pepper

1 carrots
1 mushrooms
1 bok choy
1 napa cabbage
1 bean sprouts
1 water chestnuts
1 jicama
1 snow peas
1 cauliflower
1 broccoli
1 zucchini
1 green beans

Instructions

Note: This recipe is endlessly adaptable. There are a few fixed ingredients and some that may vary with seasonal changes and different tastes. Where amounts are given they are for 6 servings.

SAUTE garlic, ginger and salt, then celery and onions. COOK over medium heat for 5 minutes ADD the longer cooking vegetables one at a time SAUTE and stir each for a few minutes before adding the next ADD tofu after green pepper, carrots and mushrooms. ADD generous dashes of soy sauce over tofu ALLOW tofu to saute 5 6 minutes, then add cabbage COVER the pan and steam for 10 minutes ADD bean sprouts, if desired SPRINKLE with sesame seeds SERVE immediately over hot brown rice

Natures Pantry Cookbook

Chinese Vegetarian Antipasti

Yield: 1

Ingredients

1 vegetarian spring roll
2 parts chilli paste with 1 part sweet chilli sauce
6 oyster mushrooms
1 heaped plate peeled carrot strips
1 bowl grated cucumber
1 sm bunch flowering chives
1 pk rice paper
10 mint leaves
1 sprigs fresh coriander
1 spinach roll
2 chinese cabbage leaves
4 oz soy sauce
3 lg spinach leaves
1 ts sugar
1 tb roasted sesame seeds
1 sesame oil
1 papaya salad
1/2 papaya
1 ts caster sugar
3 tb garlic
1 tb lemon juice
3 tb soy sauce

1 tb diced tomato
1 tb roasted peanuts
2 chillies 1 red 1 green
6 chinese long beans

Instructions

Blanch chives for 2 minutes in boiling salty water, then half of the peeled strips of carrot. Clean mushrooms, remove stems and cut finely. Cut up mint leaves and sprig of coriander and mix with chopped mushrooms.

Mix chilli paste.

Put rice paper in warm water to soften. Chop up blanched chives leaving some long strands aside. Put cucumber in a bowl with mushrooms and carrots. Smooth chilli paste over flattened rice paper. Sprinkle vegetable mix and tomato on top with long chive stick at one end. Roll into spring roll.

Blanch spinach leaves in salty boiling water and then the cabbage leaves.

Mix soy sauce, sugar and sesame oil. Whisk, then add sesame seeds. Take the ribs off the blanched spinach leaves, then hold together and squeeze into a tube. Cut in half. Dry off blanched cabbage leaves with kitchen paper. In each one, place spinach tube and roll. Trim off ends. Cut roll in half and dribble over dressing, sprinkling roasted sesame seeds on top.

Cut beans into inch lengths then blanch for 3 4 minutes. Scoop out papaya seeds and then peel off skin. Grate and place in a bowl. In a mortar, make paste by crushing garlic, chillies, peanuts and a pinch of salt. Put blanched cut beans with papaya and mix in paste. Add sugar, soy sauce and lemon juice and stir.

For presentation, place a Chinese cabbage leaf on a plate and spoon on the papaya salad. Sprinkle on some diced tomato. On the side place vegetarian spring roll which will have dressing and roasted sesame seeds dribbled and sprinkled over.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Chinese Velvet Chicken

Yield: 8 Servings

Ingredients

3 whole chicken breasts boned
2 egg whites
2 tb cornstarch
1 ts sugar
1/2 ts salt
1/2 ts accent
1/4 ts pepper
2 tb sherry
1 flour
1/2 c oil
1/2 lb fresh mushrooms
1/4 c water
1 c chicken broth
1 pk (6 oz) frozen snow peas
1/2 c water chestnuts

Instructions

Partially freeze chicken. Slice lengthwise (1/8 inch). Make batter by mixing egg whites, cornstarch, sugar, salt, Accent, pepper and sherry. Dredge chicken in flour.

Shake off excess. Dip in batter. Heat oil. Place chicken in oil but do not let pieces touch. Saut, for 3 to 4 minutes, stirring constantly. Drain on paper towels. Pour off all but 3 Tablespoons oil. Add mushrooms. Saut, for 5 minutes. Remove and add 1/4 cup water. Stir to loosen particles on bottom of skillet. Combine 1 Tablespoon cornstarch and chicken broth. Add to skillet and boil. Add snow peas, water chestnuts, chicken and mushrooms. Heat. Serve immediately. Yield: 8 servings.

SUSAN OWENS (MRS. ROBERT W.)

From , by the Little Rock (AR) Junior League. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Chinese Vendor Tea Eggs #2

Yield: 1 Servings

Ingredients

3 to 4 cups

6 to 10

2 tb black tea leaves (4 tea

1 bags)

2 ts 5 fragrance spice powder

1 tb coarse salt

1 water

1 eggs

Instructions

1. In a pot, cover the eggs with cold water and bring to a boil. Simmer for 12 minutes. Remove from heat and reserve the water.
2. Place the eggs in cold water until they can be easily handled. With the back of a spoon, lightly tap each shell all over until it is covered with a cobweb of cracks.
3. In the same pot, bring the reserved water (which should be 3 to 4 cups) to a boil. Add the tea leaves, 5 fragrance spice, salt and eggs. Simmer covered for an hour. Remove the pot from the heat and continue to let the eggs soak covered for 30 minutes. Remove the eggs from the water and halve them lengthwise or quarter them. Their flavor is best enjoyed within 24 hours.

Makes 6 to 10 eggs.

NOTES:

In the Orient, tea eggs are often sold by street vendors as a tasty snack. Their unusual appearance makes them a clever addition to any picnic. Dusted with a combination of toasted sesame seeds and coarse salt, they make an excellent hors d'oeuvre.

Recipe By : The Tea Book by Sara Perry and Judith Ann Rose

Chinese Venison Pot Roast

Yield: 1 Servings

Ingredients

INGREDIENTS

4 lb venison roast

1 ts garlic salt

1/2 ts dry mustard

2 tb shortening

1/4 ts pepper

1/4 c soy sauce

1 tb honey

1 tb vinegar
1 ts celery seed
1/2 ts ginger

DIRECTIONS

Instructions

Wipe and dry meat. Rub garlic salt and mustard over roast. Brown in shortening in Dutch oven. Combine 3/4 cup water with remaining ingredients in bowl mix well. Pour over roast. Simmer, covered, for 2 hours or longer until tender. Recipe from: Mrs. Milton L. Wass, Centerville, SD Source: Ducks Unlimited Cookbook, ISBN# 0 87197 144 5 From: Sallie Austin Courtesy of Shareware RECIPE CLIPPER 1.0

Chinese Vinaigrette

Yield: 1 Servings

Ingredients

1/2 c soy sauce
2 c seasoned rice wine vinegar
1 c pure olive oil
1 tb sugar
1 tb ginger, finely chopped
1 1/2 ts sesame oil

Instructions

In a blender or food processor, place the soy sauce, vinegar, olive oil, sugar, ginger, and sesame oil. Blend until smooth.

Any leftover vinaigrette keeps well in the refrigerator for up to two weeks.

Makes 1 quart, enough for 11 salads.

Recipe: Mick's Restaurant chains in Atlanta

[DPileggi Be Seeing You

Chinese Walnut Chicken

Yield: 6 Servings

Ingredients

1 c walnuts coarsely chopped
1/4 c salad oil
2 chicken breasts boned, cut in strips
1/2 ts salt
1 c onions sliced
1 1/2 c celery sliced
1 1/4 c chicken broth
1 ts sugar
1 tb cornstarch
1/4 c soy sauce
2 tb cooking sherry
2/3 c bamboo shoots drained
5 oz waterchestnuts, canned drained and sliced

Instructions

In skillet, toast walnuts in hot oil, stirring constantly. Remove nuts and place paper towels.

Put chicken in skillet. Sprinkle with salt, cook stirring frequently. 5 to 10 minutes or until tender. Remove chicken.

Put onion, celery and 1/2 cup of the chicken broth in skillet. Cook uncovered 5 minutes or until slightly tender.

Combine sugar, cornstarch, soy sauce and cooking sherry. Add remaining chicken broth. Pour over vegetables in skillet. Cook and stir till sauce thickens.

Add chicken, bamboo shoots, water chestnuts and walnuts.

Heat through. Serve with oriental rice.

NOTES : If you're planning a buffet for a dozen double the recipe.

First made in California in 1960, Kids like very much.

Preparation Time: 0:0

Chinese Winter Soup

Yield: 4 Servings

Ingredients

4 c Chicken broth

1 c Sliced mushrooms wiped clean

1 c Fresh raw spinach (use young small washed)

2 tb Light or mild soy sauce

2 tb Cider vinegar

1/2 ts Freshly ground black pepper

1 1/2 tb Dark sesame oil

1/4 ts Hot pepper oil (to 1/2 tspn) (or Tabasco sauce (use carefully))

1/2 lb Tofu (soybean cake) cut into small dice

2 tb Cornstarch dissolved in 3 tb Water

1/2 Egg beaten

2 tb Finely chopped cilantro

1 Scallion chopped fine

Instructions

Put the broth in a saucepan, add the mushrooms and spinach, and simmer for 3 or 4 minutes. Combine the soy sauce, vinegar, pepper, sesame oil, and hot pepper oil or Tabasco together in a small bowl stir to blend, and add to the broth. Taste and correct seasonings. Add the tofu and the cornstarch and water, stirring constantly, and continue to cook until thickened. Pour the egg into the broth, stirring constantly until it forms bits of ribbons. Sprinkle some of the cilantro and scallion on each serving. Serve hot.

This recipe yields 4 servings.

Recipe Source:

THE FANNIE FARMER COOKBOOK by Marion Cunningham (c) 1979, 1990, 1996
Alfred A. Knopf, New York, NY 874 pages \$30.00

As reprinted in the Nov/Dec, 1997 issue of Cookbook Digest

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com

or MAD_SQUAD@prodigy.net 10 27 1997

Contributor: Fannie Farmer Cookbook

Preparation Time: 0:00

Chinese: Won Ton In Oyster Sauce (Ho Yau Gon Lo Won Ton)

Yield: 1 Servings

Ingredients

40 won ton

2 qt water

1 1/2 tb sesame oil

1 tb thin soy sauce
2 tb oyster sauce
1 green onion, chopped

Instructions

In a large saucepan bring 2 quarts water to a boil.

Add won ton and boil for 5 minutes then, remove with a Chinese strainer or colander.

Put the cooked won ton in a deep serving bowl, and add all other ingredients except the green onion, and mix carefully.

Garnish with the chopped green onion.

VARIATION: Heat sauce in wok stir fry won ton briefly.

SOURCE: Chopstick, Cleaver, and wok.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdjaxxx.zip>

Chinese Ginger Meatball & Watercress Soup

Yield: 6 Servings

Ingredients

8 oz water chestnuts
1 lb finely ground lean pork
4 1/2 ts peeled and minced fresh ginger
1 ground white pepper, to taste
1 1/2 ts soy sauce
2 1/8 ts cornstarch
1 salt to taste

Instructions

Serve as the first course of a traditional Chinese dinner or alone as a light nutritious supper.

MEATBALLS:

Finely chop 12 of the water chestnuts. Reserve the remaining ones for garnish.

Combine the pork, ginger, chopped water chestnuts, soy sauce, cornstarch, salt and pepper. Mix well and form into balls 3/4 inch in diameter. These may be made in advance and frozen. Be sure to thaw completely in refrigerator before poaching.

SOUP: 5 cups Vegetable Stock 5 cups Chicken stock Salt Freshly ground black pepper
2 bunches watercress, chopped 3 green onions, finely chopped Bring the vegetable stock and chicken stock to a simmer in a large pot. Put a fourth of the meatballs in the broth and poach until they rise to the top. Remove and keep warm. Repeat with the remaining meatballs. About 20 minutes prior to serving, return stock to a boil and add the meatballs. Cook for 10 to 15 minutes (Note: Meatballs

will be slightly pink in the center even after the second cooking.) Season with salt and black pepper to taste. Turn heat to medium low. Add the watercress and green onions. Cook, uncovered, for a few minutes until watercress is slightly wilted and bright green in color. Add the remaining water chestnuts and cook for 1 minute so that they remain crisp. Serve immediately.

From California Heritage.

Posted by Sylvia Mease. Courtesy of Fred Peters.

Chinese Style Baked Salmon Trout

Yield: 6

Ingredients

1 salmon trout weighing approximately 2lb, (900g)
1 lg clov garlic crushed

1 inch (2.5cm) piece of root ginger, peeled and chopped finely

6 spring onions shredded

1 tb sunflower oil (15ml spoon)

FOR THE SAUCE

1 ts cornflour (5ml spoon)

3 tb dry sherry (3x15ml spoon)

2 tb soy sauce (2x15ml spoon)

3 tb water (2x15 ml spoon)

1 tb white wine vinegar (15ml spoon)

1 a few drops of tabasco sauce

TO GARNISH

1 coriander leaves (optional)

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Instructions

1. Preheat the oven.
2. Clean and scale the fish, or have this done for you at the fish counter.
3. Mix the garlic, ginger and spring onions, and stuff the body cavity. Wrap the fish in oiled double foil and seal it carefully. Bake for 25 35 minutes or steam, without foil, for 20 minutes.
4. Blend all the sauce ingredients together in a small pan and slowly bring them to the boil, stirring continuously.
5. Put the fish on a warmed serving plate, pour over the sauce and garnish it with coriander leaves, if you like.

Converted by MC_Buster.

NOTES : A whole fish served on a large platter makes a stunning main course for any party. If you have a fish kettle, or a large bamboo or metal steamer, this dish can be steamed instead of baked which will give the fish a superior texture. Rainbow trout (one per person), or for a special occasion a small sea bass, (when in season, in the summer) are suitable alternative fish for this dish.

Converted by MM_Buster v2.0l.

Chinese Style Dry Fried Green Beans

Yield: 4 Servings

Ingredients

2 tb vegetable oil

1 1/2 ts ginger, grated

1 lb green beans, trimmed

1/2 c chicken stock

1 salt to taste

Instructions

In a 12 inch skillet, heat the vegetable oil over high heat. Add the ginger and saut, stirring, for 30 seconds.

Add the green beans and saut for 3 minutes, tossing occasionally. Add the chicken stock and cook the green beans, tossing occasionally, until all the stock has evaporated and the beans are blistered and somewhat browned, 5 7 minutes. Season with salt and serve immediately.

Sides by Melicia Phillips ISBN 0 517 59687 3 pg 62

Chinese Style Skewered Chicken

Yield: 4 Servings

Ingredients

1 Can (8 Oz.) Hunt's Tomato Sauce
1/4 Cup Firmly Packed Light Brown Sugar
1/4 Cup La Choy Soy Sauce
1 Tablespoon Minced Fresh Ginger
1 Teaspoon Minced Garlic
2 Pounds Skinless, Boneless Chicken Breasts Thighs cut into 1 inch cubes
2 Medium Green Bell Peppers cubed
2 Medium Onions cubed
1 Tablespoon Olive Oil
Hot Cooked Rice
8 10 inch Bamboo Skewers

Instructions

In a bowl, mix the tomato sauce, sugar, soy sauce, ginger and garlic. Stir in the chicken. Cover and refrigerate 2 to 8 hours. Heat the broiler. Skewer the chicken and broil 7 to 10 minutes or until lightly browned. Turn and broil 7 minutes longer or to desired doneness. Meanwhile, in a medium skillet, saute the bell peppers and onions in the olive oil for 5 minutes. Serve the chicken and vegetables over the rice.

Contributor: The Best Of Food Digest

Preparation Time: 0:00

Chinese Style Spareribs

Yield: 12 Servings

Ingredients

1/2 c butter or margarine
1 ea med. clove garlic *
1 ea env. soup mix **
16 oz (1 can) tomato puree
1/2 c brown sugar
1/4 c imported soy sauce ***
1/4 c white vinegar
1/4 c chili sauce
5 lb spareribs ****

Instructions

* Garlic Clove should be finely chopped. ** You can use the following soup mixes in this recipe: Onion, Onion Mushroom, Beefy Mushroom, Beefy Onion recipe Soup Mixes. *** For best Taste use the Imported Soy sauce. Domestic can be used but will not taste as good. **** Country style spareribs can be used, but baby back ribs are the best.

Chinesen Cabbage In A Skillet

Yield: 6 Servings

Ingredients

2 tb peanut oil
1 bn Chinese cabbage, sliced diag. in strips
1 ts salt
1/2 ts pepper

3 sl gingerroot minced

1/4 c water

Instructions

Heat oil and put in clean cabbage. Stir constantly for 5 minutes. Add salt, pepper and ginger. Mix well. Add water and cover pan tightly. Cook over Medium heat for 10 minutes. Uncover. Stir until water is almost evaporated and cabbage is tender.

Per serving (excluding unknown items): 40 Calories 5g Fat (99 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 356mg Sodium

Contributor: Meijer's Supermarkets/bobbi744@sojourn.com

Preparation Time: 0:00

Chinesey Chicken Wings

Yield: 4 Servings

Ingredients

4 lb chicken wings

1 salt and pepper to taste

5 tb honey

4 tb soy sauce

3 tb brown sugar

1 tb minced fresh garlic

1 ts lemon juice

6 peppercorns

1 c hot water

Instructions

Cut tips from chicken wings and reserve for another use. Cut remaining wing in half at joint. Rinse chicken and pat dry. Set in ungreased, shallow baking pan in single layer. Sprinkle with salt and pepper. Mix together in a small jar the remaining ingredients cover and shake well. Pour over wings. Cover pan with foil and bake for 2 hours at 325 degrees.

Remove foil, reduce heat to 300 degrees and continue baking another 30 minutes, basting wings with drippings every 10 minutes. When wings are brown, remove and drain on paper towels. Serve hot or cold.

Chipati (Indian Griddle Fried Flat Bread)

Yield: 4

Ingredients

3 c whole wheat flour

1 ts salt

1 c water

1 tb ghee

1 yield 20 24 chipati

Instructions

Sift flour and salt together in a bowl. Make a well in the center and add ghee and water. Knead 10 minutes to make a pliable dough, form into a ball, cover and allow to rest at least 1 hour, or over night.

Divide dough into 20 24 portions. Roll into 6 inch circles and allow to rest 5 minutes.

Heat griddle or cast iron fry pan very hot.

Place a chipati on the griddle or fry pan, fry for 1 minute. Flip over and fry for 1 minute.

Yield 20 24 Chipati

Chippewa Indian Fried Bread

Yield: 8 Servings

Ingredients

2 1/2 c all purpose flour
1 1/2 tb baking powder
1 ts salt
3/4 c warm water
1 tb vegetable oil
1 tb nonfat dry milk powder
1 vegetable oil (for deep frying)
1 cinnamon sugar

Instructions

Makes 8

Combine flour, baking powder and salt in large bowl. Combine water, oil and dry milk powder and stir into flour mixture until smooth dough forms. Turn out onto lightly floured surface. Knead 4 times into smooth ball. Cover and let rest 10 minutes.

Divide dough into 8 balls. Flatten with fingertips or roll out each ball to form 8 to 10 inch round. Make small hole in center of each with finger or handle of wooden spoon. Lightly flour rounds, stack and cover with towel or plastic wrap. Heat about 1 inch oil to 375 F in large skillet. Gently place 1 bread round in hot fat and cook until golden and crisp, 1 to 2 minutes on each side. Drain on paper towels. Repeat with remaining dough. Serve bread hot or at room temperature, sprinkled with cinnamon sugar.

Bon Appetit

Chocolate Indians

Yield: 1 Servings

Ingredients

1 c sugar
1/2 c butter
1/2 c cocoa
2 ea eggs
1/2 c flour
1/2 c peanuts chopped
1 cinnamon
1 salt
1 vanilla

Instructions

Beat eggs with sugar. Add butter melted, cocoa sifted with flour, few grains of salt, add cinnamon, chopped nuts. Bake 20 minutes in a shallow pan in moderate oven. Cut in thin strips.

Note: Moderate oven is 350 400 F.

Source: Ava Graland, Clinton County, OH

Chowan Mushi Japanese Steamed Egg Custard

Yield: 1 Servings

Ingredients

8 eggs lightly beaten
1 ts salt
2 tb dry sherry

1/2 c fresh peas cooked
1/4 lb shelled shrimp finely chopped

Instructions

While continuing to beat the eggs, add the salt, sherry, peas, and shrimp. Divide among 4 greased custard cups. Set the custard cups on a rack in a deep saute pan or dutch oven. Cover with a piece of wax paper. Pour boiling water down the sides of the pan to come one quarter of the way up the cups. Cover the pan and simmer so that the custard steams for about 20 minutes, or just until set. Do not boil.

Serving Ideas : good with stir fried vegetables

NOTES : If fresh peas are not available use thawed frozen.

Recipe by: Jean Hewitt's International Meatless Cookbook

Posted to recipelu digest by gpgb@attica.net (Michael Bauman) on Mar 27, 1998

Christmas Cake West Indian Style

Yield: 1 Servings

Ingredients

1 c raisins
1 c currants
1/2 c candied cherries
1/2 c candied citrus peel
1 c mixed dried fruit
1 c rum
1 c sweet sherry or port wine
cake
1/2 lb butter at room temperature
1/2 c brown sugar
4 eggs
2 c flour
1 ts baking powder
1 ts ground ginger
1 ts ground nutmeg
3 ts ground cinnamon
1/2 ts ground cloves
1/2 ts ground allspice
2 1/2 ts lemon essence
2 1/2 ts almond essence
1 ts vanilla essence
1/4 c brown food coloring up to 1/2 cup
1/2 c rum
1 additional rum for basting during storage

Instructions

Fruit Mixture: Mix together all the ingredients and store in a tightly sealed jar for at least 1 month

The Cake: Prepare a 10" deep round cake baking tin or a 13" x 9" baking tin by lining it with two layers of waxed paper, greasing between the layers.

Preheat the oven to 250 degrees. In a large bowl, cream together the butter and sugar until they are light and fluffy. Add the eggs, one at a time, mixing well after each addition. Sift the flour, baking powder and all the dry spices together. Add the lemon essence, almond essence and vanilla essence to the fruit mixture. By hand, stir tablespoonsful of the flour mixture and the fruit mixture alternately into the butter,

sugar and egg mixture. Add the browning gradually, stirring until a deepish brown colour is reached. Turn the cake mixture into the baking tin, smooth the top and bake in the oven for 3 4 hours or until a skewer or wooden toothpick, inserted, comes out clean. This can take an additional hour or two. Remove the cake from the oven, prick it all over with a skewer or toothpick and pour the rum all over it. Remove the cake from the tin when it is cool, wrap it tightly in waxed paper, place it in an airtight container and leave for a month for best flavour. Every week, prick the cake with a skewer and pour on about 1 tablespoon of rum. (Makes one 5 pound cake.)

Serve with Hard Rum Sauce.

Full recipe name is Laurel Ann's Wedding Cake or Christmas Cake West Indian Style

Recipe by: Cooking with Caribbean Rum by Laurel Ann Morley, '91, p. 72

Posted to TNT Prodigy's Recipe Exchange Newsletter by Lou Parris on Oct 31, 1997

Christmas Stained Glass Cookies

Yield: 2 1/2 Dozen

Ingredients

3/4 c butter or margarine softend
3/4 c granulated sugar
2 eggs
1 ts vanilla extract
3 c flour all purpose
1 ts baking powder
1/3 c colored hard candies crushed
1 frosting (opt)
1 candy (opt)

Instructions

Separate colors of the hard candy. Put each color of candy in a freezer bag and crush with a wooden mallet.

In a mixing bowl, cream together butter and sugar. Beat in eggs and vanilla. In another bowl sift together flour and baking powder. Gradually stir flour mixture into wet ingredients until dough is very stiff. Wrap in plastic wrap and chill about 3 hours or overnight.

Preheat the oven to 375oF.

Roll out dough to 1/8 inch thickness on a lightly floured surface. Additional flour can be added if necessary. Cut out cookies using a large Christmas cookie cutter. Transfer cookies to a foil lined baking sheet. Using a small Christmas cookie cutter of the same shape as the large one, cut out and remove dough from center of each cookie. Other shapes can be used to cut out center to make different designs i.e. small circles and stars can be cut out to mimic ornaments on a large cookie tree.

Fill cut out sections with crushed candy. If using cookies as hanging ornaments, make holes at the top for string.

Bake for 7 to 9 minutes or until cookies are lightly browned and the candy is melted. Slide the foil off the baking sheets. When cool, carefully loosen the cookies from the foil. If desired, decorate further with frosting and candies.

Makes about 2 1/2 dozen cookies.

** Dallas Morning News Neighborhood Shopper 11 Dec 96 **

Scanned and formatted for you by The WEE Scot paul macGregor

Chunky Vegetarian Chili (Oneida Indian)

Yield: 1 Servings

Ingredients

1 ts olive oil
1 c chopped onions
1 c chopped green pepper
1/2 c chopped celery
2 c cubed potato (about 3 medium)
1 15 16 oz. can pinto beans rinsed & drained
1 15 16 oz. can black beans, rinsed & drained
1 c sliced fresh mushrooms
1 c cubed zucchini squash
1 14.5 oz can no added salt
1 whole tomatoes, undrained and chopped
1 6 oz. can no added salt tomato paste
1 1/2 c water 1 tbsp. chili powder
1 ts ground cumin
1 ts dried oregano
1/2 ts black pepper

Instructions

Coat a large Dutch oven with vegetable cooking spray, add oil and heat until hot. Add chopped onions, green pepper, celery saute 4 5 minutes, or until vegetables are crisp tender. Add beans, potatoes and next nine ingredients stir well. Bring to a boil, cover, reduce heat and simmer 30 minutes or until potatoes are cooked through. Stir occasionally while cooking.

Yield: 2 quarts (eight 1 cup servings)

Nutrition per serving: Calories 170, percent fat calories 5, sodium 386 mg., cholesterol 0 mg.

Copyright Oneida Indian Natives From: Sam Lefkowitz Date: 15 Jan 97 Home Cooking Ž

Clarified Indian Butter (01/00)

Yield: 1

Ingredients

2 sticks unsalted butter cut into 1 inch pieces
1 special equipment: cheesecloth

Instructions

Bring butter to a boil in a small heavy saucepan over moderate heat. Once foam completely covers butter, reduce heat to very low. Continue to cook butter, stirring occasionally, until a thin crust begins to form on surface and milky white solids fall to bottom of pan, about 8 minutes. Continue to cook butter, watching constantly and stirring occasionally to prevent burning, until solids turn light brown and butter deepens to golden and turns translucent and fragrant, about 3 minutes. Remove ghee from heat and pour through a sieve lined with a triple layer of cheesecloth into a jar.

Cooks' note:

Ghee keeps, covered and chilled, 2 months.

Makes about 3/4 cup.

Gourmet January 2000

Converted by MC_Buster.

Per serving: 1626 Calories (kcal) 184g Total Fat (99 calories from fat) 2g Protein trace
Carbohydrate 496mg Cholesterol 25mg Sodium Food Exchanges: 0 Grain(Starch) 0
Lean Meat 0 Vegetable 0 Fruit 36 ½ Fat 0 Other Carbohydrates
Converted by MM_Buster v2.0n.

Classic Chinese Chrysanthemum Hot Pot

Yield: 1

Ingredients

DIPPING SAUCE

1/2 c soy sauce
1/4 c chinese rice wine or dry sherry
1/4 c dark asian sesame oil
4 c good quality chicken stock

MEAT PLATTER

1/2 lb boneless skinless chicken breast, thinly sliced
1/2 lb beef tenderloin thinly sliced
1/2 lb center cut pork loin thinly sliced
1/2 lb firm white fleshed fish filets, cut into bite sized cubes
1/2 lb medium shrimp peeled, deveined, and butterflied
1 dozen shucked cherrystone clams
6 shucked oysters up to 8

1 chrysanthemum blossoms and leaves for garnish

VEGETABLE AND NOODLE PLATTER

8 large outer leaves napa cabbage, cut into 2 inch squares
1 bn watercress tough stems removed (6 ounce)
4 oz firm tofu cut into 3/4 inch cubes
2 skeins bean threads softened and coarsely chopped

Instructions

To make the dipping sauce, whisk the soy sauce and sherry in a small bowl. Gradually whisk in the sesame oil. Cover and set aside. When ready to serve, transfer the sauce to individual small bowls for dipping.

In a large saucepan, bring the stock to a boil over high heat. Transfer to a hot pot or a metal fondue pot and keep at a simmer over a flame.

Present the meat platter. Using chopsticks or small hot pot baskets, allow guests to cook their selections in the simmering broth, and dip into their own bowl of dipping sauce.

When all of the meat, poultry and fish have been cooked, add the vegetable and noodle platter. Add the cabbage, spinach, tofu and bean threads to the stock and cook until heated through, about 1 minute. Ladle the soup into individual bowls and serve, allowing the guests to season the soup with the dipping sauce.

Converted by MC_Buster.

Recipe by: COOKING LIVE SHOW #CL9275

Converted by MM_Buster v2.0l.

Classic Indian Naan

Yield: 4 Servings

Ingredients

2 c all purpose flour
1/2 ts salt
1 pn onion powder

1/2 ts sugar
3/4 pk dry active yeast
3 tb milk
1/3 c plain yogurt
1/2 beaten egg
2 ts melted butter

Instructions

Place the flour, salt, onion powder, sugar, and yeast in a large bowl and mix well. Heat the milk until it is lukewarm. Reserve 1/2 tb of yogurt and add the rest to the milk and blend thoroughly. Beat the egg and set to one side. Melt the butter.

Add the milk and yogurt mixture, the egg, and butter to the flour, and knead with your hands until a soft and springy dough is formed. Place the dough in a large plastic bag.

Loosely seal the bag so that the dough has enough room for expansion.

Leave in a warm place for 30 60 minutes, until doubled in size. divide the dough into 4 balls, cover them, and set aside for 10 to 15 minutes.

Switch on the oven, and put an ungreased baking sheet into it for about 10 minutes.

Remove the sheet from the oven and line it with waxed paper. Take one of the balls and stretch it gently to make a teardrop shape. Lay this on the baking sheet and press it gently to stretch it until about 6 7 inches in length, maintaining the teardrop shape at all times. Make the other 3 shapes similarly, and brush with the reserved yogurt. Bake on the top shelf of a 450F oven for 10 12 minutes, or until puffed and browned.

Keep the naan warm in a clean dishcloth or foil package until ready to serve.

Source: Lisa Clarke, adapted from "Classic Indian Cuisine" 1995, by Rosemary Moon

Here we go again. Part 3 of the Naan saga. Once again I tried to make it. Once again it didn't come out like I have had it in restaurants. It was closer this time, but not *right*

It came out too thick. The Naan I have had has been thin. It's had almost a greasy quality about it. What I made tonight was more like a biscuit would be. Has anyone had success making this? If so, what are any hints you can give? Here is the recipe I used.

* From the Polka Dot Cottage, 1 201 822 3627, NJ's BBS for Homemakers! Posted by LISA on 10 10 95

Posted to MC Recipe Digest V1 #709 by Lisa Clarke on Aug 1, 97

Classic Prawn Cocktail

Yield: 1

Ingredients

24 fresh cooked prawns peeled with tail left on
1 iceberg lettuce very finely shredded
2 lemons sliced into wedges
250 ml mayonnaise (preferably home made)
60 ml worcestershire sauce
60 ml brandy
120 ml tomato sauce
1 tb horseradish
60 ml cream whipped
1 salt & pepper

FOR THE MAYONNAISE

2 egg yolks
2 tb vinegar
250 ml vegetable oil

1 salt and pepper
1 tb lemon juice

Instructions

First, make the cocktail sauce. Combine the mayonnaise, worcestershire, brandy, tomato sauce and horseradish with salt and pepper to taste. Once well mixed, gently fold in the whipped cream.

To assemble, divide the shredded lettuce between 6 martini or dessert glasses then place 4 prawns on the bed of lettuce. Drizzle the cocktail sauce over and serve with a lemon wedge.

For the Mayonnaise:

Whisk egg yolks and vinegar until light. Slowly trickle in the oil, whisking all the time. When all the oil has been incorporated season with salt and pepper and finish with lemon juice.

Converted by MC_Buster.

Per serving: 4296 Calories (kcal) 455g Total Fat (93 calories from fat) 20g Protein 51g Carbohydrate 560mg Cholesterol 2777mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 3 1/2 Vegetable 1 Fruit 67 1/2 Fat 1 Other Carbohydrates

Converted by MM_Buster v2.0n.

Classic Thai Fried Rice

Yield: 6 Servings

Ingredients

1 no ingredients

Instructions

2 Tablespoon Vegetable oil
2 ea Garlic cloves, crushed
2 teaspoon Red curry paste, see recipe
1/2 pound Tofu, diced
4 cup Cooked long grain rice
3 Tablespoon Soy sauce
1 ea Green onion, chopped
1 Tablespoon Cilantro leaves, chopped

Clear Japanese Soup

Yield: 6 Servings

Ingredients

1 1/2 qt chicken broth
1/3 c dry sherry
4 1/2 ts soy sauce
1 thinly sliced lemon

GARNISHES

6 sliced fresh mushrooms
2 green onions and tops sliced diagonally
1 very thinly sliced carrot

Instructions

Bring broth to simmer in large saucepan. Add sherry and soy sauce simmer 2 to 3 minutes. Ladle soup into small bowls float a lemon slice in each bowl. Arrange garnishes on tray and add to soup as desired. Typed by Syd Bigger.

Clear Spinach Soup (Korean Malgun Sigumchi Ku

Yield: 4 Servings

Ingredients

1/2 lb fresh spinach
1 scallion
1 clove garlic
4 c water
1/2 lb ground beef
1 ts soy sauce
1 tb salt
1 dash pepper

Instructions

1. Wash the spinach thoroughly and trim off the thick stems. Chop the scallion. Mince the garlic.
2. Bring the water to a boil. Add the meat and bring to a second boil. Skim off the froth. Add the spinach, scallion, garlic, soy sauce, salt and pepper. Lower the flame and simmer for 10 minutes.

Serve immediately.

From: The Korean Cookbook, By Judy Hyun.

Cocktail Cream Puffs

Yield: 1 Recipe

Ingredients

1 text

Instructions

Fill tiny cream puff shells with thick cheese sauce, with chicken, tuna, or crab salad, or with a well seasoned mixture of cream cheese and deviled ham. Serve cold, or bake in a hot oven (425o F.) until thoroughly heated and serve hot.

from "Sunset Cook Book of Favorite Recipes", edited by Emily Chase, copyright 1949
typed and posted by teri Chesser 10/96

Cocktail Knishes

Yield: 1 Serving

Ingredients

1 potato filling:
1 1/2 c mashed potatoes
1/2 c onion finely chopped and saute
2 tb bread crumbs or matzo meal
2 tb butter melted
1 wh egg beaten
1/4 ts salt optional
1/8 ts ground black pepper
1 kasha or bulgar filling:
1/2 c onion finely chopped and saute
1/2 c bulgur medium grain
1 or 1/2 cup medium grain kasha
1/2 c boiling water or broth
1/4 ts salt optional
1/8 ts ground black pepper

1 wh egg beaten
1 dough:
3 c all purpose flour plus add'l for kneading
1 ts baking powder
1/2 ts salt optional
1 c water
1 wh egg
1 tb vegetable oil

Instructions

1. Prepare the potato filling by combining the mashed potatoes, sauteed onions, matzo meal or bread crumbs, melted butter/margarine or oil, beaten egg, salt and pepper. Set aside.
2. Prepare kasha or bulgar filling by adding to the sauteed onion the uncooked kasha or bulgar, boiling water or broth, salt and pepper in a medium saucepan. Cover the pan and cook for 10 15 minutes or until the liquid is absorbed. Stir in the egg. Set aside.
3. Prepare the dough by combining the flour, baking powder, and the salt in a medium bowl. In a separate bowl, combine the water, egg and oil and add this mixture to the flour mixture, stirring the ingredients until they are well combined. Turn the dough out onto a floured surface, and knead the dough until it is smooth and elastic, about 5 minutes, adding only enough flour to keep the dough from sticking. Cover the dough with an inverted bowl and let it rest for 5 minutes. Cut the dough in half, and on a lightly floured surface roll each half into a rectangle about 20x10 inches. Slice the rectangle in half lengthwise. You will end up with 4 strips, each 20x5 inches.
4. Using half the potato filling, align the mixture in a strip along the 20 inch side of the dough. Roll the dough up toward the other 20 inch side. With a very sharp knife, slice the roll into 1 inch pieces. Repeat with remaining filling.
5. Place the pieces about 1/2 inch apart, seam side down on greased cookie sheets.
6. Bake the knishes in a preheated 375 degree oven for 25 30 minutes or until the crust is browned.

Note: You can make big knishes if you want to serve them as a side dish. This is a pretty involved messy process but I think it's well worth the effort every now and then.

Per serving: 2491 Calories (kcal) 62g Total Fat (22 calories from fat) 74g Protein 407g Carbohydrate 629mg Cholesterol 3908mg Sodium Food Exchanges: 25 1/2

Grain(Starch) 2 1/2 Lean Meat 2 1/2 Vegetable 0 Fruit 10 Fat 0 Other Carbohydrates

Contributor: Good Food Book, Jane Brody (S. Badian)

Preparation Time: 0:00

Cocktail Meatballs

Yield: 4 Dozen

Ingredients

1 1/2 lb chuck, ground
1/4 c breadcrumbs, seasoned
1 md onion chopped
2 ts horseradish, prepared
2 garlic cloves crushed
3/4 c tomato juice
2 ts salt
1/4 ts pepper

2 tb margarine
1 md onion chopped
2 tb flour, all purpose
1 1/2 c beef broth
1/2 c wine, dry red
2 tb sugar, brown
2 tb catsup
1 tb lemon juice
3 gingersnaps crumbled

Instructions

Combine first 8 ingredients, mixing well. Shape into 1" balls place in a 13x9x2" baking dish. Bake at 450 degrees for 20 minutes. Remove from oven, and drian off excess fat.

Heat margarine ina large skillet saute onion until tender. Blend in flour gradually add beef broth, stirring constantly. Add remaining ingredients. Cook over low heat 15 minutes add meatballs, and simmer 5 minutes.

SOURCE: Southern Living Magazine, sometime in 1979. Typos by Nancy Coleman.

Cocktail Prawns With Orange And Lime

Yield: 1

Ingredients

560 g prawns (1 1/4 lb)
3/4 ts salt and pepper
5 tb olive oil (5 to 6)
1/4 ts turmeric
3 md onions sliced thinly
2 md yellow peppers thinly sliced
1 md clove garlic sliced thinly
1 ts mixed spice
1/2 ts thyme
1 bay leaf crushed
3 md oranges
3 tb white wine vinegar (3 to 4)
1 red pepper cut into fine slices julienne
1 lime juice of

Instructions

Sprinkle prawns with salt and pepper to taste. Heat 1 1/2 tbsp oil over moderate heat in a wide pan and cook off fish (approximately 2 minutes) then remove.

Blend 2 tbsp oil with the turmeric and add to the pan. Add the onions, peppers, garlic, spices, thyme and bay leaf and cook for 5 minutes. Squeeze orange juice and lime and add to the pan, along with 3 tbsp of vinegar, and simmer. Pour over fish.

Let cook, then refrigerate for 24 hours. Serve with lettuce and orange segments.

Converted by MC_Buster.

Per serving: 1040 Calories (kcal) 69g Total Fat (56 calories from fat) 12g Protein 109g Carbohydrate 0mg Cholesterol 1086mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 9 1/2 Vegetable 3 Fruit 13 1/2 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Cocktail Quiche Lorraine

Yield: 4

Ingredients

48 unbaked small pastry tart shells
1 use cheese pastry or regular pie pastry

FILLING

8 sl bacon cooked and crumbled
1 c shredded swiss cheese (or half swiss & half cheddar)
3 eggs
1 1/2 c cream or rich milk
2 ts dry onion flakes
1/2 ts salt
1/4 ts pepper
1/8 ts nutmeg

Instructions

Prepare tart shells.

Divide bacon and cheese among tart shells.

Beat eggs until frothy. Stir in cream, onion flakes, salt, pepper and nutmeg.

Pour over bacon cheese mixture. Bake in 350oF oven for about 30 minutes or until set.

Nicer served hot. Makes 4 dozen 1 1/2 inch tarts.

Typed in MMFormat by cjhartlin@msn.com Source: Company's Coming Appetizers.

Converted by MC_Buster.

Per serving: 229 Calories (kcal) 17g Total Fat (68 calories from fat) 16g Protein 2g Carbohydrate 177mg Cholesterol 584mg Sodium Food Exchanges: 0 Grain(Starch) 2 Lean Meat 0 Vegetable 0 Fruit 2 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Cocktail Smokie Stabs

Yield: 3 Servings

Ingredients

1/4 c white karo syrup
4 oz honey
2 pk smokie link sausages cut in small pieces
1 sm can of crushed pineapple
1/4 c brown sugar

Instructions

Combine all ingredients and bake for 1 hour at 300 degrees. Keep warm in chafing dish. Randy Rigg

Coconut Burfi (South Indian Sweet)

Yield: 4 Servings

Ingredients

24 2/3 oz sugar
2 coconuts
1 1/4 oz cashews
8 cardam seeds powdered
7000 cg ghee (recipe)

Instructions

PROCEDURE: Shred the coconut. Break the cashewnuts into small pieces & fry them in ghee. Powder the cardamom. Heat water in a vessel containing 1/4 ltr. of water and add the sugar to it. After the sugary liquid is no longer thin, add the coconut shreds and heat it until it turns thick.

After sufficient stirring, add the fried cashewnut pieces and ghee and stir the mixture well. Add the powdered cardamom and mix it thoroughly and stop heating.

Posted by Joell Abbott, reposted by DonW1948@aol.com

Coconut Custard (Thai)

Yield: 4 Servings

Ingredients

5 eggs

1 c coconut cream (the thick, top part of a can of canned coconut milk)

1 c sugar

Instructions

Contributed to the echo by: Stephen Ceideburg Originally from: "Discover Thai Cooking" by Chaslin, Canungmai and Tettoni, Times Editions, Singapore. 1987 Here's a simple Thai recipe for coconut custard. Coconut Custard (Sang Khaya) milk) Beat the eggs with the coconut cream and sugar until the mixture is frothy.

Pour the liquid into small molds or ramekins. Place in a steamer over boiling water, cover and cook for about 20 minutes or until the mixture has set.

If you want something a bit fancier, I have a Vietnamese recipe for Coconut Flan. Be glad to post it if you're interested...

Coconut Shrimp With Gingered Cocktail Sauce

Yield: 16 Servings

Ingredients

SHRIMP

1 c coconut

1/2 c processor plain bread crumbs

1/4 ts salt

Dash ground red pepper (cayenne)

1 1/2 lb shelled veined uncooked medium shrimp

1/4 c honey

SAUCE

1 12 ounce jar seafood cocktail sauce

1 tb grated gingerroot

Instructions

Heat oven to 425°F. Line large cookie sheet with foil lightly grease foil.

In food processor bowl with metal blade, combine coconut, bread crumbs, salt and ground red pepper process 10 seconds to combine slightly. Place in pie pan or shallow dish.

Pat shrimp dry with paper towels place in medium bowl. Heat honey in small saucepan over low heat just until melted. Pour over shrimp toss to coat. Roll shrimp in coconut mixture to coat place in single layer on greased foil lined cookie sheet.

Bake at 425°F. for 9 to 12 minutes or until shrimp turn pink and coconut begins to brown.

In small serving bowl, combine cocktail sauce and gingerroot mix well. Arrange shrimp on serving platter. Serve shrimp with sauce.

16 servings

Recipe Fact: This tasty shrimp recipe is a baked version of an appetizer that is usually deep fried.

Kitchen Tips:

Pulsing the coconut, breadcrumbs and seasonings together in the food processor is a quick way to combine the coating mixture for the shrimp. The food processor cuts the coconut into small pieces that will evenly cover the shrimp.

Heating the honey gives it a thin consistency that lightly coats the shrimp so the appetizer is not overly sweet. Pat the shrimp dry before tossing with the honey or it will not stick to the shrimp.

NUTRITION INFORMATION PER SERVING: SERVING SIZE: 1/16 of Recipe
Calories 110 Calories from Fat 20 Total Fat 2 g Saturated 2 g Cholesterol 60 mg
Sodium 400 mg Total Carbohydrate 14 g Dietary Fiber 1 g Sugars 10 g Protein 8 g
Vitamin A 4 Vitamin C 4 Calcium 0 Iron 8

DIETARY EXCHANGES: 1/2 Starch, 1/2 Fruit, 1 Very Lean Meat OR 1
Carbohydrate, 1 Very Lean Meat

Source: "Pillsbury Holiday Parties, 12/1999"

Copyright: "Pillsbury Company"

Per serving: 34 Calories (kcal) 2g Total Fat (41 calories from fat) trace Protein 5g
Carbohydrate 0mg Cholesterol 35mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean
Meat 0 Vegetable 0 Fruit 1/2 Fat 1/2 Other Carbohydrates

Preparation Time: 0:00

Cold Asparagus, Chinese Style

Yield: 4 Servings

Ingredients

1 1/2 lb Asparagus cleaned

2 tb Peanut oil

1 pn Salt or to taste

Instructions

Clean the asparagus and leave it whole. Bring a pan of lightly salted water to a boil and add the peanut oil to help keep the color. Blanch the vegetable for about 4 to 5 minutes, then plunge it into very cold water. Drain well and chill. When ready to serve you may dress the asparagus with a sesame oil based dressing.

Hint on cleaning asparagus: Hold the bottom end of the stem in one hand and gently bend the stalk with the other. The stalk will break where it is tender, thus giving you a piece of asparagus that is entirely edible. With a little practice you will know exactly where to break the vegetable.

Save the broken off ends for soups. Slice and add to soup stock, then drain and discard the coarse stalks before serving.

Recipe Source: THE FRUGAL GOURMET by Jeff Smith From the 10 02 1991 issue
The Springfield Union News

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com
or MAD_SQUAD@prodigy.net 07 17 1994

Contributor: Jeff Smith

Preparation Time: 0:00

Com Yam Gung (Thai Shrimp Soup)

Yield: 4 Servings

Ingredients

6 peppercorns

8 coriander roots

3 stalks lemon grass

4 c fish stock
3 slices siamese ginger
2 c uncooked shrimp
3 tb lime juice
3 tb fish suace (nam pla)
5 red chilies (prik kee nu),
1 minced
2 tb chopped coriander

Instructions

Contributed to the echo by: BOYD NARON DOM YAM GUNG (THAI SHRIMP SOUP) Puree peppercorns and coriander roots. Trim root and tough layers from lemon grass. Thinly slice first six inches. Bring 2 c. of stock to boil. Add coriander paste and simmer while adding lemon grass, ginger and shrimp. Stir in remaining stock and bring to boil. Season with lime juice, fish sauce and chilies. Sprinkle servings with chopped coriander.

Makes 5 1/2 cups, 4 to 5 servings.

Company Beef Oriental

Yield: 6 Servings

Ingredients

1 1/2 lb lean ground beef
1 ea onion sliced, md
1 ea clove garlic minced
1/4 c soy sauce
2 tb cornstarch
1 tb molasses
1 ts beef bouillon instant
3/4 c water
6 oz frozen chinese pea pods, 1pk
5 oz water chestnuts *
5 oz bamboo shoots drained, 1 cn
11 oz mandarin orange segments **

Instructions

* Use 1 5 oz can of water chestnuts that have been drained and sliced. ** Drain the can of Orange Segments, but reserve the syrup for the recipe.

Congee Chinese Lunch Or Light Dinner 6 (Ck)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Start with Glutinous Rice Congee (CK) and five minutes before serving, add 1/2 cup sliced dried Chinese mushrooms which have been soaked in boiling water and the stems discarded. Just before serving, add soy sauce to taste, stir in 4 beaten eggs, and season with 1 T of sesame oil. Garnish individual servings of congee with chopped scallions.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc., 1989

Entered by: Lawrence Kellie

Congee Chinese Or American Style Lunch Or Snack (Ck)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Start with Glutinous Rice Congee (CK) and during the last 5 minutes of cooking, add 1 cup of sliced fresh mushrooms and 1/4 lb of well washed fresh spinach leaves, shredded. Season the congee with soy sauce, and garnish with chopped scallions.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc., 1989

Entered by: Lawrence Kellie

Congri Oriental

Yield: 1 Serving

Ingredients

1/3 c Olive oil

1 lg Onion chopped

2 Green peppers chopped

2 tb Chopped olives

1 ts Capers

1 tb Minced garlic

Salt and pepper to taste

1 1/2 c Long grain white rice rinsed

1 tb Butter

1 cn Chicken broth

2 c Water

2 cn Spanish style red kidney beans with liquid

1 cn Plain kidney beans drained

2 tb Balsamic vinegar

Instructions

Heat olive oil in large pan over medium high heat. Add onion, green peppers, olives, capers and garlic. Add salt and pepper, rice and butter to pan. Saute on low to medium heat for 10 minutes. Combine chicken broth, water and 1/4 cup liquid from plain kidney beans. Add to rice and vegetable mixture. Bring to a boil. Stir, reduce heat, and simmer covered for approximately 20 minutes. Stir in Spanish style kidney beans with their liquid, and the drained, plain red kidney beans.

May be served with balsamic vinegar to taste.

Recipe Source: Home & Garden TV All In Good Taste

Formatted for MasterCook by Nancy Berry cwbj78a@prodigy.com

Preparation Time: 0:00

Cook Up An Oriental Hot Pot

Yield: 4

Ingredients

1 lb raw shrimp peeled and

2 chicken breasts skinned, boned, and slice across grain

1/2 lb beef sirloin sliced very thin, across grain

1/2 head chinese cabbage or 1 lettuce heart, coars
1 c cubed egg plant or 1 5 ounce can (2/3 cup) wate drained and thinly sliced
1 1/2 c halved fresh mushrooms
4 c small spinach leaves (stems removed)
1 14 ounce ca (5 1/4 cups) chicken broth
3 chicken bouillon cubes
1 tb monosodium glutamate
1/2 tb grated gingerroot or 1/2 teaspoon ground ging

Instructions

Midnight supper, perhaps for New Year's Eve or after the show, can be exotic in a hurry. The foods are sliced ahead, the sauces made, then all stowed in the refrigerator. When guests are hungry, the hostess simply heats the broth and sets out the makings. Genghis Khan hot pot is another name for this Chinese specialty. Or maybe you've seen it on restaurant menus as volcano soup. We show an honest to goodness Mongolian cooker with a charcoal chimney in the center, but any chafing dish or electric skillet will do as well.

What's cooking. Everything on the tray is raw, of course chunks of eggplant, crosscut strips of sirloin, halved mushrooms, thin slices of chicken breast, squares of Chinese cabbage, shucked shrimp. Fresh spinach to simmer along with the other foods is ready in the big red bowl. The broth is chicken bouillon that boasts a faint overtone of ginger.

Individual bowls of fluffy rice are served at the same time as Hot Pot.

The how to. You pick out a few choice tidbits at a time and drop them from chopsticks, bamboo tongs, or fork into the lazily bubbling broth. In a few minutes, fish them out to dip into zesty sauces on your plate, like Peanut or Red Sauce, Chinese Mustard or Ginger Soy.

Traditionalists poach eggs in the broth when it has taken on subtle flavor from the foods that have simmered in it. At the very last, the hostess may ladle the broth as a soup. It's delicious! Dessert? Skip it, or serve a fruit bowl and candied ginger with coffee or tea.

Etiquette: Use one set of chopsticks for cooking and fishing out morsels from Hot Pot, use a second set for eating. If only one set is provided for each guest, simply reverse your chopsticks (large ends down) when you cook or help yourself to food.

Oriental Hot Pot

Chinese Mustard Ginger Soy Peanut Sauce Red Sauce Hot cooked rice Shortly before cooking time arrange the meats and vegetables on large tray or platter use a bowl for spinach. Set out dunking sauces. Provide Bamboo tongs, chopsticks or long handled forks as cooking tools for guests.

Heat chicken broth in electric skillet or chafing dish (or use Mongolian cooker directions follow). Add bouillon cubes to hot broth and stir to dissolve add monosodium glutamate and ginger. Heat to simmering. For cooking have broth barely bubbling. Each Guest picks up desired foods with chopsticks or whatever, drops them into the bubbling broth. When his tidbits are cooked, he lifts them out and dips into the sauces on his plate. Serve with rice. Makes 4 servings.

To use Mongolian cooker, fill chimney of cooker with charcoal and add charcoal starter. Pour cold chicken broth into cooker. Cover cooker, then light charcoal. When broth is hot, continue as above.

Posted to CHILE HEADS DIGEST V3 #, converted by MM_Buster v2.01.

Corn Cakes With Thai Flavors

Yield: 4 Servings

Ingredients

3 c corn kernels roasted, chopped or canned corn drained and chopped
1/2 c egg substitute (or 2 eggs)
2 tb cornstarch
1 tb soy sauce (or fish sauce)
1 tb chopped fresh cilantro leaves
1 ts minced garlic
1/4 ts freshly ground black pepper
1/4 ts onion powder optional

Instructions

Six ears of roasted corn make about 3 cups of kernels.

In a medium bowl, scrape cobs of roasted corn to remove all kernels. Add salt, if the taste is flat.

In another bowl, force milky liquid from cobs by turning knife to dull side and rescraping cobs. (If using canned corn, omit and do not substitute juice from can.)

Spread corn on a cutting board and chop coarsely or pulse in food processor. Return the corn to the bowl and add the egg and cornstarch and reserved liquid.

Combine your choice of soy sauce or fish sauce, the cilantro, garlic and pepper. Heat a large skillet over high heat. Remove from the heat and spray with cooking spray.

Return to stove and heat to medium hot, spoon batter into pan to make individual corn cakes. (About 2 tablespoons per cake. The batter makes about 16 2 1/2 inch cakes).

Fry until gold brown on both sides (about 2 minutes each side).

Menu

grilled sword fish
warm ginger sauce (bottled)
corn cakes
fresh cilantro as garnish

Per serving (excluding unknown items): 125 Calories 1g Fat (6 calories from fat) 4g Protein 30g Carbohydrate 0mg Cholesterol 4mg Sodium

Serving Ideas : maple syrup, yogurt, or marmalade

NOTES : article called "Ear Full: beyond the cob corn dishes" Good with canned, niblets corn. It should be great with roasted corn. To Try: Grated fresh ginger just a little!

Posted by phannema@wizard.ucr.edu in SoCal

Contributor: Prevention Mag July 1996

Preparation Time: 0:30

Corn On The Cob For Mongolian Bbq

Yield: 6 Servings

Ingredients

NORMA WRENN
6 ears corn
3 tb butter
1/2 ts sugar

1/2 ts salt or to taste
1 ts rice wine or dry sherry

Instructions

This grains, used mainly for soups in the Chinese cuisine, rounds out the meal. In a large pot, bring about 2 quarts water to a boil. Meanwhile, shuck crn. Cook corn in boiling water for 5 minutes if picked that day or for 10 minutes if picked earlier. Drain. Melt butter. Add sugar, salt and rice wine or dry sherry. Spoon over hot corn and serve.

Cosmopolitan Cocktail

Yield: 1

Ingredients

1 shot lemon vodka
2 shots cointreau
1 cranberry juice
2 inches orange peel
2 shots lime juice
1 orange bitters
1 lime cordial

Instructions

Fill a cocktail shaker with ice. Pour the vodka, Cointreau, lime juice, cranberry juice, lime cordial and a dash of orange bitters. Shake.

Strain into a cocktail glass.

With the sliver of orange rind, twist at either end to release the oil from the orange and light the oil as it sprays out into the glass.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Country Captain Casserole

Yield: 8 Servings

Ingredients

2 tb plus 1 teaspoon vegetable oil
2 3 1/2 pounds whole chickens cut up and skin removed
2 md onions chopped
1 lg Granny Smith apple peeled and diced
1 lg green bell pepper diced
3 lg garlic minced
1 tb grated, peeled fresh ginger
3 tb curry powder
1/2 ts coarsely ground black pepper
1/4 ts ground cumin
1 28 ounce can tomatoes in puree
1 14 1/2 ounce c an chicken broth
1/2 c dark seedless raisins
1 ts salt

Instructions

1. In 8 quart Dutch oven, heat 2 tablespoons vegetable oil over medium high heat until hot. Brown chicken in batches, removing pieces to bowl as they brown.

2. Preheat oven to 350 degrees. In same Dutch oven, heat remaining 1 teaspoon oil over medium high heat cook onions, apple, green bell pepper, garlic, and ginger for 2 minutes, stirring frequently. Reduce heat to medium cover and cook 5 minutes.
3. Stir in curry powder, black pepper, and cumin cook 1 minute. Add tomatoes with their puree, chicken broth, raisins, salt, and chicken pieces heat to boiling over high heat boil 1 minute.
4. Cover Dutch oven and bake 1 hour or until juices run clear when chicken is pierced with tip of knife.

Contributor: Good Housekeeping Best One Dish Meals

Preparation Time: 0:00

Country Captain Chicken

Yield: 2 Servings

Ingredients

- 2 tb olive oil
- 1/2 c green pepper chopped
- 1/4 c chopped onion
- 1 clove garlic minced
- 4 skinless boneless chicken thighs
- 1 tb flour
- 1/4 c chicken broth
- 1/2 ts salt
- 1/8 ts pepper
- 1/4 ts paprika
- 1 ts curry powder
- 2 c canned tomatoes chopped
- 1/4 c golden raisins
- 2 tb slivered almonds optional

Instructions

Heat the olive oil in a 10 inch non stick skillet. Add the green pepper, onion and garlic and saute over medium heat for 5 minutes Dust the chicken thighs with flour. Add to the skillet and brown 3 5 minutes per side. Pour in the chicken broth and, using a wooden spoon, scrape up any browned bits.

Stir in salt, pepper, paprika and curry powder and cook one minute. Stir in tomatoes and raisins simmer, covered, 15 minutes. Sprinkle with almonds.

Description Country Captain Chicken is savory, sweet and hot, a delicious dish.

Cuisine Southern Source Los Angeles Times Syndicate Bev Bennett

Per Serving (excluding unknown items): 324 Calories 19g Fat (49.6 calories from fat) 7g Protein 37g Carbohydrate 5g Dietary Fiber 0mg Cholesterol 991mg Sodium.

Exchanges: 1/2 Grain(Starch) 1/2 Lean Meat 2 1/2 Vegetable 1 Fruit 3 1/2 Fat.

Serving Ideas : You'll want plenty of crusty bread to sop up the rich curry flavors.

NOTES : No one knows its origin, but food historians suggest that British sea captains trading between India and the state of Georgia introduced it.

Preparation Time: 0:00

Country Captain Soup

Yield: 1

Ingredients

- 1 tb olive oil

1 lg onion coarsely chopped
1/2 c chopped red bell pepper
4 garlic cloves chopped
6 skinless boneless chicken thighs (about 1 1/4 pounds), cut into 1 inch pieces
1 tb curry powder
1 ts grated peeled fresh ginger
1/4 ts dried crushed red pepper
4 c canned chicken broth (or more)
2 c canned diced peeled tomatoes with juices
1 lg granny smith apple peeled, coarsely chopped
1/4 c orzo (rice shaped pasta also called riso)
2 tb dried currants
1 chopped fresh cilantro
1 plain yogurt

Instructions

Heat oil in heavy large Dutch oven over medium high heat. Add onion, bell pepper and garlic saute until vegetables soften, about 5 minutes. Add chicken, curry powder, ginger and crushed red pepper stir 2 minutes. Add 4 cups broth, tomatoes and apple and bring to boil. Reduce heat and simmer 20 minutes. (Can be made 1 day ahead. Cover and refrigerate. Bring to simmer before continuing.)

Stir orzo and currants into soup and simmer until orzo is just cooked through, about 5 minutes. Season with salt and pepper. Ladle soup into bowls. Garnish with cilantro and dollop of yogurt.

Serves 6.

Bon Appetit March 1995

Converted by MC_Buster.

Per serving: 488 Calories (kcal) 16g Total Fat (27 calories from fat) 10g Protein 82g Carbohydrate 0mg Cholesterol 17mg Sodium Food Exchanges: 2 1/2 Grain(Starch) 0 Lean Meat 3 Vegetable 2 Fruit 3 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Crab Rangoon: The Mongolian Barbeque

Yield: 4 Servings

Ingredients

1 either real crab or imitation sea legs
1 cream cheese
1 won ton skins

Instructions

Mix crab with cream cheese to form a paste. This is by taste, how ever much or little of each u like. Then put some of the filling into the won ton skin and seal it shut w/ a little water. Deep fry til light brown. From: Deborah Hrabinski

Cranberry Champagne Cocktails

Yield: 1

Ingredients

2 well chilled 750 ml bottles champagne or sparkling cider
1 c well chilled cranberry juice cocktail, or to taste
3 tb grand marnier or other orange flavored, or to taste
1 liqueur, (optional)

Instructions

In a large pitcher stir together well the Champagne, the cranberry juice cocktail, and the Grand Marnier.

Yield: about 7 cups, or 8 servings 30 truffles

Converted by MC_Buster.

Recipe by: COOKING LIVE SHOW # CL9238

Converted by MM_Buster v2.0l.

Crisp Vegetable Sushi With Thai Peanut Dip (Roy'S)

Yield: 6

Ingredients

THAI PEANUT DIP

2 c unsweetened coconut milk

1/2 c peanut butter (smooth)

1/4 c brown sugar

1/4 c soy sauce

1 tb rice vinegar (unseasoned)

2 leaves kaffir lime

1/4 c fresh thai basil julienned

1/4 c red curry paste*

1/2 onion chopped

2 tb garlic minced

1 tb shallot minced

1 tb lemon grass minced

1 1/2 c fresh cilantro chopped

VEGETABLE SUSHI

1 1/2 c carrots finely julienned

1 1/2 c celery finely julienned

1 1/2 c fennel bulb finely julienned

1 1/2 c daikon finely julienned

1 whole beet (about 1/2 cup), peeled, julienned

1/4 c light soy sauce (preferably yamasa brand)

1 salt & freshly ground pepper to taste

6 sheets sushi nori (trimmed to 5x8 inches)

1 peanut oil for frying

GARNISH

1 japanese spice sprouts (optional)

Instructions

Combine all of the Thai Peanut Dip ingredients in a nonreactive saucepan. Bring to a simmer. Cook gently over low heat, taking care not to boil the mixture. When the sauce begins to thicken and the oils from the curry rise to the surface, adjust the sugar, soy sauce, and vinegar if necessary, and remove from the heat. Let cool and discard lime leaves before serving.

Blanch the carrots for about 15 seconds plunge into ice water, cool, drain, pat dry, and place in a bowl. Prepare the other vegetables in the same manner (the beets should be blanched slightly longer about 1 minute), placing each in a separate bowl. Drizzle the vegetables with the soy sauce, and season with salt and pepper.

Place a sheet of nori on the bamboo sushi rolling mat, with the 5 inch edge along the bottom. Arrange the vegetables neatly along the lower edge. Roll up the nori tightly, and seal the edges with a little soy sauce or water. Each roll should be about 1 to 1 1/2 inches in diameter.

Heat enough peanut oil in a large skillet to come 1/2 inch up the sides. Pan fry the sushi over medium heat for about 1 1/2 minutes per side, or until crisp. Remove and drain on paper towels. Cut two 1 inch pieces from each roll, then cut the remaining larger pieces in half on a diagonal. To serve, arrange 4 pieces on each plate (2 with a straight cut, 2 diagonal). Garnish with Japanese spice sprouts if desired, and serve with the Thai Peanut Dip on the side.

* Roy recommends using Mae Ploy brand Matsaman curry paste

Recipe from "Roy's Feasts from Hawaii" Ten Speed Press PO Box 7123 Berkely CA
Published 1995 ISBN 0 89815 637 8

Roy was named Best Chef for 1993 in the Pacific Northwest by the James Beard Foundation, and in 1994 he hosted the popular public television series "Hawaii Cooks with Roy Yamaguchi". Today his cuisine can be enjoyed at six restaurants in addition to the original Roy's in Hawaii: Roy's Kahuna Bar and Grill and Roy's Nicolina on Maui, Roy's Poipu Bar and Grill on Kauai, Roy's Pebble Beach in the Inn at the Spanish Bay in California, Roy's in Tokyo, and Roy's on Guam in the Hilton Hotel.

Recipe by: Chef Roy Yamaguchi, Roy's Restaurants, Hawaii

Converted by MM_Buster v2.0l.

Crispy Fried Lobster Tail, Spicy Mustard Sauce

Yield: 1

Ingredients

5 raw lobster tails cut into eighths

TEMPURA BATTER

8 oz warm beer

1/2 c cornstarch

1/2 c flour

1 salt and white pepper to taste

SPICY MUSTARD SAUCE

1 c dijon mustard

1 tb dry mustard

1 ts white wine

Instructions

Place flour and cornstarch in a bowl. Add beer and mix well until all ingredients are combined. Season with salt and pepper. Let mixture rest for one hour.

Dip raw lobster tail pieces into tempura batter. Deep fry at 340 degrees F until golden brown (approximately 1 1/2 to 2 minutes). Serve with Mustard Sauce.

Yield: 4 servings

SPICY MUSTARD SAUCE:

Mix all ingredients until smooth.

Converted by MC_Buster.

Recipe by: CHEF DU JOURSHOW #DJ9450 ROBERT WONG

Converted by MM_Buster v2.0l.

Crock Pot Oriental Chicken

Yield: 4 Servings

Ingredients

4 lb broiler fryer chicken cut up

2 tb vegetable oil

1/3 c soy sauce

2 tb brown sugar
2 tb water
1 clove garlic minced
1 ts ground ginger
1/4 c slivered almonds

Instructions

In a large skillet over medium heat, brown the chicken in oil on both sides. Transfer to a slow cooker. Combine the soy sauce, brown sugar, water, garlic, and ginger pour over chicken. Cover and cook on HIGH for 1 hour. Reduce heat to LOW cook 4 to 5 hours longer or until the meat juices run clear. Remove chicken to a serving platter sprinkle with almonds. Spoon juices over chicken or thicken if desired.

Contributor: CDKitchen <http://www.cdkitchen.com>

Preparation Time: 0:00

Crockpot Chinese Style Country Ribs

Yield: 6 Servings

Ingredients

1/4 c soy sauce
1 clove garlic, crushed
1/4 c orange marmalade
4 lb country style spareribs
2 tb catsup

Instructions

Combine soy sauce, marmalade, catsup, and garlic. Brush on both sides of the ribs. Place in a crock pot. Pour remaining sauce over all. Cover and cook on low for 8 to 10 hours. Makes 4 to 6 servings....

Crockpot Chinese Style Country Ribs2

Yield: 6 Servings

Ingredients

1/4 c Soy sauce
1 clove garlic crushed
1/4 c Orange marmalade
4 lb Country style spareribs
2 tb Catsup

Instructions

Combine soy sauce, marmalade, catsup, and garlic. Brush on both sides of the ribs. Place in a crock pot. Pour remaining sauce over all. Cover and cook on low for 8 to 10 hours. Makes 4 to 6 servings....

Per serving: 45 Calories (kcal) trace Total Fat (0 calories from fat) 1g Protein 11g Carbohydrate 0mg Cholesterol 753mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 1/2 Other Carbohydrates

Preparation Time: 0:00

Cuban Style Braised Oxtail

Yield: 6 Servings

Ingredients

8 lb Oxtail cut 2" segments, well trimmed
2 c Onions chop fine

2 c Carrots chop fine
1/2 c Celery chop
1/2 c Red bell pepper dice
1/2 c Green bell pepper dice
2 To 3 garlic cloves mince
3 ts Ground cumin
1 ts Ground coriander seed
2 Bay leaves
1/4 c Capers rinse
3 c Chopped canned tomatoes with their
4 c Beef stock
1/2 c Fresh cilantro leaves chop
Cilantro sprigs for garnish
6 sl Garlic toast

Instructions

Preheat the oven to 450~. Put the oxtail in a high sided roasting pan and roast in the oven for 30 minutes, turning it once. Remove it from the oven and pour off the rendered fat. Distribute all the vegetables and spices including the cumin, coriander seed, bay leaves, and capers around the oxtail. Pour the tomatoes and beef stock over the oxtail with enough water to cover. Place in the hot oven for 1 hour. Check every 15 to 20 minutes and stir with a spoon to break up any crust that forms (add water if it seems dry). After 1 hour reduce the heat to 350~ and continue cooking until the oxtail is done, about 1 hour more. Pull 1 large piece of oxtail to check for doneness: The meat should fall from the bone. Remove the oxtail from the sauce and skim off as much fat as you can. Let the oxtail cool and chill overnight in a container, covered with the sauce. When cold, remove the layer of solidified fat on the surface. To serve, slowly reheat the oxtail in the sauce and stir in the chopped cilantro. Serve the oxtail in bowls, the sauce spooned over it, with garlic toast and sprigs of fresh cilantro.

Source: Chef Paul O'Connell, Chez Henri's, Cambridge. The Boston Globe. MM
Waldine Van Geffen vghc42a@prodigy.com.

Preparation Time: 0:00

Cucumber Vegetable Salad (Korean Oi Namul)

Yield: 4 Servings

Ingredients

3 ea cucumbers
1 tb salt
1 ea clove garlic
1/4 ts salt
1 ts sesame seeds
1 ts sesame oil
1/4 ts cayenne pepper
1 ts sugar

Instructions

This simple cucumber salad is a pleasant accompaniment to a hot summer night. Small cucumbers are suggested they are not quite as watery as the large ones nor do they require peeling.

1. Slice the cucumbers in circles. Sprinkle salt over the cucumber slices, mix well and let them stand for 30 minutes. Place the cucumbers in a damp cloth and

gently but firmly squeeze out as much water as possible. The less watery the cucumbers, the better tasting the dish.

2. Crush the garlic, then combine it with the cucumbers, salt, sesame seeds, sesame oil, pepper and sugar in a bowl. Mix well.

Source: The Korean Cookbook, by Judy Hyun. Typed in by Ronnie Wright

Cucumber Yogurt Sauce Indian

Yield: 4 Servings

Ingredients

3/4 lb cucumber (coarsely grated)

3/4 ts whole cumin seeds

2 ts hot green chilis (seeded & chopped)

1 c plain yogurt

1 ts vegetable oil

1/2 ts garlic (finely chopped)

1 salt(optional)

Instructions

CUCUMBER SAUCE A mideast style sauce with cucumbers and yogurt

This recipe came originally from the local paper, years ago. They liked it with lamb.

PROCEDURE (1) Toast cumin seeds in small heavy skillet until browned. Do not burn. When they start to crackle, remove from heat, shaking skillet.

(2) Combine all ingredients. Blend well and chill.

RATING Difficulty: easy.

Time: 5 minutes preparation, 1 hour chilling.

Precision: approximate measurement OK.

CONTRIBUTOR Nancy Mintz UNIX System Development Lab, AT&T IS, Summit, New Jersey, USA ihnp4!attunix!nlm

Curry Chicken (Indian)

Yield: 1 Serving

Ingredients

MARINADE:

1/4 ts tumeric powder

coriander to taste (1/2 tsp is starting point)

cumin to taste (1/2 tsp optional)

1 ts plain yogurt up to 2

salt

chili powder to taste (can be cayenne,

ground red pepper,

etc.)

salt to taste

1 lb fresh chicken (sliced, sliced or shredded... your choice)

garlic*

onion*

Instructions

Instructions: Mix the above ingredients making sure to thoroughly coat the chicken.

You may want to add a little bit of oil to facilitate coating the chicken. Allow to marinate for approximately two hours.

*2 cloves of garlic, chopped *1/2 cup chopped onion

Add enough oil to a skillet to fry the garlic and onion. Add 1/2 tsp of sugar and allow it to caramelize over medium heat. Add garlic and fry until golden brown, then add onion and fry until tender.

Place the marinated chicken in the garlic/onion mixture and fry it over low heat (do not add any more oil). Cover it and allow it to fry until done. Stir occasionally.

When chicken is done, grate about a tsp of fresh cinnamon over it and serve immediately over a bed of steamed rice.

Source: Ya Gotta Have It Recipes

MasterCook formatted by Martha Hicks using Buster 2.0g & Note Tab Pro 1/99.

Curry Korokke (Japanese Potato Dumpling)

Yield: 4 Servings

Ingredients

1/4 lb ground meat

1 lb potatoes

1/2 md yellow onion minced

1/2 egg beaten (to mix with the p

1 ts curry powder (optional)

1 tb oil

1 salt pepper, and nutmeg to taste

1/2 c flour

1 egg beaten (to coat the korok

2 c bread crumbs

1 enough canola oil for deep frying

8 cabbage leaves thinly sliced and soaked

Instructions

Source: Noriko's Kitchen Cooking time: about 90 minutes Servings: 4

Author's Comments: This looks a lot like a knish it's basically a piece of dough stuffed with potatoes, meat, or cheese and baked or fried. If my memory is right, it was invented in Japan by a chef who cooked for the Meiji Emperor. I believe the Japanese version of curry rice is also one of his creations.

This recipe uses beef or pork, but substituting canned salmon or tuna should work great (an idea from Ken Love [at Compuserve Ed.]). Also, I heard that tarako (cod roe, which has to be baked) can be used, too, if you care for tiny pink fish eggs.

Directions: Boil or microwave the unpeeled potatoes. Place the oil in a frying pan and add the onion. Saute until the onion is tender. Add the ground meat, salt, pepper, nutmeg and curry powder, then saute about 3 minutes until crumbled. Set the meat aside while you peel and mash the potatoes. Thoroughly mix the potatoes and the meat in a large bowl.

Divide the potato mixture into eight parts, and shape each portion into a 1/2 inch thick ellipse. Dredge each portion in the flour and pat off the excess flour. Dip them into the egg and then into the bread crumbs on a plate. Deep fry them at 350F for about 3 minutes on each side until lightly browned. Drain them on paper towels. Serve with thinly sliced cabbage and your favorite sauce (i.e. A1 steak sauce, ketchup, Heinz 57 or Japanese tonkatsu sauce).

Posted to recipelu digest Volume 01 Number 231 by MickieX@aol.com on Nov 9,1997

Curry Paste (Thailand)

Yield: 6 Servings

Ingredients

1 *ingredients*

6 dried hot red chilies, 1 1/2 2 inches long
2 tb minced shallots or scallions (white part only)
1 tb minced garlic
1 tb paprika
1 tb powdered sereh (powdered dried lemon grass)
1 tb trassi (shrimp paste)
1 ts ground laos (ginger)
1 ts caraway seed
1 ts coriander seed
1 ts finely grated fresh lemon peel
1 ts salt

Instructions

Source: Pacific and Southeast Asian Cooking Time/Life

DIRECTIONS Under cold running water, wash the chilies and remove their stems. Brush out any seeds that cling to the skin and break the pods into small pieces.

To make red curry paste: combine the chilies, shallots (or scallions), garlic, paprika, sereh, trassi, laso, caraway, coriander, lemon peel and salt in the jar of an electric blender and blend at high speed for 20 to 30 seconds. Turn off the machine, scrape down the sides of the jar and blend again until the mixture is a smooth paste. Tightly covered and refrigerated, the paste may be safely kept for a month or so.

To make green curry paste: substitute 6 fresh hot green chilies (about 2 inches long) for the dried red chilies and omit the paprika from the recipe. Then follow the above directions precisely. Green curry paste may be covered and refrigerated for about a month.

VARIATIONS

For a more fiery paste, include some seeds the hottest part of the chili.

Joyce Monschein

Curry Powder Chinese Yellow (Ga Lei Fan)

Yield: 1 Servings

Ingredients

1 tb ground coriander seed
1 tb ground cardamom
1 tb ground cumin
1 tb cayenne
1 tb ground turmeric
1 tb ground yellow mustard seed

Instructions

1. Mix ground spices in a bowl, and store in an air tight jar.

Yield 1 Spice Jar

Formatted & Busted by RecipeLu Posted to recipelu digest Volume 01 Number 225 by RecipeLu on Nov 08, 1997

Oriental Recipes D

Da Shima Twigim (Korean Fried Kelp)

Yield: 4 Servings

Ingredients

10 pieces dried black kelp each 3 inches

1 c corn oil

2 tb sugar

Instructions

The hallmark of Korean cooking is the use of the natural foods in appealing ways. Seaweed, which is now domesticated, that is to say raised on farms jutting out into the sea, supplements food that is raised on land. Containing iodine and a host of other minerals and with a flavor reminiscent of an ocean breeze, the fried kelp (*Laminaria japonica*) with a light sprinkling of sugar is an example of the culinary ingenuity of the Koreans.

1. Wipe each piece of the dried kelp with a damp (not soaking) cloth.
2. Heat the oil in a skillet over moderate heat. One at a time, put a very lightly dampened piece of kelp in the hot oil, holding it with chopsticks, until the color changes to dark green. Bubbles may appear on the kelp surface and it will develop a crispness.
3. While the kelp is still hot sprinkle on a few grains of sugar. The sugar will cling to the kelp when it is still hot and just removed from the oil. It will not do so when cold.

Eat as a side dish or snack food with tea or a drink.

Serves 4 to 6.

Source: "The Korean Kitchen" by Copeland Marks

Dad's Chinese Chicken Wings

Yield: 6 Servings

Ingredients

CHINESE MARINADE:

1 1/4 c soy sauce

1 1/4 c rice wine or sake

1 c water

12 whole scallions ends trimmed, smashed with the flat side of a knife

1 2 1/2 inch chunk fresh ginger peeled, then cut the size of a quarter, each smashed the flat side of a knife

Instructions

Stir the Chinese Marinade ingredients in a saucepan and heat until boiling. Reduce the heat to low and simmer for 10 minutes. Let the marinade cool slightly.

With a sharp knife separate the drumettes from the wingtips at the joint. Place all the pieces in a bowl or a deep pan and add the still warm marinade.

Stir to coat, cover with plastic wrap, and let the wings marinate for several hours, or overnight if possible, in the refrigerator.

Preheat the oven to 500:F. Line a cookie sheet with aluminum foil and arrange the wings on the cookie sheets. Brush liberally with the marinade. Roast for about 40 minutes, turning once, until the wings are cooked and crispy brown at the edges. Serve

hot, at room temperature, or cold as an appetizer or an entree with a vegetable and steamed rice.

Contributor: "A Spoonful of Ginger" Nina Simonds

Preparation Time: 0:00

Daikon Relish: Sesame Pickled Japanese Radish

Yield: 1 Servings

Ingredients

1 md daikon

3 tb vinegar

1 ts salt

1 tb sesame seed oil

1 tb sugar

Instructions

Daikon Relish is pickled without heat. Recipe from Bill Sidnam, who writes the VEGETABLES column for the Riverside Press Enterprise.

Scrub the radish peel (optional). Trim the ends. Thinly slice or finely julienne. Mix well with the marinade ingredients. Refrigerate at least 2 hours, preferably overnight.

Serve as a relish.

Posted to KitMailbox Digest by J Pellegrino on Sep 12, 1998, converted by MM_Buster v2.01.

Dal (Indian Spilt Pea Soup)

Yield: 1 Servings

Ingredients

1 lb dry yellow split peas

2 celery stalks finely chopped

1 lg carrot finely chopped

1 md onion finely chopped

2 tb sweet butter

1 tb curry powder

1 tb lemon juice

1 bay leaf

1/2 ts salt

3 chicken bouillon cubes

2 qt water

Instructions

place all ingredients in crockpot stir, cover, cook on low for 7 to 9 hours. garnish with chopped green pepper.

Posted to recipelu digest Volume 01 Number 285 by James and Susan Kirkland on Nov 22, 1997

Dal Indian Split Pea Soup And Fresh Tomato Relish

Yield: 1 Serving

Ingredients

1 for the soup:

1 tb unsalted butter

1 c onion finely minced (about 2 medium)

4 ts garlic finely minced

4 ts ginger root finely minced
1 ts jalapeno finely minced or to taste
2 c split peas (yellow) washed
1 ts ground coriander
1 ts ground cumin
1 ts celery seed
1/2 ts ground cinnamon
1/4 ts ground cloves
8 c chicken stock
12 cooked shrimp
1 for the relish:
1 c tomato finely diced
1/4 c onion finely chopped
1/4 c cilantro chopped
1/2 ts jalapeno minced
2 ts fresh lemon juice
1/2 ts grated lemon rind

Instructions

In a heavy bottomed pot, melt the butter over medium heat. Add the onion, the garlic, the ginger root and the jalapeno. Saute for 2 minutes, stirring. Add the split peas, the coriander, the cumin, the celery seed, the cinnamon and the clove. Mix well. Add the chicken stock, stir again, and bring to a boil. Turn heat down to low and simmer slowly, partially covered, for about one hour, or until split peas are just soft. You may need to add more chicken stock if peas become too thick and dry. While soup is cooking, prepare the relish: Toss all six ingredients together in a bowl. Season to taste. With a wooden spoon, crush a few of the soft peas in the soup against the side of the pot. Stir well. If the soup is too thick, add a little chicken stock. Season to taste. Ladle the hot soup into four wide soup bowls. Mix in most of the tomato relish, saving about 1/4 cup. Place three shrimp in the center of each bowl. Divide the remaining tomato relish among the four bowls, placing it in the center of the shrimp.

Top that with a few fresh cilantro leaves. Serve immediately.

Yield: 4 main course servings

Per serving: 1922 Calories (kcal) 22g Total Fat (10 calories from fat) 135g Protein
285g Carbohydrate 259mg Cholesterol 17550mg Sodium Food Exchanges: 16 1/2
Grain(Starch) 10 1/2 Lean Meat 5 1/2 Vegetable 0 Fruit 2 1/2 Fat 0 Other

Carbohydrates

Contributor: TASTE, SHOW #TS0029 (Tina Bell)

Preparation Time: 0:00

Darley Street Thai Chuu Chii (Red Curry) Of Coffin Bay Sc

Yield: 4 Servings

Ingredients

1 stephen ceideburg
10 white peppercorns
1 mace
1 ts thai shrimp paste
3 to 5 long red dried chillies
4 cloves shallots
1/2 stalk lemon grass
1 ts galangal

1/2 ts kaffir lime zest
1 tb chopped coriander root
1/2 ts salt
250 ml coconut cream
2 tb to 3 tb red curry paste
1 tb fish sauce
1/2 tb palm sugar
24 coffin bay scallops
125 ml coconut milk
5 kaffir lime leaves
1 lg fresh red chilli, julienned
2 tb coriander leaves
1 jasmine rice

Instructions

A colleague who recently visited the Darley Street Thai at its new location in Bayswater Road, Kings Cross, described this dish as "exquisite". Though the recipe may seem dauntingly lengthy, most of it is simply a long list of ingredients for red curry paste, which can be made in quantity and stored in a container in the fridge for 3 4 weeks for further use. Frozen kaffir limes can be bought very cheaply in good Asian stores, where the rest of the ingredients listed should also be available. Grate the limes for zest while they are still frozen.

In a mortar and pestle or spice grinder, grind to a powder 10 white peppercorns and a few sheaves of mace. Roast 1 teaspoon of Thai shrimp paste by zapping it in a microwave oven or putting it on a little piece of foil under the grill.

Put the pepper mace mixture and the shrimp paste in a blender (David recommends a blender but some of us will have to make do with a food processor or the mortar and pestle) and add 3 5 long red dried chillies, deseeded, washed and chopped, 4 cloves of true shallots, (or substitute the same quantity of Spanish onion), 1/2 stalk of lemon grass, sliced, 1 teaspoon galangal, peeled and chopped, 1/2 teaspoon kaffir lime zest, 1 tablespoon of coriander root, scraped and chopped, 1/2 teaspoon of salt and a little water. Process to a very fine paste. This may take up to 10 minutes. Transfer to a storage jar.

In a medium size pan, boil 250 mL coconut cream over high heat, stirring constantly, until the oil separates out, about 3 5 minutes. (If using canned coconut cream, don't shake the can use the solid mass of coconut at the top of the can, plus as much of the rest as you need to make up 250mL. If it doesn't separate within 5 minutes, add a tablespoon of oil.) Add 2 3 tablespoons of red curry paste and fry for 5 minutes, stirring, until fragrant. Add 1 tablespoon fish sauce, 1/2 tablespoon palm sugar and fry until colour deepens. Add 24 Coffin Bay scallops (12 if other dishes will be served simultaneously) and 125 mL coconut milk. Check for sweet sour balance. Throw in 5 kaffir lime leaves, shredded, 1 large fresh red chilli, julienned, and 2 tablespoons of either coriander or basil leaves. Serve with jasmine rice.

From an article by Meryl Constance in The Sydney Morning Herald, 6/15/93. Courtesy Mark Herron.

Dashi Soup (Basic Soup For Japanese Dishes)

Yield: 1 Serving

Ingredients

5 cu water (1 cup 200 ml)
1 dried kobo 10 x 10 cm.

20 gr dried bonito chipped off into

Instructions

1.1 Soak kobo into water until it doubles (approx.30 min.)to extract umami. Remove kobo. This is called kobo dashi(soup). If kobo is not available, just water is also OK.

1.2 Bring to a boil. Put small pieces of dried bonito at once, then boil it for 10 sec. (not min.) and turn off the fire.

1.3 Wait until all dried bonito sink to the bottom(10 15sec.) then strain. This soup is called the 1st dashi(Ichiban dashi)

1.4 Put this boiled dried bonito back to the pot and add water(a half quantity of the first one)Then boil it for 20 min. This thick brown color soup is called the 2nd dashi(Niban dashi).

Prior to explaining how to cook them, I need to explain how to make dashi soup, the basic soup in Japanese dishes. Although there are some types of dashi, here is my favorite way with dried bonito(katsuobushi) and dried kobo(seaweed).

Kobo dashi is used with sake when cooking sushi rice. (See the below 2.) The 1st dashi is suitable for sumashi jiru(translucent Japanese soup) since the smell of bonito is very subtle. Of course this is available to cook miso soup. On the other hand, the 2nd dashi has stronger smell than the 1st dashi, so it is suitable for miso soup or soy sauce & sugar taste dishes, not subtle taste dishes. This method is very traditional way.

It is fact that currently most families in Japan use instant dashi(just put it in boiled water).

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 36mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Contributor: Yoko Kamit

Preparation Time: 0:00

Datil Basil Thai Noodles

Yield: 1 Serving

Ingredients

8 oz dried rice noodles

3 cloves garlic minced

1 lb shrimp peeled and deveined

1 lb chicken breast diced

1/2 c yellow or red bell peppers diced

1 tb fresh ginger minced

1/4 c peanut oil

1/2 c unsalted peanuts chopped

SAUCE

3 tb fish sauce

2 ts soy sauce

2 tb sesame oil

2 tb fresh lime juice

1/2 c datil pepper sauce

1/2 c green onion thinly sliced

1/2 c fresh basil chopped

Instructions

Place noodles in a large bowl cover with hot water. Let stand for approximately 10 minutes or until softened. Drain well.

Heat oil in large skillet or wok over medium high heat. Add shrimp, chicken, garlic, and ginger. Stir fry about 1 1/2 minutes until nearly cooked through. Add noodles, bean sprouts, and peanuts. Stir fry until heated through.

Combine fish sauce, lime juice, soy sauce, sesame oil, and Dattil Pepper Sauce. Add to noodles stir fry until well coated. Toss with onions and Basil.

Serves 4. Yields:

Per serving (excluding unknown items): 2400 Calories 165g Fat (62 calories from fat)

190g Protein 41g Carbohydrate 929mg Cholesterol 1603mg Sodium

Food Exchanges: 1 Starch/Bread 24 Lean Meat 2 Vegetable 23 Fat 1/2 Other

Carbohydrates

Contributor: from Florida Agricultural Department

Preparation Time: 0:00

Deep Fried Chinese Steak

Yield: 4 Servings

Ingredients

1 lb lean beef

1 scallion stalk

1 sl fresh ginger root

2 tb soy sauce

2 tb sherry

1 tb cornstarch

1 egg white

1 oil for deep frying

4 tb soy sauce

1/2 ts sugar

1 1/2 ts sesame oil

Instructions

1. Cut beef against the grain in 1/4 inch slices. Then pound paper thin with flat side of a cleaver or bottom of a glass jar.
2. Mince scallion and ginger root and combine in a deep bowl with soy sauce and sherry. Add beef and toss gently. Let stand 1 to 1 1/2 hours, turning meat occasionally.
3. Drain meat well, discarding marinade. Wipe out bowl. Blot beef dry with paper toweling and return to bowl.
4. Mix cornstarch and egg white to make a batter. Add to beef and toss gently to coat. Meanwhile, heat oil.
5. Add beef a few slices at a time, and deep fry until golden (1 to 2 minutes). Drain on paper toweling.
6. In a saucepan, heat remaining soy sauce, sugar and sesame oil.
7. Pour over beef and serve hot. VARIATION: In step 6, instead of pouring heated sauce over the beef, serve it separately as a dip.

From , ISBN 0 517 65870 4. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Deep Fried Fish Squares Szechwan Style

Yield: 6 Servings

Ingredients

2 dried black mushrooms
2 tb bamboo shoots
1/2 fresh red chili pepper
1 scallion stalk
2 or
3 sl fresh ginger root
1/4 c lean pork
1 lb fish fillets
1/2 ts salt
1 ds pepper
1 flour
1 egg
3 tb sherry
5 tb flour
1 oil for deep frying
2 tb oil
1 ts vinegar
3 tb soy sauce
2 tb oil
1/2 ts ground chili pepper
1 tb sherry
1 ts soy sauce
1 c stock
1/2 ts hot pepper oil (see recipe)
2 tb sherry
1 tb cornstarch
2 tb water
1 1/2 ts sugar

Instructions

1. Soak dried mushrooms.
2. Mince bamboo shoots, fresh chili pepper, scallion, ginger root and soaked mushrooms. Mince or grind the pork.
3. Cut fish fillets in 2 inch squares. Season with salt and pepper. Dredge lightly in flour.
4. Beat egg then blend in sherry and remaining flour to make a batter. Dip fish squares in batter to coat.
5. Meanwhile heat oil. Add fish, a few pieces at a time, and deep fry until light golden (about 2 minutes). Drain on paper toweling.
6. Heat the second quantity of oil. Add minced vegetables and stir fry 2 minutes. Stir in vinegar and soy sauce to heat then remove vegetables from pan.
7. Heat remaining oil. Add minced pork and stir fry until it loses its pinkness (1 to 2 minutes). Add ground chili pepper and the second quantity of sherry stir fry another 2 minutes. Stir in remaining soy sauce.
8. Return vegetables. Add stock, hot pepper oil and remaining sherry. Stir to heat through. Add fish and simmer, uncovered, 3 to 5 minutes.
9. Blend cornstarch and cold water to a paste then stir in to thicken. Stir in sugar and serve.

NOTE: Use the fillets of thick fish, such as bass, halibut or pike.

From , ISBN 0 517 65870 4. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Deep Fried Fishballs And Chinese Cabbage

Yield: 4 Servings

Ingredients

1 head chinese cabbage
2 sl fresh ginger root
10 fishballs
1 oil for deep frying
2 tb oil
1 salt
1/3 c stock
1/4 c sherry
1 ts soy sauce
1/4 ts sugar
1 ds pepper
1/2 ts salt
1 tb cornstarch
3 tb water

Instructions

1. Cut Chinese cabbage in 2 inch sections. Crush ginger root.
2. Prepare fishballs from any of the mixtures in recipes "Fishball Mixture A", B, C or D.
3. Heat oil to bubbling. Add fishballs, a few at a time, and deep fry until golden. Drain on paper toweling.
4. Heat remaining oil. Add ginger root and stir fry a few times. Add Chinese cabbage and stir fry until tender but still crisp. Transfer to a warm serving platter and sprinkle lightly with salt. Place fishballs on top.
5. Meanwhile, in a saucepan, heat stock. Stir in sherry and soy sauce and heat then add sugar, pepper, and remaining salt.
6. Blend cornstarch and cold water to a paste then stir in to thicken. Pour sauce over fishballs and cabbage and serve.

From , ISBN 0 517 65870 4. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Delaware Indian Deer Liver With Onions

Yield: 1 Recipe

Ingredients

1 venison liver, sliced
3 c water
4 tb flour
1/2 ts salt
1/2 c dry red wine
1/4 ts pepper
4 tb bacon fat
2 c wild onions, sliced
1 can mushroom soup
1 can water

Instructions

Trim and wash the liver and slice into 1/4" slices. Pour half of the boiling water over the slices, drain and pat dry. Repeat. On a platter, mix the flour, salt and pepper. Dredge the liver in the flour mixture. Over high heat, heat the bacon fat until blue smoke appears.

Add the liver and saute on both sides until lightly browned. Remove the liver with a slotted spoon and set aside.

Add the thinly sliced onions and cook until golden brown. Be careful not to burn the onions. Lower the heat, add the mushroom soup, one can of warm water and the liver. Cover and cook for 1 1/2 hours, making sure that the pan does not cook dry. Add 1/2 c. wine just before the liver is ready. Served with mashed potatoes and melted bacon grease as gravy.

Source: "Indian Cookin'", compiled by Herb Walker, 1977

Delicious Chinese Cabbage

Yield: 4 Servings

Ingredients

1 chinese cabbage
1/2 c water
1 tb salt
1 tb sesame oil
1/2 c carrot shredded
2 tb gingerroot shredded
1 tb sugar
1/2 ts salt
2 tb vinegar
1 few drops tabasco

Instructions

Slice cabbage, sprinkle with water and salt, and let stand overnight. Squeeze water from cabbage and arrange on serving platter.

Heat oil in skillet or wok to medium high heat and saute carrot and ginger for approximately 3 minutes. Add sugar, salt, vinegar, and a few drops of Tabasco. Bring to a boil. Pour over cabbage. Let stand at least 15 minutes before serving. Makes 4 servings.

Shared and MM by Judi M. Phelps. jhelps@shell.portal.com or jhelps@best.com

Dewey Mountain Strawberry Cheesecake (Healthy Exchanges)

Yield: 1

Ingredients

1 pk philadelphia fat free cream cheese (8 ounce)
1 pk jell o sugar free instant vanilla pudding, (4 serving mix)
2/3 c carnation nonfat dry milk powder
1 c diet mountain dew
1 keebler butter flavored pie crust (6 ounce)
1/4 c cool whip lite
4 c sliced fresh strawberries
1/4 c sprinkle sweet or sugar twin

Instructions

In a medium bowl, stir cream cheese until soft. Add dry pudding mix, dry milk powder, and Diet Mountain Dew. Mix well with a wire whisk. Pour into pie crust.

Evenly spread Cool Whip Lite over top. Refrigerate. In a medium bowl, mash 1 cup strawberries with a fork or potato masher. Stir in Sprinkle Sweet. Add remaining strawberries. Mix well to combine.

Cover and refrigerate until ready to use. When serving, cut pie into 8 pieces and spoon about 1/3 cup strawberry mixture over each piece. Serves 8

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Diabetic Chinese Style Chicken

Yield: 4 Servings

Ingredients

2 lb skinless chicken breasts
1 nonstick spray coating
3/4 c water
2 tb dry sherry
2 tb reduced sodium soy sauce
1/8 ts garlic powder
2 tb water
1 tb cornstarch
1 c celery, biased sliced 1/4
4 green onions, cut into 1 pcs
1 1/3 c hot cooked rice

Instructions

Rinse chicken pat dry. Spray a cold large skillet with non stick coating. Preheat the skillet over medium heat. Brown chicken pieces on all sides in hot skillet. Add 3/4 cup water, sherry, soy sauce and garlic powder. Simmer, covered for 35 to 40 minutes or till chicken is tender and no longer pink. Transfer chicken to a serving platter keep warm.

FOR SAUCE: Stir together the 2 tbs water and the cornstarch set aside. Add celery and onions to skillet. Cook and stir for 3 to 4 minutes or till celery is crisp tender. Stir in cornstarch mixture. cook and stir till thickened and bubbly. Cook and stir for 2 minutes longer. Serve chicken and sauce with hot cooked rice.

One serving equals 3 lean meat exchanges 1 starch / bread exchange Per servings

Calories 240 Protein 26g Carbohydrates 17g Total Fat 6g Saturated Fat 2g Cholesterol 76mg Sodium 293mg Potassium 355mg

From the Better Homes and Gardens Diabetic Cookbook

Typed by G.Major 10\15\95 From: Bobbie Kopf Date: 09 28 95

Diabetic, Low Fat Spicy Thai Vegetable Medley

Yield: 1

Ingredients

1 ts light olive oil
1 shallot thinly sliced
1 ts minced ginger
1 ts minced garlic
1 red chile pepper seeded and minced
1/2 lb japanese eggplant 1/4 inch dice
1 lg red bell pepper 1/4 inch dice
1/2 lb zucchini 1/4 inch dice
8 oz straw mushrooms drained

8 oz may substitute button mushrooms
4 ts soy sauce see note
1/2 c mint leaves
1/2 c mint sprigs for garnish

Instructions

From (Copyrighted material, used with permission from eatlf@lists.best.com)

Heat oil in large nonstick skillet over medium heat. Add shallot, ginger, garlic and chiles and stir fry until the shallot is translucent, 20 seconds.

Add eggplant and bell pepper. Stir fry for 4 to 6 minutes, or until the eggplant is almost tender. Add the zucchini and straw mushrooms. Stir fry 1 to 2 minutes, or until the vegetables are tender. Stir in the sauce. Remove the pan from the heat. Add mint and stir until wilted. Serve garnished with mint sprigs.

Makes 4 servings.

Calories.....48.....Fat.....1 g.....Carbs.....8 g.....Sodium.....33 mg.....Fiber.....2 g.

Exchanges: 1 1/2 Vegetable. NOTES : The traditional dish is not vegetarian: the cook would use half soy and half fish sauce.

Dill And Horsetail Nail Bath

Yield: 1 Batch

Ingredients

2 tb (30ml) chopped horsetail
2 tb (30ml) dill seed
1 c (225ml) boiling water

Instructions

1. Pour the water over the two herbs and steep for at least an hour.
2. Strain the liquid into a bottle

Both these herbs contain silicic acid, which helps to strengthen nails. Warm the mixture before using and soak your nails in it for ten minutes every other day

Dim Sum (Steamed Chinese Appetizers)

Yield: 1 Servings

Ingredients

1 3/4 ground meat (beef , pork or mix of two)

BASIC MIX

2 eggs
3 tb soy sauce (light preferred)
3 tb sherry
1 ts grated fresh ginger
1/2 ts white pepper
2 tb sesame oil
3 chopped little green onions
2 tb corn starch
4 tb chopped water chestnut

3 clove garlic, minced

EXTRA CONDIMENTS

1 1/2 ts red chili sauce with garlic
2 ts spicy brown bean sauce
3 ts hosin sauce
1 ts grated orange peel

WRAPPER

1 pk wonton skins

Instructions

in a large bowl, mix meat well with remaining BASIC ingredients. mix until smooth. Separate mix into four equal parts. For each part, add one of the EXTRA condiments mix well.

To stuff the dumplings, put about one overflowing teaspoon or pecan sized ball into a wonton skin. Fold into shape. Possible shapes are purse, fish, chocolate kiss, nurses cap, or whatever. Parts of the wonton skin that are sticking out may get tough, so keep this to a minimum. Use a different shape for each condiment so that you will know what is what.

To cook, place on top of lettuce leaf on steam rack (the leaf helps prevent sticking). Be very careful not to let them touch each other or else they will stick. Steam for 20 minutes. Eat hot. Can be frozen and reheated in microwave.

Courtesy of Dale & Gail Shipp, Columbia Md.

Converted by MMCONV vers. 1.50

Dip Into Don Mauer'S Carolina Coastal Cocktail Sauce

Yield: 1

Ingredients

1 c chili sauce (heinz or bennett brand)

1/4 c prepared horseradish (drained)

1/4 c granulated sugar

2 tb distilled vinegar

2 ts minced sweet onion

2 ts worcestershire sauce

2 ts celery seed

1 ts celery salt

1/2 ts garlic powder

1/4 ts fresh ground black pepper

1/4 ts hot pepper sauce

Instructions

In a medium, glass or stainless steel bowl whisk together all the ingredients until completely combined and the sugar dissolves. Cover and refrigerate for at least one day to give the flavors time to blend. (Two days is even better.) Makes 1 3/4 cups.

LeanTip: If fresh oysters are in season, this cocktail sauce makes them taste even better

Suggestion: If you like your cocktail sauce sweeter and less hot, add only 2 tablespoons of prepared horseradish.

Converted by MC_Buster.

Per serving: 312 Calories (kcal) 2g Total Fat (5 calories from fat) 4g Protein 76g Carbohydrate 0mg Cholesterol 1970mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 1/2 Fat 4 1/2 Other Carbohydrates

Converted by MM_Buster v2.0n.

Dipping Sauces For Chinese Dumplings

Yield: 14 Servings

Ingredients

3 tb soy sauce

1 1/2 ts minced garlic

2 1/2 tb water

Instructions

SOY DIPPING SAUCE: Combine the ingredients in a small serving bowl. Makes about 1/4 cup
VINEGAR DIPPING SAUCE: 1 1/2 tsp Chinese black vinegar (or Worcestershire sauce) 1 tsp finely shredded fresh ginger 2 Tablespoons water
Combine the ingredients in a small serving bowl. Makes about 1/4 cup.

Dolphin Fish Oriental Style

Yield: 1

Ingredients

500 g dolphin fish fillets (cut into serving size portions)
1 cumin powder
1 curry
1 chilli powder
1 tb sherry
1 tb soy sauce
1 garlic
1 ginger
1 ts oil
1 broccoli
1 sliced mushrooms
1 shallots
1 other stir fry vegetables

Instructions

Coat the Dolphin Fish in the dry spices (cumin, curry and chilli) and pan fry 3 or 4 minutes per side.

Meanwhile, stir fry vegetables in a little oil, garlic, chilli, sherry, and soy sauce...once cooked blend in fish pieces, serve with a bowl of steamed rice.

Cooking Tip: once cooked, the fish flesh changes colour from translucent, to a nice opaque white colour. There is a definite distinction, and no translucent colouring at all. another tip, place a fork in the thickest part of the fish, as soon as it starts to flake it is almost done.

Recipe courtesy Maria Papadopolous, Sydney Fish Markets

Converted by MC_Buster.

Per serving: 70 Calories (kcal) 5g Total Fat (73 calories from fat) 1g Protein 3g Carbohydrate 0mg Cholesterol 1030mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Dom Yam Gung (Thai Shrimp Soup)

Yield: 4 Servings

Ingredients

6 peppercorns
3 lemon grass, stalks
3 ginger, siamese, slices
3 tb lime juice
2 chilies, red, minced
8 coriander roots
4 c fish stock
2 c shrimp, uncooked
3 tb fish sauce (nam pla)
2 tb coriander, chopped

Instructions

The red chilies are also known as "prik khee nu". Puree peppercorns and coriander roots. Trim root and tough layers from lemon grass.

Thinly slice first six inches. Bring 2 c. of stock to boil. Add coriander paste and simmer while adding lemon grass, ginger and shrimp. Stir in remaining stock and bring to boil. Season with lime juice, fish sauce and chilies. Sprinkle servings with chopped coriander.

Dominican Plantains (Dj/Jc)

Yield: 6

Ingredients

3 sheets puff pastry
4 tb flour
6 fresh plantains ('machos' can be used), cut into 3 to 4 inch lengths
1 ***marinade (let plantains mar***
1/4 c light rum
2 tb mango juice
1 tb orange juice
1 ts lemon juice
1 tb grated ginger
1 ds cinnamon
1 ds nutmeg
2 eggs beaten
1 tb cornstarch or potato starch
1 c water

Instructions

Roll puff pastry out with flour, thinly. Cut into 3 to 4 inch lengths the same size as the plantains.

Spray nonstick cooking spray onto a cookie sheet. Place rolled out puff pastry onto sheet. Place marinated plantains in center of each puff slice. Roll up. Prepare egg wash (2 eggs beaten), using a pastry brush paint egg wash on all sides of pastry. Bake for 20 minutes at 400 degrees.

Sauce for Dominican Plantains: Drain and strain marinade, add thickening (1 tablespoon cornstarch to 1 cup water, mix well). Bring all liquid to a boil for 3 to 5 minutes. Drizzle on plate, place baked plantains (2 to a plate) and drizzle sauce on top.

Yield: 4 to 6 servings

CHEF DU JOUR JOVANNA CRUZ SHOW #DJ9464

Busted and entered for you by: Bill Webster

Converted by MM_Buster v2.0m.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Donis Favorite Diabetic Cocktail Drink

Yield: 2

Ingredients

1 c dole pineapple chunks
1 ts sprinkle sweet or honey
1/2 ts vanilla
1 sm ripe banana
4 lg or 6 small strawberries

Instructions

Combine ingredients in blender container. Run on high until smooth and well blended.
Makes 2 servings.

Evelyn (Zimmerman) Gudeman

Per serving: 3 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein trace
Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean
Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: A Taste of Eureka Hospitality Evelyn (Zimmerman) Gudeman

Converted by MM_Buster v2.0n.

Donna Celeiro's "Catskill Mountain French Bre

Yield: 1 Servings

Ingredients

7 oz water
3 c bread flour almost
2 ts sugar
2 ts salt
1 tb butter margarine
2 tb sesame seeds
2 ts yeast (red star active dry yeast)

Instructions

Use "French"/"crusty" mode if available otherwise white. Hope you enjoy the bread.
I'll post the "Catskill Mountain Rye" too. Donna....Catskill Mtns, NYS 09/24 06:10 pm
Reformatted by Elaine Radis

Donna Celeiro's "Catskill Mountain Rye"

Yield: 1 Servings

Ingredients

1 c water
1 tb vegetable oil
2 tb honey
1 ts salt
1 tb caraway seeds
1 c rye flour
1 3/4 c bread flour
3 tb nonfat dry milk
1 tb yeast
4 tb gluten

Instructions

Use bread machine on "standard" or "white bread" mode. I hope you like this recipe. It
retains all the great flavor but rises quite high and has a real nice texture.

Doren's Cocktail Meatballs

Yield: 25 Servings

Ingredients

Meatballs:

3 lb extra lean ground beef
1 lb lean ground pork
3 c rolled oats

1 3/4 c milk
1 8 ounce can waterchestnuts chopped
5 tb Worcestershire sauce
1 md onion finely chopped
5 cloves garlic crushed with salt us
3 tb Tabasco sauce
6 tb soy sauce
1 tb cayenne pepper
1 tb ginger root chopped
1 tb dried thyme
salt to taste
freshly ground black pepper
8 tb butter for frying

Sauce:

4 c brown sugar
3 c vinegar
4 tb paprika
3 c pineapple juice
8 tb cornstarch

Instructions

To make the meatballs, in a large bowl combine the ground meat with the remaining ingredients and mix well. Taste for seasoning by melting a little butter and frying a small amount of the mixture. Season with more salt and pepper if necessary and shape into 1 inch balls. Melt the butter in a heavy skillet and brown the meatballs in batches. To make the sauce, in a saucepan combine the brown sugar, vinegar, paprika, salt, and pineapple juice, and heat through. In a small dish, add 4 tablespoons cold water to the cornstarch and blend until smooth. Add some of the hot sauce to the cornstarch mixture, then pour back into the sauce. Cook until thick. Add the meatballs and heat thoroughly.

Source: "New Southern Cooking, page 15" Copyright: "Nathalie Dupree 1986"

Per serving: 347 Calories (kcal) 14g Total Fat (36 calories from fat) 13g Protein 43g Carbohydrate 50mg Cholesterol 378mg Sodium Food Exchanges: 1 Grain(Starch) 1 1/2 Lean Meat 0 Vegetable 1/2 Fruit 2 Fat 1 1/2 Other Carbohydrates

NOTES : Doren Chisholm, who for years was the manager of Brennan's Restaurant in Atlanta when Paul Prudhomme was their executive chef, entertains with great style. This recipe of hers is always the hit of my cocktail parties. The meatballs freeze very well, for an indefinite amount of time. I defrost them in the microwave or overnight in the refrigerator, then reheat them for 15 minutes at 350° before placing them in the sauce.

Notes by Lindell: I first made this in December of 1991. Every time I've served it, it gets rave reviews. It's a good recipe to give everyone the impression that you're a great cook! A quicker way to brown the meatballs, is to place them on a baking pan and bake at 450° until browned. I also like to make the sauce in the microwave. The meatballs are either put into a crockpot or a very large casserole dish before pouring the sauce over them.

Contributor: Nathalie Dupree

Preparation Time: 0:00

Dosai (Indian Rice)

Yield: 4 Servings

Ingredients

1 1/2 c rice
1/2 c urad dal
2 ts salt

Instructions

Soak the rice and dal separately in slightly warm water for 2 – 8 hours. Grind separately to a smooth paste and mix in a large vessel with salt. Mix thoroughly (use blender if possible). Ferment for 12 hours.

Rajeev Krishnamoorthy, rajeev@twain.EE.CORNELL.EDU

Dosai South Indian, Pancake Like

Yield: 1 Servings

Ingredients

3 c texas long grain rice
1 c urad dal (polished)
2 ts salt
1 oil for frying

Instructions

Verbose, designed to guide the novice through the steps.

Grinding: Soak the rice and the dal separately, for about 5 hr (soaking longer won't hurt, I usually soak it in the morning, go off to work, and grind in the evening.)

Grind the rice with sufficient water until it is a smooth paste. (I use my Osterizer and run it in 3 batches, the amount of water used to grind is somewhat crucial, using too much will make the result too watery, while using too little will make it hard to grind and too thick. I usually put in the rice and add water until it just reaches the brim of the rice, this will seem like too much, but it will work out fine once the rice is ground.

I then run the Osterizer on MIX until the rice is broken and then run it on LIQUIDIZE until the rice starts to become a paste. If required, add a little more water, perhaps a few T. Touch the paste between your fingers to feel the texture. It should be smooth).

Now grind the dal in two batches. (The amount of water here is not as tricky.

Traditionally this would be ground in a stone grinder by hand. The dal needs to be ground while slowly adding more water from the top of the Osterizer. When ground, the dal has the tendency to fluff up this tendency must be encouraged by adding only a little water at a time while stirring and continuing to grind. The dal should double in quantity after grinding, while the quantity of rice would have remained unchanged.)

Now mix both the pastes with the salt in a dish that is at least a third bigger in size, allowing space for the dough to rise. (Quite commonly, the dough runs over for me, so I put it in a larger dish than worry all night about overflowing dough).

Leave for about 8 hr in a dark warm place. I usually leave it in the oven overnight and occasionally turn the oven on for a minute or two, to keep the air inside at a warm temperature.

Cooking: The next morning, if you have done all this the dough is ready to be transformed into dosas. Use a heavy cast iron griddle (a flat nonstick pan will do, but sadly lacks the taste that comes from the iron pan).

Heat the pan until a few drops of water dropped on the pan sizzles away.

Take a deep ladle full of dough and drop the dough in the middle of the pan, then with a deftness that comes with practice, quickly swirl the dough away from the middle until it is spread evenly in a circle around the pan. You must do this quickly because once the dough cooks, you cannot spread it and the result will be lumpy.

Take a teaspoon full of oil and spread it around the edge of the dosai. Wait a minute or so, until you see the edges browning and insert a flat ladle that has sharp edges under and all around the dosai, until it is released completely (be warned that using a well scrubbed pan won't let you release the dosai easily. To prevent this, you might want to rub a little oil onto the surface of the pan before spreading the dough.)

After releasing the dosai, flip it around on the other side and put another teaspoon of oil around the edges. Wait a minute or two until it is cooked and remove from the pan. Before making the next one, use a small piece of paper kitchen towel and rub any excess oil off the pan. This whole procedure sounds tedious, but it's not too hard after you've done it a few times.

Incidentally I make dosa every week. The dough will keep in the refrigerator for a week or more. If the dough starts to get sour, cut small pieces some green chilis and onion and add to the dough before cooking it. This can be done even otherwise, for a different flavor and variety.

Eating: Break a piece of the dosa and dip it into the dosa molaga podi or the samber (recipe to follow) and pop it into your mouth.

Enjoy. If you do try to make this, send me email if you have any further questions.

CONTRIBUTOR radhika radhika@cs.washington.edu From: Michael Loo Date: 26 Jul 97 National Cooking Echo Ž

Dri Mai Tai

Yield: 1 Servings

Ingredients

3 oz club soda

1 oz fresh squeezed orange juice

1 oz fresh squeezed lemon juice

1 oz pineapple juice

1 oz simple syrup

1/2 oz grenadine syrup

1/2 oz lime juice

3/4 c crushed ice

1 ea orange cartwheel slice

1 ea maraschino cherry

Instructions

IN A BLENDER, COMBINE ALL INGREDIENTS EXCEPT ORANGE AND CHERRY. BLEND UNTIL SMOOTH. POUR INTO A TALL GLASS. GARNISH WITH ORANGE AND CHERRY THREADED ON A LONG WOOD SKEWER.

MAKES ONE 11 oz. SERVING. * SIMPLE SYRUP: IN A SMALL SAUCE PAN, COMBINE 2 CUPS SUGAR AND 1 CUP WATER. BRING TO A BOIL, STIR TI DISSOLVE SUGAR. BOIL GENTLY FOR 5 MINUTES.

MAKES TWO CUPS. SYRUP WILL LAST FOR SIX MONTHS IF REFRIGERATED.

Dubonnet Cocktail

Yield: 2 Servings

Ingredients

2 oz gin

2 oz dubonnet

1 lemon peel

Instructions

Recipe By :

Duck Sauce (Chinese Plum Sauce)

Yield: 4 Pints

Ingredients

3 md bell pepper, red
2 1/2 lb apricots stoned & quartered
2 1/2 lb plum, red stoned & quartered *
5 1/2 c cider vinegar
2 1/2 c water
1 1/2 c sugar, white
2 c sugar, light brown
1/3 c karo, light
1/2 c ginger, fresh peeled & chopped
2 tb salt, kosher
1/4 c mustard seeds toasted
1 md onion quartered
2 chile serrano seeded & diced
5 garlic clove minced
1 cinnamon stick

Instructions

* weight before preparation

Roast the peppers to remove skin quarter lengthwise and devein. Set aside.

Combine the apricots, plums, three cups of vinegar and water in a large non reactive kettle and simmer until soft about 25 minutes. Remove from heat and set aside.

In another non reactive kettle, this one very large, combine the remaining vinegar, sugars, and Karo and bring to a boil, stirring. Add the fruit mixture, ginger, salt, mustard seeds, onion, chiles, garlic, cinnamon, and the skinned bell peppers. Simmer, covered, for five minutes then simmer uncovered for one hour, stirring every so often. Remove the cinnamon stick.

With a food processor, pulse the mixture for a couple of seconds (this has to be done in batches process a little longer if you like a less textured sauce). Return to the kettle and boil gently, stirring, until the sauce has thickened, about 15 minutes (the sauce will thicken some more as it cools).

Ladle into sterilized jars, either half pint or pint. Process in a boiling water bath for 10 minutes (for half pint jars) or 15 minutes (for pint jars). Allow to age in the jar for 2 to 4 weeks before using.

Better than Store Bought

Witty & Colchie

Duck Sauce (For Chinese Dumplings)

Yield: 1 Servings

Ingredients

1 c mango chutney
1 c apricot preserves
1/4 c cold water

Instructions

Place chutney, preserves, and water into the container of a blender (or food processor) and blend for just a few seconds to mix well and reduce to a fine consistency. Place in jar, cover, and refrigerate. Duck sauce will keep for a long time in the refrigerator.

Serve with any of the Chinese dumplings.

Maria Polushkin The Dumpling Cookbook

Typos by Brenda Adams

Posted to MC Recipe Digest

Duck Sauce For Chinese Food

Yield: 1 Servings

Ingredients

1/2 c apricot preserves

6 tb water

2 ts low sodium soy sauce

1 1/2 tb apple cider vinegar

1 ds garlic powder

1 apple, chopped

3/4 c chopped light peaches, pears

1 or pineapple

Instructions

Cook apricot preserves, water, soy sauce, vinegar and garlic powder until preserves melt. Add apple and cook 5 minutes. Add chopped fruit mash and refrigerate. Serves 8.

One serving (1/4 cup) contains 1 fruit.

Another recipe from our database at [Cookbooks On/Line!](#)

From: Steve Thomas Chile Heads List

From: Jim Weller Date: 05 03 97

Duck Soup, Chinese Style

Yield: 8 Servings

Ingredients

2 qt Chicken stock fresh or canned

6 Dried Chinese mushrooms

1 pn White pepper or to taste

1 c Chinese greens, bok choy or napa

Bones from one roast duck

3 Green onions chopped

1 ts Sesame oil

1 c Cooked duck meat cut julienned

1 oz Cellophane noodles see * Note

Salt to taste

GARNISH

1 lg Egg raw

1 tb Chinese parsley chopped

Instructions

* Note: Found in Oriental Markets.

Soak the dried mushrooms in 1 cup warm water for about 1/2 hour. Bring the chicken stock to a simmer and add the mushrooms and the water in which they were soaked.

Add the pepper, greens and bones. Simmer for 1 hour. Drain the stock and discard all solids except the mushrooms. Cut the mushrooms julienne and return to the stockpot.

Add the green onions, sesame oil and cooked duck meat, and taste for salt. Drop the noodles into the pot and simmer until they are just tender, about 5 minutes. Place the soup in a tureen and add the shelled raw egg, whole. It will cook on the way to the table.

Add the parsley garnish. Stir the egg into the soup at the table.

Comments: The Chinese are very frugal cooks. Little or nothing is wasted including the bones of the duck.

This is easy and delicious.

Recipe Source: THE FRUGAL GOURMET by Jeff Smith From the 05 27 1992 issue The Springfield Union News

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MAD_SQUAD@prodigy.net 07 17 1994

Contributor: Jeff Smith

Preparation Time: 0:00

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Oriental Recipes E

East Indian Chicken

Yield: 4 Servings

Ingredients

- 1/2 c chopped onion
- 1/2 c chopped green pepper
- 1/4 ts garlic powder
- 1 ts vegetable oil
- 2 c skin, cooked diced chicken
- 1/2 ts salt
- 1/2 ts pepper
- 1 1/2 ts curry powder
- 28 oz whole tomatoes, can
- 1 tb worcestershire sauce
- 2 tb chopped parsley
- 1/4 c raisins
- 2 c cooked rice

Instructions

Cook onion, pepper, garlic powder in oil until onion tender, about 3 min. Add remaining ingredients, except rice, cook over low heat for 30 min. Serve over rice. Cal: 340 Fat: 1 2/5g.

East Indian Mung Beans And Rice

Yield: 4 Servings

Ingredients

8 c water
1 c mung beans (dry)
1 c basmati rice
1/2 c soy oil
1/2 c soy sauce (up to)
3 tb whole yellow mustard seed
1 tb basil
1 ground tumeric
1 whole corriander
1 cumin
1 ts cayenne pepper
1 black pepper
1 fennegreek powder
1 oregano
1 ct plain yogurt
1 ct mango chutney

Instructions

1. Boil water.
2. Mix all ingredients.
3. Boil again.
4. Cover and simmer for 1+ hours.
5. Watch for chili like consistency.

For good plate presentation, I like to put a reasonable portion on a plate, and then put a stripe of yogurt and a stripe of chutney (like an equal sign) on top.

This is a moderately hot dish, so I like to serve it with a cold tobuli salad, some nan or pita, and a Ravi Shankar CD on the stereo.

SHANE@PERI.COM (SHANE BOUSLOUGH)

REC.FOOD.RECIPES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

East Indian Pork Chops

Yield: 6 Servings

Ingredients

1 ts salt
5 pork chops (up to 6)
1 c uncooked rice
1/2 c raisins
1/2 c slivered blanched almonds
1 tb instant minced onion
1/2 ts curry powder
8 oz tomato sauce

1 c plus water

Instructions

Sprinkle salt in bottom of large skillet and heat. Add pork chops. Brown on both sides. Combine rice, raisins, almonds, onion and curry powder. Spoon over and around chops. Pour on tomato sauce and water. Cover and simmer for 30 minutes until rice and pork are tender. Add more water as needed. Serves 56.

Recipe by: R. Banghart Posted to TNT Prodigy's Recipe Exchange Newsletter by MarySpero@prodigy.com (MS MARY E SPERO) on Jul 25, 1997

East Indian Roasted Leg Of Lamb

Yield: 10 Servings

Ingredients

1 lg Onion cut up
4 Jalapeno peppers seeded, chopped
3 Garlic cloves halved
3 tb Lime juice
1 tb Honey
1 ts Dijon mustard
1 ts Grated ginger root
1 ts Salt
1/2 ts Pepper
4 lb Leg of lamb
2 tb Butter or margarine melted

Instructions

In a blender container or food processor bowl combine onion, peppers, garlic, lime juice, honey, mustard, gingerroot, salt and pepper. Cover and blend or process until nearly smooth, stopping to scrape sides if necessary. Set aside.

Trim fat from meat. Cut 1/2inch slits all over meat at 1inch intervals.

Line a shallow roasting pan with a double thickness of heavy foil. Place meat, fat side up, on a rack in the lined pan. Spoon pureed mixture over meat, rubbing the mixture into the meat with your fingers. Drizzle with melted butter.

Roast, uncovered, in a 325 degree oven for 2 hours or until desired doneness. Cover loosely let stand 15 minutes, before carving.

Recipe Source: Better Homes And Gardens Magazine Apr, 1993 issue submitted by Mrs. Aloma Moore, East Point, GA

Formatted for Mastercook by Robyn Louisell akya29b@prodigy.com

NOTES : An intriguing blend of hot peppers, garlic, lime, honey, and ginger complements lamb in this winning recipe.

Contributor: Mrs. Aloma Moore

Preparation Time: 0:00

East Indian Shrimp In A Tandoori Marinade

Yield: 4 Servings

Ingredients

4 lb shrimp medium, shell deveined
16 oz plain yogurt
6 tb fresh lemon juice
1 1/4 ts cayenne
1 1/4 ts pepper
1 1/4 ts turmeric

1 1/4 ts curry powder
4 ts paprika
1/2 ts salt
2 ts garlic finely minced
2 ts ginger root minced

Instructions

Thread shrimp on 8 10 inch skewers and lay on a jelly roll sheet or any pan that will hold them in one layer. Marinate shrimp: In a small bowl, mix all ingredients well and spoon over skewered shrimp, cover completely. Slip into a plastic bag and refrigerate for at least 6 hours.

Grill shrimp: Grill skewered shrimp over ashed coals for 34 min.

Turn and continue cooking 3 min. more until done. serve immediately with lemon wedges and onion slices.

Recipe By :

East Indian Snack

Yield: 1 Servings

Ingredients

5 oz can crisp chinese noodles
6 1/4 oz package salted cashew nuts
2 c rice chexr
1/8 c toasted coconut
1 ts curry powder
1/4 ts ground ginger
1/4 c melted butter
1 tb soy sauce

Instructions

In mixing bowl or slow cooking pot, mix together noodles, cashews, Rice Chex, and coconut. Sprinkle with curry and ginger. Add butter and soy sauce. Toss until well mixed. Cover and cook in slowcooking pot on low 3 to 4 hours. Uncover the last 30 to 40 minutes. Serve as appetizer or snack.

Recipe By :

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

East Indian Special (Tope)

Yield: 1

Ingredients

1 kg mutton (wash & cut in pieces)
1/2 kg onions
2 sour limes
1 curry leaves
2 tb bottle masala

GRIND

1 inch ginger
2 inch cinnamon
6 cardamoms
6 cloves
1 pod garlic
4 green chillies

1/4 kg poha (beaten rice)

Instructions

Fry onions golden brown. Add ground masala & fry well. Add mutton & curry leaves & salt to taste. Add 1 tbsp bottle masala & pressure cook till mutton is tender.

Remove mutton from gravy & add 1 tbsp bottle masala boil 3 cubed potatoes till tender. Add the mutton back to the gravy add sour lime juice & a handful of chopped corriander.

Add poha & serve gamished with chopped corriander. This can be served as a substitute for rice. If desired this gravy can be served with boiled rice or pulav.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

East Indian Style Smoked Trout Appetizer

Yield: 6 Servings

Ingredients

1 lb hot smoked lake trout
2 potatoes
1 oil for frying
1 onion: chopped
4 cl garlic minced
1/4 ts tumeric
1/2 ts ginger root grated
3 tb parsley chopped
1 green chile seeded and chopped
1 salt to taste
2 tb lemon juice
1 flour
1 lemon slices

Instructions

Boil and mash potatoes flake and mash the fish combine the two. Fry onion and garlic in oil for 5 min add tumeric, ginger, parsley and the chile pepper fry 1 min more. Add potatofish mix, salt and lemon juice stir and cook 2 min more, cool. Roll mixture into balls, roll in flour and deep fry on oil at 375 til browned. Serve hot with lemon slices.

From: Smoking Salmon & Trout by Jack Whelan. Published by: Airie Publishing, Deep Bay, B.C. ISBN: 0919807003 Posted by: Jim Weller

East Indian Vegetable Casserole

Yield: 6 Servings

Ingredients

2 tb butter or margarine
1 c rice, longgrain, uncooked
3/4 c celery, diagonally sliced
3/4 c raisins, dark, plumped
1/4 ts nutmeg, ground
2 bouillon cubes, beef
1/2 c nuts, chopped dryroasted
3/4 c onion, chopped
1 c green pepper, coarse chopped
3/4 c carrot, sliced

1/4 ts cardamom, ground
1/4 ts tabasco sauce
2 c water, b oiling
1 pk mozzarella cheese, slice(8oz)

Instructions

1. Melt butter in a large saucepan sauce onion until transparent.
2. 2. Add rice mix well.
3. 3. Stir in green pepper, celery, carrot, raisins, cardamom, nutmeg and Tabasco sauce.
4. Dissolve bouillon cubes in boiling water add to rice mixture.
5. Spoon mixture into a 2quart casserole cover tightly.
6. Bake in preheated 350°F. oven 30 minutes, or until all liquid is absorbed and vegetables are tender.
7. Remove from oven sprinkle with nuts and arrange cheese slices over top.
8. Place under broiler 3 minutes, or until cheese melts.

NOTE: To plump raisins, drop into boiling water let stand 5 minutes, then drain.

Easy Entertaining

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Bacon isn't just for breakfast anymore. There are new uses for sausages and roast beef too. This cook booklet offers 12 unique menu ideas from a national recipe contest that are great for any gathering.

Send a SASE to: Easy Entertaining National Live Stock and Meat Board, Dept. CD
444 N. Michigan Ave. Chicago, Il 60611

Easy Indian Fry Bread

Yield: 1

Ingredients

12 frozen dinner rolls 1 lb pack thawed
1 cooking oil for shallow fat frying

INDIAN TACO MEAT SAUCE

2 lb lean ground beef
1 16 ounce can refried beans
1 c tomato juice
1 tb taco seasoning
1 tb chopped onion
1 ts chili powder
1 c water

TOP WITH

1 sour cream
1 shredded cheese
1 shredded lettuce
1 chopped tomato
1 or

CINNAMONSUGAR TOPPING

1/2 c sugar

2 ts ground cinnamon

Instructions

On a lightly floured surface, roll out each ball of thawed dough to form a thin 4 to 5 inch circle.

Heat 1 inch of oil in a skillet to 365o. Fry dough circles, 1 or 2 at a time, 1 minute on each side till golden.

Drain on paper towels. Keep warm in a 300o oven while frying remainder.

Top with meat or cinnamon sugar.

Serve warm.

Makes 12.

INDIAN TACO MEAT SAUCE:

Brown 2 pounds lean ground beef in a skillet.

Drain off fat.

Stir in one 16ounce can refried beans, 1 cup tomato juice, 1 tablespoon taco seasoning, 1 tablespoon chopped onion, 1 teaspoon chili powder and 1 cup water.

Bring to boiling.

Boil gently, uncovered, for 30 minutes.

Spoon over bread.

Top with dairy sour cream, shredded cheese, shredded lettuce and chopped tomato, if you like.

CINNAMONSUGAR TOPPING:

Mix 1/2 cup sugar and 2 teaspoons ground cinnamon.

Sprinkle over warm fry bread.

Per serving: 3334 Calories (kcal) 193g Total Fat (52 calories from fat) 191g Protein

200g Carbohydrate 681mg Cholesterol 3465mg Sodium Food Exchanges: 6

Grain(Starch) 23 1/2 Lean Meat 2 Vegetable 0 Fruit 23 1/2 Fat 6 1/2 Other

Carbohydrates

Recipe by: Midwest Living Magazine

Converted by MM_Buster v2.0n.

Easy Oriental Chicken Salad

Yield: 1 Serving

Ingredients

1/3 c Oil

3 tb Rice vinegar

1/4 c Soy sauce

3 tb Sake

1/4 ts Ground ginger

pn Sugar

pn Salt

ds White pepper

3 c Chicken, cooked & cubed

1 c Bean sprouts, fresh

1/2 c Celery, sliced

8 oz Waterchestnuts, canned, drain, slice

1/4 c Green pepper, chopped

1/4 c Green onions, thinly sliced

2 tb Pimiento, chopped

Instructions

In large bowl, add ingredients in order. Stir to mix thoroughly cover, chill. Note this is very good with cooked shrimp. Same amount.

Source old clippingensa79a 950128 Grandma

Preparation Time: 0:00

Easy Oriental Fried Rice

Yield: 4 Servings

Ingredients

FROM LOIS FLACK

CYBEREALM BBS (315)7861120

1 * * &nb

4 c cooked rice

2 sl bacon, chopped

1/2 c lowfat ham (you may substitute cooked shrimp, turkey or chicken)

1 c carrots, diced

1/2 c red pepper, diced

1/2 c green onion, chopped

1 c frozen green peas

1/2 ts dried ginger

1/3 c lowsalt soy sauce

1 salt & pepper to taste

Instructions

1. Fry bacon in large skillet or wok until crisp. Drain off all but 1 T of fat.
2. Add meat and carrots stir fry about 2 minutes.
3. Add red pepper and onions toss or stir to fry until vegetables are cooked.
4. Stir in green peas, rice, ginger, soy sauce, salt and pepper.
5. Stir to heat well cover and let stand about 5 minutes.

Serving size depends on amount of rice used.

Source: Saran Wrap

Typed for you by Lois Flack, CYBEREALM BBS, Watertown, NY

Easy Pad Thai

Yield: 4 Servings

Ingredients

6 1/2 oz wide rice noodles [227g]

2 tb vegetable oil

6 oz lean ground pork

1 sweet red pepper, chopped

3 garlic cloves, minced

1/4 ts hot pepper flakes

6 oz raw shrimp, peel, devein

1/3 c chicken stock

3 tb fish sauce

2 tb granulated sugar

2 tb lime juice

2 tb ketchup

1 egg, beaten

2 c bean sprouts

2 green onions, chopped
1/4 c fresh coriander, chopped
2 tb peanuts, chopped
2 limes, cut in wedges

Instructions

Soak noodles in warm water for 15 minutes drain and set aside.

In large wok or deep skillet, heat oil over high heat stirfry pork, red pepper, garlic and hot pepper flakes for 2 minutes. Add shrimp stirfry for 1 minute. Stir in stock, fish sauce, sugar, lime juice and ketchup stirfry for 1 minute. Add noodles toss. Drizzle in egg, tossing until egg is set. Add bean sprouts toss. Sprinkle with onions, coriander and peanuts. Garnish with lime.

Makes 4 servings for \$9.70CDN [Sep 94]

Per serving: about 510 calories, 25 g protein, 18 g fat, 62 g carbohydrate good source iron.

Source: Canadian Living magazine, Sep 94 Presented in article by Elizabeth Baird:
"Great Pastabilities" [PAM] PA_Meadows@msn.com

Easy Shrimp Cocktail Sauce

Yield: 1 Servings

Ingredients

1/2 c chili sauce
1/2 c catsup
1/4 c horseradish
1 tb lemon juice
1 tb worchestershire sauce

Instructions

Blend and chill.

Eat Smart Oriental Chicken Salad

Yield: 1 Servings

Ingredients

4 chicken breast filets
4 tb soy sauce
4 tb sherry
1 ds garlic powder
2 tsp. minced fresh ginger
1 head eat smart lettuce
1 bn coriander
2 stalks of green onions

Instructions

OPTIONAL

1/2 c chopped roasted peanuts
2 c fried chow mein noodles

SESAME GINGER DRESSING

4 ts dry mustard
3 tb toasted sesame seeds
4 tb soy sauce
1 tb sherry
2 tb sesame oil
1 tb vegetable oil

2 tb rice vinegar
1 tb sugar
1/2 ts minced ginger

Here's a recipe I haven't tried yet but plan to in the near future. I found it on the package wrap around my Lettuce that I purchased a few weeks ago from grocery store, it was packaged by Apio, Inc. I love Chinese food and thought this would be one worth sharing.

Mix soy sauce, Sherry, Garlic Powder, and ginger in a shallow baking dish. Marinate Chicken for several hours. Bake chicken skin side up for 45 minutes at 325F and shred chicken when cool. Shred Lettuce and green onions chop coriander and peanuts. Toss these ingredients in a large mixing bowl. Add chicken and Chow Mein Noodles and set aside.

SESAME GINGER DRESSING: Prepare dressing by mixing dry mustard, sesame oil, veg oil, soy sauce, Sherry, Vinegar, Sugar, Sesame Seeds and Ginger together. Pour dressing over salad and toss gently. Sprinkle Peanuts on top.

Serves 4

Posted to TNT Recipes Digest by "Cynthia" on Mar 6, 1998

Edna'S Oriental Fish Marinade

Yield: 1 Serving

Ingredients

1 tb soy sauce
1 tb sherry
1 tb oil
1/2 ts sugar
2 sl crystallized ginger minced
1 onion sliced

Instructions

The other best alternative is cut into small sections, heat Canola oil. Cheat purchase Zatarain's Seasoned Fish Fry. Dust the fish up and deep fry. Watch out because your family will fight you for the last piece of fish.

Posted to the BBQ List by "H. WHITED ENGRAVING" on Aug 21, 1998.

Preparation Time: 0:00

Egg Foo Yung (Chinese Omelet)

Yield: 2 Servings

Ingredients

1 egg mixture:
4 oz shelled and deveined cooked shrimp
2 lg eggs, beaten with 2 teaspoons water
1 c bean sprouts
1/4 c chopped scallions (green onions)
1/8 ts salt
1 dash each garlic powder and white pepper
2 ts peanut or vegetable oil
1 sauce:
1 1/2 ts soy sauce
1 ts each cornstarch and rice vinegar
1 dash ground ginger
1/2 c water

Instructions

To prepare Egg mixture: In bowl combine shrimp, beaten eggs, bean sprouts, scallions, and seasonings, mixing well. In 9 inch nonstick skillet heat oil drop a scant 1/4 cup of egg mixture into hot oil and cook until set and lightly browned on bottom. Turn patty over and brown other side remove to a warmed platter and keep warm. Repeat procedure with remaining egg mixture, using scant 1/4 cup mixture for each patty.

To prepare Sauce: In small saucepan combine soy sauce, cornstarch, vinegar, and ginger, stirring to dissolve cornstarch gradually stir in water. Stirring constantly, bring mixture to a boil and cook until sauce thickens.

TO SERVE: Transfer patties to 2 warmed plates and top each portion with half of the sauce.

Egg Noodles With Oriental Seasoning

Yield: 4 Servings

Ingredients

4 oz medium or wide egg noodles uncooked
1/4 c water
2 tb lowsodium soy sauce
1 ts vinegar
1 ts sugar
1 ts cornstarch
1 tb vegetable oil
2 scallions trimmed and
thinly slic
1 garlic clove finely chopped
1/2 ts dried ginger
1/4 lb snow peas trimmed

Instructions

Prepare egg noodles according to package directions. While egg noodles are cooking, stir the water, soy sauce, vinegar, sugar and cornstarch together in a small bowl until the sugar and cornstarch are dissolved. Set aside.

When noodles are done, drain well. Heat the vegetable oil in a wok or large, deep skillet over high heat. Add the scallions, garlic and ginger and stir until the garlic and ginger are fragrant, about 15 seconds. Add the snow peas and toss just until they begin to change color, about 10 seconds. Add noodles and toss with the seasoned oil. Stir in the soy sauce mixture and pour all into the wok. Stir well until the sauce is thickened and the noodles are evenly distributed.

Transfer immediately to a serving dish. Serve hot.

Serves 4 (as side servings)

Each serving provides: 98 Calories 2.9 g Protein 13.2 g Carbohydrates 3.9 g Fat 9.3 mg Cholesterol 519 mg Sodium. Calories from Fat: 27

Copyright National Pasta Association (<http://www.ilovepasta.org>) (Reprinted with permission)

Eggplant With Chicken From Keo's Thai Cuisine

Yield: 1 Recipe

Ingredients

1 no ingredients

Instructions

3/4 lb Japanese eggplant (about 3 cups sliced)

1/3 lb pound boneless chicken breast
6 tb oil
3 cloves garlic crushed
3 red chili peppers seeded and chopped
15 sweet basil leaves
3 tb Thai yellow bean sauce

Slice unpeeled eggplant crosswise into slices 1/8 inch thick. Thinly slice chicken. Heat oil in wok add garlic and stir fry until light brown.

Add eggplant and chicken and cook for 5 to 7 minutes. Add red chili peppers, basil leaves and yellow bean sauce mix well. Serve immediately, since eggplant and basil turn dark if dish sits after cooking.

Makes 3 to 4 servings.

from the Chickenrecipes list at Onelist, posted by Mimi Hiller MMformatted by Petra

Eggplant, Chinese Style

Yield: 4 Servings

Ingredients

1 lg Eggplant
2 tb Salt
1 ts Freshlygrated ginger root
1 tb Red chile paste with garlic
1 tb Chinese rice wine
1 tb Soy sauce, light
1 tb Sweet bean sauce
1 tb Hot bean sauce
3 tb Peanut oil
3 Garlic cloves minced
4 Green onions chopped
1 tb Toasted sesame oil
Green tops of 3 green onions chopped for garnish

Instructions

Cut off the stem of the eggplant and cut into 3/4inch slices. Cut the slices again so that you have 3/4inchesquare cubes. Place in a bowl and mix with the salt. Place in a colander and let drain for 45 minutes. Rinse off the cubes and drain for another 45 minutes. Or rinse and pat dry with paper towels.

Meanwhile, mix the sauce: In a small bowl mix the ginger, red chile paste with garlic, wine, soy sauce, hot bean sauce, and the sweet bean sauce.

Stir and set aside.

Heat a wok or very large frying pan. Add the peanut oil and the garlic.

Saute for a moment and then add the eggplant and green onion.

Stirfry over high heat until the eggplant is tender, 7 to 10 minutes. Add the mixed sauce. Continue cooking for another 3 minutes.

Place on the serving platter and drizzle the sesame oil over the top. Add green onion tops for garnish.

Recipe Source: THE FRUGAL GOURMET by Jeff Smith From the 01091991 issue The Springfield UnionNews

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MADSQUAD@prodigy.net 07171994

Contributor: Jeff Smith

Preparation Time: 0:00

Eight Spiced Crispy Skinned Snapper In A Thai Hot And

Yield: 4 Servings

Ingredients

4 snapper fillets with the scaled skin on
1/8 c coarse ground szechwan peppercorn
1/8 c ground star anise
1/4 c ground cinnamon
1/4 c coarsely ground fennel
1/4 c coarsely ground cumin
1/4 c coarsely ground coriander
1/8 c coarsely ground white
1 peppercorn
1/8 c ground ginger
1 salt

Instructions

Salt snapper and coat only meat side with spice mix. In a medium hot pan with canola oil, saute meat side first until brown then flip and roast in a 450 degree oven for 58 minutes. Be careful not to burn the skin. May have to flip over back to finish. Pull crispy skin off and slice on the bias.

Recipe By : Chef du Jour

From: Minnie@juno.Com (Louise M Mccartndate: Wed, 23 Oct 1996 14:36:15 Pst

Elephant's Tail

Yield: 2 Servings

Ingredients

3 oz gin
1 oz cherry brandy
1 juice of 1 lemon
2 ds grenadine

Instructions

Recipe By :

English / Indian Ingredients

Yield: 1 Servings

Ingredients

1 information:

Instructions

A

Achar Pickle

Adrak Ginger

Ajwain or Ajowain Lovage

Aloo Potato

Am Mango

Am chur Mango Powder

Anardana Pomegranate

Aniseed Saunf

Areca Betel Nut

Asafoetida Hing

Aserio Aniseed
Ata or Atta Chupatti flour. Fine wholemeal

B

Badian Aniseed Stars (Star Anise)
Badam Almond
Bay Leaves Tej Patia
Besan Chickpea flour
Bindi Okra
Black Salt Kala namak
Brinjal Aubergine

C

Cardamon, black or brown Elaichi
Cardamom, green or white Elaichi
Cashew nuts Kaju
Cassia bark Cassia bark
Chawal Rice
Chillis Chillis
Chor magaz Melon seeds
Cinnamon Dalchini
Cloves Lavang
Coriander Dhania
Cummin or Cumin Jeera or Zeera
Curry leaves, Neem or Kariphulia
Cus cus Poppy seed

D

Dahi Yoghurt
Doroo Celery

F

Fennel Sonf or Soonf
Fenugreek Methi

G

Gajar Carrot
Garam Masala Garam Masala, add it to curry
Garlic Lasan
Goor or Gur Palm sugar
Gram flour (Besan) Chickpea flour

H

Haldi Turmeric

I

Imli Tamarind

J

Jaifal or Taifal Nutmeg

Javatri Mace

K

Kabli chana Chickpea

Kalongi Similar to wild onion seeds

M

Makke Cornflour

N

NgaPi Shrimp paste

Nigella Wild Onion Seed

P

Panch Phoran Five seed mixture

Paprika Paprika

Pepper Mirch

Podina Mint leaves or powder

R

Rai Mustard seed

Rajma Red Kidney beans

Rosewater Ruh gulab

S

Saffron Kesar or Zafron

Salt Namak

Sarson Ka Sag Mustard leaves

Seenl Allspice

Sesame Seeds Til

Sonf Fennel seed

Sont or Sonth Dry ginger

Supari Supari, Mixture of colored seeds
for chewing after a meal

T

Taipal or Jaiphal Nutmeg

Tej Patia Leaf of cassia bark tree

Tusci Basil

V

Vark or Varak Edible silver or gold foil

This is the second half of a message posted in FidoNet International Cooking Echo by
Bob Wilson, Nantwich, UK.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/indiatrm.zip>

Entertaining On A Budget

Yield: 1

Ingredients

NONE

Instructions

This month, Virginia Willis, the food stylist for "The Main Ingredient," shares some hints for great entertaining without straining your budget!

ENTERTAINING ON A BUDGET

One of my dearest friends, Evan is getting married at the end of the month. Two of my other best friends and I are hosting a cocktail party in honor of the marriage. The three hosts live in different states so to plan the affair we had a conference call a couple of weeks ago. It was real comedy. We've all been friends for almost 15 years and we've seen it all. Not only are we all pretty strong personalities, but also we are all fairly opinionated. We each have our own ideas about just how this party will be, so we have to meet in the middle.

SMALL BUDGET, BIG PLANS

The point is that we are on a budget. There will be 50 or so guests and we're hoping to spend around \$300 total. That's fairly restrictive for that many people. It may sound like a lot of money, but once you include food, drink, buying plates and napkins or renting wine glasses the money disappears fast. However, that's real life. We know a place in where we can buy simple white plates in bulk. If you are planning a party, get on the phone and shop around! Also, don't forget about the cost of invitations and stamps. My friend and fellow host, Stacy is a whiz on the computer so she's taking care of printing the invitations. Save when and wherever you can.

As a host you want people to eat, drink and be merry but you certainly don't want to run out of food or drink. Always expect guests to take two of everything. If you expect 45 people then you'll need at least 90 cheese straws. Some people eat more, some less but that's a good "rule of thumb."

Planning is absolutely imperative. We have to divide and conquer to get things done. The first point is to figure out the menu. We are having light hors d'oeuvres and wine. We are having the party from 8:00 to 11:00 pm. That's clever time. It's after supper so people have already eaten.

Also, stating a close on the invitations is a really good idea.

THE MENU: EAT LUXE, PAY LESS

So, where do we start? There's the ubiquitous vegetable crudite, but it doesn't have to be inherently boring. Some ideas:

Do not, I repeat, do not, buy the preassembled plastic platter from your local grocery store. Keeping color and texture in mind, try different vegetables. Don't buy lots of expensive red peppers but instead fill in with less expensive cauliflower. You'll need a mix of at least 6 or so vegetables. There is a nice farmer's market nearby, and I usually buy small red creamer potatoes or if I can find them, the purple Peruvian potatoes. If asparagus is too expensive or out of season I suggest using haricot vert (young tender green beans). I always blanch my vegetables to al dente in a flavorful court bouillon. They don't need to be fully cooked just take the edge off. (Except of course, the potatoes.) When they are just right I "shock" them in ice water to stop the cooking. For the carrots I'll add a few pieces of fresh ginger and a cinnamon stick to the cooking water. For the broccoli florets I'll throw in a few whole peeled and crushed cloves of garlic and a tablespoon or so of rich, green extra virgin olive oil. For the yellow squash I'll add a few slices of lemon and a sprig or two of fresh thyme. These aren't really recipes and there are no hard fast rules to play by. The key is to give the vegetables a bit of depth. Use your imagination. Cheese boards can be expensive. Nice cheeses domestic or imported can be very pricey. But cheese is a good finger food. Instead, make a cheese dip to serve with crackers and bread:

Finely grate a nice piece of Gruyere (the real Swiss cheese) and ParmigianoReggiano, the King of Parmesan. These cheeses are expensive but combine them with a less

expensive cheese such as cheddar. (Grate the cheddar as well.) Add softened cream cheese, a bit of butter and flavorings such as finely chopped garlic, minced sundried tomatoes, freshly chopped fresh thyme and flatleaf parsley. A pinch of cayenne pepper will pick up the pace. Combine until well blended. Taste and adjust for seasoning. The mixture should be very flavorful. Don't forget dishes to be served cold should always be very well seasoned.

We are also going to prepare a spinach mushroom dip:

Both spinach and white button mushrooms are fairly inexpensive and I absolutely swear by frozen chopped spinach for purposes such as this. I simply saute a bit of garlic and shallot in butter or olive oil, Add the defrosted spinach and cook 3 to 5 minutes or so to heat through. Drain well to remove the excess moisture and blend together with sour cream and maybe a bit of cream cheese. Taste and adjust for seasonings. If you want to feature meat or seafood I suggest something such as smoked salmon.

It makes a "statement" and my friend and fellow partygiver Lisa has told me that a wholesale club in her area sells sides of smoked salmon for around \$18. That's a good price. No, it's not wild salmon netted from the fiords of Norway, but it will serve our purposes just fine. The beauty of serving smoked salmon is that people are not likely to eat a lot of it. The salmon is served in thin delicate slices that will indeed go much further than something like steamed shrimp (which attracts guests from several states away and cost you a fortune). Also stay away from roasts or tenderloin for a party of this size. A selection of oil cured black olives and cornichon, (small french gherkin pickles), finely chopped red onion, and capers are nice savory complements. I also like to serve smoked salmon with dark pumpernickel bread. To round out the menu we're going to serve a sampling of sweet cookies and savory crackers.

Buy the crackers for the dips in bulk or once again, at a wholesale club.

If you can find the time I suggest planning ahead and doing some baking for the sweet cookies. It will cost far less. Shape them a tad smaller than a "regular" cookie. Make them bitesize. Store them properly in airtight containers and freeze them. Simple sugar cookies, butter cookies and cheesecrackers are nice, easy, inexpensive cookies to prepare ahead.

THE BAR: THE BASICS

At a cocktail party, one must, or course, consider the bar. Serve both red and white wine and a small selection of hard liquor. Some cocktail tips:

Make sure you buy from a place that will give you a case discount many stores offer a 10 discount if you buy a case of wine. As for hard liquor, vodka, bourbon, and gin are the basics. Some stores will even let you return unopened bottles ask before you assume. Don't forget the mixers. At minimum you'll need soda and tonic water as well as cranberry and orange juice (use concentrate if you want to really pull in the belt), soft drinks, and lemons and limes. Don't scrimp on the liquor. Don't buy top shelf but don't buy really cheap liquor. Everyone will appreciate it!

REMEMBER...

You don't have to spend a fortune to entertain. Keep the food simple and think about the number of guests, and the "event" a cocktail party is far cheaper than hosting a Sunday brunch, yet certainly more expensive than a small dinner party for friends. Get a little bit creative with the presentation, make it exciting and festive. Most importantly, have fun! c 1998 Lifetime Entertainment Services. All rights reserved.

MC formatted using MC buster by Barb at PK Recipe by: Virginia Willis Converted by MM_Buster v2.01.

Entertaining With Ease

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Eight recipe cards offer elegant and delicious appetizers, salads, entres, and desserts plus makeahead tips for preparing them for a party next week or next month. Send your name and address to: Entertaining With Ease Recipe Cards Dept. 4500PKCD P.O. Box 78980 New Augusta In 46278

Exotic Chinese Cucumber Soup

Yield: 1 Servings

Ingredients

6 c chicken or vegetable broth

2 md cucumbers, peeled, seeded, diced

8 mushrooms, washed, thinly sliced

4 scallions, chopped

1 salt and pepper, to taste

8 ts sesame oil

1 tb rice vinegar, or white wine vinegar

1 pn ginger powder

Instructions

1. Place the broth in a soup pot and bring it to a boil. Add the cucumbers, mushrooms, scallions, salt , and pepper. Cover the soup pot and cook gently over lowmedium heat for 15 to 20 minutes.
2. Blend the soup in a blender. Add the extra seasonings sesame oil, vinegar and ginger and blend well. Refrigerate the soup for a few hours and serve cold. Or reheat the soup and serve it hot as the Chinese do.

Recipe by: Twelve Months of Monastery Soups Posted to MCRcipe Digest V1 #648 by Sue on Jun 24, 1997

Exotic Chinese Fruit Bowl

Yield: 6 Servings

Ingredients

4 kumquats

4 lichees

4 loquats

4 sl mandarin orange

4 pineapple chunks

4 candied cherries

2 qt finely crushed ice

Instructions

Prepare the fruit for eating by cutting into bitesize pieces. Place the crushed ice in a shallow fruit bowl, pack and invert onto a colorful platter or silver tray. Carefully make indentations in the ice with your finger, put a toothpick in each piece of fruit and set in the indentations. Serve at once. Source: Madame Wu's Garden, Wilshire Boulevard, Los Angeles

Oriental Recipes F

False Pigs' Tails With Yellow Peas Rice

Yield: 1

Ingredients

1 1 kilogram f pork all fat removed
2 tb caribbean light pork spice
800 g peas yellow
1/2 dl vegetable oil
50 g butter
2 onions peeled and chopped
1 red pepper chopped
3 cloves garlic peeled and chopped
2 scotch bonnet
10 cherry tomatoes
200 g smoked bacon or smoked hog (or if you are a fan, pigs' tails)
1 dl coconut cream
500 g rice
6 spring onions finely chopped
1 yam
1 salt and pepper
6 cloves garlic

Instructions

Marinate the pork with the Caribbean light pork spice.

Soak the peas in lots of cold water and change it twice. If you use pigs' tails also soak them. Heat half the oil and butter in a pan. Add the onions and sweat till they are soft. Add the garlic and sweat for a further minute. Add the Scotch bonnet, tomatoes, red pepper, peas, bacon or hog and cover with water.

Simmer for 1 hour on the side of the stove till the peas and the bacon are very soft.

Take out the bacon, remove the rind and cut into fine dice. Add the rice and coconut cream to the remaining peas. Cook under a lid on the side of the stove till the rice is cooked and all the water has been absorbed.

Add the spring onions and adjust seasoning. Meanwhile, put some cloves of garlic and olive oil in some foil and roast in the oven. Cook the fillet of pork in the remaining oil and butter for approximately 10 minutes in a preheated oven of 200C and rest for 5 minutes.

Take some cherry tomatoes, cut them in half and stew them with salt and pepper on a baking tray. Rub them with thyme. Then warm them up in a saucepan with some olive oil. Place the rice in the middle of the plate.

Slice the fillet of pork and arrange around it. Pour the tomatoes around the edge.

Arrange the roasted garlic and sprinkle some spring onions on the top.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Fast Flounder, Thai Style

Yield: 2 Servings

Ingredients

1 shallot
2 cloves garlic chopped
1/2 inch length of fresh ginger peeled and chopped
1 scallion cut into 1inch slices
1/2 c canned unsweetened coconut milk
4 sprigs fresh cilantro
1 ts Thai fish sauce
2 flounder fillets (6oz.)

Instructions

Preheat the oven to 375 degrees. Lightly grease a 9by 13inch casserole with butter or vegetable oil cooking spray.

Put all of the ingredients except the flounder in a blender and puree briefly. The mixture does not have to be completely smooth.

Place the flounder fillets in the casserole and pour the sauce over the fish, using your hands to make sure all of the fillets are completely coated. Bake on the center rack of the oven until the fillets are just cooked through, 8 to 10 minutes. Serve immediately.

Makes 2 servings.

Each serving contains 275 calories, 5 gm. carbohydrate, 32 gm. protein, 15 gm. fat (including 12 gm. sat. fat), 83 mg. cholesterol, 310 mg. sodium, 51 mg. calcium and 1 gm. dietary fiber.

NOTES : From "The Working Stiff Cookbook." Sole fillets may be substituted for the flounder, but reduce the cooking time to 6 to 8 minutes.

Contributor: Minneapolis Star and Tribune, 8/98

Fast With Five: Korean Chicken

Yield: 4 Servings

Ingredients

8 chicken thighs
1/4 c soy sauce, sodium reduced
3 garlic cloves, minced
1/2 ts hot pepper flakes
1/4 c green onions, chopped

Instructions

Trim off any fat and excess skin from chicken.

In large skillet, heat 1 tb vegetable oil over mediumhigh heat cook chicken, turning 4 times, for about 10 minutes or until browned.

Drain off fat.

Whisk together soy sauce, 1/4 cup water, garlic and hot pepper flakes pour over chicken. Bring to boil boil for 1 minute. Reduce heat to low cover and simmer, turning once, for about 15 minutes or until juices run clear when chicken is pierced. Skim off fat.

Sprinkle with green onion.

Serve with a pot of rice cooked with two diced carrots. Steam snow, sugar snap or frozen green peas as well.

Makes 4 servings for \$3.88CDN [Nov 94]

Per Serving: about 320 calories, 32 g protein, 19 g fat, 2 g carbohydrate

Fast with Five is a collection of recipes that require a maximum of five ingredients to make.

Source: Canadian Living magazine Nov 94 Test Kitchen recipe [PAM]

Fatfree Chinese Dumplings

Yield: 1

Ingredients

2 c shredded veggies*

Instructions

soy sauce

water

vinegar (white or rice)

24 wonton/dumpling skins

garlic fresh, chopped fine

ginger fresh, chopped fine

small bowl with water, for dipping

optional:

1 Tbsp Hunan chili paste

1 Tbsp plum sauce

1 tsp black bean sauce

1 tsp five spice powder

(use *one*)

*Mixture of: mostly cabbage or bok choy, with carrots, mushrooms, onion, whatever to taste. Prepackaged coleslaw mix works surprisingly well.

Make the dipping sauce first and let it sit. Mix equal parts soy sauce and vinegar, about 1/8 cup per person. Mix equal parts garlic and ginger, about a clove's worth per person. Stirfry vegetable mix in a small bit of water and soy sauce.

If you have it, add your favorite optional flavoring. I like chili paste.

Stir until translucent. Mix will taste sorta raw.

To make the dumplings, scoop about 1.5 teaspoons onto a dumpling skin (experiment until you find the right amount.) Crunch the dumpling into a nice shape and dip the end into the small bowl to seal it.

Dumplings may be boiled for 35 minutes or steamed 510. They are done when they crinkle up and turn translucent.

Dip dumplings in sauce. Magic!

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g

Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean

Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Elizabeth Schwartz

Converted by MM_Buster v2.0n.

Festive Cocktail Meatballs

Yield: 60 Meatballs

Ingredients

1 1/2 lb ground beef

1 c minute rice

1 cn (8oz) crushed pineapple in juice

1/2 c carrot [finely shredded]

1/2 c onion [chopped]

1 egg [beaten]

1 ts ginger [ground]

8 oz french dressing

2 tb soy sauce

HHR

Instructions

(Preheat the oven to 400o)

1. Mix together all of the ingredients except the last 2, in a bowl, then form into 1" meatballs...
2. Place on a greased baking sheets and bake in preheated oven for 15 min. or `til browned...
3. Mix together the soy sauce and the dressing...
4. Serve the meatballs warm with the dressing...

Source: the "Hurry Up Hamburger Recipes" cookbook Submitted by Fred Goslin in Watertown NY on Cyberealms Bbs, home of KookNet at (315) 7861120

Fettuccine With Indian Tomato Sauce

Yield: 1 Servings

Ingredients

- 1 lb fettuccine
- 1 c chopped onion
- 1/2 c finely chopped carrot
- 2 ts crushed garlic
- 2 ts minced ginger
- 1 tb curry

Instructions

Another good web site is the Center for Science Nutrition Letter:

<http://www.cspinet.org>

Here are two recipes from one of their newsletters.

Saute onion, carrot, garlic and ginger in water or broth etc. for about 5 minutes. Add 1 can (28 oz) crushed tomatoes and 1 T of curry and simmer about 20 minutes more.

Serve over the fettuccine and sprinkle with 1/2 cup chopped parsley or coriander.

(Both original recipes used olive oil for sauteing) Posted to fatfree digest by BHATPHOACC on May 20, 1998

Ff Pie Crust [Contains Egg White]

Yield: 1 Servings

Ingredients

- 1 1/2 c cooked brown rice
- 1 egg white

Instructions

mix them. press into a pie plate that has been coated with Pam. Bake a preheated 350 degree oven for 10 minutes. fill with your favorite filling.

Posted by "R. S. Koss" to the Fatfree Digest [Volume 11 Issue 27], Oct. 27, 1994.

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Fiery Thai Salsa

Yield: 1

Ingredients

- 3 c chopped seeded peeled cucumbers
- 1 c chopped green onions

3/4 c chopped radishes
1/4 c chopped fresh mint
3 tb minced peeled fresh ginger
3 tb fresh lime juice
2 tb sugar
1 tb plus 1 teaspoon minced garlic
1 1/2 ts sesame chili oil*

Instructions

* Available at Asian markets and in the Asian foods section of many markets.

Combine all ingredients in large bowl. Season with salt. Cover and refrigerate until juicy, about 1 hour. Stir before serving. Serve cold.

Makes about 3 1/2 cups.

Bon Appetit July 1993

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Figgy Thai Chicken Salad

Yield: 6

Ingredients

6 tb lime juice
1/4 c honey
3 ts lowsodium soy sauce
1/4 ts red chile flakes
2 ts ginger root minced
2 c cooked chicken shredded
1 c california dried figs sliced crosswise
2 green onions thinly sliced
1/4 c mint chopped
1/2 cantaloupe pared and cut into 1
1 red bell pepper cut into 1/2 cubes
1/2 cucumber peeled, seeded, and cut into 1/2 cu
10 iceberg lettuce leaves
1/4 c roasted peanuts coarsely chopped

GARNISH

1 mint sprig (optional)

Instructions

In small bowl, combine first five ingredients. Place chicken in medium bowl, and toss with figs, green onions and chopped mint. Pour marinade over chicken mixture with cantaloupe, bell pepper and cucumber. Arrange lettuce on a chilled platter. Mound chicken salad attractively in center. Sprinkle with peanuts and garnish with mint as desired.

Source: Lowfat Recipes Featuring California Figs. Reprinted with the permission of

The California Fig Advisory Board Electronic format courtesy of Karen Mintzias

Per serving: 159 Calories (kcal) 2g Total Fat (12 calories from fat) 16g Protein 20g

Carbohydrate 40mg Cholesterol 145mg Sodium Food Exchanges: 0 Grain(Starch) 2

Lean Meat 1/2 Vegetable 1/2 Fruit 0 Fat 1 Other Carbohydrates

Converted by MM_Buster v2.0n.

Finches Thai Spike Triple Pumpkin Soup

Yield: 1

Ingredients

1 no ingredients

Instructions

1 large brown onion
2 tablespoons olive oil
4 cloves garlic
1/2 bunch coriander
1 small red "birdseye chilli"
1/2 teaspoon chilli paste
1 teaspoon ground cumin
1 teaspoon tumeric
500 g. Queensland Blue pumpkin
500 g. Butternut pumpkin
500 g. Jap pumpkin
1.5 litres chicken stock
400 g. tin coconut milk

Heat the olive oil in a large saucepan and add the onion and garlic and cook for 10 minutes to caramelize gently.

Add the chilli and coriander stems (finely chopped) and stir until fragrant. Add the remaining spices and heat until toasted.

Add all the pumpkin pieces and stir to coat with spice mixture.

Cover with lid and cook over a low heat for 30 minutes until the pumpkin is beginning to soften and turn brown. Add just enough stock to cover and stir well.

Simmer for 1 hour, then add the coconut milk and simmer for a further 15 minutes.

Puree then serve.

Converted by MC_Buster.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Fish Chowder, Canadian Indian Sioux

Yield: 1 Serving

Ingredients

1 c Chopped onion
4 c Cubed potatoes
1 tb Salt
1/8 tb Pepper
5 c Raw fish 3/4" cubes
1 qt Boiling water
2 c Milk
1 c Half & half cream
Parsley or chives

Instructions

Add potatoes, onions, salt and pepper to water. Cook about 10 min, until veg are soft, but not completely cooked. Add fish and cook 10 min. Add milk and light cream, stir and heat 15 min longer. DO NOT BOIL. Serve with parsley or chives. Posted by

bobbi744@sojourn.com

Per serving (excluding unknown items): 362 Calories 17g Fat (40 calories from fat) 18g Protein 37g Carbohydrate 66mg Cholesterol 2404mg Sodium

Preparation Time: 0:00

Fish Korma (North Indian)

Yield: 4 Servings

Ingredients

750 g fish fillets
1 lemon juice
1 ts salt
1 ts black pepper
1 ts ground turmeric
1 oil for frying
1 lg onion, finely sliced
1 md onion roughly chopped
1 ts chopped garlic
1 tb chopped fresh ginger
3 fresh red chillies
2 tb blanched almonds
1 tb white poppy seeds (optional)
2 ts ground cummin
2 ts ground coriander
1/4 ts ground cardamom
1/4 ts ground cinnamon
1 small pinch ground cloves
1/4 ts saffron strands
2 tb boiling water
1/2 c natural yoghurt
1 salt to taste
2 tb chopped fresh coriander

Instructions

Wash and dry fish, cut into large serving pieces and rub with lemon juice, salt, pepper and turmeric. Heat oil in a frying pan for shallow frying and on high heat, brown the fish quickly on both sides. Lift out on to a plate.

In the same oil fry the sliced onion until golden brown, remove and set aside.

Put chopped onion, garlic, ginger, chillies, almonds, poppy seeds into a blender jar and puree. If necessary add a little water. Add ground spices and blend once more, briefly.

Pour off all but about 2 Tbl oil from pan and fry the blended mixture until colour changes and it gives out a pleasant aroma. The mixture should be stirred constantly while frying and care taken that it does not stick to the pan and burn. Add 1/2 cup water to blender container and swirl out any remaining spice mixture. Add to pan.

Pound saffron strands in mortar and pestle, add boiling water and stir, add to mixture in pan. Add yoghurt, stir and simmer gently for a few minutes, then add fish pieces, turning them carefully in the sauce. Add salt to taste. Cover and simmer for about 10 minutes, then sprinkle with fresh coriander and serve hot with rice.

Compiled by Imran C. Land Downunder

Posted to EATL Digest 15 November 96

Date: Sat, 16 Nov 1996 15:56:13 +1000

From: "I. Chaudhary"

Five Spiced Salmon With Crispy Herbs And Oriental Salad

Yield: 1 Servings

Ingredients

160 g salmon fillet
5 g chinese five spice powder
15 ml soya sauce
10 g tomato diced
2 ts vinaigrette
20 ml olive oil
40 g mixed salad leaves
5 g deep fried basil, coriander, parsley
10 g water chestnuts sliced
10 g peeled red and green peppers julienned
1 salt and black pepper

Instructions

Marinate Salmon in soya sauce and five spice. Pan fry in a little olive oil and cook slowly on both sides. Dress salad leaves. Plate water water chestnuts, top with salmon and arrange salad leaves around with pepper.

Decorate with deep fried herbs.

Posted to EATL Digest 06 Aug 96

Date: Wed, 7 Aug 1996 13:03:20 EDT

From: erika metzieder

NOTES : Chef Roger Narbett from the Lygon Arms in the Cotswolds, who is also Chef to the England Football Team, understand the importance of meticulous preparation as he creates his five spiced salmon and herb dish.

FiveSpice Powder (Chinese Spice)

Yield: 1 Servings

Ingredients

1 tb star anise
1 tb sichuan pepper
1/2 tb cassia or cinnamon
1 tb fennel seeds
1/2 tb cloves

Instructions

This mixture is used throughout southern China and Vietnam to season roast meat and poultry, and to flavor marinades. Besides the five basic ingredients, it can consist of up to two of the following spices: cardamom, dried ginger and licorice root. The powder varies in color, from tan to gingery brown to amber. Star anise dominates the aroma and taste.

Grind all the ingredients together and use sparingly. Stored in an airtight container, fivespice powder will keep for 34 months.

Source: Jill Norman "The Complete Book of Spices" Viking Studio Books, 1991 ISBN 0670834378 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe by: Jill Norman * Web File 4/97 Posted to MCRecipe Digest V1 #631 by "Mary Spyridakis" on Jun 2, 97

Flank Steak Oriental

Yield: 1 Servings

Ingredients

1 flank steak (approx 2 lbs.)

MARINADE PER STEAK

3/4 c dark soy sauce (kikooman's at our house)

1/2 c dry sherry (not cooking sherry please)

3 tb spn finely chopped fresh ginger

3 cloves of garlic smashed and choppd, or more

2 tb spn hot sauce (the original calls for t

Instructions

Remove excess fat and membranes from the flank steak. Marinate in a glass container. (13 x 9" baking dish works well) for at least 4 hrs. (longer is better) flip halfway thru. Barbrque over a medium hi fire, basting and turning frequently. let stand for 5 minutes and slice thinly across the grain. Have weapons ready to threaten those who wish to take the serving platter as their dish.

Have done this with many different hot sauces, the hab and Scotch Bonnet based ones seem to work the best. You can control the burn by how long you marinate it and how thinly you slice the meat. This is a great way to introduce Habs or SBs to the nonCHers you are feeding.

Posted to CHILEHEADS DIGEST by dlaw@andros.com on Aug 31, 98, converted by MM_Buster v2.01.

Flatman Family Chinese Fried Rice

Yield: 3 Servings

Ingredients

2 md eggs beaten

3 tb oil

2 c cooked rice

1 c meat sliced thin

2 c various vegetables sliced

STIR FRY SAUCE

Instructions

3 tb Soy sauce

1 ts Hoisin sauce

1 ea Garlic clove pressed

1/2 ts Sesame oil

Heat one tablespoon of the oil in wok, fry beaten egg stirring while it cooks to make shreds. Set aside.

Heat one tablespoon oil in wok, stir fry vegetables until tendercrisp. Set aside. (Or use leftover cooked vegetables)

Heat one tablespoon oil in wok, stir fry meat until done. Set aside.

(Or use any leftover meat you have on hand. Slice thin or shred.)

Rinse cooked rice in warm tap water, drain. Set aside.

Combine sauce ingredients, heat in wok until boiling. Add rice and cook, stirring until rice has absorbed sauce and is well blended and hot. Add meat and cook, stirring until heated through. Add vegetables and cook, stirring until heated through.

Stir in egg shreds, lower heat, cover and let steam 10 to 15 minutes until all is hot.

Serve with additional soy sauce if desired.

Source: Dorothy Flatman's kitchen 1996 From: Dave Drum Date: 12 Aug 97 National Cooking Echo Z

Flavored Chinese Noodles (Food Processor)

Yield: 1 Servings

Ingredients

1 ** see ingredients in
directions be low**

Instructions

These flavored noodles can add a delicious, novel touch to traditional dishes. The following recipes are for processors with a large work bowl. If yours is small, divide the recipe in half and mix half at a time.

Hot Chili Oil Flavored Chinese Noodles Follow the instructions for the basic Chinese egg noodle dough, mixing in 2 teaspoons cayenne pepper and 1 tablespoon Chinese hot chili oil. Reduce the water by about 1 tablespoon.

Ginger Flavored Chinese Egg Noodles Crush several chunks of ginger through a garlic press to get a puree and juice. You will need 3 tablespoons crushed ginger. Follow the recipe for basic egg noodles, blending the ginger with the eggs and reducing the water by about 2 tablespoons.

Roast Sesame Flavored Egg Noodles Mix 2 1/2 tablespoons Chinese sesame paste with 1 tablespoon Oriental sesame oil. Blend it into the dough as you mix in the eggs. Reduce the water by about 1 tablespoon.

Coriander and Chili Flavored Chinese Noodles Mince seven medium Serrano chilis to a fine pulp. Mince enough fresh coriander to obtain 1/3 cup.

Blend the coriander and chilis into the basic pasta dough along with the eggs.

Coriander Flavored Chinese Noodles Blend 1/2 cup minced fresh coriander into the basic noodle dough. Reduce the water by about 1 tablespoon.

Shrimp Flavored Chinese Noodles In a mortar or small coffee grinder, grind 1/4 cup dried shrimp to a powder. Heat 1/3 cup chicken broth and add the shrimp, two individual packets dry chicken broth mix (4.5 grams each), and 4 teaspoons sugar.

While stirring, simmer the mixture 1 minute, then cool to room temperature. Follow the directions for Chinese egg noodles, mixing in the broth mixture along with the egg. Reduce the water to about 4 tablespoons.

Source: Linda Burum Asian Pasta, A cook's guide to the noodles, wrappers and pasta creations of the East.

Scanned by Brenda Adams MC formatted by

MC_Buster. . Posted to MCrecipe 9/22/97

Recipe by: Linda Burum, Asian Pasta

Posted to MCRecipe Digest V1 #796 by Badams on Sep 22, 1997

Fondue Chinoise (La Fondue Orientale)

Yield: 1 Servings

Ingredients

1 e *****

Instructions

This fondue resembles the Fondue Bourguignonne except for the fact that the meat is cooked in boiling hot bouillon rather than fat. Substitute beef or chicken bouillon for the hot fat. The bouillon must continue to boil throughout the meal. (Use enough to fill the "pot" 4/5 full). The meats may be varied, and can include lean veal and pork besides beef. Lamb or veal kidneys may also be used (kidneys should be soaked in cold water for 1/2 hour before using change the water 3 times, drain and dry and all the hard cores removed). Have the butcher slice the meats into wafer thin slices. If slicing at home, freezing the meat slightly can make it easier.

Serve with the same sauces and accompaniments for Fondue Bourguignonne.

(guess that means I have to post that!)

Recipe By :

From: Cindy@sierra.Uucp (Cindy Johnston)

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Fondue Orientale

Yield: 1 Servings

Ingredients

1 chicken breast or
1 beef tenderloin or
1 pork tenderloin or
1 lamb or
1 veal see note
3 c chicken broth or beef
1 broth

Instructions

Note: Plan on 1/3 1/2 pound of meat per person.

Cut the meat into paper thin slices. Do not season the meat, or else the broth will become too salty with successive meatdippings.

Put the broth into the fondue pot and heat to boiling. (If using an electric fondue pot, bring to a boil on the High setting, then reduce the heat to Medium to keep the broth at a rolling boil while cooking the meat.

Spear strips of raw meat with a fondue fork. Place into hot broth cook until done.

Serve with a dipping sauce. Some suggestions: Hot Mustard Sauce, Sweet & Sour Sauce, Soy Sauce.

To complete the Oriental menu, serve with rice (plain or seasoned), a cucumber or green salad or vegetable, fresh fruit and an almond or fortune cookie.

Posted to EATL Digest 29 May 96

Date: Wed, 29 May 1996 23:08:41 0400

From: "Ilene D. Warfield"

Recipe By :

Four Flavor Steamed Dumplings Chinese Snacks, WeiChuan C

Yield: 1 Servings

Ingredients

12 oz shrimp, peeled, deveined, and diced
1 oz pork fat (fatback is okay if you soak it first), diced
4 oz bamboo shoots, diced
1 tb scallion (green and white parts), minced
1 tb ginger root, minced very fine
1/2 ts rice wine or dry sherry
1 ts salt
1/2 ts msg (may substitute 1/4 t salt and sugar)
2 ts sugar
1/4 ts black pepper, ground
1/4 ts sesame oil
1 tb cornstarch

Instructions

2 1/2 c flour 1/2 c boiling water 1/4 c cold water 1 T lard (rendered) 1 egg 1/2 t oil 2 T fried brill fish (see other recipe in this packet) 2 T scallion, green part only, minced fine 2 T carrot, chopped fine or grated

Filling: Mix first 12 ingredients well. The original recipe says: "Throw mixture against inside of bowl for 3 4 minutes so that ingredients are thoroughly combined" I'm not sure that's necessary, especially if you have kids or nosy neighbors who are inclined to think you're a little batty to begin with.

Skins: Mix boiling water into 2 c flour. Add cold water and lard and knead to a smooth dough, using the rest of the flour to dust your hands and work surface as needed. Roll dough out into a long stick, cut into 30 pieces, and flatten each piece into a 2" circle. Place 1 portion (a little over 1/2 oz) filling in the center of each circle.

Using thumbs and forefingers, pinch the unfilled part of each dumpling into four parts but sealing the filling into the bottom. You want dumplings that look like

() four open pockets for filling ()*() \ / four pockets ()

() filling encased in big pocket top view side view, sort of

Now: Beat the egg. Oil an omelette pan or other small pan. Add the egg to the hot pan, swirling clockwise (counter if you're a lefty) until the egg makes a paperthin circle in the pan. Cook until bottom is browned, and then flip and brown the other side. When it's cooled enough to handle, chop it fine.

Using fingers or a demitasse spoon, fill the pockets with small quantities of the egg, the carrot, the scallion, and the fish (one item per pocket, of course).

Arrange the dumplings in a steamer and steam 5 minutes. From: mloo@juno.com
(Michael Loo)

Fragrant Indian Beef Stew

Yield: 8 Servings

Ingredients

2 lb boneless beef round cut in cubes
2 tb vegetable oil
2 tb butter or margarine
4 c finely chopped onion about 2 pounds
4 lg cloves garlic minced
1 tb minced fresh ginger
1 tb minced jalapeno pepper
2 tb ground coriander
1 tb cumin
1 ts turmeric
1 1/2 ts salt
1/2 ts freshly ground pepper
1 cn tomatoes coarsely chopped, reserve
1 water
2 c cauliflower flowerets
8 oz carrots peeled and diced
1 lb potatoes peeled and diced
1 c frozen peas

Instructions

1. Pat beef dry on paper towels. Heat oil in large Dutch oven over high heat. Add half the beef and brown well on all sides. Transfer with a slotted spoon to a bowl. Repeat with remaining beef and set aside. Drain oil.
2. Heat oven to 350oF. Melt butter in Dutch oven over medium heat. Add onions, garlic, ginger and jalapeF1o. Cook, stirring occasionally, until lightly browned, about 10 to 15 minutes. Add coriander, cumin, turmeric, salt and pepper and

cook 2 minutes. Add beef, tomatoes with liquid and 2 cups water bring to a boil. Cover and bake 1 1/2 hours or until beef is tender.

3. Meanwhile, bring 1 1/2 quarts of salted water to a boil in a large saucepan. Add cauliflower and simmer until tender, 5 to 7 minutes. With a slotted spoon, transfer to a medium bowl. Cook carrots in the same saucepan until tender, 5 to 7 minutes, and then add to the cauliflower. Cover potatoes with hot water in a small saucepan and bring to a boil. Cook until tender, 10 to 15 minutes. Drain and add to vegetables.
4. Add vegetables and peas to Dutch oven. Cover and bake until heated through, about 10 minutes. (Can be made ahead. Cool. Cover and refrigerate up to 3 days. Heat in 350oF. oven 20 minutes.) Makes 8 servings.

NOTES : We've come up with a special curry blend for this aromatic stew, packed with spices and veggies. Try it with lamb, too. Prep time: 40 minutes Baking time: 1 hour 40 minutes Degree of difficulty: Easy Recipe by: Ladies Home Journal:

<http://www.lhj.com> Recipe by A Standing Invitation Cookbook

Posted to recipeludigest by "Valerie Whittle" on Feb 19, 1998

Frank Oriental Stir Fry

Yield: 6 Servings

Ingredients

- 1/2 lb franks, cut in pennywise slices
- 3 tb sherry
- 2 tb soy sauce
- 3 ts cornstarch
- 2 tb vegetable oil
- 1 md onion, coarsely chopped
- 6 green onions, cut in 1 1/2 in. lengths
- 1 tomato, peeled, seeded, and diced
- 2 ribs celery, cut in 1 in. diagonal slices
- 1 cloce garlic, crushed
- 1 in. piece ginger, pared and grated
- 14 oz can bean sprouts, drained
- 1 20 Oz. can pineapple chunks, drained (reserve 1/2 c 1
- 1/2 c hot water
- 1 ts instant chicken bouillon

Instructions

In a small bowl, dissolve 1 teaspoon cornstarch in a 1/2 teaspoon each of sherry and soy sauce. Add frank pieces mix to coat evenly.

Let stand for one hour. Heat 1 tablespoon oil in a large skillet, add franks and cook 3 minutes until evenly browned reserve and set aside. Add remaining oil, stir fry vegetables and pineapple 2 minutes or until heated through. Dissolve chicken bouillon in water. Combine with 2 teaspoon cornstarch, 2 Tablespoons sherry, 1 1/2 tablespoons soy sauce and pineapple juice. Add franks and soy/sherry mixture to vegetables and pineapple in skillet. Continue to cook until thickened and well glazed. Serve with rice. Yield 4 servings

SOURCE: Barbara Block column Oneida Daily Dispatch 7/2/92 SHARED BY:Jim Bodle 7/92

Freddi's Fruit Cocktail Mix

Yield: 1 Servings

Ingredients

4 c sugar
1 cn frozen orange juice *
1 watermelon, cut into balls
2 crenshaw melons, chunked
3 lb peaches, cut into chunks
2 qt water
1 cn frozen lemonade *
2 canateloupes, cut into chunks
3 lb green grapes
1 lb blueberries, fresh or frozen

Instructions

* Both cans of frozen drink should be 6 oz concentrates. In a large saucepan bring sugar and water to a boil, stirring constantly. Stir in frozen Orange and lemonade concentrates. In a large bowl combine all of the fruits. Mix until well distributed. Put mixed fruit in twelve 1 pint containers leaving 1/2 inch space at top. Pour hot juice syrup over top. Seal and label as Freddi's Fruit Cocktail Mix. Freeze and use within 6 to 8 months.

Makes about 12 pints of mix.

Freddi's Fruit Cocktail: Partially thaw 1 pint of FREDDI'S FRUIT COCTAIL mix.

Spoon into fruit cups. Pour ginger ale over top, if desired. Makes 4 servings

Freezing Cabbage, Celery And Chinese Cabbage

Yield: 1 Info

Ingredients

CABBAGE

1 lb to 1 1/2 lb makes 1 pint

CELERY

1 lb makes 1 pint

CHINESE CABBAGE

1 lb to 1 1/2 lb makes 1 pint

Instructions

Frozen Cabbage, Celery and Chinese Cabbage can be used in cooked dishes only.

CABBAGE

1. Choose fresh, solid heads with crisp leaves.
2. Trim the coarse outer leaves.
3. Cut medium coarse shreds, thin wedges, or separate into leaves.
4. Blanch 1 to 1 1/2 minutes for shreds 3 minutes for wedges or leaves. Cool drain well.
5. Pack into containers, leaving 1/4 inch head space. Seal, label, and freeze.
6. Cook frozen cabbage about 5 minutes, or thaw leaves to use for stuffed cabbage or cabbage rolls.

CELERY

1. Choose crisp, tender stalks without coarse strings.
2. Wash well, trim, and cut into 1 inch lengths.
3. Blanch 3 minutes. Cool drain well.
4. Tray freeze or pack into containers.
5. Cook frozen celery with other vegetables in soups, stews, and casseroles.

CHINESE CABBAGE

1. Choose fresh, solid heads with crisp leaves.

2. Trim coarse or shriveled leaves.
3. Cut into medium coarse shreds, thin slices, or separate into leaves.
4. Blanch 1 to 1 1/2 minutes for shreds 3 minutes for slices or leaves. Cool drain well.
5. Pack into containers, leaving 1/4 inch head space. Seal, label, and freeze.
6. Cook frozen Chinese cabbage about 5 minutes, or thaw leaves to stuff.

Source: Vegetable Gardening Encyclopedia

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

French Oriental Salmon Grill

Yield: 1

Ingredients

- 4 ea one inch thick salmon steaks
- 3 tbsp. teriyaki sauce
- 1 tbsp. oil
- 1 tbsp. dijon mustard
- 1/4 tsp. ground ginger
- 1 ea crushed garlic clove

Instructions

Whisk together everything but the salmon. Brush over salmon. Grill on barbecue 5 minutes per side, basting occasionally.

Source: The Vitality Cookbook by Monda Rosenberg and Frances Berkoff

Serves 4

French West Indian Sauce Chien Bbq Sauce

Yield: 1 Serving

Ingredients

- 3 cloves garlic peeled
- 2 md shallots peeled, quartered
- 1 Scotch bonnet seeded, quartered
- OR habanero chili
- 2 ts fresh ginger chopped
- 1/2 c parsley leaves flat leaf
- 1/4 c fresh chives chopped
- OR scallion greens
- 1/2 ts fresh or dried thyme
- 1 ts salt or to taste
- 1/2 ts freshly ground black pepper
- 1 pn ground allspice
- 1/3 c fresh lime juice or to taste
- 1/2 c extra virgin olive oil.

Instructions

Finely chop the garlic, shallots, chili, ginger, parsley and chives in a food processor. Add remaining ingredients, and process just to mix. Add 1/4 cup boiling water, and process to mix. Run the machine in short bursts until you have a coarse puree. If desired, add more salt or lime juice, to taste. The sauce can be served immediately, but it becomes more flavorful if you let it sit for an hour.

Yield: about 2 cups.

Recipe appeared in the NY Times 6/2/99

Posted to EthnicRegMC 7/99 by J Pellegrino

Contributor: NY Times

Preparation Time: 0:00

Freni Hostetler's Version Of Beef Yum Yai (Thai Cold Beef)

Yield: 6 Servings

Ingredients

1 lb roast beef thinly sliced

2 md cucumbers

3 bn green onions

3 limes Juice only

1 tb lemon zest

1 tb fish sauce

1/2 ts salt

Lettuce leaves

Instructions

Cut the roast beef into half inch wide strips. Peel and slice the cucumbers, then cut cucumber slices in half. Chop the green onions. Assemble the first seven ingredients and mix well just before serving. Serve on a bed of lettuce leaves.

(Freni served fresh hot loaves of homemade bread as the accompaniment.)

Tamar Myers (1996). Parsley, Sage, Rosemary, and Crime. A Pennsylvania Dutch Mystery with Recipes. NY: Signet. Magdalena Yoder, Innkeeper Freni, Cook.

Per serving (excluding unknown items): 52 Calories 1g Fat (10 calories from fat) 2g

Protein 12g Carbohydrate 0mg Cholesterol 192mg Sodium

Contributor: Tamar Myers (1996)

Preparation Time: 0:20

Fresh Chile & Corn Fritters W/Julienne Of Tart Indian App

Yield: 12 Servings

Ingredients

CHILE AND CORN FRITTERS

4 green anaheim chiles

3 c corn kernels, scraped from the cob

3 green serrano chiles, seeded and chopped

1 ts salt

1/2 ts white pepper

3 tb all purpose flour

3/4 c clarified butter

JULIENNE OF APPLES

1 tb unsalted butter

6 sm green apples, cored and julienned (do not peel)

1/2 ts celery seed

Instructions

Roast the anaheim chiles, then peel, seed and dice them.

Process the corn in a food processor until it resembles a puree, about 2 minutes. Scrape down with a spatula and process for another minute.

In a bowl, mix together the corn puree, the chopped chiles, salt, and pepper. Slowly add the flour, small amounts at a time, while stirring.

In a medium saucepan, heat the clarified butter over high heat. Using a large cook's spoon or serving spoon, gently drop spoonfuls of the batter into the hot butter. When

the edges are brown after about 2 minutes, turn the fritters over and cook another 2 minutes. Remove the fritters and allow them to drain on paper towels.

In another saucepan over medium high heat, melt the unsalted butter, add the apples and the celery seed, and saute about 3 minutes, until they begin to soften. Serve hot with the fritters.

*** NOTE *** To make clarified butter, melt butter over low heat, then set aside to cool. When the milk solids have separated from the liquid, skim the top layer of froth from the butter with a spoon and discard. Pour off the clarified butter, discarding the residue on the bottom.

Although Native Americans dry many foods for use throughout the year, they always prefer the fresh taste of foods recently harvested: the corn is sweeter, the chiles spicier, and the apples are tart. During the late summer, when these fruits and vegetables are harvested in the Northern parts of Arizona and New Mexico, a dish such as this, which combines an array of different flavors, is a fall favorite.

From "Native American Cooking," by Lois Ellen Frank

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Fresh Chinese Parsley (Cilantro) And Mint Chutney

Yield: 1 Servings

Ingredients

3/4 c chopped fresh chinese parsley (cilantro)

1 firmly packed

1/2 c chopped fresh mint firmly

1 packed

1 fresh hot green chili (optional)

1 tb lemon juice

3/4 c plain yogurt

1/4 to 1/2 tsp salt

Instructions

Put the Chinese parsley, mint, green chili, lemon juice and 3 tbsp water into the blender. Blend until smooth, pushing down as necessary with a rubber spatula. Beat the yogurt in a small bowl until it is creamy. Add the mixture from the blender and fold in. Add 1/4 tsp salt, mix, and taste. Add more salt if desired. Jaffrey suggests it is good with Vegetable Pakoris(batter fried vegetables). If you're still eating fried foods, I agree. But other low fat items are healthier. Try it for a dip with fresh vegetables. We sometimes stir a little into our rice. Posted by SassyJo

Recipe By : World of the East Vegetarian Cooking by Madhur Jaffrey

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Fresh North Indian Cheese (Paneer Chenna Or Paneer Tikki)

Yield: 1 Cup Chenna

Ingredients

FLATBREADS & FLAVORS ALFORD

2 qt milk whole or 2

6 tb juice, lemon

Instructions

Place colander lined with 34 layers of cheesecloth over large bowl. Heat milk gradually to boiling in heavy nonreactive saucepan, stirring occasionally with wooden spoon tokeep it from scorching or forming a skin. Then lower heat to medium and add lemon juice 1 tb at a time, stirring gently with wooden spoon 15- 20 seconds after

adding each tb. The milk may turn with as little as 1 tb lemon juice per quart, but it may take more, so be patient when it turns, the whiter curds will separate from the pale green whey, so both color and texture will change. As soon as milk starts to turn, remove from heat. Stir for another few seconds and then pour into clothlined colander. Rinse briefly under slowrunning cold water to remove lemon taste.

Gather edges of cheesecloth together, squeeze out water, then knot together (or loop a rubber band around it) to create a bag you can hang from a hook. rinse out bown and place under cheesecloth bag to catch whey drips. After only 20 minutes, you will have a soft cheese, paneer chenna.

To make paneer tikki, take bag down but don't untie it, and flatten lump of chenna into 4" square. Leaving covered with cheesecloth, place it on plate or countertop and flatten with heavy weight to complet it into densetextured cheese we find it simplest to weight it with a bread board with waterfilled saucepan on top. Press cheese for 2 hours. Remove from cheesecloth and use immediately, or store in plastic wrap in refrigerator.

Authors' comments: Paneer is fresh cheese made by souring hot milk with a little lemon juice and then pressing out the liquid until it becomes a firm mass. The process is simple and quick. The soft cheese produced after the whey has drained is called paneer chenna. It is used in desserts, and is an ingredient in a number of savory dishes. When paneer chenna is pressed under a heavy weight for an hour or two, it firms up and becomes paneer tikki, or wedge cheese, used commonly in north Indian dishes, such as paneer kari. Paneer tikki has little taste of its won, but it has a delightful texture.

Unlike most cheeses, it keeps its firmness even when heated, rather than melting.

Nutritional information per serving: xx calories, x.x gm protein, xx mg cholesterol, xx gm carbohydrate, xx mg sodium, x.x gm fiber, x.x gm fat, x.x mg iron, xx mg calcium, xx of calories from fat.

Tyops courtesy of Sylvia Steiger, SylviaRN (at) CompuServe (dot) com

Fried Beaver Tail

Yield: 1 Servings

Ingredients

2 beaver tails

1/2 c vinegar

1 tb salt

2 ts soda

1/4 c flour

1/2 ts salt

1/4 ts pepper

1/4 c butter

1/4 c sherry or cooking wine

1 ts dry mustard

1 ts sugar

1 tb worcestershire sauce

Instructions

1. Skin beaver tails, clean thoroughly and wash well in a solution of salt water. Let soak overnight in cold water to cover, adding 1/2 cup vinegar and 1 tablespoon salt to water.

2. The next day, remove from the brine, wash, then cover with solution of 2 teaspoons soda to 2 quarts water. Bring to a boil, reduce heat and simmer 10 minutes. Drain.
3. Dredge beaver tails in seasoned flour.
4. Melt butter in heavy fry pan and saute tails at low heat until tender.
5. Mix wine with mustard, sugar, garlic powder and Worcestershire sauce. 6. Add to beaver tails and simmer gently for 10 minutes, basting frequently.

Fried Crawfish Tails With Olive Salad

Yield: 1

Ingredients

2 lb crawfish tails
 1/2 c buttermilk essence
 1 c masa flour
 1 c flour
 1 c black olives pitted and quartered
 1 c queen stuffed olives quartered
 2 tb minced shallots
 2 ts minced garlic
 2 tb small diced celery
 2 tb chopped parsley
 1 1/2 ts fine ground black pepper
 1/2 c olive oil
 1 c lemon butter sauce
 1/4 c grated parmesan reggiano cheese

Instructions

In a mixing bowl, marinate the crawfish in the buttermilk. Season with Essence, allow to sit for 20 minutes. In a mixing bowl, combine the masa and flour together. Season with Essence. For olive salad, in a mixing bowl, combine the remaining ingredients together and set aside. Dredge the marinated calamari in the flour mixture and sift to remove any excess. Fry until golden, about 23 minutes. Stir constantly to prevent from sticking together. Remove from the fryer and drain on paper towels. Season with Essence. To serve, spoon the sauce in the center of each plate. Mound the crawfish in the center of each plate. Spoon the olive salad over the crawfish. Garnish with cheese and parsley.

Yields: 4 servings

Recipes courtesy of Emeril Lagasse, 1999

Converted by MC_Buster.

Recipe by: EMERIL LIVE SHOW #EMIC15

Converted by MM_Buster v2.0l.

Fried Crawfish Tails

Yield: 4 Servings

Ingredients

CRAWFISH

1 lb crawfish tails, peeled, and deveined
 1/2 c sherry
 1 1/2 c flour
 2 lg eggs
 1 pn salt

12 oz beer, dark
1 ds pepper, cayenne
1 pepper (to taste)
1 salt (to taste)
1 oil (for deep fat frying)

SAUCE

2 lg egg yolks
1 tb juice, lemon
1/2 ts mustard, dry
1/4 ts sauce, worcestershire
1 ds tabasco
3/4 c oil
1 tb water, hot
1 tb sherry
1 ts chives, minced
1 ts ketchup
1 ds pepper, cayenne
1 pepper (to taste)
1 salt (to taste)

Instructions

Crawfish:

Marinate the tails in sherry for an hour or more. Meanwhile, mix the cup of flour, eggs, salt and cayenne until smooth and slowly add beer to make the batter the consistency of pancake batter. Drain tails and roll in remaining flour. Shake off excess and dip in batter. Fry in hot oil until golden.

Sauce:

Beat the yolks with lemon juice, mustard, Worcestershire and Tabasco. Slowly drizzle in oil to form mayonnaise base. Add hot water to stabilize the sauce. Fold in remaining ingredients and correct seasoning. Serve with hot crawfish tails.

Source: Great Chefs of New Orleans, Telerecord Productions : Box 71112, New Orleans, Louisiana 1983 : Chef Willy Coln, Willy Coln's Restaurant, New Orleans

Fried Liver Chinese Style

Yield: 4 6 Serving

Ingredients

1 no ingredients

Instructions

1 # calves liver
1 T water
2 T soy sauce
6 T oil, lard or chicken fat
1 T Sherry
12 green onions, sliced thin
1/2 t sugar
1 T cornstarch
1 t salt
1/4 t pepper

Cut the liver in narrow strips and toss with cornstarch, sherry, sugar, soy sauce and water. Let stand 20 min.

Heat fat in skillet saute the liver 3 min stirring frequently. Mix in the green onions cook over low heat for 3 more minutes. Sprinkle with salt and pepper.

Fried Plantains (Tostonos De Platanos)

Yield: 6 Servings

Ingredients

3 c water
3 green plantains, peeled and cut diagonally, 1 inch
1 es
3 cloves garlic, chopped
3 ts salt
1 vegetable oil for deep frying

Instructions

In large bowl, combine water, plantains, garlic and 2 3/4 teaspoons salt. Let stand 15 minutes.

Drain plantains well, reserving liquid. Dry plantains on paper towels.

In large skillet, heat 1/2" oil until deepfat thermometer registers 375 degrees. Add plantains and fry 7 minutes. Drain plantains on paper towels. When cool enough to handle, use palm of hand to flatten plantains to 1/4" thickness. Dip plantains in reserved liquid and dry on paper towels.

Refry plantains in hot oil until crisp and golden drain on paper towels. Lightly sprinkle remaining 1/4 teaspoon salt over plantains and serve hot.

NOTES : A staple of the Hispanic diet, the starchy green bananas known as plantains are often deepfried and served as an appetizer. * Exported from MasterCook II *

Recipe by: Country Living magazine, 11/97

From: "Russell J. Fletcher"

Date: Wed, 04 Mar 1998 12:51:01 EST

Fried Plantains In Butter

Yield: 1

Ingredients

2 lg ripe plantain
4 oz butter
1 tb lemon juice
1 sugar
1 coconut oil

Instructions

Peel and slice the plantains.

Heat butter and coconut oil in frying pan. Add plantain and fry for approximately 4 minutes on each side. Lift plantain with spatula from time to time to prevent sticking. Drain on paper towel.

Place on a serving dish and sprinkle with lemon juice and sugar. Serve warm with meat or fish.

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Carlton Food Network <http://www.cfn.co.uk/>

Converted by MM_Buster v2.0l.

Fried Plantains

Yield: 1

Ingredients

4 firm ripe plantains*
1 vegetable oil for deep frying

Instructions

*available at Hispanic markets and some specialty produce markets and supermarkets

With a small sharp knife cut ends from each plantain and halve crosswise.

Cut a lengthwise slit through skin along inside curve. Beginning in center of slit pry skin from plantain and with rippled blade of a mandoline or decorating knife cut flesh crosswise into 1/8 inch thick slices.

In a deep fryer or large deep skillet heat 1 1/2 inches oil to 375F. on a deep fat thermometer and fry 12 to 15 plantain slices at a time, turning them, 2 to 3 minutes, or until golden, transferring as fried with a skimmer or slotted spoon to paper towels to drain. Season plantain slices with salt. (Plantain slices should be slightly crisp on outside but soft on inside.) Plantain slices are best served immediately but may be made 1 day ahead, cooled completely, and kept in an airtight container. Reheat plantain slices on a rack in a shallow baking pan in a preheated 350F. oven 5 minutes, or until heated through.

Serves 8.

Gourmet January 1995

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Fried Quail, Chinese Style

Yield: 6 Servings

Ingredients

3 c Looing Sauce see * Note
4 Quails split in half
4 c Peanut oil for deep frying

Instructions

* Note: See the "Looing Sauce" recipe which is included in this collection.

Bring the Looing Sauce to a boil and put in the quails. Bring back to a simmer and cook for 4 minutes.

Remove quails from the sauce, drain and pat dry with paper towels.

Deepfry in oil at 375 degrees until golden, about 3 minutes. Do not overcook. This recipe serves 6 to 8 as part of a Chinese meal.

Comments: This is a delicious dish. Since the bird is simmered first in the looing sauce it is very moist, even after a quick deepfrying.

Recipe Source: THE FRUGAL GOURMET by Jeff Smith From the 02121992 issue The Springfield UnionNews

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MADSQUAD@prodigy.net 10061995

Contributor: Jeff Smith

Preparation Time: 0:00

Fried Sweet Plantains

Yield: 8 Servings

Ingredients

4 ripe (yellow black) plantain

1/4 c vegetable oil
1 salt and pepper to taste

Instructions

Recipe by: Big Flavors Of The Hot Sun by Chris Schlesinger To prepare plantains this way, they have to be dead ripe. If only green one

Peel plantains and cut on a severe slant into 1/2inch slices.

In a large saute pan, heat the oil over medium heat until hot but not smoking

Fried Wontons With Oriental Noodle Salad And Grilled Flank S

Yield: 1 Servings

Ingredients

2 tb minced shallots
1 tb minced garlic
1/2 c sesame oil
1/4 c soy sauce
2 tb rice wine vinegar
1/2 lb flank steak
1 for the salad:
1 c cooked rice noodles
1/4 c julienned red onions
1/4 c julienned roasted red peppers
1/4 c julienned roasted yellow peppers
2 tb chopped green onions
1 ts minced garlic
3 tb sesame oil
1 tb chopped cilantro
1 salt and pepper
6 wonton wrappers 4 by 4, cut diagonally, 1
1 essence
1 drizzle of sesame oil for garnish

Instructions

ESSENCE OF EMERIL SHOW#EE2323

Preheat the grill. In a mixing bowl, whisk the shallots, 1 tablespoon garlic, sesame oil, soy sauce, and rice wine vinegar together. Place the flank steak in a small glass square dish and pour the marinade over it. Marinate the steak for 1 hour. Remove from the marinade and place on the grill. Grill on each side for 34 minutes for medium rare.

For the salad, combine all the ingredients together and season with salt and pepper.

For the wontons, place the triangles in the fryer and fry until golden brown, about 23 minutes. Stir the wontons consistently to prevent from sticking together. Remove from the fryer and drain on a paperlined plate. Season with Essence. Slice the flank steak into 1/4" slices. Place a small amount of the salad on the fried triangles. Top each triangle with a slice of flank steak. Drizzle with sesame oil.

Yield: 12 servings

Posted to recipeludigest by molony on Feb 21, 1998

Frosted Mountain Layer Cake

Yield: 6 Servings

Ingredients

2/3 c butter
1 c sugar

2 eggs
1 1/2 ts vanilla
3 c sifted cake flour
2 1/2 ts baking powder
1 ts salt
1/2 c pink grapefruit cocktail
3/4 c milk

Instructions

In a large mixing bowl, cream butter and sugar until light and fluffy. Add the eggs and vanilla and beat well. Sift together the dry ingredients. Add to butter mixture, alternately with juice and milk (do not combine the juice and milk) Pour batter into two greased and floured 8 inch round cake tins. Bake at 350 F for 30-35 minutes or until a cake tester comes out clean. Cool ten minutes in pan and turn out onto a rack to cool completely. Fill and ice with fluffy grapefruit frosting. Decorate with fresh grapefruit sections just prior to serving.

Origin: Sun Rye Recipe insert Shared by: Sharon Stevens

Fruid Bee Hoon (Chinese Spaghetti)

Yield: 4 Servings

Ingredients

1 pk rice sticks
1/4 lb lean pork tenderloin
1 ts ginger
1 ts garlic
3 tb sesame oil
1/2 ts sugar
4 tb soy sauce
1 small head cabbage
2 carrots
2 eggs
4 tb oyster sauce
2 cloves of garlic, chopped

Instructions

Cut pork into small strips and marinate with ginger, garlic, 2tb sesame oil, sugar and 2 tb soy sauce for 30 minutes. Cut cabbage and carrots into strips. Fry eggs in wok. Break up in small pieces and set aside. Soak rice sticks in hot water for 35 minutes, until springily drain rinse with cold water and drain. Stir fry vegetables for 12 minutes. Add 2 tb oyster sauce and 1 tb of soy sauce. Vegetables should be crunchy. Set aside. Stir fry pork and set aside. Stir fry garlic and add rice sticks. Add 1 tb sesame oil, 2tb oyster sauce and 1tb soy sauce, to taste. Mix in pork, eggs and vegetables to rice sticks.

Fruit Cocktail Bread

Yield: 1 Serving

Ingredients

1 1/8 cu fruit cocktail 1 1/2 cup
1 1/2 ta oil 2 tbsp
3 tb orange juice, frozen concentrate 1/4 cup or an
1/3 ts salt 1/2 tsp.
1/3 cu coconut flakes 1/2 cup
1 1/2 cu whole wheat flour 2 cups

1 1/2 cu bread flour 2 cups
1 1/2 te active dry yeast 2 tsp.

Instructions

DO NOT DRAIN THE FRUIT COCKTAIL

Load machine in order suggested by manufacturer. Process on White Bread or Sweet Bread cycle on lightest crust setting.

Can serve toasted with ice cream and coconut flakes for dessert. Very flavorful.

From: Martha Sheppard

Per serving: 1875 Calories (kcal) 36g Total Fat (16 calories from fat) 55g Protein 346g

Carbohydrate 0mg Cholesterol 802mg Sodium Food Exchanges: 19 Grain(Starch) 1/2

Lean Meat 0 Vegetable 4 Fruit 6 1/2 Fat 0 Other Carbohydrates

Contributor: The Bread Machine Cookbook III/D.R.German/R. Banghart

Preparation Time: 0:00

Fruit Cocktail Cake (M_CTx)

Yield: 18 Servings

Ingredients

1 box yellow cake mix
17 oz fruit cocktaildo not drain
2 large eggs
2 c flaked coconut
1/2 c packed brown sugar

TOPPING

1/2 c evaporated milk
1/2 c white sugar
1/4 lb (1 stick) butter

Instructions

In a large bowl combine cake mix, fruit cocktail and liquid, eggs and 3/4 cup coconut. Blend well and pour into 9" x 13" x 2" pan. Sprinkle with brown sugar. Bake 45 minutes at 325 or until cake springs back when pressed gently. Meanwhile in small pan, heat milk, white sugar and butter. Boil 2 minutes, remove from heat and stir in remaining 1 1/4 cups coconut. Spoon over hot cake in pan. Serve warm or cold. Really good and moist.

Fruit Cocktail Cake (Pkl)

Yield: 1

Ingredients

1 c flour
1 c sugar
1 ts soda
1/4 ts salt
1 egg
1 ts vanilla
1 cn fruit juice drained
1/2 c brown sugar
1/2 c nuts

Instructions

Mix flour, sugar, soda, salt, egg and vanilla.

Add fruit cocktail and mix well. Pour into ungreased 6x11 inch pan.

Mix brown sugar and nuts together. Put on top of batter.

Bake at 350 degrees for 45 minutes.

Possum Kingdom Lake Cookbook

MC Formatted using MC Buster 2.0d & SNT on 4/9/98

Per serving: 2018 Calories (kcal) 46g Total Fat (19 calories from fat) 30g Protein 383g

Carbohydrate 187mg Cholesterol 629mg Sodium Food Exchanges: 7 Grain(Starch) 2

Lean Meat 0 Vegetable 0 Fruit 7 1/2 Fat 18 Other Carbohydrates

Converted by MM_Buster v2.0n.

Fruit Cocktail Cake 1

Yield: 1

Ingredients

2 eggs

2 c sugar

2 c flour

1 1/2 ts baking soda

1 1/2 ts vanilla

1 cn fruit cocktail (no. 2 1/2) drained

1 ts salt

1 1/2 c brown sugar

1/2 c nuts chopped

Instructions

Beat together eggs, sugar and flour. Add baking soda and vanilla to mixture. Fold in fruit cocktail and salt. Pour in greased 9 x 13inch pan. Mix together brown sugar and nuts and sprinkle over batter.

Bake cake at 350 degrees for one hour.

Amy Ryan

Per serving: 3973 Calories (kcal) 51g Total Fat (11 calories from fat) 50g Protein 848g

Carbohydrate 374mg Cholesterol 4242mg Sodium Food Exchanges: 13 1/2

Grain(Starch) 3 Lean Meat 0 Vegetable 2 Fruit 8 Fat 40 1/2 Other Carbohydrates

Recipe by: Favourite Recipes St. Michaels Amy Ryan

Converted by MM_Buster v2.0n.

Fruit Cocktail Cake Icing

Yield: 8 Servings

Ingredients

1 1/2 c sugar

6 oz (1 1/2 sticks) margarine

1/2 c pecans

1/2 c coconut

1 c undiluted evaporated milk

Instructions

Cook sugar, oleo, and milk until thick. Remove from heat and add pecans and coconut.

Pour over hot cake.

Fruit Cocktail Cake

Yield: 1

Ingredients

1 1/2 c sugar

2 c flour

2 ts soda
1 ts salt
1 cn fruit cocktail drained
1 c coconut
2 eggs slightly beaten
1/2 c pecans chopped
1/2 c brown sugar

ICING

1 c sugar
1 cn eagle brand condensed milk (6 ounce)
1 stick butter

Instructions

Mix sugar, flour, soda, and salt. Add fruit cocktail, coconut, and eggs. Stir well. Grease loaf pan, cook at 325 degrees until toothpick comes out clean. Sprinkle with pecans and brown sugar. While hot, top with icing.

Icing:

Cook 5 10 minutes on medium heat.

Barbara June BaileySmith

Per serving: 4814 Calories (kcal) 167g Total Fat (30 calories from fat) 46g Protein

812g Carbohydrate 622mg Cholesterol 3244mg Sodium Food Exchanges: 13

Grain(Starch) 2 Lean Meat 0 Vegetable 2 1/2 Fruit 31 1/2 Fat 38 Other Carbohydrates

Recipe by: Possum on the Half Shell

Converted by MM_Buster v2.0n.

Fruit Cocktail Ice Pops

Yield: 12 Servings

Ingredients

1 cn fruit cocktail in extra light syru (29 ounces) undrained
12 Popsicle molds or 12 paper cups (3 each) and Popsicle sticks

Instructions

Fill molds or cups with about 1/4 cup fruit cocktail top with holders or insert sticks into cups. Freeze.

Nutritional analysis: One serving equals 31 calories, 3 mg sodium, 0 cholesterol, 8 mg carbohydrate, trace protein, trace fat. Diabetic Exchanges: 1/2 fruit

Source: "Quick Cooking, Premier Issue J/F 1998"

Yield: "1 dozen"

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g

Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean

Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

NOTES : Jeanie Beers of Montgomery, New York notes, "Even adults like these refreshing, fruity snacks. And they're so easy to make kids can spoon the fruit cocktail into plastic cups in a jiffy. The hard part is waiting or them to freeze!"

Contributor: Jeanie Beers, Montgomery, New York

Preparation Time: 0:00

Fruit Cocktail Sauce

Yield: 1 Servings

Ingredients

1 tb cornstarch
1/4 c sugar

1 cn fruit cocktail
1/2 c orange juice
2 tb lemon juice
1/3 c raisins
1/8 ts cloves
1 maraschino cherries (opt)

Instructions

Mix cornstarch and sugar in a pan. Add syrup drained from the fruit cocktail and the orange and lemon juices. Cook 5 minutes, stirring constantly. Remove from heat and add fruit and cloves.

printed in Rochester, NY *_Times_Union_* 11/29/93 Posted in COOKING by: Jean Cody 12/1/93

Fruit Cocktail Squares

Yield: 1

Ingredients

2 1/4 c allpurpose flour
1 c firmly packed light brown sugar
1/4 c butter softened (1/2 stick)
1 cn fruit cocktail undrained (17 ounces)
2 eggs
2 ts baking soda
1 ts salt
1/2 c semisweet chocolate chips
1/2 c chopped pecans

Instructions

Preheat the oven to 350 degrees F. Coat a 9" x 13" baking pan with nonstick cooking spray. In a large bowl, with an electric beater on medium speed, beat the flour, brown sugar, butter, fruit cocktail, eggs, baking soda, and salt for 2 minutes, or until smooth. Pour into the baking pan. Sprinkle the chocolate chips and pecans evenly over the top. Bake for 25 to 30 minutes, or until a wooden toothpick inserted in the center comes out clean. Allow to cool completely, then cut into squares and serve.

Converted by MC_Buster.

NOTES : 12 to 15 servings

Converted by MM_Buster v2.0l.

Fruit Cocktail Whip

Yield: 1 Servings

Ingredients

1 ts unflavored gelatine
2 tb water, cold
1 c water, boiling
1 tb lemon juice
3 saccharin tablets, (1/4 grain each)
1/2 c fruit cocktail, drained (dp)

Instructions

Sprinkle gelatin over cold water let stand 5 minutes. Add boiling water stir until dissolved. Add lemon juice and saccharin. Chill until mixture begins to set. Beat until fluffy with rotary beater fold in fruit cocktail. Chill until firm.

NOTE: Other dietetic packed Fruit may be substituted for fruit cocktail. Liquid drained from fruit may be brought to boil and substituted for boiling water. For jellied Fruit Salad, omit beating, if preferred.

From: Jeffrey Dean Date: 111893

Fruit Cocktail

Yield: 1 Batch

Ingredients

1 honeydew melon

1 rockmelon

1 watermelon

Instructions

Use a melon baller and scoop out melons and arrange in individual dishes

Portions 1/2 per cup Calories approx 25 per 1/2 cup (100KJ)

From "Easy Diabetic Recipes for those on a portion or calorie diet" prepared by Diabetic Assoc. of South Australia Inc.

Typed and posted by Vicki Crawford Australia From: Vicki Crawford Date: 23 Mar 97
National Cooking Echo Ž

Fruit Coctail Bars

Yield: 8 Servings

Ingredients

8 oz fruit cocktail (1 can)

1/4 c butter or margarine softened

1/3 c sugar

1 ea egg large

1/4 ts vanilla

1 1/4 c flour unbleached

1/4 ts baking powder

1/4 ts baking soda

1 tb maraschino cherry juice

1/2 c coconut flaked

1/4 c maraschino cherries chopped

Instructions

Drain fruit reserve 1/3 cup of syrup. Chop fruit set aside. Cream butter and sugar beat in egg and vanilla. Stir flour with baking powder, soda and 1/4 t salt. Mix reserved syrup with cherry syrup. Add flour mixture alternately with syrups to creamed mixture mix well. Stir in fruit, coconut, and cherries. Spread in greased 9 X 9 X 2inch baking pan. Bake at 350 degrees for 30 to 35 minutes. Cool. If desired, sift powdered sugar over top and cut into bars.

Makes 24 bars.

Fruit Coctail Cake Icing

Yield: 8 Servings

Ingredients

1 1/2 c sugar

6 oz (1 1/2 sticks) margarine

1/2 c pecans

1/2 c coconut

1 c undiluted evaporated milk

Instructions

Cook sugar, oleo, and milk until thick. Remove from heat and add pecans and coconut.

Pour over hot cake.

Fruit Filling For Japanese Fruitcake

Yield: 8 Servings

Ingredients

2 tb flour

1 juice of 3 lemons

1 c sugar

1 cn pineapple (20 oz)*

2 egg yolks

1/2 c pecans chopped

Instructions

* pineapple should be crushed & drained.

Combine all ingredients in top half of a double boiler over, not in, simmering water and cook, stirring frequently, until mixture thickens. It should be quite thick. Remove from heat and allow to cool, stirring occasionally.

Fruit Salad, Indian

Yield: 6 Servings

Ingredients

2 md apples sliced

2 md oranges segmented

2 md bananas diced

4 tb seedless grapes green preferred

1 md pair diced

1 c honeydew melon diced

1/2 bottle red gingerale

Instructions

1. Mix the fruits in a bowl.
2. Pour the ginger ale over the fruit.
3. Chill for at least 1 hour.

* Serve cold.

Recipe by: Ron West

Posted to BakeryShoppe Digest V1 #491 by Ron West on Jan 7, 1998

Fu Ru Ro Chinese, Peasanty

Yield: 1 Servings

Ingredients

1 lb boneless pork

1 salt to taste

1 in ginger root

6 scallions in 1 lengths

2 sq fu ru mashed

1 soy sauce

Instructions

The pork ideally should be from the shoulder or ham the dish is often made with fresh bacon or some other outrageously fatty cut, and it's a little too rich and my mother used to make it with loin, which is too dry. You could use the darker muscle around the loin that would be great. Anyhow, cut it into about 3/4" cubes.

Cover the meat with water in a pot. Bring to a boil, add salt & ginger (slightly smashed), reduce heat to simmering temperature, and cook covered until meat is almost tender. Uncover and cook until water is reduced by about half, add scallions, and cook a few minutes until scallions have wilted, then stir in the fu ru. Cook briefly, allowing fu ru to mix into the juices, correct seasoning with soy sauce, and then serve.

From: Michael Loo Date: 28 Jul 97 National Cooking Echo Ž

Oriental Recipes G

Gaeng Gai (Thai Chicken Curry)

Yield: 1 Servings

Ingredients

4 tb vegetable oil
10 ea dried red chilies, crushed (adjust heat to your taste amount makes a fairly hot dish)
1 md yellow onion, chopped
4 ea cloves garlic, chopped
1 ts ground galangal (kha)*
1 ea stalk fresh lemon grass*, chopped fine
4 tb fresh coriander, chopped
1 ts ground nutmeg
6 ea kaffir lime leaves*
1 tb ground coriander seed
1 tb sugar
2 tb fish sauce*
1 ts ground cumin
1 ts salt
2 ea whole chicken breasts, skinned, boned, cut into
10 oz shredded bamboo shoots
16 oz coconut milk (frozen is better, but you can substitute 1 14 oz. can)
20 ea fresh basil leaves (dried basil is not a good substitute
*available at good oriental markets

Instructions

Heat the oil in a wok and stir-fry the chilies, onion, and garlic until light brown. Add galangal, lemon grass, fresh coriander, nutmeg, lime leaves, cumin, ground coriander, sugar, fish sauce, and salt. Cook for about 2 min. over medium heat. Add the chicken and stir-fry for 1 minute. Add the bamboo shoots and coconut milk. Bring to boil, reduce heat and simmer about 10-15 minutes until chicken is tender. Garnish with fresh basil, serve over rice. This dish is even better if you refrigerate it overnight and reheat it the next day

Subj: Chicken Stir Fried with Cashews Subj: Gaeng Gai (Thai Chicken Curry) 930417
18:48:16 EDT

Gai Dom Kha (Thai Chicken Soup)

Yield: 6 Servings

Ingredients

2 lemon grass, stalks
4 garlic clove
7 coriander roots
4 c coconut milk, medium thick
5 chilies, red, minced
4 tb lime juice
3 coriander sprigs, chopped
3 tb ginger, siamese, sliced
3 peppercorns

23 shallots
1 lb chicken, breast, sliced
4 tb fish sauce (nam pla)
5 kaffir lime leaves, shredded

Instructions

The red chilies are also known as "prik khee nu". Wash lemon grass and trim root ends and tough layers. Slice bottom 6 inches thinly. Chop 1 T. of this. Puree chopped lemon grass, 1 T. of sliced ginger, garlic, peppercorns, coriander roots and shallots. Bring 1 cup of coconut milk to boil and add lemon grass mixture. While stirring, reduce heat to medium and add chicken, remaining coconut milk, ginger slices and lemon grass. Bring to boil, reduce heat, and simmer uncovered until chicken is tender. Season with chilies, fish sauce and lime juice. Decorate servings with lime leaves and coriander sprigs. To make coconut milk: Blend 2 cups fresh or frozen grated coconut with water. Strain through double cheesecloth, pressing out all liquid. This is thick coconut milk. To get thin milk, add warm water to residue from first straining. Let stand 5 minutes, then press as before. For coconut cream, refrigerate first pressing and cream will rise to top. Refrigerate or freeze. Two cups coconut makes 3 cups thick milk, of which 6 tablespoons is cream.

Gai Tom Kha (Thai Chicken & Coconut Milk So

Yield: 6 Servings

Ingredients

4 c medium coconut milk
1 1/2 c chicken stock
3 qt pieces dried galangal (kha), or 6 qt pieces fresh galangal
4 stalks fresh lemon grass, bruised, cut into 2inch l
6 fresh serrano chiles, sliced into rounds
1 lg whole chicken breast *
4 tb fish sauce (nam pla)
5 fresh kaffir lime leaves
(makrut), if available
2 fresh limes, juice
2 tb chopped coriander leaves

Instructions

* cut into 1/2inch pieces (with or without bones, see note)

Combine coconut milk, chicken stock, galangal, lemon grass and 4 of the chiles in a saucepan bring to a boil. Reduce heat and simmer for 20 minutes. Strain stock discard galangal and lemon grass. Return stock to a boil, add chicken and simmer until tender, about 2 minutes. Add fish sauce, citrus leaves and remaining chiles. Stir in the lime juice. Garnish with coriander.

Serves 6 to 8.

NOTE: I like to use boned chicken breast if I'm cooking for guests. For the best flavor, however, use a whole small chicken chopped into small pieces with the bones increase the cooking time until chicken is tender.

Posted by Stephen Ceideberg December 13 1991.

Gai Yaang (Thai Barbecue Chicken)

Yield: 8 Servings

Ingredients

8 garlic cloves crushed

1 tb pepper, white, ground
1/2 c coriander chopped fine
1 ts salt
1 ts coriander, ground
1 tb red chili flakes
2 tb lime juice
4 lb chicken drumsticks

Instructions

Mix all ingredients thoroughly, coating the drumsticks on all surfaces. Marinate 30 minutes or better yet, overnight in the refrigerator. Barbecue over moderate charcoal fire for 30 minutes or until wellcooked on both sides. Serve with Nam Prik Dang.

Gajjar Karrah (Indian Carrot Halva)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Grate 700 g carrots. Steep 1/2 teaspoon saffron threads in 1 tablespoon boiling water. Bring 2.3 L milk to the boil. add the carrots and a 2 cm stick of cinnamon and boil for a minute longer, stirring. Turn down heat to a fast simmer as fast as can be maintained without the milk boiling over and stir as often as possible (the more the better) until the milk has reduced to less than a quarter. (It helps to have a good book in the kitchen.) Add 3 cardamom seeds, bruised, the saffron liquid and 60 g raisins or sultanas. Mix and keep stirring till the mixture is dry. Fish out the cardamom seeds and the cinnamon if you can find them. Add 60 g butter and stir in well. Add 2 tablespoons honey and 180 g sugar. Cook for another 9 minutes or so until the mixture is translucent. Add 60 g blanched slivered almonds and a splash of rosewater (optional). Serve hot or cold with pouring cream.

From an article by Meryl Constance in The Sydney Morning Herald, 6/8/93. Courtesy Mark Herron.

Posted by Stephen Ceideberg September 8 1993.

Galloping Horses (Thai Appetizer)

Yield: 8 Servings

Ingredients

1 ts oil
1 lb ground pork to
8 garlic cloves finely chopped
3 green onions, white part chopped
3/4 c roasted salted peanuts
1 fresh pineapple or tangerines, or oranges
1/3 c sugar
1/2 ts pepper
1 lettuce leaves
1 mint or coriander leaves
1 chopped chilis

Instructions

Grind peanuts. Heat oil in a frying pan, add pork, garlic and onions. Cook until pink color disappears. Drain off most of the fat. Add sugar and pepper, cook 12 minutes. Add peanuts, mix in well, then remove from heat. Cool to room temperature.

Prepare platter, lining with lettuce leaves. Peel and segment the citrus fruit if used, cutting each segment down to the back and fanning open to form a circle. If using pineapple, cut off top leaves and outer skin, as thinly as possible, from top down. Look at the "eye" pattern, as it forms a spiral down the pineapple. Cut the spirals with a sharp knife held at about a 45 degree angle. Cut off bottom. Cut pineapple into about 5 or 6 wedges and then cut each of those into 1/4 inch slices. Arrange fruit on platter. Mound meat mixture onto fruit, and decorate with other garnishes. Serve at room temperature, or chilled.

(servings: 8-10)

From: arielle@taronga.com (Stephanie da Silva)

GanBian NiuRouSi (Szechwan Dry Fried Beef W/ Carrots &

Yield: 1 Servings

Ingredients

1 lb beef sirloin steak
1/2 lb celery
2 carrots depending on size
1 chile peppers your choice.
1 red ones look pretty.
1 green onion
1 ts finely chopped ginger
2 ts finely chopped garlic
2 tb hot bean sauce
2 ts sweet bean sauce
1 tb rice wine or dry sherry
1 ts salt depending on your
1 taste
1 ts sugar
1/2 ts ground szechwan pepper
2 ts sesame oil
2 tb hot red oil
9 tb oil or lard

Instructions

Preparation: Slice meat about 1/8" thick and then again to form matchsticks. Easier if meat is frozen.

Remove celery leaves, wash and cut stems into 1" lengths. Peel carrots and shred them with a potato peeler. Top, deseed and shred the peppers. Cut green onion into 1/2" lengths or less.

To Cook: Heat 3 Tbss. oil in a wok until very hot. Toss celery, carrot and half the salt briefly until the vegetables are partially cooked. Remove and drain. Heat 6 Tbs oil in wok until very hot then allow to cool slightly. Add beef matchsticks and cook over medium heat stirring constantly. (Do not let juices stick to side of wok and char or they will ruin the flavour.) Cook evenly and thoroughly prevent sticking with e.g. chopsticks for about 10mins until the beef is dry looking and stiff. Then add the bean sauces, peppers garlic, half the green onion and remaining salt and rice wine. Stir well. When the smell of garlic and bean sauces becomes noticeable, add prefried celery and carrots. Reheat them and then at the last minute add sugar, ginger, remaining green onion, Szechwan pepper and sesame oil. Check flavours adjust if necessary and serve.

Adapted from "The Good Food of Szechwan" by Robert A. Delfs. Cameron, a.k.a. BEgg.4@OSU.EDU From the ChileHeads Recipe Collection URL: <http://chile.ucdmc.ucdavis.edu:8000/www/recipe.html>

Garam Masala (North Indian Dried Spice Mixture)

Yield: 1

Ingredients

2 tb coriander seeds
1 tb cuminseed
1 seeds from 10 cardamom pods
2 ts mustard seeds
2 ts fenugreek
2 ts black peppercorns
1 ts whole cloves
3 inch cinnamon stick broken in half

Instructions

Heat a dry small skillet over moderately high heat until it is hot and in it toast the spices in batches if necessary, stirring frequently and covering the skillet when the mustard seeds begin to pop, for 2 to 3 minutes, or until they are several shades darker and fragrant, being careful not to let them burn. In a mortar with a pestle or in an electric coffee grinder grind the toasted spices to a powder and transfer the powder to a jar with a tightfitting lid. The garam masala keeps, covered and chilled, for 1 month.

Yield: About 1/2 cup

Converted by MC_Buster.

Recipe by: COOKING LIVE SHOW #CL9201

Converted by MM_Buster v2.0l.

Garlic Chicken (Oriental) Low Fat

Yield: 4

Ingredients

1 lb boneless skinless chicken breast
1/4 ts cornstarch
3 tb chicken stock
1/4 c garlic, chopped
1/3 c sliced water chestnuts
1/3 c bamboo shoots, sliced
1/2 ts salt
1/2 ts sugar
3 tb soy sauce
1/2 c water
1 ts sesame oil

MARINADE

1 ts dry sherry (or sake)
1/4 ts salt
1 tb sesame oil
1 egg white

Instructions

Chop chicken breasts into 2 inch square pieces mix marinade ingredients in a medium bowl add chicken pieces and mix well let stand at least 20 minutes.

Heat 1 tablespoon. oil in a wok over medium heat 1 minute add chicken pieces and stirfry until chicken is almost cooked, 3 to 4 minutes remove chicken, draining well over the wok set aside. Dissolve cornstarch in chicken stock to make a paste set aside heat oil in wok over medium heat 1 minute add cooked chicken, garlic, water chestnuts and bamboo shoots stirfry about 2 minutes add salt, sugar, soy sauce and water cover and cook over low heat 10 minutes.

Add cornstarch paste stirfry until sauce thickens slightly, about 30 seconds stir in 1 teaspoon of sesame oil serve hot.

Makes 4 servings.

Garlic Chicken From Thailand

Yield: 6 Servings

Ingredients

1 no ingredients

Instructions

1 kg chicken breasts (other pieces can be used)

4 cloves garlic

2 teaspoons salt

1 tablespoon black peppercorns

4 whole plants fresh coriander

4 tablespoons lemon juice

Cut the chicken into serving pieces, or cut breasts in half. Crush garlic and coarsely crush peppercorns with a mortar and pestle or in a blender. Finely chop the roots, stems and leaves of well washed coriander. Mix all the seasonings together and rub well into the chicken pieces. Place pieces on a grill over glowing coals and cook carefully, turning frequently until chicken is tender and the skin is crisp. Serve with saffron rice. Fedor Mediansky

BonAppetit, Exec.Chef. Magnus Johansson End Recipe Export From the files of Exec.Chef Magnus Johansson Terminate 1.50/Pro ! Origin: Shezza's Point Down Under (3:640/937.7)

Garlic Shrimp Goong Kratiem Prik Thai *

Yield: 4 Servings

Ingredients

MARINADE

8 cloves crushed garlic

2 tb minced cilantro root

1 ts white pepper

1/2 ts salt

2 tb fish sauce (nam pla)

1 1/2 tb sugar

SHRIMP

1 lb shrimp, shelled & deveined

3 tb oil

1 tomato, cut into wedges

1 cucumber, sliced

Instructions

The garnish of tomato and cucumber slices adds freshness to this rich spicy dish, which should be served with plenty of fresh vegetables. Thoroughly mix together all the marinade ingredients. Combine the shrimp with the marinade and set aside to

marinate for 10 minutes. Heat a medium skillet, add the oil and saute the marinated shrimp for 4 minutes. Remove to a serving plate and garnish with the tomato and cucumber.

Garlicky Indian Shrimp

Yield: 4 Servings

Ingredients

1 cn Peeled, diced tomatoes (14 1/2 oz)
1 lb Peeled, deveined shrimp (medium s)
2 tb Canola oil
2 tb Lemon juice
2 md Garlic clove peeled, and Coarsely chopped
1/2 ts Dried thyme crushed
1 ts Paprika
1/4 ts Salt
1 c Finely chopped onion
1 piece Fresh ginger (1") peeled, and cut in thin slivers
1/2 ts Ground cumin
Freshly ground black pepper
1 sm Anaheim pepper stemmed, seeded, and thinly sliced
2 tb Finely chopped cilantro
Hot cooked white or brown rice

Instructions

Drain tomatoes. Reserve pulp and juice separately.

Put shrimp into a medium bowl. Combine oil, lemon juice, garlic, thyme, paprika and salt. Pour over the shrimp refrigerate for 30 minutes.

Heat a large skillet over mediumhigh heat. Add shrimp and marinade cook, stirring, for 2 minutes. (The shrimp will not be completely cooked through at this point.) Remove from pan set aside.

Reduce heat to medium. Put onion and ginger into the pan with a couple of tablespoons of the reserved tomato juice. Cook 5 minutes. Add tomatoes, cumin, black pepper to taste and Anaheim pepper. Simmer 5 minutes. Put shrimp and any juices that have gathered around them into pan. Cook a few minutes, just until the shrimp are cooked through. Stir in cilantro and serve with rice.

Yield: 4 servings.

Recipe Source: St. Louis PostDispatch 11021998 The Seattle Times

Formatted for MasterCook by Susan Wolfe ywmv81a@prodigy.com

Garrett's Oriental Shrimp

Yield: 4

Ingredients

1 lb shrimp
1 green bell pepper julienned
1 red bell pepper julienned
1 yellow bell pepper julienned
1 bn fresh dill
3 tb garlic minced
1 angel air pasta
1 lg onion sliced

1/2 bn broccoli cut up
1 stalk bokchoi sliced
3 lemons squeezed
1 olive oil
5 oz clam juice
1 salt and white pepper to taste

Instructions

Put olive oil in frying pan. Begin cooking shrimp in oil cook until halfdone. Add peppers, garlic, onion, bokchoi, and broccoli saute. Add lemons and clam juice simmer. Add dill and salt and pepper, to taste.

Place over Angel Hair pasta (cook according to directions on package).

Makes 4 servings.

Per serving: 211 Calories (kcal) 3g Total Fat (10 calories from fat) 27g Protein 24g Carbohydrate 173mg Cholesterol 337mg Sodium Food Exchanges: 0 Grain(Starch) 3 Lean Meat 2 1/2 Vegetable 1/2 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: 1992 Dallas Cowboys Wives' Cookbook

Converted by MM_Buster v2.0n.

Gee's Chinese Red Cooked Chicken (Pressure Cooker)

Yield: 4 Servings

Ingredients

1 fryer, cut up
2 tb oil
3/4 c water
1/2 c soy sauce
3/4 ts ground ginger
1 1/2 ts sugar
1 fresh lemon, juice of
1 bn green onions, finely chopped
2 tb cornstarch
1/4 c water
2 tb chinese sesame oil

Instructions

Put the oil in the pressure cooker pot and lightly brown the chicken pieces. While they are browning, mix together the water, soy sauce, ground ginger, sugar, and fresh lemon juice and set aside. Place about 2 Tbsp of the greenest parts of the green onions into a small dish and set aside. Mix the cornstarch and water together until smooth and set aside. When the chicken pieces are nicely browned, pour in the soy sauce mixture and add the white and light green parts of the green onions. Stir into the chicken to coat the pieces with the sauce.

Place lid on pressure cooker tightly. Put pressure regulator weight in place. Leave heat under cooker on high until the weight begins to jiggle. Lower heat immediately to a level that keeps the weight just barely moving. Time from this point on for 12 minutes. Remove pot from heat and cool.

When the pressure has been reduced, open the pot and place back on the burner. Using a slotted spoon, remove the chicken pieces to a serving dish. Stir the cornstarchwater mixture once more and, while gently stirring the sauce, pour the cornstarch mixture into the sauce to thicken. Cook for 1 or 2 minutes on low heat and then add the sesame oil. Pour the sauce over the chicken and sprinkle the rest of the green onions over the top.

Serve over fluffy white rice. Tender buttered broccoli spears with some sesame seeds sprinkled over the top are a tasty sidedish.

Posted to IChef 11/1/96 by Cindy Hartlin

Recipe by: Mrs. Gee@aol.com Posted to MCRcipe Digest V1 #565 by Rooby on Apr 13, 1997

Gene's Indian Kabob Sauce (Lacto)

Yield: 1 Servings

Ingredients

2 md onions, peeled
2 c [nonfat] plain yoghurt
1 lemon juice or rice vinegar
1 sugar
1 pepper to taste
2 tb ground cumin seeds
2 tb ground coriander seeds
1 ts garam masala
1/2 to 3/4 tsp cayenne pepper or chili paste
2 ts fresh ground ginger and garlic paste
1 chopped cilantro to taste
1/2 ts turmeric

Instructions

Liquify in blender. Simmer until thickened slightly and flavor is set. Use as a marinade for kabobs or any meat or fish. Very good with rice.

Posted by MACzimum to AOL.

From the recipe files of Sue Smith, SueSmith9@aol.com Formatted using 1.80

General Indian Recipe

Yield: 4 Servings

Ingredients

1 c lentils (the green brown colored ones)
1/2 c rice
1 ts (heaped) curry powder (any sort it doesn't really mater
1 ts (heaped) ground cumin
1/4 ts paprika
1 salt and ground black pepper to taste (up to)
4 cloves garlic
1 lump ginger root (however much you like)

Instructions

Date: 24 Apr 1996 08:49:30 0700

From: "Zoe Sodja"

I like it pretty spicy and garlicky so you might want to experiment with some of the spice proportions according to your own preferences. Put lentils in a large pot with 3 cups of water per cup of lentils and bring to the boil. Meanwhile peel and roughly chop the garlic and ginger and put it in with the lentils. Put in all the spices as soon as you can. Reduce heat and simmer for about 45 mins or until the lentils are soft enough for your liking. If it starts getting too dry add some more water. Stir it round a bit every now and then.

About 15 mins before the end of the lentil cooking time start making the rice according to the instructions on the packet, usually 2 cups of water per cup of rice and some salt

according to taste [brown rice takes much longer so change timings accordingly].
When everything is cooked mix it all together.

Variations:

1. Use 10 or 12 bean soup mix instead of lentils
2. Microwave some frozen chopped spinach after you have started the rice and mix this in when the rest is all cooked (1 packet to every 2 cups of lentils) .
3. I haven't tried this yet but I guess you could mix in some TVP at the beginning of the cooking process.

FATFREE DIGEST V96 #120

From the Fatfree Vegetarian recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

General Lee's Chinese Asparagus And Beef StirFry

Yield: 6 Servings

Ingredients

- 1 tb fermented black beans (chinese)
- 1 garlic clove
- 1 1/2 lb asparagus sliced diagonally in 1/2
- 2 c boiling water
- 1/4 c oil
- 1/2 lb flank steak thinly sliced
- 1 1/2 ts salt
- 1/2 c chicken stock
- 1 tb cornstarch
- 1/2 ts sugar
- 1 tb water

Instructions

Soak black beans in warm water a few minutes. Drain and mash beans with garlic. Drop asparagus in boiling water and boil 2 minutes. Drain immediately. Heat 2 tablespoons oil in skillet or wok until very hot. Add beef, stir quickly, then remove from pan. Add remaining oil to skillet and heat. Add bean mixture and stir over high heat for a few seconds. Add salt and asparagus. Stirfry 1 minute. Add chicken stock, cover and cook 2 minutes. Mix cornstarch, sugar and water and stir into meat mixture. Stir until sauce is thick and smooth. Add beef and blend quickly.

Created by: General Lee's, Los Angeles

(C) 1992 The Los Angeles Times From: Dorothy Flatman Date: 030596

Ghee (Indian Butter Oil)

Yield: 3 Cups

Ingredients

- 2 lb butter, unsalted

Instructions

Divide butter into 1/4 pound pieces. In heavy 5 qt. saucepan, heat butter over moderate heat, stirring to melt slowly and completely without letting it brown. When completely melted, increase heat and bring the butter to a boil. When the surface is completely covered with white foam, stir the butter gently and reduce heat to the lowest possible point. Simmer uncovered and undisturbed for 45 minutes, or until the milk solids on the bottom of the pan are golden brown and the butter on top is transparent.

Slowly pour the ghee through a linen towel or 4 layers of moistened cheesecloth. If there are any solids, no matter how small, strain again to prevent oil from becoming rancid later. The ghee must be perfectly clear.

Pour the ghee into a jar or crock, cover tightly and store in refrigerator or at room temperature until ready to use. Ghee will solidify when it is chilled. It may be safely kept at room temperature for 2 or 3 months.

NOTES: Although ghee resembles clarified butter, the long low heat cooking imparts a distinctive nutlike flavor that cannot be duplicated.

From "The Cooking of India" posted by DonW1948@aol.com

Gift Container Ideas

Yield: 1 Servings

Ingredients

1 virginia b. sauer

NNMH30A

1 jars

Instructions

In addition to "fabric hats", etc., you can always paint the outside of the jar. *Sketch a simple design fit around the jar until pleased with the arrangement. Tape, design side out, to inside of jar.

*Following the pattern, paint with oil paints on the outside of the jar. Let dry.

*Remove taped pattern from inside of jar. *Bake jars 1 hour in 200 degree oven to set paint. *Turn off oven but leave jars inside for a couple of hours to finish setting paint.

Fill with food. Decorate lid as desired (e. g., fabric hats, doily with ribbon

blending with colors in paint, et cetra. Hope that this helps. Regards, Virginia MM
Format Norma Wrenn

Ginger Oriental Dressing

Yield: 14 Servings

Ingredients

1 ts freshly grated ginger

1/4 ts minced garlic

2 tb lowsodium soy sauce

2 tb water

2 ts orange juice

1 ts white vinegar

Instructions

Combine all ingredients into a small jar and shake well. Makes ¼ cup 6 calories per tablespoon

From Microwave Diet Cookery by Marcia Cone & Thelma Snyder

Posted by Sheila Exner 3/93

Gingered Chinese Noodle Soup

Yield: 3 Servings

Ingredients

3 oz cellophane noodles

1 c shredded watercress leaves

2 tb vegetable oil

1/2 c thinly sliced mushrooms

1 medium onion, sliced
1 c snow peas
2 thin carrots sliced diagonal
1 ts oriental sesame oil
1 ts minced fresh ginger
1 ts rice vinegar
3 c chicken stock
2 green onions thinly sliced
1 1/2 c water
1 tb soy sauce
1 c ham cut into julienne

Instructions

Put cellophane noodles in large bowl. Cover with boiling water. Let stand 5 minutes. Drain thoroughly. Heat oil in wok or deep large skillet over medium high heat. Add onion and carrots and stir fry 3 minutes. Add garlic and ginger stir fry 30 seconds. Add stock, water and soy sauce. Cover and boil 2 minutes. Add ham water cress, mushrooms and noodles. Return to boil. Cover, turn off heat and let steep 2 minutes. Add snow peas, cover and let steep until vegetables are crisp tender about 3 minutes. Stir in sesame oil, rice vinegar and red pepper flakes. Adjust seasoning. Serve in deep bowls, sprinkle with green onions.

Gingered Shrimp Ceviche Over Japanese Barley...

Yield: 1

Ingredients

1 pk wooden skewers (6 to 8 inches)
20 md shrimp peeled deveined and headed, up to 24
4 limes juice of
4 lemons juice of
1/3 c orange juice
3 tb chopped garlic
1 2 inch piece fresh ginger grated and any juice reserved
1 ts red pepper flakes (more or less for your desired heat), up to 2
1/4 c tequila
10 oz japanese barley (if not available can use regular pearl), up to 12
1/2 c scallions sliced thin and cut on a bias
3 tb soy sauce
3 tb mirin
2 tb sesame oil
1 salt and pepper
CHILI OIL
1 pt or 16 ounces peanut oil
2 1/2 ts red pepper flakes up to 3
1 tb chopped garlic
3 tb soy sauce
4 tb worcestershire sauce
3 tb rice wine vinegar
1 ts granulated sugar up to 2
1 cucumbers cleaned and peeled for garnish, up to 2

Instructions

Skewer shrimp by piercing tail first then through head area. Place in a shallow baking dish or pan.

Combine juices, garlic, ginger, red pepper flakes and tequila and pour mixture over shrimp laying flat in a baking dish. Cover and allow to cure overnight. Finished product will look white, not translucent, and firm.

In salted water cook barley according to directions on bag. Cook through and strain and then rinse with cold water. Place in a bowl and add scallions, soy sauce, mirin and sesame oil and toss. Add salt and pepper to balance taste.

RED HOT CHILI OIL VINAIGRETTE:

Bring oil to 140 degrees F, add red pepper flakes, stir and allow to steep for 2 hours.

In a food processor or bowl with whisk combine garlic, soy sauce, Worcestershire sauce, rice wine vinegar and sugar and begin to slowly add chili oil until mixture is slightly thick.

Yield: approximately 1/4 cup to 1/3 cup chili oil.

Cut cucumbers into slices and lay around outside of plate and add barley to center. Lay shrimp skewers across top of barley and using a ladle, drizzle vinaigrette on top of plated items.

Converted by MC_Buster.

Recipe by: CHEF DU JOUR SHOW #DJ9406 DEB STANTON

Converted by MM_Buster v2.0l.

Glazed Chicken And Oriental Vegetables

Yield: 4 Servings

Ingredients

2 tb cornstarch

1 cn (14.5 oz.) swanson oriental broth

1 tb honey

1 ts dry mustard

4 skinless boneless chicken breast

1 lg carrot cut in 2inch matchstick strips

1 pk (4 oz.) snow peas

4 c cooked rice (cooked without salt)

Instructions

In a bowl mix cornstarch, broth, honey and mustard until smooth. Set aside.

In medium nonstick skillet over mediumhigh heat, cook chicken 10 minutes or until browned. Set chicken aside.

Stir cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly. Return chicken to pan. Add carrot and snow peas. Reduce heat to low.

Cover and cook 5 minutes or until chicken is no longer pink. Serve with rice. If desired, garnish with cracked pepper.

449 calories per serving 4 grams fat. Recipe By : Swanson Easy Low Fat Recipes

Posted to Digest eatlf.v096.n222

Date: Mon, 18 Nov 1996 12:08:22 0500

From: LRW979@aol.com

Glossary Of Indian Cooking Terms #1

Yield: 1 Info

Ingredients

1 info

Instructions

Aam ripe mango fruit
Aata flour wholewheat flour
Achar pickle
Adrak fresh ginger root, also known as green ginger
Agni God of fire worshipped by Vedic Indians
Ahimsa nonviolence the doctrine of refraining from the killing of animals or insects
Ajwain carom seeds also known as lovage
Akroot walnut
Aloo potato
Amchoor mango powder made from sour mangoes
Anardana dried edible seedlike fruit of the pomegranate
Anda egg
Appalm lentil wafers
Arbi Indian starch root vegetable
Arhar Dal lentils
Arwa Chawal longgrain rice
Aur and

Badaam almond
Badaami meat or chicken, cooked with ground almonds and spices
Bade small doughnutshaped fried bean dumplings
Bade Elaichi black cardamon pods
Badshahi emperor's
Bag Bazaar famous market in Calcutta
Bagda Jheengari giant prawns
Baghar spiceperfumed butter used for flavoring
dal, yogurt salads, vegetables, relishes, and some meat and poultry preparations
Baigan eggplant
Bakara or bakari goat
Bakare ka Gosht goat's meat
Bandh Gobhi cabbage
Bara Jheenga lobster
Barfi fudge
Barista crisp fried onion shreds used in Moslem cooking
Barra Kabab thin strips of boneless loin or rib meat, marinated, skewered and grilled
Bartan Maanjhane Wali paid worker who cleans dishes, pots and pans twice a day
Basoondi dessert made with rabadi, sweetened with honey or sugar, and garnished with nuts
Basmati generic name of a variety of Indian longgrain rice
Beans green beans
Besan chickpea flour
Bhara stuffed
Bharta smoked eggplant fried with onions, tomatoes, and herbs
Bharva same as Bhara
Bhatoora leavened dough made of yogurt, potatoes and white flour, rolled into circles and deepfried
Bhindi okra

Bhojia vegetables stirfried with spices and seasonings
Bhona fried
Bhona the technique of frying onions and meat
Bhone piaz ke Lachee crisp fried onion shreds used as garnish for pilafs
Bhorji scramble, generally applied to scramble of eggs
Biriyani an elaborate pilaf made by cooking meat or chicken separately as korma and then folding fragrant rice into it. Lamb
biriyani is generally flavored with saffron and screwpine essence, and garnished with nuts and silver foil.
Biswa Tulsi sweet basil, the common supermarket variety
Bombil, or Bombay Duck small transparent fish (found along the western coast of India), sundried, and sold as a wafer
Boti Kabab boneless pieces of meat, marinated, skewered, and grilled Brahma the supreme Hindu God, the creator of the universe
Brahmin priestly caste, or person belonging to priestly caste the topmost of the four Hindu castes (others being, in order of importance, ksatryas (the warrior class, vaishya (trader), and shudra (Cultivator or artisan) Untouchables are outcastes, and include chamaar (leather worker), bhangi (sweeper), and dhobi (laundryman)

Chah tea
Chakki grain mill
Chakko knife
Chakla marble or wooden board for rolling bread
Chalni strainer, sieve, sifter
Channa dried chickpeas, garbanzos also cooked chickpea dish with spices
Channa Dal yellow split peas
Chapati thin griddlebaked wholewheat bread
Chapli Kabab ground meat mixed with spices, herbs, and seasonings, shaped into patties and shallow fried
Chat a cold dish made with vegetables, fruits, and spices, eaten as a snack or appetizer
Chaunk same as baghar
Chaunk Gobhi Brussels sprouts
Chawal rice
Chenna Indian cheese
Chimta tongs
Choolha coal or woodburning Indian mud stove
Chota Piaz shallot
Choti Elaichi green cardamon also white bleached cardamon
Chotoo Jheengari large shrimp or prawn
Chukandar red beet

Dahi Bhalle fried bean dumplings in spiceand herb laced yogurt, specialty of Punjab State
Dal legumes (lentils and dried peas and beans)
Dalchini cinnamon
Deghi mirch Indian paprika made from mild Kashmiri pepper pods
Dhakkan lid
Dhania coriander
Dhansak Masala spice blend used for making Dhansak, a chicken, lentil, and vegetable stew

Dhooli urad white split gram bean
Doodh milk
Doodhwala milkman
Dopiaza literally translated, means meat, chicken, or shellfish, cooked in double its weight of onions
Ducan shop
Dum Indian technique of potroasting
Durga Pooja festival during the month of September and October to worship the Goddess Durga, also known as Kali or Parvati, the consort of Lord Shiva
Elaichi cardamom
Eleesh fatty fish found in Hoogli river in Calcutta, Bengal

Firni pudding made with rice flour, almonds, and creamy milk
Gajar carrot
Gajjak sesame brittle
Ganth Gobhi kohlrabi
Garam warm, hot
Garam Masala spicy and highly aromatic blend of roasted spices used in popular cooking of North India
Geela Masala Bhoonana brownfrying onion, garlic, and gingerroot
Geela Masala preparing onion, garlic, and ginger root
Tayyar Karana for cooking
Ghara pottery or metal jug for storing water
Ghat meaning "steps", generally applied to the chain of hills along the western coast of India which rise sharply on the East and slope gradually toward the coast
Ghee fat
Gingelly light sesame oil
Gobhi or Phool Gobhi cauliflower
Gochian black beehiveshaped mushrooms from Kashmir region, similar to French morels
Gol round
Golde Jheengari lobster
Gosht meat
Ground Nut Oil peanut oil
Gujjia crescentshaped sweet pastries filled with nuts and coconut
Gulab rose
Gulab Jal

Halwai pastry chef
Halwai ki Ducan pastry shop
Hara Dhania fresh coriander leaves
Hara Piaz scallion
Hari Chutney ki Pullao pilaf made with fresh mint, coconut, and spices. A specialty of Andhra Pradesh
Hari Gobhi broccoli
Hari Mirch or Simla Mirch green pepper
Heeng asafetida Hindu follower of Hindu religion, with Brahma as the supreme God, and worshipping the God Vishnu or the God Shiva

Hussaini Kabab ground meat shaped in to thin sausages, stuffed with nuts and raisins, and panfried or broiled
Imli tamarind

Jain follower of Jain religion (primarily centered in the state of Gujrat), founded by Mahavira (599527 B.C.) with Agamas as their sacred scriptures

Jaiphul nutmeg

Jal Toori literally translated, cucumbers of the sea a fish

Javitri mace

Jeera cumin

Jheenga or Jheengari shrimp or prawn

Kabab kabob

Kabab Masala spice blend used for making kabobs

Kabadiwala person who buys used clothes and gives in return new stainless steel utensils

Kacha raw

Kachauri fried puffy bread stuffed with spicy bean mixture

Kachoomar chopped or sliced onions, tomatoes, and green pepper, flavored with lemon juice

Kaddookas vegetable grater

Kadhi dumplings made with chickpea flour and simmered in yogurt with spices and vegetables

Kadhai Indian cooking utensil similar to Chinese wok, used for frying food

Kajoo cashew nut

Kala black

Kala Channa small black chickpeas that also yield chick pea flour besan

Kala Namak black salt

Kalaiwala person who lines or recoats copper and brass utensils

Kalaunji onion seeds

Kali Dal rich dish of black whole gram beans (sabat urad) cooked with sweet butter, spices, and fresh herbs

Kali Mirch black pepper

Karchi stirring spoon

Kari curry also sweet aromatic leaves of the kari plant

Kari Podi curry powder

Kashmiri Pandit Hindu from the state of Kashmir

Kasoori Mathari savory crackers made with rich dough and dry fenugreek leaves

Kasoori Methi dry fenugreek leaves

Katch lamb

Katoori small metal bowls for serving individual portions of dishes

Keema ground meat also the gravy dish cooked with the ground meat

Kekada crab

Kesar saffron

Kewra screwpine

Khansaama cook, chef

Khara plain, unelaborate, with few spices

Khaskhas white poppy seeds

Khasa special

Khatte sour

Kheer pudding, rice pudding
Kheera cucumber
Khichari a porridge made with rice, yellow split mung beans, and spices perfumed
butter
Khoobani apricot
Khoshboo aroma
Khoya milk cooked down to fudgelike consistency
Kofta kafta ground meatballs simmered in sauce with spices
Koosmali relish made with raw grated carrots and fried black mustard seeds
Korma braising, braised, to braise
Kulcha leavened whiteflour dough shaped into rounds and baked in the tandoor
Kulfi Indian ice cream made with cooked down milk, frozen in special conical molds
called Kulfi ka saancha

Lal Mirch red pepper
Lassan garlic
Lassi yogurt thinned with water, sweetened, and
flavored with rose essence or rose water
Laung clove
Lobhia blackeyed peas

Maalik/Maalkin master/mistress
Maan Dal black whole gram bean
Maanz meat
Maharaj/Maharajin male Brahmin cook/female Brahmin cook
Machi fish
Makhan butter
Makhani Murgh cooked Tandoori chicken pieces simmered in creamy tomato sauce
with butter and spices and flavored with fresh coriander leaves
Malai cream (heavy, light, sour, and coconut)
Malai Kofta meatballs simmered in creamy, buttery tomato sauce with spices
Malpoora sweet wholewheat crepes flavored with crushed fennel
Masala spice, spices, spice blend, blend of seasonings and spices
Masala Bhoonana crushing spices
Masala Peesana grinding spices
Masalchi cook's assistant
Masar Dal pink lentils
Masoor Dal same as Masar Dal
Matar peas, chick peas
Matar Shufta vegetarian counterpart of Keema Matar (the gravy dish of ground meat
and green peas) made with fried milkfudge grains, a specialty from the state of
Kashmir
Mattha yogurt drink flavored with salt, roasted cumin, and fresh mint leaves
Meetha sweet
Mithai sweetmeat, sweets
Meethe Neam ke Patte kari leaves
Methi fenugreek seeds, fenugreek greens
Mirchi ka Achar fresh redhot chilies, slit, stuffed with spices, and pickled in mustard
oil

Mirchi ki Bhaji mild green chilies cooked in butter with molasses, tomatoes, and spices, a specialty of Rajasthan State
Moolee in coconut sauce
Moong Badian fried mung bean dumpling made with pureed yellow mung beans and spinach greens
Moong Dal yellow split mung beans
Mughal Moghul Turks, Mongol by origin and Moslem by religion, brought Persian culture, food, cooking techniques, and garnishes to India in the sixteenth century
Mughal Garam Masala classic blend of highly fragrant and mildtasting spices used for flavoring dishes of Moghul origin
Mughalai in the Moghul tradition
Muharram the day of observation of Saint Hussain's death
Mullagatanni Mullaga (black pepper) tanni (water or broth), the origin of Mulligatawny Soup
Mungaunde ki Bhaji Moong Badian simmered with tomatoes, seasonings, and spices
Murgh or Murghi chicken
Musalmaan Moslem follower of Islamic religion with Mohammad (A.D. 570632) as prophet

Namak salt
Namaste, Namaskaar Indian word of greeting
Nan teardropshaped bread made with leavened dough and baked in the tandoor
Nandi sacred bull carrier of Lord Shiva
Nargisi Kofta meatballs stuffed with whole eggs, fried, cut in half to expose the egg, and simmered in onion gravy
Narial coconut
Narialkas coconut grater
Naukar/Naukarani male servant/female servant
Nimboo lemon, lime

Obla boiled
Oobalana to boil, boiling
Opphul byproducts

Paan leaves of the betel pepper plant (piper betle) also the digestive preparation made with betel leaf (paan ka patta), lime paste, catechu, and betel nut, which may also include coconut flakes, fennel, clove, cardamon, tobacco, and gulkand, and be covered with silver foil
Paani water
Pachadi yogurt salad made with raw vegetables and yogurt, flavored with fried black mustard seeds
Pakode fritters
Palak spinach greens
Paneer Chenna compressed into a cake and cut into small pieces
Papad lentil wafers
Papeeta papaya
Paraath large highrimmed platter used for mixing and kneading dough, cleaning dal or basmati rice, and preparing and cutting vegetables
Paratha griddlefried wholewheat flaky bread Parsee follower of the Persian Zoroastrian religion (primarily centered at Bombay in the state of Maharashtra), with Zoroaster as

prophet. Parsees fled from their Persian homeland between the eighth and twelfth centuries to escape religious persecution by Moslem rulers

Pasanda Kabab same as Barra Kabab

Pateela handless saucepan used for general cooking

Payasam pudding made with yellow mung beans, split peas, and coconut milk, a specialty of the southern regions

Peda/Pede milk fudge molded into small pillows and garnished with pistachio nuts

Peela yellow

Phool Badi tapioca or sago wafers rice wafers

Phool Gobhi cauliflower

Phulka baked wholewheat puffed bread

Piaz onion

Pista pistachio

Pitthi spicy bean stuffing used in Kachauri

Podina mint

Pomfret nonoily firmfleshed fish with size and bone structure similar to flounder

Poori deepfried puffy bread

Pullao pilaf basmati rice cooked in ghee or oil with spices, meat, chicken, or vegetables

Punchphoron spice blend used for flavoring vegetables in the eastern regions of India

Pappadam puffy lentil wafers, a specialty of Malabar in South India

Rabadi thickened milk sauce made by cooking down milk

Rabadi Dooth milk enriched with rabadi

Rai mustard

Raita raw or cooked vegetables or fruits mixed with seasoned yogurt

Raja king

Rajma red kidney beans

Ram Tulsi white basil

Rang color

Ras Malai dessert of cheese dumplings in pistachio flecked cream sauce

Rasam spicy lentil broth, a specialty of the South

Rasedar vegetables in thin gravy

Rasooi kitchen

Rogan Josh lamb braised in yogurt and cream with moghul spices, a Kashmiri specialty

Rogani Gosht rich meat dish made with cream, usli ghee, and spices

Roi a local fish sold in Bag Bazaar in Calcutta

Roti bread

Ruh essence

Sabat Moong green whole mung beans

Sabat Urad black whole gram beans

Sabzi vegetables also stirfried vegetable preparation from North India

Sabziwala vegetable seller

Sada plain

Safaid white

Saag greens

Salan spicy gravy

Sambaar vegetable and lentil stew with tamarind, flavored with spices

Sambaar podi blend of hot spices used for flavoring sambaar

Sambhar Namak white salt, table salt

Samosa triangular savory pastries filled with potatoes or meat

Sarsoon mustard greens

Saunf fennel anise

Sek Kabab thin sausageshaped kabobs of broiled ground meat and fresh herbs

Selha Chawal converted rice

Sem same as beans

Sendha Namak rock salt

Shahi royal

Shamme Kabab ground meat and yellow split peas, flavored with mint, ginger root, and spices, shaped into small patties and fried

Sharbat fruit punch

Shorva soup

Shiva the God of destruction or power Sikh bearded and turbaned follower of Sikh religion (primarily centered in the state of Punjab), founded by Guru Nanak (A.D. 1469/1538) with Granth Sahib as principal scripture

Silbatta grinding stone

Sonth dry ginger powder

Sookha Dhania coriander seeds

Sookha Masala Bhoonana frying spices

Sooji semolina, farina

Sopari betel nut

Srikhand dessert made with drained yogurt, sugar, nuts, and saffron

Tadka same as Baghar

Tahari spicy riceandpeas dish with turmeric and herbs

Tala deepfried

Talna deep frying

Tamatar tomato

Tandoor Indian clay oven

Tandoori food cooked in a tandoor

Tandoori Masala spice mix used for flavoring Tandoori Chicken

Tari gravy

Tava handleless iron griddle

Tej Patta bay leaf

Tel oil

Thal metal platter

Thali metal dinner plate

Thandai summer punch made with ground seeds, almonds, spices, sugar, and whole milk Tinda round gourd, a vegetable belonging to the cucumber family

Tikka cutlet

Toor Dal red lentils

Toovar Dal same as toor dal

Topshe a local fish sold in Bag Bazaar in Calcutta

Urad Dal white split gram bean

Usli ghee Indian clarified butter

Vanaspati Ghee vegetable shortening
Vark silver foil
Veda literature of the ancient Indians, compiled between 1500 and 500 B.c.
Vedic referring to the period of the veda
Vendaloo Goanese hot and pungent curry
Vishnu the God of preservation

Ya or Yakhni meat broth
Yerra same as Jheenga

Zaffran same as Kesar
Zarda sweet saffron pilaf, traditionally made on Muharram

Classic Indian Cooking
by Julie Sahni
ISBN 0688037216
From: Diane Lazarus Date: 110294

Golden Oriental Sesame Chicken

Yield: 24 Appetizers

Ingredients

FROM SUSAN YOUNG, INTELEC

1/2 c honey

1/4 c orange juice

2 tb soy sauce

1 envelope good seasonings

1 oriental sesame salad dsg

4 boneless skinless chicken breasts, about 1 1/4 lbs cut lengthwise into 3/4 wide strips

Instructions

(Converted to MM by Linda Fields @ Cyberealm BBS 3157861120)

Mix honey, juice, soy sauce and salad dressing in a

Gomasio (Japanese Spice)

Yield: 1 Servings

Ingredients

5 ts black sesame seeds

2 ts coarse salt

Instructions

Goma is the Japanese name for sesame. This mixture is used as a condiment to sprinkle on rice, raw vegetables and salads. it is good on boiled potatoes, too.

Lightly roast the sesame seeds in a dry frying pan over a medium heat for a minute or two, stirring frequently. Allow to cool, then grind them together with the salt. In an airtight jar, the blend will keep for 34 months.

Source: Jill Norman "The Complete Book of Spices" Viking Studio Books, 1991 ISBN 0670834378 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe by: Jill Norman * Web File 4/97 Posted to MCRcipe Digest V1 #631 by "Mary Spyridakis" on Jun 2, 97

Good Eats Indian Summer Soup

Yield: 8 Servings

Ingredients

3 chicken breasts (about 16 ounces) boned and skinned
2 ts oil
1 salt to taste
1 pepper freshly ground
1 md onion sliced 1/4 thick
1 poblano pepper
2 tb butter
3 cloves garlic minced
2 c mushrooms sliced
8 oz frozen corn
1 qt water
1 lb processed american cheese cubed
4 tb cornstarch

Instructions

Rinse, pat dry and lightly brush chicken breasts with oil. Season with salt and pepper. Slice onion into 1/4inch thick rings, but do not separate rings. Rinse poblano and pat dry.

Place onion, pepper and chicken over medium coals or grill over medium heat 10 to 15 minutes or until vegetables are soft and chicken is done (the juices should run clear). Place pepper in a small paper sack while still hot from the fire and let it cool for 20 minutes.

After cooling, peel away skin and scrape out seeds. Chop onion, pepper and chicken into bitesize pieces.

Place butter in a large heavy pot over low heat. Add garlic and mushrooms and cook 5 minutes or until softened. Add chopped chicken, onions, poblano pepper, corn and 2 cups water. Mix and simmer for 5 minutes or until softened. Add cubed cheese and simmer until melted.

Do not allow to boil.

In a separate bowl, dissolve cornstarch with 1/2 cup water. Stir dissolved cornstarch into remaining 1 1/2 cups of water. Add to soup, stirring constantly, and cook over low heat until thickened. Makes 8 servings.

Recipe By : Good Eats Restaurants via Dallas Morning News 6/5/96

From: Caitlin Davis Carlson, Seaview,wa

Gordon's Chinese Chicken

Yield: 4 Servings

Ingredients

2 chicken breasts, boneless
2 peppers, sweet, red
1 pepper, hot (optional)
1 onions, spring a few
1 soy sauce to taste
1 duck sauce to taste
1 cornstarch, for thickening
1 oil
1 slivered almonds

Instructions

Take the chicken breasts and remove skin (yuk!). Semi freeze it, then cut it into bite size chunks. Take a couple of red peppers.

Chop them up. You want spicy, chop up a hot pepper. Otherwise, forget it. Chop up some spring onions. Take some soy sauce, some duck sauce, some cornstarch, some oil. Mix it up with the chicken in the dish for a while. Throw the whole thing into a hot, well greased wok. Stirfry. Throw some slivered almonds in there. Do not overcook the chicken or it will be tough. Serve with rice. Serves: "One very large hungry person" or "3 or 4 small not so hungry persons." If your guests throw the chicken back at you, I guess I left something out. If not, I guess it's okay."

By: Gordon Peterson Source: TV Dinners and Other Media Munchies "Note: Amounts will vary according to taste and size of chicken, but chicken should be lightly coated with the cornstarch, soy sauce mixture. We've given you Gordon's directions just as he gave them to us." : Typos by Elizabeth Wood 8/96. From: Elizabeth

Wood Date: 07 Jan 97 National Cooking Echo Ž

Goreng Pisang (Chinese Fried Bananas)

Yield: 4 Servings

Ingredients

1 no ingredients

Instructions

Karen Thackeray

8 Bananas peeled

1/2 cup Selfrising flour

1/2 cup Rice flour

1 Tbsp Cornstarch

1 cup Water

1/2 tsp Salt

4 Tbsp Fine brown sugar

Oil for deep frying

Slice each banana lengthwise. Sift flours and add to water. Stir until consistency of cream. Add salt. Heat oil and, when smoking, dip each piece of banana in batter. Shake off excess and lower into hot oil. Fry until golden brown and roll in brown sugar.

Serve with ice cream.

As quoted from the book, "This is an exotic way to treat bananas and it's practically a national snack among migrant populations in Southeast Asia who serve it with scoops of coconut or mango ice cream." Source: A Little Chinese Cookbook

Grandma's Oriental Chicken

Yield: 4 Servings

Ingredients

2 chicken breasts skinned, boned & split

1 tb cornstarch

2 tb brown sugar

1/4 ts oregano

1 clove garlic crushed

2 tb cooking oil

1/4 c soy sauce

3/4 c rose wine

1/3 c seedless raisins

Instructions

Pierce Chicken with fork. Arrange in a 3 quart casserole. Combine other ingredients in a small bowl. Pour over chicken. Cover. Microwave on High for 11 to 13 minutes.

Serve with rice.

Can also cook in oven at 350 to 375 degrees until chicken is done.

Serving Ideas : Serve over rice. Posted to TNT Recipes Digest by

mothersky@earthlink.net on Feb 11, 1998

Grant Street Bar And Grill Indiana Golden Trout

Yield: 1

Ingredients

1 tb olive oil

2 golden trout fillets 8 oz

or

2 other trout fillets 8 oz

or

2 whitefish fillets 8 oz

1 tb all purpose flour

1/4 ts salt

1/8 ts pepper

1 tb all purpose flour

1/8 ts salt

1 ds pepper

8 oz fresh morels or other mushrooms rinsed halved such as crimini shiitake and/or but ton

2 cloves garlic minced

1 tb butter

1 cn tomatoes 8 oz cut up

or

1/2 cn diced tomatoes w basil oregano & ga rlic, 14 1/2oz

1/2 c dry white wine or chicken broth

12 fresh asparagus spears about 8 oz

1 lemon wedges optional

1 fresh herbs optional

Instructions

Cook fresh asparagus spears until crisptender. Set aside. In a large skillet, heat oil over mediumhigh heat. Meanwhile, rinse trout pat dry with paper towels. In a plastic bag, combine 1 tablespoon flour, 1/4 teaspoon salt and 1/8 teaspoon pepper. Add fish to bag and shake to coat. Place fillets in a skillet, skin side down. Cook fish for 3 minutes turn fish and cook for 3 minutes more or till fish flakes easily with a fork. Transfer to a warm platter keep warm. In plastic bag, place 1 tablespoon flour, 1/8 teaspoon salt and dash of pepper. Add mushrooms and shake to lightly coat. In the same skillet, cook mushrooms and garlic in hot butter for 3 minutes or till browned and tender. Add tomatoes and wine or broth stir till bubbly, loosening browned bits in skillet. Reduce heat and boil gently, uncovered, for 5 to 6 minutes or till sauce is slightly thickened (you should have about 1 3/4 cups). Add cooked asparagus heat through. Serve sauce over fish. If you like, garnish with lemon wedges and fresh herb sprigs. Makes 2 to 4 servings.

Nutrition facts per serving (4): 265 cal., 11 g. fat, 11 g. carbo., 73 mg. chol., 357 mg. sodium.

*Note: For asparagus, cook in a small amount of boiling water for 4 to 6 minutes or till crisp tender.

Converted by MC_Buster.

Per serving: 788 Calories (kcal) 49g Total Fat (56 calories from fat) 77g Protein 8g Carbohydrate 269mg Cholesterol 1131mg Sodium Food Exchanges: 0 Grain(Starch) 10 1/2 Lean Meat 1 1/2 Vegetable 0 Fruit 5 Fat 0 Other Carbohydrates

Recipe by: Midwest Living Magazine

Converted by MM_Buster v2.0n.

Grant Street Bar And Grill Indiana Spinach Salad

Yield: 1

Ingredients

1/4 c light brown sugar packed

1 tb red wine vinegar

2 ts water

1/2 c mayonnaise or salad dressing

4 sl bacon about 1/4 cup

1 crispcooked drained crumbled

6 c spinach fresh torn

16 lg mushrooms sliced 3 cups

2 hardcooked eggs chopped

1/4 c parmesan cheese shredded or grated

1 croutons optional

Instructions

Prepare bacon dressing: In a bowl, combine brown sugar, vinegar, water and mayonnaise. Stir in bacon. Cover chill. In 4 chilled bowls or on 4 chilled plates, layer: spinach, sliced mushrooms, chopped eggs and Parmesan cheese. Cover chill till serving time. To serve: Transfer dressing to a microwave safe dish. Microcook on 100 power (high) for 1 to 2 minutes or till just heated through. (Or heat over low heat in a small saucepan). Spoon croutons over salads, if you like drizzle with dressing. Makes 4 servings.

Nutrition note: Reduce the fat in this salad by using light or fat free mayonnaise.

Converted by MC_Buster.

Per serving: 487 Calories (kcal) 20g Total Fat (35 calories from fat) 27g Protein 57g Carbohydrate 37mg Cholesterol 945mg Sodium Food Exchanges: 0 Grain(Starch) 2 Lean Meat 4 Vegetable 0 Fruit 2 Fat 2 1/2 Other Carbohydrates

Recipe by: Midwest Living Magazine

Converted by MM_Buster v2.0n.

Grapefruit Carrot Cocktail

Yield: 5 Cups

Ingredients

3 md carrots coarsely chopped & cooked

4 c grapefruit juice, fresh

1 1/2 tb grenadine

1 ginger, ground crushed ice

Instructions

In a blender, puree the carrots with the reserved liquid for a few seconds. Add the grapefruit juice, grenadine, a pinch of ground ginger and the crushed ice and blend until frothy. Serve immediately.

MAKES: 5 CUPS or 1 1/4 LITRES SOURCE: *_The NonDrinkers Drink Book_* by Betty Rollin

Grapefruit Cocktail (Vegan)

Yield: 2 Servings

Ingredients

1/2 lg grapefruit peeled and the pith removed
1/2 lg ripe avocado peeled stoned and sliced
75 g seedless grapes
8 green olives (optional), stoned and halved
75 g cherry tomatoes skinned (see spicy eggs),
1 sm bunch fresh lovage or basil
3 tb natural yogurt (vegans omit)
1 tb garlic vinaigrette

Instructions

Fresh, sharp flavours are the keynote of this appetizer: olives, tomatoes, grapes and avocado are balanced with the grapefruit and herbs in a yogurt dressing, and chilled. Summer food.

Divide the grapefruit into its segments and cut them into bite sized pieces. Combine with the sliced avocado, grapes, optional olives and quartered tomatoes. reserve a few of the basil or lovage leaves for garnish, slice the rest and mix them into the fruit.

Finally mix the yogurt and vinaigrette, and dress the mixture. pile into two individual glass dishes and chill. Serve garnished with the remaining leaves.

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MealMaster format courtesy of Karen Mintzias

Grapes In Orange Juice Cocktail

Yield: 6 Servings

Ingredients

2 c seedless grapes
2 c orange juice
1 1/2 tb bottled or fresh lime juice
1 mint sprigs (optional)

Instructions

Stem and wash the grapes, then chill thoroughly. One half hour before serving, arrange 1/3 cup of grapes in each of 6 sherbet glasses.

Combine the orange and lime juice, sweetening if necessary, Blend well and pour over the grapes, allowing about 1/3 cup for each glass.

Chill until served, then garnish with mint sprigs, if desired.

From: *The Good Housekeeping Cookbook* Copyright 1949

Posted by: Rich Harper

Great Chinese Mustard

Yield: 1 Servings

Ingredients

1 c brown mustard
4 tb cilantro, chopped
8 ts water

4 ts sesame oil

Instructions

Stir all ingredients in a small bowl. Cover and chill overnight to allow flavors to blend. To serve, bring to room temperature. Makes 1 cup.

Great Gramma Smith's Indian Meal Pudding

Yield: 1 Servings

Ingredients

1 great gramma smith's indian

1 meal pudding

Instructions

Heat 2 qts milk (scald). Slowly stir in 1/2 cup corn meal. Add 1 cup molasses, piece of butter the size of an egg. When it is boiling, pour it into a baking pan (deep casserole). When cold, add 2 well beaten eggs and cinnamon to taste. Add a little salt, some raisins and the grated rind and juice of one lemon. You may add one or two chopped apples (Granny Smiths are good) as well. Bake this around 2 hours in a slow oven (we did it in a wood stove, so try 325 degrees and check after an hour). Serve with pour cream or ice cream.

Recipe By : GladRag

From: Date: File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Great Oriental Roast Chicken

Yield: 4 Servings

Ingredients

1 roasting chicken duck, or 2 cornish hens

1 tb oil (i used olive oil that night.)

1 1/2 ts 5spice powder

1/2 c soy sauce

Instructions

From: Sarah@esu.edu

Date: Wed, 7 Aug 1996 14:44:18 +0300 (IDT)

Clean and soak chicken in salt water for one hour...If you don't want to soak it in salt water, you can use white vinegar in place of the salt...(Soaking fowl pulls out the blood and reduces the chance of poisoning.) Rinse chicken well and coat with oil. Place chicken on a roasting stand. (You can get cheap stands from Lechter's or Walter Drake.) In a separate bowl, mix 5spice powder with soy sauce. Brush half of the soy sauce mixture all over the chicken. Bake in a preheated oven at 400 degrees for one hour. Brush remaining soy sauce mixture all over chicken. Continue baking chicken til done...about another 40 minutes to 1 hour. Chicken should be crispy and brown. Serve immediately or wait til chicken is completely cool and cut up for lunches.

JEWISHFOOD digest 304

From the Jewish Food recipe list. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Great Thai Beef Or Chicken Satay

Yield: 1 Servings

Ingredients

INGREDIENTS

750 steak or chicken
1/2 c coconut milk best)
3/4 c hot water
1 beef or chicken stock cube
1 soy sauce
1 clove garlic
1 ginger
1 chilli
1 1/2 ts curry powder
2 cornflour
6 peanut butter (super crunchy is
1 onion
1/2 capsicum (cut into strips)
1 celery (half bunch chopped)

Instructions

Mix all ingredients except stock, meat, vegetables and cornflour together in a measuring jug. Cook onion and steak or chicken until done in wok on high heat. Remove from heat and add sauce. Blend cornflour in 1T water (cold) and add to mix. Return to heat and add vegetables. Cook until sauce thickens (add extra coconut milk if required). Serve with Jasmine Rice.

Greek Flavoured Chinese Style Chicken

Yield: 1 Servings

Ingredients

1 whole chicken breast, boned, skinned and cut in 3/4 p
1/2 zucchini, in 1/4 dice
1/2 red pepper, in 1/4 dice
1/2 yellow pepper, in 1/4 dice
1 sm onion, in 1/4 dice
2 cloves garlic, minced
1 1/2 c white wine (i had half a bottle of chardonnay leftover
2 tb butter
2 ts dry oregano, rubbed between the palms
1/2 ts paprika
1 ts lemon pepper

MARINADE

1 egg white, beat until frothy
2 tb corn starch
1 ts dry oregano, rubbed between the palms
1/2 ts salt
1/2 ts lemon pepper
1/2 ts garlic powder

Instructions

Last weekend, I had to use up some chicken breasts and some assorted half vegetables. I was really in the mood for General Tso's Chicken, but my husband didn't want to eat Chinese food. Here's what I came up with it was FABULOUS!

Mix all the marinade ingredients together. Put the chicken in the marinade while you dice all those vegetables. Heat about 1 1/2" oil to 375F. In small batches, fry the chicken pieces until they are medium brown.

Heat a wok over high heat, then turn it down to medium. Add the vegetables and the spices. Place the butter on top of the vegetables. Stir and fry until juices start to come out of the zucchini and everything else is at least partway cooked. Add the wine and crank the heat back up. Cook, stirring constantly, until the liquid makes a syrup. This takes less than 10 minutes. There should be about 1/2 to 3/4 cup sauce.

Serve this with some kind of tiny pasta. I have some I got in the bulk department that cooks up to be about the size of uncooked pearl barley.

Newsgroups: rec.food.recipes From: marcy@sqwest.wimsey.bc.ca (Marcy Thompson)

[I served it with Orzo and Brown & Serve Rolls. Delicious! Lisa]

* The Polka Dot Palace BBS 12018223627. Posted by LISA

Posted to MCRcipe Digest V1 #706 by Lisa Clarke on Aug 1, 9

Green Curry Paste (Thai)

Yield: 1 Servings

Ingredients

1 ts cumin seeds

1 ts coriander seeds

6 fresh green chilies, chopped

1 tb chopped lemon grass

1 ts chopped coriander root

1 tb chopped shallots

1 tb chopped garlic

1 ts chopped galangal

7 peppercorns

1 ts salt

1 ts shrimp paste

Instructions

Contributed to the echo by: Stephen Ceideburg Originally from: "Discover Thai Cooking" by Chaslin, Canungmai and Tettoni, Times Editions, Singapore. 1987 This is easy to make. Make lots and freeze it for future use. If you're not a fan of pounding you can use a food processor. Just don't overdo the processing. Green Curry Paste (Nam Prik Kaeng Khiew Wah) Place the cumin and coriander seeds in a pan, without adding any oil. Dryfry them, stirring, for 12 minutes until they are aromatic and slightly browned. Pound them with the remaining ingredients to produce a fine paste.

Green Masala (Indian Spice)

Yield: 1 Servings

Ingredients

1 small piece of fresh ginger

1 cloves garlic (1 to 2)

4 fresh green chilies (4 to 6)

1 small bunch of fresh

1 coriander

Instructions

Excellent with fish or chicken.

Peel and chop the ginger and garlic; remove the seeds from the chilies and slice. Remove the coriander stalks. Pound or blend all the ingredients to a paste with a little water.

Source: Jill Norman "The Complete Book of Spices" Viking Studio Books, 1991 ISBN 0670834378 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe By : Jill Norman * Web File 4/97

From: Peggy Morgan Date: 18 May 97 Mastercook Recipes (Mailing List) Ž

Green Mountain Maple Barbequed Chicken

Yield: 1 Servings

Ingredients

3 tb pure maple syrup
3 tb chili sauce, bottled
1 tb cider vinegar
2 ts dijon mustard
4 ea boneless chicken thighs
1 tb vegetable oil

Instructions

Prepare barbeque (medium high heat). Stir maple syrup, chili sauce, vinegar and mustard in small saucepan until well blended. Brush chicken with oil, season with salt and pepper. Arrange chicken on barbeque. Grill until cooked through, turning occasionally and brushing generously with sauce, about 10 minutes. Serve Immediately.

Bon Appetit, 6/95

Green Mountain Pie *

Yield: 8 Servings

Ingredients

PATTI VDRJ67A

CRUST

1 3/4 c macaroon crumbs soft about 7, 2 cookies
1/4 c butter flavor crisco melted

FILLING

2 pt lime sherbet softened
1 qt vanilla ice cream softened
1 1/2 c macaroon crumbs soft

Instructions

CRUST: Preheat oven to 350~. Lightly grease 9" pie plate. Combine 13/4 crumbs and melted butter flavor Crisco. Press into greased pie plate.

FILLING: Spread 1 pint lime sherbet in cooled crust. Freeze about 1 hour until firm.

Combine ice cream and 11/2 cup macaroon crumbs.

Spread evenly over sherbet. Freeze about 1 hour until firm. Spread remaining sherbet over ice cream. Freeze several hours. Remove from freezer 1015 minutes before serving.

Green Pak Choi (Chinese Cabbage) With Soya Sauce

Yield: 1

Ingredients

1 lb green pak choi
1 tb oil
1 tb soya sauce
2 cloves sliced garlic

Instructions

Wash pak choi and drain well. Heat oil and add the garlic then the pak choi. Stir constantly until the pak choi changes colour. Add the soya sauce to taste. Serve hot.

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Food Network <http://www.cfn.co.uk/>

Converted by MM_Buster v2.0l.

Green Salad With Thai Dressing

Yield: 1 Servings

Ingredients

1 mixed salad greens
1 peanut oil
1 rice vinegar
1 fresh squeezed lime juice
1 thai fish sauce * see note
1 brown sugar
1 chopped fresh cilantro
1 chopped fresh red thai chile
1 green onions sliced thin
1 peanut butter
1 chopped roasted peanuts

Instructions

Recipe by: NURPPL@NURSE.EMORY.EDU Essentially, this is just a peanutty vinaigrette dressing that I made in the food processor. I added the liquid ingredients first, until it looked like the right mix of oil to acidic liquids (rice vinegar and lime juice). Then I added the rest of the ingredients and processed for a few seconds. From there I just went by appearance and taste, adding more liquid or peanut butter to get the right consistency, and more of each of the other ingredients for other various characteristics sweetness, saltiness, acidity, spiciness. We served the salad dressing on the side with the salad, and provided extra chopped peanuts, cilantro, and green onions to let people add their own to taste.

*Available at some Asian market

Green Tomato Salsa With Thai Spices

Yield: 8 Servings

Ingredients

4 green tomatoes (about 2 lbs)
1 lg red onion
1/4 c fresh cilantro, minced
2 tb fresh lime juice
2 tb fish sauce
1 tb rice vinegar
2 ts serrano chile seeded & minced
2 ts fresh ginger peeled & minced
2 ts ground coriander
2 ts vegetable oil

1 ts sesame oil
1 c chopped green onions
1 c yellow bell pepper julienne cut

Instructions

1. Cut tomatoes and red onion in half vertically. Cut each half horizontally into thin slices. Set aside.
2. Combine cilantro and next 8 ingredients (cilantro through sesame oil) in a large bowl stir well. Add tomatoes, red and green onions and bell pepper toss well. Let stand 1 hour. Serving size: 1 cup Note: fish sauce is a salty condiment that can be found in Asian markets, specialty shops, and some supermarkets.

Calories 51(39 from fat) Fat 2.2g (sat 0.3g, mono 0.6g, poly 0.9g) Protein 1.6g Carb 8g
Fiber 2g Chol 0mg.

Griddled King Scallops With Crispy Chinese Vegetables

Yield: 2

Ingredients

10 king scallops (cleaned)
1 5 cm piece mooli (peeled and sliced)
6 spring onions (sliced)
16 broad beans (blanched and peeled)
16 snow peas (slightly obliquely)
2 baby pak choi (stems sliced, leaves torn)
6 asparagus (sliced obliquely)
1/2 yellow pepper (sliced obliquely)
1/2 red chilli (finely chopped)
1 stem lemon grass (inner part finely sliced)
1 piece stem ginger (cut into julienne)
1/2 lime (juice)
1 tb sesame oil
1 tb olive oil
1 clove garlic (crushed)
1 ds kikoman soy sauce

DRESSING

1 lime (finely grated zest)
1/2 lime (juice)
3 ts ginger syrup from stem ginger
1 tb olive oil

CARAMELISED PECANS

10 pecan nuts
2 tb sugar
1 tb toasted sesame seeds
1 ds water
1 knob of unsalted butter

Instructions

1. Preheat oven to 220°C / 450°F / Gas Mark 7. Gently heat wok to all over even heat. Heat griddle or skillet.
2. Prepare all ingredients.
3. Make caramel. Add butter and nuts. Swirl to coat. Remove to baking parchment. Sprinkle with sesame seeds. Allow to cool and crisp.

4. Griddle scallops until golden on one side. Remove and sit on oven tray golden side up. Drizzle dressing over. Heat for 1 minute ONLY in oven until hot.
5. Add oil to wok and stir fry all vegetables, starting with chilli, lemon grass, garlic and asparagus. Add rest of vegetables and seasonings. Taste and adjust.
6. Stir in nuts and finally scallops.
7. Serve in a pretty dish.

Converted by MC_Buster.

NOTES : Chef:Tessa Bramley

Converted by MM_Buster v2.0l.

Grilled Ahi Tuna W Japanese Noodles/GingerSoy Sauce/Wasab

Yield: 4 Servings

Ingredients

4 Centercut Ahi tuna steaks (1" th
 2 tb Olive oil
 Kosher salt to taste
 Freshlyground black pepper to taste
 1 1/2 tb Minced garlic
 2 tb Minced fresh ginger
 1/2 ts Seeded and minced serrano chile (or 1/4 teaspoon red chile flakes)
 1/2 ts Minced lemon zest
 1/2 c Rice wine vinegar
 1/3 c Reducedsalt soy sauce
 1/2 c Chicken stock all fat removed
 2 ts Sugar
 1 lb Soba or somen noodles
 1/2 c Diagonally sliced scallions, white
 Wasabi Mousse see * Note
 Chive Mixture see * Note

Instructions

* Note: See the "Wasabi Mousse" and "Chive Mixture" recipes which are included in this collection.

Prepare a charcoal fire or preheat a stovetop grill. Rub the tuna steaks with 1 teaspoon of the olive oil and lightly season with salt and pepper. Set aside.

Add the remaining oil to a small saucepan and saute the garlic and ginger over medium heat until they just begin to color. Add the chile, lemon zest, vinegar, soy sauce, stock and sugar and bring to a boil. Reduce slightly. Remove from the heat and set aside.

Keep warm. Cook the noodles in lightly salted boiling water until just al dente, according to package directions. Drain and toss with half of the gingersoy sauce mixture and the scallions.

Grill the tuna on both sides over medium coals until just done, approximately 2 to 3 minutes per side (the center should remain very pink). Remove and keep warm. Serve the tuna steaks on a bed of noodles drizzled with the remaining gingersoy sauce. Place a dollop of the Wasabi Mousse on the Ahi and sprinkle with the Chive Mixture. Serve immediately.

This recipe yields 4 servings.

Recipe Source:

COOKING RIGHT with John Ash

From the TV FOOD NETWORK (Show # CR9660 broadcast 08261996) Downloaded from their WebSite <http://www.foodtv.com>
Formatted for MasterCook by MR MAD, aka Joe Comiskey jpmd44a@prodigy.com
09231996

Contributor: John Ash
Preparation Time: 0:00

Grilled Beef & Romaine Salad ThaiStyle

Yield: 8 Servings

Ingredients

THE GREENS

1 lg head romaine lettuce*
1 lg cucumber, peeled
1 red onion, thinly sliced
11 firm radishes, trimmed
2 tomatoes, cored and sliced
1 pk scallions, trimmed
16 fresh mint leaves
16 fresh basil leaves
1/2 c coriander leaves **

THE SAUCE

1 c fish sauce (see note)
1/2 ts powdered hot red chilies

THE MEAT

8 thin slices top sirloin ***
1 ds salt to taste
1 ds fresh ground pepper to taste
1/4 c salad oil

Instructions

*About 1 1/2 lbs. romaine rinsed and cut up or broken with fingers as for salad.

**Loosely packed (also known as Chinese parsley and cilantro).

***top round, sirloin or club steak may be used.

Prepare a charcoal or other grill for cooking the meat. This should be done before starting to prepare the ingredients. Thinly slice the cucumbers and radishes. Cut scallions into 1 inch lengths. Prepare all the greens as indicated and combine in a salad bowl. Brush meat with oil.

Sprinkle with salt and pepper. Grill meat on both sides, about 2 minutes to a side or longer, depending on the desired degree of doneness.

Quickly, while the meat is still hot, cut the slices into 1/2 inch strips and add them to the greens. If there are any accumulated meat juices, add them to the sauce. Pour the sauce over all and toss.

Serve immediately with hot rice or long loaves of bread. NOTE: Either Nuoc nam (Vietnamese fish sauce) or Nam pla) Thai fish sauce may be used in this recipe. Fish sauce and powdered red chiles are widely available in Chinese markets.

FROM: "A Feast Made for Laughtler" by Craig Claiborne. Shared by ELAYNE CALDWELL, Prodigy ID# KVN17B.

Grilled Chicken Breast W/ Chinese Black Bean Sauce

Yield: 1 Servings

Ingredients

4 boneless skinless chicken breasts
3 tb olive oil
1 salt and freshly ground pepper
1 ts lemon zest grated
2 ts garlic minced
1 1/2 tb ginger minced, peeled
1 ts serrano chile seeded, minced
2 tb fermented black beans rinsed
1 tb dry sherry
1 tb oyster sauce
3/4 c chicken stock defatted
1 ts sugar or to taste
1 ts cornstarch
2 tb water
1 tb cilantro finely chopped

GARNISH

4 baby bok choy split and grilled
1 red and yellow bell peppers finely diced

Instructions

Brush the chicken breasts with 1 tablespoon olive oil and season lightly with salt, pepper and lemon zest. Set aside.

Heat the remaining 2 tablespoons of oil in a saute pan and saute the garlic, ginger and chile until fragrant but not browned. Add the black beans and the sherry and cook for a minute or two. Add the oyster sauce, stock and sugar and bring to a boil. Stir in the cornstarch mixture and simmer a minute or two until lightly thickened. Remove from heat, stir in cilantro and keep warm.

Grill or broil the chicken until just done. fan and arrange on warm plates with grilled or steamed baby bok choy and black bean sauce spooned around.

Sprinkle diced sweet peppers over all.

Yield: 4 serving

Recipe By : COOKING RIGHT SHOW #CR9735

Posted to MCRcipe Digest V1 #310

Date: Mon, 25 Nov 1996 04:16:39 0500 (EST)

From: Bill Spalding

Grilled Chicken Oriental

Yield: 4 Servings

Ingredients

1/4 c soy sauce
2 tb honey
4 ts sesame oil
1 piece ginger root pared and mashed
1 clove garlic crushed
4 chicken cutlets
2 ts honey

Instructions

In 1/2cup metal measure or other small flameproof container combine soy sauce with 2 tablespoons honey and oil, ginger and garlic cook, stir frequently, until mixture is warm, about 1 minute. Transfer to selfsealing plastic bag or medium bowl (not

aluminum) add chicken and turn to coat with marinade. Seal bag or cover bowl and let stand 10 minutes to marinate.

In small metal measuring cup heat remaining 2 teaspoons of honey over low heat until melted set aside. Spray grill or broiler rack with nonstick cooking spray. Transfer chicken to grill (or rack), reserving marinade brush with half of the reserved marinade and cook over hot coals (or in broiler) until browned on one side, about 5 minutes.

Turn chicken over, brush with remaining marinade, and cook until other side is browned, about 5 minutes longer. Brush 1 side of each cutlet with 1/4 teaspoon heated honey and continue cooking until glazed, 1 to 2 minutes. Turn chicken over brush each cutlet with an equal amount of the remaining honey and cook until chicken is glazed and cooked throughout, 1 to 2 minutes longer.

Recipe By : Weight Watcher's Quick and Easy Cookbook

From: Linda Shapiro Date: 06 May 97 JewishFood List Ž

Grilled Chinese Barbecued Pork Chops

Yield: 1 Servings

Ingredients

6 pork chops

Instructions

TIPSY MARINADE: 3 tbsp barbecue sauce (tomato based) 3 tbsp sugar 2 tbsp dry sherry, gin, whiskey, brandy or rum 3 tbsp dark soy sauce or 2 tbsp oyster sauce 1/2 tsp five spice powder 1/2 tsp salt 1 garlic clove, mashed.

Mix all the marinade ingredients together and pour over pork chops. Marinate for 34 hours in refrigerator or for 1/2 hour unrefrigerated. Barbecue pork chops for 15 minutes on each side, basting with leftover marinade every few minutes. Serve 46. Can substitute chicken.

Converted by MMCONV vers. 1.50

Grilled Chinese Chicken

Yield: 1 Serving

Ingredients

2 cloves garlic minced

2 tb rice wine vinegar

2 tb hoisin sauce

1/4 c soy sauce

1 ts sesame oil

1/2 ts fresh ginger root grated

1/2 ts hot chili paste or crushed red pepper to taste

4 ea skinless boneless chicken breast halved

Instructions

Combine all ingredients except the chicken in a shallow glass dish large enough to hold the chicken in one layer. Stir well to mix. Add chicken breasts, turning to coat both sides. Marinate 30 to 60 minutes at room temperature or 1 to 2 hours in the refrigerator, covered. Drain chicken from marinade and place on hot grill with the thin ends away from the flames. Cook, turning once, until just cooked through, 3 to 8 minutes per side, depending on heat intensity and thickness of meat. Makes 4 servings.

Preparation Time: 0:00

Grilled Chinese Vegetables

Yield: 2 Servings

Ingredients

1 head baby bok choy
separated
1 head napa cabbage separated
1/8 c olive oil
1/8 c chicken broth

Instructions

MIX oil and broth.

WASH (thoroughly) vegetables in cold water.

DRY the leaves with paper towels.

SPRINKLE with a mixture of oil and broth.

GRILL on medium heat, occasionally basting with oil and broth until tender crisp.

REMOVE.

KEEP warm until ready to serve.

Notes: Do not overcook. Vegetables will continue to cook after being removed from the heat. Slightly under cooking is ok.

SUBSTITUTES:

Napa cabbage

Leeks cut in 1 in circles (white parts only)

Whole scallions

Sweet onions quartered and separated

GMT RECIPES <http://www.wfaa.com/gmt/recipe.html>

MC formatted using NTS & MC Buster on 01/21/99

Contributor: Chef Ben Helms, better known as "Guy Gourmet"

Grilled Ducks Oriental

Yield: 4 Servings

Ingredients

2 ducks
3/4 c sherry
2 tb soy sauce
1 ts dry mustard
3/4 ts powdered ginger
1/4 c apricot jam

Instructions

Cut ducks into halves. Combine all remaining ingredients to make a smooth mixture. Pour over the ducks and refrigerate, covered, overnight. Grill ducks, covered, over hot coals, setting high enough above the coals so that ducks will COOK SLOWLY for about 1 hour. Baste with remaining marinade. Ducks should be moist and tender with a crunchy skin. Variation: Cook ducks in a 325o oven, covered, for 2 1/2 to 3 hours or until tender. Remove cover during last 30 minutes. It is important to cook the ducks slowly when prepared on the grill. Yield: 4 servings.

ROBYN DICKEY

MARINATE OVERNIGHT

From , by the Little Rock (AR) Junior League. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Grilled Japanese Chicken

Yield: 6 Servings

Ingredients

4 lg chicken breasts
1/2 c packed brown sugar
1/2 c water
1/2 c soy sauce
1/2 c cooking sherry
2 tb cooling oil
2 ts vinegar
1 ts ground ginger
1 clove garlic, minced
1 cn pineapple or 1 fresh pineapple (preferred)

Instructions

Bone chicken breasts and cut in 12 pieces. Place on bottom of a flat dish. Mix sugar, water, soy sauce, cooking sherry, oil, vinegar, garlic and ginger in a bowl for marinade. Pour marinade over chicken. Let sit at least one hour. Drain and reserve marinade. Prepare fresh pineapple into spears or drain canned pineapple chunks and string in sticks. Grill chicken on medium coals for 25 to 30 minutes, turning and basting often with reserved marinade.

You may bake chicken in oven on 400 degrees. Baste often until browned lightly, about 30 minutes or until tender. Grill pineapple about last 10 minutes, basting with marinade. Serve pineapple with chicken over rice or potatoes.

Grilled Japanese Eggplant With ChiliGarlic Goat Cheese

Yield: 1 Servings

Ingredients

8 japanese eggplants
1 olive oil
1 salt and pepper
1/2 lb fresh mild goat cheese like chevre
2 ts minced garlic
1 ts red pepper flakes
6 basil leaves shredded

Instructions

Prepare the grill. Cut the eggplants in half lengthwise. Brush the cut edges with olive oil and season with salt and pepper. In a mixing bowl, combine the cheese, garlic, red pepper flakes, basil and a pinch of salt and blend well. Refrigerate until ready to use. Place the eggplant halves on the grill, flesh side down, and cook until almost soft, about two minutes. Remove from the grill and let cool slightly. Spread the goat cheese mixture on the warm eggplant pieces and serve at once. Serves four.

Notes: The Kitchen Table BBS <http://www.mindsync.com/ChefJeff>

Hanneman/Buster/Mcrecipe 1998Apr06

Recipe by: Chef Jeff

Posted to MCRcipe Digest by KitPATH on Apr 06, 1998

Grilled Japanese Eggplant With Citrus Miso Sauce

Yield: 4 Servings

Ingredients

3 tb Miso
1 tb Honey
2 tb Sake
2 tb Water
1/4 c Orange juice
1/4 c Lime juice
1 tb Finely chopped fresh ginger
4 Japanese eggplants sliced lengthwise
Salt to taste
Freshly ground black pepper to taste

Instructions

Combine all ingredients except eggplant and salt and pepper in a saucepan and bring to a simmer. Let cool. Preheat grill.

Season eggplant with salt and pepper to taste and brush with miso sauce. Grill for 3 to 4 minutes on each side, basting with marinade.

This recipe yields 4 servings.

Recipe Source: HOT OFF THE GRILL with Bobby Flay and cohost Jacqui Malouf
From the TV FOOD NETWORK (Show # HG1A23 broadcast 09141998)

Downloaded from their WebSite <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com
or MADSQUAD@prodigy.net 09211998

Contributor: Bobby Flay

Preparation Time: 0:00

Ingredients

Grilled Maine Lobster Tails Smothered In Curry Mango Butter

Yield: 1

Ingredients

MANGO BUTTER

2 tb olive oil
1 sm onion finely chopped
2 tb curry powder
1 ts ancho chili powder
1 mango peeled, pitted and pureed
2 tb fresh lime juice
1/2 lb unsalted butter softened (2 sticks)
1 salt and freshly ground pepper

LOBSTER

16 maine lobster tails
1 olive oil
1 salt and freshly ground pepper

SALAD

8 oz haricots verts cooked until just tender and shocked in ice water, each bean quartered lengthwise

3 plum tomatoes halved, seeded and julienned
1/4 c roasted unsalted potatoes roughly chopped
2 lg green (unripe) papayas, peeled, seeded and julienned
1/4 c thai fish sauce
1/4 c freshly squeezed lemon juice
1/4 c freshly squeezed lime juice

2 tb sugar
1 ts finely chopped garlic
1 ts red pepper flakes
1/4 c coarsely chopped cilantro
1/3 c coarsely chopped peanuts

Instructions

Heat olive oil in a small saucepan over medium heat. Add onion and cook until soft. Add curry powder and ancho powder and cook for 2 minutes. Add mango puree and lime juice and cook an additional 5 minutes. Let cool. Place mango mixture in a food processor and add butter. Process until smooth and season with salt and pepper to taste.

Place a sheet of parchment paper or waxed paper on a work surface. Spread the butter along a long side and form into a roll about 1 inch in diameter, leaving a 1 inch border of paper. Roll up the butter in the paper and refrigerate for at least 30 minutes.

Yield: 8 servings

LOBSTER:

Preheat grill. Brush lobster tails with oil and season with salt and pepper.

Place meat side down and grill 4 to 5 minutes or until cooked through.

Remove from heat and top each tail immediately with a slice of butter.

Yield: 8 servings

SALAD:

Combine all ingredients except peanuts in a medium bowl until combined.

Spoon onto a platter. Garnish with peanuts.

Yield: 8 servings

Converted by MC_Buster.

Per serving: 2228 Calories (kcal) 214g Total Fat (83 calories from fat) 8g Protein 89g Carbohydrate 497mg Cholesterol 57mg Sodium Food Exchanges: 1/2 Grain(Starch) 0 Lean Meat 3 1/2 Vegetable 2 1/2 Fruit 42 1/2 Fat 1 1/2 Other Carbohydrates

Recipe by: COOKING LIVE SHOW #CL9348

Converted by MM_Buster v2.0n.

Grilled Mongolian Veal Chops

Yield: 4 Servings

Ingredients

4 Veal chops, 1 1/2" thick (10 oz e

MARINADE

3 Garlic cloves finely chopped

1 tb Minced ginger

1 Shallot minced

1/4 c Cilantro coarsely chopped

1/2 c Sherry vinegar

3 tb Hoisin sauce

2 tb Soy sauce

2 tb Rice wine vinegar

1 tb Sesame oil

2 tb Smooth peanut butter

1 tb Honey

2 tb Hot chile sauce

Instructions

Combine all marinade ingredients in a shallow baking dish. Add veal chops to the mixture and turn to coat. Cover and let marinate 3 to 4 hours or overnight. Preheat grill. Remove veal from marinade and grill the chops for 7 to 8 minutes on each side or until cooked through.

This recipe yields 4 servings.

Recipe Source: HOT OFF THE GRILL with Bobby Flay and cohost Jacqui Malouf From the TV FOOD NETWORK (Show # HG1A35 broadcast 09181998)

Downloaded from their WebSite <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MADSQUAD@prodigy.net 09221998

Contributor: Bobby Flay

Preparation Time: 0:00

Grilled Oriental Eggplant

Yield: 4 Servings

Ingredients

4 Japanese eggplant halved lengthwise

1/4 c Soy sauce

1/4 c Dry sherry

2 tb Toasted sesame oil

3 Garlic cloves finely minced

Salt to taste

Freshly ground black pepper
to taste

2 tb Sesame seeds toasted lightly

Instructions

Place eggplant in a large shallow baking dish. Mix together the soy sauce, sherry, sesame oil, and garlic in a small bowl. Pour the marinade over the eggplant and let marinate at room temperature for 1 hour.

Preheat grill.

Season the eggplant with salt and pepper to taste and grill on each side for 3 minutes, basting occasionally with the remaining marinade.

This recipe yields 4 servings.

Recipe Source: HOT OFF THE GRILL with Bobby Flay and cohost Jacqui Malouf From the TV FOOD NETWORK (Show # HG1A35 broadcast 09181998)

Downloaded from their WebSite <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MADSQUAD@prodigy.net 09221998

Contributor: Bobby Flay

Preparation Time: 0:00

Grilled Oriental Fish Steaks

Yield: 6 Servings

Ingredients

4 fish steaks (halibut, salmon or swordfish), about 3/4 thick

1/4 c lite soy sauce

3 tb minced onion

1 tb chopped fresh ginger root

1 tb toasted sesame seeds

1/2 ts sugar

Instructions

Place fish in single layer shallow baking pan. Measure the lite soy sauce, onion, ginger, sesame seeds and sugar into blender container process on low speed 30 seconds, scraping down sides once. Pour sauce over fish turn over to coat both sides. Marinate 30 minutes, turning fish over occasionally. Remove fish and broil or grill 4" from heat source or moderately hot coals 5 minutes on each side, or until fish flakes easily when tested with fork.

Serves: 4 From: Kikkoman recipe booklet Posted by: Debbie Carlson Cooking Echo

Grilled Oriental Pork Chops

Yield: 4 Servings

Ingredients

4 boneless pork chops 1/2 in to 3/4 inch thick

MARINADE

3 tb soy sauce

3 tb honey

1 tb lemon juice

1 tb olive oil or vegetable oil

3 garlic cloves minced

1/2 ts ground ginger

Instructions

In heavy reseal able plastic bag, combine the marinade ingredients. Add the pork chops and turn chops to coat evenly. Seal bag and refrigerate for at least 4 hours or even better for 8 hours.

Grill uncovered over MEDIUM heat for 10 to 12 minutes or until juices run clear, turning once.

Quick

++ Typed but not tested ++

++ Courtesy of Dale & Gail Shipp, Columbia Md. ++

From: Gail Shipp Date: 23 Mar 98

Grilled Prawns With Chinese Noodles And Peanut Sauce

Yield: 1

Ingredients

PEANUT SAUCE

2 ts chopped gingerroot

2 ts chopped cilantro

2 fresh jalepeno chopped

1/2 c red wine vinegar

1/2 c soy sauce

1 c creamy peanut butter

2 ts curry powder

1/4 c honey

2 ts dark sesame oil

GRILLED PRAWNS

18 prawns size (16/20), peeled devined and skewered with 3 prawns per skewer

1/4 c sweet chili sauce

1/4 c sherry

Instructions

For the peanut sauce, place gingerroot, cilantro and jalepeno in a food processor and process until smooth, Add vinegar, soy and peanut butter and puree until smooth and creamy, Add curry and sesame oil. Process until mixed well. Remove from processor and refrigerate until ready to use.

For the prawns, soak skewers in water for 1 hour, then skewer prawns.

Marinate skewered prawns in sweet chili sauce and sherry for 1 hour. Make sure your grill is hot and grill prawns on each side for about 3 minutes. While prawns are grilling have your spouse toss the cooked Chinese noodles in the peanut sauce and place on 6 plates. When prawns are done put on top of noodles and serve.

For the Chinese noodles, guess on the amount. Cook in boiling water for 5 minutes.

Serves 6

Converted by MC_Buster.

Per serving: 527 Calories (kcal) 10g Total Fat (17 calories from fat) 8g Protein 96g Carbohydrate 0mg Cholesterol 8240mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 3 Vegetable 0 Fruit 2 Fat 5 Other Carbohydrates

Converted by MM_Buster v2.0n.

Grilled Salmon Oriental

Yield: 6 Servings

Ingredients

- 1 1/2 lb salmon steaks or fillets
- 6 oz can unsweetened pineapple juice
- 1 tb light soy sauce
- 1 ts hot pepper oil
- 1 tb vegetable oil
- 2 cloves garlic
- 1/2 c onion finely chopped
- 1 tb grated fresh ginger
- 1/2 ts grated lime rind
- 2 tb fresh lime juice
- 1 vegetable oil spray

Instructions

Rinse fish & pat dry. Arrange fish in a rectangular non aluminum baking dish.

Combine all remaining ingredients in a small bowl, stir & pour over steaks, turning to coat evenly. cover & refrigerate overnight. Preheat grill or broiler. lightly spray grill top or broiler pan with vegetable oil. Remove steaks from marinade & place steaks over hot coals or under broiler , 4 to 5 inches from heat. grill 5 to 7 minutes on each side, or until fish flakes easily with a fork.

NOTE: Do not use vegetable oil spray near open flame or a heat source.

Nutritional information: Calories 196 kcal Cholesterol 71 mg Total fat 7 gm sodium 135 mg Saturated fat 1 gm Protein ~ 26 gm Polyunsaturated fat 3 gm Mono unsaturated 2 gm

Recipe from The AMERICAN HEART ASSOCIATION COOK BOOK 5th EDITION

Typos by BUD WALL (mahlonw@aol.com) (mahlon wall@rascals.com) From:

Mahlon Wall Date: 14 May 97 National Cooking Echo Ž

Grilled Shiitake Mushrooms On Japanese Greens

Yield: 1 Servings

Ingredients

- 1/2 c extra virgin olive oil

1/2 c canola oil
4 cloves garlic peeled and crushed
4 tb balsamic vinegar
8 sprigs fresh thyme
8 sprigs fresh oregano
18 lg shiitake mushroom caps
6 generous handfuls of mixed greens
1 salt and freshly ground pepper

Instructions

In a shallow bowl, mix together oils, garlic and 2 tablespoons of vinegar. Crush the herbs gently between fingers to release flavor, and add to marinade. Marinate for 1 hour.

Heat grill to medium. Lightly salt and pepper mushrooms and grill them gill side down for 2 to 3 minutes more.

Strain marinade and add the remaining vinegar. Season to taste. Add mixed greens and mushrooms, toss lightly to coat and serve immediately.

Recipe By: Tess Mercer

Grilled Shrimp Cocktail

Yield: 1

Ingredients

1 lb shrimp cleaned 500 g
1 tb olive oil 15 ml
2 cloves garlic minced 2
2 tb chopped fresh rosemary 25 ml
1/2 ts cumin 2 ml
1 ts salt 5 ml
1/4 ts hot red pepper flakes 1 ml
1 clove garlic minced 1
1/4 c lime juice 50 ml
1 jalapeno chile finely chopped 1
1 ts salt or more to taste 5 ml
3 plum tomatoes seeded and diced (about 3/4 pound/375 g)
2 roasted red peppers peeled, seeded and diced 2
2 c raw corn niblets 500 ml
1/2 c chopped fresh cilantro 125ml
1/4 c chopped fresh chives 50 ml
1 ripe avocado 1
6 flour tortillas 6

Instructions

Combine shrimp with olive oil, garlic, cumin, salt and hot red chile flakes. Marinate in the refrigerator up to two hours.

Grill shrimp until just cooked. Cut each shrimp into thirds.

Combine garlic, lime juice, jalapeno, chile and salt. Toss with diced tomatoes, pepper and corn. Add shrimp.

Mix in cilantro and chives. Taste and adjust seasoning if necessary.

Just before serving, dice avocado and mix in.

Press a warm flour tortilla in a shrimp cocktail glass and spoon shrimp mixture into it.

NOTE: Another way to serve this is to leave shrimp whole and arrange over edge of glass like a traditional shrimp cocktail with the salsa in the bowl.

Converted by MC_Buster.

NOTES : Makes 8 servings

Converted by MM_Buster v2.0l.

Grilled Shrimp Kebabs With North Indian Dried Spice Butter L

Yield: 1

Ingredients

1/4 c minced onion

1/2 stick plus 3 tablespoons unsalted butter, softened

1 tb north indian dried spice powder or to taste

2 tb minced bottled major grey's chutney

1/4 ts white pepper

8 wooden skewers soaked in cold water for 10 minutes (8inch)

32 lg shrimp (about 2 pounds), 1 shelled, leaving the tails intact, and deveined

8 sl lean bacon

3 tb minced fresh parsley leaves

Instructions

In a small skillet cook the onion in 3 tablespoons of the butter over moderately low heat, stirring, until it is softened, stir in the North Indian

Dried Spice powder, the Major Grey's Chutney, and the white pepper, and let the mixture cool. In a bowl cream together the remaining 1/2 stick butter and

the North Indian Dried Spice butter to a piece of waxed paper. Using the paper as a guide, roll the butter into a log and chill it for at least 1 hour or overnight.

Thread each skewer with 4 of the shrimp, lacing the bacon between each shrimp, and grill the kebabs on an oiled rack set about 4 inches over glowing coals for 4 to 5 minutes on each side, or until the shrimp are pink and the bacon is crisp. Transfer the kebabs to plates, top them with slices of the North Indian Dried Spice butter, and garnish them with the parsley.

Yield: 4 servings

Converted by MC_Buster.

Per serving: 220 Calories (kcal) 3g Total Fat (14 calories from fat) 39g Protein 5g

Carbohydrate 292mg Cholesterol 285mg Sodium Food Exchanges: 0 Grain(Starch) 5

1/2 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: COOKING LIVE SHOW #CL9201

Converted by MM_Buster v2.0n.

Grilled Shrimp With Chinese Noodles And Peanut Sauce

Yield: 6 Servings

Ingredients

PEANUT SAUCE

2 ts fresh ginger root chopped

2 ts fresh cilantro or parsley chopped

2 fresh jalapeno peppers chopped

1/2 c red wine vinegar

1/2 c soy sauce

1 c creamy peanut butter

2 ts curry powder

1/4 c honey

2 ts dark sesame oil

GRILLED SHRIMP

18 lg shrimp peeled and deveined , (yo
1/4 c sweet chili sauce
1/4 c sherry (optional)
6 wood skewers
1 chinese noodles (purchased)

Instructions

Hello, Barbecue Enthusiasts!

Grilling foods outdoors is one of the greatest simple pleasures in food preparation. It's a slow process that offers the cook an opportunity to chat with family and friends as the meal is prepared, rather than slaving away in a kitchen removed from all the festivities of good company.

Today's recipe is for grilled seafood with a Chinese flair. Try it at your next cookout, as National Barbecue Month continues at RecipeaDay!

To prepare the peanut sauce, place ginger root, cilantro (or parsley), and jalapeno peppers in a food processor or blender, and process until smooth.

Add vinegar, soy sauce, and peanut butter, and puree until smooth and creamy. Add curry, honey, and sesame oil. Process until mixed well. Remove sauce from processor and refrigerate until time to serve.

To prepare the shrimp, soak wood skewers in water for one hour, then skewer shrimp three to each skewer.

Marinate skewered shrimp in sweet chili sauce (and sherry if desired) for at least one hour.

Prepare your hot grill and grill each skewer of shrimp for about three minutes on each side.

Meanwhile, following the directions on the package of the Chinese Noodles you've selected, prepare and cook them while the shrimp are grilling.

Drain and toss the cooked noodles with the peanut sauce in a large bowl, then place individual portions on six serving plates.

When shrimp are finished, place one skewer on top of each portion of noodles and serve.

Posted to dailyrecipe@recipeaday.com by RecipeaDay on May 7, 1998

Grilled Swordfish With Pineapple Plantain Chutney

Yield: 1

Ingredients

CHUTNEY

2 tb butter

1 ripe plantain peeled, chopped

2 c chopped peeled fresh pineapple

1/2 c dry white wine

1/2 c chicken stock or canned lowsalt broth

1/2 serrano chili seeded, minced

FISH

1/2 c fresh lime juice

1/3 c chopped shallots

1 tb plus 1 teaspoon honey

1/4 c olive oil

4 swordfish steaks (8ounce)

Instructions

For Chutney:

Melt 2 tablespoons butter in heavy medium skillet over mediumhigh heat. Add plantain saute until golden, about 8 minutes. Remove from heat. Mix pineapple, 1/2 cup wine, stock and chili in heavy medium saucepan. Stir over medium heat until most of liquid evaporates and pineapple is soft, about 10 minutes. Add plantain and stir to blend. Season with salt and pepper.

For fish:

Prepare barbecue (mediumhigh heat) or preheat broiler. Mix lime juice, shallots and honey in blender. Gradually add oil and blend well. Brush mixture liberally over fish. Season fish with salt and pepper.

Grill fish until cooked through, basting with lime mixture, about 4 minutes per side.

Serve with chutney.

Serves 4.

Bon Appetit December 1995

Converted by MC_Buster.

Per serving: 1874 Calories (kcal) 105g Total Fat (52 calories from fat) 139g Protein

78g Carbohydrate 327mg Cholesterol 867mg Sodium Food Exchanges: 1/2

Grain(Starch) 19 Lean Meat 0 Vegetable 4 1/2 Fruit 15 1/2 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Grilled Szechwan Style Baby Back Ribs

Yield: 4 Servings

Ingredients

1 sm Fresh cilantro

1/2 bn Fresh parsley

3 Garlic cloves

1 piece Fresh ginger (abt 1" long) peeled

12 c Chicken stock

3 lb Baby back ribs

2/3 c Hoisin sauce

2 tb Miso

1 tb Minced fresh ginger

1 tb Chopped garlic

1 tb Sake

1 tb Soy sauce

2 ts Honey

2 ts Chili paste with garlic

1 c Blanched black beans

1 tb Julienned cilantro leaves

Instructions

Preheat the grill. Preheat the fryer.

In a food processor with a metal blade, pulse the first four ingredients together.

Transfer the mixture to a large Dutch oven. Add the stock and ribs and bring to a boil.

Reduce the heat, cover and simmer for 30 minutes, or until the ribs are tender. In a mixing bowl, whisk the remaining ingredients together. Drain the ribs and transfer the ribs to a parchment lined baking sheet. Brush the ribs with the sauce and let the ribs cool for 1 hour. Brush the ribs a second time and place on the grill. Cook the ribs until deep brown, about 4 minutes per side. Cut the rack into individual ribs and serve with the remaining sauce.

Fry the blanched black beans until crispy, about 1 to 2 minutes. Remove from the oil and drain on a paper lined plate. Season with salt and pepper. To assemble, arrange the ribs on a platter. Garnish with the beans and chopped cilantro.

This recipe yields 4 servings.

Recipe Source: EMERIL LIVE with Emeril Lagasse Adapted from the New Cuisine of Hawaii Cookbook From the TV FOOD NETWORK (Show # EM1A09 broadcast 03061997) Downloaded from their WebSite <http://www.foodtv.com> Formatted for MasterCook by MR MAD, aka Joe Comiskey pmd44a@prodigy.com 03261997

Contributor: Emeril Lagasse

Preparation Time: 0:00

Grilled Thai Chicken Salad

Yield: 6 Servings

Ingredients

1 6 chicken breast boned & skinned

Instructions

8 c Romaine lettuce shredded

1 bn Green onion white part, chopped

1/2 c Red onion diced

1/2 c Cilantro snipped

1/2 c Rice wine vinegar

1/4 c Extra virgin olive oil

2 1/2 tb Soy sauce

1/2 tb Crushed red pepper flakes

200 CALORIES. Preheat broiler and brush rack lightly with oil. Place chicken breasts on rack. Broil 3 inches from heat source for 67 minutes or until cooked through, turning breasts over after 4 minutes. Meanwhile, combine lettuce, green onion, red onion and cilantro in large bowl toss to mix well. To make dressing combine vinegar, olive oil, soy sauce and crushed red pepper and mix thoroughly. To serve, place greens on plates. Slice chicken and arrange on greens. Drizzled each serving with dressing.

Grilled Thai Garlic Chicken W Chili Honey Kai Yang

Yield: 8 Servings

Ingredients

1 c grated fresh coconut Or packaged coconut

1 c water

2 tb garlic minced

1 tb curry powder

1 bn fresh cilantro, with roots washed/dried

2 tb Thai fish sauce

1/2 ts salt

1 ts freshly ground pepper

1 1/2 tb Thai yellow curry paste

3 whole chickens (3 lbs each) cut serving pieces

Honey Sauce 1 cup

1 c honey

2 ts brown sugar

1 sm red chili pepper, stemmed & seeded ground in blender

1/2 ts salt

Instructions

For coconut milk, combine coconut and water in a saucepan and bring to a boil. Remove from heat and let stand 30 minutes. Drain coconut in strainer, pressing on solids to extract all liquid you should have about 1 1/2 cups. Discard coconut. Combine coconut milk with remaining ingredients in a blender or food processor and blend until very smooth.

Transfer marinade to a very large bowl. Place chicken pieces in the marinade and refrigerate for at least 12 hours, turning occasionally.

Bring chicken to room temperature before grilling. Drain, reserving marinade.

Grill chicken over charcoal, brushing with marinade toward end of cooking time.

Before serving, dip grilled chicken pieces in the honey sauce.

To prepare honey sauce: Combine all ingredients in a small saucepan and bring to a boil. Lower heat immediately and simmer for 2 minutes be careful not to scorch. Serve hot or at room temperature.

Note from author: Regal, romantic, relaxed and refined are words often used to describe The Siamese Princess restaurant in Los Angeles. One might wonder if the food measures up to the decor and ambiance but taste the satay, grilled chicken or steamed goose salad and wonder no more. Some food experts claim that the restaurant's chef/owner, Victor Sodsook, is responsible for influencing local farmers to grow authentic Thai produce.

Recipe from The Joy of Grilling ISBN 0812047036 Paperback Barron's

Posted to RecipeCafe and EthnicRegMC 8/99 by JoAnn Pellegrino

Contributor: The Joy of Grilling by Joe Famularo

Grilled Tuna With Chinese Five Spice Sauce

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

1 lb tuna steaks

1 1/4 ts sesame oil

1 TB lemon juice plus 1 teaspoon

1/3 c lite soy sauce

1/3 c Hoisin sauce

2 ts honey

2 garlic cloves minced

1 1/4 ts Chinese five spice

Marinate the tuna steaks in the sesame oil and lemon juice for 30 minutes. Prepare an outside grill with an oiled rack set 6 inches above the heat source.

On a gas grill, set the heat to medium. While the tuna steaks are marinating, combine the remaining sauce ingredients and heat in a pan for 10 minutes over medium heat. Grill the tuna steaks for 67 minutes on each side, turning once, basting each side occasionally with the sauce.

Per serving: calories 249, fat 7.9g, 29 calories from fat, cholesterol 43mg, protein 30.0g, carbohydrates 14.0g, fiber 0.5g, sodium 3910mg.

Exchanges: 1 Starch, 3 Very Lean Met, 1/2 Fat.

Source: webmaster@MealsForYou.com Copyright c 19961998 Meals For You.

MC Formatted & MC Busted by Barb at Possum Kingdom

Recipe By : The American Diabetes Association's Flavorful Seasons Cookb From:

Abprice@wf.Net

Grilled Wild Salmon With Charentais Melon Salsa

Yield: 1

Ingredients

1 285 gram filet wild salmon (10oz)
1 curly endive
1 charentais lemon (ripe)
1 bn coriander
2 hot chillies (2 to 3)
2 md red onions
3 limes
4 tb thai fish sauce (50ml)

Instructions

Grill the salmon until just cooked and leave to cool slightly. Meanwhile wash the curly endive and pick in bite size pieces.

Next, cut the melon in half, remove the seeds and cut the flesh into small cubes. Then, chop the coriander leaves, chillies and red onion and mix all these in a bowl. Squeeze over the lime juice, add the Thai fish sauce and season with salt and pepper.

To serve:

Dress the salad with a bit of olive oil, break the salmon into chunks and put on the salad, then spoon over the salsa.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Gujarati Potatoes Indian

Yield: 4 Servings

Ingredients

1 lb potatoes, waxy type
5 tb olive oil
3 lg garlic cloves
1/2 ts ground turmeric
1/8 ts ground asafoetida
1 ts salt
1 pn [generous] cayenne pepper or hot powder
1 tb sesame seed

Instructions

Sesame seed I used pre roasted from a Chinese grocery

Gujarat is a part of India on the western coast, right at the Tropic of Cancer, between 20 and 25 deg. N. latitude. This recipe, adapted from Madhur Jaffrey, uses only one "mystery ingredient," asafoetida powder (you should find some if you're going to get into Indian cooking at all.)

Jaffrey says use two pounds of medium, very waxy boiling potatoes. I used one pound but left everything else the same and it was perfect for two hungry people.

Peel potatoes (optional) and cut into long French fries 3/8" (9mm) square. Dunk in a bowl of cold water for 1/2 hour. Peel and sliver garlic. Heat the oil in a 9 or 10inch skillet over medium. Drain and pat dry the potato fingers. Put potatoes in hot oil and turn occasionally for 8 or 10 minutes to partially cook not brown.

Remove potatoes with tongs or slotted spoon to a plate with a paper towel on it. From here on you have to move kind of fast: throw the sesame seeds into the skillet, stir

once. Add the garlic, and continue to stir. When it just begins to turn brown, quickly add turmeric and asafoetida, and stir once more. After just a couple of seconds put the potatoes back in, with salt and cayenne or hot powder. Reduce heat and cook gently until done. Stir frequently. (I added a tiny bit of water and loosely covered the skillet with a plate during the last few minutes.)

Guy Welliver's Buffet Indiana Cheese Ball

Yield: 1

Ingredients

16 oz cream cheese softened
3/4 c blue cheese 3oz crumbled
1 ts garlic powder
1 ds worcestershire sauce
1 ds bottled hot pepper sauce
1/2 c pecans chopped
1 crackers

Instructions

Toast pecans if you like.

In a bowl, combine all the ingredients, except the nuts and crackers. Beat till well combined.

Cover and chill the mixture for 3 to 4 hours.

Shape mixture into a ball or log.

Roll in pecans to coat.

Store, covered, in the refrigerator.

Serve with crackers.

Makes 1 cheese ball.

Note:

To toast the pecans for the outside coating, spread the nuts evenly in a shallow baking pan.

Bake them in a 350o oven for 5 to 10 minutes or till the pecans are a light golden brown, stirring them once or twice.

Per serving: 2253 Calories (kcal) 219g Total Fat (85 calories from fat) 57g Protein 26g Carbohydrate 562mg Cholesterol 2534mg Sodium Food Exchanges: 1 Grain(Starch) 7 1/2 Lean Meat 0 Vegetable 0 Fruit 39 1/2 Fat 0 Other Carbohydrates

Recipe by: Midwest Living Magazine

Converted by MM_Buster v2.0n.

Guy's Chinese Chicken (Nfwf89A)

Yield: 4 Servings

Ingredients

1 4 chicken breasts skinned

Instructions

10 1/2 TB Lite soy sauce

3/4 c Chicken broth condensed

10 1/2 ts Cornstarch

4 TB Oil lite

1 1/2 c Snow peas fresh or defrosted

2 c Mushrooms sliced fresh

1 c Celery sliced 1/4" wide

1 md Onion cut into 6-8 wedges

1/2 c Green pepper strips
1/2 c Walnuts (broken) or peanuts

DIRECTIONS This recipe is for 4 but can be cut in half for 2. I usually make the whole thing up so I can enjoy it the next day for lunch or as a side dish when completely mixed into the rice. I holds well in the fridge if covered tightly. Cut chicken into strips. Toss with 1 TBS soy and set aside. Mix together remaining soy, chicken broth and cornstarch. Set aside. Heat 1 1/2 TBS oil in wok or large fry pan and quickly stir fry the drained chicken strips until browned. Be sure wok is hot. Remove from wok and keep warm. Add remaining oil to wok and stir fry all veggies over medium heat for 45 minutes. Add the broth mix, bring to a boil stirring constantly. Return chicken to the wok, add the nuts and heat about one minute. Serve immediately over white rice. Please try the sticky rice, folks.

Once you d you will probably never go back to the minute again. The oil can be cut back if you desire without affecting the final results. BTW, is anyone out there reading the posts of those who are taking their time? How about joining in for some variety. I know would like some new ones such as from Kathleen and Rita and Frank and Bev etc., etc., etc.. GUY FROM: GUY ATTWOOD (NFWF89A)

Gyuniku Sashimi (Japanese Steak Tartare)

Yield: 1 Servings

Ingredients

1 1/2 lb filet mignon
2 tb soy sauce
1 tb mirin
1 tb lemon juice
2 ts ginger grated
1 clove garlic minced
1 green onion thinly sliced
1 fresh cracked black pepper
1 lettuce leaves for garnish
1 6 inch daikon grated

Instructions

Sear meat in a heavy skillet. Plunge into very cold water until chilled. Pat dry and set aside. In a medium bowl, combine soy sauce, mirin, lemon juice, ginger, garlic, onion (reserve a few pieces for later), and pepper. Marinate meat in mixture for several hours (up to overnight), turning frequently.

Cut meat into very thin slices, arrange on a chilled, lettuce garnished serving plate, and drizzle with marinade. Peel daikon and grate to a fine pulp. Put daikon in a separate serving bowl near the beef, and add reserved onion pieces to garnish. Serve beef chilled, with daikon as a topping.

Notes: Adapted from S. F. Slack, "Japanese Cooking for the American Table."

Please understand that this dish may represent a health risk, as the beef is mostly raw on the inside. Please take responsibility to keep the dish cold, use the finest quality beef possible, and notify your guests of any potential health hazards.

From: idlewild@webspan.net (Idlewild) Recipe By: Idlewild

Oriental Recipes - H

H.P.W. Cocktail

Yield: 1 Serving

Ingredients

- 1 1/2 ts Dry vermouth
- 1 1/2 ts Sweet vermouth
- 1 1/2 oz Gin
- 1 Orange peel twist

Instructions

Stir all ingredients (except orange peel) with ice and strain into a cocktail glass. Add the twist of orange peel and serve.

Recipe Source: THE ALL DRINKS LIST compiled by Andy Premaza

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com
-or- MAD-SQUAD@prodigy.net 06-12-1998

Preparation Time: 0:00

Half Moon Shaped Indian Bread Pudding

Yield: 1

Ingredients

- 50 g dried milk powder
- 2 tb single cream up to 3
- 2 lg slic white bread
- 1 oil for deep frying
- 1 150 mil litre cream milk
- 50 g caster sugar
- 1 pinches saffron pounded
- 2 ts unsalted pistachio nuts chopped
- 1 silver leaf (optional)

Instructions

Mix the milk powder and cream together until you have a binding consistency. Cover and chill for 1-2 hours.

Trim off the crusts from the bread and cut them into half moon shapes or triangles.

Heat the oil in a wok or other suitable pan over a medium heat. Fry the slices of bread until they are well browned. Drain on absorbent paper.

In a separate pan, put the milk, sugar and saffron together and bring to simmering point. Add the fried bread and cook until the bread has absorbed all the milk.

Transfer the bread to a serving plate and spread the dried milk mixture over the top. If the mixture is hard, use a fork to break down the lump. Garnish with the pistachio nuts and silver leaf (if using). Serve at room temperature.

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Carlton Food Network <http://www.cfn.co.uk/>

Converted by MM_Buster v2.0l.

Halibut With Japanese Flavors

Yield: 4 Servings

Ingredients

- 1 cross tmpj72b

2 tb white miso paste
1 tb sugar
1 tb rice wine or dry sherry
1 ts reduced-sodium soy sauce
1 lb halibut fillet, skinned and
1 into 4 portions
2 sheets nori seaweed, cut julienne strips
2 scallions, trimmed, thinly sliced

Instructions

Preheat oven to 400 degrees. Prepare 4 parchment or aluminum foil papillotes (as described in previous "All Wrapped Up" recipes). In a small bowl, stir together miso paste, sugar, rice wine or sherry and soy sauce until smooth. Place a piece of halibut in the center half of each opened paper heart. Brush the miso mixture over the halibut and top with seaweed and scallions. Seal the packages and place them on a baking sheet. Bake for 10 to 12 minutes, or until the packages are puffed. (You may open one package to check that the fish is opaque.) Transfer to plates let each diner open his or her own package. Serves 4.

195 calories per serving: 4 grams fat, 440 mg sodium and 47 mg cholesterol.

COMMENTS: Sheets of nori seaweed are most familiar as suchi wrappers. You can find miso and seaweed in Japanese markets and health food stores.

Source: Eating Well Magazine - March/April, 1993 Reformatted for Meal Master by: CYGNUS, HCPM52C & C.MINEAH

Sent to me by "Jack C. Elvis" so I could check them out for formatting errors, originally posted to Prodigy.

By CWBJ78A NANCY BERRY Time: 12:35 PM on Apr 23, 1997

Handy Chinese Tricks For Cooking A Whole Duck

Yield: 1 Info

Ingredients

1 information

Instructions

This is an article from the San Francisco Chronicle by Bruce Cost about the Chinese philosophy of cooking duck.

Cooking a duck can be intimidating to home cooks. Unlike chicken, there's a layer of fat that can cause problems. When duck is simply roasted, it often cooks unevenly, leaving a lot of excess fat. In addition, much of the potentially delicious skin is discarded.

Chinese cooks solve these problems by applying two or more cooking methods to melt away most of the fat while enhancing the flavor of the meat. As a bonus, this technique can produce duck skin that is succulently crisp.

For example, a duck may be seasoned and hung overnight in a cool, airy place, then steamed, perhaps smoked, and finally fried to a golden brown. Or, a duck may be browned over high heat in a wok full of oil (which melts away some of the fat), drained, and finally simmered in a wine/soy/rock sugar sauce, which is reduced at the end of the cooking time to a syrupy glaze. Sometimes just the skin is stuffed with boned duck meat, which has been mixed with glutinous rice or barley, mushrooms, Chinese dates, lotus seeds and ham then the whole thing is steamed. The famous Peking Duck, which many rank as one of the world's greatest dishes, begins by easing the skin away from the meat then pumping in air so the whole duck inflates like a balloon.

The duck then is scalded in a honey-vinegar mixture and hung overnight to dry before being cooked. This dish is not a good choice for the home cook because the duck is best roasted suspended in a special clay-lined oven. The lacquered-looking ducks that hang in Chinese delicatessens, sometimes mistakenly thought to be Peking ducks, actually are Cantonese roast ducks. After basting the skins and hanging the ducks overnight, they are roasted to golden brown perfection ++ a sauce of five-spices, star anise, wine and garlic simmering in their cavities. For not much more than the price of an uncooked duck, these, by the half or whole, make excellent take-out food. The method that follows for making Sichuan Crispy Skin Duck is typical of Chinese duck cookery. It requires a few steps over a couple of days, and two cooking procedures, but it's not difficult although frying a whole duck in a wok full of oil may be a new experience.

by Bruce Cost - S.F. Chron. 1987

Posted by Stephen Ceideburg Feb 1 1990.

Hawaiian Fish With Thai Banana Salsa

Yield: 6 Servings

Ingredients

2 lb hawaiian fish*
1/4 c coarsely chopped cilantro
1 fresh cilantro sprigs
1 salt

THAI BANANA SALSA-

1 large firm-ripe banana
1 ts oriental sesame oil
1/2 c chopped golden raisins
2 tb chopped fresh cilantro
1 ts grated lemon peel
1 ts japanese chili spice

Instructions

* - cut into 6 equal portions (see cooking basics)

Pat fish with chopped cilantro and saute (see cooking basics). Set fish on 6 warm plates spoon salsa alongside. Add cilantro sprigs and salt to taste.

*** THAI BANANA SALSA ***

1. Peel and halve lengthwise banana. In a nonstick 10-12" frying pan
2. over high heat, brown banana well in sesame oil, about 8 minutes.
3. Chop banana. Mix with raisins, cilantro, lemon peel and Japanese chili spice.

Hawaiian Flours Fruit Cocktail Desert Bread

Yield: 16 Servings

Ingredients

1 c banana cake mix
1 c all purpose flour
1 c bread flour
1/2 c whole wheat flour
2/3 c fruit cocktail *
1/3 c sour cream
1/4 c juice **
1/4 c water

3 tb gluten flour
3 tb apple sauce
2 tb brown sugar
2 ts yeast
1 ts cinnamon
1 ts ginger
1 ts vanilla

Instructions

* Use Del Monte brand if possible. I've found that this brand has a better mix of fruit than some off brands.

** Drain the complete can of fruit cocktail. Use 1/2 or 2/3 cup plus 1/4 cup of the liquid.

Adding fruit at the beginning will completely blend them into the finished product.

This bread is sweet with the characteristic blend of tastes that the fruit provides.

Variations: Use raisins and/or shredded coconuts, strawberries, nuts. P.S. Don't forget about chopped dates and prunes, too!

Hawaiian Tofu With Chinese Cabbage

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

1 1/2 cup Unsweetened pineapple juice
2 Tablespoon Soy sauce
2 Tablespoon Cider vinegar
2/3 cup Ketchup (catsup)
2 Tablespoon Vegetable oil
2 pound Tofu, cut into 3x1 inch Strips (6 to 7 cups)
1 small Head Chinese cabbage, thinly Sliced
3 To 4 tbs. cornstarch
1/4 cup Water

8 cup Hot cooked brown rice

This stir-fry dish is an ideal quick meal for a small crowd.

In a bowl combine the pineapple juice, soy sauce, cider vinegar and ketchup. Reserve. Heat the oil in a wok or large skillet and add the tofu. Stir-fry for a few minutes over medium-high heat until thoroughly heated. Add the Chinese cabbage and stir until slightly wilted. Stir the sauce ingredients once again. Lower heat to simmer, add sauce to the skillet. Stir cornstarch and water together. When the sauce begins to bubble, stir in 2/3 of the cornstarch mixture.

Cook just until the sauce is thickened. Add remaining cornstarch mixture if necessary. Serve immediately over brown rice.

Serves 8

From the cookbook "Tofu, Tempeh and Other Soy Delights" by Camille Cusumano

Helen's Thai Broiled Rib Strips

Yield: 2 Servings

Ingredients

1/2 lb pork rib strips
2 ts light soy sauce
2 ts whiskey

1 ds dark soy sauce
1/8 ts ground nutmeg
1/8 ts ground cinnamon
1/2 ts ground ginger, or
1 ts minced fresh ginger
1/4 ts minced fresh or soaked
1 dry galangal (optional)
8 szechwan peppercorns
1/8 ts ground pepper
1/2 ts meat tenderizer, optional
1 sweet chili sauce

Instructions

Combine liquids in a small zipper baggie. Add meat, close and mix well. Add remaining ingredients and mix again. If using meat tenderizer, marinate 15 minutes. If not, marinate 1 hour. Broil close to the flame about 4 minutes. Turn and broil 2 minutes, or until edges are crispy. Remove strips from broiler and brush tops with sweet chili sauce. Serve with rice or as an appetizer. Note: Sweet chili sauce (Nuoc Cham Ga) is available in most Asian markets. It is sweet and a bit tangy, and only a little hot.

Helen's Thai Style Fajitas With Peanut Sauce

Yield: 2 Servings

Ingredients

1/2 ea small onion
1 ea clove garlic,
1 minced fine
1 ea slice fresh ginger,
1 minced fine
1/8 c lime juice (1/2 lime)
1/2 ts pure chile powder
1/2 lb chuck steak
1 ea small carrot
5 ea fresh green beans
2 ea green onions, trimmed
1 mint leaves thinly shredded
1 shredded lettuce
1 peanut sauce (see recipe)
6 ea flour tortillas

Instructions

Butterfly chuck steak to less than 1/2 inch thick. Pound very thin. Grate, or very finely mince onion. Mix with garlic, ginger, juice and chile powder. Place mixture in non-reactive pan or dish large enough to hold meat in one layer. Place meat in mixture and turn to coat. Set aside to marinate 1 hour at room temperature, or overnight in fridge. French-cut the green beans, and cut carrot into thin strips. Broil meat close to the flame, 2-3 minutes per side. Remove to a platter and set aside for the juices to settle, 5 to 10 minutes.

Meanwhile, broil the beans, carrot and green onion until limp and charred in spots, about 5 minutes. Remove and cut into 1 inch sections.

Arrange lettuce on plates. Top with meat and vegetables, and sprinkle with mint. Serve with tortillas and peanut sauce.

Herbed Oxtail Terrine

Yield: 1

Ingredients

FOR THE TERRINE-

5 lb meaty oxtails trimmed of excess fat
1/4 c vegetable oil
9 c beef broth
1 1/2 c dry red wine
1 cn tomatoes including the juice (14- to 16-ounce)
2 onions chopped coarse
2 carrots chopped coarse
4 garlic cloves crushed
1 bay leaf
1 1/3 c chopped scallion
1/2 c minced fresh parsley leaves
3 tb fresh lemon juice
1/2 ts black pepper

FOR THE SAUCE-

1/3 c sour cream
1/4 c mayonnaise
2 tb drained bottled capers chopped
1 tb dijon-style mustard
2 ts drained bottled horseradish or to taste
1 soft-leafed lettuce for serving
1 bottled pickled onions and cornichons, (french sour gherkins, available at specialty foods shops and some supermarkets) for garnish

Instructions

Make the terrine:

Pat the oxtails dry, season them with salt and pepper, and in a heavy kettle brown them in batches in the oil over moderately high heat, transferring them as they are browned to a platter or shallow baking pan. To the kettle add the broth, the wine, the tomatoes with the juice, the onions, the carrots, the garlic, the bay leaf, and the oxtails with any juices that have accumulated on the platter, bring the liquid to a boil, and braise the oxtails, covered, in the middle of a preheated 325F. oven for 4 hours. Transfer the oxtails with a slotted spoon to a bowl, reserving the liquid, let them cool, and remove the meat, discarding the bones and fat. Strain the reserved cooking liquid through a sieve into a large bowl. In another large bowl stir together the meat, the scallion, the parsley, the lemon juice, the pepper, and 2 cups of the cooking liquid until mixture is combined well, reserving the remaining cooking liquid. Rinse a loaf pan, 9 by 5 by 3 inches, with cold water (do not dry it), spoon the oxtail mixture into it, and add some of the reserved cooking liquid if necessary to just cover the oxtail mixture. Chill the terrine, covered, for 4 hours, or until it is set. The terrine may be prepared up to this point 2 days in advance and kept covered and chilled. Let the terrine stand at room temperature for 20 minutes. Run a thin knife around the edge of the terrine to loosen it, dip the pan in hot water for 20 seconds, and invert a chilled platter over it. Invert the terrine with a sharp rap into the platter and with an electric knife or a very sharp knife cut into 1/2-inch-thick slices.

Make the sauce:

In a bowl whisk together the sour cream, the mayonnaise, the capers, the mustard, and the horseradish until the sauce is combined well.

Line each of 8 plates with some of the lettuce, arrange a slice of the terrine on the lettuce, and spoon a dollop of the sauce over a corner of the slice. Garnish each serving with some of the pickled onions and cornichons and serve the remaining sauce separately.

Serves 8 generously.

Gourmet January 1993

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

High-Energy Chinese Pot Roast

Yield: 2 Servings

Ingredients

6 tb soy sauce

2 tb brown sugar

6 sl fresh ginger root

2 tb plum sauce (optional)

1/2 c cold water

3 tb dry sherry

10 oz lean boneless beef shin or chuck

Instructions

Combine soy sauce, sugar, ginger, plum sauce, water and sherry in a mixing bowl. Stir until sugar is dissolved. Put beef in heavy Dutch oven or heavy pot with tight cover. Pour sauce over beef and bring it to a boil. Reduce heat, cover tightly and simmer gently for about 2 hours. Turn meat after the first hour, recovering tightly after turning. To serve, slice meat very thin and arrange over cooked Chinese noodles and pour sauce over all. Serves 2.

NEWSPAPER ARTICLE

From a collection of my mother's (Judy Hosey) recipe box which contained lots of her favorite recipes, clippings, etc. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Hint For Proper Chinese Chowin (Stir-Frying)

Yield: 1 Serving

Ingredients

Hints for Proper Chinese Chowin (stir-frying)

Instructions

1. Always have everything totally prepared, chopped, mixed, sliced, before you turn on the wok.
2. Heat the wok first, then add the oil and ingredients. "Hot wok, cold oil, foods won't stick." If using an electric stove rather than gas leave the burner on high and control the heat by moving the wok off and on the burner.
3. Use fresh ingredients as often as possible.
4. Do not overcook the food.
5. Serve the dish the moment it is done, no matter what is going on at the table. An old Chinese proverb says, "A man should wait for the dish. The dish should never wait for the man."

Information Source: THE FRUGAL GOURMET by Jeff Smith From the 06-05-1991 issue - The Springfield Union-News

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com
-or- MAD-SQUAD@prodigy.net 07-28-1994

Contributor: Jeff Smith

Preparation Time: 0:00

Hmee Grob - [Thai Crispy Noodles].

Yield: 1 Serving

Ingredients

1/4 c Garlic, Coarsely Chopped.
1/4 c Shallot, Coarsely Chopped.
1/4 c Thai Pickled Garlic,Julienne
1/4 c Fish Sauce (Best Quality).
1 c Sugar.
1/2 c Lime/Lemon Juice.
1/4 c White Vinegar.
1 tb Mashed Fermented Beans.
1 tb Paprika.
1/4 c Hard Tufu, Sliced, Fried. *
3 Eggs.
3 pk Rice Stick (Very Small).
1 c Cooked Pork. **
1 c Cooked Chicken. **
2 c Fresh Shrimps, Shelled.
3 c Oil for Frying (Approx.).
Raw, Fresh, Bean Sprouts.
Raw, Fresh, Chinese Chives.
Cilantro.
Fresh Mild Red Chili Peppers

Instructions

* Use the dry (relatively), hard tofu that usually have yellow skin. **

Cooked pork and chicken is to be sliced into thin long slices.

Prepare egg "threads" for later use by heating up a wok, and add oil. Beat the eggs in a bowl till well mixed. Drizzle the beaten eggs into the hot oil either through a fine metal seive or thorough the small end of a (paper, metal, or any suitable material) cone. Turn the mass of egg "threads" over in the oil to cook both sides till golden brown. Remove from the hot oil, let drain well, and place aside for latter use.

Soak the rice stick in some cold water till slightly softened. Drain water, and spread out on a rack to allow excess water to run off. Add oil to hot wok, and fry the rice sticks, a little at a time, when the oil is very hot. Fry till they are golden, and puffy.

Remove from the hot oil and drain well. Place the fried rice stick aside while preparing the "sauce".

Place a wok or large frying pan on medium heat, and add some oil when hot. When the oil is very hot, add pork, chicken, and shrimps, in order of increasing amount of moisture! Stir fry till well cooked. Add chopped garlic, chopped shallots, and fry till they are golden. Add mashed fermented beans, fish sauce, sugar, lime or lemon juice, and white vinegar.

Continue to fry till the mixture is reduced and starts to get sticky. Add paprika, and the pre-fried rice stick and mix well. Sprinkle with the sliced, fried, hard tofu and a tablespoon of brown sugar. Mix together.

Remove from wok onto a serving platter, and topped with egg "threads", and chopped pickled garlic. Decorate with cilantro and slices (diagonal) of red chili peppers. Serve with raw beansprouts and Chinese chives.

Translated by Padej Gajajiva from "Homemaker Book 2", by Pensee Gajajiva.
Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g
Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean
Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Preparation Time: 0:00

Hoho's Chinese Restaurant Singapore Noodles

Yield: 1 Servings

Ingredients

4 oz dried rice stick noodles
1 tb corn oil
1 jalapeno pepper with seeds sliced
2 sm cloves garlic peeled and minced
4 oz (1 cup) cooked small shrimp
4 oz (1 cup) shredded barbecued pork
1/2 green or red bell pepper seeded, cored and shredded
1 sm spanish onion shredded
3 oz fresh bean sprouts (up to 4)
1/2 ts salt
3/4 ts sugar
3/4 ts monosodium glutamate (optional)
1 1/4 ts curry powder

Instructions

Notes Ho Ho's Chinese Restaurant, 3956 S. Howell Ave., Milwaukee, WI.

Soak rice stick noodles in boiling water 5 to 10 minutes drain and rinse in cold water.
Set aside.

Put wok on top of stove over high heat and heat 1 to 2 minutes or until drop of water
dropped into wok sizzles. If using electric wok, heat wok to 200 degrees.

Add oil, jalapeno pepper and garlic. Stir-fry a couple of seconds. Add shrimp, pork,
bell pepper, onion and bean sprouts and cook, stirring, 15 seconds. Add rice stick
noodles and cook, stirring constantly, until well mixed and noodles are heated through,
1 to 2 minutes.

Add seasonings and stir until mixture is golden brown and the aroma is strong. Serve
immediately. Makes 2 servings.

Note: Dried rice stick noodles are available at Oriental grocery stores.

Ben Leung, manager of sent the recipe

Posted to recipelu-digest by ncanty@juno.com (Nadia I Canty) on Mar 25, 1998

Hohoise Ice (Indian Tea Ice)

Yield: 6 Servings

Ingredients

1 1/2 bundles hohoise leaves
3 c boiling water
1/4 ts ground cinnamon
1 c sugar
1/2 ts anise seed
2 c water
6 star anise, for garnish
6 hohoise flowers, for garnish

Instructions

To make the tea, add the bundles of hohoise leaves to the boiling water and continue to boil 2 minutes over high heat. Remove from the heat and let steep 10 minutes, covered. The liquid should turn a dark brown.

Add the cinnamon and sugar, mix well, and pour the liquid through a fine sieve to strain out the leaves and stems. Set aside.

Mix together the anise seed and 2 cups water and let sit for 5 minutes. Pour through a fine sieve to remove the seeds. Mix the hohoise tea and the anise liquid together. Pour into a baking pan and place in the freezer. Every 20 minutes, remove the pan from the freezer and stir as the ice begins to crystallize. The liquid will freeze in about 2 hours. You can also use an ice cream maker, following the manufacturer's directions.

Garnish with the star anise and hohoise flowers.

*** NOTE *** Hohoise can be obtained by mail order see Source Guide. Otherwise, any other herb tea, or even plain tea can be substituted.

From "Native American Cooking," by Lois Ellen Frank

Hoisin Cocktail Meatballs

Yield: 8 Servings

Ingredients

12 oz lean ground beef
4 tb bread crumbs
3 tb chopped green onion 1 medium
3 tb chopped coriander or parsley
2 tb hoisin sauce
1 tb soya sauce
2 ts minced garlic
1 ts minced ginger root
1 ts sesame oil
SAUCE-
2 tb hoisin sauce
2 tb rice wine vinegar
1 tb sesame oil
1 tb soya sauce
1 tb water
1 1/2 ts honey
3/4 ts minced garlic
1/2 ts minced ginger root

Instructions

Preheat broiler

In large bowl, combine beef, bread crumbs, green onions, coriander, hoisin sauce, soya sauce) garlic, ginger and sesame oil mix thoroughly. Form into 32 meatballs, each approximately 1 inch in diameter. Cook under broiler for 6 minutes or until cooked through.

Meanwhile, in small bowl combine hoisin sauce, vinegar, sesame oil, soya sauce, water, honey, garlic and ginger. Serve meatballs with sauce.

NOTES

Substitute ground beef with ground chicken, veal or pork. Sauce can be warmed slightly before serving. Prepare meatballs and sauce up to a day ahead. Broil just before serving.

Contributor: Rose Reisman's Enlightened Home Cooking

Homemade Chinese 5 Spice

Yield: 1 Servings

Ingredients

1 ts ground cinnamon
1 ts crushed anise or 1 star anise, crushed
1/4 ts crushed fennel seed
1/4 ts ground black pepper or szechuan pepper
1/8 ts ground cloves

Instructions

source: Better Homes and Gardens

I use this often in place of salt.

mix together well. Store in tight lidded jar in cool dry place yield 1 Tablespoon

Posted to Recipe Archive - 15 Dec 96 submitted by: LeiG@aol.com

Date: Sat, 14 Dec 96 23:08:11 EST

Homemade Oriental Stir Fry Mix

Yield: 1 Servings

Ingredients

6 tb cornstarch
3/4 ts garlic powder
2 1/4 ts instant beef bouillon granules
3/4 ts onion powder
6 tb wine vinegar
6 tb water
1 1/2 ts fresh ginger root grated
3/4 c soy sauce or tamari
3/4 c dark corn syrup
2 2/3 c water

Instructions

Combine cornstarch, garlic powder, bouillon granules and onion powder. Use a whisk to stir in vinegar, 6 tb water and ginger until cornstarch is dissolved. Stir in soy sauce, cornstarch and remaining 2 2/3 c water.

Pour into a 5-c container with a tight fitting lid. Label with dates and contents. Store in refrigerator. Use within 4 weeks. Stir well before using.

Makes about 5 c Homemade Oriental Stir Fry Mix.

Posted to EAT-L Digest - 19 Jun 96

Date: Thu, 20 Jun 1996 17:41:37 -0600

From: Ilene Warfield

Recipe By : _Make-A-Mix_ by Eliason, Harward & Westover

Honey Chili Chicken - Chinese

Yield: 4 Servings

Ingredients

1 fryer chicken (3 to 4 lbs)
1/2 c all purpose flour
1/2 ts salt
1 oil for frying

1/3 c water
1/3 c lemon juice
2 ts cornstarch
4 ts chinese chili sauce (hot)
2 ts soy sauce
1 1/2 ts minced fresh ginger
3 tb honey
6 green onions, cut lengthwise into thin slices

Instructions

Rinse chicken and cut into small serving pieces.

Combine flour and salt in large bowl. Add chicken pieces and toss to coat well. Heat oil in wok over high heat to 375F. Add chicken, one piece at a time (cook only 1/3 of the pieces at a time), and cook until golden, about 5 minutes. D Drain on paper towel. Repeat with remaining chicken. Remove all but 1 T oil from wok. Combine water, lemon juice, cornstarch, chili sauce, and soy sauce in small bowl mix well. Add ginger to wok stir-fry 1 minute. Add honey cook and stir 1 minute. Stir in cornstarch-chili mixture cook and stir until sauce boils, about 1 minute. Stir in chicken pieces cook and stir until heated through, about 3 minutes. Stir in onions cook and stir 1 minute more. Makes 4 to 6 servings. (New Chinese Cooking Class Cookbook)

Horseradish Cocktail Sauce

Yield: 1

Ingredients

1 c ketchup
2/3 c mayonnaise
2 tb drained bottled horseradish or to taste
1 tabasco to taste

Instructions

In a bowl whisk together all ingredients with salt to taste. Cocktail sauce may be made 1 day ahead and chilled, its surface covered with plastic wrap.

Makes about 1 2/3 cups.

Gourmet June 1996

Converted by MC_Buster.

Per serving: 1301 Calories (kcal) 125g Total Fat (80 calories from fat) 5g Protein 65g Carbohydrate 51mg Cholesterol 3680mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 10 1/2 Fat 4 1/2 Other Carbohydrates

Converted by MM_Buster v2.0n.

Hot & Sour Chinese Soup

Yield: 1 Servings

Ingredients

1 hot & sour chinese soup
3 c chicken broth
1 tb soy sauce, reduced sodium
4 chinese mushrooms, dried, soaked for 15 minutes in boiling water, stems removed
1 no. 219 yields 2 servings
1 cake soybean curd (tofu),
1 cut into 2-inch strips 1/4 wide
1/4 ts white pepper
2 tb lemon juice

2 tb cornstarch, mixed with 3 tb water, cold

Instructions

and caps cut into fine 1 egg, lightly beaten strips 2 tsps Oriental sesame oil, 1/2 cup bamboo shoots, cut in- or to 2-inch strips, 1/4- 1/4 tsp hot chili oil inch wide scallions, finely 1/4 lb pork, raw, lean, cut chopped for garnish into narrow strips Combine the broth, soy sauce, mushrooms, bamboo shoots and pork in a large saucepan. Bring to a boil. Reduce the heat. Simmer for about 3 minutes. Add the bean curd, pepper and lemon juice. Bring to a boil. Add the cornstarch mixture (stir the mixture again just before adding). Cook, stirring, until the soup thickens slightly. Pour the egg in very slowly, stirring constantly. Remove from the heat. Stir in the sesame oil or sprinkle with chili oil.

Garnish with scallions. Hot & Sour Soup No.2588 Yields 6 Servings

Hot & Sour Seafood Soup (Thai)

Yield: 6 Servings

Ingredients

1/2 lb small fresh shrimp shelled (shells reserved) and deveined

2 qt chicken stock

2 green serrano chilies, seeded and chopped

1 ts salt

1 g zest of one lime

4 kaffir lime leaves

3 lemon grass stalks, cut into inch pieces

1/2 lb scallops

2 tb fish sauce

1 juice of 3 limes

3 to 4 tablespoons fresh cilantro, chopped

1 red serrano chili, seeded and slivered

6 shiitake mushrooms, sliced

2 green onions, sliced julienne

Instructions

Combine shrimp shells with stock, chilies, salt, lime, zest, lime leaves and lemongrass stalks in heavy non-aluminum pot. Bring to a boil, reduce heat, cover and simmer for 20 to 20 minutes. Strain. Return liquid to pot and place over medium-high heat and bring to a boil. Add shrimp and scallops and cook for 1 minute. Stir in fish sauce and juice of limes. Add chopped cilantro, slivered red chili and shiitake slices, and green onions. Stir and pour into a tureen or ladle into individual bowls.

Makes 6 to 8 servings.

Source unknown.

Posted by Stephen Ceideberg February 10 1992.

Hot And Sour (Not Szechwan Style) Soup

Yield: 1 Servings

Ingredients

2 red chilies

2 ts white vinegar

2 tb cornflour

1/4 ts pepper

1 tb (to 2) soy sauce

2 1/2 pt vegetable stock or water

2 tb oil
2 carrots grated
4 oz white cabbage shredded
1 onion sliced
2 spring onions chopped
1/4 ts msg

Instructions

1. Slice red chilies into rings, mix with vinegar.
2. Blend cornflour, pepper, and soy sauce with a little stock until smooth. Add the remaining stock, bring to boil stirring continuously.
3. In frying pan, heat oil and fry carrots, cabbage, sliced onion, spring onion, and MSG stirring over high heat for 3-4 minutes.
4. Add the fried veggies to the stock, stir in the chilies, vinegar and salt. (Like everybody else I tend to throw in other bits and pieces depending on whats in the fridge at the time.) Bring back to boil and cook for a few minutes.
5. Serve immediately.

Posted to recipelu-digest Volume 01 Number 506 by James and Susan Kirkland on Jan 12, 1998

Hot And Sour Shrimp Soup (Thai)

Yield: 6

Ingredients

1 lb medium shrimp
2 sticks fresh lemongrass or dried lemongrass
4 kaffir lime leaves (fresh or dried), or tb finely grated lemon zest
1 1/2 qt chicken stock
1 tb fish sauce or salt to taste
3 tb fresh lime juice or to taste
1 ts thai chili paste (nam prik pow)
15 oz canned straw mushrooms -or- fresh mushrooms
3 fresh hot green chilies
3 tb cilantro

Instructions

NOTE: The following mixture may be substituted for 1 teaspoon Thai chili paste: 1/4 tsp. cayenne, 1/4 tsp. sugar and 1/2 tsp. oil Wash, peel, de-vein shrimp. Save shells. Wash shrimp again, drain, pat dry, cover and refrigerate.

If using fresh lemongrass, cut each stick into three 2 inch pieces starting from rounded bottom end. Discard straw-like top. Lightly crush the 6 pieces.

In a pan, combine lemongrass, lime leaves, stock, and shrimp shells. Bring to boil.

Lower heat and simmer gently for 20 minutes. Strain stock, then add fish sauce, lime juice, and chili paste. Adjust fish sauce and lime juice to taste.

*Add more chili paste for more heat. Drain straw mushrooms and add to stock.

(If using fresh mushrooms, quarter them and drop in lightly salted boiling water. Boil 1 minute. Drain and add to stock.) **The soup can be prepared to this point several hours ahead of time and stored in the refrigerator.

** Prepare garnish shortly before serving. Cut green chilies into fine rounds.

Wash and dry cilantro. Just before serving, heat the soup, when it begins to boil, drop in peeled shrimp. Cook on medium heat for 2 minutes or just until shrimp turn opaque. Garnish with chilies and cilantro leaves. Serve hot.

Per serving: 105 Calories (kcal) 1g Total Fat (15 calories from fat) 16g Protein 2g Carbohydrate 115mg Cholesterol 2261mg Sodium Food Exchanges: 0 Grain(Starch) 2 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Converted by MM_Buster v2.0n.

Hot And Sour Soup With Tofu,Chinese

Yield: 8 Servings

Ingredients

3 tb vegetable oil
2 lg red bell pepper (about 3/4 cup)
1 seeded and cut into 3/4x1/4 strip
1 bn green onion cut diagonall into 3/4 pieces (about 1 1/2 cups)
2 c chicken broth canned or homemade
2 c vegetable stock or water
2 tb soy sauce
2 ts red wine vinegar
1/2 ts red pepper flakes crushed
1/4 ts salt
1/8 ts pepper
2 tb cornstarch
3 tb water
1 ts sesame oil
1/2 lb snow peas fresh or frozen
1 lb tofu firm drained and cut into 1/2 cubes
8 oz waterchestnuts sliced and drained

Instructions

Makes 8 Servings

Heat oil in large saucepan over medium-high heat. Add pepper and onion stir fry about 5 minutes.

Add chicken broth, vegetable stock and soy sauce. Bring to boiling. Lower heat simmer for about 5 minutes. Stir together vinegar, red pepper flakes, salt, pepper, cornstarch, water and sesame oil in a small bowl until smooth. Add to soup with fresh snow peas cook for about 5 minutes or until thickened and bubbly. Add tofu, frozen snow peas if using, and water chestnuts. Gently heat through.

Makes 8 servings (about 8 cups)

Per serving: 202 Calories (kcal) 10g Total Fat (42 calories from fat) 9g Protein 21g Carbohydrate 1mg Cholesterol 931mg Sodium Food Exchanges: 1 Grain(Starch) 1/2 Lean Meat 1 Vegetable 0 Fruit 1 1/2 Fat 0 Other Carbohydrates
Contributor: (Wendy Lockman)

Hot As Hell Chicken On Chinese Noodles With Peanut Sauce

Yield: 4

Ingredients

PEANUT SAUCE

2 ts peeled chopped fresh ginger
2 ts chopped cilantro
2 cloves garlic
2 fresh jalapeno peppers
1/2 c red wine vinegar
1/2 c soy sauce

1 c creamy peanut butter
2 ts curry powder toasted
1/4 c honey
2 ts dark sesame oil
1 tb olive oil
4 chicken breast halves (6-ounce)
1/2 c dry sherry
1 c sweet hot chile sauce
1/2 lb dried chinese egg noodles cooked al dente and tossed with a dash of vegetable oil
1/2 c dry-roasted peanuts or cashews
3 green onions minced, up to 4

Instructions

To prepare the peanut sauce, combine the ginger, cilantro, garlic, jalapenos, vinegar, soy sauce, and peanut butter in the bowl of a food processor and process until smooth. Scrape down the sides of the bowl and add the curry powder honey, and sesame oil process until smooth. Set aside.

Meanwhile, in a very large saute pan, heat the oil over high heat until smoking hot. Put the chicken breasts in the pan and brown them well, about 2 minutes on each side. Decrease the heat to medium and cook for another 2 to 3 minutes. Add the sherry, increase the heat to high, and cook until about half of the sherry remains, 2 to 3 minutes. Add the chile sauce and turn the breasts to coat them well. Decrease the heat to low and slowly simmer while you prepare the noodles.

Put the noodles in the pasta insert and set the pot of boiling water or in the stockpot and cook for about 2 minutes to heat through. Strain the cooked noodles and place in a large bowl. Toss them with 1/2 cup of the peanut sauce and place on a serving platter. Remove the chicken slices on the noodles and pour some of the remaining sauce over the top. Sprinkle with the roasted peanuts and scallions. Serve hot.

Converted by MC_Buster.

Per serving: 431 Calories (kcal) 19g Total Fat (43 calories from fat) 33g Protein 25g Carbohydrate 93mg Cholesterol 2156mg Sodium Food Exchanges: 0 Grain(Starch) 4 1/2 Lean Meat 1 Vegetable 0 Fruit 1 Fat 1 1/2 Other Carbohydrates

Converted by MM_Buster v2.0n.

Hot Chinese Chicken Salad

Yield: 4 Servings

Ingredients

8 chicken thighs without skin cut in 1 inch chunks
1/4 c cornstarch
1/4 c corn oil
1/8 ts garlic powder
1 lg tomato cut in chunks
4 oz water chestnuts drained and 4 oz sliced mushrooms drained
1 bn green onions coarsely chopped
1 c celery sliced on diagonal
1 ts accent seasoning mix
1/4 c soy sauce
2 c iceberg lettuce finely shredded

Instructions

Recipe by: "Silver Anniversary Chicken Cookbook" Roll chicken in corn starch. Heat corn oil in fry pan or wok over high heat. Add chicken chunks and quickly brown. Sprinkle with garlic powder.

Add tomato, water chestnuts, mushrooms, onion and celery. Stir.

Sprinkle with flavor enhancer. Add soy sauce. Stir. Cover, reduce heat to simmer and cook 5 minutes. Lightly toss chicken-vegetable mix with lettuce. Serve hot with rice.

Recipe by Mrs. Raymond Lutz, Taos New Mexico

Hot Chinese Mustard

Yield: 2 Oz

Ingredients

1/4 c dry mustard

2 tb cold water or flat beer

Instructions

Put dry mustard in cup or small bowl. Gradually add cold water, stirring until thoroughly mixed. Make only a small amount needed at a time, for it dries on standing.

Source: Spices of the World Cookbook - McCormick

Hot Crab Cocktail Spread

Yield: 1 Servings

Ingredients

2 pk (8oz) cream cheese, softened

4 ts worcestershire sauce

2 cn (6oz) lump crabmeat

1/4 c sliced green onion

1/4 c finely chopped celery

1/4 c toasted slivered almonds, chopped

1 paprika

1 sliced green onion

1 chopped pimento, optional

Instructions

combine cream cheese and worcestershire sauce in a medium bowl till smooth. Drain and flake crabmeat. Stir into cream cheese mixture along with green onion and celery. Turn into lightly oiled 9" inch dish or 1 1/2-qt shallow baking dish. Sprinkle almonds around edge of circle and paprika in center of circle. Bake at 350F. 15 minutes or till heated through. Sprinkle with sliced green onion and if desired, chopped pimento.

Serve with crackers. Makes 3 cups.

Carolyn Shaw 6-95 BH&G Holiday Appetizers 1994

Hot Indian Curry Salad

Yield: 6 Servings

Ingredients

2 c chicken cooked, chopped

3 eggs hard-cooked chopped

1 c celery finely chopped

1/2 c raisins

10 3/4 oz soup, cream of chicken undiluted

1/2 c mayonnaise

1 tb lemon juice

1 ts curry powder
1/4 ts pepper
2 tb coconut, flaked
1/4 c walnuts chopped

Instructions

Combine first 9 ingredients, stirring well. Spoon into a lightly greased 1-1/2 quart casserole. Sprinkle with coconut, and top with walnuts. Bake at 400 degrees for 30 minutes.

SOURCE: Southern Living Magazine, February 1983. Typos by Nancy Coleman.

Hot Japanese Spinach Salad

Yield: 4 Servings

Ingredients

1 lb fresh spinach - washed and drained
1/2 lb fresh bean sprouts - washed and drained
1 tb sugar
2 ts distilled white vinegar
1 tb kikkoman soy sauce
2 ts sesame seed toasted

Instructions

Place spinach and bean sprouts in 2-quart microwave-safe baking dish.

Cover microwave on High 2 minutes. Toss vegetables cover and microwave on High 3 minutes. Meanwhile, combine sugar, vinegar, soy sauce and sesame seed, stirring until sugar dissolves pour over vegetables and toss to combine.

Source: MICROWAVE MAGIC with Kikkoman Sauces Reprinted with the permission of Kikkoman International Inc. Electronic format courtesy of Karen Mintzias

Hot Oriental Salad

Yield: 6 Servings

Ingredients

1 tb vegetable oil
2 garlic cloves minced
1/2 ts minced fresh ginger root
2 celery stalks - cut into julienne strips
8 c chinese cabbage chunks - (1-inch pieces)
1/2 lb fresh mushrooms, sliced
3/4 c spinach - washed and torn in pieces
2 tb kikkoman soy sauce

Instructions

Heat oil in large skillet or Dutch oven over medium-high heat. Add garlic and ginger saute until garlic is lightly browned. Add celery stir-fry 2 minutes. Add cabbage and mushrooms stir-fry 2 minutes. Add spinach stir-fry 2 minutes. Add soy sauce and toss to coat vegetables. Serve immediately.

Source: DISCOVER COOKING with Kikkoman Sauces Reprinted with the permission of Kikkoman International Inc. Electronic format courtesy of Karen Mintzias

Hot Oriental Wings

Yield: 2 Servings

Ingredients

2 1/2 lb chicken wings - trimmed and separated
2 garlic cloves - minced
1/4 c soya sauce
1/2 c honey
1/4 c sherry
2 ts vinegar
1 tb sesame oil
1/4 c chili ginger sauce
1 oil - for deep frying

Instructions

The honey, garlic and sesame marinade makes these wings deliciously mouth-watering.

In a large bowl mix together garlic, soya sauce, honey, sherry, vinegar, sesame oil and chili ginger sauce. Add wings, stir and marinate for 1 hour at room temperature. Preheat broiler, making sure the top rack is 6 inches from the broiler. Place wings on broiler pan and broil 6 minutes. Remove wings from oven and turn pieces over. Baste with remaining marinade and sprinkle sesame seeds on top of wings. Broil for an additional 6 minutes. Serve.

Calgary Co-op advertising flyer - Nov. 18-24, 1991

You were asking for wings. Here then is the finest grouping I have yet seen. Thanks go to Ted Taylor for posting this compilation to ref.food.cooking back in Feb of '92.

Many of these post originated on Filde so some of you will recognize it. In particular, posts with the "Calgary Co-op" attribute is VERY likley provide by Fred Towner.

From: Eric Decker

Hot Red Snapper Soup (Korean Domi Chigae)

Yield: 4 Servings

Ingredients

1/4 lb lean beef (shoulder)
1 1/2 lb red snapper
2 scallions
2 cloves garlic
1/2 cake bean curd
2 c water
2 tb kochu chang

Instructions

A chigae is usually a hot soup comprised of several ingredients. In this case, meat has been cooked with fish, the one to impart body, the other to add flavor. Kochu Chang is red bean paste, which may be purchased at many Oriental food stores. If it is not available, Japanese miso sauce may be substituted.

1. Shred the beef into 2-inch lengths. Cut the red snapper across the body into 1 1/2-inch widths, leaving the bones inside. Cut the scallions into 2-inch cubes.
2. Arrange the pieces of fish on the bottom of a pot. Add the scallions, then the beef. Now add the garlic. Mix the kochu chang with water and pour it over the other ingredients. Bring to a boil, then reduce the heat and simmer for 20 minutes. Just before serving add the bean curd and cook for 3 minutes.

Variation: Instead of red snapper, use a 1 1/2 to 2-pound sea bass, or a 1-pound codfish, or 2 small lobsters.

Source: The Korean Cookbook, by Judy Hyun. Typed in by Ronnie Wright

How To Make Indian Vinegar

Yield: 1 Info

Ingredients

1 no ingredients

Instructions

Indian vinegar is made from the sap of the sugar maple or birch tree.

Also the buds and twigs and sap were allowed to ferment in the sun, then strained through a cloth. There is a fly which usually appears on the scene to tell you when the vinegar has fermented. It is called the vinegar fly what else?

Source: "Indian Cookin'", compiled by Herb Walker, 1977

Hunan Bland Plum Delicious Chinese Chicken

Yield: 6 Servings

Ingredients

2 tb toasted sesame seeds hunan blend spice-

1 tb ground szechwan peppercorns

1 tb garlic

1 tb ginger

1 tb dried cilantro

1/2 tb red pepper

1/2 tb mustard seed plum

-delicious chinese chicken

2 lb chicken breasts split, with 6 ripe purple plums -pitted/thinly sliced

1 onion halved/thinly sliced

1 clove garlic minced

3 tb water

2 tb lemon juice

2 tb light soy sauce

1/2 ts liquid sugar substitute

1 ts hunan blend

Instructions

Brown chicken, skin side down, in an ungreased non-stick skillet or chicken fryer.

Drain and discard chicken fat. Blot chicken with paper towel, remove skin, and return to the pan, skin side up. Add remaining ingredients except the low calorie sweetener.

Cover and simmer, stirring occasionally, until chicken is tender 40-45 minutes.

Uncover and continue simmering until sauce is thick. Add low calorie sweetener only after cooking is complete and skillet has been removed from heat. Serves: 4-6

Posted to TNT - Prodigy's Recipe Exchange Newsletter by Roberta Banghart on Sep 05, 1997

Hyatt Chinese Peanut Chicken By Regency Caterers

Yield: 1 Servings

Ingredients

1/3 c soy sauce

3 tb hot (spicy) sesame oil,

-plus
1/4 c packed brown sugar
1/4 c pineapple juice
1 salt and white pepper to taste
4 boneless skinless chicken -breast halved
1 flour to dredge chicken
1 tb butter
1 tb flour
1/2 c chicken stock
1/2 c whipping cream
1/4 c smooth or chunky peanut butter
1 roasted peanuts and chopped
-green onions to garnish

Instructions

Chef Mario Chiappetti and executive chef Frank Majowicz sent the recipe.

In bowl, mix soy sauce, sesame oil, brown sugar, pineapple juice, salt and white pepper. Add chicken strips and marinate 2 to 3 hours in refrigerator.

Drain and discard marinade. Dredge in flour shaking off excess flour. Heat medium-size skillet, then add additional oil to coat skillet. Saute chicken strips, turning occasionally, until golden brown and cooked through, about 2 minutes each side. In small saucepan, over low heat, combine butter and flour and mix until smooth. Cook slowly until bubbly. Add stock and increase heat to high. When stock begins to thicken, add whipping cream and peanut butter, stirring until peanut butter is dissolved and sauce is creamy and the consistency of a heavy gravy. Place chicken strips on plate, top with sauce and sprinkle with green onions and peanuts.

Makes 4 servings. Note: Serve with fried rice and Oriental vegetables. Also can be served in chafing dish if used as buffet or party dish.

Variations: Add stir-fry vegetables and rice for a casserole.

Posted to recipelu-digest by QueenBerta@aol.com on Feb 6, 1998

Oriental Recipes I

Ichiban Dashi (Basic Japanese Soup Stock)

Yield: 1 Servings

Ingredients

4 pt cold water

3 inch square kombu

1/2 oz katsuobushi

Instructions

Pour 4 pints of cold water into lg saucepan and bring it to boil.

Drop in Kombu, and bring just to boil again, then remove the Kombu and set aside.

Stir in the Katsuobushi and turn off heat. Let rest for 2 minutes, then skim off scum.

Strain out Katsuobushi. Set both aside. The Stock may be used immediately or can be used up to 8 hours later. Can be kept in fridge for up to 2 days.

Ics 1989 "Tarantula Jack's Thundering Herd Buffalo Tail Chil

Yield: 6 Servings

Ingredients

3 lbs cubed beef

2 md walla walla sweet onions chopped fine

3 lg cloves garlic finely minced

2 can(10-oz) chicken broth

2 can(12-oz) hunt's tomato sauce

7 tb gebhardt chili powder

2 tb ground cumin

1/4 ts tabasco pepper sauce

Instructions

23rd Annual World's Championship Recipe

Tarantula Jack's Thundering Herd Buffalo Tail Chili

Saute beef in skillet. Put beef into your favorite chili pot and simmer with onions and garlic broth for one and a half hours. Keep your hands off and leave the lid on!

Add the Hunts Tomato Sauce, Gebhardt Chili Powder and the ground cumin.

Stir.

Fifteen minutes before eatin' time, take off the lid and enjoy the aroma of the greatest chili ever to slide into a melmac bowl! Add the Tabasco.

Put the lid back on and simmer for another 15 minutes. Add salt to taste.

It's now ready top serve. Give out the Pepto Bismol samples to all small children and women who wish to eat your chili. Give your empty chili pot to the chili groupies and suggest they use new Dawn Detergent to clean it up. (It's the Official Grease Cutter of the International Chili Society) Comb your hair, straighten your hat and practice being modest before you receive applause OR the Championship Trophy if you are competing in a sanctioned ICS Cookoff. Serve with a cold Budweiser. This will serve 6-8 hungry Varmints.

Contributor: Phil Walter Seattle, WA

Ics 1994 Champion "Mountain Express Chili"

Yield: 1

Ingredients

4 tb gebhardt chili powder
4 tb california chile powder
3 tb mild new mexico chile powder
3 tb ground cumin
2 tb hot new mexico chile powder
2 tb flour
1 tb pasilla chile powder
1 tb garlic powder
1 ts ground mexican oregano
1 can(14-1/2oz) hunt's whole tomatoes
1 can(14-1/2oz) chicken broth
4 c water
2 md onions, finely chopped
1 pod garlic, pressed
4 lb tri-tip or bottom sirloin, trimmed and cut in 1/4-inc
salt to taste
tabasco sauce

Instructions

28th Annual World's Championship Recipe

1. Combine all dry ingredients in a small container. Clean tomatoes of seeds and put through a sieve or chop finely. Combine tomatoes, broth, water and dry spices in a bowl, mix well. Put into a chili pot and simmer.
2. Meanwhile, in a skillet, saute onions and garlic in a little water over low heat for 30 minutes. Drain and add to tomato sauce and simmer 30 minutes.
3. In a large skillet, cook meat until no longer pink, drain off juices and ad to chili pot. Simmer for 1 1/2 hours or until meat is tender. Adjust seasoning with salt and add tabasco if hotter chili is desired.

Cooking time 3 hours or longer

Contributor: Bill & Karen Ray, Riverside, Ca

Preparation Time: 3 hou

Imperial Chinese Palace Egg Drop Soup

Yield: 1 Servings

Ingredients

6 c chicken broth
1 lg egg lightly beaten with 1 tsp
1/4 ts white pepper
4 sliced green onion tops for garnish
1 salt to taste

Instructions

Bring the broth to a simmer over low medium heat. Very slowly stream in the egg, use a fork to pull strands of the egg gently. Do not stir vigorously, you will have a mess if you do. Add white pepper and salt. Continue to cook until egg is done.

Serve promptly.

Posted to Bakery-Shoppe Digest by The Overstreets on Feb 13, 1998

Indian (Balti) Cooking Mixes & Pastes

Yield: 1 Info Sheet

Ingredients

1 using spices

Instructions

Storing Spices

Whole spices retain their flavour longer than ground, for one year or more sometimes. ground spices give off a stronger aroma than whole, and of course, this means their storage life is that much shorter. Three months is about right for most ground items. So plan your larder accordingly and buy little and often and grind freshly. Keep spiced out of sunlight (better in a dark cupboard), and in airtight labelled containers. Clean coffee or jam jars are excellent.

Grinding Spices it is better by far to grind your own spices whenever you can. Firstly you can be sure of the quality and contents, and secondly they will be fresher and tastier. The traditional method is by pestle and mortar, but you can use an electric coffee grinder or the new electric spice mill attachment. Use small quantities to prevent overloading the motor. Don't try to grind dry ginger or turmeric. They are too fibrous for most small grinders and commercial powders are adequate. **Peppers** chilli, paprika and black or white pepper are tricky to grind yourself and commercially ground powders will suffice. The oilier spices such as cloves, nutmeg, cardamoms and bay leaves are easier to grind if roasted first. In the recipes, where a spice is referred to as 'ground', this means factory ground. where it requires the spice to be home-ground, (usually after roasting), the recipe clearly states this.

Cooking Whole Spices whole spices contain essential or volatile oils. It is these which we can smell when handling a spice, and it is these which we must release when we cook with spices.

Roasting Roasting whole spices is my favourite way of releasing their essential oils. A roasted whole spice tastes quite different from a raw one and the release of flavour is pleasantly overwhelming. Some recipes specify the roasting of whole spices. The roasting process is simple and can be done in a dry pan on the stove, in a dry electric frying pan, under the grill or in the oven. Each spice should be heated until it gives off its aroma. The heat should be medium rather than hot and the time required is about 10 minutes (Preheat the oven to 325F/160C/Gas 3 and allow about 10 minutes) The spice should not blacken a light brown at most is sufficient. The original oil of the spice should not be totally cooked out, or it will lose its flavour. A little experimenting will soon show you how to do it. In some recipes pre-roasted spices are important.

Frying Some recipes require you to fry whole spices. The process is known as the bargar, and is done for the same reason as roasting them to cook out the raw taste from the spices and to release the aromatic oils. The cooking oil should be hot and the spices are put straight into the oil. You must use your judgement as to when they are cooked. Do not let them blacken. As soon as they begin to change colour or to float, they are done. It will not take more than a minute or so.

If you burn the spices during this bargar process **YOU MUST THROW THE RESULT AWAY AND START AGAIN.** Better to waste a small amount of spices than to taint a whole meal.

Blending spices This sounds grandiose, though in fact it's simple. Every mixture of spices is called a blend! Generally we mean ground spices, and of course the best known blends of all (with the worst reputation) are curry powders. Nearly all recipes for indian cooking use blends of two or more ground spices, so in fact we make our own

"**curry powder**", every time we use such a recipe. "Curry powder" gives a totally wrong image and is generally despised by cooks in all the curry lands, who call any

mixture of spices the "Masala". Each recipe has its own masala and it is this unique combination of spices which makes Balti-style cooking so distinctive. You can use commercial curry powder to create a Balti base, but long though the spice list is, it is easy to produce your own, and far better. Firstly it is formulated by yourself, so obvious though this sounds, you know exactly what is in it. Unlike some factory-made powder, you will have no stalks, no rubbish, and no poor quality spices.

Cooking Ground Spices Whole spices need to be roasted or fried to bring out their aromas (as I've just explained). It is less obvious that ground spices must be cooked too. In fact it is even more important. Factory ground spices are never pre-roasted so they have "raw" tastes. Anyone who has had the misfortune to experience the old-style British canteen curry will know what this

means. Curry powder is spooned straight into a bubbling stew. The result is appalling and has single-handedly set back the UK's appreciation of curry by decades.

It is easy to cook ground spices. They simply have to be fried. Some cooks just add powdered spices to hot oil. But it is all too easy to burn the spices this way. the most reliable way to cook ground spices is to make the dry masala into a wet paste by adding water.

Making a Masala Paste.

1. place the masala in a mixing bowl large enough to let you stir it.
2. Add enough water to form a stiff paste and no more (Vinegar is used in some masala pastes to help preserve the).
3. Leave to stand for a minimum of 10 mins. to ensure absorption.
4. Add a little water if it is too dry before using frying it.

Bhoona is the term for the process of cooking a masala paste in hot oil. This is an important part of the curry-cooking process which removes the raw taste of the spices, and influences the final taste of the dish. Traditionally you should fry the spice paste first, then add the chopped onion second. This method can easily cause burned spices so I reverse the order and have found that this works very satisfactorily. Instructions are given in the recipes, but here is a detailed description of the process.

1. Take a round sided pan such as a Balti pan, karahi or wok. If you don't have one, use an ordinary frying pan (a non stick one is best).
2. Heat the oil to quite a high heat (but not smoking). Fry the garlic (and whole spices if required) briskly for a minute or two, then reduce the heat, add the onions, and commence stirring.
3. From this point do not let your attention wander. Keep stirring the onion and gently add the masala paste (and in most cases the main ingredient). Beware of splattering, but keep stirring. The water in the paste lowers the temperature. Do not let the mixture stick at all. Do not stop stirring, not even for a few seconds.
4. After a few minutes the water will have evaporated out and the oil will float above the mixture. The spices will be cooked.

Curry Pastes, & Gravy Anyone interested in Indian food must have encountered bottled curry or masala pastes on the grocery shelves. There are many makes and types, but little explanation as to what they are or what they do. They are designed to take the labour out of blending a spice mixture, making it into a water paste and frying it. The manufacturers do it all for you, adding vinegar (acetic acid) and hot oil to prevent it from going mouldy. Unfortunately they also add salt and chilli powder (ground chillies) which makes the pastes a little overpowering. They are very concentrated and you only need a small quantity for cooking. These bought curry pastes are already cooked, but to "disguise" them you will probably need to add some other whole or ground spices, and you will certainly need to fry garlic, ginger, onion

etc. Simply add the spice paste after these three are fried and carry on with the rest of the recipe. It's much better to make your own, and I've given you a few recipes
From: Ian Hoare Date: 29 Dec 96 National Cooking Echo Ž

Indian 5-Spice Powder

Yield: 1 Servings

Ingredients

1 cumin
1 black mustard
1 fennel
1 kalonji
1 fenugreek

Instructions

Not always sold in Indian stores. Can buy the seeds & mix this yourself.

Indian Apple Chutney

Yield: 1 Servings

Ingredients

1 lb cooking apples
1 lb onion, chopped
2 garlic cloves, crushed
3/4 c golden raisins
2 ts salt
1 1/2 c sugar
2 1/2 c malt vinegar
1/4 ts cayenne pepper
1/4 ts ground cumin
1/4 ts ground ginger
1 ts mustard seeds
1/4 ts dry mustard
1 tb tomato paste

Instructions

Peel, core and coarsely chop apples.

Put apples, onions, garlic and raisins into a saucepan. Add salt, sugar, vinegar and spices and mix well. Heat gently, stirring to dissolve sugar.

Bring to a boil and simmer 30 minutes, stirring occasionally. Stir in tomato paste and continue cooking 7-8 minutes longer or until mixture is of a thick consistency with very little free liquid, stirring frequently. Meanwhile, wash 3 pint jars in hot soapy water rinse. Keep hot until needed. Prepare lids as manufacturer directs. Ladle chutney into 1 hot jar at a time, leaving 1/4" headspace. Release trapped air. Wipe rim of jar with a clean damp cloth. Attach lid and place in canner. Fill and close remaining jars. Process 10 minutes in a boiling-water bath.

Makes about 3 pint jars.

NOTE: This chutney improves if stored at least 3 weeks before serving. Garnish with an Italian parsley sprig, if desired, and serve as an accompaniment to curries or with crusty bread and cheese.

Indian Asparagus

Yield: 1 Servings

Ingredients

1 text file

Instructions

Cut asparagus sticks into 1/2 inch pieces (really small). Bunch up 6 or 7 at a time and do this. About 2 cups of A. pieces should be used for this. Chop 1/2 red onion, and 4 jalapenos. Take 1/2 cup of freshly grated coconut. Mince 2 cloves of garlic.

Heat 2 teaspoons of coconut or vegetable oil. Add 1/3 teaspoon black mustard seeds, 1 red chilli crushed, 1/2 teasp. cummin seeds. When these crackle, add jalapenoes or green chillies, add 1/3 teasp. salt. Next, add the onions and garlic fry for 2 minutes, and then add the chopped asparagus pieces. Stir well, simmer the heat, add 1/4 cup of water, keep this covered with a lid and stir every 4 minutes or so. When it is very tender, the water is all gone, and the pieces are shrunk enough, add the fresh coconut, stir for 10 seconds, remove from heat, and keep it covered until ready to use. This recipe can be used for green beans, carrots, cabbage, etc. These are very popular dishes in the southern parts of India. Serve this with rice and rasam or saambaar (whose recipe I posted a few days ago), pappadum and yogurt and pickle.....

Aruna from: av9y@poe.virginia.edu (Aruna Viswadoss)

Indian Baked Raccoon (Ai)

Yield: 1 Servings

Ingredients

1 no ingredients found

Instructions

Remove skin and inner parts of raccoon, singe over fire and wash. Then parboil for 1 hour. Place in roaster in about 3" of hot water. Add 1 carrot, apple, and onion. Bake until tender. SOURCE:*Pauline Seneca, Cayuga, Iroquois Cookbook SHARED BY: Jim Bodle 10/92 Submitted By BILL CHRISTMAS

Indian Baklava

Yield: 1 Servings

Ingredients

1 lb self raising flour

3 tb vegetable oil

1/2 ts salt

1 warm water

2 lb blanched almonds

6 oz granulated sugar

6 tb rosewater

1 crushed seeds from 8 10 cardamom pods

1 for syrup

1 c water

10 oz granulated sugar

Instructions

Source Asian Kashrus

METHOD:

Start by making a dough with 1 lb. self raising flour, 3 tablespoons vegetable oil half teaspoon salt and warm water to bind it. Allow the pastry to rest for at least half an hour at room temperature. The texture should be soft but firm.

For the almond filling, grind 2 tablespoons blanched almonds-not too fine, as the texture should be crunchy. Add 6 oz. granulated sugar, 6 tablespoons of rosewater (not

essence of rosewater) and crushed seeds from 8 – 10 cardamom pods. The cardamom and the quantity of cardamom is optional. A roasting tin 30 cm x 22 cm is just right to take this quantity of baklava. Don't use a non-stick tin if you can help it, as the baklava has to be cut with a sharp knife in the tray. Prepare the tray by brushing the bottom and sides with tablespoon of vegetable oil. Divide the pastry into four equal parts. Start by rolling out one part very thin and place in the bottom of the greased baking tray. Trim the sides. Divide the almond mixture into 3 equal parts. Spread one-third evenly over the bottom-layer of pastry. Build up with alternate layers of pastry and almond mixture, brushing each successive layer of pastry with tablespoon of vegetable oil, ending up with a layer of pastry, the top of which should also be brushed with oil. Using a sharp knife, cut through the layers of almond and pastry into diamond shape pieces, pressing the pastry down as you go along to avoid crinkling the top layer. This should produce 30 35 pieces , depending on the size of each piece. Bake in a preheated oven on the top shelf for 1 hour. In the meantime, prepare the syrup. Boil 1 cup of water and add 10 oz. granulated sugar which should be kept boiling over a low flame for 10 minutes. Let the baklava cool a little when it is removed from the oven and ladle the warm syrup over it evenly. Try to get the temperatures of the baklava and the syrup as even as possible. When the baklava is cold remove each piece separately and carefully. Store in an airtight container in a cool place and serve as required. Baklava freezes very successfully .

Posted to JEWISH-FOOD digest V97 #007

From: alotzkar@direct.ca (Al)

Date: Tue, 7 Jan 1997 15:14:43 -0800

Indian Bean Bread

Yield: 8 Servings

Ingredients

4 c cornmeal

1/2 ts baking soda

2 c cooked beans

2 c boiling water

Instructions

Put cornmeal in bowl, mix in drained beans. Hollow out a hole and put in soda and water. Make stiff dough enough to form balls. Drop balls into pot of boiling water. Cook about 45 minutes or until done. Serve with greens and pork.

From: "Bonnie"

Per serving: 317 Calories (kcal) 1g Total Fat (3 calories from fat) 10g Protein 66g Carbohydrate 0mg Cholesterol 83mg Sodium Food Exchanges: 4 Grain(Starch) 1/2 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

NOTES : Here is a bread adopted by the early settlers of the US. YUMMY!

Indian Bean Terrine In Brown Herb Sauce W/Blu

Yield: 8 Servings

Ingredients

-INDIAN BEAN TERRINE-

1 lb dried small white or pinto beans

1 tb unsalted butter

1/2 c yellow cornmeal

2 c water

1 ts salt

1/8 ts white pepper
1/2 ts red chile powder
1 ts ground cumin

BROWN HERB SAUCE

3 c veal stock
4 tb unsalted butter, softened
2 tb chopped fresh tarragon
3 tb chopped fresh chives
2 tb chopped fresh dill
2 tb chopped fresh basil
32 sprigs fresh chervil, for garnish
8 whole chives, for garnish

-BLUE CORNMEAL TORTILLA- FEATHERS

8 blue cornmeal tortillas
1 c vegetable oil

Instructions

Soak the beans overnight in enough water to cover. The following day, drain the beans, rinse under cold running water, and place in a pot with fresh water to cover. Bring to a boil over high heat, then reduce heat and simmer for several hours until the beans are soft. Remove from heat and drain. Mash the beans and mix with butter and cornmeal. Set aside.

Bring the 2 cups of water to a boil over high heat. Add the bean mixture, salt, pepper, chile powder and cumin. Reduce the heat and simmer 20 minutes, stirring occasionally to prevent burning. Pour into a greased 5-X-9 inch loaf pan, cool to room temperature, and chill in the refrigerator overnight or until firm. Unmold from the loaf pan, cut into approximately 1/2 inch slices, and set on a cookie sheet. Reheat in a 350 degree F oven for 10 minutes, until warm.

For the Brown Herb Sauce, bring the stock to a boil in a large saucepan over moderate heat. Add the butter and stir until completely melted. Add the tarragon, chives, dill and basil, stir 1 minutes, and remove from the heat.

Cut the tortillas into feather shapes with scissors or a small paring knife. In a skillet over moderate to high heat, heat the oil until it almost reaches the smoking point.

Using two forks, dip each tortilla feather into the hot oil, remove and blot with a paper towel.

Spoon some Brown Herb Sauce onto each plate and place 2 slices of the Indian Bean Terrine in the center. Garnish with a Blue Cornmeal Tortilla Feather and a whole chive, and sprigs of fresh chervil.

From "Native American Cooking," by Lois Ellen Frank

Indian Beans

Yield: 10 Servings

Ingredients

1 lb pinto beans -dried
3 qt water
1 cn tomatoes -(1pound)
1 lg onion -chopped
8 sl bacon -cut in 2 pieces
3/4 c celery -sliced
1 1/2 ts salt

3/4 ts cinnamon
6 tb sugar
3 tb vinegar

Instructions

Wash beans place in 6 qt. kettle with 3 qts. water and bring to a simmer.

Cover cook 4 hours, or until tender.

Mix remaining ingredients with beans and cooking water. Place in 4 qt. casserole cover and bake in 350 oven 2 to 3 hours or until done. Add water if necessary.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Indian Beef Kabobs With Corn

Yield: 4 Servings

Ingredients

1/3 c water
1/3 c mango chutney
1 ts curry powder
1/2 ts ground cardamom
1/2 ts ground ginger
1/2 ts ground cumin
1/4 ts sugar
1/4 ts pepper
1/8 ts garlic powder
1 lb lean boneless sirloin steak
2 lg ears fresh corn each cut into 8 (1/2-inch) pieces
1 lg purple onion cut into 8 wedges
Vegetable cooking spray

Instructions

Place first 9 ingredients in container of an electric blender or food processor cover and process until smooth. Set aside.

Trim fat from steak, and cut steak into 24 cubes. Combine steak cubes and chutney mixture in a large heavy-duty, zip-top plastic bag. Marinate in refrigerator 2 hours.

Remove steak from bag. Place marinade in a small saucepan, and bring to a boil set aside.

Thread 6 steak cubes, 4 corn pieces, and 2 onion wedges alternately onto each of 4 (12-inch) skewers.

Coat grill rack with cooking spray place on grill over medium-hot coals. Place kabobs on rack, and grill 6 minutes on each side or to desired degree of doneness, basting with reserved marinade.

Yield: 4 servings.

PER SERVING: 292 CALORIES (23 FROM FAT) FAT 7.4G (SATURATED FAT 2.7G) PROTEIN 30.0G CARBOHYDRATE 26.8G CHOLESTEROL 82MG SODIUM 114MG

Cuisine: "Indian"

Source: "Cooking Light Low-Fat Ways To Cook Meats"

Copyright: "1996 Oxmoor House"

Per serving: 16 Calories (kcal) trace Total Fat (10 calories from fat) 1g Protein 4g Carbohydrate 0mg Cholesterol 2mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Indian Beef Patties In Pitas With Cucumber Yogurt

Yield: 4 Servings

Ingredients

1 oz fresh ginger root 1 cube
2 lg garlic clove minced
3 md jalapeno chile peppers seeded and chopped
2 tb fresh mint
1 md onion quartered
1 lb extra lean ground beef
1 salt to taste
2 ts ground cumin cucumber yogurt-
1/2 sm cucumber peeled, seeded, cut in sm
2 c plain lowfat yogurt

Instructions

TO PREPARE: For the patties, mince first 4 ingredients in a food processor. Add the onions pulse until minced. Add the ground beef, cumin, and 1 teaspoon salt pulse to combine.

Make the Cucumber Yogurt recipe: Mix cucumbers and yogurt in a small bowl set aside.

TO COOK: Heat the broiler. Divide ground beef mixture into 8 portions. Form each portion into a patty, 3 inches in diameter. Transfer patties to a broiling pan. Broil patties, turning once, until they are browned on both sides, about 6 minutes.

TO SERVE: Place 2 beef patties into each pita bread. Then, spoon a portion of the Cucumber Yogurt into each Indian Beef Patty Pocket. Serve immediately.

Per serving: 386 Calories 22g Fat (51 calories from fat) 29g Protein 18g Carbohydrate 85mg Cholesterol 164mg Sodium

NOTES : A Sub continental spin on Gyros, about as easy as hamburgers. You can substitute ground lamb or chicken for the beef in these meat patties. Or you can substitute 1-inch cubes of lamb, chicken, fish or beef for the ground meat patties and use the remaining patty ingredients listed as a marinade for the meat or fish cubes, which are then broiled. Recipe by: Ron West

Posted to Bakery-Shoppe Digest V1 #491 by Ron West on Jan 7, 1998

Indian Beef With Cucumber Rice

Yield: 6 Servings

Ingredients

1 1/2 lb lean beef boneless chuck roast
1 1/4 c plain nonfat yogurt
1 ts cardamom seeds (removed from pods) crushed
1/4 ts ground cloves
1/8 ts ground nutmeg
1 tb reduced-fat margarine
2 c chopped onions (about 2 large)
1 tb grated gingerroot
2 cloves garlic finely chopped
3/4 ts coriander seed crushed
1/2 ts cumin seed
1/4 ts ground turmeric
3/4 ts salt

Cucumber Rice (recipe follows)

1/4 c cold water

1 tb cornstarch

1 tb all-purpose flour

Chopped fresh cilantro

Instructions

Trim fat from beef roast cut beef into 1-inch cubes. Mix 1 cup of the yogurt, the cardamom, cloves and nutmeg in glass or plastic bowl or heavy plastic bag stir in beef. Cover and refrigerate at least 4 hours.

Heat margarine in 10-inch nonstick skillet over medium heat until melted. Cook and stir onions, gingerroot and garlic about 2 minutes. Stir in beef mixture, coriander, cumin, turmeric and salt. Heat to boiling reduce heat. Cover and cook, stirring occasionally, until meat is tender, about 1 1/2 hours.

Prepare Cucumber Rice. Shake water, cornstarch and flour in tightly covered container gradually stir into beef mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve beef mixture over Cucumber Rice drizzle with remaining 1/4 cup yogurt and sprinkle with cilantro.

CUCUMBER RICE:

Mix all ingredients heat if necessary.

Please note, if you should change this recipe it will no longer be an approved Betty Crockerr Recipe.

You may notice that the nutritional information calculated by MasterCook is different from the nutritional information listed in the Betty Crockerr cookbooks. Because MasterCook and Betty Crockerr use different nutritional analysis programs and different nutrient databases, variations in results are expected.

Description: "Here are many of the classic flavors of far-away India: cardamom, cloves, nutmeg, ginger, coriander, cumin and turmeric. The Indians love their cooling raita, yogurt with cucumber. We've stirred crunchy cucumber right into the rice."

Copyright: "c General Mills, Inc. 1998."

Per serving: 323 Calories (kcal) 10g Total Fat (26 calories from fat) 31g Protein 30g Carbohydrate 97mg Cholesterol 402mg Sodium Food Exchanges: 1 1/2 Grain(Starch) 3 1/2 Lean Meat 1 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Indian Blue Cornbread

Yield: 8

Ingredients

1 equipment: frying pan

1 sm onion minced

1 c blue white or yellow cornmeal

1 ts salt

1 c milk

1/2 c cubed cheese up to 1, up to

1 c pork cracking or 1/2 cup crumbled cooked bacon

2 tb lard or bacon fat

1 c unbleached flour

1 tb baking powder 2 beaten eggs

Instructions

1. Saute the onion with the lard in a small heavy 8" frying pan. Mix together the meal, flour, salt and baking powder in a bowl.
2. Add the onion and the rest of the ingredients and pour the mixture into a hot frying pan. Bake in an oven at 450f for 20-25 minutes. Cut into wedges and serve.

Converted by MCBuster.

Recipe by: Big Kevin Little Kevin

Converted by MMBuster v2.0l.

Indian Blueberry Pudding

Yield: 6 Servings

Ingredients

1 lb blueberries fresh or frozen

4 c water

1/2 c flour

1 c sugar or honey to taste

Instructions

This dish was originally also made with chokecherries. I had no idea what a chokecherry was since they are not found in the Pacific Northwest. However, my artist, Chris Cart, sent me some chokecherries from Maine. These tiny cherries are bitter enough to surprise you, and the pit is the biggest part of the fruit. The whole cherry, pit and all, was pounded up and used to preserve meat, and they are certainly sour enough to do just that. When they were made into a pudding it must have taken the family's entire stock of honey to provide enough sweetening. Wild blueberries, which could not be preserved so easily, were also used for this dish. You can use frozen and have an Indian meal at any time of the year.

Boil the berries in the water. Drain the juice and set aside. Mash the berries and mix with the flour. Combine the sugar or honey with the juice and add to the berry/flour mix. Stir well. If lumps are present add a little more water and continue to stir. Bring to a simmer and stir constantly until thick. Check for sweetness. Cool and serve.

From . Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Indian Boiled Shrimps

Yield: 6 Servings

Ingredients

1 lb raw shrimps, shelled and deveined

1 c boiling water

1 ts salt

1 ts ground coriander

1/2 sm onion, minced

8 peppercorns

1/4 c cooking oil

1 ts salt

1/2 ts ground cumin seed

1 ts ground turmeric

1 tb lemon juice or lime juice

1 lg lemon or lime, cut into wedges

Instructions

Combine shrimps, boiling water, salt, coriander, onion, and peppercorns in saucepan. Bring to a boil cook for 2 to 3 minutes, or until shrimps just begin to turn pink drain.

Heat oil in skillet remove from heat. Stir in salt, cuminseed, turmeric, and lemon juice. Add shrimps and toss to coat shrimps with mixture. Place shrimps in shallow baking pan. Broil under medium heat for about 5 minutes, or until shrimps are pink and slightly browned on the edges. Serve with lemon or lime wedges, Makes 4 to 6 servings.

Typed by cjhartlin@msn.com Source: Woman's Day. Posted to MM-Recipes Digest V4 #258 by "Cindy Hartlin" on Oct 1, 97

Indian Bread Collection

Yield: 0 Servings

Ingredients

125 g wheat flour
125 g chickpea flour
1/2 onion chopped
1 Tbls coriander leaves
1 ts salt
1/2 ts turmeric
1 ts cumin/coriander powder
1/2 ts chili pepper
pn hing
110 ml water
250 g chickpea flour
290 g rice flour
1/4 c tomatoes,
1/4 c onion,
1 Tbls green pepper
1 Tbls coriander leaves
2 Tbls cumin/coriander powder
2 ts ajama (indian oregano)
2 ts salt
1 ts turmeric
1/2 ts chili pepper
pn hing
1 clove garlic
3/4 l warm water
175 g whole wheat flour
125 g white flour
15 ml oil
oil
300 g white flour
1/2 ts baking soda
1/2 ts baking powder
110 ml milk
110 ml yogurt
15 ml oil
1 egg,
1/2 ts sugar,
1/2 ts cumin seeds
350 g whole wheat flour
170 ml water

1 ts salt,
350 g whole wheat flour
170 ml water
1 potato per bread
onions,
fresh coriander leaves,
1 ts garam masala
salt
black pepper
oil

Instructions

1. Mix all ingredients.
2. Roll into balls. Flatten with wet hands on wet paper towel. Make 3-5 holes with fingertip.
3. Drop with towel onto hot, greased griddle. Add few drops of oil. Flip once with spatula. Cook until browned.

1. Mix all ingredients to bring to almost pouring consistency.
2. Spread large spoonfuls on well heated griddle. Pour teaspoon of oil on top. When slightly browned, flip it over.
3. Serve hot with yogurt chutney.

1. Mix flour and 15 ml oil. Make dough by adding water a little at a time. Dough should be softer than pie dough, soft enough to roll easily. Knead until it holds together. Let rest 15 minutes.
2. Make balls slightly larger than golf balls. Roll out each ball to circle 1/3 cm thick.
3. Drop into hot oil, turning once while it cooks. Drain on paper towels.

1. Mix dry ingredients.
2. Heat beaten egg, milk and yogurt until barely warm. Add to flour mixture. Mix the dough, kneading just enough to hold together. Add water if necessary. Add cumin seeds. Let dough rest, covered, 35-40 minutes in warm spot.
3. Heat oil in pan.
4. Divide into 20 small balls. Roll each ball to 1/3 cm thick. Broil, turning once.

1. Gradually add water to flour to make a dough softer than pie dough. Knead. Let it rest for 15 minutes.
2. Knead for a few seconds more. Make golf ball-sized balls. Roll out to 1/2 cm thick.
3. Broil on both sides (Susheel's method) or cook in skillet, flipping once and then drop directly on flame (Sunetra's method). Butter with ghee.

1. Boil potatoes until very soft.
2. Saute onions.
3. Mash together potatoes, spices and oil. Add onions.
4. Make dough as for chapati breaking into balls the size of a quarter. Roll as thin as possible to still support the filling. Place filling on one circle and cover with another, sealing edges.
5. Cook under broiler or in oiled skillet on medium heat. Turn once.

Author's Notes:

Here are several bread recipes I've gotten from friends. The omelet isn't really a bread but it happened to be in the same file so I threw it in.

Can also be made by replacing potatoes and onions with cauliflower. Cook on low heat.

Difficulty : easy.

Precision : measure ingredients.

Contributor: Jacqueline Clement clementj@apollo.HP.COM

Indian Bread

Yield: 1 Servings

Ingredients

4 c flour

2 ts baking powder

1/2 ts salt

1 water

Instructions

These are from the American Indian Society Cookbook. It was published in December 1984. If anyone wants the complete book (approximately 80 pgs/ 150 recipes) the address for inquiry is

American Indian Society of Washington, D.C.

519 5th Street, S.E.

Washington, D.C. 20003

Mix ingredients with enough water (added gradually) to knead. Put in lightly greased baking pan and bake at 375 degrees until light brown on top (about 30 minutes). This can also be baked in hot ashes.

Posted to FOODWINE Digest 18 October 96

Date: Sat, 19 Oct 1996 16:57:40 -0400

From: Garry Howard

Indian Broiled Fish With Many Spices

Yield: 4 Servings

Ingredients

2 tb lemon juice

2 tb dry mustard

2 ts ground cumin

1 ts ground coriander

1 ts salt

1/4 ts garam masala (optional, see note)

4 swordfish or halibut steaks, 1 inch thick (about 2 lb)

2 tb melted margarine or butter

Instructions

The fragrant brushing of spices called for here will add a piquant flavor redolent of Indian cooking to fish steaks, whether swordfish or halibut. Mix together all ingredients except fish and margarine.

Spread mixture evenly on both sides of fish. Place fish in shallow glass or plastic dish. Cover and refrigerate at least 12 hours. Set oven control to broil or 550F. Arrange fish on rack in broiler pan and drizzle with melted margarine. Broil with tops about 4 inches from heat until light brown, about 7 minutes. Turn. Drizzle with

melted margarine. Broil until fish flakes easily with fork, 5 to 7 minutes longer.
NOTE: Garam masala is a blend of ground spices with many variations. It is available in Indian markets and at some supermarkets.

Indian Butter Chicken: Chicken Markhani

Yield: 1 Servings

Ingredients

1 sm chicken
1/2 c curd
1/2 pod* garlic (ground)
2 cm piece ginger (ground)
1/2 ts red chilies (ground)
1 for sauce:
1/2 kg tomatoes
1 salt to taste
8 ts tomato ketchup
1/4 ts red chili powder
1/2 c crushed cashewnuts
4 tb butter
1 ts sugar
1 few drops of red coloring**

Instructions

Marinate the chicken pieces in curd, garlic, ginger, chilies and salt for 4-5 hours. Then pressure cook the chicken until tender (5-7 minutes). Blanch tomatoes and strain them to make a puree. Put the puree, salt, chili powder and sugar in a pan. Cook it on a slow fire till the puree thickens. Add 2 tablespoons butter, chicken pieces, tomato ketchup and cashewnuts. Cook for a few minutes before serving, add 1 tablespoon butter and heat it. Place it in the serving dish and put 1 more tablespoon butter.

*I am assuming that they are referring to what is a "bulb" of garlic in American English but I really don't know. I always put tons of garlic in everything anyway.

**Throughout the entire directions do I find where they add the red food coloring.

"The Family Cookbook" by Jasleen Duggal From: diana@ix.netcom.com Diana L. Ford)

Indian Cabbage With Fennel And Onions

Yield: 1 Servings

Ingredients

1 qt shredded cabbage (i use a variety of types)
2 onions sliced
5 fenugreek seeds
1/2 ts cumin seeds
1/4 ts brown mustard seeds
1/2 ts fennel seeds
2 cloves garlic
1 1/2 inches fresh ginger
1 canned or ripe tomato
1/2 ts turmeric
1 fresh hot green chili (i use jalapeno)
1 3/4 ts salt
1 ts ground garam masala

1 tb lemon juice
4 c cooked basmahti rice

Instructions

Spray saute pan with Pam. Pour in fenugreek, cumin, mustard, and fennel seeds. Spray seeds with Pam. Saute, stirring, until sizzling and color changes. Add onions and saute over med. heat 3 min, until lightly browned. Add shredded cabbage, stir and cook a few minutes to release juices. Place ginger, garlic, chili, turmeric and tomato in blender. Puree. Add to cabbage. Cover and cook over low heat until cabbage is very tender. Add lemon juice and salt. Cook 5 min. Add garam masala and serve over rice. Posted to recipelu-digest Volume 01 Number 658 by "Diane Geary." on Jan 31, 1998

Indian Cabbage

Yield: 4

Ingredients

1/2 oz butter
1 tb vegetable oil
1 md onion sliced
1 1 inch piece fresh root ginger peeled and grated
1 1/2 lb green cabbage shredded
1 ts ground turmeric
1 ts salt
1/2 ts paprika
1 tb lemon juice
1 ts garam masala
1 natural yoghurt for serving
(optional)

Instructions

Heat a wok or large frying pan until hot, add the butter, oil and the onion and stir fry for 1 minute over high heat, stirring all the time. Add the ginger and continue cooking for a further 1 minute. Add the cabbage with the turmeric, salt and paprika and stir fry for 2 minutes, stirring all the time.

Stir in the lemon juice and the garam masala and serve immediately with natural yoghurt if wished.

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Converted by MMBuster v2.0l.

Indian Carrot Curry (Gadjar Kari)

Yield: 4 Servings

Ingredients

1/4 c margarine or vegetable oil
1 tb cumin seeds
1 1/2 ts yellow mustard seeds
1 1/2 ts ground turmeric
1 ts ground cardamom
1 ts curry powder
1/2 ts ground cloves
1/4 ts cayenne
1 lb carrots peeled and sliced
1 md banana peeled and sliced

1/4 c golden raisins
1 c water
1 about 1 ts salt
1 ground black pepper
1 chopped parsley or coriander for garnish

Instructions

Heat the margarine in a large non reactive pan over medium heat. Add the cumin seeds, mustard seeds, turmeric, cardamom, curry powder, cloves and cayenne, and saute until fragrant, about 30 seconds. Add the carrots and saute until lightly coloured, 3 to 5 minutes. Stir in the banana and raisins.

Add the water, salt and pepper to taste. Bring to a boil, cover , reduce the heat to low and simmer until the carrots are tender, but not mushy, about 20 minutes.

Uncover, increase the heat to medium, and cook shaking frequently until most of the liquid is evaporated and the carrots and raisins are glazed, 5 to 10 minutes. Garnish with parsley.

Nutritional info per serving: 198 cal 2g pro, 22g carb, 13g fat(54), 709 mg salt

Source: Miami Herald, 9/5/96 formatted by Lisa Crawford

Indian Carrot Pudding

Yield: 6 Servings

Ingredients

4 c milk
2 tb basmati rice
1 lb carrots peeled and minced
1/3 c sugar
1/4 c blanched almonds or blanched pistachios, chopped
1/4 ts ground cardamom
1/4 c heavy cream or coconut milk
1 ts rosewater
1 silver and/or gold leaf slivers, to garnish

Instructions

In a heavy saucepan, place the milk over medium high heat, and bring to a boil.

Sprinkle the rice into the boiling milk, stirring constantly for several minutes to keep the rice from settling on the bottom of the pan.

Reduce the heat to medium-low and cook the rice at a gentle boil until the milk is reduced by half and the rice is tender, about 20 minutes, stirring often to prevent a skin from forming on the surface of the milk.

Stir the carrots into the milk-rice mixture and continue cooking until the carrots are tender and the mixture is reduced to a thick sauce, about 15 minutes stir frequently to prevent scorching on the bottom.

Stir the sugar, about two-thirds of the almonds or pistachios, and the cardamom into the pudding and cook, stirring constantly, until the mixture begins to stick to the pan bottom, about 10 minutes. Remove from the heat, spoon into a bowl, and let cool to room temperature.

Stir 1/4 cup of the cream or coconut milk and the rosewater into the pudding. Cover tightly with plastic wrap or aluminum foil and chill for at least 3 hours.

Shortly before serving, remove from the refrigerator and check consistency it should be a bit thinner than traditional rice pudding. If it seems too thick, stir in a little more cream or coconut milk. Spoon into individual bowls and sprinkle with the remaining almonds or pistachios and the silver and/or gold leaf (if used).

NOTES : "In India, puddings like this are adorned for special occasions with slivers of tissue-thin silver leaf or gold leaf. These inert metals are edible and may be purchased at art-supply stores and some fancy-food shops."

Recipe by: James McNair's Custards, Mousses and Puddings

Posted to MC-Recipe Digest V1 #898 by KSBAUM@aol.com on Nov 10, 1997

Indian Carrot Salad

Yield: 8 Servings

Ingredients

1 tb corn oil

1 tb lime juice

1/2 ts cumin ground

1/2 ts cinnamon

1/4 ts salt

1/2 ts garlic minced

4 c carrots sliced & cooked

1/2 c wheat sprouts or cooked wheat berries for garnish

Instructions

Whisk oil and lime juice together in large bowl. Whisk in cumin, cinnamon, salt and grlic. Sir in carrot. Cover and refregerate until cold. Serve chilled, garnished with wheat sprouts.

Food Exchanges per serving: 2 VEGETABLE EXCHANGES CHO: 10g PRO: 1g FAT: 2g CAL: 61 Low-sodium diets: This recipe is suitable.

Source: The Art of Cooking for the Diabetic by Mary Abbot Hess.,R.D.,M.S. and Matharine Middleton

Brought to you and yours via Nancy O'Brion and her Meal Master

Indian Chai Tea

Yield: 1 Serving

Ingredients

4 Green cardamom pods

1 c Water

1 sl Ginger root (1/4" thick)

2 Black tea bags

1/2 c Nonfat milk

2 tb Honey

Instructions

Lightly crush cardamom pods and seeds using side of knife. Bring water, crushed cardamom and ginger to boil in small saucepan. Reduce heat and simmer 5 minutes. Add tea bags and let steep 3 minutes. Remove tea bags.

Stir in milk and heat tea to simmer. Stir in honey and strain into cup. Serve the tea warm or as a lightly iced refreshing beverage. Makes 1 (1-cup) serving.

Each serving: 185 calories 75 mg sodium 2 mg cholesterol trace fat 43 grams carbohydrates 5 grams protein 0.17 gram fiber

Recipe Source: Los Angeles Times 01-06-1999

Formatted for Mastercook by Lynn Thomas dcqp82a@prodigy.com

Indian Cheese (Paneer & Channa)

Yield: 6 Servings

Ingredients

1 stephen ceideburg
1 1/2 qt whole milk
1 1/2 c cultured buttermilk

Instructions

Pour milk into a heavy 4-quart saucepan. Bring to a boil over medium-high heat, stirring occasionally.

Reduce heat to medium and stir in buttermilk.

When the curds form a mass (you'll see a clear, pale-yellow whey surrounding the curds), remove pan from heat, Let stand, partially covered, for 10 minutes.

Line a colander with a double layer of dampened cheesecloth. Set the colander in the sink or in a bowl if you wish to save the whey (see note).

Gently pour the curds and whey into the cheesecloth.

Gather together the corners of the cloth, give one or two twists, and tie with a kitchen twine.

Hang the cheesecloth bag over the faucet and let the cheese drain for 1 hour, or until it is as thick as yogurt (this is channa).

If the weather is warm, leave the cheesecloth bag in the colander, set the colander on a plate to catch the drippings, and refrigerate until the cheese has thickened.

Unwrap the channa and use immediately, or cover and store in the refrigerator for up to 4 days.

Yields approximately 10 ounces.

Note: Save the whey for making your next batch of paneer, use it for cooking lentils or pilafs, or add it to soups.

Paneer cheese: Snugly wrap cheesecloth around the channa to form a "cake." Place on a cookie sheet, place another cookie sheet on top and add weights (for example, 2 or 3 large cans of tomatoes, 2 or 3 bricks, a large pitcher of water). Let the cheese sit for 2 to 4 hours.

Use immediately, or cover and refrigerate for up to 5 days.

Yields 8 ounces (1 cup).

PER OUNCE (channa): 75 calories, 5 g protein, 0 g carbohydrate, 6 g fat (4 g saturated), cholesterol and sodium content is not available, 0 g fiber.

PER OUNCE (paneer): 100 calories, 7 g protein, 2 g carbohydrate, 7 g fat (5 g saturated), cholesterol and sodium content is not available, 0 g fiber.

From an article by Lax Hiremath in the San Francisco Chronicle, 9/1/93.

Indian Cheese (Paneer)

Yield: 1

Ingredients

1 2 3/4 liters cream milk (4 1/2 pints)
150 ml lemon juice (1/4 pint)

Instructions

Heat the milk in a heavy based saucepan, stirring frequently to prevent it sticking to the bottom of the pan. When the milk begins to rise, add the lemon juice and let it boil down until the whey has seperated from the curdled milk. This will become obvious after 1-2 minutes when the milk becomes watery and the curd floats to the top.

Strain the curdled milk through a piece of fine muslin and tie up the ends loosely, leaving the curds intact. Hang the cloth in a cool place for 1 hour to allow all the liquid to drain off. Alternatively, the cheese can be formed into a block. Hang the muslin for 5-10 minutes only then roughly shape the cheese, in the cloth, into a block. Place a

weight on top and leave for 2-3 minutes. Remove it from the muslin and cut into cubes.

Converted by MCBuster.

Converted by MMBuster v2.0l.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Indian Chicken & Rice Casserole

Yield: 1 Serving

Ingredients

1 cn chicken broth
1 c basmati rice
3 garlic cloves peeled
1 pi fresh ginger (1/2 inch)
1 peeled and coarsely chopped
1/4 c sweetened flaked coconut
1 lg onion halved lengthwise and thinly sliced
3 ts vegetable oil
1 sm red pepper cut in 1/2 pieces
1 lb skinless boneless chicken breast ha
3/4 ts ground cumin
3/4 ts ground coriander
1/2 ts salt
1/8 ts ground red pepper (cayenne)
2 c cauliflower flowerets (about 1/2 m
10 oz frozen peas and carrots
1 cn diced tomatoes (14 ounces)
8 oz plain nonfat yogurt (1 container)
1 for garnish (optional)
1 raisins
1 sliced almonds toasted
1 sweetened flaked coconut toasted

Instructions

1. Preheat oven to 350F. In 2-cup measuring cup, add enough water to chicken broth to equal 2 cups liquid. In 2-quart saucepan, heat chicken-broth mixture to boiling over high heat. Place rice in shallow 2 1/2 quart casserole stir in boiling broth mixture. Cover casserole tightly and bake 20 minutes or until rice is tender and all liquid is absorbed. Remove casserole from oven set aside.
2. Meanwhile, in food processor with knife blade attached or in blender at medium speed, blend garlic, ginger, coconut, and half of onion slices until a paste forms set aside.
3. In nonstick 12-inch skillet, heat 2 teaspoons olive oil over medium heat. Add red pepper and remaining onion slices, and cook until golden, about 10 minutes. With slotted spoon, transfer vegetables to large bowl.
4. Add garlic mixture to skillet and cook 8 to 10 minutes, until golden. Add chicken pieces and remaining 1 teaspoon oil and cook, stirring occasionally, until chicken is lightly browned on the outside and loses its pink color on the inside. Add cumin, coriander, salt, and ground red pepper, and cook 2 minutes ' longer. Transfer chicken mixture to bowl with vegetables.
5. To same skillet, add cauliflower and 1/2 cup water, heat to boiling over high heat. Reduce heat to low cover and simmer 6 minutes. Add frozen peas and

carrots, and tomatoes with their juice heat to boiling over high heat. Reduce heat to low uncover and cook 2 minutes longer or until cauliflower is tender and peas and carrots are heated through. Transfer cauliflower mixture to bowl with chicken. Stir in yogurt until well mixed.

6. With fork, fluff rice. Top cooked rice with chicken mixture. Bake, uncovered, 15 minutes longer or until heated through. Serve garnished with raisins, toasted almonds, and toasted coconut, if you like.

Makes 6 main-dish servings. 16c Each serving without garnishes: About 335 calories, 28 g protein, 45 g carbohydrate, 6 g total fat (2 g saturated), 45 mg cholesterol, 760 mg sodium.

Scanned, Typed or Downloaded and Busted by Marcia Fasy

From: KitPATH

Per serving: 1841 Calories (kcal) 34g Total Fat (16 calories from fat) 158g Protein 230g Carbohydrate 267mg Cholesterol 2778mg Sodium Food Exchanges: 10 1/2 Grain(Starch) 15 Lean Meat 7 1/2 Vegetable 1/2 Fruit 4 Fat 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 5226 0 0 0 0 0 0 0 0 0 0 0 0 0 0 4424 0 0 0 0 0 0

Contributor: Good Housekeeping

Preparation Time: 1:05

Indian Chicken Balls

Yield: 36 Servings

Ingredients

1/2 lb cream cheese

2 tb mayonnaise

1 c chopped cooked chicken

1 c blanched almonds or pecans, chopped

1 tb chopped chutney

1/2 ts salt

1 tb curry powder

1/2 c of grated coconut

Instructions

Beat together cream cheese and mayonnaise. Add chicken, almonds, chutney, salt and curry powder. Shape into walnut sized balls and roll in coconut. Chill. Makes 36 balls.

Randy Rigg

Indian Chicken Curry With Coke

Yield: 6 Servings

Ingredients

2 1/2 lb chicken breasts, or a -chicken, cut -up

1 water

1 salt

1 celery tops

3 tb butter or margarine

1 md tart apple, peeled & diced

1 md onion, thinly sliced

1 tb curry powder (or more for experienced palates)

1/3 c raisins

1 c chicken broth

1/2 c coca-cola

3 1/2 tb flour

1 c coffee cream, or undiluted evaporated milk

1 ts salt

1/8 ts white pepper

1 rice, cooked and hot

Instructions

Rinse the chicken pieces. In a pot of boiling salted water, cook the chicken with a few celery tops. Cover and simmer about 1 hour or until fork-tender. Drain and strain the broth, reserve. Bone the chicken and cut it into 1/2-inch pieces to measure about 2-1/2 cups. In a skillet, melt the butter/margarine. Add the apple, onion, and curry powder and saute for 5 minutes, blending well. Stir in the raisins, 1 cup of the reserved chicken broth, and the Coca-Cola. In a bowl, mix flour with the coffee cream/evaporated milk, stirring until smooth.

Add with salt and white pepper to the onion/apple mixture. Stir and cook over low heat until thick and creamy. Taste for seasoning. Add the chicken and turn into a covered container to chill overnight. Reheat in the top of a double boiler over hot water and serve on cooked rice with a selection of condiments (See NOTE below).

NOTE: Provide a sampling of the following condiments for sprinkling on top of each serving: grated coconut, chopped peanuts, chopped raw onions, raisins, sweet pickle relish, chutney, chow chow, and/or lime wedges.

Indian Chicken Curry Balls

Yield: 1 Servings

Ingredients

4 oz cream cheese softened

2 tb mayonnaise

1 c chopped cooked chicken

1 c roasted chopped almonds

1/2 ts salt

2 ts curry powder

1 tb chopped chutney

1/2 c shredded coconut

Instructions

Combine first two ingredients, add the chicken, almonds and curry powder, and chutney. Refrigerate to firm. Form into small balls and roll in shredded coconut. Cover and chill. Refrigerate for at least 24 hrs. Will keep up to three days. Serves 8

Posted to TNT Prodigy's Recipe Exchange Newsletter by "janet toomey" on Oct 16, 1997

Indian Chicken Curry

Yield: 1 Serving

Ingredients

2 1/2 ts Coriander seeds

2 ts Cumin seeds

1/8 ts Crushed red-pepper flakes

1/2 ts Turmeric

1/2 ts Ground ginger

1 pn Ground cloves

1 ts Salt

1/2 ts Freshly ground pepper

2 whole Boneless skinless chicken breasts

2 tb Peanut oil
2 tb Fresh ginger minced
1 lg Garlic clove minced
3 md Onions halved, sliced thin
2 whole Cinnamon sticks (3" long)
1 Bay leaf
3 Cardamom pods
4 c Peeled whole canned tomatoes with juice
1 1/2 c Low-sodium chicken stock
1/4 c Plain yogurt
3/4 c Golden raisins chopped
1/2 c Chopped fresh cilantro
Pappadams
Cooked basmati rice
Chopped cashews
Prepared mango chutney

Instructions

In a dry skillet over medium heat, toast coriander and cumin seeds until fragrant, 1 to 2 minutes. Transfer to spice grinder, add crushed red-pepper flakes, and grind to a powder. Place in a small bowl, and add turmeric, ginger, cloves, salt, and black pepper. Cut chicken into 2-inch pieces. Add chicken to spices and toss to coat.

Heat peanut oil in a large pot over medium-high heat. Add chicken, cooking until browned, 3 to 5 minutes. Remove chicken. Set aside. Reduce heat, and add ginger, garlic, and onions. Cook until softened and deep-brown in color, 8 to 10 minutes. Add cinnamon sticks, bay leaf, and cardamom pods cook for 10 minutes. Add tomatoes, chicken stock, and cooked chicken.

Raise heat to medium-high, and cook until liquid is reduced, about 15 minutes.

Meanwhile, toast pappadams. Reduce heat to low, and stir in yogurt and raisins. Cook until warmed throughout add cilantro. Serve with basmati rice, and garnish with cashews. Accompany curry with pappadams and chutney.

Serves 4.

Recipe Source: Martha Stewart Living

Formatted for Mastercook by Lynn Thomas dcqp82a@prodigy.com

Contributor: Martha Stewart

Indian Chicken Pies

Yield: 4 Servings

Ingredients

2 tb butter
2 oz button mushrooms, chopped
1 onion, chopped
2 ts garam masala
3 1/4 c all-purpose flour
2/3 c chicken stock
8 oz cooked chicken, diced
1/3 c frozen corn, thawed
1 salt to taste
1 fresh ground pepper to taste
1/4 ts salt
1/3 c cold margarine, diced

1/3 c lard, diced
1/4 c cold water
1 egg, beaten
1 tomato slices, halved (opt)
1 fresh parsley sprigs (opt)

Instructions

Melt butter in a saucepan. Add mushrooms, onion and Garam Masala and cook 2 minutes.

Stir in 1/4 cup of flour and cook 1 minute, then stir in stock and bring to a boil, stirring constantly. Reduce heat and cook 2 minutes, stirring constantly. Remove from heat and stir in chicken, corn, salt and pepper cool.

Sift remaining flour into a bowl. Add 1/4 teaspoon salt and cut in margarine and lard finely until mixture resembles bread crumbs. Add cold water and mix to form a fairly firm dough. Knead gently until smooth.

Preheat oven to 375°F. (175°C.). Preheat a baking sheet. Cut off 2/3 of pastry and cut in 4 equal pieces. Roll each piece to a 7" circle.

Line 4 (5") fluted pie pans with removable bottoms with pastry circles, allowing pastry to overlap top edges slightly. Press pastry well into flutes but do not trim top edge. Cut remaining 1/3 of pastry in 4 equal pieces and roll each piece to a 6" circle.

Spoon cold chicken mixture into pastry-lined flan pans and smooth surfaces. Dampen edges of pastry in pans and cover with pastry circles. Seal edges well and trim by pressing pastry edges firmly flat blade of a knife. Make a small hole in center of each pie.

Reroll pastry trimmings and cut out leaves to decorate pies. Brush surfaces of pies with egg, then decorate with leaves and brush leaves with egg.

Place flan pans on preheat baking sheet and bake in preheated oven 40-45 minutes or until pastry is golden brown and filling is heated through. Cool before carefully removing from pans. Garnish with tomato slices and parsley sprigs, if desired, and serve cold.

VARIATION: Substitute Curry Powder for Garam Masala or try a mixture of each.

Indian Chicken Triangles

Yield: 36 Servings

Ingredients

1 lb chicken breast poached
2 tb butter
1 sm onion diced
1 c diced mushrooms
1 ts ground cumin
2 tb minced parsley
salt and pepper to taste
1 pk phyllo dough
1 lb butter melted and clarified

Instructions

Finely dice poached chicken and set aside. Melt butter in a skillet and saute onion and mushrooms until limp. Add chicken, cumin, parsley, salt and pepper and stir. Taste and adjust seasonings. Lightly brush a phyllo sheet all over with butter. Cut phyllo into 4 strips and fold each strip in half.

Brush folded strip with butter and place 1 teaspoon chicken mixture in one corner. Fold into a triangle and continue folding in this fashion (flag fold) until strip is used.

Brush resulting triangle packet with butter and place on a cookie sheet with sides. Repeat with remaining phyllo and filling. Bake at 350 for 20 minutes or until golden brown. Makes 36.

Per serving: 116 Calories (kcal) 12g Total Fat (91 calories from fat) 2g Protein trace Carbohydrate 36mg Cholesterol 120mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 0 Vegetable 0 Fruit 2 Fat 0 Other Carbohydrates

Contributor: The 50 Best Chicken Recipes Cookbook

Indian Chicken With Mint Chutney

Yield: 4 Servings

Ingredients

4 boneless, skinless chicken breasts
4 cl garlic, chopped
1 tb grated ginger
1 tb lemon juice
1 tb garam masala or curry paste
1 tb vegetable oil
1/2 c yogurt
1 mint chutney:
6 green onions, finely chopped
1 tb grated ginger
1 ts finely chopped jalapeno pepper
2 ts granulated sugar
1 tb lime juice
1/2 c chopped coriander leaves
1 c chopped mint leaves
1 c plain yogurt
1 salt to taste

Instructions

Combine garlic, ginger, lemon juice, garam masala, vegetable oil and yogurt. Spread on chicken breasts. Let marinate for 1 hour.

Combine all ingredients for mint chutney in food processor or blender.

Puree until smooth.

Place chicken on grill, close cover and grill chicken for 5 minutes per side or until juices run clear. Serve with mint chutney on side.

Serves 4 Typed in MMFormat by cjhartlin@msn.com Source: Summer Grill LCBO

Indian Chicken

Yield: 4 Servings

Ingredients

1 3-lb. chicken disjointed
1/4 c tomato sauce
1/4 c plain yogurt
4 cloves garlic chopped
1 1-inch piece fresh ginger peeled and chopped
6 tb corn oil
1 stick cinnamon
2 bay leaves
5 whole cardamon pods

5 whole cloves
1 hot dried red pepper
1 ts ground tumeric
1 ts salt
1 tb lemon juice
1 freshly ground black pepper

Instructions

Combine tomato sauce, yogurt and 1 cup water in small bowl. Put garlic and ginger in blender with 2 tbs. water. Blend smooth to paste. Heat oil in heavy casserole. Brown chicken and remove. Add bay leaves, cinnamon, cardamon, cloves and red pepper to oil. Stir once. Add paste from blender and tumeric. Stir and fry a minute. Add chicken, tomato sauce/yogurt mixture, salt, lemon juice and pepper. Bring to boil. Cover and reduce heat. Simmer 20 25 minutes, turning chicken once or twice. Remove top, raise heat and cook another 5 10 minutes to reduce and thicken sauce.

Serve with rice. Pass raisins, chopped dry roasted peanuts and grated coconut as accompaniments.

SERVE WITH RICE, CHUTNEY, AND MINTED CUCUMBER IN YOGURT

From the . Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Indian Chickpea Ragout With Vegetables

Yield: 4 Servings

Ingredients

1/2 c chopped fresh cilantro
1/2 c peeled and finely chopped cucumber
1/2 c finely chopped red onion
1 c plain yogurt
3 tb vegetable oil
1 ts cumin seeds
1 ts fennel seeds
1 ts crushed red pepper flakes
2 tb ground coriander
1 c chopped onions
1 tb grated fresh ginger
1 md zucchini 1 pieces
1 red or green bell pepper 1 pieces
3 c cooked chickpeas
1 1/2 c peeled chopped fresh tomatoes mi
2 tb tomato paste
1 salt and pepper to taste

Instructions

Julie Sahn

Combine the cilantro, cucumber, red onion, and yogurt. Mix well, transfer to a small serving bowl, and refrigerate until needed.

In a large saute pan, heat the oil over medium-high heat saute the cumin, fennel, pepper flakes, coriander, and onions until the onions are lightly browned, about 8 min. Add ginger, zucchini, and bell pepper, and mix well. Pour 1/3 c water over the vegetables, cover and reduce heat to low. Simmer until vegetables are cooked but still firm, about 5 min.

Fold in the chickpeas and tomatoes. Increase heat to medium high, and cook uncovered until the ragout is heated through and the sauce is thick, about 5 min. Season to taste. Serve ragout garnished with the cilantro-yogurt mixture and accompanied by pita or nan bread.

Posted to MM-Recipes Digest by "Rfm" on Sep 28, 98,
converted by MMBuster v2.0l.

Indian Chickpea Stew

Yield: 6

Ingredients

2 tb vegetable oil
1 md red bell pepper diced
1 md yellow bell pepper diced
1/2 md head cauliflower cut into small florets
1 (2 heaping cups)
1 md zucchini halved lengthwise then thinly sliced crosswise (1 3/4 cups)
1 tb cumin seeds
1 ts black mustard seeds
1 sm jalapeno pepper seeded and minced
1 tb minced fresh ginger
28 oz canned pureed tomatoes in juice
1 ts turmeric
2 tb chopped fresh cilantro
1 tb chopped fresh oregano
1 1/2 ts garam masala
1 ts salt
2 c cooked or canned chickpeas rinsed and drained if canned

Instructions

6 SERVINGS DAIRY-FREE

This spicy stew is delicious served with basmati rice or couscous, accompanied with yogurt and fruit chutney. If using canned chickpeas, you'll need a 19-ounce can. In large skillet, heat 1 tablespoon oil over medium-high heat. Add bell peppers and cauliflower and cook, stirring often, until lightly browned, 6 to 7 minutes. Transfer to bowl. Heat remaining 1 tablespoon oil in same skillet. Add zucchini and cook, stirring often, until beginning to soften, about 2 minutes. Transfer to bowl with peppers. In same skillet, stir in cumin and mustard seeds. Reduce heat to medium and cook, stirring, until seeds are aromatic and begin to pop, about 1 minute. Add jalapeno and ginger and cook 1 minute. Stir in tomatoes and turmeric and bring to a boil. Reduce heat to low and simmer, stirring occasionally, 20 minutes. Stir in cilantro, oregano, garam masala and salt. Add chickpeas and cooked vegetables and cook until heated through, about 10 minutes. Serve hot.

PER SERVING: 187 CAL. 8G PROT. 7G TOTAL FAT (1G SAT. FAT) 27G CARB.
0 CHOL. 589MG SOD. 6G FIBER

By Kathleen on Jul 24, 1999.

Per serving: 60 Calories (kcal) 5g Total Fat (66 calories from fat) 1g Protein 4g Carbohydrate 0mg Cholesterol 360mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Recipe by: Vegetarian Times Magazine, July 1999, page 34

Converted by MMBuster v2.0n.

Indian Chickpeas

Yield: 1 Servings

Ingredients

250 gr chickpeas (1 cup)
2 tb vegetable oil
1 onion chopped
2 cm cinnamon stick
4 cloves
2 garlic cloves, squashed
2 cm fresh ginger, chopped
1 green chili pepper, finely
1 chopped
2 ts ground coriander
3/4 c chopped tomatoes
1 ts garam massala
1 tb cilantro, chopped

Instructions

Soak chickpeas overnight, rinse, cook in water until tender. Drain, **KEEP THE COOKING LIQUID!**

In a frying pan heat the oil, fry onion until golden. Add cinnamon and cloves, cook a few seconds. Add garlic, ginger, chili pepper, ground coriander and cook 5 minutes, stirring. Add tomatoes, with the juice and cook until all liquid has evaporated.

Add the chickpeas to the pan, mix well, cook 5 minutes. Pour the cooking liquid of the chickpeas and simmer for 25 minutes, until all the liquid is gone.

Sprinkle with the garam massala and cilantro.

Can be served hot or cold.

Indian Chilli Dhal (Lentils)

Yield: 4 Servings

Ingredients

115 g split red lentils
50 g small split yellow lentils
2 1/2 c water
1 ts ginger pulp
1 ts garlic pulp
1/4 ts turmeric
2 fresh green chillies chopped
1 1/2 ts salt

Instructions

TOPPING-

2 tb oil or ghee
1 sm onion sliced
1/4 ts mixed mustard & onion seeds
4 dried red chillies
1 tomato, sliced

GARNISH-

1 tb chopped fresh coriander
2 fresh green chillies, seeded
1 and sliced

1 tb chopped fresh mint

1. Pick over the lentils for any stones before washing them several times.
2. Boil the lentils in the water with the ginger, garlic, turmeric and chopped green chillies for about 15-20 minutes until soft.
3. Mash the lentil mixture down. The consistency of the mashed lentils should be similar to that of a creamy chicken soup.
4. If the mixture looks too dry, just add some more water. Season with the salt.
5. To prepare the "topping", heat the oil and fry the onion with the mustard and onions seeds, dried chillies and sliced tomato for 2 minutes.
6. Pour this "topping" over the dhal and garnish with fresh coriander, green chillies and mint.

TNT by Imran C.

Posted to TNT Prodigy's Recipe Exchange Newsletter by "I. Chaudhary" on Jul 6, 1997

Indian Chowder

Yield: 1 Servings

Ingredients

1/2 lb 15-bean gourmet mix (available at specialty stores

1 tb salt

1 qt pork stock (see note)

3/4 lb ham shank or ham bone (or substitute same amount

1 lg onion chopped

1 sm can (14 1/2-ounces) whole tomatoes

1/2 green bell pepper chopped

1/2 ts chili powder (or to taste)

1/2 lemon juice of

1/2 garlic clove minced, (optional)

1 sm can (16 ounces) hominy, drain

1 ear fresh corn reserve cob, use 1 can

1 salt and freshly ground black pepper to taste

Instructions

Notes: Open Hearth, 2930 N. 117th St., in Wauwatosa, WI. Milwaukee Journal Sentinel.

Sort and examine beans thoroughly for stones and debris. Wash and place in kettle or bowl, with water to cover and 1 tablespoon salt. Soak overnight.

Next day, drain, rinse and place beans in 6-quart kettle with pork stock. Add ham shank, ham bone or ham bring to boil. Reduce heat and simmer 2 1/2 to 3 hours or until soft. Add onion, tomatoes, green pepper, chili powder, lemon juice, garlic, hominy, corn and corn cob, if using fresh.

Add salt and pepper to taste. Remove corn cob and ham bone, if using. Cool ham bone, remove meat from bone and return meat to pot. Simmer another 30 minutes. Makes about 8 large servings.

Note: If pork stock is not available, substitute pork base and water. Also may substitute chicken stock, but then use ham -not ham bone or shank to better control saltiness.

Chef Peter Dereszynski serves the hearty bean chowder only on Thanksgiving Day.

The variety of beans and freshness of ingredients make its flavor unique, he said, adding that it may be served with warm bread and a green salad for a light fall meal.

Unlike the other chowder recipes, this one does not include cream or milk.

Posted to recipelu-digest by ncanty@juno.com (Nadia I Canty) on Mar 25, 1998

Indian Chutney Microwave

Yield: 1 Servings

Ingredients

2 apple scored & chopped
1/2 c onion chopped
1/2 c raisins
1/3 c vinegar
1/4 c brown sugar packed water
2 tb candied citron -opt
1 ts curry powder salt
1/2 ts ginger ground
1/8 ts cinnamon ground
1/8 ts cloves ground
1 garlic clove-peeled & minced

Instructions

Cook all ingredients on high covered (100) for 5 minutes. Stir. Cook uncovered for further 3 minutes. MAKES: 1 3/4 cups

Indian Chutney Dressing

Yield: 1

Ingredients

2 tb sour cream
2 tb yoghurt
3 tb chutney of your choice
1 tb white wine vinegar
1/4 ts mild curry powder
1/4 ts cinnamon
1 salt and pepper to taste

Instructions

Whisk together all the ingredients and chill until ready to use. If you would like a thinner consistency, thin with boiling water, a few drops at a time.

Converted by MCBuster.

Per serving: 65 Calories (kcal) 6g Total Fat (79 calories from fat) 1g Protein 3g Carbohydrate 13mg Cholesterol 16mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Indian Chutney

Yield: 7 Quarts

Ingredients

4 lb unripe mangoes
2 c chopped onions
2 c raisins
2 c dried currants
4 c white vinegar
4 c brown sugar
1 1/2 c sugar, granulated
8 tb chopped ginger
4 ea dried hot peppers, crumbled

2 ea lemon rinds
4 ea garlic cloves
4 tb mustard seed
2 tb salt
4 ts cinnamon
1 ts tumeric
1/2 ts ground cloves
1/2 ts cayenne pepper

Instructions

Combine and let sit overnight. Bring to a boil stirring constantly, until the mangos and onions are transparent. Add water if necessary to prevent burning. Adjust flavor for hotness and tartness.

Pack hot into half pints, process 5 minutes in boiling water bath.

Indian Coconut Rice Pilaf

Yield: 1 Servings

Ingredients

2 c long grain rice
2 c coconut milk
1 ts grated fresh ginger
4 tb oil
1 1/2 ts black mustard seed
8 dried red chillies
1/3 c sesame seeds
1 c flaked fresh coconut
1 salt

Instructions

directions (From Julie Sahni's Classic Indian Vegetarian cookbook)

soak 2c long grain rice in water, meanwhile boil 2c coconut milk + 1.5c water + 1t grated fresh ginger Drain and add the rice, bring to a boil again, cover, turn off heat.

In separate pan, fry 4T oil + 1.5t mustard seeds until they pop add 8 chopped dried red chillies, brown add 1/3c sesame seeds and brown lightly.

Pour the flavored oil + 1 1.5t salt over rice, toss in 1c flaked fresh coconut (or dried unsweetened that's been soaked).

Indian Cooking Measurements

Yield: 1 Info

Ingredients

1 no ingredients

Instructions

HANDFUL..The quantity obtained by using the hand as a scoop, filling it as full as possible.

TWO FINGERS OR THREE FINGERS..For measuring dry materials such as baking powder, salt, etc. Using the number of fingers called for, hold the fingers close together and dip into the material and lift out with the fingers and thumb without turning the hand.

ONE FINGER OF FAT, GREASE, ETC..Use the little finger as a scoop and scoop out as much fat as will stay in the bend of the little finger.

ONE CUP..About as much dry or liquid material as can be contained in a 10" cow horn.

Source: "Indian Cookin'", Compiled by Herb Walker, 1977

Indian Corn Soup

Yield: 6 Servings

Ingredients

1 md onion -finely chopped
2 cloves garlic -finely chopped
1/2 ts dried thyme
3 tb unsalted butter
20 oz frozen corn
3 c chicken broth
1 ts curry powder
1 c coconut milk
1 ts sugar
2 ts lime juice
2 tb cilantro -finely chopped
1 salt

Instructions

Cook the onion, garlic, and thyme in 2 tbsp butter in a 4 qt pot over medium heat about 10 minutes. Add the corn and half the broth, cover partially, and simmer until the kernals are soft, about 15 minutes.

Heat the remaining tbsp of butter in a small saucepan over low to medium heat. Stir in the curry powder and heat gently for 1 minute to wake up its aroma, but be careful not to let it burn. Remove the pan from the heat. Puree the corn mixture in a blender or food processor and then strain it through a food mill with a medium disk or a medium mesh strainer. Add the rest of the broth to the strained mixture. Whisk the cooked curry, coconut milk, sugar, lime juice and cilantro into the soup a minute or two before serving. Season with salt.

Recipe By : Splendid Soups

Indian Corn Sticks

Yield: 1 Servings

Ingredients

1 c cornmeal
1/3 c flour
1 c milk 2 tb lard melted
1 mix cornmeal, flour, salt. add milk , egg and 1 lg beat until smooth. fill well-greased
2 c molasses
2 ts salt

Instructions

cornstick pans almost to the top (or pour into a greased 8 in. pan). Bake in a preheated 425o oven for 12 to 15 minuets. Serve with molasses or maple syrup.

Indian Cornbread

Yield: 12 Servings

Ingredients

3 c yellow cornmeal
1 1/2 c flour
1 cn evaporated skim milk

4 ea egg
4 oz sour cream, light
4 oz cheddar cheese -grated
1 cn creamed corn
1 jar pimentoe
2 ts cunmin
1 ts salt

Instructions

mix ingredients, bake in greased iron skillet or baking dish @ 350 till done. About 40min.

Recipe By : Cheryl Gimenez

Indian Creamy Rice Dessert With Raisins And Almonds

Yield: 6 Servings

Ingredients

1 qt milk
4 cardamom
1 cinnamon stick
2 cloves
1/3 c arborio rice
2 tb raisins
1/3 c sugar
1/4 c almonds whole
1 mint for garnish

Instructions

Directions: Preheat the oven to 350 degrees F. Bring the milk, cardamom, cinnamon, and cloves to a boil. Add the rice, stir to combine, and return to a boil. Reduce the heat and simmer over very low heat for about 30 minutes, stirring from time to time. Don't cover. Add the raising and sugar and simmer for another 45 minutes. Remove from the heat. While the rice is cooking, put the almonds on a baking sheet and roast then in the oven for 10 minutes or until toasted and golden brown. Slice them into smaller pieces or chop in a food processor. Assembly: Spoon creamy rice into each of 4 warm soup bowls, sprinkle with toasted almonds, and garnish with a sprig of mint. This dessert is also good cold

NOTES : Makes 4 Servings

Posted to Bakery-Shoppe Digest V1 #499 by "Terry Van Kirk" on Jan 10, 1998

Indian Cucumber Salad

Yield: 4 Sweet Ones

Ingredients

3 md size cucumbers
1 c plain low-fat yogurt
1 tb fresh lemon juice
1 ts ground cumin
1 ts dried mint leaves

Instructions

Peel cucumber, cut in half, discard seeds and slice thinly. Mix remaining ingredients together, add cucumbers and stir together. Food Exchange per serving: 1

VEGETABLE EXCHANGE CAL: 37 CHO: 1mg CAR: 6g PRO: 3g SOD: 46mg
FAT: 0g

Source: Light & Easy Diabetes Cuisine by Betty Marks. Brought to you and yours via Nancy O'Brion and her Meal-Master

Indian Cucumber Soup

Yield: 4 Servings

Ingredients

1 lg garlic clove
1/2 sm onion cut in half
1 1/4 c cucumber slices peeled and seeded
1 cn 15-oz. garbanzo beans drained and rinsed
1/2 ts salt
1/2 c reduced sodium chicken broth
3/4 c nonfat plain yogurt
1 tb lemon juice
1/2 ts ground cumin
1 pepper to taste
4 lg mint leaves

Instructions

Mince garlic, onion, and cucumber in blender, scraping down sides of container with spatula from time to time. Add remaining ingredients except mint leaves. Process until smooth. Cover and refrigerate for at least 1 hour. (Soup can be made a day ahead and refrigerated).

Just before serving, transfer mixture to blender with 4 mint leaves puree. Adjust seasonings to taste. Divide among 4 chilled soups bowls. Serve chilled.

Source: Brad Herald, 10/6/94 :: MM by Sue Woodward

Indian Cucumber-Tomato Relish

Yield: 4 Servings

Ingredients

1 md cucumber
1 md tomato
1 ts salt
1/8 ts fr. ground black pepper
1 ts roasted grnd cumin seeds
1 1/2 tb lemon juice
2 tb cilantro
1/8 ts cayenne pepper (optional)

Instructions

Dice cucumber and tomato. Combine all ingredient in serving bowl. Mix well. Cover and refrigerate for 30 minutes. To Serve: Bring cold serving bowl to table. Enjoy or not as you choose.

Indian Curried Peas

Yield: 4 Servings

Ingredients

2 ts oil
2 ts butter or margarine
1 c minced onions
1 clove garlic

1 sl gingerroot, 1/2-in thick, peeled
1 ds caraway seeds
1/2 ts salt
1 ds black pepper
1 ds ground turmeric
1/4 c tomato puree
10 oz pkg frozen peas or
1 lb fresh peas
1 ds ground coriander
1/8 ts ground cumin
1/8 ts red pepper
1 1/4 c sliced mushrooms
1 plain yogurt (optional)
1 sweet chutney (optional)

Instructions

These peas, with curry spices and mushrooms, offer a fragrant and fiery side dish. Created by: The Golden Temple Conscious Cookery, Los Angeles Heat oil and butter in large heavy skillet. Add onions and saute until tender. Puree garlic and ginger in blender with small amount of water and add to onions. Add caraway seeds, salt, pepper and turmeric. Cook 8 minutes, stirring often to prevent sticking and scorching. Add tomato puree and heat through. Add peas and simmer 5 minutes. Add coriander, cumin and red pepper and cook 10 minutes. Add mushrooms, cover and cook 10 minutes longer, or until mushrooms are tender. Serve with yogurt and sweet chutney, if desired.

Indian Curried Vegetables

Yield: 2

Ingredients

1 tb peanut oil
2 ts mustard seeds
2 ts coriander seeds crushed
1 ts chopped fresh garlic
1 ts chopped fresh gingerroot
1 ts chopped fresh lemon grass or lemon zest
1/2 c cremini or chanterelle mushrooms sliced or shiitake mushrooms
2 1/2 c red bell popper sliced
1/2 c yellow bell pepper sliced
1/2 c carrots sliced and blanched (see note)
3/4 tb curry powder or to taste
1 tb paprika
1/2 c white wine
1/2 c fat-reduced coconut milk
1/2 c tomato sauce
1/2 c canned chickpeas rinsed and drained
1/2 c sugar snap peas
1/8 ts cayenne or to taste
1 ts tamari or soy sauce
1 tb fresh minced cilantro
1/2 c cooked jasmine rice

Instructions

MAKES 2 SERVINGS VEGAN

Heat oil in saute pan over medium-low heat add mustard and coriander seeds. Saute until seeds pop, being careful not to burn, about 1 minute. Add garlic, gingerroot and lemon grass or zest saute until aromatic, about 1 minute. Add mushrooms, bell peppers and carrots saute until tender. Add curry and paprika stir to coat vegetables. Add wine stir to deglaze pan. Add coconut milk, tomato sauce, chickpeas, snap peas and cayenne continue simmering. Reduce sauce to desired consistency. Stir in tamari or soy sauce and cilantro. Serve over jasmine rice. Makes 2 servings.

NOTE: To blanch carrots, bring a pot of water to a boil. Drop carrots in and cook until tender-crisp. Remove carrots and run under cold water or drop into an ice water bath to stop cooking.

PER 1 1/2 CUP SERVING: 465 CALORIES 13G PROTEIN 13G TOTAL FAT (2G SAT. FAT) 69G CARBOHYDRATE 0MG CHOLESTEROL 612MG SODIUM 5G FIBER

Per serving: 157 Calories (kcal) 8g Total Fat (52 calories from fat) 2g Protein 13g Carbohydrate 0mg Cholesterol 387mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 2 Vegetable 0 Fruit 1 1/2 Fat 0 Other Carbohydrates

Recipe by: Vegetarian Times Magazine, February 1997, page 52

Converted by MMBuster v2.0n.

Indian Curry Paste For Seafood

Yield: 1 Batch

Ingredients

6 lg garlic cloves
3 stalks lemongrass
4 inch fresh gingerroot, peeled and chopped (about
1/2 ts turmeric
1 tb fresh lemon juice
1 ts coarse salt
1 ts vegetable oil

Instructions

Use the lower 6 inches of 3 stalks of lemongrass, outer leaves discarded and the stalks sliced

Into a food processor with the motor running drop the garlic, the lemongrass, and the gingerroot, blending the mixture well, add the turmeric, the lemon juice, and the salt, and blend the mixture, adding the oil if necessary, until it forms a paste, Transfer the paste to a jar with a tight-fitting lid.

The paste keeps, covered and chilled, for 2 weeks. Makes about 2/3 cup.

Indian Curry Potatoes And Peas

Yield: 1 Servings

Ingredients

6 potatoes, chopped large and steamed
1 1/2 c cooked peas
3/4 c plain yogurt
3/4 inch coarsely chopped ginger
3 chopped fresh green chilies
1/2 c fresh or dry shredded
1 coconut
1/2 ts garam masala

3 tb ghee or oil [light vegetable oil recommended 1 jm]
2 ts black mustard seeds
1 tb cumin seeds
11 curry leaves
1/3 ts yellow asafetida powder
1 ts turmeric
1 1/2 tb ground coriander
1 optional:
1 ts salt
2 tb fresh parsley or coriander
1 tb fresh lemon juice

Instructions

In blender, combine yogurt, ginger, green chilies, and coconut and blend until smooth. Add garam masala and pulse for a few seconds.

(Set aside)

Heat ghee in large pan over moderately high heat. When hot, add mustard seeds and fry until mustard seeds sputter and cumin seeds turn golden brown. Stir in curry leaves and asafetida, and quickly follow with the potatoes. Stir-fry for 3-4 minutes and then pour in the yogurt mixture, peas, tumeric, coriander, and salt.

Gently toss to mix.

Reduce heat to low and fry for 3-5 minutes. Gently stir and scrape ingredients from bottom of pan. When done add lemon juice and fresh herbs if desired.

ENJOY!!!!

I thought that I'd post this recipe, one of my favorites. It can be eaten either cold or hot. Also it comes out rather dry and not like the traditional wet curries. Hope you find this useful! Steffen

stef114@aol.com End of Forwarded Recipe.jai@caprica.com (Jai Maharaj)
soc.culture.indian

Indian Curry Spice Mix

Yield: 1 Servings

Ingredients

1/2 c coriander seed
1/4 c cumin seed
7 whole red chiles
1 tb whole black peppercorns
1 tb mustard seed
2 tb ground turmeric
2 tb fenugreek seed

Instructions

If you use a baking tray and the oven, preheat the oven to 300 F. Line the baking tray with aluminum foil and place all the whole spices in separate heaps on the tray (this is so that you can easily remove the smaller spices as they det done. Place the baking tray on the top shelf for up to 10 minutes, or until the spices become aromatic and slightly brown. Do not over-roast. If you use a frying pan (aheavy cast iron pan is preferred), set it over low heat and separately dry-roast the whole spices, stirring them and shaking the pan constatly until the aroma is released and they begin to brown. (When roasting the cillies, keep your face averted as they give off a punget, eye-watering smoke) Do not let the spices burn.

If you are using ground spices, warm them gently on a baking tray in the oven until they begin to give off an aroma, taking care not to burn them this is a quick process. Feed the roasted whole spices into a spice grinder, blender or mortar and grind or pound into fine powder. (This will have to be done in batches.) Accumulate the powder in bowl or pour it into a storage jar. Add the preground spices and stir or shake the mixtrue until all the spices are thoroughly blended. Cover the bowl or cap the storage jar tightly.

NOTES : if using ground spices, here are the measurements coriander ½ cup, 1/4 cup of cumin, 1/2 tablespoon of cayenne, 1 tablespoon of ground black pepper. I have done this both with pre ground spices and with whole. I prefer to use whole, but had excellent results with the ground.

Recipe by: The Cuisines of Asia, by Jennifer Brennan

Posted to MC-Recipe Digest V1 #1029 by Julie Johnston on Jan 21, 1998

Indian Curry

Yield: 1

Ingredients

1 lamb shoulder (diced)

1 oil

1 onions

1 garlic

1 splash of wine (red or white)

1 a bottle of pre-pared sauce such as an indian korma/red curry

Instructions

Place a small amount of oil into a pan, add diced lamb shoulder cook until brown.

Then add some onions and a little bit of garlic, cook until onions have also caramelised to a nice brown colour.

Then add a splash of wine make sure you use good quality wine (either red or white) as poor quality wine will result in a poor quality sauce.

Then add a prepared sauce, to your liking and simmer down the sauce, according to the prescribed time on the sauce (usually 30 40 minutes).

Serve with steamed or boiled rice...

Recipe courtesy Lachlan Bowtell, Meat & Livestock Australia

Converted by MCBuster.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g

Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean

Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Indian Dressing

Yield: 4 Servings

Ingredients

3 tb tinned milk

5 tb mango chutney sieved

1/2 hard boiled egg chopped

1 tb crystallised ginger chopped

1 tb ginger juice

1/2 ts freshly ground black pepper

1 ts curry powder

1 sm apple grated

Instructions

Blend everything together until smooth.

Indian Dyes

Yield: 1 Info

Ingredients

1 no ingredients

Instructions

In the book "How Indians use Wild Plants for Food, Medicine & Crafts", the author Frances Densmore lists out excellent formula's for different dye colors and what is contained herein is a small sample of what if available in the book itself.

"Red Dye This formula was used.. in dyeing porcupine quills for the writer, the result being a brilliant scarlet which closely resembled analine dye. The quills were seen in the dye.

Sanguinaria canadensis L. Bloodroot 2 handfuls Root Prunus americana Marsh. Wild Plum 1 handful inner bark Cornus Stolonifera Michx. Red-osier dogwood 1 handful inner bark Alnus Incana (L.) Moench. Alder 1 handful inner bark Hot Water, 1 qt. The inner bark of the trees and the root of the bloodroot were used, all being boiled before the quills were put in the dye.

Indian Egg Curry

Yield: 4 Servings

Ingredients

2 tb curry powder

1 c onion finely chopped

2 tb butter

1 tb flour

1 c milk

8 ea hard cooked eggs chopped

4 ea toasted english muffins

1 fresh cilantro or parsley chopped

Instructions

Saute onion in butter until soft. Stir in curry and flour and heat an additional 2 mins.

Slowly add the milk, stirring constantly as sauce thickens. Add chopped eggs and heat thru. Pour over muffins, garnish with parsley or cilantro and serve. Curry Powder

5T hot dried red chile powder 1/2 t powdered ginger 1/2 t mustard seeds 1/2 T cloves 2 inch stick cinnamon 4 T coriander seeds 4 T cumin seeds 3 T tumeric 1/2 t fenugreek 1/2 t cardamom

Mix together and blender in grinder until fine

Indian Eggs

Yield: 1

Ingredients

1 onion chopped

6 eggs beaten

1/2 ts garam masala

1 green chilli chopped

1 fresh coriander

Instructions

Mix the ingredients well. Add a little butter to a pan and cook slowly. Garnish with a little chopped fresh coriander.

Converted by MCBuster.

Recipe by: Late Lunch

Converted by MMBuster v2.0l.

Indian Fish Kebabs

Yield: 4 Servings

Ingredients

1 lb monk fish or other firm fish

1 yellow squash

1 green bell pepper

1 red bell pepper

1 cherry tomatoes

1 bay leaves

1 cooked brown rice or

1 pita bread

1 lemon wedges

1 sprigs of mint

-CHERMOULLA-

4 sm garlic cloves, minced

1 ts ground cumin seeds

1/2 ts sweet hungarian paprika

1/8 ts cayenne

1 pn [generous] saffron

1/4 c chopped fresh cilantro

1/4 c fresh lemon juice

3/4 c olive oil

1 salt

1 black pepper

Instructions

This is a very colorful and tasty arrangement of marinated and then skewered and grilled vegetables and fish. The marinade, called chermoulla, is a blend of fragrant seasonings, oil, and lemon juice.

In this version I've suggested my favorite vegetables for kebabs. You should choose your own favorites some other good choices are eggplants, mushrooms, and onions. special equipment: skewers (if you are using bamboo skewers, soak them in water for 1/2 hr. and fill them out to the ends so the skewers won't burn)

Combine the ingredients for the chermoulla. Cut the fish into 1-inch cubes. Similarly, cut the vegetables into 1-inch cubes. Place the fish and vegetables in the chermoulla and marinate, refrigerated, for 2 hours.

When you are ready to assemble the kebab, soften the bay leaves in boiling water for several minutes. Alternate the tomatoes, peppers, yellow squash, and fish on skewers. Place a bay leaf occasionally on the skewers next to the fish. Reserve the chermoulla. Cover the broiler pan with foil and place the kebabs on it about an inch apart. Broil for 15 to 20 minutes, basting with the reserved chermoulla, and turning frequently to cook evenly.

Serve on rice or in pita bread and garnish with lemon wedges and sprigs of mint. From Sundays at Moosewood Restaurant

Indian Fish Korma

Yield: 4 Servings

Ingredients

750 g fish fillets
1 lemon juice
1 ts salt
1 ts black pepper
1 ts ground turmeric
1 oil for frying
1 lg onion, finely sliced
1 md onion roughly chopped
1 ts chopped garlic
1 tb chopped fresh ginger
3 fresh red chillies
2 tb blanched almonds
1 tb white poppy seeds (optional)
2 ts ground cummin
2 ts ground coriander
1/4 ts ground cardamom
1/4 ts ground cinnamon
1 small pinch ground cloves
1/4 ts saffron strands
2 tb boiling water
1/2 c natural yoghurt
1 salt to taste
2 tb chopped fresh coriander

Instructions

Wash and dry fish, cut into large serving pieces and rub with lemon juice, salt, pepper and turmeric. Heat oil in a frying pan for shallow fry and on high heat, brown the fish quickly on both sides. Lift out on to a plate.

In the same oil fry the sliced onion until golden brown, remove and set aside.

Put chopped onion, garlic, ginger, chillies, almonds, poppy seeds into a blender jar and puree. If necessary add a little water. Add ground spices and blend once more, briefly.

Pour off all but about 2 Tbl oil from pan and fry the blended mixture until colour changes and it gives out a pleasant aroma. The mixture should be stirred constantly while frying and care taken that it does not stick to the pan and burn. Add 1/2 cup water to blender container and swirl out any remaining spice mixture. Add to pan.

Pound saffron strands in mortar and pestle, add boiling water and stir, add to mixture in pan. Add yoghurt, stir and simmer gently for a few minutes, then add fish pieces, turning them carefully in the sauce. Add salt to taste. Cover and simmer for about 10 minutes, then sprinkle with fresh coriander and serve hot with rice.

Imran C.

Posted to TNT Prodigy's Recipe Exchange Newsletter by "I. Chaudhary" on Apr 27, 1997

Indian Flat Bread (Roti)

Yield: 1 Serving

Ingredients

1 ts oil

250 g (2 cups) plain flour

Water

Butter or margarine

Oil for frying

Instructions

Mix the oil and the flour with a bit of water to make a soft dough. Knead well and allow to rest for 30 minutes. Roll into 4 balls then roll out into circles, spread with butter and sprinkle with flour. Re-roll the dough and roll into circles again. Fry gently with a little oil until brown flecks appear.

Per serving (excluding unknown items): 40 Calories 5g Fat (100 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

Contributor: Miss RG Victor rec.food.recipes 12/95

Indian Food Recipe

Yield: 4 Servings

Ingredients

1 bunch spinach

1 oil

1 black mustard seeds

1 crushed red chillis

1 turmeric

1 mint

1 yoghurt

1 lemon juice

Instructions

Contributed to the echo by: Jonathan Kandell Indian Food Recipes Put about four tablespoons veg oil in pan. Heat on med. Put in black mustard seeds and chillis and heat until mustard seeds begin to pop.

Then add spinach and a tiny bit of water, cover, and cook on low for a few minutes, until spinach is practically done.

Turn off heat, and add quite a bit of mint stir it in well. Add a cap of Real Lemon (c), or fresh squeezed. Add two large dollups of yogurtabout 1/3 as much in volume as the spinach before cooking.

Stir well and eat.

I forgot one step: Before covering and cooking spinach, sprinkle with enough turmeric to make it look like dust.

Indian Foodstuffs

Yield: 1 Servings

Ingredients

1 none

Instructions

(From Various Posters)

Tandoor(i) is an earthern (?) oven btw. The famous vegetarian items made with them are perhaps naan and 'tandoori' roti. Roti is a simple Indian bread which may also be known as chapati to some. Naan/roti with aloo mattar/panneer mattar/aloo palak etc. is a wonderful combination.

What are the hindhi names for the green (brown) lentils and orange lentils commonly found in "Western" markets?

i dont know about the green ones, but the red ones are masoor daal (sometimes spelled masur, and other variants).

Are the other types of lentils actually lentils or split peas? Are they obtained from an Indian/Paki store?

Mung daal is just split and hulled mung beans, the same little green jobs used for generic bean sprouts by the Chinese & others. Tuvar daal is also called toor daal, and comes in oily & non oily forms.

They look similar to Western yellow split peas (a bit bigger, less brightly yellow, and flatter though). In fact, i've seen some recipes which suggest substituting yellow split peas for tuvar daal if you cant get the real thing won't taste exactly the same but it works. SO neither daal is a pea or a lentil, officially, just some more legumes. They should be readily available at any Indian or Pakistani store mung beans may be available at SE Asian/Chinese groceries too, although maybe only the whole kind....

Masoor Daal, split red lentils Urad Daal, a small white lentil normally used for making masla dosas. Chana Daal, garbanzo beans/chickpeas Toor Daal, oiled split peas

Masoor Daal, split red lentils Urad Daal, a small white lentil normally used for making masla dosas. Chana Daal, garbanzo beans/chickpeas

True, but most of the time Chana dal (no, not China Doll -)) refers to a bean that looks a lot like split yellow peas, but a little bigger and yellower. It tastes very different though. Often roasted and fried in small quantities as a spice. No substitutes. Available in Indian stores.

Toor Daal, oiled split peas Not split peas, but rather a dal of its own. Looks like split yellow peas, with kind of a dull yellow color. Used in sambar. A lot of Indians I know say it's their favorite basic dal, but I don't happen to like it. Also called Toovar Dal. Comes in oiled and nonoiled form.

rfvc Digest V94 Issue #168 Aug. 12, 1994. Formatted by Sue Smith, S.Smith34, TXFT40A@Prodigy.com using MMCONV.

Indian Fragrant Ginger Rice

Yield: 5 Servings

Ingredients

1 c rice

2 tb veg oil

1 sm onion halved and sliced lengthwise

1 or more hot peppers, fresh or pickled, rinsed

1/2 inch ginger, chopped or 1/2 ts powdered ginger

2 c water

1/2 ts salt

1 garnish:

1 chopped fresh cilantro or parsley

Instructions

In a heavy frying pan, heat oil, add ginger, then rice, and cook until the rice starts to become transparent. Add onion and red pepper, stir and continue cooking to onion softens.

Add water and salt, cover and bring to a boil. Reduce heat and simmer 5 min. or so.

Remove lid and reduce heat to very low and let rice finish, about 15 min or more.

Garnish with fresh parsley [or preferably] cilantro.

This recipe is kinda based on Indian ones but with fewer spices and ingredients that are easily available everywhere.

Jim Weller

Indian French Toast

Yield: 2 Servings

Ingredients

1/3 c besan (chick pea) flour
1/4 c mashed tofu
3/4 c water to
4 tb margarine to
4 hot green chilies
1/4 c cilantro
1 sl ginger (1/2)
2 tb chopped onion
1/2 ts salt to taste
4 sl bread *

Instructions

* (I like sourdough, and I recommend not using a really dark type.)

Put everything but the bread and margarine into the blender/food processor/ other implement of destruction and blend until the herbs are medium chooped. Pour the resulting batter into a wide shallow dish. (She says it'll keep three days covered in the frig, if you plan meals that far ahead. I don't.)

Melt the margarine in a big skillet or frying pan. Soak one slice of bread at a time in the batter until pretty gloppy, then toss into the skillet and fry until the bottom is medium brown, then flip and cook about another minute.

Serve right off the stove.

From: radhika@june.cs.washington.edu (Radhika Thekkath)

Indian Fried Bread

Yield: 1 Serving

Ingredients

6 tb melted ghee
2 c chapatti flour (ground wheat)
1 warm water
1 oil for frying

Instructions

Rub the ghee into the flour, then use enough warm water to make a firm dough.

Devide the dough into walnut sized pieces.

Heat a heavy frying pan or tavi over a medium heat. Roll out bhakhri thick and small- aproximately 7 cms, 3 inches in diameter. Cook on both sides in the frying pan without oil. Then add a teaspoon of oil and allow bhakhri to bubble up. Turn and cook the other side. Bhakris should be golden brown and crisp on the outside.

Variation: You can make sweet bhakri by adding 4 Tbsp of sugar to the water you used initially to make the dough.

Vegetarian Curry Book, Asha Naran

From: "andy&shell"

Per serving: 1530 Calories (kcal) 86g Total Fat (48 calories from fat) 33g Protein 175g Carbohydrate 209mg Cholesterol 37mg Sodium Food Exchanges: 11 1/2 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 17 1/2 Fat 0 Other Carbohydrates

NOTES : Rub the ghee into the flour, then use enough warm water to make a firm dough. Divide the dough into walnut sized pieces.

Heat a heavy frying pan or tavi over a medium heat. Roll out bhakhri thick and small-approximately 7 cms, 3 inches in diameter. Cook on both sides in the frying pan without oil. Then add a teaspoon of oil and allow bhakhri to bubble up. Turn and cook the other side. Bhakris should be golden brown and crisp on the outside.

Vegetarian Curry Book, Asha Naran

From: "andy&shell"

Nutr. Assoc. : 3518 1599 0 0

Indian Fried Chicken

Yield: 6 Servings

Ingredients

6 chicken legs
1/2 ts hot chilli powder
1 ts garam masala
1 ts crushed garlic
1 ts crushed ginger
1 salt (if needed)
5 oz natural yoghurt
2 eggs
1 ts flour
1 ts crushed mint leaves
2 ts ground coriander
6 oz vegetable oil

Instructions

Make a paste of chilli, garam masala, garlic, ginger and salt and rub into the chicken.

Pour yoghurt over chicken and place in a large pan.

Cook over a low heat and simmer for about 15 minutes until all the liquid has evaporated. Make a batter of the egg yolks, flour, mint and coriander and rub on chicken pieces. Let the chicken dry for a few hours. Whisk egg whites, heat oil in frying pan. Dip marinated chicken in egg white, fry until brown. Try spice variations in this recipe. Cheerz, Mark Herron.

Indian Fried Okra With Tamerind Paste

Yield: 1 Servings

Ingredients

1 one lb fresh okra [1]
2 big onions [2]
1 red ripened tomato [3]
1 tb fresh coconut powder [4]
1/4 bn cilantra, optional [5]
1 tb tamarind paste [6]
2 tb any veg oil [7]
1 ts mustard seed [8]
1 table spoon any sambar
1 powder [9]
1 salt accordingly [10]

Instructions

Wash okra in a bowl of lukewarm water, and remove all the moisture using paper towels, it should be dry to cut. Chop okra ringwise ½ inch thickness. Chop 2 + 3 + 5 into very small pieces.

Place a pan with item 7, when it starts heating up, add item 8, so that they split up, add chopped onions, fry till golden brown, add chopped okra, fry till dark brown, add chopped tomato, fry till water slowly disappears. All this cooking should be done on med-high.

then add 5 + 6 + 9 + 4 and very little bit of water, and 10, cook for at least 15 -20 mins. if you like you can add 1/2 tablespoon of sugar.

This recipe is really very nice goes well with cooked white rice and little bit of butter. there is no question of slimy thing. the trick is you got fry deep brown, don't care if one or two becomes black, it really adds to the taste!!!

Jamuna From: Jamuna.Krishnappa@proteon.com (Jamuna Krishnappa)

Indian Fruit Pudding

Yield: 6 Servings

Ingredients

1 lb chokecherries or blueberries

4 c water

1/2 c flour

1 c sugar or honey, or to taste

Instructions

This dish was originally made with chokecherries. These tiny cherries are bitter enough to surprise you, and the pit is the biggest part of the fruit. The whole cherry, pit and all, was pounded up and used to preserve meat, and they are certainly sour enough to do just that.

When they were made into a pudding it must have taken the family's entire stock of honey to provide enough sweetening. Wild blueberries, which could not be preserved so easily, were also used for this dish.

Boil the berries in the water. Drain the juice and set aside. Mash the berries and mix with the flour. Combine the sugar or honey with the juice and add to the berry/flour mix. Stir well. If lumps are present add a little more water and continue to stir. Bring to a simmer and stir constantly until thick. Check for sweetness. Cool and serve.

Source: "The Frugal Gourmet Cooks American" by Jeff Smith.

Indian Fry Bread #1

Yield: 12 Servings

Ingredients

2 c flour

1/3 c powdered milk

2 ts baking powder

1 ts salt

2 ts lard or shortening

3/4 c warm water

1 oil for frying

Instructions

Contributed to the echo by: Tia Darrow Originally from: "Simply Simpatico" put out by the Junior League of Albuquerque Indian Fry Bread Mix dry ingredients. Cut in 1 tblsp. lard (or shortening) until crumbly. Add water and mix until a soft dough forms. Knead until dough is smooth and springy in texture. Make into 12 balls. Melt 1 tblsp. lard (or shortening) and brush on each ball of dough. Set aside for 30 ea 0-45 minutes. On a lightly floured surface roll ball to 4" circle. Then stretch to 7-8" in diameter. Poke

a hole in center. Fry in oil at 365 ea 65 degrees until lightly browned, turning once. Serve with butter and honey...

Indian Fry Bread #2

Yield: 48 Servings

Ingredients

- 1 pk dry yeast
- 1 1/2 c warm water (about 110 deg f)
- 1/2 c sugar
- 1 ts salt
- 2 eggs lightly beaten
- 1 c evaporated milk
- 7 c all purpose flour divided
- 1/4 c vegetable shortening
- 1 vegetable oil for frying
- 1 powdered sugar (optional)

Instructions

FYI...I have found that the recipe is similar to that used for Mexican Sopapillas. In large bowl, stir together yeast and water until yeast is dissolved. Add sugar, salt, eggs and evaporated milk and mix well. Stir in 4 c flour, 1c at a time. Add shortening and beat until well blended. Add remaining 3 c flour, 0.5 c at a time. Dough will be stiff, so last amounts of flour will have to be worked in by hand. Cover bowl with plastic wrap and refrigerate overnight or up to 5 days.

When ready to fry, roll dough to 1/8 in thickness and cut into 3" by 4" rectangles. Heat oil to deep fryer to 360 deg F and fry 3-4 pieces at a time, turning once or twice during cooking. Drain on paper towels. Keep warm in 250 deg F oven until ready to serve. Sprinkle with powdered sugar or serve with honey if desired. Makes 4 dozen.

H-WILFEHRT@NWU.EDU (HELEN M. WILFEHRT) REC.FOOD.RECIPES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Indian Fry Bread 2C

Yield: 6 Servings

Ingredients

- 4 c flour
- 2 tb baking powder
- 1 ts salt
- 1/2 c lard or shortening
- 1 warm water
- 1 oil for deep frying
- 1 honey

Instructions

Mix flour, baking powder and salt. Cut in lard until mixture is texture of cornmeal. Gradually add warm water, using only enough to make dough stick together. Divide dough into 6 balls the size of a fist. Cover with towel and let stand 10 minutes. Pat each ball out to size of large pancake. Fry in deep hot oil until golden brown on both sides. Serve with honey.

Indian Fry Bread And Beans

Yield: 1 Servings

Ingredients

- 1 lb bag of dried pinto beans
- 1 recipe for fry bread *see -below

Instructions

TOPPINGS

- 1 cheese grated
- 1 cabbage sliced -or- lettuce shredded
- 1 tomatoes diced
- 1 onions diced
- 1 black olives
- 1 sour cream

First, cook the beans. I add some dried onion flakes, coarse pepper, chili powder, garlic powder, and salt at the end of cooking.

Fry Bread 2 cups flour 1 Tablespoon baking powder 1 teaspoon salt 1 Tablespoon shortening 1 Cup boiling water 2 cups of vegetable oil for frying

Combine dry ingredients Add shortening and rub into flour mixture with hands or use pastry cutter, cut in until well broken up and combined. Pour boiling water into the flour mixture all at once, mixing with fork until mixture forms a ball. If the mixture is too dry, add very hot tap water 1 Tablespoon at a time. If its too wet, add a little flour at a time and knead in. As soon as a ball is formed, cover with plastic wrap and allow to rest at room temp for at least 45 minutes. Pull off pieces of dough the size of a lime and sprinkle with flour, on a floured board with floured hands and a rolling pin, flatten out the dough into a 5 or six inch circle.

Poke a small hole in the center with a finger or chop stick or something to allow bread to fry evenly. Add disc to the hot oil (about 375 degrees) and fry for about 2 minutes on each side. Bread will puff up and bubble. Repeat with each remaining ball of dough. To assemble, place a piece of bread on each plate, cover with beans, and toppings of choice.

Original post by MSTRCOOK@aol.com on 9 Nov 1997 20:03:57 -0700, converted by MCBuster.

Recipe by: rec.food.recipes

Posted to recipelu-digest Volume 01 Number 319 by RecipeLu on Nov 28, 1997

Indian Game Hens (Not Finished)

Yield: 4 Sweet Ones

Ingredients

- 2 cornish game hens (about 1 -1/4 lbs each)
- 4 tb soy flour
- 1/4 ts pepper
- 3 tb olive oil
- 4 green onions chopped
- 1/2 lb mushrooms sliced
- 1 tb curry powder + 1 ts curry powder
- 1 ds red (cayenne) pepper
- 1/2 c chicken broth
- 1/2 c plain low-fat yogurt

Instructions

Cut hens into quarters, remove skin and discard backbone. Place 3 tablespoon of soy flour, pepper and

Indian Garlic Pickle

Yield: 1 Servings

Ingredients

30 garlic cloves
8 limes
8 dry red chilies
1 ts fenugreek (indian spice)
2 ts oil
1 ts salt

Instructions

Halve the garlic cloves if they are too large. Do not wash them.

Squeeze the limes and pour the juice into a glass jar or bottle with a plastic cover. Add the cloves and salt and mix well. Keep aside for 3 days at room temp. or in the fridge.

Heat the oil and on a low heat, stir the red chilies until they are brown (not charred).

Remove and set aside to cool. Roast the fenugreek in the remaining oil (it can also be dry roasted). Cool.

Grind the two in a mortar and pestle or a spice grinder. Add to the garlic lime juice mixture. This pickle may be used in a couple of days and stays up to three months in the fridge. A couple of garlic a day will keep most illnesses away (and some people too!)

Maya From: "maya (m.b.) nair"

From: Michael Loo Date: 22 Nov 96 National Cooking Echo Ž

Indian Garlic Potatoes

Yield: 1 Serving

Ingredients

20 Cloves garlic peeled
1/4 Cup water
2 jalapeno peppers seeded and sliced
3 Cups cooked chickpeas drained
3 Medium russet potatoes peeled
and cut into small cubes
12 Ounces tomato paste
1 Teaspoon ground cumin
2 Cups water
Salt to taste

Instructions

1. In a blender or food processor, puree garlic with 1/4 cup water. In a heavy soup pot or Dutch oven, cook garlic paste over medium-high heat for 5 minutes, stirring, until most of the water has evaporated. Add remaining ingredients, bring to a boil, reduce heat and simmer, uncovered, for 40 minutes, or until potatoes are tender.

Makes 6 servings.

V PER SERVING: 265 CAL(6 PERCENT FROM FAT), 10g PROT, 2g FAT, 56g CARB, 989mg SOD, 0mg CHOL, 9g FIBER.

Formatted by suechef@sover.net

NOTES : Proceed with caution. The process of cooking down the garlic paste makes this a truly strong stew.

Contributor: Vegetarian Life 4/99

Indian Gazpacho

Yield: 6 Servings

Ingredients

6 lg tomatoes, blanched, skinned
1 lg red onion
1 lg green or red bell pepper
2 bn radishes, trimmed
3 lg carrots
3 lg celery ribs
2 md cucumbers, unpeeled
2 ea hot green chilies, seeded
6 lg garlic cloves, peeled
2 tb olive oil
1/2 c tomato paste
6 1/4 c vegetable stock
1 3/4 c dry red wine
1 salt

Instructions

Chop all vegetables & put in large bowl with the rest of the ingredients. Stir well. Blend in stages until there are no vegetable chunks left, but don't let the soup become too thin. Add salt to taste & chill before serving.
Adapted from Ismail Merchant, "Indian Cuisine"

Indian Gravy

Yield: 1 Servings

Ingredients

1 c ghee
2 lg onions, chopped
4 lg garlic cloves
1 ts grated ginger
2 ts turmeric
2 ts cayenne
2 ts garam masala
4 ea ripe tomatoes
1/3 c yogurt
1 salt
2 1/2 c water

Instructions

Heat ghee & saute onions & garlic till golden. Stir in ginger, turmeric, cayenne & garam masala in turn. Stir fry for 5 minutes.
Add tomatoes & yogurt. Stir in salt & cook for 2 minutes.
Pour in water & bring to a boil. Reduce heat & simmer for 10 minutes. The gravy is now ready to use.
Makes 2 1/2 cups.
Michael Pandya, "Indian Vegetarian Cooking"

Indian Gulab Jamun With Milk Powder

Yield: 8 Servings

Ingredients

1 c milk powder
1/4 c all purpose flour
1/2 ts baking soda
1 tb melted butter
1 half and half as needed
3/4 c sugar
3/4 c water
1/2 ts rose essence
1 oil/crisco to deep fry

Instructions

From: "maya (m.b.) nair"

Newsgroups: rec.food.recipes

Mix the milk powder, flour and baking soda. Add the butter and enough half and half while mixing with your fingers so that you are able to form the mixture into 1/2 inch diameter balls. Deepfry these balls on medium heat and add to sugar syrup.

Sugar syrup: Heat the water and dissolve the sugar in it. Remove from heat and add the Rose essence. Add the jamuns while still warm and keep pot covered for ten minutes.

REC.FOOD.RECIPES ARCHIVES/DESSERTS

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Indian "Hill Station Lamb"

Yield: 1

Ingredients

6 chops of best end of lamb
1 md onion
8 dried apricots (8 to 10)
1 440g tin of chopped tomatoes
2 cloves chopped garlic
1 tb chopped green chilli
1 tb chopped ginger
1 tb turmeric
1 tb red chilli powder
1 tb sugar
2 tb cider vinegar or sweet and sour sauce

Instructions

In a lightly oiled frying pan over a medium heat quickly seal the lamb chops and place to one side.

Fry the onion until light brown and add the garlic, chilli and ginger.

Over a medium heat, one by one, add the turmeric, chilli powder and the sugar.

Continue stirring for a minute then add the tomato, cider vinegar and the pre-sealed lamb chops.

Simmer gently for six minutes, adding the apricots at the end and stir for a further minute.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Indian Hominy

Yield: 5 Cups

Ingredients

2 c dried corn kernels

10 c water

1 c culinary ash -or- 2 tb baking soda

Instructions

Soak the dried corn overnight in a bowl filled with the cold water.

The following day, put the corn and water into an enameled pot. (Because the culinary ash reacts with metal, hominy must be processed in an enameled pot) Cover and bring to a boil over high heat. When the water begins to boil, stir in the culinary ash. At this point, the ash will intensify the color of the kernels. Cover and reduce heat. Simmer over low heat for about 5 1/2 hours, until the hulls are loose and the corn returns to its original color. Stir occasionally and replenish with enough water to cover the corn when necessary, or it will dry out and burn on the bottom. Under cold running water, rub corn between fingers to remove hulls, which should be discarded.

Drain corn in a colander. To dry hominy in the traditional manner, spread the cooked and hulled corn on an open weave basket or screen and place in full sun, turning the kernels every few hours, until completely dry. Alternatively, place the kernels on a sheet pan in a gas oven with the pilot light on, or in an electric oven on the lowest setting, turning every few hours until dry. (Check by breaking open a kernel: If there is any moisture inside, keep drying.) Once properly dried, hominy will keep almost indefinitely without spoilage.

NOTE Culinary ash is made from burning the wood of certain trees until there is only ash left. Many types of trees and bushes found in the Southwest can be used the Navajos use juniper primarily and the Hopis use green plants such as suwvi or chamisa bushes. The green twigs, when burned, produce an ash with a high mineral content. When used in cooking, it increases the food's nutritional value. When culinary ash is mixed with boiling water and corn, the alkaline level in the ash reacts with the corn and changes it to a more intense color. After the water has cooled, the corn changes again to something close to its original color. If you live in an area where culinary ash is difficult to obtain, baking soda can be used as a substitute, although it doesn't have the high nutritional content of ash. Substitute 2 tablespoons baking soda for 1 cup ash.

Indian Ice Tea

Yield: 1 Servings

Ingredients

3 c water

1 tb loose black tea (or 3-4 orange pekoe tea

4 fresh mint leaves (i use a -handful as i love

3 c ice water

3 lemons or limes juice of

1 sugar or honey to taste

1 ice cubes

Instructions

Hi everyone: I still haven't caught up with all those boxes, or all my Fatfree digests, but I have managed to find a lot of good recipes, including this one for ice tea. It's from

The Ethnic Vegetarian Kitchen by Shanta Nimbark Sacharoff. It's my favorite ice tea recipe and I often make 3-4 batches at a time.

Bring 3 cups of water to a boil in a saucepan and remove from heat. Add tea leaves (put in tea infuser for less of a mess) and mint leaves (use tea infuser for dried mint as well). Cover the pot and steep for 5 minutes.

Remove tea leaves and mint leaves. (For a more intense mint flavor leave mint in for 5 minutes longer.)

Strain if not using infusers, stir in honey or sugar (about 1/2 cup) until dissolved. Add ice water and lemon or lime juice. Stir well and pour into glasses with ice cubes.

Note: I have also tried this recipe using lemon balm instead of the mint.

It gives it a different taste and is also good.

Posted to fatfree digest by JBennicoff on Apr 29, 1998

Indian Incense (A Dough Incense)

Yield: 1 Batch

Ingredients

3 tb cinnamon

5 tb sandalwood

1 tb cloves

1 tb musk rose (rosa moschata)

1 tb benzoin

1 tb curry powder

1 ts jasmine oil

1 ts musk oil

1/4 c + 2 tb. powdered willow charcoal

1/2 c + 3 tb. water

3/4 ts potassium nitrate

1 tragacanth powder as needed

Instructions

From Sandy Maine's "Herbal Incense" article in "The Herb Companion."

Dec. 1992/Jan. 1993, Vol. 5, No. 2. Pg. 38. Posted by Cathy Harned.

Indian Jerky

Yield: 50 Pounds

Ingredients

3 ga water

2 lb dry brown sugar

1 oz saltpeter

1 oz cayenne pepper

1 c juniper berries, crushed

1 whole piece ginger

Instructions

Bring water to a boil and add remaining ingredients. Boil for 5 inutes. Remove scum as it appears. Cool and store in a wooden barrel or earthenware crock.

Jerky is dried meat, cut in long strips from large game or beef. To prepare sun-dried jerky, cut fresh meat into long thin strips about an inch wide and an inch thick. Rub the strips with salt and hang, spaced well apart on racks, in the sun to dry. When dry, store in sacks hung in a dry place.

Jerky can also be made by placing the strips in a corning solution for 3 or 4 days, then hung on racks over a slow burning smoky fire for about 2 days. The strips should be

placed well apart to keep them from touching each other. When dry, the strips should be wrapped in a protective covering such as cheesecloth to keep insects and dirt from settling on them.

Jerky will keep dry as long as it is exposed to the air and smoke. It is important not to leave it longer than a couple of days. Then take it down and store it in air-tight jars or other containers.

Source: "Indian Cookin'", compiled by Herb Walker, 1977

Indian Jumanas

Yield: 1 Servings

Ingredients

2/3 c butter

1 c sugar

2 eggs

1 ts vanilla

1/2 c sour cream

2 3/4 c flour

1 ts soda

1/2 ts salt

1/2 ts nutmeg

1 yellow & green food coloring

Instructions

Heat oven to 375. Mix butter, sugar, eggs & vanilla until fluffy stir in sour cream.

Blend dry ingredients stir in. Divide dough in two portions color half yellow & half green. Drop dough by heaping teaspoonfuls on lightly greased sheet. Bake 8-10 minutes.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

Indian Keema With Ginger

Yield: 4 Servings

Ingredients

2 tb vegetable oil

2/3 c onion -finely chopped

4 ts garlic -minced

1 1/2 tb ginger root -finely chopped

2 hot chili peppers -seeded and chopped

1 lb lean ground beef -or lamb

1/4 ts turmeric

1 salt -to taste

1/2 c boiling water

2 ts garam masala

2 ts lemon juice

2 tb parsley -chopped

Instructions

Heat the oil in a skillet and add the onions. Cook, stirring, about 10 minutes, or until onions are browned. Add the garlic, ginger, and chilies and cook 2 minutes longer.

Add the ground meat and cook, stirring and chopping the the spatula to break up any lumps. Cook until the meat begins to brown. Sprinkle with turmeric and salt and stir.

Add the water, cover, and cook over low heat about 25 minutes, stirring often to prevent sticking. When ready, all liquid should be absorbed. If it is not, uncover and

cook until it is evaporated. Stir in the garam masala, lemon juice, and coriander. Serves 4.

Recipe By : Bob Stein

Indian Keema With Peas

Yield: 1 Servings

Ingredients

3/4 c finely chopped onion
1 tb finely chopped fresh ginger
1 ts finely minced garlic
1 tb vegetable oil
1 tb curry powder
1/4 ts ground cinnamon
1/2 ts ground turmeric
1/4 ts ground coriander
1/4 ts ground cumin
1 lb ground meat, such as lamb, beef, or veal
1 c chopped fresh or canned tomatoes
1 tb lime juice
1 ts sugar
1 freshly ground black pepper to taste
1/4 ts crushed hot red pepper flakes
1 c peas

Instructions

Combine the onion, ginger, garlic, and oil in the container of a food processor or blender. Blend to a fine puree. Spoon and scrape the mixture into a small skillet and cook, stirring often, until mixture almost starts to brown, but do not brown. Add the curry powder, cinnamon, turmeric, coriander, and cumin and stir to blend.

Add the meat and cook, stirring and chopping down with the side of a heavy metal spoon to break up any lumps. When the meat has lost its raw look, add the tomatoes, lime juice and sugar. Add a generous grinding of pepper and the hot red pepper. Cover and let simmer for 30 minutes.

Add the peas and continue cooking until the peas are tender, 5 to 10 minutes. Serve with rice, cucumbers and yogurt, carrots with yogurt or mint with yogurt.

Yield: 4 servings calories: 359 sodium: 80 mgs. fat: 22.5 g. cholesterol: 80 mgs.

From Craig Claiborne's Gourmet Diet

Indian Lamb & Spinach, V1.1

Yield: 4 Servings

Ingredients

1 Pound Lamb Leg Ground
340 Grams frozen spinach cut into pieces
2 Teaspoons virgin olive oil
1 onion sliced
1 Teaspoon ground turmeric
1 Teaspoon ground coriander
2 Teaspoons ground ginger
1/2 Teaspoon cumin powder
3 Tablespoons plain low-fat yogurt
1/8 Teaspoon thyme dried leaf

1 ts prepared mustard

Instructions

1. Thaw frozen ground lamb in microwave oven.
2. Thaw frozen spinach. If spinach is not precut, then cut it into 1/4-inch strips.
3. In a large non-stick skillet, heat oil and saute onion until softened. Add lamb, turmeric, coriander, ginger and ground cumin. Simmer, stirring, 10 minutes until meat is browned.
4. Stir in spinach, yogurt, thyme, dry mustard, and sugar. Cover and simmer 15 minutes, stirring occasionally.
5. Add water (only) if needed.

Simmer 15 minutes more, until meat is tender.

Serving Ideas : spiced rice pilaf and a green salad

NOTES : I use lean ground lamb, packaged into 454-g (1 lb.) rolls by New Zealand lamb, which Loblaw's sells frozen in the lamb part of the meat section. The closest equivalent in the MC database is lamb leg, so that is what I have entered.

I'm allergic to peppers, including chili powder, so I use cumin powder to add some zip. I use a special mustard, made by Kozlik's, which contains grape juice instead of vinegar. Sometimes I add a half-teaspoon or more of dry mustard (Keen's) along with the Kozlik's mustard, to add more flavour to the finished product.

Diabetic exchanges: 3 meat, 1 1/2 vegetable

Contributor: Betty Marks, Light & Easy Diabetes Cuisine, p.81 and EI

Preparation Time: 0:45

Indian Lamb & Spinach

Yield: 4 Servings

Ingredients

- 1 lb lamb cutlets or other lean lamb
- 1 lb fresh spinach trimmed
- 2 ts virgin olive oil
- 1 onion sliced
- 1 ts ground turmeric
- 1 ts ground coriander
- 2 ts ground ginger
- 1/2 ts chili powder
- 3 tb yogurt, skim milk or low-fat yogurt
- 1/8 ts thyme dried leaf
- 1 ts prepared mustard

Instructions

Trim any fat from lamb and cut into 1-inch cubes.

Cut spinach into 1/4-inch strips.

In a large non-stick skillet, heat oil and saute onion until softened.

Add lamb, turmeric, coriander, ginger and chili powder.

Simmer, stirring, 10 minutes until meat is browned.

Stir in spinach and remaining ingredients.

Cover and simmer 15 minutes, stirring occasionally.

Add water if needed and simmer 15 minutes more, until meat is tender.

Serving Ideas : spiced rice pilaf and a green salad

NOTES : MasterCooks doesn't have "lean lamb" in its database, so the fat content in the nutritional analysis is probably too high.

Diabetic exchanges: 3 meat, 1 1/2 vegetable

Contributor: Betty Marks, Light & Easy Diabetes Cuisine, p. 81
Preparation Time: 0:45

Indian Lamb In Yogurt Sauce

Yield: 8 Servings

Ingredients

1 1 whole leg of lamb partially bones group a

Instructions

2 oz almonds

8 oz onion -chopped

8 cloves garlic

1 4" piece fresh ginger in small pieces

4 whole green chile

: chopped

3 TB plain yogurt of of 1 pint

: GROUP B

2 TB cumin -ground

2 ts coriander -ground

3 ts cayenne

3 1/2 ts salt

: GROUP C

1/2 TB whole cloves

16 whole cardamom

1 stick cinnamon

10 whole black peppercorns

: DECORATIONS

: whole almonds

: golden raisins

In a food processor or blender mix GROUP A In a bowl stir the pint of yogurt (minus the 3 tablespoons) until creamy and smooth. Then add the Group A paste and Add GROUP B

Now, put this mixture over, around, and in the leg of lamb. Use a glass pan and cover with plastic film. Refrigerate for 24 hours. Glass is used to avoid the possible chemical changes in the yogurt. 24 Hours later: Heat 6 tablespoons of vegetable oil in pan and add (when hot but not smoking)

GROUP C A few seconds in hot oil and you pour the spices and hot oil over the lamb. Cover it all with foil and bake at 400F for 1 1/2 hours then uncover for 45 minutes.

Decorate with whole almonds and golden raisins. Then give it a final 5 minutes to finish in the oven.

I did a flower with the almonds as petals and raisins for the center. Then arranged two rows of each down the sides.

Recipe By : Terry Pogue

From: Mastercook Mac

Indian Leather Britches Beans

Yield: 1 Recipe

Ingredients

1 no ingredients

Instructions

Pick the green beans when young and tender and string them on a heavy thread, like long strings of beads, one after the other. Hang the strings of beans in a sunny place to dry. It may take as long as a month for the beans to be thoroughly dry. When dry, store in baskets for winter use. To use Leather Brethren beans: wash the beans well and soak 2 cups dried beans in 2 cups of water for an hour or so. Now add 1/4 lb. slab pork, salt and pepper. Bring to a boil and reduce heat. Stir, then simmer very gently for about 3 hours or until beans are tender. Add boiling water if needed to keep beans from burning.

Serve hot as a vegetable dish. Good with Indian corn bread.

Source: "Indian Cookin'", compiled by Herb Walker, 1977

Indian Lentil & Vegetable Stew (Mjeddrah)

Yield: 4 Servings

Ingredients

3 c water
8 oz dried lentils (1 1/4c)
2 md potatoes, peel, 1-in cubes
1 md onion, chopped
1 stalk celery, chopped
2 cloves garlic, fine chop
1 tb finely snipped parsley
1 tb instant beef bouillon
1 ts salt
1 ts ground cumin
2 md zucchini, 1/2-in slices
1 lemon wedges

Instructions

Lentils come in a rainbow of colors: red, yellow, orange, green and brown. Choose any of them for this vegetable stew.

Heat water and lentils to boiling in Dutch oven. Reduce heat. Cover and cook until lentils are almost tender, about 30 minutes. Stir in potatoes, onion, celery, garlic, parsley, bouillon, salt and cumin.

Cover and cook until potatoes are tender, about 20 minutes. Stir in zucchini. Cover and cook until zucchini is tender, 10 to 15 minutes.

Serve with lemon wedges.

Indian Lentil And Split Pea Spread

Yield: 4 Cups

Ingredients

1 c dried lentils picked over
1 c split peas picked over
1/3 c plus 3 tbs olive oil
1 c chopped red onion
2 tb chopped garlic
2 ts turmeric
2 ts ground cumin
1 c (packed) fresh cilantro leaves
2 tb fresh lemon juice
1 ts chili powder
1 pita bread cut into triangles

Instructions

The Sept., 1997, issue of Bon Appetit arrived today -and there was a recipe from Terra Bistro in the Vail Athletic Club that caught my eye.

Cook lentils and split peas in large pot of boiling salted water until very tender, about 35 min. Drain.

Heat 1/3 c oil in heavy large skillet over medium heat. Add onion and garlic and saute until onion is translucent, about 5 min. Add turmeric and cumin and stir 1 minute.

Transfer mixture to processor. Add lentils and split peas, cilantro, lemon juice, chili powder and remaining 3 tbs oil.

Process until smooth. Season generously with salt and pepper. Transfer to medium bowl. Serve with pita bread.

Can be prepared 1 day in advance: cover and refrigerate. Bring to room temperature before serving.

Posted to JEWISH-FOOD digest V97 #231 by jchavelh@notes.cc.bellcore.com on Aug 13, 1997

Indian Lentil And Vegetable Stew (Mjeddrah)

Yield: 4 Servings

Ingredients

3 c water
8 oz dried lentils (1 1/4c)
2 md potatoes, peel, 1-in cubes
1 md onion, chopped
1 stalk celery, chopped
2 cloves garlic, fine chop
1 tb finely snipped parsley
1 tb instant beef bouillon
1 ts salt
1 ts ground cumin
2 md zucchini, 1/2-in slices
1 lemon wedges

Instructions

Lentils come in a rainbow of colors: red, yellow, orange, green and brown. Choose any of them for this vegetable stew.

Heat water and lentils to boiling in Dutch oven. Reduce heat. Cover and cook until lentils are almost tender, about 30 minutes. Stir in potatoes, onion, celery, garlic, parsley, bouillon, salt and cumin. Cover and cook until potatoes are tender, about 20 minutes. Stir in zucchini. Cover and cook until zucchini is tender, 10 to 15 minutes. Serve with lemon wedges.

Submitted By "PAUL A. MEADOWS" On TUE, 2 JAN 1996 174908 ~0400

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Indian Lentil Sandwich Spread (Vegan)

Yield: 2 Servings

Ingredients

1 c cooked lentils
4 cl garlic pressed
2 ts ground coriander
1 ts ground cumin
1/2 ts ground turmeric

1/2 ts chili powder
1/2 ts ground ginger

Instructions

Recipe by: The New McDougall Cookbook Preparation Time: 0:05

Combine all of the ingredients in a small sacuepan. Cook gently over low heat, stirring occasionally, for 5 minutes, to allow the flavors to blend. Chill for 1 hour. 133 calories, 0.8 grams fat per 1/2 cup serving. :

D/L from Prodigy 12-14-94. Recipe collection of Sue Smith. 1.80

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1.80

Indian Lentil Soup

Yield: 8 Servings

Ingredients

1 cl garlic
1 tb olive oil
5 c water
1 c lentils red
1 c onions chopped
1/2 c celery sliced thin
1 c carrot diced
1 1/2 tb tomato paste
1 bay leaf
1/8 ts chili powder
1 tb salt
1/2 c parsley chopped

Instructions

Put first 7 ingredients in pot. Bring to a boil then add next 4 ingredients and continue simmering till lentils are soft.

Approx. 2 hrs. Just before serving add the chopped parsley.

From: Angie Phillips

Per serving: 116 Calories (kcal) 2g Total Fat (15 calories from fat) 7g Protein 18g Carbohydrate 0mg Cholesterol 846mg Sodium Food Exchanges: 1 Grain(Starch) 1/2 Lean Meat 1 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

NOTES : I had this for supper last night (and lunch, teehee). It was sooooo good!

Contributor: LCA

Indian Lentil-Vegetable Soup

Yield: 6

Ingredients

3 tb vegetable oil
2 md onions chopped
2 cloves garlic minced
1 tb ground cumin
2 ts ground coriander
1/2 ts turmeric
1/4 ts cayenne pepper

2 c red lentils
1 picked over and rinsed
8 c water
35 oz canned whole plum tomatoes drained and chopped
1 1/2 c peeled and chopped potatoes
1 c chopped carrots
2 ts salt
1 freshly ground black pepper to taste

Instructions

6 SERVINGS VEGAN

Anne D'Urso-Rose created this soup by combining three of her favorite lentil soup recipes. Indian Lentil-Vegetable is a staple at her home in Malden, Mass., and a dish that she brings to many potluck parties. "I like it extra-spicy," says Anne, "so I add more cayenne than what's called for here."

In large pot, heat oil over medium heat. Add onions and garlic and cook, stirring often, until onions are softened, about 5 minutes. Stir in cumin, coriander, turmeric and cayenne. Add lentils and water. Bring to a boil. Reduce heat and simmer, partially covered, for 15 minutes. Add tomatoes, potatoes and carrots and simmer, partially covered, until vegetables are tender, about 20 minutes.

PER 2-CUP SERVING: 370 CAL 21G PROT. 7G TOTAL FAT (1G SAT. FAT) 55G CARB. 0 CHOL. 1,154MG SOD. 23G FIBER.

Converted by MCBuster.

By Kathleen on Jun 25, 1999.

Per serving: 91 Calories (kcal) 7g Total Fat (68 calories from fat) 1g Protein 7g Carbohydrate 0mg Cholesterol 731mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 1 1/2 Fat 0 Other Carbohydrates

Recipe by: Vegetarian Times, October 1997, page 64

Converted by MMBuster v2.0n.

Indian Lentils (Dahl)

Yield: 4 Servings

Ingredients

1 lg onion chopped
2 cloves garlic chopped
1 tb oil
1/2 ts crushed red pepper
1/2 ts turmeric
1 ts cumin
1 c dried lentils
2 c water
1/2 ts salt

Instructions

Saute onion and garlic in oil in a 1-2 quart pot. When softened, add spices and cook for 1 minute longer.

Add lentils and water. Bring to a boil, cover, and simmer over low heat until tender, 45 minutes to 1 hour.

Stir occasionally while cooking and add salt any time after the first 20 minutes.

Per serving: 208 Calories (kcal) 4g Total Fat (16 calories from fat) 14g Protein 31g Carbohydrate 0mg Cholesterol 277mg Sodium Food Exchanges: 2 Grain(Starch) 1 Lean Meat 1/2 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

Serving Ideas : In addition to accompanying any Indian meat that does not already contain beans, Dahl can be coupled with a rice-vegetable dish and a yogurt salad to make a complete dinner.

Contributor: American Wholefoods Cuisine, Nikki & David Goldbeck

Indian Mango Cheese Cake

Yield: 6 Servings

Ingredients

30 oz Paneer cheese made from 1 -1/2 gallons of milk, (or use two contain ricotta cheese 15 oz ea)

2 c Fresh homemade bread crumbs -(pack

2/3 c Sugar

1/4 ts Coarse salt

2 lg Eggs lightly beaten

1/2 c Melted unsalted butter

1 1/2 ts Freshly-ground cardamom (from 8 green cardamom pods)

1/2 ts Almond extract

3/4 c Finely-diced ripe firm mangoes

1/2 c Sliced almonds

Mango Sauce see * Note

Instructions

* Note: See the "Mango Sauce" recipe which is included in this collection.

Preheat oven to 325 degrees.

In a large bowl, stir together cheese, bread crumbs, sugar, salt, eggs, butter, cardamom, and almond extract. Spoon into a greased 9by 9-inch baking pan. Smooth top, and sprinkle with mango and almonds.

Bake on middle rack of the oven until top is golden, about 1 hour and 15 minutes. Let cool (it will keep in refrigerator for a week). Cut into 3-inch squares and serve with Mango Sauce.

This recipe yields 6 servings.

Recipe Source: COOKING LIVE with Sara Moulton

Recipe courtesy of Julie Sahni

From the TV FOOD NETWORK (Show # CL-9139 broadcast 05-29-1998)

Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com

-or MAD-SQUAD@prodigy.net 12-03-1998

Contributor: Julie Sahni

Indian Mango Sorbet

Yield: 4 Servings

Ingredients

1 text only

Instructions

Mango sorbet are always delicious but this one has the added interest of lime and cardamom flavours. The recipe comes from the recently published "Quick and Easy Indian Vegetarian Cookery" by Sandeep Chatterjee. BBC Books, 1992, \$16.95.

Put 150 g sugar in a small saucepan with 150 mL water. Stir until the sugar has dissolved then simmer briskly 3 to 4 minutes to make a syrup. Remove from the heat and chill. When it is cold, add it to 275 g ripe mango pulp, together with the juice of 1 lime and a third of a tablespoon of ground cardamom.

Mix well and then freeze in a metal container. As it is freezing, whisk it with a fork from time to time.

Serves 4 to 6.

From "Raw Materials" by Meryl Constance, Sydney Morning Herald 1/12/93.

Posted by Stephen Ceideberg February 18 1993.

Indian Marinated Lamb Chops

Yield: 1

Ingredients

4 pk lamb chops

150 g pot natural yogurt

1 clove garlic crushed

1 tb ground coriander

2 ts turmeric

2 ts paprika

1 lime juice of

1 15 grams pac fresh coriander finely chopped

1 salt and freshly ground black pepper

Instructions

Place the lamb chops in a suitable non metallic dish.

Combine all the marinade ingredients in a bowl and pour evenly over the chops and leave to marinate for 1 hour or overnight.

Cook as per pack instructions and serve immediately with a crisp green salad.

Converted by MCBuster.

NOTES : An ideal marinade for the Summer BBQ season Quick and easy to do, ideal served with a salad. Requires 1 hour/overnight marinating.

Converted by MMBuster v2.0l.

Indian Mayonnaise Dressing

Yield: 1 Servings

Ingredients

1 tb corn oil or ghee

1 sm onion, finely chopped

2 ts curry powder

1/4 ts cayenne pepper

1 piece ginger root, peeled, chopped (1/2)

2/3 c mayonnaise

1 tb tomato paste

1 tb mango chutney

3 tb half-and-half or 3 tb plain yogurt

1 cucumber slices, 1/2s (opt)

1 cucumber skin strips (opt)

1 fresh parsley sprig (opt)

Instructions

Heat oil or ghee in a saucepan. Add onion, Curry Powder, cayenne and ginger and cook gently 5 minutes, stirring frequently. Remove from heat and cool.

In a blender or food processor, process cooled onion mixture, mayonnaise, tomato paste, Mango Chutney and half-and-half or yogurt until smooth.

Turn mixture into a serving bowl. Chill at least 1 hour before serving. To serve, garnish with cucumber slices and skin strips and parsley sprig, if desired.

Makes 1 cup.

NOTE: The consistency of this dressing may be thinned with the addition of a little more half-and-half or yogurt, if desired.

Dressing will keep in a covered container in refrigerator for several days. Serve as an accompaniment to cold meats and salads.

Indian Meat Pies (Ai)

Yield: 1 Servings

Ingredients

1/4 ts marjorie

1/4 ts thyme

1 md green pepper, chopped

1 ts salt, pepper to taste

2 lb ground beef*

1/4 ts rosemary

medium onion chopped

Instructions

Brown meat, pour off grease. Add pepper, onion, spices and saute 5 minutes Pinch off enough dough to make 15 patties, 6 inches in diameter. Fill each dough patty with 2 tablespoons of mixture, fold over, seal edge with tines of fork dipped in flour. Fry, turning once to a light brown. Drain on paper towels. *Pork, chicken, or turkey can also be used.

SHARED BY:Jim Bodle 3/92, 5/93

Indian Meat Pies Oneida

Yield: 1 Serving

Ingredients

Indian Fry Bread Dough

2 Pounds Ground Beef*

1/4 Teaspoon Marjoram

1/4 Teaspoon Rosemary

1/4 Teaspoon Thyme

1 Medium Onion Chopped

1 Medium Green Pepper Chopped

1 Teaspoon Salt

Pepper to Taste

Instructions

Brown meat, pour of grease. Add pepper, onion, spices and saute 5 minuets. Pinch off enough dough to make 15 patties, 6 inches in diameter.

Fill each dough patty with 2 tbs of mixture, fold over, seal edge with tines of fork dipped in flour. Fry, turning once to a light brown. Drain on paper towels.

* Pork, chicken, or turkey can also be used.

Posted by bobbi744@sojourn.com

Per serving (excluding unknown items): 47 Calories less than one gram Fat (6 calories from fat) 2g Protein 10g Carbohydrate 0mg Cholesterol 2682mg Sodium

Indian Meat Pies

Yield: 1 Servings

Ingredients

1/4 ts marjorie
1/4 ts thyme
1 md green pepper, chopped
1 ts salt, pepper to taste
2 lb ground beef*
1/4 ts rosemary medium onion chopped

Instructions

Brown meat, pour off grease. Add pepper, onion, spices and saute 5 minutes Pinch off enough dough to make 15 patties, 6 inches in diameter. Fill each dough patty with 2 tablespoons of mixture, fold over, seal edge with tines of fork dipped in flour. Fry, turning once to a light brown. Drain on paper towels. *Pork, chicken, or turkey can also be used.

SHARED BY:Jim Bodle 3/92, 5/93

Indian Milk Tea (Chai) #01

Yield: 4 Servings

Ingredients

2 c water (up to)
4 whole cloves
1 stick cinnamon (up to)
4 cardamom pods (cracked open)
1/4 c loose black tea -or- 4 tea bags
2 c milk
4 tb of sugar (or a little less)

Instructions

For 1 quart: Bring water, cloves, cinnamon and cardamom to a boil let stand as long as possible. Then add black tea and let steep. Then add milk to the tea-spice mixture and heat but do not boil. When hot, strain and add sugar. Stir and keep hot.

Source: a handwritten sheet of paper from Eleanor Zelliott, professor of history at Carleton College. Who knows where she got it. :-)

TAHNAN@NETCOM.COM (MASTERSMITH ENCIL) REC.FOOD.RECIPES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Indian Milk Tea (Chai) #02

Yield: 1 Servings

Ingredients

2 tea bags
2/3 c water
1/2 c milk
1 cardomom or small piece of -crushed ginger
1 ts sugar

Instructions

For one cup tea:

Put tea bags in water and let it boil vigorously for 5 minutes. Pour milk and add sugar. Let it boil until the milk rises. Add crushed cardomom pods or ginger. Serve hot.

If you use ginger, take it out of tea before drinking. You can also use teapowder in which case, you need to filter tea as you would do for coffee.

For better taste, tea should be boiled for long time. The more you boil, the creamy it will be.

I find that tea powder is better than tea bags. The amount of sugar can be varied with your taste.

PADMA@MEADDATA.COM (PADMA TALASILA)

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Indian Milk Tea (Chai) #03

Yield: 1 Servings

Ingredients

4 tea bags (black)

1 water

1 milk

1 sugar

1 ground cardomon seeds

Instructions

Put about 4 tea bags (black) in a saucepan with a mixture of half water and half milk. (Adjust tea to strength) Heat but don't boil. As it heats, add sugar and ground cardomon seeds to taste. This should be sweeter and richer than normal tea almost like a sort of chocolate milk.

JKANDELL@SKYBLU.CCIT.ARIZONA.EDU (JONATHAN KANDELL)

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Indian Milk Tea (Chai) #04

Yield: 1 Servings

Ingredients

1 water

1 milk

1 sugar

1 lipton tea bag

1 fresh ginger root (optional)

1 cardamom powder (optional)

Instructions

Chai is Indian version of tea with cream and sugar. You can make it Indian style as follows: Boil a cup of water and milk mixture, and sugar to it.

You can use less water and more milk to make it creamier. (All milk is okay too.) Dip in a regular Lipton tea bag for a minute. Longer you dip it, the stronger (and bitter) is the chai.

If you want ginger tea, buy fresh ginger root, chop a very small piece (a gram or so) and put it in boiling mixture before dipping the tea bag. You can use cardamom (sp ?) powder instead of ginger too.

MILIND@EQUITY2.SBI.COM (MILIND DESHPANDE) REC.FOOD.RECIPES

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Indian Milk Tea (Chai) #06

Yield: 1 Servings

Ingredients

1 water

1 tea leaves

1 spices: some cloves cardamom (squeeze the who

1 milk

1 sugar

1 ginger (optional)

1 peppercorns (optional)

Instructions

I joined some lessons in cooking indian food in germany. we produced the chai in the following way:

Bring water to boil. add tea lives (any low quality black tea as BOP) and reduce heat (don't switch off). Add the spices: some cloves, cardamom (squeeze the whole nut a little before adding), cinnamon (stick, not necessary). cook slowly for one or two minutes. add some milk (not too much, about 100ml/1l tea) and cook a little more. Then pass all through a sieve. Sugar on your own taste.

I didn't see any chai with ginger yet, but i think you can also add stripes of ginger with the spices. I sometimes add some peppercorns, too.

You can add the spices (not the tea leaves) to the cold water, too.

MLRETTTEL@CIP.INFORMATIK.UNI-ERLANGEN.DE (MICHAEL RETTEL
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Indian Milk Tea (Chai) #07

Yield: 1 Servings

Ingredients

13/16 c of water

1 milk

1 ts tea leaves

1 milk

1 sugar

Instructions

Ha, my favourite drink, and topic! How to make the perfect chai and then sip (note sip, not drink!) it in peace.

The Perfect Chai:

1. For each cup, of chai u need about 4/5 th cup of water, u are going to lose some water in evaporation etc.. and u are going to add milk for the rest. This measure can be changed to suit your proportion of tea+milk.
2. Boil the water and then pour it into the tea pot. Now ad the tea leaves, I use about 1 teaspoon/cup.
3. Now close the pot, and if u want to preserve the heat, close it with a sort of insulating cap u get for the pot.
4. Now heat some milk separately.
5. The cups can be pre-heated by rinsing with hot water.
6. After the tea has brewed for 7-10 minutes, pour the tea into the cups through a strainer, add milk + sugar.

Modified Chai (doesn't need pot etc..)

1. Boil the water in a regular vessel
2. Turn off the gas, add chai and close the vessel with a plate so that the steam stays in
3. Other steps are same

Ginger+Ilaichi chai:

1. Cut some pieces of ginger, crush them with a spoon. Add it to the water when u boil it. U can also add Ilaichi (cardamom) to add flavor.

U can try various types of tea. The best is got by mixing the so called dust tea and leaf tea. Dust adds strength, while leaf gives a distinctive flavor to it. Try Darjeeling tea, its great.

And remember tea should never be boiled, it should be brewed.

KSEETHAR@CS.ULOWELL.EDU (KRISHNAN SEETHARAMAN)

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<http://www.erols.com/hosey>.

Indian Milk Tea (Chai) #08

Yield: 1 Servings

Ingredients

- 1 water
- 1 piece (3/4-inch) ginger crushed
- 1 1/2 ts (heaping) darjeeling tea leaves
- 1 milk
- 1 sugar

Instructions

I put a mug/cup of water to boil. Add a 3/4 inch piece of ginger, crushed with a mallet to it and let the water boil a couple of minutes (to get the ginger essence in), then pour over tea-leaves (amt. depends on what tea leaves are used I use Darjeeling and throw in one and a half heaped tsp) and let steep two mins. or until leaves are settled at the bottom of the pot. Pour into mug add milk, sugar and enjoy!

U11983@UICVM.BITNET (SHYAMALA PARAMESWARAN)

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<http://www.erols.com/hosey>.

Indian Milk Tea (Chai) #09

Yield: 1 Servings

Ingredients

- 1 water
- 1 tea leaves
- 1 spices: ginger cardamom, cloves whole w
- 1 milk
- 1 sweetener to taste

Instructions

There are 2 methods you could make tea the Indian way. Boil water - nothing is added till the water is boiling. Stop the heat source. Add tea leaves and spices (I will give you a list of spices at the end). The tea and spices are usually added to the boiling water in a Bone China tea decanter. The decanter is then covered with a "tea cozy" for around 3-5 minutes (to allow the tea to brew). Filter into tea cups, add milk and sweetener to

taste. This is considered the sophisticated method and is used for the more exotic tea leaves. Usually not many spices are added in this type of preparation. By exotic I would say Darjeeling varieties.

NOTE: For his 2nd way, see "Indian Milk Tea (Chai) #10".

MAHESH@BIGBRO.COLUMBIASC.NCR.COM REC.FOOD.RECIPES

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Indian Milk Tea (Chai) #10

Yield: 1 Servings

Ingredients

1 water

1 milk

1 tea leaves

1 spices: ginger cardamom, cloves whole w

Instructions

There are 2 methods you could make tea the Indian way. Boil a mixture of water, milk (as much as needed for the entire serving). This mixture is then brought to a boil. Once that happens, add the tea leaves and spices and continue to heat please note that this is the important difference in the two methods the "hotch potch" is boiled for about 5 minutes and you would have to keep stirring the mixture (other wise it would boil over) Strain the tea directly into tea cups. This method is used for the not so exotic variety of tea leaves Basically, you depend on the spices to give you the flavor.

Spices: There are a lot of varieties which are used. Combinations are made usually depending on the taste the individual likes:

Ginger (as you had mentioned) Cardamom Cloves

Whole white pepper (this might not be available freely check Asian-Indian grocery stores)

I can give you certain other names but I know only the Indian names.

Don't know the English equivalent. If you are interested you could email me for an extended list. Most of these would be available at Indian (Asian Indian) stores I am not giving the list right now by the time you get back to me I'll try and find the English name equivalents.

All these are part of mix-n-match variety. All of them need to be ground before added to the tea preparation. A coarse grind should be enough. You need not add all, then again you could depends whether you like what you get as end product Trial would help you out.

My favorite though is a mixture of ginger and Cardamom added to tea.

For this I add about piece of ginger (size of a grape) cut in small pieces and 2-3 pods of Cardamom (grind it coarsely or just powder it with something heavy). This is added for a 2 cup serving.

MAHESH@BIGBRO.COLUMBIASC.NCR.COM REC.FOOD.RECIPES

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Indian Milk Tea (Chai) #11

Yield: 1 Servings

Ingredients

3/4 c water

1 ts tea powder/leaves

1 milk
1 sugar

Instructions

Assuming you are making 1 cup of Chai measure out three quarters of a cup of water into a container. Add one tea spoon (depending on how strong Chai you would like to have) of chai powder/leaves and sugar (to your taste). Start boiling the water. Add your chai spices when the water starts to boil. Allow it to boil for a couple of minutes. Then using a filter, drain the water/decoction into a cup. Add a little milk and your chai is ready.

Some people add sugar as the last step, instead of putting it at the start. You could try out some combinations Have fun It won't kill you :-)

NIHON DEC TOKYO REC.FOOD.RECIPES

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<http://www.erols.com/hosey>.

Indian Milk Tea (Chai) #12

Yield: 1 Servings

Ingredients

1 water
1 milk
1 tea leaves
1 ginger

Instructions

This is how I prepare chai.

milk, water (1:3 proportion), sugar according to taste are boiled. When it reaches boiling point add the tea leaves. remove from the flame cover it for 5 minutes. stir the mixture , sieve it out and drink and enjoy.

grate ginger and add it to the mixture along with the tea leaves if you want ginger chai. the amount of tea leaves you use are as follows

1 cup 2 spoons

2 cups 3 spoons

3 cups 4 spoons ... get the picture. increase or decrease according to taste and type of tea leaves.

Try it out this way. If you like it great otherwise try other methods.

SUBRAT@CIGNA.COM REC.FOOD.RECIPES

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<http://www.erols.com/hosey>.

Indian Milk Tea (Chai) #13

Yield: 1 Servings

Ingredients

1/2 c water
1 spoon tea leaves
1 crush ginger
1 sugar
1 milk

Instructions

Well read your message soc.culture.indian. Well these are the steps to make chai. for making a cup of chai.

1. take half cup of water in an utensil

2. put spoonful of tea leaves, crushed ginger and sugar as needed and optionally crushed cardamom into the water
3. boil the mixture for about 3-4 minute based upon how strong chai u need
4. pour half cup of milk into it
5. again boil for a few minutes
6. filter it into a cup or glass Well u can now enjoy ur cup of ginger chai.

YOGESH@HPWSYKM.CUP.YHP.CO.JP (YOGESH MAHESHWARI)

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<http://www.erols.com/hosey>.

Indian Milk Tea (Chai) #14

Yield: 1 Servings

Ingredients

1/2 c water

1/2 c milk

1 heaped spoon tea leaves or tea dust

Instructions

I was in Japan recently and did try out chai at a Tokyo Cafe. To make 1 cup, boil approx 1/2 cup of water and 1/2 cup milk (you can vary the ratio to suit your taste-more water perhaps). When it is warm, add 1 heaped spoon of tea leaves or tea dust. Let it boil for a few minutes but make sure the milk doesn't spill over. Add sugar to taste. Filter out the tea leaves using a tea filter (which I'm sure you can find in the department stores there like Matsuya and Meiji-Ya).

RAJIV@WATSON.IBM.COM (RAJIV RAMASWAMI) REC.FOOD.RECIPES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Indian Milk Tea (Chai) #15

Yield: 1 Servings

Ingredients

1 water

1 sugar

1 tea leaves

1 milk

Instructions

-SPICES-

1 stick (1.5-inch) cinnamon stick (up to)

4 cardamoms (with shell) (up to)

3 peppercorns (up to)

3 cloves

1/2 ts ginger powder

Here is the method of how to make chai as you requested:

1. Add water in pan.
2. Add sugar, tea leaves and spices.
3. Bring to boil and simmer for a minute or so.
4. Add milk.
5. Bring to boil and simmer for 3-5 minutes.
6. Strain tea in teapot.

To make chai for one person, one needs: 1 cup of water, see 1. above. 1 teaspoon of sugar, 1 teaspoon of tea leaves and 1/4 teaspoon of spices, see 2. above. (depending on how sweet, strong and spicy) 1/4 cup of milk, see 4. above. (depending on how milky)
NOTE: this tea is made with water but equally can be made with milk.

Spices can generally be proportioned as follows: A. 1 one 1.5 inch cinnamon stick. B. 3-4 cardamoms (with shell). C. 2-3 peppercorns. D. 2-3 cloves E. 1/2 teaspoon of ginger powder.

Grind into a powder the items A-D and add E.

In winter fresh ginger chai is very good, add 1cm² chopped ginger with the spices. Can also add pepper at the same time to give a warm feeling.

The spice list I mentioned is not complete. We usually add about 10 to 12 different types of spices for chai ground together. I am sorry I do not know the names of them in English.

MANISH@CFMU.EUROCONTROL.BE (MANISH CHHATRALIA)

REC.FOOD.RECIPES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Indian Mint Pesto

Yield: 8 Servings

Ingredients

- 1 c mint leaves tightly packed
- 2 tb finely chopped jalapeno peppers
- 2 tb finely chopped onion
- 1/2 ts finely chopped fresh ginger
- 4 ts lemon juice
- 3 tb almond butter
- 1 salt to taste

Instructions

Date: Thu, 30 May 1996 01:03:33 -0500

From: rael@EbiCom.net

All recipes from: Sauces: Classical and Contemporary Sauce Making (copyright 1991 by James Peterson) (ISBN: 0-442-23773-1)

Combine all the ingredients in a food processor and puree until the mixture is smooth, for about 20 seconds. Yield: 1 cup (250ml)

CHILE-HEADS DIGEST V2 #334

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Indian Muffins

Yield: 1 Servings

Ingredients

- 1 ea egg, beaten
- 1 c milk
- 1 ts shortening, melted
- 2 tb cornmeal, heaping
- 1 1/2 c flour
- 2 ts baking powder

Instructions

Mix the egg, milk and shortening together. Combine with the sifted dry ingredients and mix thoroughly. Bake in greased muffin tins at 450-F about 20 minutes. Source: Pennsylvania Dutch Cook Book Fine Old Recipes, Culinary Arts Press, 1936.

Indian Mutton Curry (Or Beef)

Yield: 6 Servings

Ingredients

2 tbl butter or margarine
1 lb beef, trimmed cubed
1 onion sliced
2 potato cut in 1" cubes
1 carrot peeled and sliced
1 cu &nbs -florets
1 cu &nbs -in 1" cubes
3 cloves garlic minced
2 green chiles fresh
2 tbsps coriander ground
1 tb chili powder
1 ts ground cumin
1 ts ground ginger
1 ts turmeric
1 ts curry powder or to taste
1 tb mustard seed
1/2 cu &n 3/4 cu &n diluted to 1 1/2 cu

Instructions

To moderately hot butter in large skillet or wok, add onions, garlic, chilies, mustard seeds, curry powder, coriander powder, chili powder, cumin powder, turmeric powder, and ginger. Stir constantly, then lower heat. Add beef and vegetables saute until beef is browned , then add diluted coconut milk and vinegar.

Simmer on very low heat until meat is nearly tender. When vegetables and meat are tender, add rice flour mixed with a little water and salt. Add more water if necessary.

Per serving (excluding unknown items): 194 Calories 9g Fat (39 calories from fat) 19g Protein 11g Carbohydrate 54mg Cholesterol 194mg Sodium

Serving Ideas : Serve over hot cooked rice with plain yogurt.

NOTES : Delicious and pleasantly warm. By the end of the second helping, the lips were beginning to feel a little numb, tho'.

Contributor: International Curry Cookingpg 97

Preparation Time: 0:45

Indian Naan

Yield: 1 Servings

Ingredients

2 tb clarified butter
1/2 c water -plus 1 tbsp
1 ts salt
2 c bread flour
1 1/2 ts yeast

Instructions

Add all ingredients to machine and program for knead and first rise.

When dough is done remove and punch down. Let rest for 5 minutes. Place 13 x 9 x 1" baking pan on bottom of oven. Preheat oven to 500. On lightly floured work surface, cut dough in half and cut into four equal pieces. With a lightly floured rolling pin, roll each piece into a 1/4" thick free-form circle. Cover with a clean kitchen cloth and let rest 20 minutes. Lightly sprinkle tops with flour and roll out as thin as possible. Place 1 to 2 naans face down on preheated baking pan. Bake 60 seconds. Remove from oven. Place on large plate and cover with a clean kitchen cloth. Continue baking remaining naans. Eat warm.
Recipe By : Ultimate Bread Machine Cookbook

Indian Nan Bread, On The Grill

Yield: 1 Serving

Ingredients

1 tb yeast
1 1/2 c warm water
5 ts sugar scant beaten egg
2 tb melted butter or vegetable oil
3/4 c heavy or 15 cream room temp
1/4 c milk room temp
2 c bread flour
4 c all purpose flour unbleached
2 1/2 ts baking powder
1/2 ts baking soda
1 3/4 ts salt

Instructions

In a large mixing bowl fitted with a dough hook (or use bread machine), whisk together the yeast, water, and 1 teaspoon of the sugar. Whisk in remaining sugar, egg and oil. Stir in cream and milk and most of the flour (reserve one cup), baking powder and salt. Stir to make a soft dough.

Attach dough hook (or knead by hand) and make a soft, supple dough, adding more flour as required (10 to 15 minutes).

Place in a lightly oiled plastic bag and let rest until doubled, or refrigerate overnight (you may keep dough refrigerated for up to four days). Allow to come to room temperature before using (bread will rise up as it warms).

Break dough off in pieces around the size of a grapefruit. Let rest a minute or so, then roll into rounds about the size of your hand. Stretch gently lengthwise and sideways to make a teardrop shaped slab. Place dough slabs on a cookie sheet and cover with a tea towel. Let rest 10-15 minutes.

Preheat gas grill to hottest temperature (500 F.).

Place nan slabs on grill and put cover down. Bake until dough puffs up, (3 to 5 minutes). Using tongs, turn over bread to cook other side, for another 3 to 5 minutes. Dough may look scorched in areas but this is OK.

Serve immediately, or cover in foil and keep warm on the warming section of the grill.

Note: Most recipes for nan call for yogurt and milk, but this version is similar to ones I have enjoyed in Indian restaurants. This recipe is adapted from the one generously provided by Montreal's landmark Bombay Palace Restaurant. Rustic, chewy, addictive this is perfect for a mountain of tandoori chicken or just about any main dish.

From <http://www.betterbaking.com/breadgrillrec.html> Posted to BreadBakers 4/99 by JoAnn Pellegrino

Per serving: 1315 Calories (kcal) 28g Total Fat (19 calories from fat) 38g Protein 227g Carbohydrate 62mg Cholesterol 5835mg Sodium Food Exchanges: 13 1/2 Grain(Starch) 1/2 Lean Meat 0 Vegetable 0 Fruit 4 1/2 Fat 1 1/2 Other Carbohydrates Contributor: BetterBaking.com

Indian Okra And Tomatoes

Yield: 1 Servings

Ingredients

2 ts cumin seed
2 ts coriander seed
1/2 ts fennel seed
1/2 ts ground cayenne
1/4 ts turmeric
3 tb vegetable oil
1/2 lb okra trimmed and left whole, o
2 c finely chopped onion
2 cloves pressed garlic
1 tb grated fresh ginger
1 1/2 c finely chopped peeled fresh or 1 small can whole toma
1 salt to taste
1 c hot water (or use juice from canned tomatoes if using
3 tb chopped cilantro

Instructions

Here is another recipe for okra lovers. The original recipe came from the Julie Sahni book of Indian Cooking (I have both of them and can't remember which one this is from). It has been adapted to our tastes.

Grind cumin, coriander and fennel seeds in a mortar and pestle. Mix with cayenne and turmeric and reserve. Heat oil in a large non-stick skillet over medium-high heat. When the oil is very hot, add the okra in a single layer and fry without stirring for 1 minute. (If using frozen okra, thaw enough to separate, rinse to get rid of any remaining frost crystals and pat dry with paper towels before browning.) Continue cooking for 3 or 4 minutes more, turning the okra until lightly browned. Remove the okra from the pan with a slotted spoon and set aside.

Add the onion to the hot oil and cook until light golden, about 5 minutes, stirring frequently. Add the garlic and ginger and cook, stirring constantly, until the mixture turns caramel brown, about 8 10 minutes.

Add the spice mixture and stir for a few seconds, then add the tomatoes.

Reduce the heat to medium and cook, stirring, for 3 minutes or until mixture thickens and become pulpy. Add the fried okra, salt, and hot water.

Stir to mix and bring to a boil. Lower the heat to simmer and cook, covered, until the okra is tender (about 20 minutes) and the sauce is thick. Stir in a little of the cilantro and garnish the dish with what's left.

Serve with white or brown basmati rice.

Posted to EAT-L Digest by Jo McGinnis on Aug 1, 1997

Indian Omelet

Yield: 2 Servings

Ingredients

2 lg eggs
2 tb whipping cream

1/4 ts salt
1/4 ts pepper
2 tb butter or margarine
1 cn white chicken in water (5 ounce) drained & flaked
1 tb chopped green onions

Curry Sauce:

2 tb butter or margarine
2 tb all-purpose flour
2 ts curry powder
2/3 c chicken broth
1/2 c whipping cream
1/8 ts salt
1/8 ts pepper

Instructions

Curry Sauce: Melt butter in a saucepan over low heat whisk in flour and curry powder. Cook, whisking constantly, 1 minute. Gradually add broth cook over medium heat, whisking constantly until thickened.

Whisk in whipping cream, salt, and pepper cook, whisking occasionally, 2 minutes or until thoroughly heated. Yield: 1 cup.

Note: Sauce may be stored in refrigerator up to 3 days. Reheat in a heavy saucepan over low heat, stirring constantly. Serve over cooked vegetables, if desired.

Omelet: Whisk together first 4 ingredients set aside.

Melt butter in a 10" omelet pan or nonstick skillet over medium heat add chicken and green onions, and saut, 2 minutes or until onions are tender.

Add egg mixture to pan. As mixture starts to cook, gently lift edges with a spatula, and tilt pan to undercooked portion flows underneath.

fold omelet in half serve immediately with Curry Sauce.

Submitted by Mildred Anderson / Conway, Arkansas

MC formatted for your cooking pleasure by Pamela Creeden 4/1/99.

Contributor: Southern Living Magazine April '99

Preparation Time: 0:10

Indian Omelette

Yield: 1 Servings

Ingredients

3 eggs
2 tb heavy cream
2 tb butter
3 tb finely diced ham
3 tb finely diced chicken
1 tb finely diced green onions
1/4 c hot curry sauce
2 tb chopped tomatoes

Instructions

Beat eggs with cream. In skillet, heat butter. Add ham, chicken & green onions. Saute until onions are tender. Add eggs. Cook until firm enough to turn over. Flip over & cook 1 1/2-2 minutes. Fold in half. Place on plate. Pour sauce over omelette & sprinkle with tomatoes. Serve at once.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

Indian Onion Relish

Yield: 1

Ingredients

1 md onion, peeled

3/4 tsp. salt

4 tsp. lemon juice

1/4 tsp. paprika (the redder in color, the better)

1/8 tsp. cayenne pepper

Instructions

Cut onion crosswise into paper-thin rings and put rings into a bowl. Add all other ingredients, toss and mix. Set aside for 30 minutes or more before eating in order to let the flavors blend.

Serves 4

Indian Paneer (Cottage Cheese)

Yield: 1 Servings

Ingredients

1 see directions

Instructions

Take one gallon of milk very imp. bring it to a complete boil once it starts to boil then add at least two or more lemons (juice) it curdles almost immediately ! at this stage the color of the seperated water is pale-greenish this is the correct sign that the milk has curdled completely now seperate the curdled cheese from the water by passing it through the sieve or better still through a cheesecloth (muslin) once you have put it in the cheesecloth you must then tie it up tightly (make it into a ball shape) and hang it so that the rest of the water drains off keep it for 20-30 minutes like this Then take it out of the cloth and flatten it cut cubes of desired size you are now ready to use this as it is or lightly golden fry (in frying handle it carefully lest it fragments) eat it or add it to your desired curried dish. FROM: KARAN SINGH (LZBC22A) Recipe By :

Indian Papadams

Yield: 12 Servings

Ingredients

2 c garbanzo bean (chick-pea)

1 flour

1 ts cracked or coarsely ground

1 black pepper

1 ts ground cumin seed

1/2 ts salt

1 cl garlic, pressed

1/4 c plus about 1 tablespoon water

1 cayenne for dusting tops

1 oil for frying (optional)

Instructions

"Papadams are delicious, spicy Indian crackers that traditionally require many ingredients and take days to make. They are prepared ahead in quantity and deep fried just before serving. This is a simplified version. It still requires time, but the results are worth it. It is not the easiest of recipes, so if you don't have a perfect result the first time, try again. You will be glad you did.

Stir together the flour, pepper, ground cumin seed, and salt in a large bowl or in the food processor. Mix thoroughly until the spices are evenly distributed. Add the garlic and mix well. Add enough of the water to form a dough that will hold together in a cohesive ball.

If necessary, add up to 1 additional Tablespoon water. The dough should be fairly stiff and dry. If it is too wet, it will not roll well.

Knead the dough for about 5 minutes by hand or pulse for about 15 seconds in the food processor. The dough should be smooth.

With your hands, shape the dough into a cylinder or log about 2 inches thick and 6 inches long. With a sharp knife, cut the cylinder into 1/2-inch thick slices.

The next step uses oil, so do not use your pastry cloth and rolling pin sleeve. Place each slice on a lightly oiled surface. Lightly oil the top of the slice and then roll out into a very thin circle about 6 or 7 inches in diameter. Papadams must be rolled extremely thin, maximum 1/16 inch. If the dough sticks to your rolling pin, gently pull it off. Dust the tops of each papadam with cayenne pepper.

Using a metal spatula to loosen the edges of the papadams from the rolling surface, carefully place them on large baking sheets. The traditional method for preparing and frying papadams is described below. You can also bake them in a 300~F. oven for about 15 to 25 minutes, or until crisp and dry. The cooking time may vary beyond this range depending upon the thickness and moisture in the rolled dough. Cool them on a rack.

To prepare the papadams in an authentic manner, don't bake them. First allow them to dry by leaving them in the sun for a few hours or by placing them in a very low oven (less than 200~F.) for 1 to 2 hours, turning occasionally. Dry the papadams until they are just slightly flexible and show no moisture. They should not brown or bake, however. At this point, the papadams may be stacked flat and stored in an airtight container until needed. They will keep for months if stored properly.

When ready to serve, heat about 1/8 inch of oil in a large skillet. The oil should be hot, but not smoking. A drop of water flicked into the skillet should sizzle immediately.

One at a time, drop the papadams into the hot oil. Turn the papadam when it begins to curl at the edges. It will quickly fry and become crisp. Remove it before it turns brown. Cool and drain the papadams on paper towels. Eat them immediately.

Yield: 12.

Indian Pastry

Yield: 4

Ingredients

1 c plain flour

1/2 c wholemeal flour

1 pn salt

1 egg

100 ml yoghurt

2 tb olive oil

1 ts water

1 ts cumin

1 ts curry powder

Instructions

In a mixing bowl combine the flours with the cumin and curry powder.

Make a well in the middle and add the salt, egg, yoghurt, oil and water and mix to a smooth dough.

Knead for 5 minutes, then allow to rest for 30 minutes.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Indian Pone Cakes

Yield: 24 Servings

Ingredients

1/3 c butter or margarine
1 cornmeal -as needed
1 1/2 c bisquick baking mix
1/2 c cornmeal
1/2 c cold water
1 salt

Instructions

1. Melt butter in oblong pan, 13x9x2 inches. Sprinkle some cornmeal over butter.
2. Stir baking mix, 1/2 cup cornmeal and the water to a soft dough. Gently smooth dough into a ball on floured cloth-covered board. Knead 5 times.
3. For sticks Roll dough into a rectangle, 10x6 inches. Cut lengthwise in half cut each half into 12 sticks about 3/4 inch wide. Roll each stick in butter in pan sprinkle lightly with salt. Bake in pan 12 to 15 minutes. Serve hot (2 dozen).

For crackers Roll dough into a rectangle, 12 x 6 inches. Cut in fourths. Put in pan one at a time to coat one side, then the flip side with the butter sprinkle lightly with salt.

Bake in pan 15 minutes. These can be cooled and heated later in the toaster.

NOTES : Pone Cakes have two other names. They were called journey cakes and later Johnnycakes, a name that caught on during the Civil War. Bisquick and Betty Crockers (c) General Mill, Inc.

From billspa@icanect.net Thu Aug 08 08:31:49 1996

Recipe By : Betty Crocker's Bisquick "Folk Breads USA" (1973)

Indian Pork With Honey

Yield: 4 Servings

Ingredients

4 boneless pork chops cut into 3/4-inch cubes
2 ts ground cumin
1 ts ground cardamom
1 ts ground cinnamon
1 ts ground coriander
1 ts ground mace
1/2 ts pepper
1/4 ts salt
1 tb vegetable oil
2 lg onions, chopped
3 garlic cloves minced
3/4 c beef broth
3 tb honey
2 tb lemon juice
8 oz nonfat plain yogurt
2 tb flour
1/4 c chopped parsley
2 c hot cooked rice

OPTIONAL

- 1 sliced almonds, toasted
- 1 mandarin orange sections

Instructions

Indian cuisine often blends sweet honey and savory spices, as in this recipe.

In a plastic or paper bag combine cumin, cardamom, cinnamon, coriander, mace, pepper and salt. Add pork cubes shake until pork is coated with spice mixture. Set aside. In a large skillet, heat oil over medium-high heat. Cook and stir onions and garlic until tender but not brown. Add pork to skillet. Cook and stir pork for 2-3 minutes or until browned. Stir beef broth, honey and lemon juice into skillet. Bring to boiling reduce heat. Cover and simmer about 10 minutes or until pork is tender, stirring occasionally. In a small bowl combine yogurt and flour add to skillet. Stir in parsley. Cook over medium heat, stirring constantly, until mixture thickens. Spoon pork mixture over rice. If desired, sprinkle with almonds and garnish with mandarin orange segments. (Serves 4.)

Nutrient Information per Serving:

Calories: 332. Protein: 29 g. Fat: 9 g. Sodium: 396 mg. Cholesterol: 69 mg

* COOKFDN brings you this recipe with the kind permission of: * National Pork Producers Council <http://www.nppc.org>

Indian Pot Roast (Ai)

Yield: 1 Servings

Ingredients

- 4 lb pot roast
- 2 cloves garlic
- 4 tb butter
- 1 salt
- 1 flour
- IF DESIRED-
- 12 whole peppercorns
- 12 whole allspice
- 1 bay leaf, crumbled
- 1 tb grated horseradish
- 1/2 c rum or dry red wine
- 1/2 c water
- 1 lg onion
- 1 recipe dumplings
- 1 carrots (small or quartered)

DUMPLINGS-

- 2 c flour
- 1/2 ts salt
- 4 ts baking powder
- 1 scant c milk

Instructions

Mash the garlic and saute in the butter. Rub the meat with salt and flour and brown it well on all sides in the butter. Lay the meat on a bed or thin-sliced onion in a large Dutch oven or any pot with a tight-fitting lid. Add the butter, the spices and seasonings and pour the rum or wine over the meat. (A good pot roast will supply most of its own juices, but as it cooks pour the 1/2 C water over it to make an ample supply of gravy.) Cover tightly and simmer for 3 to 4 hours until the roast is tender. This may be done

either in the oven or on the back of the stove. If you want carrots with the pot roast, add them to the pot for the last half hour of cooking and for the last 12 minutes of cooking add the dumplings to steam in the flavors of the pot. When the roast is done, remove it to a hot, round platter and surround with the dumplings and carrots. Stir the gravy until smooth, correcting the seasoning if necessary. Pour it over the roast if fresh dill is available, cut it over the dish with a lavish hand.

Serves 6-8

DUMPLINGS

Sift together the dry ingredients and add the milk gradually. Drop by the spoonful into the gravy and cook with pot roast or stew during the last 12 minutes of cooking.

SOURCE: *Old Farmer's Almanac Colonial Cookbook SHARED BY: Gwynne Bodle 4/92

Indian Pot Roast

Yield: 6 Servings

Ingredients

1 4 lb. pot roast
2 cloves garlic
1 flour
12 whole peppercorns
1 bay leaf
1/2 c good rum, or dry red wine
4 tb butter
1 salt
1 lg onion, sliced
12 whole allspice
1 tb grated horseradish
1/2 c water
1 recipe your dumplings
1 small whole carrots or 1 large carrots, quartered

Instructions

Use this recipe for either regular meat or venison. Mash garlic and saute in butter. Salt meat and flour. Brown well on all sides in butter. Lay meat on bed of this sliced onion in lge. Dutch oven. Add the butter, spices and seasonings. Pour rum or wine over meat. A good pot roast will supply most of its own juices, but pour the water over to make an ample supply of gravy. Cover tightly and simmer 3-4 hrs, either in oven or on the stove top. If carrots are wanted, add during last 1/2 hr. of cooking. Add dumplings last 12 minutes. When roast is done, remove to a hot round platter and surround with dumplings and carrots. Stir gravy until smooth. Pour over roast. If fresh dill is available, cut it over dish with lavish hand. Courtesy Telephone Pioneers Bill Spalding *P CRBR 38 A

Indian Potato Cakes (Vegan)

Yield: 1 Servings

Ingredients

2 to 3 large potatoes
1 lg onion, chopped
2 to 3 cloves garlic, chopped
2 sl bread, crusts removed, crumbled
1 to 2 tsp mild curry powder

1 salt
1 non-stick spray

Instructions

Peel potatoes, cut into cubes and boil in water until tender. Mash (may want to add a little water to make mashing them easier).

Water/broth saute onions and garlic. Add to mashed potatoes. Add bread crumbs, curry powder and salt. Cool enough to handle.

Form 10 to 12 four inch diameter patties and brown them in a non-stick pan sprayed with non-stick spray.

You can also add cooked carrots, peas, and any other soft cooked vegetables to the potato mixture before browning them. Serve as is or with some Indian condiments like mango chutney or coriander chutney. These patties are pretty easy to make and really good.

Source: I got a recipe off another net and adapted it for FF-ers.

Posted by Lucinda J. Rasmussen to the Fatfree Digest [Volume 15 Issue 29] Mar. 1, 1995.

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1.80

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/fatfreex.zip>

Indian Potato Chutney

Yield: 6 Servings

Ingredients

1 lb waxy variety potatoes
4 green chili peppers
1/2 ts salt
1 pepper
1 ts cumin seed
1 lemon seeded and juiced
1/2 c plain lowfat yogurt

Instructions

A chutney (chatni) is a hot spicy relish that often contains fruit but doesn't have to. One local restaurant serves minced chile peppers with yogurt: it too is a chutney.

Vegetables, like this one, make an unusual relish for a vegetable or meat curry dish.

1. Cook the unpeeled potatoes in salted water. Drain, peel, and dice. Finely dice the chilies, and mix the two together in a serving dish. Season, sprinkle on cumin seeds (warmed, optional). Pour on the lemon juice. Set aside for 10 minutes. Carefully stir in the yogurt. Chill.
2. Serve chilled with any curry dish.

Try new potatoes, red potatoes, fingerlings, Yukon golds, etc.

Recipe from Pat Hanneman 1/99

Per serving: 88 Calories (kcal) 1g Total Fat (5 calories from fat) 3g Protein 19g Carbohydrate 1mg Cholesterol 199mg Sodium Food Exchanges: 1 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

NOTES : Here's another relish: potatoes and peppers. I've seen some made with dal (split lentils/peas).

Nutr. Assoc. : 4600 0 0 0 0 0 0

Contributor: Lindsey Bareham (1991) In Praise of the Potato

Preparation Time: 0:30

Indian Potato Curry

Yield: 1 Servings

Ingredients

15 baby potatoes
2 zucchini
1 ghee for cooking
1/2 onion finely sliced
1 pce ginger finely sliced
2 cloves garlic finely sliced
1 onion relish:
2 red onions finely sliced
2 ts sweet paprika
1 ts cayenne pepper
1 juice of 1 lemon
1 salt and freshly grnd pepper
2 sm chillies seeded finely sliced
1 fresh coriander leaves chop
1/2 ts garam masala
1/2 ts ground cumin
1/2 ts ground coriander
1/2 ts cayenne pepper
30 fresh peas podded
250 ml coconut cream
1/2 bn coriander
1 raita:
300 g natural yoghurt
1/2 continental cucumber
1/2 bn fresh mint
2 ripe tomatoes
1 ts cayenne pepper
1 salt and freshly grnd pepper
1 juice of 1 lemon

Instructions

To make onion relish, in a bowl combine onion, spices, seasonings and lemon juice, then squeeze them with your fingers. Let sit for an hour. Just before serving mix through coriander to taste. In a saucepan of lightly salted water, boil potatoes, in their skins, until just cooked. Allow to cool, then cut them in half. Slice zucchini on the bias into 5mm thick slices. Heat a little ghee in a heavy bottomed saucepan, and saute onion, ginger, garlic and chilli until soft. Add spices and fry for 30 seconds. Add all the vegetables, toss well and add coconut cream bit by bit as they cook.

To make raita, put yoghurt in fine sieve and leave to strain for 15 mins. Grate cucumber with skin on. Chop mint leaves. Peel, seed and dice tomatoes. Combine vegetables with yoghurt and seasonings.

Chill. Chop coriander leaves. When vegetables are cooked and a thick sauce has formed, add coriander and lemon juice to taste.

Indian Potato Pancakes

Yield: 1 Servings

Ingredients

1 c mashed potatoes unsalted
1 ts salt
1/2 ts turmeric
1/2 ts cayenne
3 tb rice flour
1 ts ghee
1 peanut oil or ghee for frying

Instructions

Peel, dice and boil the potatoes. Mash them. Place the mashed potatoed, salt, turmeric, cayenne, rice flour, and teaspoon ghee in a bowl. Mix together very thoroughly until you have a firm dough. It may be necessary to add a dash or two more of flour. The dough will be too tender to roll but it must hold together.

In a deep fryer, heat the peanut oil (or ghee).

While the fat is heating, pinch off bits of the dough and roll them into balls in the palms of your hands, then pat them gently into flat cakes about 2 or 2 1/2 inches across. Then the fat is hot enough to brown a bread cube in 2 minutes, slip in the pancakes one at a time, and fry for 2 to 3 minutes, turning once when brown. They will be a rich gold when done, and slightly crusty, and may or may not puff up a bit. Remove from the fat with a slotted spoon, drain on absorbent paper, and serve while still warm.

Posted to recipelu-digest Volume 01 Number 161 by deedee1@juno.com (Deanna Polakowski) on Oct 25, 1997

Indian Potato Salad

Yield: 4 Servings

Ingredients

1 1/2 lb red or new potatoes scrubbed, cut inch 1/2 dice
1/2 ts toasted cumin seeds
1 tb garam masala
2/3 c non-fat yogurt
3 tb (to 4 tb) lemon juice
1 tomato, seeded cut in 1/2 dice
1/2 sm onion(s), finely chopped
1 salt and pepper
3 tb cilantro, coarsely chopped
1 tb mint, chopped (opt)

Instructions

1. Place the potatoes in a large saucepan with cold water to cover. Bring to a boil, reduce the heat, and simmer until tender but not soft, 8-10 minutes. Drain the potatoes in a colander, then transfer to a mixing bowl.
2. Lightly toast the cumin seeds in a dry skillet over medium heat until fragrant and lightly browned, about 3 minutes. Set aside.
3. Stir the garam masala, 1/2 cup of the yogurt, and the lemon juice into the potatoes and let cool completely. Shortly before serving, stir in the tomato, onion, salt and pepper, half the cilantro and the mint. Correct the seasoning, adding salt, lemon juice, or garam masala to taste.
4. Transfer the salad to a platter or bowl. Spoon the remaining yogurt in the center and sprinkle the salad with the remaining cilantro and the cumin seeds.

High-Flavor, Low-Fat Vegetarian Cooking by Steven Raichlen pg 58

Indian Potatoes, Peas And Cauliflower

Yield: 1

Ingredients

2 tb vegetable oil
1 lb russet potatoes peeled, cut into 1/2-inch pieces
1 tb minced fresh ginger
4 c cauliflower florets cut -into bite-size
1 pieces
1/2 ts salt
1/2 ts ground turmeric
1/4 ts chili powder
1/4 ts paprika
1/2 c water
1/2 c frozen peas thawed

Instructions

Heat oil in large nonstick skillet over medium heat. Add potatoes and ginger saute until potatoes are lightly browned, about 3 minutes. Mix in cauliflower, then salt, turmeric, chili powder and paprika saute 5 minutes. Add 1/2 cup water cover and simmer until vegetables are tender, about 5 minutes. Add peas and simmer 2 minutes. Season with salt and pepper.

Makes 4 servings.

Bon Appetit October 1999

Converted by MCBuster.

Per serving: 663 Calories (kcal) 28g Total Fat (37 calories from fat) 13g Protein 93g Carbohydrate 0mg Cholesterol 1184mg Sodium Food Exchanges: 6 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 5 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Indian Potatoes

Yield: 4 Servings

Ingredients

450 g 1 lb potatoes scrubbed and chopped into small pieces.
1 cauliflower chopped into sm florets.
10 ml 2 tsp oil
5 ml 1 tsp turmeric.
25 ml 0,5 tsp cumin seeds.
1 ground black pepper.
100 g 3,5 oz mushrooms.

Instructions

Par-boil the potatoes for 5 minutes, then add the cauliflower and cook for a further 4 minutes. Drain. Heat oil in a wok and then add the spices. Cook for about one minute and then add the vegetables. Cook for 5 minutes or so until the vegetables are tender.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Indian Pudding #1

Yield: 8 Servings

Ingredients

1 c yellow cornmeal
1/2 c black molasses

1/4 c sugar
1/4 c butter
1/4 ts salt
1/4 ts baking soda
2 eggs beaten
1/2 ts cinnamon
1/4 ts freshly grated nutmeg
6 c hot milk
1 vanilla ice cream for -topping

Instructions

SERVES 8-10

Cornmeal was originally called Indian meal, since it was a gift from the Indians. The early recipes for this dish do not call for spices, of course, but this old New England version is very delicious. I like the addition of the cinnamon and nutmeg.

Mix the cornmeal with the molasses, sugar, butter, salt, baking soda, eggs, and spices. Add 3 cups of the hot milk, stirring carefully. Place in a 2-quart bean pot or other covered pot and bake in a 400o oven until all comes to a boil. Then stir in the remaining hot milk and bake, covered, at 275o for 4 to 6 hours, or until all is absorbed. Stir every half hour.

Serve hot in little bowls with a bit of vanilla ice cream on top.

From . Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Indian Pudding #2

Yield: 5 Servings

Ingredients

2 c milk (or half water and half evaporated milk)
6 tb cornmeal
2 tb molasses
1/4 c brown sugar packed
3 tb butter or margarine
2 eggs well beaten
1/2 ts ginger ground
1/2 ts cinnamon ground
1/4 ts nutmeg ground
1/4 ts salt
1/2 c sour milk or sour cream

Instructions

Scald milk over low heat, then stir in cornmeal very slowly. Remove from heat add next 8 ingredients. Just before turning into a 1-1/2 quart casserole, add the sour milk or cream gradually. Bake in a slow oven -275 degrees -for 2 hours or until a silver knife inserted in the center, comes out clean. Stir once during baking. Serve warm with sweet cream.

Serves 5.

From . Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Indian Pudding #3

Yield: 8 Servings

Ingredients

1/2 c corn meal
4 c milk

1 c brown sugar
1 ts ginger
1/2 ts nutmeg
1/2 ts cinnamon
1 ts salt
1/2 c dark molasses
2 c light cream
2 c heavy cream

Instructions

Preheat oven to 275F -very low. Combine the corn meal with one cup of milk. Scald the remaining three cups of milk in a saucepan over medium heat. Stir in the corn meal mixture a little at a time and cook, stirring, constantly, for 15 minutes, or until the mixture is about as thick as breakfast cereal. It is important to keep stirring to prevent lumps. Remove from heat. Combine sugar, spices and salt, stir them into the corn, mixture. Add the molasses and light cream. Pour into a greased two-quart baking dish and bake for two hours. Set aside at least an hour. Serve pudding warm with a pitcher of heavy cream to pour over each portion at the table.

REC.FOOD.RECIPES ARCHIVES/DESSERTS

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Indian Pudding #4

Yield: 8 Servings

Ingredients

4 c whole milk
1/3 c cornmeal
3/4 c dark molasses
1/4 c butter
1 ts salt
1 ts ginger
3 tb sugar
1 egg beaten well
1/2 c raisins
1/2 ts cinnamon
1 c cold milk
1 hard sauce

Instructions

From: Joel.Ehrlich@salata.com (Joel Ehrlich) Date: 17 Feb 1995 15:46:55 -0600

Preheat the oven to 300 degrees. Boil the initial quantity of milk in the upper portion of a double boiler over direct heat. Stir in the cornmeal.

Place these over NOT INboiling water and cook for 15 minutes. Stir in the molasses and cook for 5 more minutes. Remove from heat and stir in the butter, salt, ginger, sugar, well beaten(!) egg, raisins and cinnamon. Pour into a well greased baking dish. Bake for 1 hour. Remove from the oven and gently pour the second quantity of COLD(!) milk over the pudding and allow it to float over the top without stirring it. Continue baking for another 2 hours. Serve hot with a covering of hard sauce.

REC.FOOD.RECIPES ARCHIVES/DESSERTS

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Indian Pudding #6

Yield: 4 Servings

Ingredients

2 c milk
3 tb yellow corn meal
1/4 c sugar
1/2 c molasses
1/2 ts salt
1 ts ground cinnamon
2 eggs
2 tb butter

Instructions

From: esther@rochgte.fidonet.org (Esther Vail) Date: Mon, 13 Feb 1995 19:02:32 +0000

This recipe comes from a column in the Boston Globe of 30 years ago a column that functioned just as this recipe group does! There are many recipes around for Indian Pudding this is the best I've ever tried.

Scald 1 1/2 cups of the milk. Mix everything but the eggs and butter with the remaining 1/2 cup cold milk, and add to the scalded milk. Cook, stirring constantly, until slightly thickened. (I do this step in the microwave about 4 minutes on high, stirring after each minute.) Allow to cool somewhat (you're about to add the beaten eggs and the butter, and you don't want to cook the eggs without being able to stir them in!). Pour into a buttered or sprayed casserole, and bake at 375 degrees F for 30 minutes. Serves 4. A scoop of vanilla ice cream on top is wonderful.

REC.FOOD.RECIPES ARCHIVES/DESSERTS

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Indian Pudding #7

Yield: 6 Servings

Ingredients

1 1/2 c seedless raisins
3 c milk scalded
1 1/2 c milk cold
1 c cornmeal
1/2 c molasses
1 ts salt
1/2 c sugar
3/4 ts ginger
1/4 ts nutmeg
1/4 c butter

Instructions

From: waring@ima.infomail.com (Sam Waring) Date: Mon, 13 Feb 1995 19:02:41 +0000

Add the raisins to the hot milk. Mix 1 cup cold milk with the cornmeal, then stir into the hot milk. Heat very slowly, stirring constantly, for about 10 to 15 minutes or until the mixture thickens.

Mix in the molasses, salt, sugar, ginger, nutmeg, and butter. Pour into a buttered 2-quart casserole. Then pour the remaining 1/2 cup cold milk into the center of the pudding.

Set dish in a pan of cold water, and bake in a slow oven, 300 F., for 2 1/2 hours. Let cool for 3 to 4 hours before serving.

From "The Art of American Indian Cooking" by Yeffe Kimball and Jean Anderson, published by Lyons and Burford

REC.FOOD.RECIPES ARCHIVES/DESSERTS

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Indian Pudding (Aha)

Yield: 8 Servings

Ingredients

2 c skim milk

1/4 c cornmeal

1/4 c sugar

1/8 ts baking soda

1/2 ts ground ginger

1/2 ts ground cinnamon

1/4 c molasses

1 c cold skim milk

1 nutmeg

Instructions

Preheat oven to 275 F.

Heat 2 cups of skim milk in a double boiler or a medium saucepan over low heat. Add cornmeal, a little at a time, stirring constantly. Cook 15 minutes, or until thick, stirring constantly. Remove from heat. Set aside.

In a bowl, combine sugar, soda, and spices. Stir to mix well. Add to cornmeal mixture and stir. Add molasses and 1 cup sold milk. Stir to mix thoroughly. Pour into a 1 quart casserole and bake 2 hours.

Serve warm with a light sprinkling of nutmeg.

Nutritional Analysis: Calories 95 kcal Cholesterol 2 mg Saturated Fat 0 gm Protein 3 gm Sodium 64 mg Polyunsaturated Fat 0 gm Carbohydrate 20 gm Total Fat 0 gm Monounsaturated Fat 0 gm

From: American Heart Association Cookbook Fifth Edition Times Books, 1991

Entered by: Lawrence Kellie Fri 11-29-1996 at 08:50:25 From: Lawrence Kellie Date: 22 Dec 96 Home Cooking Ž

Indian Pudding (Roberta Krieger)

Yield: 6 Servings

Ingredients

1 qt milk

2/3 c cornmeal

3/4 c molasses

1/4 c butter [i've tried margarine, but i t doesn't

3 tb sugar

1 ts ginger

1 ts salt

Instructions

Supposedly, this is an authentic recipe from Daniel Boone's wife Rebecca.

Ice cream [I prefer vanilla]

Preheat oven to 325 degrees. Bring milk to a boil in the top part of a double boiler. Stir in cornmeal and cook over hot water for 15 minutes. Stir in molasses [I use the light variety, but I guess dark would work as well], and cook for 5 minutes longer. Remove from heat.

Stir in butter, sugar, ginger, and salt. Turn into an oven casserole and bake 1 1/2 2 hours. Serve warm with ice cream.

Daniel and Rebecca served this warm with fresh-churned butter.

Indian Pudding Cake With Molasses Cream

Yield: 8 Servings

Ingredients

1 vegetable cooking spray

3/4 c firmly packed brown sugar

1/3 c vegetable oil

1/3 c molasses

1/3 c nonfat sour cream

1 tb dark rum

1 ts vanilla extract

3/4 c yellow cornmeal

1/2 c all-purpose flour

1 ts baking powder

1 1/2 ts ground cinnamon

1/2 ts ground cardamom

1/4 ts ground ginger

1/4 ts ground nutmeg

1/4 ts ground cloves

1/8 ts salt

5 egg whites, at room temperature

1/2 ts cream of tartar

2 tb brown sugar

2 ts powdered sugar

8 oz light cream cheese, (1/2 -tub) softened

1/2 c nonfat sour cream

1/4 c sifted powdered sugar

2 tb molasses

1/2 ts vanilla extract

Instructions

Coat a 9-inch round cake pan with cooking spray line bottom of pan with wax paper.

Coat wax paper with cooking spray, and set pan aside.

Combine 3/4 cup brown sugar and the next 5 ingredients (brown sugar through vanilla) in a large bowl stir well, and set molasses mixture aside.

Combine cornmeal and next 8 ingredients (cornmeal through salt) in a bowl stir well, and set aside.

Beat egg whites and cream of tartar at high speed of a mixer until foamy.

Gradually add 2 tablespoons brown sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold egg white mixture and cornmeal mixture alternately into molasses mixture, beginning and ending with egg white mixture. Pour batter into prepared pan.

Bake at 350 degrees for 35 minutes or until a wooden pick inserted in center comes out clean let cool for 10 minutes in pan on a wire rack.

Loosen cake from sides of pan, using a narrow metal spatula, and turn out onto a wire rack. Carefully peel off wax paper let cool completely. Place cake on a serving plate sift 2 teaspoons powdered sugar over cake.

Place cheese in a bowl, and beat at medium speed of a mixer until smooth.

Add 1/2 cup sour cream, 1/4 cup powdered sugar, 2 tablespoons molasses, and 1/2 teaspoon vanilla beat until well-blended. Yield: 8 servings (serving size: 1 cake wedge and 2 tablespoons sour cream mixture).

Per serving: 418 Calories 14g Fat (31 calories from fat) 8g Protein 63g Carbohydrate 20mg Cholesterol 247mg Sodium

Serving Ideas : Serve with cake.

Recipe by: Cooking Light, Jul/Aug 1995, page 88

Posted to MC-Recipe Digest V1 #424 by igor@digex.net on Jan 28, 1997.

Indian Pudding From Loren Martin

Yield: 6 Servings

Ingredients

1 1/2 c seedless raisins
3 c scalded milk
1 1/2 c cold milk
1 c corn meal
1/2 c molasses
1 ts salt
1/2 c sugar
3/4 ts ginger
1/4 ts nutmeg
1/4 c butter

Instructions

Add the raisins to the hot milk. Mix 1 cup cold milk with the corn meal, then stir into the hot milk. Heat very slowly, stirring constantly, for about 15 minutes, or until mixture thickens. Mix in the molasses, salt, sugar, ginger, nutmeg and butter. Pour into buttered 2-quart casserole, and then pour the remaining 1/2 cup cold milk into the center of the pudding. Set dish in pan of cold water, and bake in a slow oven, 300F, for 2 1/2 hours. Let cool for 3-4 hours before serving.

From: The Art of American Indian Cooking by Yeffe Kimball and Jean Anderson, Avon Books, New York, NY, 1965.

Indian Pudding With Dried-Fruit Compote

Yield: 8 Servings

Ingredients

-FOR INDIAN PUDDING-

2 1/2 c 1 low-fat milk
1/3 c cornmeal
1/3 c unsulfured molasses
3/4 ts ground ginger
1/4 ts cinnamon
1 tb unsalted butter

-FOR DRIEDFRUIT COMPOTE-

1 c apple cider
1/4 c packed light brown sugar
1/4 c water
2 tb fresh lemon juice
1/2 c dried apricots
1/2 c pitted prunes
1/2 c dried cranberries

Instructions

Make pudding

In a heavy saucepan stir together milk and cornmeal and bring to a simmer, stirring. Stir in molasses, ginger, cinnamon, and a pinch salt and simmer mixture, stirring, 30 minutes, or until very thick. Add butter, stirring until melted. Remove pan from heat and cool pudding 20 minutes, covered.

Make compote

In a saucepan simmer cider, brown sugar, water, and lemon juice, stirring occasionally, until sugar is dissolved. Add fruits and simmer 5 minutes more, or until fruits are softened and plumped up.

Put a spoonful of pudding in each of 8 shallow bowls or soup plates using a 2-ounce (1/4 cup) ice-cream scoop and top with some compote.

Recipe by: Gourmet magazine December 1996

Posted to MM-Recipes Digest by Bill on Sep 17, 1998, converted by MMBuster v2.0l.

Indian Pudding With Nutmeg Ice Cream Colonial Boston

Yield: 10 Servings

Ingredients

ICE CREAM-

1 qt Vanilla ice cream or frozen vanilla yogurt slightly softened
1 1/2 ts Ground nutmeg

PUDDING-

1/4 c Yellow cornmeal
1/4 ts Salt
3 c Whole milk
2 tb (1/4 stick) unsalted butter
2 lg Eggs
1/2 c Light mild-flavored molasses
2 tb Golden brown sugar packed
2 tb Sugar
1 ts Ground ginger
1/2 ts Ground cinnamon
1/3 c Dark or golden raisins

Instructions

For ice cream: Stir ice cream and nutmeg in medium bowl to blend.

Cover with foil and freeze. (Can be prepared 3 days ahead. Keep frozen.)

For Pudding: Preheat oven to 300 F degrees. Butter an 8 X 8 x 2-inch glass baking dish. Combine cornmeal and salt in heavy medium saucepan. Gradually whisk in 2-1/2 cups milk. Whisk over medium heat until mixture boils. Reduce heat to medium-low and simmer until mixture is thick and creamy, stirring often, about 10 minutes. Whisk in butter. Remove from heat.

Whisk eggs, molasses, brown sugar, sugar, ground ginger and cinnamon in large bowl. Gradually whisk in hot cornmeal mixture. Stir in raisins. Pour pudding into prepared

baking dish. Pour remaining 1/2 cup milk over pudding (do not mix into pudding). Place pudding dish in large roasting pan. Pour enough hot water into roasting pan to come halfway up sides of pudding dish.

Bake pudding until just set, about 1 hour 30 minutes. Remove pudding from roasting pan. Cool until lukewarm, about 20 minutes.

(Can be made 8 hours ahead. Cool cover with plastic and let stand at room temperature. Rewarm covered pudding in microwave oven on low about 8 minutes.)

Spoon warm pudding into shallow bowls. Top with scoop of ice cream.

"Bon Appetit" November, 1996. "Dinner for 10 in Colonial Boston" Thanksgiving.

Typos by Jeff Pruett.

Per serving: 230 Calories (kcal) 4g Total Fat (13 calories from fat) 4g Protein 47g Carbohydrate 47mg Cholesterol 101mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 1/2 Fat 2 1/2 Other Carbohydrates

Indian Pudding With Pears And Ginger Hudson Valley Than

Yield: 12 Servings

Ingredients

CORNBREAD-

3/4 c Buttermilk

3/4 c Corn meal

1 c All-purpose flour

1/2 c Sugar

1 1/2 ts Baking powder

1 ts Ground cinnamon

1/2 ts Ground ginger

1/2 ts Salt

1 Stick (4 oz) unsalted butter melted and cooled

1/2 c Sour cream

1 Extra-large egg lightly beaten

PUDDING-

6 c Milk

1/4 c Fresh ginger thinly sliced

2 tb Fresh ginger thinly sliced in addition

8 Extra-large eggs

12 Extra-large egg yolks

1 c Unsulphured molasses

2 lg Ripe pears such as Anjou or Comice peeled cut into 1/2-inch

Butterscotch sauce (see recipe)

Instructions

Make the cornbread: preheat the oven to 375 F degrees. Butter an 8-inch square cake pan. In a large bowl, combine the buttermilk and cornmeal let stand for five minutes. In another bowl, sift together the flour, sugar, baking powder, cinnamon, ginger and salt.

In a small bowl, whisk the butter with the sour cream and eggs and stir into the cornmeal mixture. Stir in the sifted dry ingredients. Pour the batter into the pan and bake for about 30 minutes, or until a toothpick inserted in the center comes out clean. Let cool slightly, then unmold to cool completely. Cut 3/4 of the cornbread into 1-inch dice let dry. (You can snack on the rest.) Put the cornbread in a food processor pulse until fine. (Make Ahead: the cornbread crumbs can be made up to 3 days ahead.)

Make the Pudding:

Preheat the oven to 325 F degrees. Generously butter twelve 1-cup ramekins and set them in a large roasting pan.

In a medium saucepan, combine the milk and ginger and bring to a boil. Removed from the heat and let steep, covered, for ten minutes.

Put the cornbread in a large bowl. In a medium bowl, whisk the whole eggs with the egg yolks and molasses. Bring the milk back to a boil and slowly whisk it into the eggs. Strain the custard over the cornbread and stir well. Add the diced pears to the ramekins and spoon the custard on top. Pour enough hot water into the pan to reach 1/3 of the way up the sides of the ramekins.

Cover the roasting pan tightly with foil and bake in the middle of the oven for about one hour, or until the puddings are set. (Make Ahead: the puddings can be refrigerated for one day. Bring to room temperature and rewarm in a water bath in a 300 degrees F oven, covered with foil, for 30 minutes. [That's the puddings covered with foil, not the oven. :)])

Run a thin knife around the puddings and invert them onto plates. Spoon the Butterscotch Sauce on top and serve.

Chef Waldy Malouf, in November, 1996 "Food and Wine". "A Hudson Valley Thanksgiving". Typos by Jeff Pruett. From: Jeff Pruett Date: 11-10-96 Cooking From: Dale Shipp Date: 11-01-97 (00:10) The Once And Future Legend (1) Cooking Per serving: 179 Calories (kcal) 6g Total Fat (31 calories from fat) 6g Protein 25g Carbohydrate 21mg Cholesterol 232mg Sodium Food Exchanges: 1/2 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 1 Fat 1/2 Other Carbohydrates

Indian Pudding

Yield: 4 Servings

Ingredients

2 c water

1 c cornmeal

3/4 c liquid sweetener

1/4 c vegetable oil

1 ts salt

1 lb silken tofu

1 ts ginger

1 1/2 ts vanilla

1/2 ts cinnamon (optional)

Instructions

Cook water and cornmeal in pot for 20-25 minutes, stirring occasionally.

Add remaining ingredients and mix in blender until smooth.

Bake in an oiled dish for 1 hour at 350F in preheated oven. Serve hot.

John Paino & Lisa Messinger, "The Tofu Book". Posted by Karen Mintzias

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/vegan4.zip>

Indian Pumpkin Soup

Yield: 1 Servings

Ingredients

1 tb butter

1 tb flour

1/2 onion, sliced thin

1 c chicken broth

1 c pureed pumpkin

1 c milk
1/2 ts salt
1/8 ts each pepper, marjoram and ginger
1 cinnamon

Instructions

Saute onion in butter until tender. Stir in flour and gradually add broth.
Simmer 10 minutes at a low temperature. Blend at high speed until smooth.
Add milk and seasonings and simmer to blend flavors. Sprinkle each serving with cinnamon. May be served in a pumpkin shell.

Posted to EAT-L Digest 01 Apr 97 by Jean Jones on Apr 2, 1997

Indian Pumpkin

Yield: 1 Servings

Ingredients

1 onion
1 garlic (optional)
1 bouillon cube
1 a small amount curry
1 black pepper
1 pumpkin cut in cubes

Instructions

1. Simmer the onion, add after a few minutes the garlic, the curry powder and the bouillon cube
2. Add the pumpkin cubes, stir and put after a few the lid on the pot. Add after a few minutes some water. Again: in the end hardly any liquid should be left.
3. Cook the pumpkin till done. Stir heavy. I prefer a saucelike dish with still recognizable pumpkin cubes in it, but lots of people here still till it is a puree.

Posted to fatfree digest by "Boxel" on Apr 13, 1998

Indian Ratatouille (01/00)

Yield: 1

Ingredients

1/4 c vegetable oil
1 tb mustard seeds
1 red onion cut into 1/2-inch
1 pieces (8-ounce)
1 lg jalapeno chili chopped
1 tb chopped peeled fresh ginger
2 eggplants quartered lengthwise, cut crosswise into 1/3-inch-thick slices (3/4-pound)
2 md zucchini halved lengthwise, cut crosswise into 1/3-inch-thick slices
3/4 lb plum tomatoes chopped
3 lg garlic cloves chopped
2 tb chopped fresh mint
1 tb fresh lemon juice

Instructions

Heat oil in heavy large pot over medium-high heat. Add mustard seeds cook until seeds darken and begin to pop, about 2 minutes. Add onion, chili and ginger stir 1 minute. Add eggplant and zucchini slices stir 5 minutes.

Cover cook 5 minutes. Mix in tomatoes and garlic. Reduce heat to medium.

Cover cook until vegetables are tender, stirring occasionally, about 25 minutes. Mix in mint and lemon juice. Season with salt and pepper.

Makes 6 servings.

Bon Appetit January 2000

Converted by MCBuster.

Per serving: 923 Calories (kcal) 58g Total Fat (52 calories from fat) 19g Protein 100g Carbohydrate 0mg Cholesterol 77mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 19 Vegetable 0 Fruit 11 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Indian Red Gun Powder (Molaha Podi)

Yield: 1 Servings

Ingredients

1 ts vegetable oil

2 tb channa dahl

2 tb urad dahl (white gram beans)

15 dry small red chile pods

1/2 ts asafetida

2 tb sesame seeds

1/2 ts salt or to taste

1 1/2 tb brown sugar

Instructions

1. Heat the 1 t oil in a wok or heavy skillet over medium heat for 3 minutes. Add the urad and channa dahl and chiles. Fry stirring constantly until the beans begin to turn color, about 3 minutes.
2. Stir in the asafetida and sesame seeds. Continue frying until the contents of the pan are nicely browned and smell roasted, about 3 minutes. Turn off the heat, transfer mixture to a plate and cool completely. Blend in the sugar and salt. Grind the mixture to a powder using a coffee grinder (my preferred method), or a large mortar and pestle or spice mill. The powder should be neither coarse, nor as fine as flour it should have a grainy texture. This mixture stays fresh indefinitely if stored in an airtight container in a cool place. Optionally, just before serving, blend a little oil into as much powder as you might use to make a sauce.

Busted by Christopher E. Eaves

NOTES : The following spicy powder is extremely hot, but very tasty and addictive. I find myself eating it plain, unable to stop but I'm a strange one. The recipe comes from Julie Sahni's Classic Indian Vegetarian and Grain Cooking. Some of the ingredients are specialized you'll have to get them from an Indian foods store

Recipe by: Julie Sahni's Classic Indian, Vegetarian and Grain

Posted to recipelu-digest by "Christopher E. Eaves" on Mar 15, 1998

Indian Red Lentil Soup

Yield: 1 Servings

Ingredients

24 oz red lentils

4 qt water

1 oz minced garlic

1 ts black pepper

1 oz whole cumin

32 oz whole stewed tomatoes +juice
1/2 c lemon juice
1 oz mustard seed
6 bay leaves

Instructions

Saute the mustard seed and bay leaves together in 1/4 cup veggie broth and set aside. Rinse and pick through lentils. Cook the lentils in the 4 quarts of water for about 30 minutes until tender. Add the spices and cook 10 minutes. Next add the tomatoes and lemon juice and cook another 10 to 15 minutes.

Posted to fatfree digest V98 #011 by JBennicoff on Jan 11, 1998

Indian Relish

Yield: 1 Servings

Ingredients

12 lge ripe tomatoes
12 lge apples
9 vadalial onions
3 c sugar
1 pt apple cider vinegar
1 ts ground black pepper
1/2 ts celery salt
1/2 ts ground cloves
1 ts ground cinnamon
1/4 c salt
1/2 ts ground red pepper

Instructions

It's fast approaching that time of year when many can and freeze fresh produce and such. Just recently got a new cookbook put together by patrons of Swedeborg School to raise funds for playground equipment.

The following recipe is taken from this cookbook, but it is an oldie that I've used several times in past years.

Peel tomatoes and chop coarsely. Peel, core and coarsely chop apples.

Coarsely chop onions. Combine all ingredients in a heavy pot. Simmer over medium-low heat until thick. Ladle into sterile jars. Place sterile lids on jars and screw on rings. Turn filled jars upside down and allow to cool.

Check and make sure every jar has sealed properly, if not process 10 minutes in hot water bath. Store in a cool, dark place. Refrigerate once a jar is opened.

NOTE: Specifying the cider vinegar and the Vadalial onions are my particular adaptations to this recipe.

SOURCE: "Our Best Home Cooking," sponsored by Swedeborg School PTO, Swedeborg, MO, published by Fundcraft Publishing, Collierville, TN 38027.

Adapted by Michael G. Sooter.

Posted to TNT Recipes Digest by Michael Sooter on Apr 26, 1998

Indian Ribs

Yield: 1 Servings

Ingredients

1 11 ounce
1 lb plain yogurt
1 clove garlic -to taste

1 inch ginger root -peeled
4 whole serrano chiles,
1 stemmed and seeded
1/2 bn cilantro
1 tb ground cumin
1 red food coloring
3 lb lamb ribs
1 oil
1 jar tandoori paste

Instructions

Combine tandori paste, yogurt, garlic, ginger root chiles, cilantro and cumin in a blender and blend until pureed. Add a few drops red food color (enough to make bright red). Pierce rib meat with fork. Coat with marinade, cover and refrigerate overnight.

Drain ribs from marinade and place meaty side on grill rack about 4 inches from heat. grill up to 10 min. brushing with oil as ribs cook. Turn ribs and cook 5 min. more.

Note: For spicier taste, patak's bottled curry paste can be added to marinade.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Indian Rice Blancmange

Yield: 4 Servings

Ingredients

3 c milk
3 tb ground rice
3 tb sugar
1/2 ts ground cardamom
1 tb rose water or 2-3 drops rose essence
2 tb blanched pistachios or almonds

Instructions

Take some of the cold milk and mix with the ground rice to a smooth cream.

Bring the rest of the milk to the boil with sugar, stirring with a wooden spoon. Remove from heat and stir in creamed ground rice, then return pan to heat and stir constantly until mixture bolis and thickens. Boil, stirring for 3 minutes. Sprinkle over the cardamom, rose water or essence and half the pistachios, chopped. Stir well. Pour into individual dessert dishes.

Decorate tops with remaining pistachios or almonds, slivered. Serve warm or chilled.

Compiled by I. Chaudhary

Posted to TNT Prodigy's Recipe Exchange Newsletter by "I. Chaudhary" on Aug 6, 1997

Indian Rice Casserole

Yield: 4 Servings

Ingredients

1 lb hamburger
1/2 md onion diced
1 tb olive oil
1/2 ts paprika
1/2 ts coriander
1/2 ts turmeric
1/4 ts garlic powder

1/4 ts cinnamon
1 ds salt
1 md tomato chopped
1 cn corn drained

Instructions

Saute ground beef and onion in shortening add spices, simmer. Drain corn, add it and tomato to beef mixture. Simmer until warm throughout. Serve with rice.

Posted to recipelu-digest Volume 01 Number 165 by James and Susan Kirkland on Oct 26, 1997

Indian Rice Pudding (India)

Yield: 1 Servings

Ingredients

1/2 c rice, uncooked
1/2 ga milk (whole or 2)
3/4 c white sugar
1/4 ts saffrom (optional)
3/4 ts cardamoms, whole
1/2 c currents

Instructions

Wash rice about 3 times. Add to milk that has come to a boil in a thick bottomed saucepan. Stir constantly. Let milk reduce to half quantity on a very low flame. When rice is nearly done add currents.

When rice is done add sugar and then the flavors. Be prepared to do an hour of stirring, but it's well worth it!

Indian Rice Pudding (Kheer)

Yield: 8 Servings

Ingredients

2 c water
1 c rice
5 c coconut milk
1 1/4 c sugar
1/2 ts to 1 ts ground cardamom
1 pn salt
1 ts vanilla extract

Instructions

Bring the water to a boil in a medium saucepan. Add the rice, cover, reduce heat to low and simmer until the liquid is absorbed, about 18 minutes.

Add the coconut milk, sugar, cardamom and salt. Simmer, uncovered and stirring frequently, over medium heat until thickened, about 20 minutes. Remove from heat and stir in vanilla. Pour the pudding into individual bowls. Serve warm or chilled.

Per serving: 725 cal 7g pro, 76g carb, 48g fat(75), 76 mg sodium

Source: Miami Herald, 9/5/96 formatted by Lisa Crawford

Indian Rice Pudding

Yield: 12 Servings

Ingredients

2 1/3 c long grain rice

1/4 c raisins
1 ts salt
1/4 c unroasted pistachios
1/4 ts powdered saffron
1/4 c blanched almonds sliced and toasted
2 c sugar
1 1/4 c butter
1/4 c unsalted cashews and toasted
2 whole cardamon seeds shelled
1 juice of one lemon
5 whole cloves
1 c heavy cream, whipped

Instructions

Cook rice in 6 cups of boiling water with salt and saffron until half done, about 10 minutes. Drain. Boil the sugar with 3-3/4 cups water for one minute, stirring until sugar is dissolved. Heat butter in bottom of heavy 4 quart Dutch oven or kettle. Add the cardomen and cloves and cook over low heat 10 minutes. Add all but 1/2 cup of syrup boil one minute. Add rice to mixture, and cook stirring gently until the butter is absorbed, about 10 minutes. Add lemon juice, raisins, nuts. Cook over fairly high heat 5 minutes. Lower heat cook until rice is tender, stirring when necessary. If the rice is not quite tender when the syrup has been absorbed, add the remaining syrup and cook over low heat until the rice is dry and soft. Remove the mixture from the heat and let stand, covered 10 minutes.

Serve warm with whipped cream.

Serves 12.

Submitted By Z@FYBITS.COM (Z PEGASUS) On TUE, 27 JUN 1995 032842 GMT

Indian Rice With Buttermilk

Yield: 4 Servings

Ingredients

1 1/2 c cold cooked rice
1 c buttermilk
1 clove garlic minced
1 ts hot chili peppers minced
1/4 c fresh cilantro chopped
1 salt to taste

Instructions

Combine ingredients in bowl. Add more buttermilk if rice does not hold together. Press in a pan chill. Cut into squares and serve cold.

NOTES : A cold rice made in India for picnics.

Recipe by: The Ultimate Rice Cooker Cookbook by Betty L. Torre

Posted to recipelu-digest Volume 01 Number 449 by James and Susan Kirkland on Jan 04, 1998

Indian Rice With Lentils And Mushrooms

Yield: 0 Servings

Ingredients

1 ts butter
2 1/2 c sliced onions
3 c hot stock

2 c quartered mushrooms
1 c rice (white or brown)
1/2 c green lentils
1 tb minced gingerroot
1 ts curry powder
pinch cinnamon
2 cloves garlic minced

Instructions

In heavy skillet, melt butter over medium heat. Cook onions over low heat, stirring occasionally for 25 mins, or until very tender and lightly browned.

Meanwhile, in saucepan, stir together stock, mushrooms, rice, lentils, ginger, curry powder, cinnamon and garlic. Bring to a boil. Cover, and let simmer for 25/45 mins (25 white rice/45 brown rice) until rice and lentils tender, and liquid is absorbed.

Top each serving with onions.

Contributor: fielden@spot.Colorado.EDU (fielden j.a.)

Indian Rice

Yield: 1 Servings

Ingredients

1 tb olive oil
2 garlic cloves, minced
1 sm onion, finely chopped
1/4 ts cardamom
1 ts coriander
1/4 ts cinnamon
4 whole cloves
1 1/2 c rice
3 3/4 c water

Instructions

In heated oil saute garlic and onion until soft. Add spices and rice. Stir until blended and then add water. Cover, bring to a boil, reduce heat, and continue cooking for 25 minutes. Remove cloves before serving. Yield: 6 servings Calories: 80 Shared by: Norman R. Brown

Indian Roast Chicken *Jb

Yield: 4 Servings

Ingredients

1 c plain yogurt
3 md garlic cloves, minced
2 tb finely grated fresh ginger
2 tb fresh lemon juice
2 ts finely grated lemon zest
2 ts ground coriander
1/2 ts cayenne pepper
1/2 ts turmeric
1 salt and freshly ground black pepper
1 chicken (3 1/2-lb)

Instructions

A spicy yogurt marinade lends this bird the distinctive flavor and texture of classic Indian tandoori chicken. Serve it with saffron rice, roasted onions and a creamy

cucumber raita. Marinating the chicken in a plastic bag allows the entire bird to be coated with the yogurt mixture.

1. In a medium bowl, combine the yogurt, garlic, ginger, lemon juice, lemon zest, coriander, cayenne, turmeric, 1/2 teaspoon of salt and 1/4 teaspoon of black pepper mix well. Place the chicken in a gallon-size plastic bag, add the marinade and turn to coat all over. Seal the bag. Refrigerate the chicken for at least 4 or up to 12 hours, turning it occasionally in the bag.
2. Preheat the oven to 350 B0. While the oven heats, let the chicken come to room temperature. Lift the chicken from the marinade and transfer to a roasting pan discard the remaining marinade. Season the chicken with salt and pepper and roast for 25 minutes. Rotate the pan and roast for another 25 minutes. Increase the temperature to 400 B0 and roast the chicken for about 35 minutes longer, or until the juices run clear when a thigh is pierced with a fork.
3. Transfer the chicken to a platter, cover loosely with foil and let rest for 15 to 20 minutes before carving. Skim the fat from the juices in the roasting pan and strain the juices through a coarse strainer season with salt and pepper and serve with the chicken.

Indian Roasted Corn

Yield: 4 Servings

Ingredients

- 1 sweet corn in the husks
- 1 hot cayenne powder
- 1 dried mango powder (sold as amchur in indian markets)
- 1 lime wedges
- 1 black pepper (a fresh course grind is nicest)
- 1 salt

Instructions

Pull back the husks just far enough to remove the silk, then re-seal the corn, and soak in water for an hour or so. Roast on the grill until done (you'll know). Shuck, then rub a lime wedge all over the hot corn. Sprinkle the corn with a mixture of about 3/4 dried mango powder, 1/4 cayenne, a grind of fresh black pepper, and a little salt if you like. The taste is hot and sour combined with sweet and smoky. And no fat from the butter!

CHILE-HEADS ARCHIVES

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Indian Salad Dressing

Yield: Makes 8 Serving

Ingredients

- 2 ea yolks from 2 hard boiled eggs
- 3/4 tsp salt
- 1/2 tsp powdered sugar
- 1/4 tsp paprika
- 1 dash of cayenne pepper
- 1 dash of white pepper
- 1 tb lemon juice
- 2 tb vinegar (salad)
- 1/2 cups of olive oil
- 1 tb finely chopped red pepper

1 tb finely chopped green pepper
1 tb cubed pickled beets
1 ts finely chopped parsley

Instructions

Force the yolks through a strainer. In a canning jar, add the crushed yolks, salt, sugar, paprika, cayenne, white pepper, lemon juice, and olive oil. Shake until mixed well. Add remaining ingredients and shake again. Refrigerate until chilled.

Indian Salad

Yield: 1 Servings

Ingredients

1/4 c olive oil
2 tb white wine vinegar
2 tb chives minced
1 ts dry mustard

Pepper salad

1 lb lean pork cooked (in shreds)
1 cucumbers * see note
1 ts salt
1 c macaroni uncooked
1/4 c mayonnaise (plus 2 tbsp.)
1 1/4 ts curry powder

Instructions

* peeled, cut lengthwise, seeded, and julienned.

Mix the dressing ingredients and marinate the pork in them for 1 hour.

Cook macaroni al dente, drain and cool.

Combine cucumber with salt and set aside for 30 minutes. Rinse, drain and pat dry, then combine with the pork, macaroni, mayonnaise, and curry powder.

Indian Salmon Kedgeree

Yield: 6

Ingredients

500 g salmon filleted and skinned (1lb)
1 tb white wine vinegar
1 onion chopped
2 1/2 cm (1inch) piece of fresh root ginger,
1 peeled and grated
1 garlic clove crushed
2 tb vegetable oil
1 ts garam masala
2 green chillies de-seeded and chopped finely
4 tomatoes skinned and chopped
1/2 lime juice of
2 tb chopped fresh coriander
8 cm (3inch) cinnamon stick
5 green cardamon pods bruised
2 cloves
150 g basmati rice (5oz)
1/2 ts ground turmeric
1 a pinch of chilli powder (cayenne pepper)

450 ml fish stock or water (3/4 pint)
50 g seeded raisins (2oz)
50 g flaked almonds toasted lightly (2oz)
1 salt and freshly ground black pepper

Instructions

Cut the salmon into 4cm (1 1/2 inch) cubes and toss in the vinegar with a pinch of salt. Lightly fry half the onion, the ginger and garlic in 1 tablespoon of the oil for 2 minutes. Stir in the garam masala and green chillies and cook for 2 minutes.

Add the tomatoes and salmon and continue cooking until the fish is almost cooked.

Sprinkle over the lime juice and stir in the coriander. Cover and set aside.

Heat the remaining oil and add the remaining onion, the cinnamon, cardamoms and cloves and fry until golden.

Stir the rice into the pan and fry for 2 minutes. Add the turmeric, chilli powder and the fish stock or water and stir well.

Cover the pan and cook for about 25 minutes until the rice is cooked and all the liquid has been absorbed.

To serve, discard the cinnamon stick and layer the rice and fish in a serving dish. Top with the raisins and almonds.

To reheat later, transfer to an ovenproof dish, cover and heat through in a an oven preheated to Gas Mark 3/160 oC/325 oF for 10 minutes, or reheat in the microwave on full power for about 4 minutes.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Indian Salsa (Kachoomar)

Yield: 1

Ingredients

2 c chopped tomatoes
1 c chopped onions
1 c chopped cucumber
1 c chopped cilantro leaves and tender stems
2 tb thinly-sliced green chilies seeds discarded
1/2 ts roasted cumin seeds
1 lemon juice of
1 coarse salt to taste

Instructions

Combine all the ingredients in a bowl and serve immediately with Tandoori Chicken or cover and refrigerate. Keeps for 5 days.

Yield: 4 servings

Converted by MCBuster.

Recipe by: CHEF DU JOURSHOW #DJ9455 JULIE SAHNI

Converted by MMBuster v2.0l.

Indian Salsa

Yield: 4 servings

Ingredients

11 tomatillos, husked and finely chopped
4 lg ripe tomatoes, finely chopped
3/4 c finely chopped onion
6 jalapeno peppers, seeded, deveined and finely chopped

1/2 c fresh cilantro, finely chopped
1 ts freshly squeezed lime juice

Instructions

Toss together all the ingredients in a bowl. Allow to marinate about 1 hour to bring out the full flavor. Serve cold or at room temperature.

Indian Samosas Easier

Yield: 1 Servings

Ingredients

2 tb oil, vegetable
1 onion finely chopped
1 tb ginger root fresh, chopped
1 garlic clove finely chopped
1 tb curry powder salt water
1 1/2 c peas frozen
4 potatoes cooked and diced
1/4 c coriander chopped fresh
24 spring roll wrappers or egg roll wrapper
1 egg lightly beaten vegetable

Instructions

This recipe uses either spring roll wrapper or Egg roll wrappers to save time rather the traditional pastry. They may be found in any Chinese store or in many groceries. These made be made ahead of time and frozen.

Heat 2 Tbsp of oil in deep skillet. Add onions, ginger & garlic. Cook few minutes without browning. Add curry and salt. Cook 30 to 60 seconds. Add water, peas and potatoes. Heat mixture thoroughly combine well. Add coriander but do not cook. Cool completely.

Separate wrappers individually. If difficult to separate, unwrap package and cover with a damp cloth. After a few minutes, top wrapper can be removed. Place tablespoonful of filling on wrapper. Brush edges with egg and fold over filling into a triangular shape.

Place on baking sheet lined with a clean tea towel. Separate second wrapper and repeat. Unused wrapper can be refrozen if wrapped well. Heat 1 inch of oil in deep skillet. Cook in batches few minutes on each side until golden and crisp. Drain on a rack or paper towels. Serve with chutney as a dip if you wish. MAKES: approx 24

Source: Marion Kane, The Toronto Star

Indian Samosas

Yield: 25 Servings

Ingredients

-PASTRY-

3 c flour
1/2 ts salt
4 tb melted butter
1/2 c yogurt
1/4 c water

FILLING-

3 tb butter
1 md onion, finely chop chopped
1 tart green apple, cored and finely chopped
1 clove garlic, minced

2 ts ground cumin
1 ts turmeric
1/2 ts coriander
1 1/2 ts salt
1/8 ts ground black pepper
1/4 ts crushed dried red peppers
1 lb potatoes, peeled, cooked and rinsed
1/2 c fresh peas (or thawed frozen), cook ed
3 to 4 tablespoons yogurt
1 vegetable oil

Instructions

Pastry: Sift flour and salt into bowl. Stir in melted butter, then yogurt, then water. Stir together until blended. Dough will appear dry and lumpy. Roll dough on pastry board and cut into 2 to 3-inch circles . **Filling:** In a large frying pan, melt butter over moderate heat.

Add onion, apple and garlic and saute until just tender. Add the spices, the salt, and the black and red peppers, and saute, stirring for 5 minutes. Stir in potatoes and peas. Adjust seasoning. Add yogurt. Chill.

Assembly: Place 1 tablespoon chilled filling on dough circle. Fold over to form a semicircle. Moisten edges with a little water and pinch to seal. Repeat rolling and filling.

Place 2 cups vegetable oil in large frying pan or wok and heat over high heat. Fry pastries 4 or 5 at a time, turning once, until they turn a deep golden brown. Drain on paper tow towels. Serve hot. Makes 25 to 30 past pastries.

Adapted from "Ethnic Cuisine " by Elizabeth Rozin.

From the San Francisco Chronicle, 8/18/88.

Posted by Stephen Ceideburg

Indian Sandwiches

Yield: 8

Ingredients

1 1/4 c fresh soft cheese (farmer, ricotta, pot, goat or cottage)
1/2 c plain lowfat yogurt
1/3 c thinly sliced carrots
1 sm tomato seeded and diced
1/2 c diced green bell pepper
1/2 c thinly sliced cucumber
1/3 c mixed fresh herbs (such as parsley, basil, dill or mint)
1 tb candied ginger
1/2 ts tabasco brand pepper sauce
1 salt to taste
4 pita bread pockets or wheat tortillas, sliced in halves

Instructions

In medium bowl, combine all ingredients. Serve in pita bread pockets or rolled in wheat tortillas. Makes 8 servings.

From the Tabasco Website

Recipe by: Tabasco www.tabasco.com

Converted by MMBuster v2.0l.

Indian Scrambled Eggs With Ginger

Yield: 4 Servings

Ingredients

4 green chiles skinned seeded, chopped fine
1 ts fresh ginger chop fine
4 tb onions finely chopped
2 tb butter
6 eggs
1/4 c milk
1 salt and pepper to taste

Instructions

Saute onion and ginger in butter until onion is soft. Beat the eggs, milk, salt and pepper together and pour into skillet with the onions and ginger. Sprinkle the chiles on top and scramble over low heat until the eggs are done. From The Fiery Cuisines Typed by Lisa Greenwood From: Lisa Greenwood Date: 04 Mar 94

Indian Scrambled Eggs With Onion And Tomato (Khichri Unda)

Yield: 4

Ingredients

3 tb groundnut or corn oil
2 tb onion finely chopped
1 fresh hot green chilli finely chopped
1 sm tomato finely chopped
2 tb fresh coriander finely chopped
8 eggs lightly beaten
1 salt to taste
1 freshly ground black pepper

Instructions

Put the oil in a large, non-stick frying pan and set over a medium heat. When hot, put in the onion. Stir for 20 seconds, then put in the green chilli and tomato. Stir until the onions and tomato are soft, 2-3 minutes. Now put in the coriander, eggs, salt and pepper. Stir the eggs gently until they form thick, soft curds, or are done to your taste. Remove from heat and serve immediately. Converted by MCBuster.
Converted by MMBuster v2.0l.

Indian Seasoned Bread

Yield: 4 Servings

Ingredients

2 tb oil
1 ts turmeric
1 ts cumin seeds
1 ts mustard seeds
1 md onion -finely chopped
1 md tomato -chopped
2 tb peanuts, unsalted
1 chopped
1 jalapeno chile pepper minced

6 sl bread -1/2-inch cubes
1/2 ts salt
1/2 ts sugar
1 tb lemon juice
1 tb coconut
1 tb cilantro -chopped

Instructions

Heat oil on a heavy skillet over medium heat. Add turmeric, cumin and mustard seeds and stir until mixture crackles(4 minutes). Add onion, tomato, chopped peanuts and chili and stir until heated through. Stir in bread, salt and pepper. Reduce heat to low and cook until bread is golden, stirring frequently. Add lemon juice, remove from heat. Sprinkle with coconut and cilantro. Serve immediately.

Indian Shrikand (Cream Cheese Dessert)

Yield: 6 Servings

Ingredients

8 oz cream cheese fat free
5 tb yogurt plain, nonfat
4 tb sugar
1/4 ts cardamom
1/8 ts lemon zest
1 pn saffron
1 pn nutmeg
1/8 c almonds chopped
1/8 c pistachio nuts chopped

Instructions

Set out cream cheese ahead, so that it will be at room temperature. With a hand mixer, beat the cream cheese until it is creamy and lump-free. Add all other ingredients except the nuts. Mix well. Mixture should be smooth and creamy You can change the thickness/thinness by varying the amount of yogurt (thinner) and cream cheese(thicker). Garnish with the nuts and refrigerate. Serve with roti.

Posted to Bakery-Shoppe Digest V1 #499 by "Terry Van Kirk" on Jan 10, 1998

Indian Soup

Yield: 1 Servings

Ingredients

2 lb kosher cut round steak
3 lb potatoes peeled and chunked
2 lb yellow onions peeled and chunked
1 salt and pepper to taste
2 qt water (up to 3)

Instructions

I got this recipe from my husband's grandma. It is easy and sooo good.

Boil meat and onions together til meat is tender, then add potatoes cook til potatoes are done. Serve with fry bread.

Posted to JEWISH-FOOD digest by Joyce Rosenfield on Oct 25, 1998, converted by MMBuster v2.01.

Indian Spice Blend (Substitute For Curry Pow

Yield: 7 Servings

Ingredients

8 ts cumin

2 ts ground coriander

4 ts turmeric

4 ts ground ginger

2 ts cayenne pepper

2 ts fresh ground black pepper

Instructions

Combine and store in airtight spice jar. Low Fat Good Food Cookbook Katahn format by Emilie rws05a

Posted to recipelu-digest by "bunny" on Feb 26, 1998

Indian Spice Blend (Lf)

Yield: 1 Servings

Ingredients

8 ts cumin

4 ts ground ginger

2 ts ground coriander

2 ts cayenne

4 ts turmeric

2 ts black pepper

Instructions

Combine all ingredients and store in an airtight spice jar. Makes about 7 tablespoons.

This mixture contains trace nutrients too small to evaluate. From the Author: To create your own special Indian blend use some of the following: ginger, coriander, cardamom, cayenne, cinnamon, chilis, mustard seed, turmeric, cumin, black pepper, poppy seeds, fenugreek, fennel, mace, and cloves. Use it any time curry powder is called for.

Indian Spice Info

Yield: 1 Servings

Ingredients

-SEE DIRECTIONS-

Instructions

The blending of spices is the essence of Indian cookery to become a good Indian cook you must first become a good masalchi (spice blender). The word masala means a mixture of spices, but also refers to the aromatic composition of a dish. The Western notion of having a single masala or curry powder gives little real idea of Indian cooking since there are hundreds of masalas from different regions, for different foods, and prepared to the taste of different cooks imparting a distinctive flavor to each dish. The most common ground blends are garam masalas, used in northern cooking, and hotter masalas or curry powders from the south. They are usually made up as required, but will keep for 3-4 months in an airtight jar.

Curry powders In the hotter southern blends, chilies, mustard seeds, fenugreek seeds, ground turmeric and fresh curry leaves are standard ingredients.

Garam masala Garam masala is the principal spice blend of north Indian cookery, and there are almost as many versions as there are cooks. A masala may be a simple blend

of two or three spices and herbs: or it may contain a dozen or more. Some masalas, based on pepper and cloves, are quite fiery: others, using mace, cinnamon and cardamom, are aromatic. Garam masala is always used sparingly. The spices are usually dry roasted, and may be added to the dish, whole or ground, at different stages during cooking. For pilafs, birianis and some meat dishes, the use of whole spices is traditional. For some grand Moghul dishes, dried rose petals are added to the basic mixture.

Per serving: 0 Calories 0g Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

Recipe by: Ron West

Posted to Bakery-Shoppe Digest V1 #491 by Ron West on Jan 7, 1998

Indian Spice Infused Oil

Yield: 1 Servings

Ingredients

2 tb whole cumin seeds
2 tb whole coriander seeds
1 cinnamon stick 2 inches long
1 ts whole cloves
1 ts whole black peppercorns
2 bay leaves
6 whole green cardamom pods
1 ts ground turmeric
1 c canola or other mild oil

Instructions

I found these at Taunton's Fine Cooking from the link Margo posted. They have some really neat articles and recipes and food information, like when to press, chop or mince garlic. Didn't find Rick Bayless' Mole Recipe online, tho.

<http://www.taunton.com/fc/index.htm>

This oil is spicy but not hot. Yields 1 cup.

Prepare the spices -Heat a heavy frying pan over medium heat. Toss all the spices together except the turmeric and put them in the hot pan. Dry-toast the spices, stirring them constantly for 10 min., or until they turn a few shades darker and begin to release their aromas. Transfer them to a bowl and let them cool completely. Add the turmeric and then grind all the spices to a fine powder in a spice mill, a clean coffee grinder, or a blender.

Stir the spices in with the oil in a clean, dry container. Cover and let sit at room temperature for three days, or until the desired taste is reached. Stir or shake once a day. Strain through cheesecloth into a clean, dry bottle. (For details, see Two methods of infusion Hot and cold.)

Posted to CHILE-HEADS DIGEST V4 #125 by Judy Howle on Sep 16, 1997

Indian Spice Mix

Yield: 1 Servings

Ingredients

1/3 c curry powder
2 tb cumin
1 tb turmeric
2 ts grated lemon rind (dried)
1/4 ts ground cinnamon

1/8 ts ground cloves

Instructions

Combine all. Store in airtight container. Yields 2/3 cup.

Mixes can be stored for up to three months. For longer storage, freeze.

Posted to Bakery-Shoppe Digest V1 #237 by Shelley Sparks on Sep 14, 1997

Indian Spice Mixture

Yield: 14 Servings

Ingredients

1 tb coriander seeds

1 tb black peppercorns

1 tb cumin seeds

1/2 ts turmeric

1 sm dried hot-chili pepper

1/4 ts powdered ginger

2 whole cloves

1 pn of allspice powder

Instructions

Finely grind the mixture in a spice or coffee mill. Makes about 1/4 cup spice mix.

**Store leftover Indian Spice Mixture in an airtight jar in the refrigerator. It can be used on broiled fish fillets, burritos or anything you would like to make hot and spicy.

Origin: June Issue of Prevention Shared by: Sharon Stevens.

Indian Spice

Yield: 1 Serving

Ingredients

1 Tbsp cumin seeds

1 Tbsp fennel seeds

1 Tbsp mustard seeds

1 Tbsp nigella seeds

1 Tbsp fenugreek seeds

Instructions

Mix all the spices together. Stored in an airtight jar, the blend will keep for 3-4 months.

Contributor: ChiliDog's Kitchen <http://umn.edu/~fine0015>

Indian Spiced Beans (Lf)

Yield: 6 3/4-Cup Sv

Ingredients

TFACTOR DIET

2 c dried red or kidney beans

4 c stock

1 md onion sliced

1 md tomato chopped

1 cl garlic chopped

2 dried red peppers

1 bay leaf

1/4 ts fresh-ground black pepper

1/4 ts ground cloves

Instructions

Wash beans and remove any stones. Place all ingredients in a 4-quart saucepan. Bring to a boil and reduce heat. Cover and cook for 4 hours on low heat. Makes 4 1/2 cups.

PER 3/4 CUP: 210 cal, 14 gm dietary fiber, 230 mg sodium

Author's Note: Delicious served with 1 T of grated cheese per serving, chopped vegetables of choice, and salsa. Add a helping of cooked grain such as rice for a complete meal.

Posted on GENie Food & Wine RT May 10, 1993 by A.ENGLISH [Al & Diane]

From the recipe files of Sylvia Steiger, GENie THE.STEIGERS, CI\$ 71511,2253, GT Cookbook echo moderator at net/node 004/005

From: Sylvia Steiger Date: 14 Nov 96 Low-Fat Echo Ž

Indian Spiced Beef & Vegetables

Yield: 4 Servings

Ingredients

1 eileen lamparelli

CGDR39A-

1 1/2 lb ground beef

1/2 ts cumin seeds

1 lg onion -finely chopped

1/2 ts ground coriander

1 1/2 c tomato juice

1/2 ts garam masala*

1 c peas -thawed

1/2 ts cayenne pepper

1 1/2 ts salt

1 freshly cooked rice

1/2 ts ground cumin

Instructions

Cook beef and onion in heavy large skillet over medium heat until meat is no longer pink, crumbling with fork, about 10 minutes. Add all remaining ingredients, except rice. Cover and cook 15 minutes.

Serve with rice.

GARAM MASALA An Indian spice mixture available at Indian or specialty markets.

To substitute, mix 3/4 ts. ground cumin with 3/4 ts. ground coriander, 1/2 ts. pepper, 1/2 ts. ground cardamon, 1/4 ts. ground cloves, and 1/4 ts. ground cinnamon. Use 1/2 ts. Of spice mixture for this recipe.

SOURCE: Shere-Punjab Restaurant, Toronto, Canada

Indian Spiced Burgers

Yield: 2 Servings

Ingredients

1 egg slightly beaten

2 tb green onion sliced

2 tb fine dry bread crumbs

2 ts curry powder

1 ts prepared mustard

1/4 ts crushed red pepper

1/4 ts salt

1/2 lb lean ground beef

1/3 c applesauce

1/2 ts prepared mustard
2 pita bread rounds
2 spiced apple rings
1 lettuce leaves

Instructions

In a mixing bowl combine egg, onion, bread crumbs, curry powder, 1 teaspoon mustard, the red pepper and salt. Add ground meat mix well. Shape into two 1/2" thick patties. Cut the patties in half crosswise.

In a skillet cook patty halves over medium-high heat about 8 minutes, turning once. (Or place on the unheated rack of a broiler pan broil 5 inches from heat about 10 minutes, turning once.)

Heat together the applesauce and 1/2 teaspoon prepared mustard. Cut pita rounds and apple rings in half crosswise. To serve, tuck a lettuce leaf, burger half, and apple ring half inside each half of pita bread. Spoon the warmed applesauce-mustard mixture into each.

Recipe by: BH&G (Hot & Spicy)

Posted to MC-Recipe Digest by "Pamela Creeden" on May 11, 1998

Indian Spiced Cabbage

Yield: 4 Servings

Ingredients

450 g cabbage
225 g potatoes
2 tb oil
1/2 ts ground cummin
1/2 ts ground coriander
1/2 ts turmeric
1/4 ts asafoetida
1/2 ts chilli powder
1 salt

Instructions

1. Cut the cabbage into strips and peel and chop the potatoes
2. Heat the oil and fry the cummin, coriander, turmeric, asafoetida* and chilli for 3-4 minutes, until the fragrance of the spices emerges.
3. Add the cabbage and potato, sprinkle on 1-2 Tbls water and 1/2 tsp salt, cover the pan tightly and cook on a low heat for 5-6 minutes, until the potato is cooked.
4. Take the pot off the heat and let it stand, covered, for 3-4 minutes. Add extra salt to taste.

*Asafoetida: This is a resin and comes from Kashmir. It is bought ground and is said to smell of truffles. The flavour is quite pungent, but is used mainly for its digestive properties, especially in the cooking of beans, where it combats flatulence. A pinch of it can be fried in hot oil before the rest of the ingredients are cooked. Also comes in solid form in small pieces.

TNT'd & Compiled by Imran C. Source: Mum Posted to TNT Prodigy's Recipe Exchange Newsletter by "Imran C." on Apr 21, 1997

Indian Spiced Chicken

Yield: 2 Servings

Ingredients

3/4 lb boneless skinless chicken breasts
1 c nonfat yogurt -drained
1/4 c loosely packed fresh mint leaves plus 2 tb , chopped
1/2 inch fresh ginger -peeled and chopped
1 ts ground coriander
1 pn cayenne
1 ts sugar
2 ts butter or margarine
1/4 c onion -chopped
2 md cloves garlic -crushed

Instructions

Remove fat from chicken and make 3 or 4 long slits in meat to allow marinade to penetrate. Mix yogurt, 1/4 cup chopped mint, ginger, coriander, cayenne and sugar to make marinade. Divide marinade, reserving half in a separate bowl. Add chicken to one h

Recipe By : Austin American Statesman 4/2/97

Indian Spiced Green Beans

Yield: 1 Servings

Ingredients

1 1/2 lb green beans, trimmed, cut into 1/4 pieces
1/3 c water
5 cloves garlic crushed
1 tb lemon juice
1 ts salt
1 cayenne to taste
1/3 c oil
1/2 ts cumin seed

Instructions

In a glass or ceramic bowl, combine water, garlic, lemon juice, salt, and cayenne. Heat the oil in a 10" enamel skillet over moderately high heat. Add cumin seeds and stir 3-4 seconds. Add green beans and saute for 1 minute. Stir in the garlic mixture, reduce heat to low, and cook, covered, stirring occasionally, for 20 minutes, or until beans are just tender. Increase the heat to high and cook the beans, uncovered, stirring constantly, until the liquid has evaporated.

Recipe By : Gourmet

Posted to EAT-L Digest 6 November 96

Date: Thu, 7 Nov 1996 15:39:35 +0100

From: Kaye Sykes

Indian Spiced Mayonnaise

Yield: 1

Ingredients

1 c packed fresh mint leaves
1 c packed fresh cilantro leaves
1 jalapeno chili seeded, minced
3 tb chopped onion
2 ts cider vinegar
1/2 c mayonnaise

Instructions

Combine 1 cup mint leaves, 1 cup cilantro leaves, minced jalapeno chili and chopped onion in work bowl of processor. Process until very finely chopped. Mix in cider vinegar. Add mayonnaise and process just until combined. Season mayonnaise to taste with salt and pepper. (Mayonnaise can be prepared 3 days ahead. Cover tightly and refrigerate.)

Makes about 1 scant cup.

Bon Appetit August 1994

Converted by MCBuster.

Converted by MMBuster v2.0l.

Indian Spiced Okra (Bhindi Masala)

Yield: 4 Serve.

Ingredients

1 no ingredients

Instructions

2 tb vegetable oil

2 md onions finely chopped

1 1/2 ts fresh ginger peeled

1 1/2 ts garlic

1/2 ts turmeric

2 ts ground coriander

2 ts ground cumin

Coarse salt

2 whole tomatoes chopped

1 ts chile powder or more to taste

40 okra trimmed and cut into 1 inch pieces

1/2 green bell pepper chopped

1 ts Garam Masala (see recipe)

1. Grind ginger and garlic into a paste using a small food processor. Heat oil in large skillet, over medium heat, add onions, and saut, until translucent, about 5 minutes. Add ginger-garlic paste, turmeric, coriander, cumin, and salt cook, stirring, 1 to 2 minutes.
2. Add tomatoes, chile powder, okra, and green peppers. If mixture appears dry, add 1/4 cup water. Add garam masala, and cook, covered, 15 to 20 minutes.

SOURCE: Martha Stewart Living: APRIL 20, 2000

MM-format by Petra

Indian Spiced Potato Gratin

Yield: 6 Servings

Ingredients

1 tb butter plus 1 ts more for greasing dish

2 lg onions, peeled, halved length wise and thinly sliced

1 tb ground cumin

1 ts ground tumeric

1 lg pinch of cayenne

1 salt & freshly ground pepper to taste

2 cloves garlic, minced

3 lg baking potatoes, peeled and thinly sliced

1 c whipping cream

Instructions

Preheat oven to 350 F.

Melt butter in large skillet over medium low heat. Add onions and cook stirring frequently until onions are carmelized, about 30 minutes.

Stir together cumin, tumeric, cayenne, salt, pepper and garlic.

Butter a 13 X 9 inch baking dish. Layer half the potatoes in the dish, overlapping slightly. Sprinkle with half the spice mixture. Cover with onions. Layer remaining potatoes over onions and sprinkle with remaining spice mixture. Pour cream over top. Cover with aluminum foil and bake until potatoes are tender, about 2 hours. Let cool slightly, cut into rectangles and serve.

Serves 6.

Posted to MM-Recipes Digest V4 #236 by jarin@odyssee.net (Jacques Lorrain) on Sep 6, 1997

Indian Spiced Potatoes

Yield: 4 Servings

Ingredients

- 1 tb salad oil
- 1/4 ts caraway seed
- 1 ts cumin seed
- 1 c red onion finely chopped
- 2 cloves garlic minced
- 6 serrano chile minced
- 2 ts fresh ginger minced
- 2 ts turmeric ground
- 3 c potatoes cooked & diced
- 2 ts cayenne pepper (fresh if possible)
- 1/4 c fresh cilantro chopped
- 1/4 c fresh mint leaves chopped
- 2 tb lime juice
- 1 salt

Instructions

1. In a 10to 12inch frying pan over med-high heat, combine oil, caraway seed, and cumin seed. Stir until seed smells slightly toasted, about 2 min.
2. Add onion, garlic, serranos, and ginger stir until onion is limp-translucent but not browned, about 2 minutes. Stir in turmeric and potatoes, then add cayenne to taste. Stir often until potatoes are hot, about 2 min.
3. Add Cilantro, mint, lime juice, and salt to taste.

Recipe by: Sunset Mag. April 98

Posted to CHILE-HEADS DIGEST by Robert L on Jul 04, 1998

Indian Spiced Tofu Skewers, Coriander, Yoghurt And Grilled F

Yield: 1

Ingredients

- 3 pk tofu
- 1 juice 2 lemons
- 1 salt and pepper
- 1 red onion
- 2 tb chopped coriander
- 1 sm cucumber peeled

4 pitta breads
1 tub natural yoghurt
1 groundnut oil for frying

-SPICES-

1 tb coriander seeds
1 tb cumin seeds
1 tb paprika
2 red chillies
1 sm piec ginger
3 tb yoghurt
2 tb turmeric
1 tb garam masala

Instructions

Blitz all the spices together until finely ground in a coffee grinder. Stir in 3 tablespoons of yoghurt.

Cut the tofu into squares 2"x2", coat with lemon juice and sprinkle with salt.

Marinate in the spice mix for at least one hour. Skewer them on to bamboo skewers and set aside.

Finely slice the red onion and cucumber and mix together with the coriander.

Season with salt and pepper. Heat a grill pan and grill the pittas on both sides. Keep warm.

Fry the tofu skewers in a little groundnut oil until brown on all sides.

To serve, slice open the pittas, fill with some of the red onion mix, top with a tofu skewer and serve with natural yoghurt.

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Carlton Food Network <http://www.cfn.co.uk/>

Per serving: 767 Calories (kcal) 40g Total Fat (42 calories from fat) 67g Protein 55g Carbohydrate 0mg Cholesterol 74mg Sodium Food Exchanges: 1 1/2 Grain(Starch) 8 Lean Meat 4 Vegetable 0 Fruit 3 1/2 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Indian Spiced Tofu Skewers, Coriander, Yoghurt And Grilled

Yield: 1

Ingredients

3 pk tofu
1 juice 2 lemons
1 salt and pepper
1 red onion
2 tb chopped coriander
1 sm cucumber peeled
4 pitta breads
1 tub natural yoghurt
1 groundnut oil for frying
-SPICES-
1 tb coriander seeds
1 tb cumin seeds
1 tb paprika
2 red chillies
1 sm piec ginger
3 tb yoghurt

2 tb turmeric
1 tb garam masala

Instructions

Blitz all the spices together until finely ground in a coffee grinder.

Stir in 3 tablespoons of yoghurt.

Cut the tofu into squares 2"x2", coat with lemon juice and sprinkle with salt. Marinate in the spice mix for at least one hour. Skewer them on to bamboo skewers and set aside.

Finely slice the red onion and cucumber and mix together with the coriander. Season with salt and pepper. Heat a grill pan and grill the pittas on both sides. Keep warm.

Fry the tofu skewers in a little groundnut oil until brown on all sides.

To serve, slice open the pittas, fill with some of the red onion mix, top with a tofu skewer and serve with natural yoghurt.

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Carlton Food Network <http://www.cfn.co.uk/>

Converted by MMBuster v2.0l.

Indian Spiced Tomato Soup

Yield: 8 Servings

Ingredients

SPICING-

2 tb olive oil
1/8 ts asafetida
1/2 ts black mustard seed
3 ea dried red chiles, crushed
12 ea peppercorns, crushed
6 ea cloves, whole, crushed
1/2 ts cumin powder
1 ts coriander powder
1/4 ts turmeric
3 ea bay leaves

-VEGETABLES-

28 oz tomatoes
1/2 c tofu
3 tb tomato paste
3 c stock
1 salt

Instructions

Heat oil & add spices in order, stirring once after each addition.

Lower heat & let the spices saute for a couple of minutes.

In a blender, puree the tomatoes with the tofu until smooth. Add to the cooking spices.

Stir in the tomato paste & the stock. Cover & bring to a boil. Stir well to prevent burning & simmer gently for 5 minutes. Add salt & serve hot.

Recipe by Mark Satterly

Indian Spicy Split Peas With Vegetables (Samb)

Yield: 6 Servings

Ingredients

4 c water
1 c dried yellow split peas

2 tb shredded or flaked coconut
1 ts coriander seed
1/2 ts fenugreek seed
1 stick cinnamon, 1/2-in long
3 tb oil
1/4 ts salt
1/4 ts cayenne pepper
3 md carrots, diced
2 md zucchini, diced
1 md onion, finely chopped
1 sm eggplant, diced
2 tb water
1 tb tamarind pulp
1 hot cooked rice
1 snipped fresh cilantro

Instructions

This version of sambar is flavored with just a sampling of the spices loved by Indians: coriander, fenugreek, cinnamon and tamarind.

Heat 4 cups water and peas to boiling in 2-quart saucepan. Reduce heat. Cover and simmer 45 minutes. Cook and stir coconut, coriander, fenugreek and cinnamon in 1 tablespoon oil in 8-inch skillet until coconut is light brown. Remove from heat. Stir in salt and cayenne pepper. Crush coconut mixture with mortar and pestle until finely ground. Reserve. Cook carrots, zucchini, onion and eggplant in 2 tablespoons oil in 12-inch skillet, stirring occasionally, until tender. Stir 2 tablespoons water into tamarind pulp until softened.

Stir tamarind mixture, coconut mixture and peas into skillet. Cook and stir over low heat, adding water until of consistency of soup, if necessary, until hot and well blended. Serve over rice and garnish with cilantro.

Indian Spinach Dish

Yield: 0 Servings

Ingredients

2 ts vegetable oil
1 lg onion chopped
pinch of cumin seed
2 cardamom seeds
1 stick cinnamon
2 1/2 bay leaves
2 whole cloves
1 ts chopped fresh ginger
1 ts chopped fresh garlic
1 sm fresh tomato sliced
1 ts black pepper
1/2 lb fresh spinach chopped
2 ts salt
1 ts cumin powder
1/2 ts turmeric
1 ts coriander
1/2 ts garam masala
1 c whipping cream

1 ts tomato puree
Fresh cilantro leaves
Paneer (recipe below)

Instructions

Heat oil in saucepan and saute onion until light brown. Add cumin seed, cardamom, cinnamon stick, bay leaves, cloves, ginger, garlic, tomato and pepper and saute, stirring until it begins to change color. When it goes dark green, it means it is about half cooked and still remains crunchy. Add salt, cumin, turmeric, coriander powder and garam masala. Mix well with spinach while it is sauteeing. Add cream, tomato puree, cilantro and paneer. Cook it well, stirring so it doesn't scorch. When cream boils, cook another 1 1/2 minutes over high heat.

Paneer:

prep Bring 1 quart of milk to a boil. Maintain at a very gentle simmer.
Add 2 tablespoons lemon juice, a teaspoon at a time, mixing continuously.
After about half the lemon juice has been added, the milk will begin to curdle.
Stop adding lemon juice at the point where the liquid portion is no longer very milky.
Pour into a sieve formed by three thicknesses of cheesecloth laid in a colander. Let drain, then hang the cheese up for a couple of hours. Cut into cubes.

Contributor: arielle@taronga.com (Stephanie da Silva)

Indian Spinach

Yield: 4 Servings

Ingredients

1 bunch spinach
1 oil
1 black mustard seeds
1 crushed red chillis
1 turmeric
1 mint
1 yoghurt
1 lemon juice

Instructions

Contributed to the echo by: Jonathan Kandell Indian Food Recipes Put about four tablespoons veg oil in pan. Heat on med. Put in black mustard seeds and chillis and heat until mustard seeds begin to pop.

Then add spinach and a tiny bit of water, cover, and cook on low for a few minutes, until spinach is practically done.

Turn off heat, and add quite a bit of mint stir it in well. Add a cap of Real Lemon (c), or fresh squeezed. Add two large dollups of yogurt about 1/3 as much in volume as the spinach before cooking.

Stir well and eat.

I forgot one step: Before covering and cooking spinach, sprinkle with enough turmeric to make it look like dust.

Indian Split Pea Soup W Seared Shrimp & Fresh Tomato Relish

Yield: 4 Servings

Ingredients

SHRIMP

12 lg Shrimp peeled
1/2 ts Ground cumin seed
1/2 ts Ground cardamom seed
1/4 ts Finely-minced garlic
1/4 ts Ground coriander seed
1/4 ts Ground cinnamon
1/8 ts Ground clove
1/8 ts Salt
1 pn Cayenne pepper
2 ts Light vegetable oil (like safflower

SOUP

1 tb Unsalted butter
1 c Finely-minced onion
4 ts Finely-minced garlic
4 ts Finely-minced ginger root
1 ts Finely-minced jalapeno or to taste
2 c Yellow split peas washed
1 ts Ground coriander seed
1 ts Ground cumin seed
1 ts Celery seed
1/2 ts Ground cinnamon
1/4 ts Ground clove
8 c Chicken stock

RELISH

1 c Finely-diced fresh tomato
1/4 c Finely-chopped onion
1/4 c Minced cilantro leaves
1/2 ts Minced jalapeno
2 ts Fresh lemon juice
1/2 ts Grated lemon rind

Instructions

In a bowl, toss the shrimp with the cumin, cardamom, garlic, coriander, cinnamon, clove, salt and cayenne pepper. Marinate refrigerated for one hour. For the soup: In a heavy-bottomed pot, melt the butter over medium heat. Add the onion, garlic ginger root and jalapeno. Saute for two minutes, stirring. Add the split peas, coriander, cumin, celery seed, cinnamon and clove. Mix well. Add the chicken stock, stir again, and bring to a boil. Turn heat down to low and simmer slowly, partially covered, for about one hour, or until split peas are just soft. You may need to add more chicken stock if the peas become too thick and dry.

While the soup is cooking, prepare the relish, toss all six ingredients together in a bowl. Season to taste. When the soup is ready, butterfly the marinated shrimp, removing the veins. Place in a heavy saute pan over medium-high heat. Add two tablespoons of vegetable oil, swirling around the pan. Add the shrimp, cut-side down, and saute for 2 to 3 minutes, or until just cooked. Turn the shrimp over, and cook the spiced side for 1 minute. Remove from pan.

With a wooden spoon, crush a few of the soft peas in the soup against the side of the pot. Stir well. If the soup looks too thick, add a little chicken stock. Season to taste. Ladle hot soup into four wide soup bowls. Mix in most of the tomato relish, saving about 1/4 cup. Place three shrimp in the center of each bowl.

Divide the remaining tomato relish among four bowls, placing it in the center of the shrimp. Top that with a few fresh cilantro leaves. Serve immediately. This recipe yields 4 main course servings, or 12 first course servings, using 1 shrimp per cup.

Recipe Source: TASTE with David Rosengarten From the TV FOOD NETWORK (Show # TS-4840 broadcast 03-20-1998) Downloaded from their Web-Site

<http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com - or- MAD-SQUAD@prodigy.net 04-18-1998

Suggested Wine: Scharffenberger Brut

Contributor: David Rosengarten

Indian Split Pea Soup

Yield: 6

Ingredients

2 c yellow split peas
8 c water or stock
2 tb sunflower oil
1 c onion diced
1 1/2 tb minced garlic
1 tb fresh ginger root minced
1 1/2 c spinach chopped
1/4 ts ground cumin
1/4 ts ground coriander
1/2 ts turmeric
1/8 ts cayenne pepper
1 ts salt

Instructions

Wash peas. Add to water or stock in a 3-quart soup pot. Bring to a boil and cook on low heat for 45 minutes, half covered with a lid, stirring occasionally.

Heat the oil in a fry pan and saute the onions, garlic, and ginger until lightly browned and tender. Add to split peas along with all the remaining ingredients. Lower heat to simmer, cover, and continue to cook 30 minutes more, stirring occasionally.

Per serving: 52 Calories 5g Fat (78 calories from fat) 1g Protein 2g Carbohydrate 0mg Cholesterol 462mg Sodium

NOTES : Can substitute kale for spinach. I am lazy and use frozen spinach.

Recipe by: Horn of the Moon Cookbook, Ginny Callan

Converted by MMBuster v2.0l.

Indian Split Peas With Vegetables (Low Fat)

Yield: 4 Servings

Ingredients

2 tb vegetable oil
1/2 ts cumin seed or 1/4 tsp. Ground cumin
1/4 ts ground turmeric
1 jalapeno chilies , seeded and chopped
3 c cauliflowerets (1 pound)
1/4 c chicken or vegetable broth
2 c cooked yellow split peas
1 1/2 c frozen (thawed) green peas
1 15-oz-can black beans, rinsed and drained

Instructions

Heat oil in 10-inch skillet over medium-high heat. Cook cumin, turmeric and chilies in oil 2 minutes, stirring occasionally.

Stir cauliflowerets and broth. Cover and cook 3 to 4 minutes or until cauliflowerets are tender.

Stir in remaining ingredients. Cook about 5 minutes, stir occasionally, until hot. 4 servings.

Serving Size: : 1 serving.

calories 255, Calories from Fat 35 g, Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg,

Sodium 310 mg, Carbohydrate 54 g, Dietary Fiber 19 g Protein 20 g

Contributor: Betty Crocker Low Fat

Preparation Time: 0:45

Indian Split-Pea And Vegetable Soup

Yield: 4

Ingredients

1 pk frozen chopped spinach (10-ounce)

1 c yellow or green split peas

9 c water more if needed

2 pieces fresh ginger peeled, piece chopped (1-inch)

1 3/4 ts salt

2 tb butter

1 jalapeno pepper seeds and ribs removed, minced

1/4 ts turmeric

1 tb ground coriander

1 1/2 ts ground cumin

4 carrots cut into 1/4-inch slices

1 lb boiling potatoes (about 3), peeled and cut into 1/2-inch cubes

Instructions

1. Remove the spinach from the freezer. In a medium saucepan, combine the split peas, 3 cups of the water, the unchopped piece of ginger, and 1/2 teaspoon of the salt. Bring to a boil. Reduce the heat and simmer, covered, stirring frequently, until the split peas are tender, about 30 minutes. Add more water if necessary to keep the peas from sticking to the pan.
2. Meanwhile, in a large pot, melt the butter over moderately low heat. Stir in the chopped ginger, the jalapeno, turmeric, coriander, cumin, carrots, potatoes, and the remaining 1 1/4 teaspoons salt. Add the remaining 6 cups water. Bring to a boil. Reduce the heat and simmer, stirring occasionally, until the vegetables are almost tender, about 10 minutes. Stir in the spinach and simmer 5 minutes longer.
3. Remove the whole piece of ginger from the cooked split peas and then stir the split peas into the soup. Simmer the soup for 5 minutes, stirring occasionally.

Quick from Scratch Soups & Salads

Posted to FOODWINE Digest TX Jan 99

Per serving: 215 Calories (kcal) 7g Total Fat (26 calories from fat) 7g Protein 35g

Carbohydrate 16mg Cholesterol 1127mg Sodium Food Exchanges: 1 1/2 Grain(Starch)

0 Lean Meat 2 1/2 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Indian Squash

Yield: 4 Servings

Ingredients

2 c acorn squash (cubed)
2 ts margarine
1 ts orange rind
1/4 c orange juice
2 tb sugar replacement

Instructions

Cook squash in small amount of boiling water until crisp-tender drain. Melt margarine in saucepan. Add orange rind, juice and sugar replacement. Cook over low heat until sugar is dissolved. Add squash cover. Continue cooking until squash is tender. 1

serving 1 bread,

1/2 fat calories 60

Indian Squaw Cake

Yield: 1 Servings

Ingredients

2 c sugar
3/4 c bacon grease
2 c water or milk
1 c raisins
1 ts cloves
1 ts nutmeg
1 ts allspice
1/2 ts salt
3 1/2 c flour
1 ts baking soda
2 ts baking powder
1 c nuts chopped

Instructions

Put sugar and bacon grease into a cast iron pot and heat. Stir in water or milk, raisins, cloves, nutmeg, allspice and salt. Bring to a boil allow to boil 5 minutes, stirring occasionally. Take pot from stove and allow to cool. Sift together flour, baking soda and baking powder. Add this to cooled mixture and beat thoroughly. Stir in nuts.

Pour batter into buttered baking pan. Bake @ 350 degrees for 40 minutes. This squaw cake is to be eaten plain or sprinkled with some powdered sugar.

Indian Stir Fried Vegetables In Coconut Masala

Yield: 6 Servings

Ingredients

Masala:

2 c chopped fresh coconut
1 1/2 c water
2 tb peanut oil
2 tb butter
2 tb grated fresh ginger
6 cloves garlic minced
1 md onion chopped

1 tb crushed dried hot chilies
1/2 tb ground coriander
1 ts dry mustard
1 ts ground cinnamon
1/2 ts ground turmeric
1/2 ts ground cumin
1/2 ts fennel seeds
1/2 tb sugar
1/4 c water
salt and crushed dried hot chilies to taste
2 tb peanut oil
2 tb water
1 lg carrot
cut into 1/4" diagonal -slices and b
1 sm yellow summer squash cut into 1/4" slices
2 sm slim dried red chilies
1 red bell pepper seeded and cut into thin rings
2 sm fresh hot chilies seeded and cut into thin rings
1 sm yellow summer squash cut into 1/4" slices
6 green onions and 3 tops cut into 2-inch lengths
3 tb minced fresh cilantro

Instructions

Put the coconut and 1 1/2 cups of water in the blender and whirl until a puree is formed. Set aside. Melt the oil and butter together in a heavy saucepan or skillet over moderate heat. Add the ginger, garlic, and onion and saute until the onion is translucent. Adjust heat to prevent browning.

Add all the remaining masala ingredients except the water, salt, and crushed chilies and stir to incorporate with the oil and onions. Cook for about 1 minute. Add the water and, stirring constantly, cook over low heat for about 5 minutes. Add the coconut puree, stir well, and cook for another 2 to 3 minutes, stirring to prevent scorching. If it appears too dry, add water 1 tablespoonful at a time until a very thick sauce results. Taste and add salt and more chilies to taste. To cook the vegetables, heat the oil and water in a large wok or skillet over high heat. Add the vegetables one at a time in order given and stir fry each for about 40 to 60 seconds before adding the next one. Add the cilantro and toss. Spoon in the masala, toss gently, and taste again for seasoning. Stir gently over high heat, for about 1 minute.

Serving Ideas : Spoon into a bowl and serve hot.

NOTES : Yield: 6 servings.

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Contributor: c 1995 Cole Group, Inc.

Indian Stuffed And Baked Raccoon With Apples

Yield: 1 Recipe

Ingredients

1 md raccoon
4 lg onions
4 strips salted pork
2 c beef stock

STUFFING

5 lg tart apples
2 tb butter
1 ts cinnamon
1 c dry bread crumbs
1 ts salt
1/2 ts pepper

Instructions

Skin and clean the raccoon. Wash well and remove most of the fat.

Place in a large soup kettle, cover with water and bring to a boil. Lower heat and simmer for 30 minutes.

Peel, core and dice the apples into a mixing bowl. Melt the butter in a small saucepan and add the cinnamon, breadcrumbs, salt and pepper. Mix real good. Take the racoon out of the cooking juices and cool. Stuff the raccoon and sew up the cavity. Place the raccoon, breast down on the rack of a roasting pan, with the legs folded under the body and fastened with a string. Drape the salt pork over the back of the raccoon and fasten with toothpicks. Place the onions beside the raccoon on the rack.

Bake at 400 degrees for 10 minutes to brown the meat. Reduce the heat to 325 degrees and add the 2 cups of beef stock. Cook for one hours, basting as often as possible.

Transfer to a heated platter surrounded by whole onions.

Source: "Indian Cookin'", compiled by Herb WAlker, 1977

Indian Stuffed Potatoes

Yield: 10 Servings

Ingredients

1 c grated fresh coconut or
1/2 c flaked sweetened coconut
1/8 ts baking soda
2 c chopped fresh cilantro
2 tb all-purpose flour
1 ts salt
1 ts minced serrano chile
1 ts grated peeled gingerroot
20 sm red potatoes, (2-1/2 pounds)
2 tb vegetable oil
5 whole cloves
1 cinnamon stick, (3-inch)
1 1/2 c finely chopped onion
2 ts ground cardamom
1 ts ground ginger
1/4 ts chili powder
2 c water
1/4 c plain nonfat yogurt
1/4 c chopped fresh cilantro

Instructions

Combine coconut and baking soda in a bowl, and toss well. Add 2 cups cilantro and next 4 ingredients stir well, and set aside.

Using a melon baller, scoop a hole out of the center of each potato. Stuff the center of each potato with coconut mixture, reserving any remaining coconut mixture.

Heat oil in a large nonstick skillet over medium-high heat. Add cloves and cinnamon stick saute 1 minute. Remove spices from oil with a slotted spoon, and discard. Add onion to skillet saute 3 minutes or until tender.

Stir in the cardamom and next 2 ingredients. Add potatoes to skillet, stuffed sides up sprinkle with remaining coconut mixture.

Combine water and yogurt stir well.

Pour over potatoes bring to a boil. Cover, reduce heat, and simmer 40 minutes or until tender remove from heat. Yield: 10 servings (serving size: 4 potato halves and 3 tablespoons sauce).

Per serving: 238 Calories 8g Fat (27 calories from fat) 5g Protein 40g Carbohydrate 0mg Cholesterol 267mg Sodium

Serving Ideas : Garnish with cilantro.

NOTES : From The Ganges Restaurant. Cut potatoes in half horizontally, and serve with sauce.

Recipe by: Cooking Light, March 1995, page 84

Posted to MC-Recipe Digest V1 #406 by igor@digex.net on Jan 28, 1997.

Indian Style Eggplant Puree Bringal Bartha Aug 95

Yield: 1 Servings

Ingredients

2 lg eggplants peeled and diced

2 tomatoes peeled seeded and finely diced

3 tb ghee or oil

2 onions chopped finely

1 1 1/2 fresh ginger

1 ts turmeric

1 1/8 chili pepper

1/2 ts cumin (ground)

1/2 ts ground coriander seeds

1 tb garam masala

1 salt and pepper to taste

Instructions

1. Place eggplant in a colander in layers sprinkling salt between each layer.
2. Place ginger and chili in a small food processor and puree
3. Heat ghee or oil in a saucepan and add onions, cook until translucent.
4. Stir in ginger and continue cooking until onions start to brown.
5. Add the turmeric, 1 tsp garam masala, coriander and cumin and cook stirring 1 minute.
6. Add the tomatoes and stir 2 minutes.
7. Rinse the eggplant and squeeze out all water between the palm of your hands, and add to pan. Season with salt and pepper.
8. Turn down heat, cover and simmer 1 to 1 1/2 hour, stirring often until all becomes a puree.
9. Add the rest of the garam masala and stir 3 minutes.

NOTES : If eggplant starts drying add a little water(very little)

Recipe by: Miriam Podcameni Posvolsky

Posted to TNT Recipes Digest by Leon & Miriam Posvolsky on Apr 29, 1998

Indian Style Lemonade #2

Yield: 8 Servings

Ingredients

8 c water
1/2 c fresh lime juice
2/3 c fresh lemon juice
1 1/3 c maple syrup
1/2 tb freshly grated ginger
1/8 ts cayenne -optional

Instructions

Combine all ingredients in a large pitcher or punch bowl. Serve at room temperature or chilled.

"Vegetarian Times" July, 1993

Indian Style Potato Soup

Yield: 1 Recipe

Ingredients

1 tb vegetable oil
1 pn asafetida
1/2 ts cumin seeds
4 md potatoes, peeled & diced
1 md tomato, diced
1/4 ts turmeric
1 ts salt
1 ea red chile pepper, crushed
6 c light stock or water
1 cilantro, for garnish

Instructions

Heat oil in a large soup pot. When hot, stir in the asafetida & immediately afterwards add the cumin seeds. When the cumin seeds begin to sizzle, add the potatoes, tomato, turmeric, salt & chile.

Stir & continue to fry for a couple of minutes.

Add the stock or water, stir, bring to a boil, cover & simmer gently until the potatoes are very soft, 30 to 45 minutes. Turn off the heat & carefully mash the potatoes into the stock with the back of a slotted spoon. Garnish with cilantro & serve.

Recipe by Mark Satterly

Indian Style Rice

Yield: 1 Servings

Ingredients

6 oz basmati rice

Instructions

SPICE MIX-

3 whole cloves (up to 4)
5 cloves garlic peeled (up to 6)
2 cardamom seeds of
1 ts cumin seed
2 ts coriander seeds
1 sm peeled wedge of ginger (1 inch)
4 ts freshly cut and finely chopped coriander leaves

CASHEWS-

2 tb oil (ghee preferred) about

4 oz cashew nuts about
4 oz shelled green peas
4 fl water

CUMIN-

2 tb oil (ghee preferred)
1 ts black cumin seed

Take about 6 oz basmati rice wash it and soak it for about 30 minutes.

Make a paste of the spices in a blender with a little water.

3) In about 2 table spoons of oil (ghee preferred) over a saucepan fry about 4 oz of cashew nuts till golden brown. Remove and keep aside. In the same oil add the spice paste(step 2 above) and fry for about 1 minute .

Add 4 ounces of shelled green peas and 4 fl. oz of water. Heat the mixture lightly till the peas are tender.

4) In a separate sauce pan or if you are cooking in a vessel take 2 table spoons of oil(ghee preferred) and heat it. Add 1 tea spoon of black cumin seed and fry till it starts turning black.

4) Now if you want to make the pullao in a electric rice cooker just mix the rice and the water and paste and peas. Add slight salt for seasoning and the black fried cumin seeds. Cook till done. Please do not stir. Serve topped with coriander leaves and the fried cashew nuts. In the alternative you can cook the dish in a vessel. in which the black cumin seeds have been fried. Mix all ingredients in it and bring the mix to a boil and let it cook till the water has evaporated. Serve as above with a topping of coriander leaves and cashew nuts.

Posted to TNT Prodigy's Recipe Exchange Newsletter by ANOOP SINGH NEGI on Dec 5, 1997

Indian Style Sweet Potato Salad

Yield: 6 Servings

Ingredients

3 md sweet potatoes peeled and cubed
1 lg granny smith apple cored and diced
1 bn green onions chopped
1/3 c red wine vinegar
1/3 c fresh lime juice
1/4 c molasses
1/4 c ketchup, low sodium
2 tb dijon mustard
1 tb curry powder
1/4 c raisins
1 jalapeno minced
1/4 c chopped fresh cilantro

Instructions

In a large pot, bring 2 quarts of water to a rapid boil over high heat. Throw your sweet potatoes in and cook until they can be pierced fairly easily with a fork but still offer a good amount of resistance, 8 to 10 minutes. Drain the potatoes, rinse with cold water, and refrigerate until chilled, at least 30 minutes.

In a medium bowl, combine all the remaining ingredients, and mix well. Add the chilled sweet potatoes, toss well to coat, and serve.

From: Joanne McAndrews

Per serving: 158 Calories (kcal) 1g Total Fat (3 calories from fat) 2g Protein 39g
Carbohydrate 0mg Cholesterol 81mg Sodium Food Exchanges: 1 Grain(Starch) 0 Lean
Meat 0 Vegetable 1/2 Fruit 0 Fat 1 Other Carbohydrates
Contributor: License to Grill (Schlesinger & Willoughby), modified
Preparation Time: 0:45

Indian Summer Berry Compote

Yield: 8 Servings

Ingredients

1 pt raspberries
1 pt strawberries -quartered
1 pt blueberries
1 pt raspberry syrup
1 tb mint -chopped
3 tb lemon juice

Instructions

Combine fruit, mint, and lemon juice with raspberry sauce. Serve with "Wildflower Honey Cake." The recipe is available in this cookbook.

Recipe By : Richard Chamberlain, Restaurant at the Little Nell, Aspen

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Indian Summer Corn Chowder

Yield: 10 Servings

Ingredients

1 lg red bell pepper
1 lg jalapeno pepper
2 cloves garlic
3 c fresh corn kernels
1/2 c shredded sweetened coconut
1/4 c fresh lime juice
1 ts salt, divided
14 cn light coconut milk, (1 can)
2 ts butter
2 c chopped leek, (2 medium)
1 1/2 c chopped onion
1 tb grated peeled gingerroot
4 cilantro sprigs
4 c water
3/4 c chopped peeled red potato
1/8 ts ground red pepper
1/8 ts white pepper
1 c diced carrot
1 c diced zucchini
2 tb chopped fresh cilantro

Instructions

Cut bell and jalapeno peppers in half lengthwise discard seeds and membranes. Place peppers, skin side up, on a foil-lined baking sheet flatten with hand. Add garlic to pan. Broil 9 minutes or until peppers are blackened and garlic is roasted, turning garlic occasionally (do not turn peppers).

Place peppers in a zip-top heavy-duty plastic bag and seal let stand 15 minutes. Peel peppers. Dice bell pepper, and mince jalapeno and garlic combine and set aside. Combine corn, coconut, lime juice, 1/4 teaspoon salt, and coconut milk in a large Dutch oven bring to a boil. Reduce heat simmer, uncovered, 10 minutes. Remove from heat strain through a colander into a large bowl, reserving both the corn mixture and the liquid mixture.

Melt butter in a saucepan over medium heat. Add leek, onion, gingerroot, and cilantro sprigs saute 3 minutes. Add 1-1/2 cups reserved corn mixture, 1/2 teaspoon salt, water, potato, red pepper, and white pepper bring to a boil, and cook 3 minutes. Reduce heat, and simmer, uncovered, 15 minutes.

Place half of mixture in a blender process until smooth, and return to pan. Add the remaining corn and liquid mixtures bring to a simmer. Add bell pepper mixture, remaining salt, carrot, and zucchini cook 15 minutes. Yield 10 servings (serving size: 1 cup).

Per serving: 353 Calories 14g Fat (35 calories from fat) 15g Protein 46g Carbohydrate 48mg Cholesterol 412mg Sodium

Serving Ideas : Ladle into bowls top with chopped cilantro.

NOTES : From Chef Michael Foley, owner of Printer's Row restaurant in Chicago.

Recipe by: Cooking Light, Sept. 1995, page 90

Posted to MC-Recipe Digest V1 #417 by igor@digex.net on Jan 28, 1997.

Indian Summer Gingered Ale

Yield: 1 Servings

Ingredients

6 lb dry light malt extract
1 lb crystal malt (40l)
3 oz fresh ginger (boil)
1/2 oz galena pellets (11.4)
1 (boil)
1 oz fresh ginger (finish)
1 oz hallentaur pellets (4.?)
1 (finish)
1 wyeast british ale yeast
1 (#1098?)

Instructions

Crush crystal malt, add to 2 gallons water and bring to about 170 degrees. Remove grains, add dry extract, 3 ounces ginger, boiling hops and boil for 1 hour. During last ten minutes add finishing ginger and hops. Chill. Pitch yeast. Wonderful color and smells delicious. Should be in the bottle next weekend and I'll report on how it turns out.

Recipe By : Serving Size:

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Indian Summer Squash Quiche

Yield: 6 Servings

Ingredients

SACO BUTTERMILK PAMPHLET
1 pie crust unbaked
1 onions chopped
1 tb butter

1 c summer squash, sliced
1/2 c cheese, shredded
2 egg yolks
2 eggs
3/4 c water
1/4 c buttermilk, powdered
1/4 ts oregano leaves
1/2 ts salt

Instructions

Swiss cheese is recommended.

Saute onion in butter until tender. Simmer or steam squash in a small amount of water until just tender. Drain on paper towels, removing as much moisture as possible.

Preheat oven to 375. Put onions in pastry shell, arrange squash on top. Cover with cheese. In separate bowl, beat egg yolks, whole eggs, water, buttermilk powder, oregano and salt. Pour into crust.

Bake 35 minutes, until custard is set. If crust becomes too brown, cover top with foil strips.

Cut into thin wedges to make 12-16 appetizer pieces, or cut into 6-8 wedges for side dish or entree servings.

Notes: Other herbs may be substituted. If using fresh herbs, increase quantity to 3/4 teaspoon. Other vegetables may be substituted also lightly cooked carrots, asparagus, cauliflower, or broccoli would work well.

Posted on GENie Food & Wine RT Nov 28, 1992 by L.SHOGREN1 [NorCal Linda]
From the recipe files of Sylvia Steiger, GENie THE.STEIGERS, CI\$ 71511,2253, GT
Cookbook echo moderator at net/node 004/005

Indian Summer Tomato Salad

Yield: 4 Servings

Ingredients

4 lg tomatoes, sliced
1 tb lime juice
2 tb extra-virgin olive oil
1/4 ts cumin seeds
1/4 ts fennel seeds
1 ea dried hot chili pod
2 tb cilantro, chopped
1 salt & pepper

Instructions

Arrange tomato slices on a platter. Sprinkle with lime juice. Warm oil in a small pot over moderate heat. Add cumin, fennel & chili pod, cook for 30 seconds. Remove from heat, discard pod & cool. Whisk in the cilantro spoon seasoned oil over tomatoes. Season with salt & pepper & serve. If it sits, the flavour will intensify.

Yamuna Devi, "Yamuna's Table"

Indian Tacos

Yield: 6 Servings

Ingredients

1 1/2 c dried anasazi beans
6 ea pieces indian frybread, about 6 inch diameter
1 1/2 c mache or arugula, washed & stemmed

1 lg red ripe tomato, sliced
2 ea ripe avocados, halved & sliced
1 ea red onion, thinly sliced
1 ea bunch red radishes, sliced
24 ea golden yellow plum tomatoes, halved
6 ea green anaheim chiles
1 lg red bell pepper, or red Anaheim chile

Instructions

To prepare the anasazi beans, soak overnight in water to cover. The next day, drain the beans and place them in a saucepan with fresh water to cover. Bring to a boil, reduce the heat, and let the beans simmer until the skins break, about 3 hours. It may be necessary to add water as the beans cook to prevent them from burning and sticking. After the beans are cooked, remove from the heat and set aside. You should have about 3 cups cooked beans. While the beans are cooking, roast, seed, and devein the chiles and the pepper. Leave chiles whole slice pepper lengthwise into six strips. To start building the tacos, place 1/2 cup cooked beans on each piece of frybread. Add 1/4 cup greens per taco, followed by a red tomato slice. Add 4 slices avocado and 1 slice red onion, separated into rings. Follow with radishes and 4 golden yellow plum tomatoes per taco, and top with 1 roasted green chile and 2 slices roasted red pepper or chile. You can vary the toppings and the order in which the taco is built.

Indian Tamarind Chutney

Yield: 1 Servings

Ingredients

2 ml tamarind cake
3/4 c boiling water
1/3 c raisins
1 tb sugar
1 ts roasted, ground cumin seeds
1 ts lemon juice
1/4 to 1/2 teaspoon powdered hot red chile pepper or cayenne
1 salt to taste

Instructions

Combine tamarind and boiling water let soak for at least 1 hour.
Soak the raisins in 1/3 cup hot water for 1 hour. Puree the raisins in a blender and set aside.
Squeeze the tamarind with fingers to break it up push through a sieve held over a bowl, rubbing as much of the pulp through as possible.
Scrape the back of the sieve to collect all the pulp remaining there.
Stir in the pureed raisins and all the remaining ingredients. Blend the mixture well, cover and let stand at room temperature for several hours.
Serve with fried foods and savory pastries. It will keep in the refrigerator several days.
Variation: Add thin slices of 1 banana and serve as a relish.

SF Chron 4/89

Posted by Stephen Ceideburg January 19 1991.

Indian Tandoori Ribs

Yield: 4 Servings

Ingredients

2 slabs pork spareribs
2 8-ounce cartons plain yogurt
2 cloves garlic crushed
3 tb grated ginger root
2 jalapeño peppers seeded
1/2 c fresh cilantro leaves
1 tb ground cumin
Red food coloring

Instructions

Combine yogurt, garlic, ginger, chiles, cilantro and cumin in blender container puree. Add a few drops of red food coloring. Place ribs in large plastic bag, coat with marinade, seal bag and refrigerate overnight. Build medium-hot banked fire in kettle-style grill. Drain ribs from marinade and place over drip pan close grill hood and grill for 1 1/2 hours, until ribs are tender.

Cuisine: "Indian"

Source: "National Pork Producers Council"

S(Internet address): <http://www.nppc.org>

T(Cooking Time): "1:30"

Per serving: 119 Calories (kcal) 7g Total Fat (50 calories from fat) 7g Protein 8g Carbohydrate 23mg Cholesterol 67mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 1/2 Vegetable 0 Fruit 1 Fat 1/2 Other Carbohydrates

Nutr. Assoc. : 9128 0 0 0 26360 0 0 0

Preparation Time: 0:15

Indian Tandoori [Style] Ribs Otg

Yield: 4 Servings

Ingredients

2 slabs spare ribs
2 8-oz cartons plain yogurt
2 cl garlic crushed
3 tb ginger root grated
2 jalapeno peppers seeded
1/2 c fresh cilantro leaves
1 tb ground cumin
1 red food coloring

Instructions

Combine yogurt, garlic, ginger, peppers, cilantro and cumin in blender puree. Add a few drops of red food coloring. Place ribs in large plastic bag. Coat with marinade. Seal bag and refrigerate overnight.

Build a medium-hot fire in a kettle-style grill. Drain ribs from marinade and place over drip pan, close grill hood and cook for 1-1/2 hours or until ribs are tender. From the National Pork Producers Council, in "Sumptuous Slabs" article by Suzanne Hall. "On the Grill" magazine June, 1997. Typos by Jeff Pruett

From: Jeff Pruett Date: 16 Jun 97 National Cooking Echo Ž

Indian Tapioca Pudding

Yield: 1

Ingredients

1/3 cup of minute tapioca
1/4 cup of all purpose corn meal

1 qt of milk, scalded
1 c of dark molasses
1/2 tsp salt
2 tb butter
1 1/2 c of cold milk

Instructions

Combine tapioca, corn meal, and put it into the scalded milk. Cook until tapioca is clear stirring constantly so it will not stick or burn. Add the molasses, salt, and butter. Pour into a well greased baking dish. Add the milk and DO NOT STIR. bake in oven at 350* for 1 hour. Serve with whipped cream. Also great with dried fruit, fresh fruits, or an assortment of nuts.

Indian Three Treasure

Yield: 4 Servings

Ingredients

125 g flour
65 g butter
25 g icing sugar
FOR THE FILLING
250 g sugar
65 g walnuts
1/2 coconut grated
150 g mawa
1 ts cardamom powder (5 g.)
75 g moong dal soaked
75 ml ghee
750 ml milk
FOR THE SAUCE
75 ml milk
1 tb sugar (15 g.)
a few strands saffron
1/4 ts rose essence (1 ml.)
2 rose petals julienned

Instructions

To prepare the pastry: MIX the flour and butter till the mix resembles breadcrumbs. Add sugar and chilled water as required to bind to a smooth dough. Chill. Remove from the refrigerator, roll out to a thin sheet and line a pie dish with the pastry. Bake in a moderately hot oven at 150oC for about 15 minutes.

To prepare the filling: Melt 50 g. sugar in a heavy bottomed pan, add the walnuts and saute to make a praline. Separately saute the grated coconut along with 100 g. sugar till the mixture leaves sides of the pan. In another pan saute 50 g. sugar and 50 g. mawa till the mixture leaves the sides of pan. Add cardamom powder, stir well and set aside. Grind the moong dal to a fine paste. Fry this paste in ghee till the mixture is dark brown. Add milk, sauteed mawa and the remaining sugar. Cook till the mixture leaves the sides of the pan and is done. Chill all the mixtures separately.

To assemble: Layer the pie with moong dal halwa, walnut praline and coconut filling in the same order. Top the flan with fresh cream and rose petals.

To prepare the sauce: Bring the milk to a boil. Lower the heat and keep stirring over low heat till reduced to one-fourth the quantity. Add sugar, stir well and simmer for 10

minutes more. Add saffron and rose essence. Serve one triangular slice chilled along with warm sauce.

Converted by MCBuster.

NOTES : Pie layered with three unique Indian sweet fillings

Preparation Time: 1:00

Indian Tomato Rice

Yield: 1 Servings

Ingredients

1 c rice

1/2 cn tomatoes

1 green pepper

1 onions

2 green chillies

1/2 inch ginger

2 cloves garlic

1 bn fresh coriander

1 random spices

Instructions

Fry cut onions, green pepper, ginger, garlic, random spices (cloves, black pepper, cinnamon, cardamon, bay leaves) and salt for 5 10 minutes.

Add tomatoes, saute for a while.

Add washed and drained rice, fry for 5 minutes or so. Add more water and cook until rice is done.

Extra fancy: Top rice with cheese, tomato and green pepper slices (rings, e.g.) and bake for 20 25 minutes at 250o.

Indian Tuna

Yield: 1

Ingredients

12 oz starkist solid white or chunk light tuna, drained

1 packed in spring water

2/3 c low fat mayonnaise or fat free plain yogurt

1 1/2 ts mild curry blend or to taste

1 ts fresh ground cumin

1 ts mild chili powder

1/4 c sweet pickle relish or chopped sweet gherkins

2 tb prepared yellow mustard

4 boiled egg whites (chopped)

1 cayenne pepper (hot optional)

Instructions

Mix together ingredients to combine well. Add Cayenne to taste, if desired. Cover and refrigerate for an hour or two to let flavors combine.

Makes about 3 cups.

Serve in a pita with assorted sprouts. May be stuffed in a cooked baked potato, or cooked as a casserole with cheese sprinkled on top.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Indian Turkey

Yield: 10 Servings

Ingredients

1 turkey breast (6lb)
1/2 ts salt
1/4 ts ground black pepper
1 cn frozen orange juice concentrate (12oz) thawed, undiluted
1 c water
2 tb brown sugar
1 ts ground cinnamon
1/2 ts ground cloves
1/2 ts curry powder
1 cn pineapple chunks (8oz) drained
2 oz slivered almonds
1/4 c raisins
1/4 c currants
Cooked wild rice
3 tb cornstarch
1/4 c water

Instructions

Rub turkey breast with salt and pepper. Brown in a large Dutch oven. Combine orange juice concentrate, 1 cup water, brown sugar, and spices, mixing well.

Pour over turkey add pineapple, almonds, raisins, and currants. Bring to a boil cover, reduce heat, and simmer 2 hours. Remove turkey and place on a bed of cooked wild rice. Combine cornstarch and 1/4 cup water gradually stir into juice mixture. Cook over medium heat, stirring constantly until thickened and bubbly. Serve sauce with sliced turkey and wild rice. Serves 10-14

Per serving (excluding unknown items): 757 Calories 19g Fat (23 calories from fat)
52g Protein 93g Carbohydrate 147mg Cholesterol 264mg Sodium

Contributor: Recipe Du Jour

Indian/U.S. Equivalent

Yield: 60 Servings

Ingredients

1 achar pickle
1 adrak ginger
1 ajwain or ajowain lovage
1 aloo potato
1 alsinseed
1 am mango
1 am chur mango powder
1 anardana pomegranate
1 areca betel nut
1 asafoetida hing
1 aserioniseed
1 ata or atta chapatti flour fine whole
1 badia/badian star anise
1 badam almond
1 besan chickpea flour

1 bindi okra
1 brinjal aubergine/eggplant
1 chawal rice
1 chor magaz melon seeds
1 cus cus poppy seed
1 dahi yogurt
1 dalchini cinnamon
1 dhania coriander
1 doroo celery
1 elaichi cardamon, black, brown, g
1 gajar carrot
1 ghanti chhap (ground millet)
1 goor or gur palm sugar
1 gram flour (besan) chickpea
1 haldi turmeric
1 imli tamarind
1 jaifal or taifal nutmeg
1 javatri mace
1 jeera or zeera cumin
1 kabli chana chickpea
1 kaju cashew nuts
1 kala namak black salt
1 kalongi wild onion seeds
1 kesar or zafron saffron
1 lasan garlic
1 lavang cloves
1 makke cornflour
1 methi fenugreek
1 mirch pepper
1 namak salt
1 nga-pi shrimp paste
1 neem/kariphulia curry leave
1 nigella wild onion seed
1 panch phoran 5-seed mixture
1 podina mint leaves/powder
1 rai mustard seed
1 rajma red kidney beans
1 ruh gulab rosewater
1 sarson ka sag mustard leave
1 saunf aniseed
1 seenl allspice
1 singoda flour (buckwheat)
1 sonf or soonf fennel seed
1 sont or sonth dry ginger
1 supari mixture of colored seeds
1 tej patia bay leaves
1 tej patia cassia leaves
1 til sesame seeds
1 tusci basil
1 vark or varak edible silver or gold foi

Instructions

Collected from posts on Rime and Fido cooking echoes by HOWARD KARTEN, DIANE LAZARUS, and BOB WILSON.

Indian Vegetable Patties

Yield: 1

Ingredients

1 1/4 c fresh corn kernels or frozen thawed
1 md carrot grated
1 md russet potato peeled, grated
1/2 md onion finely chopped
1/2 c shredded fresh spinach leaves
6 tb all purpose flour
1/4 c frozen peas thawed
1/4 c finely chopped fresh cilantro
1 jalapeno chili seeded, minced
2 ts minced garlic
1 ts minced fresh ginger
1 ts ground cumin
1 lg egg beaten to blend
1 tb vegetable oil (or more)
1 plain yogurt
1 purchased major grey chutney

Instructions

Mix first 12 ingredients in large bowl to blend. Season to taste with salt and pepper. Stir in egg. Form 3 tablespoons of mixture into 3-inch-diameter patty. Place on large baking sheet. Repeat with remaining mixture. Refrigerate until firm, about 1 hour. Heat 1 tablespoon oil in heavy large nonstick skillet over medium heat. Cook vegetable patties in batches until golden, adding more oil as necessary, about 4 minutes per side. Serve with yogurt and chutney.

MAKES ABOUT 12.

Bon Appetit September 1995

Converted by MCBuster.

Per serving: 341 Calories (kcal) 19g Total Fat (48 calories from fat) 11g Protein 34g Carbohydrate 187mg Cholesterol 131mg Sodium Food Exchanges: 1 1/2 Grain(Starch) 1 Lean Meat 2 1/2 Vegetable 0 Fruit 3 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Indian Wells Lodge Salad Dressing

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

1/2 lb blue cheese -crumbled
1/2 ts salt
1 qt Wesson oil
1 TB paprika -heaping
1 1/2 ts vinegar
2 TB whole oregano

Stir well and serve at room temperature. Makes one quart. From Indian Wells, California

Indian Whisky Chicken With Oven Roasted Almonds And Cream

Yield: 2

Ingredients

2 boneless skinned chicken breasts cut into bite size pieces
2 tb oil
15 g butter
1 heaped tbsp finely chopped onion or shallot
1 ts curry powder
1 ts grated zest of orange
1 salt and pepper
2 tb whisky
125 ml double cream

GARNISH-

25 g oven roasted almonds
1 sliced orange segments
1 dsp finely chopped parsley

Instructions

Heat a pan or wok with 1 tablespoon of oil, then briskly stir-fry the chicken pieces until almost fully cooked. Remove from pan and keep warm.

Add remaining oil and butter to the pan and then add the onion and curry powder and allow to cook gently for 2-3 minutes. Then return the chicken pieces plus orange zest and seasoning to taste.

Warm the whisky in a ladle and set alight, then pour over the chicken, shaking the pan as you do so.

Stir in cream and heat through until bubbling and slightly thickened.

Serve chicken on plates topped with almonds and garnished with orange segments plus some finely chopped parsley.

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Indian Yogurt Marinade

Yield: 2 Cups

Ingredients

2 c non-fat yogurt
1 1/2 tb ginger, minced
4 garlic clove(s) minced (4 tsp)
2 jalapeño chilies or other hot chilies seeded and mi
1/4 c lemon juice
2 bay leaves
2 ts paprika
1 1/2 ts ground cumin
1 1/2 ts ground coriander
1 ts turmeric
1/2 ts ground cinnamon
1/2 ts black pepper

1/8 ts ground cardamon
1 ts (to 2 tsp) salt or to taste
1 red food coloring (opt)

Instructions

Drain the yogurt in a yogurt funnel or a cheesecloth-lined colander for 2 hours. Place the ginger, garlic, and chilies in a bowl and whisk in the yogurt, lemon juice, bay leaves and spices. Add the salt.

Marinate seafood for 2-3 hours, poultry for 6 hours, and meat overnight, turning once or twice. Remove and discard the bay leaves before serving.

Makes enough for 1-2 pounds seafood, poultry, or meat. It is particularly well suited to lamb, chicken, and shrimp. Also makes a great dressing for grain or pasta salads.

High-Flavor, Low-Fat Cooking by Steven Raichlen ISBN 0-1402-4123-X pg 167

Indian-Spiced Vegetable Turnovers

Yield: 0 Servings

Ingredients

2 cloves garlic
1 c fresh cilantro leaves
1 ct plain nonfat yogurt (16-ounce)
21 c peeled diced round red potato
1 tb olive oil
1 c coarsely shredded carrot
1 c finely chopped onion
2 ts peeled minced gingerroot
1 c frozen green peas thawed
2 tb chopped fresh cilantro
2 tb water
21 ts curry powder
1 ts ground cumin
1 ts salt
4 ts black pepper
8 ts ground red pepper
16 sheets frozen phyllo pastry thawed
vegetable cooking spray
Pumpkin Butter:
1 cn solid pack pumpkin(not pumpkin pie (15 oz) filling)
1/2 c apple cider or apple juice
1/2 c sugar
1/2 ts ground cinnamon
1/2 ts ground nutmeg
1/4 ts ground cloves
1 pn salt

Instructions

Position knife blade in food processor bowl. Drop garlic through chute with processor running process 3 seconds or until garlic is minced. Add 1 cup cilantro process until finely chopped. Add yogurt process until smooth. Spoon mixture into a bowl cover and chill.

Place potato in a medium saucepan add water to cover. Bring to a boil cook 12 minutes or until tender. Drain and set aside.

Heat oil in a large skillet over medium heat. Add carrot, onion, and gingerroot saute 5 minutes. Add potato, peas, and next 7 ingredients saute an additional 5 minutes. Remove from heat set aside.

Working with 1 phyllo sheet at a time, cut each sheet lengthwise into 2 (16" -by61") strips lightly spray with cooking spray. Fold each strip in half lengthwise. Spoon 2 tablespoons potato mixture onto end of each strip and spread to within 1 inch of end. Fold the left bottom corner over mixture, forming a triangle keep folding back and forth into a triangle to end of strip. Repeat with remaining ingredients.

Place the turnovers, seam side down, on a baking sheet coated with cooking spray.

Lightly spray tops of turnovers with cooking spray. Bake at 400 degrees F for 15 minutes or until golden. Serve with yogurt sauce. Yields: 32 turnovers

Pumpkin Butter: Place ingredients in a saucepan and stir together. Bring to a boil lower heat to a simmer. Cook , stirring 15 minutes or until butter has become dark and thick.

Indian-Style Chick Peas

Yield: 1

Ingredients

1 lg onion chopped coarsely

4 cloves garlic minced

1/2 ts cumin

1 fenugreek

1 cinnamon

1 mustard seeds

2 cn chickpeas

1/2 lemon juice of

3 tb no-fat tomato paste

2 ts peanut butter

Instructions

Saute onion and garlic in nonstick pot until slightly browned. Add Indian spices and cook about 30 seconds, or until spices start to give off wonderful smells and turn slightly brown. Add chick peas WITH HALF THEIR LIQUID if canned, with some cooking broth if cooked from scratch. Add lemon juice and tomato paste. Cook about 10 minutes, to let chickpeas heat through. Stir in peanut butter and cook a few minutes more. Season with salt and pepper to taste and serve over rice.

Per serving: 1589 Calories (kcal) 30g Total Fat (16 calories from fat) 82g Protein 262g

Carbohydrate 0mg Cholesterol 154mg Sodium Food Exchanges: 16 Grain(Starch) 4

1/2 Lean Meat 2 1/2 Vegetable 0 Fruit 3 1/2 Fat 0 Other Carbohydrates

Recipe by: Erika Penzer

Converted by MMBuster v2.0n.

Indian-Style Chicken

Yield: 6 Servings

Ingredients

1 onion

2 tb butter

1 tb oil

3 lb chicken pieces

2 tb mild curry powder

1 1/4 c chicken broth
1 garlic clove
2 tb lemon juice
1 salt
1 cayenne pepper
2 tb light cream

Instructions

From: "The Cook's Color Treasury," by Norma Macmillan

Freezing suitable: add cream after thawing

Peel and chop onion. Heat butter and oil in casserole and cook onion till transparent. Add chicken pieces, a few at a time, and brown on all sides. Sprinkle chicken with curry powder and pour in broth. Add peeled and crushed garlic, lemon juice, and a pinch each salt and cayenne pepper. Cover and simmer for 35 mins. over a low heat. Add cream and cook gently for 10 mins. Do not boil. Serve with plain boiled rice and side dish of apple slices, cucumber sprinkled with salt and grated fresh coconut.

Indian-Style Grilled Flank Steak

Yield: 4 Servings

Ingredients

1 1/2 tb garam masala
1 [separate recipe]
1 1/2 ts coarse salt
1 ts black pepper
1 1/2 lb flank steak

Instructions

In a small bowl stir together the garam masala, the salt, and the pepper, in a shallow dish rub the mixture onto both sides of the steak, and let the steak stand at room temperature for 30 minutes.

Grill the steak on an oiled rack set about 5 to 6 inches over glowing coals for 8 to 10 minutes on each side for medium-rare meat.

(Alternatively, the steak may be broiled under a preheated broiler about 3 inches from the heat for 8 to 10 minutes on each side.)

Transfer the steak to a cutting board and let it stand for 10 minutes. Holding a knife at a 45 degree angle, cut the steak across the grain into thin slices. Serves 4 to 6.

Indian-Style Saute Of Cauliflower And Greens Madison

Yield: 4

Ingredients

3 potatoes peeled and cubed
1/4 c clarified butter or ghee
1 lg onion thinly sliced
1 sm cauliflower quartered
1 and thinly sliced include stem
1 salt
2 ts chopped garlic
1/2 ts turmeric
1 ts ground cumin
1 ts coriander
1 ts mustard seeds
1 bn spinach stems removed

1 bn watercress large stems removed
1 sm carrot grated
1 lime juiced
1 severalpinches garam masala
1 cilantro sprigs for garnish

Instructions

Steam the potatoes until tender. Heat 2 tablespoons of the butter in a wide saute pan over medium-high heat. Add the onion and saute until well browned, about 12 minutes. Remove and set aside. Melt the remaining butter in the same pan over high heat. Add the cauliflower, season with salt, and saute until it begins to color in places, after a few minutes.

Return the onion to the pan and add the garlic, spices, and potatoes.

Lower the heat and cook until everything is heated through, about 4 minutes. Add the greens, carrot, and 1/2 cup water. Cover and cook until the greens are wilted, about a minute. Season with lime juice and a few pinches garam masala, then turn onto a platter and garnish with the sprigs of cilantro.

NOTES : Deborah cites Joe Evans for this dish that marries the rich aromas of a curry with the speed and lightness of stirfry. The ghee is an important flavor in this dish.

Serve with Naan or pappadums.

Recipe by: Vegetarian Cooking for Everyone by Deborah Madison 1997

Converted by MMBuster v2.0l.

Indiana Chili

Yield: 4 Servings

Ingredients

2 lb Hamburger
1 (32 oz.) can tomato juice
2 (30 oz.) cans or 4 (15 1/2 oz.) cans chili bean
powder to taste Diced onion to taste

Instructions

Preparation : Brown hamburger in skillet with onions.

Drain grease and add to pot of tomato juice, beans and chili powder. Simmer covered for about 30 to 45 minutes. Serve topped with chunks of colby or colby-Jack cheese to melt in, for extra flavor. From:Tracy Schell Date: Tue, 01-0

Indiana Chowder (1 Variation Of Many)

Yield: 3 Servings

Ingredients

1 lb ground beef
3 carrots, diced
3 potatoes, diced
2 stalks of celery, diced
1 md onion, diced
1 cn cheddar cheese soup
1 salt

Instructions

Brown ground beef and pour off excess fat. In another pan cook carrots, potatoes, celery and onion in just enough water to cover vegetables for about 10 minutes. Add vegetable cooking water and vegetables to meat. Salt to taste. Add 1 can cheddar cheese soup.

Cover and simmer on low heat for about 1/2 hour. Randy Rigg

Indiana Cole Slaw

Yield: 1 Servings

Ingredients

DRESSING

- 1 c sour cream
- 2/3 c sugar
- 1/3 c tarragon vinegar
- 1 ts chicken seasoning
- 1 tb olive oil
- 1 tb horseradish
- 1 tb dijon mustard
- 1 ts celery seed
- 1/2 ts dill weed

Instructions

-VEGETABLES-

- 1 md green cabbage shredded rice
- size or slightly larger.
- 1 md carrot
- 2 stalks of celery
- 1 md vadalina onion or one small red onion

FOOD PROCESS THE VEGETABLES TO RICE SIZE OR SLIGHTLY LARGER:

Place into a large mixing bowl and fold in the dressing. Mix thoroughly.

Refrigerate before serving.

Posted to bbq-digest by "Jerome Byanski" on May 29, 1998

Indiana Creamy Peach Pie

Yield: 6 Servings

Ingredients

CRUST

- 1 1/2 c All-purpose flour
- 1/2 ts Salt
- 1/2 c Butter

FILLING

- 4 c Sliced fresh peaches
- 1 c Sugar
- 2 1/2 tb All-purpose flour
- 1 Egg
- 1/4 ts Salt
- 1 ts Vanilla extract
- 1 c Sour cream

TOPPING

- 1/3 c Sugar
- 1/3 c All-purpose flour
- 1/4 c Butter

Instructions

Preheat oven to 400 degrees.

For crust, combine flour and salt and cut in butter. Press into a 9-inch pie plate.

For filling, put peaches into a bowl. Sprinkle with 1/4 cup sugar and set aside. In another bowl, combine remaining sugar, 2 1/2 tablespoons flour, egg, salt, and vanilla. Fold in sour cream. Stir mixture into peaches.

Pour into crust. Bake for 15 minutes. Reduce heat to 350 degrees and bake 20 minutes more.

Prepare topping by combining all ingredients until crumbly. After baking at 350 for 20 minutes, sprinkle topping evenly on top. Bake for 10 minutes more at 400 degrees.

This recipe serves 6 to 8.

Comments: This Grand-Prize winning recipe was submitted by Anne Marie Scher of Coatesville, PA.

Recipe Source: PERFECT FRUIT PIES, AWARD-WINNING RECIPES FROM ACROSS AMERICA by Stark Poro's Nurseries and Orchards (c) 1991

Storey Communications, Pownal, VT 152 pages \$9.95 As reprinted in the Jul/Aug, 1993 issue of Cookbook Digest

Formatted for MasterCook by MR MAD, aka Joe Comiskey - jpmd44a@prodigy.com
01-23-1996

Contributor: Anne Marie Scher

Indiana Farm Sausage

Yield: 24 Servings

Ingredients

2 lb ground meat room temperature

1/3 c onion finely chopped

2 ts fresh parsley finely minced

2 ts salt

1 ts sage

1 ts dried basil optional

1 ts dried marjoram optional

1 ts chili powder

1 ts black pepper

1/2 ts ground red pepper

1/4 ts dried thyme

Instructions

In a deep bowl, combine all ingredients, using hands if necessary. On wax paper, shape and roll mixture into 2 logs 6 inches long and 2 inches in diameter. Wrap in plastic wrap or foil and refrigerate overnight.

To serve, slice the rolls into rounds about 1/2" thick and fry in a heavy skillet over medium-low heat for 3-4 minutes on each side or until done.

Drain on paper towels and serve immediately.

An alternate way to prepare sausage is to shape mixture into 50 large marble-size balls. Freeze if desired. To serve, bake frozen on a rack, starting in a cold oven for 20 minutes at 325.

Recipe by: Cooking from Quilt Country Marcia Adams Posted to MC-Recipe Digest V1 #750 by morgans7@juno.com (Marcy M Morgan) on Aug 20, 1997

Indiana Jo's Three Course Adventure

Yield: 2

Ingredients

3 1/2 tb olive oil

1 turkey breast fillet

2 tb double cream

1 tb chopped fresh chives
1 tb vegetable oil
1 corn on the cob cut into 1cm thick slices
1 lg sweet potato peeled
1 red pepper
1 5 cm piece leek halved lengthways and well rinsed,
1 plus 1 tbsp finely chopped leek
25 g butter
1 sm bunch fresh parsley and chives chopped
1 pinch medium curry powder
1 ts balsamic vinegar
1 ds soy sauce
1 dr tabasco
2 tb soft brown sugar
1 ts ground ginger
2 egg yolks
1 salt and pepper
1 icing sugar to dust
1 orange slices and fresh mint sprigs to decorate
1 creme fraiche to serve

Instructions

Preheat the oven to 220c/425f/Gas 7.

1. Grease a piece of foil with olive oil. Remove the small fillet from the turkey and reserve. Cut through the turkey horizontally to make a pocket.
2. Beat the small turkey fillet with a meat hammer to mince. Mix the minced turkey with 1 tbsp double cream and chopped chives and season. Use the mixture to fill the turkey pocket, place on the oiled foil and roll up tightly. Twist both ends to hold the fillet in place.
3. Heat an ovenproof griddle pan. Drizzle over the vegetable oil, add the sweetcorn, season and add the turkey. Cook for 3-4 minutes and put the pan in the oven to cook for five minutes.
4. Remove the foil from the turkey and cook for a further 8-10 minutes, or until the turkey is cooked through.
5. Dice half the sweet potato and finely dice half the pepper. Cook the sweet potato in a pan of boiling water until almost tender and drain.
6. Heat 2 tbsp olive oil in a pan, add the diced pepper and sweet potato and cook until the pepper is tender. Season and pile onto a plate. Cut the turkey into slices and arrange on top.
7. Cut the leek and remaining pepper into thin julienne strips, retaining the pepper trimmings. Heat 1 tbsp olive oil in a small frying pan, add the leek and pepper and cook for 1-2 minutes until just tender.
8. For the Hot Sauce: Heat 15g/ 1/2oz butter in a small frying pan. Finely chop the pepper trimmings and add to the pan with the finely chopped leek, chopped parsley and chives and cook gently until softened.
9. Sprinkle over the curry powder, balsamic vinegar, soy sauce and Tabasco, mix together and season. Serve the sweetcorn with the hot sauce and top with the peppers and leeks.
10. For the Sweet Potato Dessert: Finely chop the remaining sweet potato, place in a small glass bowl and pour over 150ml/ 1/4 pint water. Cover the bowl with

- plastic film, pierce a few holes in the surface and cook in the microwave on High or 800W for about five minutes, or until tender. Drain.
11. Heat 15g/ 1/2oz butter in a frying pan, add the sweet potato, 1 tbsp double cream, brown sugar and ginger, mix together and heat through gently.
 12. Spoon the mixture into a mini blender with the egg yolks and blitz until combined.
 13. Pour into a glass flan dish, cover with plastic film and pierce a few holes in the surface. Cook in the microwave on High or 800W for about 1 1/2 minutes, or until set.
 14. To decorate, dust with the icing sugar and arrange the orange slices and mint sprigs on top. Serve with creme fraiche.

Indiana Persimmon Almond Pudding Cake

Yield: 12 Servings

Ingredients

- 1/2 c butter
- 1 1/4 c sugar
- 2 eggs
- 1 3/4 c all-purpose flour
- 1 1/2 ts baking powder
- 1/4 ts salt
- 1/2 ts baking soda
- 1 c sieved persimmon pulp
- 1/4 c buttermilk
- 1 c ground unblanched almonds
- 1 sugar

Instructions

Preheat oven to 350 degrees. In a large bowl of electric mixer, place butter and sugar. Beat together until very light and fluffy. Add eggs, one at a time, and beat smooth. In a small bowl, stir flour with baking powder, salt and soda. Add dry ingredients alternately with persimmon pulp (made by putting about 1 pt. Of ripe persimmons through ricer or mashing and sieving) and buttermilk to the creamed mixture, mixing until smooth. Stir in ground almonds.

Pour into greased 10" tube pan. Bake for 45-55 min., or until a toothpick inserted into center of cake comes out clean.

Cool in pan about 15 min. before turning out. If desired, dust each slice with powdered sugar and garnish with fresh red and green grapes.

Makes about 12 servings Source: James Whitcomb Riley Cookbook From The Cookie Lady's Files

Posted to MC-Recipe Digest V1 #867 by Nancy Berry on Oct 26, 1997

Indiana Persimmon Bread

Yield: 16 Servings

Ingredients

- 1 c seedless raisins
- 1/2 c brandy
- 1/2 c sugar
- 2 c firmly packed brown sugar
- 2 c persimmon pulp
- 1 c vegetable oil

4 eggs
4 c all-purpose flour
2 ts baking soda
1 ts cinnamon
1 ts nutmeg
1 c chopped walnuts

Instructions

Preheat oven to 350 degrees. Lightly grease and flour 2 9x5 or 3 8x4 loaf pans. Put the raisins in the brandy and set aside. Combine the sugars, persimmon pulp and oil. Add eggs, one at a time, beat well after each addition. Sift together the dry ingredients into a medium bowl. Add to the egg mixture and stir in the brandied raisins and nuts. Pour into greased pans. Bake for 1 hour, a bit longer for the 9 inch pans. Be sure to test with a cake tester to make sure the bread is done you may have to adjust cooking time.

Indiana Scripture Cake

Yield: 1 Servings

Ingredients

1 info

Instructions

Look up the references in the Old Testament

Judges 5:25 (1/2 cup butter or margarine) Jeremiah 6:20 (1 cup sugar) Isaiah 10:14 (3 eggs, separated) Exodus 16:31 (1 tbsphoney) 1 Kings 4:22 : (2 cups sifted flour) Leviticus 2:13 (1/2 tsp salt) 1 Corinthians 5:6 (2 tsp baking powder) 1 Kings 10:10 (3/4 tsp ground cinnamon) 1 Kings 10:10 (1/4 tsp EACH cloves, allspice and nutmeg) Judges 4:19 (1/3 cup milk) Genesis 43:11 (1/2 cup chopped almonds, blanced) 1 Samuel 30:12 (1/2 cup chopped dried figs) 1 Samuel 30:12 (1/2 cup chopped seeded raisins)

Cream butter. Add sugar gradually, beating until light. Add egg yolks, one at a time, beating thoroughly after each addition. Beat in honey. Add sifted dry ingredients alternately with the milk and beat only until smooth. Stir in nuts and fruits. Fold in stiffly beaten egg whites and pour into a loaf pan (9x5x3) lined on the bottom with wax paper. Bake in preheated moderate oven (350F) for 1 hour, or until done. Cool cake in the pan for 5 minutes. Turn cake out on a rack and peel off paper. Turn cake right side up to cool. From: Eleanor Creighton Date: 20 Aug 96 From: matejka@bga.Com (Anita A. Matejkadate: 96-09-09 23:43:38 Edt

Indiana Succotash

Yield: 12 Servings

Ingredients

1 1/2 lb green beans
1 1/2 c green onions with tops chopped
2 17 oz cans whole kernel corn drained
1 tb sugar
1 1/2 ts salt
6 tb butter
3/4 ts paprika
3/4 ts celery salt

Instructions

Cut beans in rounds the size of corn cook with 1/2 teaspoon salt about 15 minutes or until tender, drain. Saute green onions in butter until transparent (do not brown). Add

corn, 1 teaspoon salt, paprika, celery salt and sugar, then beans. Simmer, covered about 10 minutes.

Recipe By : The Little Mountain Bean Bible Cookbook

Indiana Turkey Dressing

Yield: 1

Ingredients

1 c bread

1/2 c butter

1 c popcorn unpopped

1/2 c celery

1 tb salt

1 tb pepper

2 eggs

1 onion chopped

Instructions

Mix all ingredients. Bake at 450 degrees. Dressing is done when corn starts popping and blows the ass off the turkey. Got ya!

Genevieve Steele San Antonio, Texas

Per serving: 1699 Calories (kcal) 113g Total Fat (59 calories from fat) 35g Protein

140g Carbohydrate 625mg Cholesterol 8871mg Sodium Food Exchanges: 8 1/2

Grain(Starch) 1 1/2 Lean Meat 2 Vegetable 0 Fruit 22 Fat 0 Other Carbohydrates

Recipe by: Possum on the Half Shell

Converted by MMBuster v2.0n.

Indiana Wheat Balls

Yield: 1

Ingredients

1 box knox mountain farm wheat balls

2/3 c red currant jelly (or grape jelly)

2/3 c plain tomato sauce

Instructions

Make wheat balls according to directions (including baking). Place wheat balls, jelly, and sauce into large skillet. Cook over medium heat for about 5-10 minutes. Sauce should be thick and syrupy, wheat balls well coated.

Remove wheat balls from skillet and place on a platter (use extra sauce for dipping).

Serve as appetizer with toothpicks.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g

Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean

Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Michelle Dick

Converted by MMBuster v2.0n.

Indianaston Baked Beans (Synthesis)

Yield: 5 Servings

Ingredients

500 g dry navy beans

1 lg onion roughly chopped

300 g smoked belly of pork

6 tb maple syrup
80 ml molasses
1 1/2 ts dry mustard
1 1/2 ts ground ginger
2 ts salt
1/4 ts black pepper
1 hot water

Instructions

Soak beans overnight in a saucepan. In the morning, add more water if necessary to cover, and parboil beans for 10 minutes. Then run cold water through beans in a colander or strainer. Cut pork jowl in one-inch cubes, leaving skin on. The quantity of the pork may be decreased if desired without affecting flavour.

Put the chopped onions with half of the cubed pork on the bottom of the bean pot (a traditional stoneware 2-3 quart pot is perfect). Put beans in pot and cover with the rest of the pork. Mix other ingredients with hot water and pour over the beans. Add enough water to make level with the beans. Bake in a 300 F. oven for 6 hours, adding water from time to time if necessary to prevent the beans from drying out.

Recipe synthesised by IMH from recipes by John Hartman (Indianapolis Baked Beans) and Dave Sacerdote (Boston Baked Beans)

Indisches Poulet (Chicken Indian Style)

Yield: 0 Servings

Ingredients

2 1/4 lb chicken breast
1 lb spinach frozen, tawed, chopped
7 1/16 oz onions peeled and chopped
1 tb oil
1/2 ts coriander grated
1 bay leaf
3 cloves
7/8 lb tomatoes canned chopped
1 1/16 c beef stock
3 dr nutmeg
3 dr cayenne pepper
salt

pepper freshly ground

FOR MARINATING:

1 ts curry pow, Madras
1/2 ts chili powder
7/8 c yogurt, nature
1 piece ginger, fresh about -11 1/2 inch, peeled and raped
2 cloves garlic squashed

Instructions

Mix the garlic with yogurt, curry and chili powder. Stir in the freshly raped ginger. Clean the chickenbreasts and cover with marinade from every side. Cover with foil and give in the refrigerator for about 1 1/2 hours. Can also kept in the refrigerator over night.

Heat oil in a pan, add finely chopped onions, coriander, bay leaf and cloves. Fry for a moment. Add the tomatoes and beef stock, stir well.

Add marinated chicken breast with all marinade and cook for 20 minutes.

Add spinach und cook another 15 minutes. Flavour with freshly ground nutmeg, cayenne pepper, pepper and if necessary salt.
Per Serving (excluding unknown items): 1796 Calories 95g Fat (47.7 calories from fat) 188g Protein 47g Carbohydrate 23g Dietary Fiber 523mg Cholesterol 3197mg Sodium. Exchanges: 1 Grain(Starch) 24 1/2 Lean Meat 6 1/2 Vegetable 3 1/2 Fat.

NOTES : Serve with rice.
Contributor: Monika Eckert

Individual Indian Puddings (Pressure Cooked)

Yield: 8 Servings

Ingredients

butter for greasing ramekins
2 c milk
1/4 c finely ground yellow cornmeal
1 pn salt
4 lg eggs lightly beaten
1 ts ground cinnamon
1/4 ts freshly grated nutmeg generous
1/2 ts ground ginger
1/4 c molasses
1/4 c brown sugar loosely packed

Instructions

serves 8

Author's note: The cornmeal tends to settle to the bottom, creating a kind of two-tiered dessert with a light custard on top. Good for Thanksgiving, but don't wait until then to try it.

Generously butter the ramekins. Set aside. In a food processor, combine the remaining ingredients. Equally divide the liquid among the ramekins.

Cover each with aluminum foil so that the foil fits tightly around the sides of each dish, but leaves some room on top for the puddings to expand.

Set a trivet or steaming rack on the bottom of the cooker. Pour in 2 cups of water. Set the puddings o the rack, building a pyramid as you go.

Avoid leaning any dishes against the side of the cooker.

lock the lid in place and over high heat bring to high pressure. Adjust heat to maintain high pressure, and cook for 8 minutes. Release pressure with a quick release method.

Remove the lid, tilting it away from you to allow any excess steam to escape.

Check for doneness by cutting a slit in the top of the foil. If the puddings are not set, lock the lid back in place and return to high pressure for an additional minute or two.

Let the puddings cool slightly before removing them from the cooker. (Use tongs or wear an oven mitt.)

If you are not serving the puddings immediately, cut a slit in each foil top and let the puddings remain warm in the cooker, placing the lid ajar for up to one hour.

Author's note: To prepare this dish, you will need eight individual 1/2-cup ramekins. If the ramekins don't stack comfortable (Pyramid fashion) in you cooker, cook in tow batches. You can also halve this recipe to serve 4.

Posted to RecipeLu by gpgb@attica.net (Michael Bauman) on Aug 20, 1998.

Per serving: 116 Calories (kcal) 4g Total Fat (32 calories from fat) 5g Protein 15g Carbohydrate 102mg Cholesterol 80mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 0 Vegetable 0 Fruit 1/2 Fat 1 Other Carbohydrates

Contributor: Cooking Under Pressure, copyright 1989

Individual Thai Pizzas

Yield: 6 Servings

Ingredients

6 italian bread shells, small
1 c bean sprouts, rinsed/drained
6 oz jack cheese, shredded
1/3 lb tiny shrimp, rinsed/drained
1/4 c finely chopped green onion
1 crushed dried red hot chiles
THAI PEANUT SAUCE-
2/3 c smooth peanut butter
2 tb water
2 ts soy sauce
2 ts cider vinegar
2 ts sugar
2 tb seasoned rice vinegar
1 ts oriental sesame oil

Instructions

1. Place bread shells, cup sides up, on 2 baking sheets, each 12x15". Spread sauce equally over cups in bread. Scatter bean sprouts equally on crusts, then sprinkle with cheese.
2. Bake in a 350°F. oven until cheese has melted and begin to brown, 12-15 minutes (if using 1 oven, switch pan positions after 7 minutes). Place pizzas on dinner plates top equally with shrimp and onion. Add chilies to taste eat with knife and fork, or cut into wedges to pick up and eat.

*** THAI PEANUT SAUCE ***

Combine water, soy sauce, cider vinegar, and sugar. Add this to peanut butter, rice vinegar, and sesame oil.

Infused Oils Szechwan Peppercorn Oil "China

Yield: 2 Cups

Ingredients

6 tb peppercorns, szechwan
2 c oil, corn or peanut
2 tb chile flakes, dried red shockingly pungent
2 1/2 tb ginger, fresh finely minced
2 tb scallions, green & white cut in rings

Instructions

Heat a large skillet over moderate heat until hot enough to evaporate a bead of water on contact. Add the Szechwan peppercorns and stir until toasted and fragrant, 2 to 3 minutes. Adjust the heat so the peppercorns brown without scorching.

Combine the peppercorns and all of the remaining ingredients in a heavy, non aluminum 1 to 1 1/2 quart saucepan. Rest a deep-fry thermometer on the rim of the pot. Over moderately low heat, bring the mixture to a bubbly 225 degrees, stirring occasionally. Let simmer for 15 minutes, checking to ensure the temperature does not rise. Remove from the heat and let stand until cool or overnight.

Strain the oil through a fine-mesh sieve and discard the solids.

Store the oil in an impeccably clean glass jar at cool room temperature.

This oil is particularly good for salads. Its herbal quality also makes it a nice partner to poultry or beef dishes.

Source: "China Moon" Barbara Tropp Workman Publishing Company ISBN 1-56305-315-2 1992 typed by Dorothy Hair 6/29/94

Instant Kimchi (Korean Gut Churi Kimchi)

Yield: 4 Servings

Ingredients

1 chinese cabbage

2 cloves garlic

1 ts hot pepper

1 ts soy sauce

1 ts vinegar

1 tb salt

1 tb sugar

Instructions

1. Chop the cabbage into pieces about 1 1/2 inches long by 1 1/2 inches wide. Three cups of chopped cabbage are needed.
2. Crush the garlic and blend with the hot pepper, soy sauce and vinegar. Add the cabbage and mix well. Add the salt and sugar, mix and cover until ready to serve.

From: The Korean Cookbook, by Judy Hyun.

Introduction To Indian Spices

Yield: 1 Serving

Ingredients

info

Instructions

ASAFETIDA (Hing) A strong aromatic resin, available in powdered forms as a pungent flavour.

CARDAMOM (Elaichi) These pods are whitish or light green in colour. They are the most important ingredient in the preparation of Garam Masala. They can be used whole or the seeds can be ground. When used whole, make sure that the skin is broken, allowing the flavour to escape.

CHILLI (Mirchi) Dried chillies can be used whole or ground. Add very sparingly to curries to enhance the flavour and make the preparation hot. Go easy on the chilli seeds as they contain the vital "hot" quality.

CINNAMON (Dalchini) Used mainly to accentuate the rich aroma and to add a full flavour to the preparation.

CORIANDER (Dhaniya) Tiny round aromatic seeds, usually ground to yield best results.

CORIANDER LEAVES These are used for garnishing or added towards the end of the preparation. They are a very versatile ingredient and can be used in almost any recipe.

CUMIN (Jeera) A common ingredient in Indian recipes. It can be used whole, ground, or roasted and then ground.

CURRY LEAVES Used a great deal in South Indian dishes for flavouring. Can be bought fresh or dried.

DRIED MANGO POWDER (Amchoor) Used mainly to bring out the flavour of particular preparations and the taste is definitely sour.

FENNEL (Sounf) Small oval-shaped pale green seeds which have digestive properties. Has a close resemblance in taste to Aniseed. Sometimes used in the preparation of curries.

FENUGREEK (Methi) These seeds are an orange-ish brown in colour and have a slightly bitter aftertaste.

MUSTARD (Rai) Available in two forms: leaves (which can be cooked like spinach) and tiny reddish-brown seeds which can be used whole or ground.

ONION SEEDS (Kalonji) Round black seeds almost always used whole.

PANCH PHORON This is a combination of five spices in equal proportions: cumin, kalonji, fennel, fenugreek and mustard. This combination is used for Daals lentils or vegetable preparations -and these spices should be used whole and NOT ground.

POPPY SEEDS (Khus Khus) Tiny round whitish seeds which can be ground to give preparations more consistency.

TUMERIC (Haldi) A member of the ginger family which gives a distinct yellow color to the foods in which it is an ingredient.

From greenlee@bellsouth.net Tue Jan 05 08:08:50 1999

Iron-Rich: Thai Fried Rice

Yield: 2 Servings

Ingredients

- 1 tb vegetable oil
- 8 garlic cloves, minced
- 1 c broccoli florets
- 3 c mushrooms, sliced
- 2 c thai rice, cooked, chilled or long grain
- 4 ts fish sauce, or soy
- 1/2 ts granulated sugar
- 1/4 ts pepper
- 1/4 c fresh coriander, chopped
- 10 sl cucumber, thin slice
- 2 green onions, halved lengthwise
- 1/2 lime, cut in wedges

Instructions

In large non-stick skillet, heat oil over medium-high heat cook garlic and broccoli for about 1 minute or until garlic is golden.

Add mushrooms stir-fry for about 5 minutes or until broccoli turns bright green and mushrooms are softened.

Stir in rice cook, pressing rice against side of wok with back of spoon, for 2 minutes or until heated through.

Stir in fish sauce and sugar cook for 1-2 minutes or until coated.

Divide between 2 plates. Sprinkle with pepper and coriander. Place cucumber slices around edges. Garnish with green onions. Serve with lime wedges.

TIP: for two cups of Thai rice, rinse 2/3 cup rice under cold running water until water runs clear. In saucepan, bring rice and 1-1/3 cups water to boil. Cover and reduce heat to low simmer for 20 minutes.

Per serving: calories [about] 395 Protein [g] 11, fat [g] 8, carbohydrate [g] 71,

Good source of iron Source: Canadian Living Test Kitchen, Canadian Living [magazine] Feb 96

[-PAM-] PAMeadows@msn.com

Island Pig Feet Soup W/ Wild Mountain Mushrooms

Yield: 1 Servings

Ingredients

3 lb pig's feet, cut into 2-inch pieces
8 c chicken stock
2 onions, quartered
2 celery stalks, cut into
2 inch long pieces
1 tb chopped garlic
8 star anise
3/4 c raw peanuts
1 c sliced shiitake mushrooms
1 c chopped mustard cabbage
1 1/2 ts peeled, minced fresh ginger
1 salt and pepper

Instructions

**PAPA'S ISLAND PIG FEET SOUP WITH WILD MOUNTAIN MUSHROOMS,
MUSTARD CABBAGE, PEANUTS AND GINGER**

In a large sauce pan, combine the pig's feet, chicken stock, onions, celery, garlic, and star anise. Season with salt and pepper. Bring the liquid up to a boil. Reduce to a simmer, covered and cook for 1 ½ hours, skimming the surface occasionally. Add the peanuts, cover and simmer for 30 minutes. Remove the star anise from the soup. Stir in the mushrooms, cabbage, and ginger. Simmer for 5 minutes. Ladle the soup into a bowl and serve.

Yield: 6 servings

(Adapted from the New Cuisine of Hawaii Cookbook) SOURCE: Emeril Live!
Cooking Show Copyright 1997, TV FOOD NETWORK SHOW #EMIA09 From:
Dave Drum Date: 11 May 97 National Cooking Echo Ž

Oriental Recipes J

Jamaican Chicken And Plantain

Yield: 4

Ingredients

2 tb oil
1 lg onion roughly chopped
2 cloves garlic finely chopped
1 ts curry powder
2 scotch bonnet chillies finely chopped
1 400 gram can chopped tomatoes
425 ml water (4fl oz)
1 salt and freshly ground black pepper
1 tb flour
8 skinless chicken thighs
2 plantain
4 tb oil to fry

Instructions

Preheat the oven to 190 C, 375 F, Gas Mark 5.

Heat half the oil in a frying pan, fry the onion, garlic, curry powder and chillies for 3 minutes, stirring occasionally.

Add the tomatoes and water and simmer gently.

In another pan heat 1 tablespoon of oil. Season and flour the chicken.

Fry each piece on both sides in the hot oil until golden brown.

Place the chicken thighs and the simmering tomato liquid into a casserole dish and cook for 50 minutes in the preheated oven.

10 minutes before serving the chicken, peel and cut the plantain into 1cm (1/2 inch) slices. Flour the plantain, heat 4 tablespoons of oil and fry the plantain on a moderate heat for 3-4 minutes each side.

Notes Serve the chicken with the plantain.

Converted by MC_Buster.

NOTES : A hot Carribean dish.

Converted by MM_Buster v2.0l.

Japanese Amazu Chicken

Yield: 4 Servings

Ingredients

3 lightly beaten eggs
3/4 c cornstarch
4 boneless skinless chicken breast halved (about 1 lb. total) cut into strips
1/3 c cooking oil
4 c fresh bean sprouts
1 sm cucumber
1/3 c thinly sliced radishes
3 tb sliced green onions
Toasted sesame seeds
Finely chopped red sweet pepper
Hot cooked spaghetti or linguine optional

AMAZU SAUCE

1/4 c soy sauce

1/4 c sugar

1/4 c rice or white vinegar

1 tb toasted sesame oil

Instructions

Combine eggs and cornstarch. Dip the chicken into mixture, coating well. In a large skillet, heat oil over medium-high heat. Add chicken, half at a time cook 5 minutes or until browned. Drain keep warm. Cook bean sprouts in a large amount of boiling water for 3 minutes drain. Use a vegetable peeler to slice cucumber into long thin strips.

Toss together bean sprouts, cucumber, radishes, and green onions arrange chicken on top. Drizzle with Amazu Sauce. Garnish with sesame seeds and red pepper. Serve over cooked pasta, if desired.

Serves 4.

Amazu Sauce: Combine ingredients.

Per serving: 558 calories, 29g total fat (5 g saturated fat), 219 mg cholesterol, 1,140mg sodium, 45 g carbohydrate, 2 g fiber, and 31 g protein. Dietary exchanges: 2 starch, 3 vegetable, 3 very lean meat, 3 fat.

Cuisine: "Japanese"

Source: "BH&G Hometown Cooking, October 1999"

Copyright: "Better Homes & Gardens"

Per serving: 321 Calories (kcal) 18g Total Fat (50 calories from fat) 2g Protein 38g Carbohydrate 0mg Cholesterol 1033mg Sodium Food Exchanges: 1 1/2 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 3 1/2 Fat 1 Other Carbohydrates

Serving Ideas : We like serving Marie's creation over cooked spaghetti or linguine.

Contributor: Marie Rizzio, Traverse City, MI

Japanese Beef And Vegetable Rolls

Yield: 4 Servings

Ingredients

1 carrot (15cm or 6 inches)

36 green beans

1 salt

12 thin slices beef (1-1/3 lb.)

1 flour

1 tb vegetable oil

1 seasoning

1 tb sugar

3 tb manjo hon mirin or aji mirin

4 tb soy sauce

2 tb sake

Instructions

From: MeLizaJane

Cut the carrot into about 24 narrow sticks. Parboil for 4 minutes, and drain. Trim the beans and parboil in lightly salted water for 2 minutes.

Drain and spread out in a colander to cool. Spread out the beef slices and lightly dust with flour. Lay 2 or 3 each of the carrot sticks and beans across each slice of meat and roll up diagonally. Heat the vegetable oil in a skillet and add the beef rolls, rolled ends facing down, and saute over high heat until brown. Add the seasoning ingredients and continue to cook over medium heat for 2 minutes. Remove the rolls from the skillet.

Continue to simmer the remaining sauce for a few minutes until it is reduced and thickened. Return the rolls to the skillet and turn them over gently to coat evenly with the sauce. Slice the rolls and arrange on individual serving dishes.

Hints Scallions , celery, asparagus, and spinach may also be used in the rolls.

Posted to recipelu-digest by jeryder@juno.com on Mar 29, 1998

Japanese Beef Bowl

Yield: 1 Servings

Ingredients

- 1 lb sirloin steak partially frozen
- 1 md yellow onion wedged
- 1 beef bouillon cube dissolved in 2 c. hot water
- 2 tb cornstarch (in 1 c. cold water)
- 1 garlic powder
- 1 soy sauce
- 1 minced fresh ginger root
- 1 crushed red pepper
- 1 cooking oil
- 1 cooked white rice (short grain)

Instructions

Heat wok (skillet) add a little oil. Stir-fry onion wedges until tender, about 2 minutes. Remove and add more oil to wok. Add steak (sliced in thin strips across grain) and season with garlic powder, soy sauce and red pepper. Stir-fry 3 to 4 minutes. Push meat to side of wok and pour in bouillon mixture heat and add cornstarch mixture to thicken. Stir in meat and onions. Serve over rice, topped with ginger root and soy sauce to taste.

Recipe by: diane@keyway.net

Posted to recipelu-digest Volume 01 Number 211 by "Diane Geary" on Nov 7, 1997

Japanese Beef Stir-Fry (Lf)

Yield: 4 Servings

Ingredients

- 1 beef tenderloin steaks
- 1 about 4 oz each
- 1 tb peanut oil
- 2 pk 6oz ea frozen pea pods
- 1 thawed
- 1 head of red cabbage
- 1 sliced

Instructions

x Fresh ginger root 1/4 inch -piece minced or ground ~ginger to taste 1 tb Sake
Japanese rice wine,opt x Dash Tamari or soy sauce

Japanese Beef Stir-Fry

Yield: 4 Servings

Ingredients

- 12 oz beef flank steak, partially frozen
- 1 tb peanut or vegetable oil
- 1 lg red bell pepper, cored, seeded and thinly sliced, about 1 1/4 cups

1 sm onion, thinly sliced, about 3/4 cup
1 tb chopped fresh gingerroot or ts ground ginger
1 cl garlic, crushed
1/8 ts crushed hot red pepper
12 oz fresh chinese pea pods or 2 pk (6 oz) frozen, thawed
1 lg head escarole, about 1 lb.1 coarsely chopped, about 8 cups
1 tb soy sauce
1/2 ts light brown sugar, firmly packed

Instructions

Using a sharp knife, held almost parallel to cutting surface, cut partially frozen flank steak into very thin slices. In 12" skillet over medium high heat, heat oil add beef cook 2 to 3 minutes, stirring frequently until browned. Using slotted spoon, remove meat to plate keep warm. To drippings in skillet, add red bell pepper, onion, ginger, garlic and crushed red pepper. Cook about 4 minutes, stirring constantly until vegetables are crisp-tender. add pea pods, escarole, soy sauce and brown sugar. Cook about 1 minute, stirring constantly until pea pods are heated through and escarole is wilted. Stir beef into vegetables. Makes 4 servings.

Japanese Beef

Yield: 5 Servings

Ingredients

150 g beef
200 g gobou 16cm
4 tb soy sauce
2 tb sugar
1 1/2 tb mirin (sweet rice-based sake)
1 tb sake
1 oil
1 yields: 5-6 servings

Instructions

- 4.1 Cut the beef in 4-5 thin slices.
- 4.2 Cut the gobou thin in 16 cm length and boil them until cooked. Then season with salt.
- 4.3 Put the gobou on each beef slice and roll up tightly to cover all gobou. Fasten with a wooden tooth-pick.
- 4.4 Heat oil and fry the rolls brown. Remove oil.
- 4.5 Add sugar, mirin, and sake and cook 3-4 min.
- 4.6 Cut the rolls in 2 cm.

Per serving: 102 Calories (kcal) 6g Total Fat (51 calories from fat) 6g Protein 6g Carbohydrate 20mg Cholesterol 840mg Sodium Food Exchanges: 0 Grain(Starch) 1 Lean Meat 1/2 Vegetable 0 Fruit 1/2 Fat 1/2 Other Carbohydrates
Contributor: Yoko Kamit

Japanese Braised Eggplant

Yield: 4 Servings

Ingredients

2 md eggplants
1/2 c dry sherry
1/3 c tamari soy sauce
1 tb molasses

1/4 c vegetable oil
8 oz tempeh, cubed
2 1/2 c chopped onions
2 ts ground fennel seeds
1/4 ts cayenne
1 ts ground coriander
1 md green bell pepper, diced
4 c sliced mushrooms
3 tb tomato paste
1 salt to taste
1 brown rice
1 chopped scallions
1 toasted seasme seeds

Instructions

Leaving stems on, cut eggplants in half lengthwise. Mix together the sherry, soy sauce & molasses. Oil a baking pan. Pour sherry mixture into pan, place eggplant slices face down, cover tightly & bake at 350F for 45 minutes.

Brown cubed tempeh, 1/2c of onions, 1 ts fennel & cayenne in oil for 20 minutes. Stir frequently to avoid burning. In a separate pot, saute remaining onion, coriander, remaining fennel till onions are translucent. Add peppers & mushrooms & saute 15 to 20 minutes.

With a slotted spoon, lift tempeh & onions from oil & stir into sauted vegetables. Stir in tomato paste & 2 tb braising liquid from eggplant pan. Salt filling.

Turn eggplant halves over, carefully mash pulp & push to sides leaving a hollow centre. Fill each hollow with 1/4 of filling. Cover pan tightly & bake at 350F for 20 minutes til piping hot.

Serve on bed of rice, pour over some juice from baking pan & sprinkle with scallions & sesame seeds.

"New Recipes From Moosewood"

Japanese Cabbage Salad With Chicken

Yield: 7 (1/2 Cup Each)

Ingredients

2 tbsp. sesame seed
2 tbsp. slivered almonds
1/2 head cabbage, thinly sliced
2 green onions with tops, chopped
1 pkg. ramen noodles, broken and uncooked
1 chicken breast, boiled and chopped

Instructions

Toast sesame seed and almonds in oven until light brown.

Combine with remaining ingredients.

Dressing:

1/2 cup vegetable oil
3 Tbsp. vinegar
2 Tbsp. sugar
1 tsp. salt
1/2 tsp. pepper

Mix all ingredients together and pour over salad mixture toss lightly.

Chill overnight. This recipe doubles easily, ham or turkey can be substituted for chicken. Serves 4.

Japanese Cabbage Salad

Yield: 7 (1/2 Cup Each

Ingredients

- 4 tbsp. sesame seeds
- 4 tbsp. slivered almonds
- 2 pkg. ramen noodles (top ramen)
- 1 head cabbage
- 4 to 5 green onions, chopped

Instructions

Dressing:

- 4 Tbsp. sugar
- 1 cup less 2 Tbsp. oil
- 2 Tbsp. sesame oil
- 1 tsp. salt
- 1/2 tsp. pepper
- 6 Tbsp. rice vinegar
- 3 Tbsp. lemon juice

Mix dressing and marinate sliced cabbage and chopped onions for approximately 4 hours. Toast sesame seeds, almonds and Ramen noodles on cookie sheet at 400 degrees. Toss toasted items into marinated cabbage just before serving.

Japanese Carrot Dressing

Yield: 1

Ingredients

- 1 sm carrot peeled and thinly sliced or shredded
- 2 tb mirin
- 2 tb vinegar or cider vinegar
- 1 tb soy sauce
- 1 ts dark sesame oil
- 1/2 sm onion chopped
- 1 tb prepared mustard
- 1 tb grated fresh ginger (1/2-inch piece)

Instructions

Place all ingredients in a blender or food processor and blend until smooth. Keep covered in the refrigerator for up to 10 days.

Yield: about 1 cup.

Per serving: 113 Calories (kcal) 5g Total Fat (41 calories from fat) 3g Protein 15g Carbohydrate 0mg Cholesterol 1243mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 2 1/2 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Japanese Carrot Salad Dressing

Yield: 2 /3 Cup

Ingredients

- 1 sm carrot peeled and shredded (about
- 2 tb mirin

2 tb rice vinegar or cider vinegar
1 tb soy sauce
1/2 ts dark sesame oil (or less just for flavor)
2 tb minced onions
1 tb prepared mustard
1 tb grated fresh ginger root (optional)

Instructions

from the Moosewood Restaurant Low-fat Favorites Cookbook pg. 346

Whirl all in a blender. (I like to keep the carrot shredded and stir into the blended mixture.) Well covered, it keeps in the refrigerator about a week.

Makes 2/3 cup. Per 1 oz. serving as written with the 1/2 tsp oil: Cal 27, Fat .5g (18 CFF), Prot .4g, Carbo 5.4g, Fiber .4g, Sodium 174mg. Posted to Digest eat-
lf.v097.n298 by "Natalie Frankel" on Nov 23, 1997

Japanese Cashew Tamari Dressing

Yield: 1 Servings

Ingredients

6 oz salad oil
2 oz tamari
1/4 c cashews

Instructions

Pour the oil and tamari into a blender and blend until well mixed.

Add the cashews and pulse briefly, to chop them coarsely. Serve. If this is too salty, back off on the tamari. This can be adjusted infinitely to individual taste. Tamari is one kind of Japanese Soy Sauce. It comes in reasonable sized bottles, but is somewhat more expensive than other Soy Sauces due to the method it is manufactured. Typed by Syd Bigger.

Japanese Chicken Baked In Foil

Yield: 4 Servings

Ingredients

1 3 lb chicken, quartered
2 tb white sesame seeds
3 green onions, including the tops, finely chopped
1 ts sugar
1/2 c soy sauce
1 tb pure vegetable oil
1/4 ts pepper
1/2 lemon, thinly sliced
1 hot rice

Instructions

Wash the chicken thoroughly, and pat dry with paper towels. In a dry skillet, toast the sesame seeds just until they begin to jump watch carefully that they don't burn.

Remove from pan. Crush the seeds in a mortar with a pestle, in a blender, or in a nut grinder.

In a shallow glass baking dish, mix together the ground sesame seeds, green onions, sugar and soy sauce. Marinate the chicken pieces in this mixture for 30 min, turning the chicken once.

Meanwhile, cut pieces of foil large enough to wrap each piece of chicken securely. Rub the foil with the oil.

Preheat the oven to 350F. Place a piece of chicken in the center of each piece of foil sprinkle each with a pinch of the pepper, and top with a slice of lemon. Wrap tightly. Bake for 30 40 min, or until the chicken is tender. Serve with hot rice.

From "The Feingold Cookbook for Hyperactive Children" by Ben F. Feingold, MD, and Helene S. Feingold.

Servings: 4

Japanese Chicken Salad

Yield: 1

Ingredients

DRESSING

1/2 ts pepper

4 tb sugar

2 ts salt

3 ts accent

4 tb white vinegar

1/2 c oil

SALAD-

2 whole chicken breasts

1 head lettuce torn

1/8 c poppy seeds

1 sm can chow mein noodles

1 sm pkg. slivered almonds

3 green onions chopped

Instructions

dressing:

Shake all ingredients together and refrigerate, or make JUST before serving.

Salad:

Boil chicken breasts until tender, and tear into slivers. Add lettuce and green onions.

Add poppy seeds, chow mein noodles and almond, just before serving. toss with dressing and serve immediately. Serves 8, generously

Converted by MM_Buster v2.0l.

Japanese Chicken Soup With Noodles

Yield: 6 Servings

Ingredients

6 c fat-free chicken stock

2 ts soy sauce

1 salt to taste (optional)

2 oz cooked udon* noodles or narrow egg noodles

6 lg oriental mushrooms, soaked in warm water until softened then sliced

1/2 c cooked chicken, diced

1 4-6 pieces lemon peel

Instructions

1. Heat together chicken stock, soy sauce and salt, if needed.
2. Add noodles, mushrooms and chicken bring to a boil.
3. Serve piping hot with lemon peel.

*NOTE: Udon, a very large white noodle, available in some supermarkets or Oriental grocers, must be pre-cooked before adding to soup. Otherwise, soup will become cloudy.

From Fabulous Oriental Recipes Cookbook

Japanese Chicken Thighs

Yield: 1 Serving

Ingredients

- 8 chicken thighs (2 pounds)
- 2 garlic cloves crushed in garlic press
- 2 ts grated peeled fresh gingerroot
- 2 tb reduced-sodium soy sauce
- 1/2 c low-sodium chicken broth
- 1 bn scallions thinly sliced

Instructions

1. Sprinkle chicken with pepper. Heat large nonstick skillet over medium-high heat. Cook thighs, skin side down, 12 minutes. Turn and cook 10 minutes. Discard all but 1 teaspoon of fat. Add garlic and ginger and cook 15 seconds. Stir in soy sauce and broth. Cover and bring to a boil, reduce heat and simmer 10 minutes, until chicken is cooked through.
2. Remove chicken to platter. Add onions to sauce and cook 1 minute.

Pour sauce over chicken.

Converted by MC_Buster.

Per serving: 1635 Calories (kcal) 116g Total Fat (64 calories from fat) 138g Protein 7g Carbohydrate 632mg Cholesterol 1795mg Sodium Food Exchanges: 0 Grain(Starch) 18 1/2 Lean Meat 1 1/2 Vegetable 0 Fruit 12 Fat 0 Other Carbohydrates

NOTES : Serves: 4

Japanese Chicken Wings Unknown Cookbook Variation

Yield: 4 Servings

Ingredients

- 2 lb chicken wing tips trimmed
- 1/2 c soy sauce
- 1/2 c sake
- 1/4 c sugar
- 1/4 ts red pepper flakes
- 1 clove garlic crushed
- 1 1/2 ts grated fresh ginger

Instructions

1. Preheat oven to 375. Cut each wing into 2 pieces at joint.
2. Combine the soy sauce, sake, sugar, red pepper flakes, garlic and ginger in a 13x9 inch baking dish. Add wing pieces and turn to coat well. Let marinate at room temperature for 1 hour. (Can be made ahead. Cover and refrigerate up to 24 hours.)
3. Bake chicken uncovered in marinade for 1 1/2 hours, turning occasionally.

Makes 4 servings.

Recipe by: Unknown Cookbook

Posted to MC-Recipe Digest V1 #995 by L979 on Jan 8, 1998

Japanese Chicken Wings

Yield: 4 Servings

Ingredients

3 lb chicken wings
1 c flour
1 egg beaten with 1 ts water
1 c oil
1 sauce
3 tb low salt soya sauce
1 c sugar
1 ts galic powder
3 tb water
1/2 c white vinegar

Instructions

Cut wings into pieces. Dip in slightly beaten egg, then in flour.

Fry in oil until brown and crisp. Put in shallow roasting pan (I use a cookie sheet).

Heat sauce until boiling. Pour ovet wings. Bake at 275 F for approximately 1 hour.

Sauce thickens and coats wings.

Japanese Chicken, Water Chestnut, And Scallion Yakitori

Yield: 1

Ingredients

FOR THE MARINADE

1/2 c soy sauce (preferably dark japanese style)
1/2 c dry sherry
2 tb sugar
1 tb minced peeled fresh gingerroot
1 garlic clove minced
1/4 ts salt
12 wooden skewers for skewering the chicken and vegetables
8 skinless boneless chicken thighs cut into thirty-six 1 1/2-inch pieces
2 bn scallions (about 10), the white and pale green parts cut into twenty-four 1 1/2-inch lengths
24 canned whole water chestnuts rinsed and drain

Instructions

Make the marinade:

In a saucepan whisk together the soy sauce, the Sherry, the sugar, the gingerroot, the garlic, the salt, and pepper to taste and bring the mixture to a boil over moderate heat. Simmer the mixture for 5 minutes, or until the sugar is dissolved, and let the marinade cool.

On each skewer alternate 3 pieces of chicken with 2 scallion lengths and 2 water chestnuts, skewering the water chestnuts carefully so that they do not split and beginning and ending with the chicken. In a large shallow baking dish arrange the kebabs once, for 30 minutes. Arrange the kebabs, reserving the marinade, in one layer on an oiled rack of a broiler pan and broil them under a preheated broiler about 4 inches from the heat, basting them with the marinade for the first 6 minutes, for 10 to 15 minutes, or until the chicken is cooked through. Discard any remaining marinade.

Makes 12 yakitori, serving 4 to 6.

Gourmet June 1991

Converted by MC_Buster.
Converted by MM_Buster v2.0l.

Japanese Chicken

Yield: 1 Servings

Ingredients

- 3/4 c soy sauce
- 1/2 c sugar
- 1/2 ts ground ginger
- 1/2 ts garlic powder (or use fresh ginger and garlic if you p
- 2 tb catsup
- 2 lb broiler-fryer chicken pieces (up to 3)

Instructions

Combine all ingredients except chicken and mix well. Place chicken pieces in a shallow pan or large plastic bag. Pour sauce over chicken. Cover or seal tightly and let chicken marinate in the refrigerator for 24 hours, turning pieces once during the time. Soak clay pot as usual (15 minutes at least in cold water). Combine chicken and sauce in the cooker. Cover and put into a cold oven and bake at 400 degrees for an hour or until the juices run clear. Serves 4

Posted to FOODWINE Digest by "Joanne L. Schweikj" on Nov 18, 1997

Japanese Clear Soup

Yield: 4 Servings

Ingredients

- 4 c homemade chicken stock
- 4 tb dry sherry
- 2 tb soy sauce
- 1 garnishes:
 - 1 block
 - 4 mushrooms thinly sliced
 - 1 green onion finely chopped
 - 1/2 carrot shredded
 - 1/2 lemon thinly sliced
 - 1 tofu 5 cubes per serving

Instructions

1. In a large saucepan bring chicken stock to a simmer. Stir in sherry and soy sauce. Simmer several minutes.
2. Arrange your choice of garnishes in small bowls to pass at the table.

Ladle broth into soup bowls and serve. Microwave Version

1. Place chicken stock in a deep 2-quart casserole. Microwave, uncovered, on 100 power until stock boils, about 5 to 7 minutes.
2. Stir in sherry and soy sauce. Microwave on 30 power 2 minutes.
3. Continue with step 2.

Recipe By : the California Culinary Academy

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Japanese Country Style Pork And Potatoes

Yield: 2 Servings

Ingredients

4 green onions
1 te salad oil
8 oz lean pork loin
1 med onion (halved)
1 broth:
2 ta soy sauce
1/3 cu sake or dry vermouth
1/4 cu water
1/4 cu mirin or sweet sherry
1 potatoes:
3/4 pt red potatoes
1 da pepper (optional)
1 te sugar

Instructions

PREPS:

- * Green onions: Cut the green onions into 1/2-inch lengths. Separate the white parts from the greens, which will be added last.
- * Trim pork and cut into 1/2-inch cubes.
- * Cut onion in half lengthwise. Slice horizontally into 1/4-inch wide strips. Separate the rings.
- * Combine the broth ingredients in a measuring cup.

BRAISING THE MEAT: Heat a 1, to 2-quart pan over medium-high. Add oil and pork a portion at a time if necessary. Stir often until meat is well browned remove from pan as browned. Add sliced onions to pan and stir often until limp, about 5 minutes. Return meat to pan and add the broth mixture. Bring to a boil on high heat. Cover and simmer gently (lowest setting) for 25 minutes. Brush and rinse potatoes. Do not peel. Cut potatoes in half lengthwise if large, then cut into 1/4-inch thick slices. Add potatoes, the white part of the scallions, pepper (if using), and sugar. Do not stir. Increase heat to bring liquid to a boil, then cover and simmer gently (lowest setting) until potatoes are tender when pierced, about 25 minutes. Stir in green onion tops. Taste broth and adjust sweetness. Ladle into individual wide soup/pasta bowls. Offer soy sauce as condiment.

PER SERVING: 433 cal, 7g fat, (19 cff), 5g fiber.

I was skeptical about trying this pork and potato dish. I couldn't imagine what the result would taste like. All those onions! Well, Bob loves all those onions so we went ahead and tried this. Very glad we did. The broth is clear and has a teriyaki-like flavor. This is not a "stew" in the sense of blended flavors. It's more classical Japanese where each ingredient is an element. The added garnishes (see serving ideas) are not sprinkled or mixed but served as complements. If you don't like pork, I've listed a few substitutes that I think would work having tasted this dish.

Serving Ideas : Make room in the bowl for these separate complements: steamed broccoli tossed with a few drops of sesame seed oil and dry-pan toasted sesame seed finely shredded carrot thinly sliced cucumber dressed with sweetened natural rice vinegar and a grating of orange peel.

Description: "Homestyle version of Niku-Jaga (Braised meat and potatoes)"

Cuisine: "Japanese"

Source: "Sunset, October 1988"

From Pat_H

Per serving: 434 Calories (kcal) 8g Total Fat (19 calories from fat) 26g Protein 45g Carbohydrate 51mg Cholesterol 1103mg Sodium Food Exchanges: 2 Grain(Starch) 3 Lean Meat 1 1/2 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates
Nutr. Assoc. : 0 0 26384 4288 0 0 5453 0 5222 0 0 0 0
Contributor: Kazuo Orimo

Japanese Cucumber And Crab Salad

Yield: 1 Servings

Ingredients

4 unpeeled cucumbers thinly sliced

1 tb salt

1 cn (6-oz) crab or use fresh

DRESSING

1/4 c light soy sauce (not lite)

1/8 c rice wine vinegar

1/2 tb sesame oil

1 pn sugar

Instructions

These are from the "Frugal Gourmet on our Immigrant Ancestors".....an excellent cookbook btw.

Mix the cucumbers with the salt. Place in colander, and let drain for about 45 minutes.

Rinse the cucumbers and drain well. Mix with the crab. Make a dressing of the light soy sauce, vinegar, oil and sugar. Toss with crab and drained cucumber, and serve.

Posted to recipelu-digest Volume 01 Number 220 by EABoz@aol.com on Nov 8, 1997

Japanese Cucumber Salad

Yield: 1 Servings

Ingredients

2 japanese cucumbers

DRESSING

7 tb white vinegar

3 tb sugar

1/2 tb soy sauce

1/2 tb grated ginger

1 pn msg (optional)

1 salt

Instructions

1. Slice cucumbers as thin as possible
2. Place them in a bowl with 2 T salt and let stand 1 hour.
3. Meanwhile, bring all the other ingredients to a boil, except ginger. Let cool.
4. Wash the salt off the cucumbers and squeeze the liquid out.
5. Pour dressing on cucumbers and stir in the grated ginger.

Note: you may add cooked shrimp to this salad.

Posted to TNT Prodigy's Recipe Exchange Newsletter by Leon & Miriam Posvolsky on Jul 15, 1997

Japanese Custard In A Whole Red Pepper

Yield: 2 Servings

Ingredients

4 oz medium shrimp, peeled
2 lg red bell peppers
1/4 c corn kernels, cooked
2 tb scallions, white only, minced
1 c vegetable broth
2 lg eggs, beaten
1 1/2 ts soy sauce
1 1/2 ts dry sherry
1 ds salt
3 tb basil leaves, julienned

Instructions

Preheat oven to 425#161#F.

Cook shrimp in boiling water for 30 seconds. Cut into 1/3-inch pieces.

Cut tops off peppers, reserve, and take out seeds. Into each pepper evenly divide shrimp, corn and minced scallion.

In a medium bowl, add broth to beaten eggs and mix well. Add soy sauce, sherry and salt. Beat gently with a whisk.

Fill each pepper with egg mixture and top with equal amounts of basil.

Cover with pepper tops.

Put peppers in deep baking dish and add 1 inch of water. Bake for 35 minutes. Texture will be firm but a little soupy. Serve with chopsticks and a spoon.

Notes: You could also add bits of chicken, water chestnuts or mushrooms to the custard.

Per serving: 256 Calories 8g Fat (27 calories from fat) 22g Protein 25g Carbohydrate 268mg Cholesterol 1308mg Sodium

Recipe By: Rozanne Gold/Little Meals

Posted to EAT-L Digest 6 November 96

Date: Thu, 7 Nov 1996 11:58:56 -0500

From: "McNamara, Kelly"

Japanese Cutlets With Sweet Wine Dressing

Yield: 4 Servings

Ingredients

750 g cutlets of gemfish, kingfish
1 jewfish, tuna or nortas ocean trout
4 tb plum or rice vinegar
2 tb soy sauce
2 tb mirin wine
3 ts sugar
1 1/2 c shredded white radish, soaked in water
1/2 sheet nori, cut in thin strips
1 lebanese cucumber halved, seeded and sliced

Instructions

Marinate fish cutlets in combined vinegar, soy sauce, mirin wine and sugar. Place in refrigerator for 1 hour. Remove cutlets from marinade and grill or barbecue, using medium heat, for 3 to 4 minutes on each side or until flesh flakes. Brush cutlets with marinade during cooking. Heat remaining marinade to boiling point. Drain radish and mix with nori. Arrange cutlets on a plate with radish, nori and cucumber. Just before serving, spoon heated marinade over cutlets.

Bon Appetit-Exec.Chef Magnus Johansson
Source: Vogue

Japanese Deep Fried Potato Cakes

Yield: 0 Servings

Ingredients

1 kg potatoes
1 1/2 ts salt
25 g butter
150 g onion finely chopped
150 g mince
pepper
oil .IG ""flour"
1 egg
breadcrumbs
cooking oil

Instructions

1. Wash and peel the potatoes, and cut into quarters. Boil in salted water (1/2 tsp salt) until soft, remove water, apply a small amount of heat to the pot to remove remaining water, mash while still hot and keep warm.
2. Melt butter in pan, add onion, and fry until transparant. Add mince and fry until browned and it seperates into little pieces. Add 1/3 tsp salt and pepper.
3. Add mince/onion mixture to potatoes and mix. Add 2/3 tsp salt, and put into an oiled bat (a shallow, square tray) while still hot. Cut into 8 or so equal squarish portions about 6 x 8 x 1/2 cm Oil hands and round the corners off until a smooth oval shape (still about the same thickness) is obtained. (All this must be done while the potato is still hot).
4. Flour, egg and breadcrumb the cakes. Deep fry in oil .TE (335 (170) until well browned. Serve with salad suggestions include cabbage, carrot, lemon salad, and natto + wakame (seaweed) miso soup.

Difficulty : moderate.

Precision : measure ingredients.

Contributor: Ross Clement ross-c@cs.aukuni.ac.nz

Japanese Duck

Yield: 1

Ingredients

2 duck breasts
1 ts coriander ground
1 ts cumin ground
1 ts cloves ground
1 ts turmeric ground
1 shallot finely chopped
2 tb vegetable oil
2 oz pecan nuts
3 oz brown sugar
1 red chilli finely diced
2 tb lemon juice
2 tb mixed pickling spice
2 tb white wine vinegar

2 tb water
1 mango slices
1 long beans
1 baby sweetcorn
1 mung beans

Instructions

Make several incisions across the back of the duck. Combine the coriander, cumin, cloves, turmaric, shallot and vegetable oil. Rub over the duck and wrap lightly in plastic for 24 hours. Once marinated, heat a little vegetable oil, in a hot pan and seal the meat, browning the fat. Place into a pre-heated oven at 200C for around 9 minutes.

Prepare the sauce. Combine the nuts, brown sugar, and chilli in a food processor.

Whirl to a medium texture. Add the lemon juice and process until smooth.

Once the ducks are cooked, remove from the oven and the pan and leave to rest.

Place the pan back on to heat and add the pickling spice, water, white wine vinegar and bring to the boil.

Add the nut and chilli mix and boil, strain the sauce, carve the duck and present with a nest of long bean filled with mango, sweetcorn and mung beans.

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Carlton Food Network <http://www.cfn.co.uk/>

Per serving: 1292 Calories (kcal) 31g Total Fat (20 calories from fat) 47g Protein 217g

Carbohydrate 0mg Cholesterol 73mg Sodium Food Exchanges: 8 1/2 Grain(Starch) 3

Lean Meat 0 Vegetable 0 Fruit 5 1/2 Fat 5 1/2 Other Carbohydrates

Converted by MM_Buster v2.0n.

Japanese Eel Canapes

Yield: 1

Instructions

1. in a small bowl stir the horseradish into the creme fraiche and refrigerate for at least 20 minutes.
2. Preheat the broiler. Cut the loaf of gingerbread into twenty 1/4 -inch-thick slices and halve each slice. Arrange the slices on 2 large baking sheets and broil, 1 pan at a time, for about 25 seconds to crisp the gingerbread edges. Let cool.
3. Cut the fish into forty 3/4 -inch-wide diagonal strips. Arrange the strips on a baking sheet and brush with the soy sauce and 1 tablespoon of the melted butter. Broil for 1 to 2 minutes, or until crisp.
4. Lightly brush the gingerbread with the remaining 2 tablespoons of butter.

Top each piece with 1/2 teaspoon of the horseradish cream and a piece of broiled fish. Garnish with a dab of horseradish cream, a sprinkling of red onion and chives and a small chervil sprig.

Susan Regis

Posted to FOODWINE Digest XT 100

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g

Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean

Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Japanese Egg Custard Soup

Yield: 6 Servings

Ingredients

1 c julienne-cut chicken or diced shrimp, cooked
3 water chestnuts diced
6 mushrooms diced
2 scallions chopped
1 tb sherry (or water)
4 eggs beaten
1 ts salt
3 c beef stock
12 spinach or lettuce leaves

Instructions

Date: Sun, 10 Mar 1996 23:26:36 -0800

From: sharon@sols.com

Recipe By: Adapted from Dr. Atkins' New Diet Cookbook Note: grams noted in Notes section are for carbohydrate grams only.

Preheat oven to 300 degrees F. (149 degrees C.). Combine chicken or shrimp, water chestnuts. Divide mixture evenly between 6 oven proof custard cups. [* see note following recipe.] Beat eggs, salt and stock together.

Pour into custard cups. Cover each cup with two spinach or lettuce leaves.

(IMO, spinach adds more flavor.) Place filled custard cups in large pan with 3 inches of boiling water. Cover entire pan with silver foil (shiny side to the inside) and bake for 30 mins or until set. (When sharp knife inserted into custard pulls out clean.)

[*The cookbook actually states "Divide sugar substitutely into 6 custard cups." Please do not follow those directions in the cookbook. They were obviously an error!]

Per serving: 52 Calories 3g Fat (51 calories from fat) 4g Protein 2g Carbohydrate
120mg Cholesterol 972mg Sodium

NOTES : Total Grams 5.3 Grams/serving 0.9

MC-RECIPE@MASTERCOOK.COM MASTERCOOK RECIPES LIST SERVER

LOW CARB

From the MasterCook recipe list. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Japanese Egg Drop Soup

Yield: 6 Servings

Ingredients

2 1/2 c dashi
1 ts sauce, soy
1 eggs
1 laver seaweed
2 onions, green
1 salt
1 tb tapioca powder in water
1 small piece ginger
1/2 ts oil, sesame

Instructions

Bring stock to boil. Add soy sauce and salt. Stir in tapioca mixture.

Pour egg in very fine stream while stirring. Put minced ginger in bottom of each bowl, add soup, sprinkle laver, add minced green onions.

Cornstarch is used the same as tapioca flour.

Posted on GENie by M.FEINS [Mart], Feb 27, 1993

MM by Sylvia Steiger, GENIE THE.STEIGERS, CI\$ 71511,2253, GT Cookbook echo moderator, net/node 004/005

Japanese Eggplant W/Sesame-Ginger Glaze

Yield: 4 Servings

Ingredients

1 tb rice-wine or cider vinegar
1 tb soy sauce
1 tb hoisin sauce (optional)
3 tb toasted sesame oil
1 tb sugar
2 tb minced fresh ginger
3 cloves garlic minced
8 sm japanese eggplant (4 oz -ea.) halved lengthwise
2 tb oil
1 salt
1 freshly ground black pepper
2 scallions minced

Instructions

Date: Tue, 30 Apr 1996 12:35:35 -0500

From: pickell@cyberspc.mb.ca (S.Pickell)

Whisk together vinegar, soy sauce, hoisin sauce (if using), sesame oil, sugar, ginger and garlic in a small bowl. Brush oil over all surfaces of eggplant and sprinkle with salt and pepper to taste. Prepare barbecue grill (medium heat). Place eggplant, cut side down, on grill and let cook 5 minutes. Turn eggplant and brush with glaze continue cooking until eggplant is very soft. Transfer eggplant to serving platter and drizzle with more glaze. Sprinkle with minced scallions and serve.

Adapted by Karen Mintzias, from a recipe in: "Fine Cooking" (Aug/Sep 1995)

MM-RECIPES@IDISCOVER.NET MEAL-MASTER RECIPES LISTSERVER

MM-RECIPES DIGEST V3 #120

From the MealMaster recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Japanese Eggplant With Sesame-Ginger Glaze

Yield: 4 Servings

Ingredients

1 tb rice-wine or cider vinegar
1 tb soy sauce
1 tb hoisin sauce (optional)
3 tb toasted sesame oil
1 tb sugar
2 tb minced fresh ginger
3 garlic cloves minced
8 sm japanese eggplant (4 oz ea.) halved lengthwise
2 tb oil
1 salt
1 freshly ground black pepper
2 scallions minced

Instructions

Whisk together vinegar, soy sauce, hoisin sauce (if using), sesame oil, sugar, ginger and garlic in a small bowl. Brush oil over all surfaces of eggplant and sprinkle with salt and pepper to taste.

Prepare barbecue grill (medium heat). Place eggplant, cut side down, on grill and let cook 5 minutes. Turn eggplant and brush with glaze continue cooking until eggplant is very soft. Transfer eggplant to serving platter and drizzle with more glaze. Sprinkle with minced scallions and serve.

Adapted by Karen Mintzias, from a recipe in: "Fine Cooking" (August/September 1995)

Japanese Fizz

Yield: 1 Serving

Ingredients

1 1/2 oz Blended whiskey

Juice of 1/2 lemon

1 ts Powdered sugar

1 tb Port

1 Egg white

Carbonated water

Instructions

Shake all ingredients (except carbonated water) with ice and strain into a highball glass over two ice cubes. Fill with carbonated water, stir, and serve.

Recipe Source: THE ALL DRINKS LIST compiled by Andy Premaza

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com

-or MAD-SQUAD@prodigy.net 06-13-1998

Japanese Fondue

Yield: 0 Servings

Ingredients

3 c beef or chicken broth

assorted vegetables cut -to bite

Hoisin sauce

3 green onions chopped

1 carrot, peeled and coined

1/2 zucchini, coined

1/2 head Bok Choy julienned

1 block rice vermicelli noodles

Instructions

Heat broth to simmering and transfer to fondue pot. Enjoy your fondue. At the end of your fondue, add green onions, carrot, zucchini, bok choy and noodles, cover and simmer for 5-10 minutes and serve as soup!

Cindy-Recipe Researcher <http://communities.msn.com/cooking>

From cjhartlin@email.msn.com Tue Jan 05 17:47:09 1999

Contributor: jberetta@lib.uwo.ca (Janet Beretta)

Japanese Fried Noodles

Yield: 2 Servings

Ingredients

3 tb sweet white miso

2 tb mirin
2 tb natural soy sauce
8 oz udon noodles
1 tb dark sesame oil
1 tb sesame oil
2 tb shallots minced
Slivered scallions for garnish

Instructions

In a small bowl, combine the miso, mirin, and natural soy sauce and set aside.

In a large pot, bring 8 cups water to a boil. Add the udon and cook until the noodles are al dente, according to package directions. Immediately drain and rinse under cold running water. Drain again and toss with the dark sesame oil.

In a large skillet, heat the sesame oil over medium heat. Add the shallots and saute 1 minute. Add the noodles, raise heat to medium-high, and saute briefly. Add the miso mixture, and toss to coat the noodles evenly. If the sauce evaporates and becomes too concentrated, add a little water. Cook 1 minute more, then remove from heat. Serve immediately with a generous sprinkling of scallions.

Per serving (excluding unknown items): 128 Calories 14g Fat (94 calories from fat) 0g Protein 2g Carbohydrate 0mg Cholesterol 1mg Sodium Food exchanges: 1/2 Vegetable 2 1/2 Fat

Contributor: The Natural Health Cookbook

Japanese Fried Rice

Yield: 4 Servings

Ingredients

2 tb oil
1 egg beaten
3 c cold cooked rice
4 scallions with green tops chopped
1/2 c cooked shrimp or crabmeat
1/2 c frozen green peas thawed and drained
1 tb soy sauce

Instructions

Heat oil in nonstick pan add egg and scramble briefly. Add rice, scallions, seafood, and green peas. Stir gently until hot about 3 minutes.

Add soy sauce mix thoroughly before serving.

NOTES : It is important to use cold rice in fried rice. A short grain white rice is used in Japan.

Recipe by: The Ultimate Rice Cooker Cookbook by Betty L. Torre

Posted to recipelu-digest Volume 01 Number 449 by James and Susan Kirkland on Jan 04, 1998

Japanese Fruit Cake

Yield: 0 Servings

Ingredients

1 c up shortening
2 c up sugar
4 eggs
3 c up flour
1 tsp. soda

1 tsp. salt
1 c up buttermilk
1 tsp. vanilla
2/3 c up chopped nuts
2/3 c up raisins
3/4 tsp. cinnamon
3/4 tsp. allspice
3/4 tsp. mace
1/2 tsp. cloves

Instructions

Filling For Japanese Fruit Cake:

1 2/3 cup sugar
1/4 tsp. salt
4 Tbsp. cornstarch
3/4 cup pineapple juice
1 Tbsp. butter
2 Tbsp. orange rind
1/4 cup orange juice
2 Tbsp. lemon juice
1 1/2 cup coconut
1 1/2 cup drained pineapple
1/2 cup nuts

Cream together shortening and sugar. Beat in eggs one at a time. Sift together flour, soda and salt. Stir dry ingredients into cream mixture alternating with buttermilk and vanilla. Put 1/3 of this batter in pan to bake at 350 F until a tester comes out clean.. To the remaining 2/3 of the batter add chopped nuts, raisins, cinnamon, allspice, mace and cloves. Divide into two pans and bake. Make Filling. Mix together 1 2/3 cup sugar, salt and cornstarch. Blend in pineapple juice. Cook until it thickens Blend in butter, orange rind, orange juice and lemon juice. Cool. Blend in drained coconut, pineapple and nuts.

If you prefer bake all 3 layers alike and sift the spices with flour mixture.

Japanese Fruit Pie #1

Yield: 8 Servings

Ingredients

1 (9-inch) unbaked pie shell
1 stick margarine
1 c sugar
2 eggs
1/2 c white or dark raisins
1/2 c chopped nuts
1 tb vinegar
1/4 c coconut optional

Instructions

Cream butter, sugar & eggs add other ingredients. Pour into pie shell.

Bake for 10 minutes at 400, turn oven down to 325 & bake for 40-45 minutes more.

MRS CHESTER (ANN) GARRETT

From the , Fort Bliss Officers Wives Club, Ft. Bliss, TX. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Japanese Fruit Pie 2

Yield: 1 Servings

Ingredients

2 eggs
1 c sugar
1 stick margarine, melted
1/2 c raisins (gram liked to use currants)
1/2 c cocoanut
1/2 c chopped pecans
1 ts vanilla
1 tb vinegar (the secret key ingredient)
1 unbaked pie shell

Instructions

(My gram gave me this recipe shortly before she had her stroke. It is the last recipe she ever gave me and for that reason alone it would be special BUT it is so yummy which makes it even more dear to me. My DH loves it and requests it on every special occasion. This year for his birthday, I made him his own pie that he did not have to share!

Beat eggs well add sugar and beat well. Add melted margarine, raisins, cocoanut, and pecans. Add vanilla and vinegar. Bake at 300 degrees for 45 minutes in ungreased pie shell. (Be sure to place it on a baking sheet or foil before baking because it may overflow.)

Posted to MC-Recipe Digest V1 #261

Date: Sat, 26 Oct 1996 20:25:27 -0400

From: Kay Talbott

Japanese Fruit Pie

Yield: 6 Servings

Ingredients

1 stick margarine melted
2 whole eggs beaten
3/4 c sugar
1 tb cider vinegar
1/2 c raisins, seedless
1/2 c pecans chopped
1/2 c coconut flaked
1 9 inch whole pie shell

Instructions

Stir ingredients together in order given. Pour into formed 9" pie shell.

Bake at 325? for 40 minutes. To double the recipe, double all ingredients except margarine.

Per serving: 338 Calories 15g Fat (38 calories from fat) 4g Protein 50g Carbohydrate 60mg Cholesterol 222mg Sodium

NOTES : To double recipe, double all ingredients except butter. Do not use less than the amount listed for one pie, though.

Contributor: Mom

Japanese Fruitcake

Yield: 12 Servings

Ingredients

CAKE

1 c butter
2 c sugar
4 eggs
3 c flour all-purpose, sifted
2 ts baking powder
1 c milk
1 ts vanilla extract
1 ts ground cloves
1 ts ground cinnamon
1/2 c raisins
1/2 c pecans chopped
1 pecan halves for garnish

FILLING/FROSTING

2 1/2 c sugar
3 tb flour all-purpose
1/2 ts salt
1 c water boiling
1 1/2 tb lemon zest grated
1/4 c lemon juice fresh
4 1/2 c coconut grated

Instructions

For cake: Grease and flour four 9inch round cake pans.

Cream butter gradually add sugar, beating well at medium speed with an electric mixer. Add eggs one at a time beat well after each addition.

Combine flour and baking powder add to creamed mixture alternately with milk, beginning and ending with flour mixture. Mix after each addition. Stir in vanilla.

Divide batter in half stir spices, raisins and pecans into one half. Pour plain batter into 2 of the cake pans and spiced batter into the other 2 pans. Bake at 350 degrees for 20 to 25 minutes or until cake tests done .

Cool in pan for 20 minutes remove from oven and cool completely on wire racks.

Prick layers at 2-inch intervals with a wooden pick. Spread frosting/filling between layers and on top and sides of cake, stacking layers with a light layer on top of each spice layer. Garnish with pecan halves, if desired.

For filling/frosting: Combine sugar and flour in medium saucepan stir in remaining ingredients. Bring to a boil over medium heat, stirring constantly.

Cook for 5 minutes or until thickened, stirring constantly cool mixture completely before filling and spreading on cake.

Nutritional analysis per serving: 741 calories, 32 grams fat, 112 grams carbohydrates, 115 milligrams cholesterol, 406 milligrams sodium, 38 percent of calories from fat .

** Fort Worth Star Telegram Food section 29 November 1995 **

Japanese Ginger Salad Dressing

Yield: 1 Serving

Ingredients

1 c olive oil
1/4 c tamari soy sauce
juice of 1 lemon
3 garlic cloves

3 tb fresh ginger root
1 ts dijon mustard
2 ts honey
pepper

Instructions

Mix all ingredients together. Chill.

Cindy-Recipe Researcher <http://communities.msn.com/cooking>

From cjhartlin@email.msn.com Tue Jan 05 17:48:51 1999

Contributor: Laura Wooton

Japanese Glazed Salmon W/ Soba & Julienne Vegetables

Yield: 4 Servings

Ingredients

1/2 c hijiki
1 lb salmon fillet skinned/scaled/4 pc.
1/4 c mirin (sweet rice wine)
3 tb reduced sodium soy sauce plus more to taste
2 tb fresh ginger grated
2 tb red miso (fermented soybean paste) I used
5 ts sugar
2 ts fresh lemon juice
2 ts sake (japanese rice wine) I used chinese
8 oz dried soba noodles (buckwheat noodles)
1 ts canola oil
1 c snow peas stringed/julienned
2 carrots julienned
1 sm yellow squash julienned
6 c mung bean sprouts
salt and freshly ground black pepper to taste
1 c daikon radish grated*

Instructions

Place hijiki in a small bowl with enough warm water to cover and soak for 30 minutes. Meanwhile, place salmon in a shallow glass dish. In a small bowl, combine mirin, 1 tbsp soy sauce, ginger, miso, 2 tsp sugar, lemon juice and sake. Pour over salmon, turn to coat well, cover with plastic wrap and refrigerate for 15 minutes or up to 1 hour, turning occasionally.

In a small saucepan, combine 4 cups water, the remaining 2 tbsp soy sauce, 3 tsp sugar. Drain the hijiki and add it to the saucepan. Bring to a boil, reduce the heat to low and simmer for 15 minutes. Drain, discarding the liquid, and set aside.

Preheat the broiler lightly oil a broiler pan. Remove the salmon from the marinade and discard the marinade. Place the salmon, skin side down, on the prepared broiler pan. Broil about 6" from the heat, until the fish is opaque in the center, about 7 minutes (it is not necessary to turn the salmon) set aside.

In a large pot, bring 3 quarts water to a boil. Slowly add the soba.

When the water returns to the boil, add 1/2 cup cold water. Repeat the steps of returning the water to a boil and adding cold water 2-3 times, until the soba is tender. (It will take 5-7 minutes total).

Meanwhile, heat oil in a large skillet over medium heat. Add snow peas, carrots, squash and sprouts cook, stirring, until tender, about 3 minutes. Season with salt, pepper, and soy sauce.

Drain the soba and mound on four plates spoon the vegetables next to the soba. Set the salmon on top. Crown the dish with a sprinkling of hijiki and daikon.

Serves 4.

NOTE: Oooooo was this good!!! Anyone with a love of Japanese-style food will just adore this. I made it with steelhead trout instead of salmon (and I love steelhead trout because it is very similar to salmon and cheaper). The only other changes I made were: no hijiki (seaweed) so no preparation of the hijiki and I couldn't find the soba noodles so I used some spelt pasta which looks like buckwheat soba but it doesn't have the buckwheat flavor (which I hate). My hubby rated this one *****. He said it belongs on the A List (another kind of This Weeks Winners thing I do in our house). So enjoy.

NOTES : * I didn't have any daikon. They are always sooooo huge. I used a couple of regular radishes and julienned them.

These are the other things I didn't have or couldn't find and my substitutions:

- 1) Steelhead Trout for Salmon
- 2) White Miso for Red Miso
- 3) Chinese Rice Wine for Sake
- 4) Spelt Pasta for Soba Noodles

Nutritional Information: 525 calories per serving, 42 g protein, 10g fat, 71g carbo, 1,314mg sodium, 45mg cholesterol.

Contributor: The Eating Well New Favorites Cookbook

Japanese Gyoza Pot Stickers

Yield: 10 Servings

Ingredients

Gyoza wrappers

1 1/2 c Cabbage

4 Green onions chopped

3 Dried mushrooms soaked in warm water 15 minutes and chopped

2 ts Ginger root grated

1/2 lb Ground beef

1 tb Cooking wine

1 tb Kikkiman soy sauce

1 tb Sesame oil

1/4 ts Black pepper

Salad oil

SAUCE-

Kikkoman soy sauce

Chili sesame oil which is very very hot

Instructions

Chop cabbage fine, place in colander and pour boiling water over the cabbage. Cool to touch, then squeeze cabbage well to get the water out. In a bowl mix cabbage, chopped green onions, chopped mushrooms and grated ginger. Mix ground beef, wine, soy sauce, sesame oil and black pepper together with vegetables mix well. Place a small amount of filling (about 1 ts) in center of gyoza wrapping and fold in half. Pleat edge to seal.

If edges won't stick together, dampen the inside edge with a little water, then pleat. Put 2 tb salad oil in heated skillet (on medium heat). Place gyozas in skillet, close together and fry until golden brown. Then, at edge of pan, pour in a little water, up to 1/4 of the depth of the pot-stickers.

Cover, turn heat to low and simmer until water is gone. Serve with dipping sauce as appetizer, or with hot rice as entree.

SAUCE: Mix soy sauce with chili sesame oil. Use a proportion of 10 parts soy sauce to 1 part oil if you use a 5 to 1 proportion it may be a little hot for most people. The authentic sauce is a 2 to 1 proportion.

Per serving: 87 Calories (kcal) 7g Total Fat (77 calories from fat) 4g Protein 1g Carbohydrate 19mg Cholesterol 19mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 0 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Japanese Hamburger Dish

Yield: 7 (1/2 Cup Each)

Ingredients

1/4 cup blanched slivered almonds
1 tbsp. butter or margarine
3/4 lb. ground beef
1 c water
1/4 tsp. salt
1 c fine noodles, such as ramen noodles (1 pkg.)
1 pkg. japanese-style vegetables, frozen
1 tbsp. soy sauce

Instructions

Saute almonds in butter or margarine in skillet until lightly browned. Remove from pan and set aside. Brown beef well in butter remaining in skillet. Stir in water and salt and bring to a boil. Stir in noodles. Cover and simmer for 2 minutes. Add vegetables. Bring to a full boil over medium heat, separating vegetables with a fork and stirring frequently. Cover and simmer for 3 minutes. Stir in soy sauce and sprinkle with almonds. Makes 4 servings.

Japanese Incense (A Dough Incense)

Yield: 1 Batch

Ingredients

6 tb star anise powdered in blender
1 ts cherry oil
1 1/2 c sandalwood powder
3/4 c water
1/2 ts potassium nitrate
1 tragacanth powder as needed

Instructions

From Sandy Maine's "Herbal Incense" article in "The Herb Companion." Dec. 1992/Jan. 1993, Vol. 5, No. 2. Pg. 38. Posted by Cathy Harned.

Japanese Kabobs

Yield: 4 Servings

Ingredients

2 lb steak cut in 1 cubes
3/4 c shoyu
1/4 c brown sugar
1/4 ts ajinomoto

1/2 ts salt
1 clove garlic, grated small
1 piece ginger
1 pineapple chunks

Instructions

Combine shoyu, sugar, ajinomoto, salt, ginger and garlic. Soak steak cubes for at least 2 hours. Stick steak cubes and pineapple chunks alternately on skewers and broil in oven or over charcoal. Tomatoes, green peppers and mushrooms can be added also. From "My Recipes", Red Hill Elementary School, Honolulu, HI, 1973

Japanese Lamb For Crockpot

Yield: 8 Servings

Ingredients

2 lb Lamb
1/4 c Sauce soy
1 tb Honey
2 tb Vinegar
2 tb Sherry
2 ea Garlic cloves crushed
1/4 ts Ginger ground
1 1/2 c Stock, chicken optional

Instructions

Put all ingredients in crockpot and cook all day on LOW.

Calories per serving: 248

Sylvia's comments: I converted this from a marinate-and-broil recipe that required better meat.

This worked great on cheap stew lamb it actually took away the strong lamb taste. I defatted the crockpot juices, thickened with cornstarch, and used it on green beans. That with the lamb and some yellow rice made a great dinner.

Recipe and MM by Sylvia Steiger, GENIE THE.STEIGERS, CI\$ 71511,2253, GT Cookbook echo moderator at net/node 004/005, Internet sylvia.steiger@lunatic.com

Japanese Lunch Noodles

Yield: 4 Servings

Ingredients

8 dried black mushrooms (shiitakes)
6 c hot water or stock
1 sweet potato (12oz)
1 peeled, cut in 1/2 dice
1 leek, trimmed, washed, and thinly sliced
1 zucchini, cut widthwise into 1/4 slices
4 c stemmed kale leaves, cut crosswise into 1/2 strips
6 tb miso (pref hatcho-miso) or to taste
6 tb mirin or a little less cream sherry
2 tb (to 3 tbs) fresh udon or oz dried udon or other pasta
6 oz (to 8 oz) very thinly sliced beef or chicken breast
1 bn scallions, trimmed thinly sliced

Instructions

Soak the mushrooms in 1 cup hot water or stock in a bowl until soft, about 20 min. Stem the mushrooms and cut each cap in quarters, reserving the soaking liquid. Bring

4 qts of water to a boil in a large saucepan. Place the mushroom soaking liquid and remaining stock in another large saucepan and bring to a boil. Add the sweet potato and leek and simmer for 3 min. Add the zucchini, mushrooms, and kale and cook until the vegetables are tender, about 2 min. Remove the pan from the heat and stir in the miso, mirin, and honey or sugar. Stir until all the miso is dissolved. Correct the seasoning, adding miso or honey or sugar to taste the broth should be highly seasoned. The recipe can be prepared ahead to this stage. If preparing ahead, don't boil the water for the noodles. Just before serving, cook the noodles in the boiling water until tender but not soft, about 3 min for fresh noodles, 8 min for dried. Drain the noodles in a colander. Stir them into the broth with the beef or chicken and sliced scallions. Cook the noodles until thoroughly heated, but do not let the broth boil you'll destroy some of the nutrients in the miso. Serve at once.

Note: Original recipe called for 10 oz tofu (pref extra-firm or firm silken), cut widthwise into 1/4-inch slices. 6 to 8 oz thinly sliced beef or chicken breast is a suggested substitute, but the recipe doesn't say whether or not this should be cooked first.

High-Flavor, Low-Fat Pasta by Stephen Raichlen ISBN 0-670-86581-8 From : Diane Lazarus

Japanese Marinade Sauce

Yield: 1 Servings

Ingredients

1/3 c soy sauce

3 tb sugar

1 tb corn starch

OPTIONAL

1 minced garlic

1 grated fresh ginger

Instructions

I use this in stir fry recipes or marinating chicken. I also love to make this, sometimes adding some water because it's kinda strong, and I add cashews and chicken.

Wonderful over rice.

Posted to Bakery-Shoppe Digest V1 #252 by mdrinkwater@juno.com (Margaret A Drinkwater) on Sep 19, 1997

Japanese Miso Dressing

Yield: 4 Servings

Ingredients

1/2 c safflower oil

2 tb light miso

3 tb nutritional yeast flakes

1 ts cayenne pepper

Instructions

Combine all ingredients.

Makes about 1 cup.

NOTES : Dress up pasta salads with this flavorful dressing.

Nutr. Assoc. : 0 905 5626 0

Cindy-Recipe Researcher <http://communities.msn.com/cooking>

From cjhartlin@email.msn.com Mon Jan 04 21:36:45 1999

Contributor: the California Culinary Academy

Preparation Time: 0:15

Japanese Mushroom Pate With Spring Onion

Yield: 4

Ingredients

200 g shiitake mushrooms
200 g flat mushrooms
100 g spring onion finely diced
100 g cream cheese vegetarian
50 g shallots chopped
2 cloves garlic chopped
30 ml olive oil

MARINADE

50 ml japanese soy sauce
25 ml japanese rice vinegar
25 ml sake or sherry
10 g ginger finely grated
10 g dark brown sugar

Instructions

Place the mushrooms on a baking tray and brush with 20ml of olive oil.

Season and bake for 15 minutes until soft.

Place the Japanese marinade ingredients in a bowl and put in the mushrooms, allow to marinate for 4 hours.

Heat in a saucepan the remaining olive oil and cook the garlic and shallots until tender.

Remove from the marinade the flat mushrooms and half of the shiitake mushrooms and retain half of the shiitake mushrooms.

Drain well and place in a food processor and add the shallots and garlic, cream cheese and puree.

Season with salt and pepper and mix in the chopped coriander and the chopped spring onion.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Japanese Noodle Salad

Yield: 6 Servings

Ingredients

1 c Cooked chicken slivered
1 c Ham slivered
1 c Celery slivered
1 c Green onion, slivered opt
1 c Chinese cabbage, shred opt
1 pk Ramen-type noodles
1/2 pk Noodle seasoning to 1 pk
3 tb Oriental vinegar
1/2 ts Sesame oil to 1t
2 tb Soy sauce
Salt and pepper to taste

Instructions

Place first 5 ingredients in bowl. Soften noodles in boiling water for 3 minutes cut into 2-inch lengths. Add to chicken mixture. Mix 1/4 cup boiling water with seasoninp

packet. Add remaining 5 ingredients Mix well. Pour dressing over salad at least 30 minutes to 1 hour before serving.

Japanese Noodle Soup Good Housekeeping

Yield: 4 Servings

Ingredients

1 tb vegetable oil
6 oz firm tofu cut into 1" pcs.
3 md scallions thinly sliced
1 tb fresh ginger root grated
1 pk instant miso shiro soup mix
1.1 oz. Size (white soybean-paste soup)
8 oz dried udon noodles OR -linguine
1 lg carrot julienned
1 md red pepper in thin strips
3 strips lemon peel 3 by 1"
1/4 ts red pepper flakes crushed
1 bn watercress tough stem removed

Instructions

1. In a nonstick 10-inch skillet over medium-high heat, in hot vegetable oil, cook tofu, scallions, and ginger 5 minutes or until golden brown.
2. In 4-quart saucepan over high heat, heat 8 cups water to boiling. Add soup mix, noodles, carrot, red pepper, lemon peel, crushed red pepper, and tofu mixture heat to boiling. Reduce heat to low simmer soup 8 to 10 minutes until noodles are cooked (if using linguine, cooking time will be slightly longer) and vegetables are tender. Stir in watercress until it wilts. Serve immediately because noodles will absorb liquid quickly.

Note: Shiro miso soup mix can be found in the dried soup section if Asian markets or in some supermarkets. If miso soup mix is unavailable, you can substitute 2 extra large vegetable bouillon cubes.

typos by Karin Baumgardner 1/23/2000

NOTES : Udon noodles and tofu are just 2 of the ingredients that give this recipe its characteristic Japanese flavor. If you're looking for another reason to give this recipe a try, keep in mind that it's very low in fat and can be made in about half an hour.

Contributor: www.aol.com

Japanese Noodle, Shrimp And Cucumber Salad

Yield: 12 Servings

Ingredients

DRESSING

2/3 c rice wine vinegar
1/4 c soy sauce
1/4 c vegetable oil
3 tb sugar
1 ts dry mustard

1 pn cayenne pepper

SALAD-

1 lb fresh bean sprouts

14 oz dried chuka soba noodles
1/4 c oriental sesame oil
2 lb cooked bay shrimp
3 lg cucumbers peeled halved, thinly sliced
6 green onions sliced
1 red cabbage leaves

Instructions

For DRESSING: Whisk together vinegar, soy sauce, oil, sugar and mustard in small bowl. Season with cayenne pepper. (Can be prepared 1 day ahead.

Cover and leave at room temperature).

For SALAD: Blanch bean sprouts in boiling water 30 seconds. Drain and refresh in cold water. Drain. Bring large pot of salted water to boil.

Add noodles and boil until tender, stirring occasionally, about 3 minutes.

Drain noodles. Refresh in cold water. Drain and place in large bowl. Add sesame oil and toss to coat. (Can be prepared up to 6 hours ahead. Cover and refrigerate bean sprouts and oriental noodles separately.) Add bean sprouts, shrimp, cucumbers and onions to noodles. Drizzle with dressing. Toss gently to combine. Line platter with cabbage leaves and mound salad in center.

Japanese Noodles

Yield: 3

Ingredients

1 tb dark sesame oil
3 c hot cooked lo mein noodles or vermicelli cooked without salt or fat
1/2 c green onions
1 1/2 inch juliene cut
1 ts peeled grated ginger root
2 tb low-sodium soy sauce

Instructions

Heat oil in a large nonstick skillet over medium-high heat. Add noodles, tossing to coat with oil. Add green onions and gingerroot saute, 3 minutes or until green onions are tender. Remove from heat. Add soy sauce, and toss well.

Yield: 3 servings (serving size: 1 cup).

Per serving: 52 Calories (kcal) 5g Total Fat (76 calories from fat) 1g Protein 2g Carbohydrate 0mg Cholesterol 403mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Recipe by: Cooking Light, June 1994, page 121

Converted by MM_Buster v2.0n.

Japanese Onion Soup

Yield: 6 Servings

Ingredients

1 chicken bone
1 onion, diced finely
1/2 carrot, sliced
1 beef bone
1/4 stalk of celery
1/4 piece garlic, smashed
2 qt water

Instructions

Boil the above for 45 minutes. Strain through cheesecloth or a soft napkin and use only the broth. A beef soup base can be used for added flavor. Add salt to taste.

Japanese Pear Salad

Yield: 4

Ingredients

2 tb rice vinegar red wine vinegar or balsamic vinegar

2 tb packed brown sugar

2 fresh usa anjou or bosc pears cored and sliced

1/3 c thinly sliced mushrooms

1/4 c thinly sliced green pepper and radishes

4 green onion brushes

Instructions

Combine vinegar and sugar gently toss pears in mixture. Allow to stand 30 minutes to 1 hour to blend flavors stir occasionally. Drain pears and arrange with vegetables on individual trays or plates.

Green Onion Brushes: Cut 3-inch piece off root ends of 4 green onions. Cut three 1-inch lengthwise slashes through root end rotate onion half-turn and make three more 1-inch lengthwise slashes. Place in iced water. Drain before using. Makes 4 brushes.

Always be sure to use ripe pears.

Per serving: 27 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 7g Carbohydrate 0mg Cholesterol 3mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 1/2 Other Carbohydrates

Recipe by: <http://www.usapears.com/>

Converted by MM_Buster v2.0n.

Japanese Persimmon (Diospyros Kaki)

Yield: 1 Info File

Ingredients

-SEE DIRECTIONS-

Instructions

The several varieties of trees that bear the edible persimmon fruit are members of the EBONY family, Ebenaceae. The Japanese persimmon, or kaki, *Diospyros kaki*, native to China and Japan, is the most important commercially. The black sapote, *D. digyna*, native to tropical Mexico and Central America, was important in the pre-Columbian diet there.

One U.S. species, the common persimmon, *D. virginiana*, which grows from Connecticut to Florida and west to Kansas, bears fruit that is edible when fully mature. Another, the Texas persimmon, *D. texana*, bears inedible fruit. Persimmons are also grown as ornamentals or for their wood. [R. J. Knight, Jr Grolier Encyclopedia]

SEASON: October through December.

LOOK FOR: Slightly firm, plump fruit with smooth, unbroken skin and the stem cap attached. Avoid bruised or too soft fruit. Oriental varieties are most common smaller native persimmons are usually home grown. (See Wild Persimmons)

TO STORE: When ripe, refrigerate persimmons and use them within 1 to 2 days.

TO PREPARE: Remove the caps. Press native persimmons through a food mill or strainer to remove the seeds and skin before using the fruit in recipes. For dessert or a snack, place an Oriental persimmon, stem end down, on a plate cut gashes through the top skin so that the pulp can be eaten with a spoon.

Source: The New Good Housekeeping Cookbook ISBN: 0-688-03897-2 Typos by Dorothy Flatman 1995

Japanese Pickle Roll (Handroll, Temakisushi)

Yield: 4 Servings

Ingredients

4 c sushi rice see recipe

4 takuan (Japanese pickles) cut in thin strips

2 sheets nori seaweed

Hand Vinegar:

1 ts rice vinegar

3 tbsps water

Soy sauce for dipping

Instructions

Just before rolling sushi, toast the nori by passing the shiny side over a high flame. The color of the nori will change from brownish black to dark green. (Without toasting, the nori will be gummy and hard to chew.) Cut toasted nori sheets in half crosswise.

Lay a 1/2 a sheet of the nori, shiny side down on a counter. Combine the rice vinegar and water, and moisten your hands with this hand vinegar to keep the rice from sticking to your hands as you work. Spread about 1 cup of the sushi rice on 3/4 of the nori closest to you, in a layer about 1/4 inch thick, spreading it to the edges. Lay 1/4 of the pickle slices across the center of the nori. Roll gently, using the fingers and palms of both hands. Eat immediately, without cutting, and serve the soy sauce as a dipping sauce.

Per serving (excluding unknown items): 0 Calories 0g Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

Contributor: Susan Feniger and Mary Sue Milliken

Japanese Pickle Roll {Hand-Roll, Temaki-Sushi}

Yield: 4 Servings

Ingredients

4 c Sushi Rice see * Note

4 Takuan, Japanese pickles cut thin strips

2 sheets Nori seaweed

Soy sauce for dipping

HAND VINEGAR

1 ts Rice vinegar

3 tb Water

Instructions

* Note: See the "Sushi Rice" recipe which is included in this collection.

Just before rolling sushi, toast the nori by passing the shiny side over a high flame. The color of the nori will change from brownish-black to dark-green. (Without toasting, the nori will be gummy and hard to chew.) Cut toasted nori sheets in half crosswise.

Lay a 1/2 sheet of the nori, shiny-side down on a counter. Combine the rice vinegar and water, and moisten your hands with this hand vinegar to keep the rice from sticking to your hands as you work. Spread about 1 cup of the Sushi Rice on 3/4 of the nori closest to you, in a layer about 1/4-inch thick, spreading it to the edges. Lay 1/4 of the pickle slices across the center of the nori. Roll gently, using the fingers and palms of both hands. Eat immediately, without cutting, and serve the soy sauce as a dipping sauce. This recipe yields 4 rolls or 4 servings.

Cones: As a variation, roll the nori, rice and ingredients into a cone shape and serve with dipping sauce.

Recipe Source: TOO HOT TAMALES WORLD TOUR with Susan Feniger and Mary Sue Milliken From the TV FOOD NETWORK (Show # WT-1A01 broadcast 10-06-1997) Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com

-or MAD-SQUAD@prodigy.net 10-22-1997

Contributor: Susan Feniger and Mary Sue Milliken

Japanese Pickled Cauliflower Coca-Cola

Yield: 1 Servings

Ingredients

1 md cauliflower, separated into flowerets, washed, and drained

1 green bell pepper, washed, cored, seeded, and cut into 2-in strips

1 water, boiling

1/2 c celery, very thinly sliced

3/4 c coca-cola

6 tb wine vinegar or white vinegar

1/4 c sugar

1 1/2 ts salt

Instructions

In a large bowl, combine the cauliflower flowerets and bell pepper strips. Cover with boiling water. Let stand for 2 minutes drain thoroughly. Add the celery.

In a small pan, heat the Coca-Cola, wine/white vinegar, sugar, and salt. Pour over vegetables. Toss lightly with a fork, and pack into 1-quart glass jars. Push down lightly so the liquid covers the vegetables. Cover and chill overnight. This keeps in the refrigerator for several days. Makes about 1 quart.

Recipe: "International Cooking with Coca-Cola", a give-away pamphlet from The Coca-Cola Company, 1981

Japanese Pickled Cauliflower

Yield: 1 Servings

Ingredients

1 md cauliflower *

1 lg green bell pepper **

1 boiling water

1/2 c very thinly sliced celery

3/4 c coca-cola

6 tb wine vinegar

1/4 c sugar

1 1/2 ts salt

Instructions

* Cauliflower should be separated into flowerets, washed and drained. ** Green bell pepper should be washed, cored, seeded and cut into 2 inch strips.

Japanese Pickled Vegetables

Yield: 4 Servings

Ingredients

1 c unseasoned rice vinegar

1/4 c sugar
1 tb salt
1 whole carrot, peeled diagonally sliced
1 whole red pepper in 1/2" triangles
1 whole yellow pepper in 1/2" triangles
1/2 jicama, peeled in 1/2" triangles

Instructions

In a small saucepan, heat vinegar, sugar, salt, and 1/4 cup water until sugar and salt dissolve and mixture is heated through. Place vegetables in a medium-size bowl, and pour hot pickling mixture over vegetables.

Let vegetables sit 1 hour at room temperature or 4 hours in refrigerator, covered. Serve cold or at room temperature.

Per serving (excluding unknown items): 73 Calories less than one gram Fat (2 calories from fat) 1g Protein 18g Carbohydrate 0mg Cholesterol 1601mg Sodium

Japanese Pickles

Yield: 6 Servings

Ingredients

4 Japanese cucumbers thinly sliced, OR... standard cu peeled and sliced
1 Red onion thinly sliced
1/2 c Rice vinegar
2 ts Rice syrup
1/4 ts Salt
3 Fresh red chili peppers seeded
2 tb Fresh cilantro

Instructions

Combine all ingredients and refrigerate. Serve as a compliment to grilled or spicy foods, or with chicken or fish.

Nutritional Info Per Serving: Protein: 1 gr. (11) Carbohydrates: 10 gr. (84) Fat: .3 gr. (5) Calories: 42 Sodium: 94 mg. Cholesterol: 0 mg.

Exchanges: 2 vegetable

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Japanese Pork-Noodle Bowl

Yield: 5 Servings

Ingredients

6 Cups water
3 Cups sliced green onions (2 inch)
2 Cups julienne-cut carrot (2 inch)
5 1/2 Cups sake (rice wine)
1/2 Cup low-sodium soy sauce
2 Tablespoons sugar
1/2 Teaspoon crushed red pepper
1 Piece peeled fresh ginger
-sliced (1 1/2-inch)
1 1/2 Pounds boned pork loin cut into 1/2-inch slices
1 Package fresh spinach -chopped (about 8 cups) (10-ounce)
2 1/2 Cups hot cooked whole-wheat spaghetti (about 5 ounces uncooked pasta)

Instructions

1. Combine the first 8 ingredients in a large Dutch oven, and bring vegetable mixture to a boil. Partially cover, reduce heat, and simmer over low heat 20 minutes. Add pork. Bring mixture to a boil cover, reduce heat, and simmer 35 minutes or until pork is tender. Remove ginger slices with a slotted spoon, and discard. Add spinach, and cook 1 minute or until wilted. Place spaghetti into each of 5 large bowls, and top with broth mixture.

Yield: 5 servings

(serving size: 1/4 cup spaghetti and 2 1/4 cups broth mixture).

Converted by MC_Buster.

Contributor: Cooking Light March 1999

Japanese Potstickers (Gyoza)

Yield: 1 Servings

Ingredients

4 leaves chinese cabbage, minced (up to 5)
1 bn nira, minced
2 lg green onions, minced
2 cloves garlic, minced
1 sm piece ginger, grated
2 ts salt
1 ts white pepper
1 ds japanese soy sauce
1 tb sesame oil
1 tb peanut oil
1 lb ground pork
4 minced shittake mushrooms (up to 5)
1 gyoza skins

Instructions

Nira is a vegetable sold in bunches in oriental groceries, and has a garlic flavor. Pour boiling water over cabbage and allow to sit for 1/2 min., then drain and rinse with cold water. Combine with remaining ingredients and mix coarsely with fingers. Place a tablespoon of filling in gyoza skin and crimp edges. Place small amount of oil in frying pan and heat. Place gyoza in pan and fry over med heat until lightly browned on one side. Add 3 tablespoons of water to pan, and cover. Allow gyoza to steam a couple of minutes. Serve with dipping sauce of soy and sesame oil.

Posted to rec.food.recipes by japlady@nwu.edu (Rebecca Radnor) on Mon, 13 Feb 1995.

Japanese Prawn And Noodle Salad

Yield: 4

Ingredients

150 g japanese noodles or chinese noodles cook according to pack instructions, rinse with cold water and drain
2 tb arame (optional)
4 tb rice vinegar
2 tb soy sauce
2 tb sunflower oil
2 cloves garlic crushed
125 g fine beans cut in half lengthways (4oz)

1 red pepper deseeded and cut into thin strips
50 g fresh root ginger grated (2oz)
25 g sesame seeds toasted (1oz)
400 g prawns defrosted

Instructions

Place the cooked drained noodles in a salad dish and chill.

Put the arame in a small dish and pour over 2 tablespoons of boiling water, the rice vinegar and soy sauce. Leave for 10 minutes.

Heat the sunflower oil in a wok and add the crushed garlic, stir fry for 1-2 minutes and add the beans and red pepper. Stir-fry for 4-5 minutes and allow to cool slightly.

Combine the vegetables with the noodles and stir in the arame (if arame is not used add the rice vinegar and soy sauce directly to noodles).

Take the grated ginger and holding in one hand squeeze the juice over the salad and discard the pulp. Stir the prawns into the noodles and combine well.

Chill for 30 minutes before serving.

Notes Delicious served as a light lunch or as part of an oriental meal. Arame is an attractive seaweed used extensively in Japanese cooking.

Converted by MC_Buster.

NOTES : An oriental fusion of noodles and prawns dressed with rice vinegar and ginger

Converted by MM_Buster v2.0l.

Japanese Radish Salad

Yield: 4 Servings

Ingredients

8 oz red radishes (large bunch)
1 1/2 ts rice vinegar
1 ts sugar
1/2 ts low-sodium soy sauce
1 ts toasted sesame seeds more or less
1 radish leaves garnish

Instructions

Wash the radishes well to remove all grit. Trim, reserving a few leaves for garnish, and thinly slice.

Combine vinegar, sugar and soy and mix to dissolve sugar. Add the radishes.

Refrigerate for 1 hour. When ready to serve, sprinkle with sesame seeds and garnish with radish leaves.

Each dish: 19 cal, 1g fat, 1g fiber.

Variation: Add half a cucumber, peeled, seeded and diced.

Serving Ideas : Relish for Shabu Shabu (Japanese hot pot) or grilled fish or chicken.

Description: "Sweet and sour on the side"

Cuisine: "Japanese"

From Pat_H

Per serving: 19 Calories (kcal) 1g Total Fat (25 calories from fat) trace Protein 3g
Carbohydrate 0mg Cholesterol 38mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean
Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

NOTES : Here's another salad-condiment that we like.

Nutr. Assoc. : 4676 0 0 0 0 0

Contributor: Ruth Law, Pacific Light

Japanese Rice Dessert Or Porridge

Yield: 1 Servings

Ingredients

3/4 c rice cooked, hot

2 ds soy sauce

1 ts brown sugar

1 egg yolk

Instructions

Add soy and sugar to the hot rice. Stir in. Add the egg yolk and stir. The heat of the rice will cook the yolk. As a dessert cut back on the soy, double the sugar and add crushed nuts. Top with fresh or poached fruit or berries if desired.

[I learned this recipe from a Japanese friend in my college days the proper name of it is long forgotten. The fruit embellishment is my own idea and not traditional. In Japan this dish is served mainly to children and invalids. It is simple but tasty.] Jim Weller.

Japanese Rice With Salted Peanuts And Scallions

Yield: 1 Serving

Ingredients

2 c short-grain Japanese rice

5 tb salted peanuts

2 scallions sliced thinly across

1 ts peanut oil

Kosher salt and freshly ground black pepper

Instructions

METHOD

Lightly rinse the rice in a sieve until all the rice is wet.

Put it in a 6-cup saucepan with 2 cups water and let it soak for 30 minutes.

Crush the peanuts lightly to the size of whole peppercorns.

This is easy to do by pressing a small, heavy saucepan on the peanuts with a rocking motion.

Stir the rice well and place the saucepan over high heat. Let the rice come to a boil. Stir it again and turn the heat down as low as possible. Cover the saucepan with a tight-fitting lid and let simmer for 11 minutes. Move the rice off the heat and let it sit, covered for 5 minutes.

Transfer the rice to a bowl, stir well, and let cool for 10 minutes. Fold in the peanuts, scallions, oil, and season with salt and pepper to taste. Shape the rice in a mold.

ASSEMBLY

Choose a simple, colorful plate that contrasts in both shape and color with the rice.

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Per serving (excluding unknown items): 53 Calories 5g Fat (74 calories from fat) 1g

Protein 3g Carbohydrate 0mg Cholesterol 6mg Sodium Food Exchanges: 1/2

Vegetable 1 Fat

NOTES : Chef Wayne Nish Makes 4 bento servings

Japanese Rice

Yield: 11 Servings

Ingredients

2 c japanese short-grain rice

2 1/3 c water

Instructions

Put the rice in a medium bowl and cover with cold water. Rub the rice and swirl it vigorously with your hand, then drain. Repeat three or four times, or until the water is clear. Drain the rice in a sieve for optimal texture, leave it in the sieve for 30 minutes. Transfer the rice to a heavy 3 1/2-quart saucepan. Add the 2 1/3 cups water (use a little less water if the package is labeled "new rice") and bring to a vigorous boil over high heat. Cover tightly and cook over moderately low heat for 5 minutes, then reduce the heat to very low and cook for 10 minutes longer do not peek at the rice as it cooks. Remove from the heat let stand for at least 10 minutes before serving.

Each 1/2-cup: 138 cal, 1cfff 0g fat, 1g fiber

Description: "MAKES ABOUT 5 1/2 CUPS"

Cuisine: "Japanese"

Source: "Food and Wine 1997 (Annual)"

From Pat_H

Per serving: 130 Calories (kcal) trace Total Fat (1 calories from fat) 2g Protein 29g Carbohydrate 0mg Cholesterol 2mg Sodium Food Exchanges: 2 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

NOTES : Japanese rice is a shortto medium-grain white rice. When properly cooked, it tends to form clumps. The writers recommend the American-grown brand, Kokuho Rose. Rinsing makes the rice form clumps.

Nutr. Assoc. : 4919 0

Contributor: Jeffrey Alford and Naomi Duguid

Japanese Risotto With Mushrooms And Scallions

Yield: 4 Servings

Ingredients

4 1/2 c vegetable stock or -miso-infused broth, sa
1 tb extra-virgin olive oil
1/2 c kokohu rose-brand sushi rice or other short-grain
1/2 c sake
1 kosher salt
1 freshly ground black pepper
1/2 c enoki mushrooms
1/2 c chopped scallions
1/4 c radish sprouts (kaiware sprouts)

Instructions

1. If using the miso-infused broth, combine 1 tablespoon miso with 4 1/2 cups water and bring to a boil. Reduce the heat and simmer.
2. In a large saucepan, heat the olive oil over medium-high heat. Add the rice, stirring constantly in one direction, until well-coated. Remove the pan from the heat and add the sake. Return to the heat and stir constantly in one direction until all of the liquid is absorbed. Add the stock or broth in 1/2 cup increments, stirring constantly until all the liquid is absorbed with each addition.
3. Season with salt and pepper. Spoon into serving bowls, garnish with the mushrooms, scallions, and sprouts and serve.

PANTRY TIPS: Use traditional Japanese ingredients like sushi rice and miso to create risotto with an Asian accent. The short-grained sushi rice absorbs sake, a rice wine, and miso broth to achieve the same creamy texture that characterizes perfect risotto. For the broth, use a savory version of the miso. As with any risotto, Japanese risotto should be served hot.

Garnish with delicate enoki mushrooms, chopped scallions, and spicy kaiware radish sprouts. Serves 4 PER SERVING

Martha Stewart's Healthy Quick Cooking

Recipe by: Healthy Quick Cook by Martha Stewart (1997)

Posted to TNT Recipes Digest by rkanahela@juno.com (Ronald KL Kanahela) on Feb 10, 1998

Japanese Roast Beef And Spinach Salad Lhj

Yield: 4 Servings

Ingredients

DRESSING:

2 tb red wine vinegar

1 tb Dijon mustard

1 tb soy sauce

2 ts grated fresh ginger

1/2 ts freshly ground pepper

1/4 c olive oil

DIPPING SAUCE:

2 tb water

1 ts grated fresh ginger

1 ts soy sauce

1/4 ts Asian sesame oil

SALAD:

12 oz thinly sliced rare roast beef

10 c torn spinach leaves washed

1/2 lb mushrooms sliced

1 red bell pepper in thin strips

1 bn green onions in thin strips

Instructions

The key ingredient in this tangy dish is dark Asian sesame oil. A little bit packs a lot of flavor.

1. Make dressing: Whisk vinegar, mustard, soy sauce, ginger and pepper together in small bowl. Gradually whisk in oil.
2. Make Dipping Sauce: Stir all ingredients together in small serving bowl.
3. Roll up each roast-beef slice around bell pepper and green onion strips.

Toss spinach and mushrooms with dressing in large bowl. Arrange roast beef, salad and bowl of dipping sauce on large platter.

Drizzle beef with 2 teaspoons dipping sauce. Makes 4 servings.

Total prep time: 40 minutes

Degree of difficulty: easy

Low-calorie

PER SERVING: Calories 350, Total Fat 21 g, Cholesterol 69 mg, Sodium 625 mg

Carbohydrates 10 g, Protein 30 g

DAILY GOAL Calories 2,000 (F), 2,500 (M) Total Fat 60 g or less (F), 70 g or less

(M) Cholesterol 300 mg or less Sodium 2,400 mg or less Carbohydrates 250 g or more

Protein 55 g to 90 g

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MC formatting by bobbi744@acd.net

Japanese Rosy Pickled Ginger (Gari)

Yield: 1 Servings

Ingredients

1 lb unpeeled baby ginger (in oriental groceries) or peeled regular ginger (note: regular ginger tends to be stronger and tougher, but works quite well anyway) peel (if necessary), rinse, and pat dry. put in a bowl and coat with about a heaping tablespoon salt (preferably the pickling variety)

(24 hours later:)

1/2 c sugar

2 c rice vinegar (unseasoned light)

1 c less 2 tablespoons water

1 set in a cool place for 24 hours

Instructions

Dissolve sugar in rice vinegar and water. Put into a 6-cup reseal able glass jar (I use the kind with the lever-action wire closure and rubber seal ring). Rinse the salt off the ginger and pat dry. Put ginger into vinegar/sugar solution. Close jar and refrigerate at least a week.

The vinegar will turn the ginger a rosy pink. Just before serving, slice thinly with the grain.

You can keep a jar of this going indefinitely by replenishing the ginger and vinegar/sugar solution as it is used.

Japanese Salad

Yield: 2 Servings

Ingredients

1 carrot, cut into thin julienned strips

1/2 green pepper, also cut into thin julienned strips

1 some mung bean sprouts i used about 2 c. or so.

Instructions

Boil water. Throw in carrot and let cook for a minute or two. Add pepper and sprouts. Turn off heat when water reboils. (I let it sit a few minutes at this step and it was fine, still crispy). Drain the vegies and rinse with cold water. Chill.

Before eating toss with dressing:

1 T. soy sauce 2 T. rice wine vinegar 1 t. sesame oil sesame seeds (for looks mostly)

I found I still had most of the dressing left in the bottom of the dish, so not all of the sesame oil was consumed.

Source: This is modified from a recipe I found in the Orlando Sentinel while on vacation.

This makes enough for 2 side dishes or 1 large meal (for me). YMMV.

Posted by ChristelReeveSQABanyan@magnolia.banyan.com to the Fatfree Digest [Volume 15 Issue 7] Feb. 7, 1995.

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1.80

Japanese Simmered Pork Roast

Yield: 6 Servings

Ingredients

3 lb pork shoulder roast
1 tb cooking oil
1 3/4 c water
6 green onions, cut in 1 pieces
3/4 c sake or dry white wine
1/3 c light soy sauce
3 tb grated gingerroot
1 hot cooked rice

Instructions

Trim excess fat from pork. Pour cooking oil into a wok or large skillet. Preheat over medium-high heat. Quickly brown the meat on all sides in the hot oil. Add the water, onion, sake, soy and ginger. Bring to boiling. Reduce heat. Simmer, covered until the meat is tender (may be around 2 1/4 hours). Strain the juices and skim off fat. Serve juices with sliced meat over hot cooked rice

Notes: This is great left over in stir fried rice or noodles.

Per serving: 771 Calories 67g Fat (78 calories from fat) 32g Protein 11g Carbohydrate 121mg Cholesterol 136mg Sodium

Posted to MasterCook Digest V1 #349

Recipe by: Better Homes and Gardens

From: bsparks@ix21.ix.netcom.com (Brent and Lois Sparks) Date: Sat, 21 Dec 1996 06:55:01 +0730

Japanese Skewered Lamb (Low Cal)

Yield: 8 Servings

Ingredients

2 lb lean boneless lamb
1/4 c soy sauce
1 tb honey
2 tb vinegar
2 tb sherry
2 ea garlic cloves
1/4 ts ground ginger
1 1/2 c bouillon

Instructions

Before cooking: Cut the lamb into strips that are 1/8 inch thick, 1/2 inch wide and 3 inches long across the grain. Combine the remaining ingredients (crushing the garlic with a garlic press), and pour the mixture over the meat. Turn the meat to coat it well and let it stand uncovered for 1 hour at room temperature or covered overnight in the refrigerator. Turn the meat occasionally so it gets seasoned evenly. Weave the meat onto skewers. Broil them about 4 inches from the heat source for about 2 minutes on each side. Makes 8 servings.

Calories per serving: 248

Japanese Soy Vinegar Dressing

Yield: 1 Servings

Ingredients

1 tb light soy sauce
2 tb rice vinegar
3 tb dashi (japanese stock)
1/2 ts grated fresh ginger

Instructions

This is a basic vinaigrette-style dressing that works well with shredded vegetables. IN A BOWL, whisk together the ingredients. Toss with salad ingredients and serve chilled or at room temperature.

Makes 3/4 Cup

Japanese Spring Rolls

Yield: 1

Ingredients

- 1 garlic
- 1 black pepper
- 1 lemon juice
- 1 japanese soy sauce
- 1 grape seed oil
- 1 japanese salad leaves
- 1 mushrooms
- 1 french pastry
- 1 scallops
- 1 rock shrimp

Instructions

First make the dressing. Mix together the garlic, black pepper, lemon juice, Japanese soy sauce, blend together with grape seed oil and whisk with a blender.

Use very thin French pastry and cut into triangles.

Chop scallops and rock shrimp and add pepper. Place Japanese salad leaves on to the pastry placing the shrimp on top and sliced mushrooms.

Fold tightly and deep fry for 2-3 minutes. Make sure the oil is at least 190 degrees.

Place the dressing in a cocktail glass and place the two hariaki into the glass dipping into the dressing.

To garnish place caviar on to the spring rolls, decorate with gold leaf.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Japanese Steak Salad With Sesame Dressing

Yield: 4 Servings

Ingredients

- 1 lb boneless beef top sirloin -steak, cut into 1 pieces
- 3 c napa cabbage and romaine lettuce, sliced 1/4 thick
- 1/2 c carrots thin diagonally sliced
- 1/2 c radishes thinly sliced
- 1/2 c cucumber thinly sliced
- 1 c hot cooked rice
- 24 snow pea pods blanched
- 1 sesame marinade and dressing

Instructions

Prepare Sesame Marinade and Dressing. Place beef top sirloin steak in plastic bag add reserved 1/3 cup marinade from Sesame Marinade and Dressing, turning to coat. Close bag securely and marinate in refrigerator 2 hours, turning once. Remove steak from marinade discard marinade. Place steak on rack in broiler pan so surface of meat is 3 to 4 inches from heat.

Broil 16 to 21 minutes for rare to medium, turning once. Let stand 5 minutes. Trim excess fat from steak carve steak into thin slices.

Meanwhile combine napa cabbage, lettuce, carrots and radishes place equal amounts of salad mixture on 4 individual plates. Arrange equal amount of cucumber slices in circle at top of salad mixture. Mound 1/4 cup rice on top of each cucumber circle. Fan pea pods around both sides of rice.

Arrange steak slices in spoke fashion on salad greens, radiating down from rice.

Serving Ideas : Serve salad with Sesame Dressing.

NOTES : A boneless beef top sirloin steak will yield four 3-ounce cooked, trimmed servings per pound.

Recipe by: National Cattlemen's Beef Association & Susan Parenti

Posted to TNT Prodigy's Recipe Exchange Newsletter by "Yolanda de Ortega" on Sep 23, 1997

Japanese Steamed Tofu And Vegetables

Yield: 4

Ingredients

1/4 c soy sauce

1 1/2 tb mirin or rice wine

1 ts rice wine vinegar

1 tb minced fresh gingerroot

1 tb minced garlic

32 oz firm tofu drained

1 and cut into 1-inch cubes

3 c broccoli florets small pieces

3 c cauliflower florets small pieces

2 c thinly sliced carrots

4 scallions thinly sliced

Instructions

DIRECTIONS:

1. Bring an inch or so of water to boil in pot fitted with steamer basket or insert. Cut four 12-inch squares of aluminum foil and lay them flat on work surface (or see Note below).
2. Combine soy sauce, mirin, vinegar, ginger, and garlic in large bowl. Add tofu to marinade and toss gently. Place one quarter of tofu cubes and marinade in center of each piece of foil. Crimp foil together to create four sealed packets.
3. Place broccoli, cauliflower, and carrots in steamer basket or insert. Place tofu packets over vegetables and steam over medium heat for 8 to 10 minutes, or until vegetables are tender.
4. Transfer each packet to shallow bowl. Carefully snip packet open with clean kitchen shears (to avoid burning yourself) and slide tofu and juices into bowl. Surround tofu with vegetables and garnish with scallions. Serve immediately.

Note: if you don't wish to wrap food in aluminum foil, use four small covered heatproof bowls that will fit on your steamer rack.

PER SERVING: 192 cal, 22 g protein, 3 g fat, 22 g carbs, 8 g fiber, 879 mg sodium, 213 vitamin A, 177 vitamin C, 15 calcium. Estimated by publisher

*Recipe from "Eating for a Healthy Glow," By Victoria Abbott Riccardi in Natural Health Magazine, March 1999.

NOTES : This light yet flavorful Asian dish contains vitamin A-rich carrots, vitamin C-rich cauliflower, and broccoli, which is a terrific source of both vitamins. The tofu

supplies lots of low-fat protein in addition to iron and zinc. Garlic is a good source of selenium. 14 cff

Recipe by: Natural Health, March 1999*

Converted by MM_Buster v2.0l.

Japanese Stuffed Mushrooms

Yield: 6 Servings

Ingredients

1 Inch cube fresh ginger

1 Egg (medium)

10 oz Chicken, skinned, minced

3 Blades fresh chives

Or 1 spring onion, chopped

Freshly ground black pepper

18 Large well formed mushrooms

1 tb Vegetable oil

6 tb Japanese soy sauce (shoyu)

2 tb Distilled white vinegar OR 3 tb Japanese rice vinegar

Instructions

Peel the ginger and grate it finely. Collect it all on your fingertips.

Hold it over a bowl and squeeze out the juice. Discard the ginger pulp, keeping the juice. Break the egg into the same bowl and beat it lightly.

Add the minced chicken and black pepper to taste. Finely chop about 2 teaspoons of fresh chives or spring onion and add to the stuffing. Mix gently. Gently break off the mushroom stems. Wipe the mushroom caps with damp kitchen paper. Stuff each mushroom cavity with a heaped teaspoon of the chicken mixture, flattening out the top. Put the oil into a large non-stick frying pan and set it over a medium-high heat. When it is hot, put in the mushroom caps, stuffed side down. Cook for 4-5 minutes or until lightly browned. Turn the cups over and turn the heat down to medium.

Cover the pan and cook for 3-4 minutes. Meanwhile mix the soy sauce and vinegar in a bowl. Put three caps on to each of six individual salad plates, stuffed side up. Spoon an equal amount of sauce over each plate of mushrooms. Serve hot with english mustard to dip in.

Per serving: 321 Calories (kcal) 36g Total Fat (100 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 7 1/2 Fat 0 Other Carbohydrates

Japanese Style Marinated Mushrooms (Ken Hom)

Yield: 4 Servings

Ingredients

1 lb small button mushrooms

MARINADE

2/3 c sake (rice wine or dry sherry)

2 tb soy sauce

2 ts sugar

1 tb white rice vinegar or cider vinegar

1/2 ts salt

GARNISH

2 tb scallions finely chopped

Instructions

INTRO: *Serves 4. *What could be easier than a dish that requires no cooking? Well, almost no cooking: the marinade must be heated and it in turn "cooks" the mushrooms overnight. This simple and delicious appetizer also makes a splendid side dish for roasted meats.

PREP: Place the marinade ingredients in a small pan and simmer for about 5 minutes. Allow to cool thoroughly. Combine the cooled marinade with the whole mushrooms and let them marinate overnight.

When ready to serve the mushrooms, drain them and discard the marinade.

Source: Asian Vegetarian Feast (HardCover 1988) by Ken Hom. William Morrow and Company, Inc. New York. ISBN: 0-688-07753-6. Reprint: trade paper 1997. dec 1997
kitpath and Buster

Contributor: Asian Vegetarian Feast (1988)

Japanese Style Pickled Ginger

Yield: 1 Servings

Ingredients

1 see instructions

Instructions

The best for pickling are the tender "stem ginger" pieces, generally available about midsummer in areas where there are large Asian populations.

This has barely any skin, as it is still in the baby stage and has a faint tinge of pink where the stems have been trimmed. In lieu of the baby ginger, you may use the older rhizomes, but please make sure that it is very fresh and that no withering or molding is evident.

This recipe is from the book, Fancy Pantry...one of my very favorite books of doodads...

1. pound tender young ginger or twice as much older stemmed 1 1/2 T pickling salt 1 1/2 c rice vinegar or distilled white vinegar 3/8 c water 3/8 c sugar 1. To prepare young ginger: break the pieces at the joints and trim off any discolored or withered pieces. Scrape off the skin with a sharp knife. Wash pieces and pat dry.
2. To prepare more mature ginger, peel using a hand-held bladed peeler, then peel the tender outer layers using the peeler. Move to another section when you encounter the pulpy center of the rhizome.
3. Combine the ginger and salt in ceramic or stainless steel bowl, turning the pieces to coat with salt. Cover and set aside for 24 hours, turning the pieces a few times in that period.
4. Drain the ginger and discard the liquid. Dry the ginger thoroughly and place in a clean quart jar or two pint jars (canning jars are not necessary).
5. Stir together vinegar, water and sugar until sugar is dissolved, then pour over ginger pieces, covering by at least 1/2 inch. Cover with a lid, label and refrigerate. Ready to eat in a week...slice off thin pieces with the swivel bladed peeler.

From: Sandee Eveland Date: Mon, 07-1

Posted to JEWISH-FOOD digest by Nancy Berry on Oct 12, 1998, converted by MM_Buster v2.01.

Japanese Style Potato Salad

Yield: 4 Servings

Ingredients

1 lb russet potatoes
1/2 cucumber
1/2 sm onion thin sliced
1 ts yellow or dijon mustard
3 lg sandwich sliced of ham
1 cut into small squares
1/2 c mayonnaise
1 salt and pepper
1 optional: sliced apples

Instructions

Boil unpeeled potatoes. Cut cucumber lengthwise and remove seeds and cut into thin slices and place in bowl. add salt. cut onion in thin slices and soak in cold water until you're ready to use them. Remove skins from cooked potatoes and cut potatoes lengthwise into pieces 1 inch wide. Drain cucumber and drain onions well. Place all ingredients into large bowl and mix well. Adding apple slices will surprise your taste buds. this potato salad tastes very similar to the one you would buy in Japan.

Japanese Style Tuna On Potato Rosti With Wasabi Sauce

Yield: 4

Ingredients

MARINADE

4 175 g tuna steaks (approximately 2.5cm / 1 inch thick)
4 tb sake
4 tb soy sauce
1 ts chilli oil
1/2 lemon (juice)
1 tb vegetable oil

POTATO ROSTI

450 g baking potatoes (peeled and par-boiled)
1 salt and freshly ground black pepper
2 tb clarified butter (for frying)
1 oil for frying

-CUCUMBER SALSA-

1/2 cucumber
1/2 red onion (peeled and cut -into very thin wedges)
1 ts sugar
1 tb hot water
1/2 lemon (juice)
2 tb rice wine vinegar
1 red chilli (de-seeded and thinly sliced)

WASABI SAUCE

2 ts wasabi paste
90 ml natural yoghurt
1/2 lemon (juice)

Instructions

1. Place all the marinade ingredients in a bowl and mix together well. Add the tuna, cover and refrigerate for at least 4 hours.
2. Prepare the salsa. Cut the cucumber in half lengthways, remove the seeds with a spoon, cut each half into thirds and then thinly slice. Cut the red onion into thin wedges. To make the dressing, dissolve the sugar in a little hot water, add

the lemon juice and rice wine vinegar and mix together well. In a small bowl, mix together the cucumber, red onion and red chilli. Add the dressing and toss all the ingredients together

3. Mix together the wasabi, natural yoghurt and lemon juice
4. Meanwhile, prepare the rosti. Grate the cold potatoes and mould into 4 balls, flatten slightly. Heat the oil in a frying pan, add the potatoes and cook for 2 to 3 minutes on each side
5. Heat a griddle pan and cook the tuna steaks for 4 minutes on each side, or until just opaque in the centre.
6. Place the rosti on four serving plates, place the tuna steaks on top and arrange a pile of cucumber salsa by the side. Serve with the wasabi sauce.

Converted by MC_Buster.

NOTES : Chef:Amanda Grant

Converted by MM_Buster v2.0l.

Japanese Style Turkey Kabobs

Yield: 5

Ingredients

- 1 pk boneless fresh turkey drumstick steaks, about
- 1/2 c dry sherry
- 1/4 c sugar
- 1/4 c soy sauce
- 1/2 ts pepper freshly ground
- 1 d garlic powder
- 3 sm zucchini cut into chunks
- 3 pineapple slices fresh about 3/4 inch thick
- 3 sm onions cut into quarters
- 5 wooden skewers or metal 14 inches long

Instructions

In small saucepan, combine sherry, sugar, soy sauce, pepper and garlic powder. Cook and stir over med high heat until sugar is dissolved cool.

Cut each turkey drumstick steak lengthwise into 4 strips place in 9x13 pan. Pour sherry mixture over turkey. Cover refrigerate at least 3 hours, turning occasionally. Drain turkey, reserving marinade. Fold turkey pieces in half crosswise. Alternate turkey, zucchini, pineapple and onions on skewers. Brush with reserved marinade. Grill or broil about 6 inches from heat 12-17 mins or until turkey is browned, turning and brushing occasionally with marinade.

Per serving: 197 cal, 16 cal from fat, 26g prot, 13g carb, 4g fat, 101mg chol, 199mg sodium.

From The Turkey Store's A Fresh Approach Cookbook

Per serving: 150 Calories (kcal) 1g Total Fat (3 calories from fat) 3g Protein 29g Carbohydrate 0mg Cholesterol 832mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 2 Vegetable 1/2 Fruit 0 Fat 1/2 Other Carbohydrates

By Foodlore/Recipe Exchange INTERNET: EAT-L@LISTSERV.VT.EDU To: , converted by MM_Buster v2.0n.

Japanese: Sukiyaki

Yield: 1 Serving

Ingredients

- 1 ts sesame oil

4 lb lean beef 1/2 inch strips
1/2 c soy sauce
1 bundle green onions coarsely chopped
1 box fried tofu cut into 16 pieces
1 c fresh mushrooms chopped
1 bundle spinach chopped
1/2 ts fresh garlic minced
1/2 ts fresh ginger minced
1 tb white pepper
1 lb potato noodles*
6 raw eggs whisked **

Instructions

*(cooked until clear, then drained) **Optional

1. Preheat wok on high. Add oil.
2. Cook meat until well done.
3. Add soy sauce, onion, tofu, mushrooms, spinach, ginger, garlic, white pepper and potato noodles. Combine well.
4. Divide evenly into six serving dishes.
5. Served with steamed rice.

May be served with whisked raw eggs in side bowls for dipping.

Per serving (excluding unknown items): 4351 Calories 285g Fat (60 calories from fat)
388g Protein 43g Carbohydrate 1108mg Cholesterol 9176mg Sodium

Japanese Sushi & Miso Soup

Yield: 1

Ingredients

SUSHI-

1 cooked octopus
1 cooked prawns
1 raw tuna
1 salmon caviar
1 japanese sticky rice
1 lava seaweed
1 wasabi
1 asparagus
1 shiitake mushrooms

MISO SOUP-

1 chicken stock
1 diced tofu
1 chopped seaweed
1 soy sauce
1 shiitake mushrooms

Instructions

Sushi (Recipe 1): Pour cooked rice into tray. Finely slice the salmon and tuna. Put seaweed down on a sushi mat and press rice down on to it.

Slice mushrooms and asparagus into pieces and lay along the rice.

Add the wasabi. Roll the sushi and cut into slices.

Serve with salmon caviar, wasabi and soy.

Sushi (Recipe 2): Squeeze the rice into balls and press the prawns, tuna or salmon into the top
Miso Soup: Boil the chicken stock in a wok. Chop the seaweed and mushrooms and put in a bowl with the tofu.

Pour the chicken stock over the top and serve.

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Converted by MM_Buster v2.0l.

Japanese Sushi

Yield: 1

Ingredients

- 1 cooked octopus
- 1 cooked prawns
- 1 raw tuna
- 1 salmon
- 1 salmon caviar
- 1 japanese sticky rice
- 1 lava seaweed
- 1 wasabi
- 1 asparagus
- 1 shiitake mushrooms

Instructions

Recipe one: Pour cooked rice into a tray. Finely slice the salmon and the tuna.

Put the seaweed onto a sushi mat and press rice down onto it.

Slice the mushrooms and asparagus pieces and lay along the rice. Add the wasabi. Roll the sushi and cut into slices. Serve with salmon caviar, wasabi and soy.

Recipe two: Squeeze the rice into balls and press the prawns, tuna or salmon into the top.

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Converted by MM_Buster v2.0l.

Japanese Sushi2

Yield: 1

Ingredients

- 1 cooked octopus
- 1 cooked prawns
- 1 raw tuna
- 1 salmon
- 1 salmon caviar
- 1 japanese sticky rice
- 1 lava seaweed
- 1 wasabi
- 1 asparagus
- 1 shittake mushrooms

Instructions

Pour cooked rice into a tray. Finely slice the salmon and the tuna. Put seaweed down on a sushi mat and press rice down onto it. Slice the mushrooms and asparagus into pieces and lay along the rice. Serve with salmon caviar, wasabi and soy.

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Japanese Tea Ice Cream

Yield: 6 Servings

Ingredients

4 egg yolks
3/4 c granulated sugar
2 ts soy sauce
1 2/3 c heavy cream
1/3 c + 1 t strongly brewed green tea

Instructions

From: MeLizaJane

1. Beat egg yolks with sugar and soy sauce in a bowl.

Scald the cream take off heat and stir in the cold tea. Add egg mixture and cook over very low heat, stirring constantly until mixture thickens.

Either sieve the mixture, or put in blender, then freeze it. Stir the mixture a few times for a smoother texture.

When mixture is partially frozen, break up the crystals by stirring. The ice cream should be served soft.

Posted to recipelu-digest by jeryder@juno.com on Mar 29, 1998

Japanese Tempura

Yield: 1 Servings

Ingredients

1 koromo (batter)
1 egg beaten
1 c cold water
2 tb dry white wine
1 c flour
1 tentsuyu(dipping sauce)
1 tb dashi no moto(fish stock)
1 c water
2 tb mirin(sweet rice wine)
1 or 1 tbs sugar
2 tb sake (or dry white wine)
1/4 c soy sauce
1 ginger root to taste
1 vegetables & fish: ex:
1 carrots, onions, mushrooms
1 peppers, zucchini, snow pea,
1 squash, eggplant etc. etc.
1 okra
1 shrimps, crab, scallops,
1 squid, cod. etc. etc.

Instructions

Before you begin here a few essential tips to remember: you'll need a deep thick wall pan (wok o.k.), filled with 1 inch of peanut oil preferred (Never lard or shortening), slice vegetables thin enough for even cooking, fry in small batches and never crowd,

and have the temperature of the oil from 340 for vegetables or 360 degrees for fish. Cold water in batter is a must to keep the flour from being sticky. Do a trial try of frying so you'll know how long vegetables or fish need to cook. Author did not mention poultry but I surmise it would be cooked as the fish is. Vegetables and fish were the initial things cooked this way in the history of tempura due to their trade with the Portuguese and Dutch merchants.

Make the batter: Beat egg with water. Mix in flour and whisk quickly.

Set aside. Make the tempura dip: Boil the dashi no moto (this is a dried soup stock from fish or poultry usually contained in tea bag type of packing) in the water for 2 or 3 minutes. Turn off the heat and add all the remaining ingredients. Prepare the vegetables or fish but cutting into rings, strips, cubes etc. For fish, dredge in flour before dipping in batter. Vegetables are just dipped into the batter.

Let excess batter drip off with either fish or vegetables. (meanwhile you will have had the oil preheated in the pan to the right temperature for either fish or vegetables Drop into oil by hand or use a tbs for vegetable cubes. Take the vegetables or fish out of the oil when slightly browned. Serve the tempura with the Tentsuyu dip along with rice. Place rice in a bowl, top with tempura and a few tbs. of the tentsuyu dip. Or serve tempura over Japanese noodles (soba).

Note all Japanese ingredients may be found readily in most supermarkets or gourmet grocers today. Also, there are other variations in frying tempura this is one basic historic method.

Prior to using peanut oil, sesame seed oil was used mainly when tempura first became popular in Japan, over 400 years ago.

<http://www.simpleinternet.com/recipes/>

Japanese Teriyaki Marinade

Yield: 1 1/2 Cups

Ingredients

1/2 c light soy sauce

1/2 c japanese cooking wine (mirin)*

1/3 c granulated sugar

1 clove garlic, smashed and left whole

1 piece fresh gingerroot 1 inch cut in half

1 tb honey

1/2 ts japanese wasabi powder or 1/4 ts. wasabi paste-optl.*

Instructions

In small saucepan, combine all ingredients bring to a boil and cook for a few minutes until syrupy. Remove from heat discard garlic and ginger. Let cool.

Marinate food in about 3/4 cup of sauce for 20 minutes. When ready to cook, reheat remaining marinade and brush over food several times during cooking and once again at end of cooking to glaze. Makes 1 1/2 cups. *Available in Japanese food stores.

Delicious marinade for salmon steaks, scallop kabobs, chicken, chicken livers and beef steaks.

Typed in MMFormat by cjhartlin@msn.com

Source: Canadian Living Rush Hour Cookbook

Japanese Udon

Yield: 6 Servings

Ingredients

4 c all-purpose or whole-wheat flour

1 ts salt
1 egg yolk
1/2 to 2/3 cup cold water

Instructions

Sift flour and salt together into a large bowl. Add the egg yolk and enough cold water to make a stiff dough. Knead thoroughly. Cover the dough with a damp cloth and let it stand for 30 minutes. Sprinkle a board and rolling pin with additional flour. Roll out the dough until it is paper-thin. Fold the dough into a long, loose roll and cut it crosswise into strips, 1/10 inch wide. When unrolled, the dough strips should be at least 12 inches long. Cook for three or four minutes in boiling salted water. If you have a pasta rolling machine use it instead.

Japanese Vegetable Salad

Yield: 4 Servings

Ingredients

1/3 c Soy sauce
3 tb Rice-wine vinegar
2 tb Sugar
1 tb Sake
2 ts Fresh lemon juice
1 md Carrot peeled
1 Japanese cucumber
1 sm Daikon peeled
3 tb Black sesame seeds

Instructions

In a small bowl, whisk together the soy sauce, rice-wine vinegar, sugar, sake, and lemon juice. Cut the carrot, cucumber, and daikon using the green machine. Combine vegetables in a medium bowl. Pour dressing over vegetables, and toss well to coat. Divide salad among four bowls, and sprinkle with sesame seeds to garnish.

Makes 4 servings.

Recipe Source: Martha Stewart Living

Formatted for Mastercook by Lynn Thomas dcqp82a@prodigy.com

Contributor: Martha Stewart

Japanese Vinaigrette

Yield: 1

Ingredients

1/2 c white vinegar
1/4 c mirin
8 ts rice vinegar
1/2 ts soy sauce
1 ts sesame oil
2 tb sugar

Instructions

Put all the ingredients in a bowl and whisk until thoroughly blended.

Converted by MC_Buster.

Recipe by: CHEF DU JOUR SHOW #DJ9419 INGRID CROCE

Converted by MM_Buster v2.0l.

Japanese Winter Vegetable Stew With Miso -Ww

Yield: 4 Servings

Ingredients

2 ts vegetable oil
1 lb pressed tofu* cubed
2 lg potatoes peeled and cubed
2 carrots cubed
1 c sliced daikon radish
1 onion diced
1/2 c mirin
1/4 c miso*
1 tb sugar

Instructions

In a large nonstick skillet, heat the oil. Add the tofu cook, stirring as needed, until golden, 5-6 minutes. Add 2 cups water bring to a boil. Stir in the potatoes, carrots, daikon and onion return to a boil. Reduce the heat and simmer until the potatoes are tender, about 20 minutes. In a small bowl, combine the mirin, miso, sugar and 1/4 cup of the vegetable cooking liquid. Stir into the vegetable mixture.

SERVING PROVIDES: 1 Bread, 1 Fruit/Vegetable, 2 Protein/Milks, 80 Bonus Calories.

PER SERVING: 301 Calories, 6 g Total Fat, 0 g Saturated Fat, 0 mg Cholesterol, 658 mg Sodium, 41 g Total Carbohydrate, 7 g Dietary Fiber, 17 g Protein, 95 mg Calcium .

*MISO (Pronounced MEE-soh) is a highly nutritious fermented soybean paste with a creamy consistency. It is used extensively in Japanese cuisine to thicken and season dishes. The lighter miso is used in delicate soups, sauces, and marinades, while the darker version is used in heartier dishes.

It is available in Asian markets as well as most natural foods stores.

*PRESSED TOFU (see recipe)

Recipe from Weight Watchers Versatile Vegetarian

(C) From Weight Watchers Light and Tasty Deluxe (C) 1997 The Learning Company, Inc. Recipes Weight Watchers International, Inc., owner of the registered trademark.

Notes: This is a real home-style Japanese stew. Daikon, also called Japanese white radish, has the sharp taste and crisp texture of radish, but it can grow to be more than one foot long. Look for it at Asian markets.

Mirin is a sweet rice wine common in Japanese kitchens if it's unavailable, substitute sweet sherry.

Posted to EAT-LF Digest by KitPATH on Feb 10, 1998

Japanese-Style Carrot Sticks

Yield: 1

Ingredients

1 c rice vinegar (not seasoned)
1/3 c sugar
1/2 ts salt
1 lb carrots cut into sticks

Instructions

In a saucepan cook vinegar, sugar, and salt over moderately high heat, stirring occasionally, until sugar is dissolved and mixture is hot. Put carrots in a heatproof

ceramic or glass dish and pour vinegar mixture over them. Marinate carrots, covered and chilled, at least 4 hours and up to 1 day.

Makes about 4 cups.

Gourmet May 1996

Converted by MC_Buster.

Per serving: 465 Calories (kcal) 1g Total Fat (1 calories from fat) 4g Protein 122g Carbohydrate 0mg Cholesterol 1210mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 8 Vegetable 0 Fruit 0 Fat 5 1/2 Other Carbohydrates

Converted by MM_Buster v2.0n.

Japanese-Style Curry Rice

Yield: 1 Servings

Ingredients

1 md yellow onion sliced
2 whole potatoes chunked (up to 3)
2 carrots diced
1 c whole mushrooms
3/4 lb beef or other meat cut in its size pcs
1 box curry roux (japanese brand)
1 serving freshly cooked warm rice

Instructions

Read the instruction on the box of commercial curry roux and find out what ingredients you need first. You may increase or decrease the amount of vegetables and meat by as much as 50 if you wish. However, the amount of water you add should not be decreased. If the consistency of the curry stew is too thick, adjust it by adding water at the end. The commercial curry roux contains everything, so you do not need to add salt or pepper. Typical ingredients are listed above.

Directions: Heat a deep pan and add one or two tablespoons of oil. Saute the sliced onion over medium heat until it softens. Brown the meat separately, then add it to the onion. Add water as specified, add a bay leaf, and simmer for 2 hours. Then add the potatoes, carrots and mushrooms and continue simmering. When the potatoes and carrots are tender add the curry roux. Simmer gently for 15 minutes while stirring. Serve with rice.

recipe courtesy of Hiroyuki Sato (71461.2100@compuserve.com)

Recipe by: Noriko's Kitchen

Posted to recipelu-digest by "Valerie Whittle" on Feb 15, 1998

Japanese-Style Fried Zucchini With Sesame Seeds

Yield: 2 Servings

Ingredients

DRESSING

2 tb mirin
2 tb rice vinegar
1 ts soy sauce pref japanese
1 tb white sesame seeds
1 tb black sesame seeds
1/2 ts salt

ZUCCHINI

1 lg zucchini
1 flour for dusting

1 vegetable oil for frying

Instructions

Combine all the ingredients for the dressing in a small bowl and mix well. Set aside.

Cut the zucchini into thin sticks, about " by 2". Dust with flour.

Heat several inches of vegetable oil to 375F in a heavy skillet. Fry the zucchini in batches until golden brown and quite crisp. Drain on paper towels while you fry the rest.

When all the zucchini is fried, mound it on a serving platter and drizzle it with the dressing. Serve immediately.

Sides by Melicia Phillips ISBN 0-517-59687-3 pg 63

Japanese-Style Ginger Salad Dressing

Yield: 3 Servings

Ingredients

1 tb rice vinegar

1 tb vegetable oil

1 tb sesame oil

1 tb grated fresh ginger

1 ts soy sauce

Instructions

Mix well.

Recipe by: Ken Iisaka

Posted to recipelu-digest by "Valerie Whittle" on Feb 15, 1998

Japanese-Style Oil And Vinegar Salad Dressing

Yield: 2 Servings

Ingredients

1 tb rice vinegar

2 tb vegetable oil

1 ts sesame oil

1 ts soy sauce

1 salt and pepper

Instructions

Mix well.

Recipe by: Ken Iisaka

Posted to recipelu-digest by "Valerie Whittle" on Feb 15, 1998

Japanese-Style Rice Salad

Yield: 6

Ingredients

8 oz three-grain tempeh cut into 1/2-inch cubes

1/4 c tamari or reduced-sodium soy sauce

1/8 ts wasabi powder (optional)

2 tb dark sesame oil

1 c uncooked long-grain brown rice

1/2 ts coarse salt

1 c fresh corn kernels (from 2 ears)

3 tb rice vinegar

1 tb mirin

5 sm button or cremini mushrooms thinly sliced (3/4 cup)
4 radishes julienned
3 bn watercress
1 peanut-miso dressing (see separate recipe)
3 sm carrots julienned
1 c julienned daikon

Instructions

6 SERVINGS DAIRY-FREE

In this salad, tempeh is marinated in sesame oil and tamari, brown rice is dressed with rice vinegar and mirin, and watercress is tossed with a tasty peanut sauce. Each component has its own interest and integrity and when combined with the other elements creates a delightful summer treat.

Frozen corn maybe substituted for the fresh.

In medium saucepan, bring 2 inches water to boil over high heat. Place steamer basket
In saucepan, add tempeh, cover and steam 20 minutes.

Meanwhile, in large bowl, mix tamari, wasabi powder if using, and sesame oil. Add hot tempeh and mix well to coat. Set aside to marinate while preparing rice.

In medium saucepan, bring 2 cups water to a boil. Add rice and salt and return to a boil. Cover, reduce heat to low and simmer until water is absorbed, about 35 minutes. Preheat oven to 375 F. Remove rice from heat and let stand, covered, 10 minutes.

Transfer rice to large bowl and fluff with fork.

Drain tempeh spread on baking sheet. Bake, stirring occasionally, until lightly browned on all sides, about 25 minutes.

Bring small saucepan of water to a boil. Add corn, cover and cook 2 minutes. Drain, rinse under cold running water and drain well. Set aside.

In small bowl, whisk together vinegar and mirin. Gradually pour mixture over rice while still slightly warm and mix gently to combine. When rice reaches room temperature, add corn, mushrooms, radishes and tempeh and toss to blend.

Break thick stems off watercress discard. Break remaining watercress in half, wash, then dry thoroughly in salad spinner or with paper towels.

In large bowl, toss watercress with Peanut-Miso Dressing.

Place rice salad and watercress on individual serving plates garnish with carrots and daikon. Alternatively, if salad is part of a buffet, place rice salad and watercress side by side on large serving platter arrange carrots and daikon on separate plate.

PER SERVING: 317 CAL. 15G PROT. 12G TOTAL FAT (2G SAT. FAT) 42G CARB. 0 CHOL. 589MG SOD. 4G FIBER

Converted by MC_Buster.

Per serving: 83 Calories (kcal) 5g Total Fat (48 calories from fat) 2g Protein 10g Carbohydrate 0mg Cholesterol 178mg Sodium Food Exchanges: 1/2 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Recipe by: Vegetarian Times Magazine, August 1999, page 38

Converted by MM_Buster v2.0n.

Japanese-Style Steamed Fish

Yield: 2 Servings

Ingredients

2 8 to 12 oz. scaled drawn porgies, flounder, or rainbow trout or four 4 oz.
1 butterfish
4 lemon slices
2 tb snipped chives

1 1/2 c small whole fresh mushrooms
2 tb soy sauce
1 tb lemon juice
1 tb water
1 ts grated gingerroot

Instructions

1. In a large skillet place a large open steamer basket over 1 inch water. Bring water to boiling, then reduce heat to a simmer. Carefully place fish on the steamer basket. Top with lemon slices and chives, then add mushrooms.
2. Cover skillet. Steam for 8 to 15 minutes or till fish is done.
3. Meanwhile, for the dipping sauce, combine soy sauce, lemon juice, water, and ginger root. Serve the sauce on the side with steamed fish and mushrooms.

Better Homes and Gardens Fresh Fish Cookbook

From : Wesley Pitts 1:117/110 Mon 14 Aug 95 19:07

From: Teri Chesser Date: 27 Feb 97 National Cooking Echo Ž

Japanese

Yield: 1 Serving

Ingredients

2 oz Brandy
1 1/2 ts Orgeat Syrup
1 tb Lime juice
1 ds Bitters
1 Lime peel twist

Instructions

Shake all ingredients (except lime peel) with ice and strain into a cocktail glass. Add the twist of lime peel and serve.

Recipe Source: THE ALL DRINKS LIST compiled by Andy Premaza

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com

-or MAD-SQUAD@prodigy.net 06-13-1998

Jean B's Korean Garlic Steak (6)

Yield: 1 Servings

Ingredients

2 lb steak well trimmed, up to 3
1/4 c minced scallion
2 tb minced garlic (i don't use -a press for
2 tb dark oriental sesame oil
2 tb sugar
1 tb vinegar (i use cider -vinegar, but
1 tb minced gingerroot
3 tb soy sauce

Instructions

This is based on Korean recipes for Bul Gogi.

Combine garlic, oil, vinegar, gingerroot, sugar, and scallions. Marinate meat overnight in frig. Add soy sauce just before broiling to desired degree of doneness. Jean B.

Posted to TNT Recipes Digest by JB on Apr 02, 1998

Jean B's Korean Hamburgs

Yield: 1 Servings

Ingredients

1 300-gram cake of tofu , -(excess liquid drained)
1/2 lb ground chicken or lean ground beef
2 cloves garlic pressed
4 scallions minced
1 ts toasted ground sesame seeds
2 ts dark oriental sesame oil
1/4 ts salt
1/8 ts pepper
1 ts soy sauce (i always use -japanese so
2 ds cayenne (up to 4)

Instructions

This is pretty much Korean in origin. If you wanted to be really authentic, you might dredge the burgers in flour, dip them in beaten egg, and fry them in sesame oil (or, less authentically, oil flavored with a little sesame oil).

Mash all the ingredients together (preferably squishing it with your hands) til it is homogeneous. Spoon into a nonstick pans, forming burger shapes.

(The mixture is pretty soft.) You may want to have a little oil in the pan, especially if you are using chicken. Cook about 5 minutes over medium-high heat. Turn over carefully and cook til all juices have evaporated.

*I think this is the amount of tofu in one of those aseptic boxes. You can use a little more or a little less you don't have to be terribly precise.

I wouldn't recommend using the really firm tofu for this. Posted by Jean B. to TNT.
Posted to TNT Recipes Digest by JB on Mar 11, 1998

Jeanette's Chinese Pickled Beets

Yield: 15 Servings

Ingredients

3 cn small whole beets
1 c sugar
2 tb cornstarch rounded
1 c vinegar
24 whole cloves
3 tb ketchup
3 tb cooking oil
1 ts vanilla
1 1/2 c beet juice
1 ds salt

Instructions

In a dutch oven or large skillet, mix sugar, cornstarch, vinegar, cloves, ketchup, oil, salt, vanilla and beet juice. Slice beets into pan. Cook over medium heat stirring constantly until thick. Simmer 15 minutes.

This is good hot served as a vegetable or cold as a salad served on lettuce or as a relish. Recipe serves 15 to 18 maybe divided in 1/3 for a family meal.

From . Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Jerk Pork Haitienne W/Pickapeppa Sauce & Plantain Chips

Yield: 4 Servings

Ingredients

1 plantain chips:

1 qt peanut oil

2 c plantains diced in 1 pieces

1 salt

1 for jerk pork: 1/2 lb pork loin, trimmed, cut in 1 inch cubes

1 salt

1 black pepper freshly

1 ground

2/3 c olive oil

3 tb wet jerk seasoning

1 mango, ripe, peeled, pitted cut in 3/4 cubes

1 pineapple, ripe, peeled cut in 3/4 cubes

1 red onion cut in 3/4 dice

2 red bell peppers cut in 3/4 dice

1 pickapeppa hot sauce

Instructions

FOR CHIPS

Heat oil in heavy-bottomed skillet over medium heat to 350-deg. F.

Fry plantain pieces 2 minutes drain on paper towels. Flatten pieces between 2 sheets of parchment paper to a thickness of 1/4". Return plantains to skillet continue to fry until golden.

Remove. Drain on paper towels transfer to sheet pan lined with parchment sprinkle with salt.

FOR JERK PORK

Rub pork with salt and pepper reserve.

Heat 3 TBSP olive oil in a skillet over medium heat stir in 1/2 TBSP jerk seasoning.

Add mango, pineapple, onion, and peppers saute 5 minutes or until they soften.

Remove fruit and vegetables from skillet cool.

Using bamboo skewers soaked in cold water (to prevent scorching), make kebobs by alternately skewering pork, fruits, and vegetables. Place kebobs in shallow dish.

Mix remaining olive oil with 2 1/2 TBSP jerk seasoning pour over kebobs. Cover marinate overnight.

To serve, grill kebobs over hardwood fire to desired doneness. Serve 2 per person garnish with plantains serve Pickapeppa hot sauce on the side.

NOTES : Can be scaled up in direct proportion.

Frm. Food Arts/Sep 96 Recipe By: Chef Marc Murphy, The Greatest Bar on Earth

From: Inagadda da vida Date: 11 Dec 96 Chile-Heads List Ž

John Dory With Chinese Broccoli

Yield: 2

Ingredients

400 g chinese broccoli about (14 oz)

1 ts peanut oil

2 pieces john dory fillet 150g (5 oz) each, skinned

1/2 tb low-salt soy sauce

1/4 lemon juice of

2 spring onions cut in 1 cm (1/3 in) pieces
a little freshly ground black pepper, optional

Instructions

Trim hard broccoli stalks and wash broccoli well. Bring a saucepan of cold water to the boil and cook broccoli for 3 minutes. Drain

Heat oil in a non-stick frypan. Cook John Dory, 2 1/2 minutes, then turn and cook the second side for 2 1/2 minutes. Transfer fillets to a plate.

Add soy sauce and lemon juice to frypan. Add spring onions and broccoli and stir to season broccoli.

Serve broccoli around fish and spoon sauce and spring onions over the fillets.

Season with black pepper and serve.

Converted by MC_Buster.

Per serving: 26 Calories (kcal) 2g Total Fat (69 calories from fat) trace Protein 2g Carbohydrate 0mg Cholesterol 3mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

Converted by MM_Buster v2.0n.

John Hartman's Indianapolis Baked Beans

Yield: 10 Servings

Ingredients

2 lb dry navy beans

6 tb sugar

2 ts dry mustard

1/2 ts black pepper

1 1/4 lb smoked pork jowl

2/3 c molasses

4 ts salt

1 hot water

Instructions

Soak beans overnight in a saucepan. In the morning, add more water, if necessary, to cover and parboil beans for 10 minutes. Then run cold water through beans in a colander or strainer. Cut pork jowl in one-inch cubes, leaving skin on. The quantity of the pork may be decreased if desired without affecting flavour. Spread half of the cubed pork on the bottom of the bean pot (a traditional stoneware 2-3 quart pot is perfect). Put beans in pot. Cover with the rest of the pork. Mix other ingredients with hot water. Pour over the beans. Add enough water to make level with the beans. Bake in a 300 F. oven for 6 hours. Add water while cooking to keep moist.

John Hartman Indianapolis, IN. U/L to NCE by Burt Ford 3/97.

Jook, Chinese Thick Rice Soup

Yield: 4 Servings

Ingredients

1/2 c long grain rice

1/2 c glutinous rice

5 qt chicken broth

1 lb ground pork

1 tb dark soy sauce

1 ts salt

2 ea green onion stalks

12 ea water chestnuts

Instructions

Rinse rice 2 or 3 times. Soak overnight. Mince green onions and water chestnuts. Mix with ground pork, soy sauce and salt.

Bring stock and rice to a boil. Turn heat down and simmer for 2-3 hours or until the rice breaks down completely and the soup becomes thick and creamy. Turn heat up and add ground pork mixture, shaping 1 tsp at a time into a small ball and dropping it into the soup. Cook for 5 minutes or until pork balls are done. Correct seasoning. Serve in individual soup bowls. Pass the condiments around for each person to choose his or her favourite toppings. I like Nam-Yuey in mine!

You can make this ahead of time and reheat.

You can also use chicken slices, ground beef, beef slices, fish filets or ham slices. A roast chicken or turkey carcass is excellent for making the stock. Just cook the carcass, rice and water together. Take out the carcass when the soup is done. I add Duck Liver Sausage bits!

Condiments which you can use:

Sesame oil, White Pepper, Green Onions, Chinese Parsley (cilantro), tea melon (sweet cucumber), Szechwan turnips, chopped peanuts, Deep Fried Devils (Yao Ja Guai, which are small fried bread sticks), NAM-YUEY!

From "Dim Sum", by Rhoda Yee. Posted by James Lor.

Jumbo Lump Crab Salad With Plantain Chips And Avocado

Yield: 1

Ingredients

1 lb jumbo lump crab meat picked through for cartilage

1/4 c diced red yellow and green pepper

2 scallions minced

1/4 c mayonnaise

1/4 c ketchup

1 tomato peeled and diced

1 lime juiced

1 salt and pepper

1 plantain chips

1 sliced avocado

Instructions

In a large bowl add all ingredients until blended, being careful not to shred crab meat.

Serve in a mold on a chilled plate, garnish with plantain chips and sliced avocado.

Converted by MC_Buster.

Recipe by: CHEF DU JOUR SHOW #DJ9421 HERB WILSON

Converted by MM_Buster v2.0l.

Oriental Recipes K

K & D Quick Faux-Indian Rice Salad

Yield: 1

Ingredients

2 c uncooked brown basmati rice*
1 16 ounce can black beans drained
1 cn mild chilis (4 ounce)**
2 tb patak's curry paste***
1 tb cumin
1 tb coriander
1/2 tb ground ginger
1 c raisins
2 cloves garlic
1 fresh cilantro

Instructions

*(long grained brown rice would work too)
**(or 4 fresh ones, degree of heat to your liking)
***(available at Asian markets or gourmet food stores)

Cook the rice. Chop the chilis, garlic and cilantro. Mix everything into the warm cooked rice. Chill for an hour or two.

Per serving: 2023 Calories (kcal) 9g Total Fat (3 calories from fat) 104g Protein 404g Carbohydrate 0mg Cholesterol 52mg Sodium Food Exchanges: 19 Grain(Starch) 5 1/2 Lean Meat 1/2 Vegetable 7 1/2 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Deb Schwartz

Converted by MMBuster v2.0n.

Kaeng Hanglay Thai Northern Style Beef Curry

Yield: 1

Ingredients

1 lb beef cut into bite sized
1 pieces
2 c coconut milk
FOR THE CURRY PASTE-
1 tb coriander seed
1 tb cumin seed
3 tb very thinly sliced lemon grass
3 tb palm sugar
2 tb yellow bean sauce (tao jiao)
2 tb garlic minced
2 tb prik ki nu haeng (dried red birdseye chilies), crumbled
2 tb shallots thinly sliced
1 tb ginger grated
1 tb shrimp paste
1 pn turmeric
1/4 c fish sauce
1/4 c tamarind juice

Instructions

This is a curry in the northern style. It could also be made with pork or chicken in which case the cooking time must be shortened.

Note that traditional Worcestershire sauce is a matured mixture of fish sauce and tamarind juice, and as such is a very good substitute for the fish sauce and tamarind juice in this recipe.

Ingredients:Method:

Simmer the beef in the coconut milk for 30 minutes in a covered saucepan.

Toast the coriander and cumin seeds until fragrant and grate. Combine all the curry paste ingredients and process to a fine paste.

After the beef is cooked until tender, add the curry paste, stir to combine, and continue to simmer, covered for 10 minutes.

Since the beef is simmered it is possible to use cheaper (tougher) cuts of meat. If necessary extend the cooking process until the meat is tender.

Serve with white (Jasmine) rice and the usual table condiments.

Per serving: 2478 Calories (kcal) 213g Total Fat (75 calories from fat) 98g Protein 59g Carbohydrate 313mg Cholesterol 347mg Sodium Food Exchanges: 1/2 Grain(Starch) 12 Lean Meat 1 1/2 Vegetable 1 1/2 Fruit 35 Fat 1 Other Carbohydrates

Converted by MMBuster v2.0n.

Kaeng Masaman Thai Islamic Curry Beef

Yield: 1

Ingredients

7 dried chilies

2 tb coriander seed

1 tb cumin seed

1 tb shredded ginger

1 bruised lemongrass

1 ts seasalt

5 black peppercorns

1/4 ts shredded nutmeg

1/2 ts terasi (shrimp paste)

2 tb oil

8 shallots

6 cloves garlic

3 lb beef (or chicken duck, pork)

4 c coconut milk

150 g roasted peanuts briefly ground

1 tb fish sauce

5 cloves

2 inches cinnamon

1 ts cardemom

1 tb lemonjuice

Instructions

Method:

Heat the oil and fry the shallots and garlic till it is golden brown. Add the fried shallots and garlic to the other ingredients in the foodprocessor and make into a paste.

Cut the meat into pieces and put them in a pan with the coconutmilk. Add the peanuts and the fishsauce. Bring to boil, lower the heat and cook for approximately 1 hour till the meat is nearly done. Add the prepared paste, cloves, cinnamon and cardemom and cook till the meat is tender. Take out the meat and cook the sauce until it becomes

thicken. Add the meat again and bring to taste with extra fish sauce, lemon juice and palm sugar. Heat a few minutes and serve with Thai pandan rice.

Source Robert van Deijck

Per serving: 2763 Calories (kcal) 269g Total Fat (80 calories from fat) 30g Protein

116g Carbohydrate 2mg Cholesterol 254mg Sodium Food Exchanges: 2 1/2

Grain(Starch) 0 Lean Meat 4 Vegetable 3 Fruit 54 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Kai Pad Bai Kaprow (Thai Basil Chicken)

Yield: 6 Servings

Ingredients

4 tb peanut oil

4 cloves garlic finely chopped

1 -in chunk of fresh ginger finely chopped

1 onion cut into eighths

4 red Thai chiles finely chopped

1 red or green bell pepper cut into 1/2-in. pieces

8 mushrooms quartered, up to 10

4 c Thai basil or holy basil leaves coarsely chopped

1 lb boneless skinless chicken ground or chopped

2 tb fish sauce

1 tb brown sugar

Long grain rice such as basmati, for serving

Instructions

In wok over medium-high heat, warm peanut oil. Add garlic, ginger, onion, chiles, pepper and mushrooms. Stir-fry until garlic and onion are slightly yellow, about 1 to 2 minutes.

Add basil and stir-fry 1 minute. Add chicken and stir-fry until chicken is white, about 3 to 5 minutes. Stir in fish sauce and brown sugar heat thoroughly. Serve basil chicken over rice. Makes 6 servings.

NOTES : Adapted from Madhur Jaffrey. Fish sauce and the plentiful basil make the recipe authentic, according to Pryce. Either lemon basil or sweet basil plus a few fresh mint leaves can be used in place of the Thai basil. Fish sauce is available in Asian markets and some grocery stores. I have made this a couple times and Mark really thinks it is wonderful.

Contributor: Minneapolis Star and Tribune, 7/98

Kai Yang Thai Style Barbecued Chicken

Yield: 4 Servings

Ingredients

2 lb chicken pieces

2 tb fresh ginger chopped

2 tb lemon grass chopped

2 tb coriander root chopped

2 c light soy sauce

1 ts sugar

2 tb pepper

1 1/2 tb curry powder

Sweet Chili Sauce

1 tb red chili ground

1/2 c vinegar
1 ts salt
1 tb sugar
1 ts garlic chopped

Instructions

Mix the ginger, lemon grass, coriander root, soy sauce, sugar, pepper, and curry powder in a blender and marinate the chicken in the mixture for at least 6 hours in a refrigerator. Broil the chicken slowly over a low fire and serve with sweet chili sauce. To make Chili Sauce: Mix all the ingredients in a small pot, put over a medium heat and bring to a boil, stirring. Heat until thickened to a syrupy consistency, then remove from heat. Serves 4 to 5.

Recipe from The Elegant Taste of Thailand, Cha Am Style Restaurant cuisine by Sisamon Kongpan & Pinyo Srisawat ISBN 0-943389-05-4

Posted to EthnicRegMC 5/99 by JoAnn Pellegrino

Contributor: The Elegant Taste of Thailand

Kang-Ped Bhet-Yang Thai Roast Duck Red Curr

Yield: 8 Servings

Ingredients

RED CURRY PASTE-

5 dry hot chili peppers.
1 tb lemon grass (sliced).
2 sl galanga.
1 tb coriander seeds.
2 ts cumin.
1 ts fennel seed.
1 1/2 ts black peppers.
1/4 ground nutmeg.
3 shallots.
5 cloves of garlic.
1 ts shrimp paste.
3 coriander roots.
1 zest from 1/4 sm kaffir lime
1/2 ts salt

OTHER INGREDIENTS-

1 roast duck.
5 plum tomatoes.
1/2 c * small thai eggplants.
4 fresh med.hot chili peppers.
4 kaffir lime leaves.
1/2 bn thai basils (horapha).
1 ts coconut sugar.
3 c coconut cream.
5 c coconut milk.
1 fish sauce.

Instructions

* Small Thai "eggplants" belongs to the eggplant family, but doesn't resemble any eggplants found here in the US. These are about the size of large green peas, and look pretty much the same. Regular green peas may be used as substitute. Put the

ingredients for the red curry paste into a mortar and pound until well mixed into a paste.

NOTE: You may use commercially available paste, if available. Adjust the amount to taste. Debone the roast duck, and cut up the meat into bite-size rectangular pieces (leaving the skin on). Cut the neck and wing into pieces. Place the coconut milk in a large saucepan and heat till boiling. Add duck pieces and cook till tender.

Put the coconut cream into a frying pan, add red curry paste. Heat over fairly high heat, stirring constantly, till all the paste have mixed in and thoroughly heated. Add Kaffir Lime leaves, fish sauce (to taste), coconut sugar, and continue to heat (keep stirring all the time to prevent burning) until red oil starts to form on the surface of the "sauce".

Add the "sauce" to the saucepan of duck and coconut milk, and bring back to a boil. Add all remaining ingredients except the basil, which is to be added when the curry starts to boil. Remove from heat and serve with plain boiled white rice.

Kanom Muoi Thai Style Starters

Yield: 1

Ingredients

NONE

Instructions

This started life, long ago and far away (oops, sorry, that's another genre!) as two traditional Thai starters a toast and topper called kanom paeng mu and an equally traditional Thai version of shrimp tempura.

The name of the toast item is interesting: kanom paeng (bread) literally translates as "expensive cakes" which shows what the Thais think of bread!

However over the years my wife has developed these canapes, and this is the current version.

notes on ingredients

Here in Thailand we can't get Maple syrup, so we use honey. This works just as well, but we prefer the taste of the maple syrup, so feel free to experiment.

The only bread available here in Thailand is white bread, but again we find this tastes best with a stone ground whole-wheat bread.

If you want to avoid the moderate chilies suggested, you could use bell peppers, but frankly we find they taste a bit bitter, and anyway they are a bit large for canapes!

Finally the quantities here make about two thirds of a cup of each of the pastes. Say 180 milliliters. At 5 ml to the teaspoon this will do about 8 toast bites and 8 chilies if they have 2 teaspoons of paste in each. If you use more paste, it'll do less.

Ingredients

First toast 6 slices of bread. Cut off the crusts and cut the pieces of bread into four.

If the crusts aren't quite dry, pop them in the oven or a dry skillet, and warm them until dry, then in a mortar and pestle or food processor, convert them into bread crumbs.

Prepare half a cup each of cooked crab meat, cooked, chopped pork, and raw, finely chopped mushrooms.

Prepare a paste consisting of:

3 tablespoons fresh grated ginger,

3 tablespoons chopped garlic

3 tablespoons prik phom (ground red chilies)

3 tablespoons crushed toasted peanuts

3 tablespoons khao koor (ground toasted rice)

Saute, the ginger and garlic, discarding most of the oil, and combine the ingredients, adding two medium sized duck eggs to the mixture (or three smallish hen's eggs).

Divide this mixture in three, and combine each portion with one of the half cups of mushrooms, crab or pork, to form three topping pastes.

Method I

Put about two teaspoons of paste on each of the toast pieces, and then take 2 dozen prik chi fa (a chili about finger length and as thick as your finger, that is the Thai equivalent of a jalapeno you can use jalapenos instead if you wish), Cut off the tops of the chilies and discard the seeds. Put about two teaspoons of the paste mixture in each chili.

Method II

With a melon-baller prepare 16 balls of melon, 16 balls of mango, and 16 balls of fresh pineapple. [if you are using jalapenos, slice the fruit and use a sharp knife to cut plugs for the tops of the chilies).

Place a ball of fruit on each piece of toast and secure by piercing it through with a tooth-pick. Plu each of the chilies with a fruit ball, and secure by piercing through the sides of the chili and the fruit ball with another tooth pick.

Prepare another batch of fruit balls, and wash 16 prik ki nu (birdseye chilies), and pat them dry.

Method III

Mix two tablespoons of powdered peanuts, one tablespoon of khao koor, one tablespoon of prik phom, and a little rice flour (or cornstarch), to make a dusting powder.

Dip each of the pieces of toast, each of the stuffed chilies, each of the fruit balls, and each of the birdseye chilies in maple syrup, and then dredge them in the dusting powder.

Method IV

Prepare a batter by beating an egg yolk, and adding about a cup of ice cold water to it, then add a cup of sifted plain [all-purpose] flour, and mix to a thin batter. Add a teaspoon of prik phom and a teaspoon of freshly ground prik Thai (black pepper).

Dip the canap,s in the batter a few at a time, and deep fry until crisp.

Serve on a platter with the dipping sauces used for satay, and some uncooked fruit balls, and cucumber slices.

Footnote: Thais eat the tempura prik ki nu with considerable gusto, but farangs should probably be warned that these are almost literally diabolical!

Recipe By: Muoi Khuntilanont

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g

Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean

Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Kema (An East Indian Feast Dish)

Yield: 1 Servings

Ingredients

- 1 big yellow onion, minced
- 3 cloves garlic crushed and minced
- 1/2 ts fresh grated ginger
- 3 tb tomato paste
- 1 c stewed tomatoes
- 3 ts curry powder
- 1 ts salt
- 1/8 ts cayenne pepper, or more

1 c green peas, fresh or frozen
1 c mushrooms, sliced
1 olive oil
1 ts honey (optional)
1/3 c white wine (optional) plus
1/3 c water (optional)

Instructions

this is a variation on a recipe from Vegetarian Times Curried Vegetables

In a skillet or wok heat water or oil and saute the onion, garlic, and ginger root for 5 minutes.

If you like to use white wine, at this point I add the water and wine and let it simmer with the onion mixture for 5 minutes.

Then add the tomato paste, tomatoes, curry, salt, and cayenne, simmer for a few minutes. I add a bit of honey here to cut the tomatoes acidity...but honey isn't strictly vegan.

Add peas and mushrooms, bring to a boil, cover and simmer over low heat for 5 minutes.

Serve with rice.

This is a big hit at dinner parties and tends to convince even avowed meat-eaters.

I would advise that you get British-mix kerrie from the natuurwinkel because I've noticed that the kerrie from Albert Hein is not spicy enough.

Posted to EAT-L Digest 01 Mar 97 by Cheryl Gilbert on Mar 2, 1997.

Ken's Chinese Chicken Salad

Yield: 6 Servings

Ingredients

1 plain roasted chicken (about 2 1/2 lb)
8 oz fresh bean sprouts
2 md cucumbers
1 carrots (or double amount)

DRESSING

3 tb sesame paste or peanut butter
2 tb finely chopped scallions
2 ts sesame oil
2 tb chinese white rice vinegar -or cider vinegar
3 tb light soy sauce
1 1/2 tb finely chopped garlic
1 ts salt
2 ts sugar
2/3 c chicken stock
1 tb rice wine or dry sherry

Instructions

TRIM THE BEAN SPROUTS at both ends. Peel the cucumber, split it in half lengthwise and remove the seeds with a teaspoon. Finely shred the cucumber into 3-inch lengths. Peel and finely shred the carrots into 3-inch lengths. Set the vegetables aside. Take all the meat off the cooked chicken and shred it into fine strips using a sharp knife or cleaver. Arrange the chicken strips on a platter and surround them with the bean sprouts, cucumbers and carrots. Combine all the ingredients for the dressing and mix them thoroughly.

(I find an electric blender is useful for this, but you could use a screw-top jar and shake everything in it well.) Pour the dressing all over the chicken and vegetables and mix well. Serve at once.

Keo's Thai Spring Rolls

Yield: 1 Serving

Ingredients

1/2 lb ground pork lean
1/4 lb shrimp (or crab meat), chopped
10 whole Chinese black mushrooms dried
1 oz bean threads
1 md onion finely chopped
1 whole carrot shredded
1/4 lb bean sprouts
1/2 ts ground black pepper
2 ts fish sauce OR 1/2 teaspoon salt
1 ts sugar
1 c water (lukewarm)
12 rice papers quartered
6 c oil for deep-frying
48 lettuce leaves
1 bn fresh mint
1 whole cucumber thinly sliced
Spring Roll Sauce (recipe follows)

Instructions

In a medium bowl combine pork and shrimp. Soak mushrooms in warm water for 20 minutes remove stems and chop caps. Soak bean threads in warm water for 20 minutes, then cut into 1 inch lengths. Add mushrooms, bean threads, onion, carrots, bean sprouts, black pepper and fish sauce to pork mixture mix well. Set mixture aside for 15 minutes to allow flavors to blend.

Dilute sugar in lukewarm water. Place rice paper on a flat surface and brush with water until it is pliable. Place 2 teaspoons of filling near the edge of the rice paper, then fold rice paper over the filling. Fold the right side over to enclose filling, then fold over left side. Continue to roll, then seal.

Heat oil to 375 degrees for deep frying. Deep fry a few rolls at a time until crisp and golden brown. about 15 minutes. Fry the remaining rolls.

Serve by placing a spring roll in a lettuce leaf and top with mint and cucumber slices. Serve with Spring Roll Sauce (follows in next recipe) Accompany with chili sauce and chopped peanuts, if desired. Makes 48 to 55.

Formatted and posted to FareShare 10/98 by JoAnn Pellegrino

By J Pellegrino on Oct 16, 1998.

Per serving: 12617 Calories (kcal) 1361g Total Fat (95 calories from fat) 76g Protein 69g Carbohydrate 337mg Cholesterol 902mg Sodium Food Exchanges: 1 1/2 Grain(Starch) 8 1/2 Lean Meat 7 1/2 Vegetable 0 Fruit 268 1/2 Fat 1/2 Other Carbohydrates

Contributor: Keo's Thai Cuisine

Kesari (South Indian Sweet)

Yield: 20 Pieces

Ingredients

120 g semolina, roasted
4 tb ghee
30 g raisins
30 g cashewnuts split into two
2 c coconut milk
120 g sugar
1/4 ts salt
2 ts ghee

Instructions

Pan-roast semolina for 5 minutes and leave aside.

Heat ghee in a wok and fry raisins and cashewnuts for 5 seconds. Add coconut milk, sugar and salt and stir until sugar dissolves. Put in roasted semolina and continue stirring until mixture turns into a mass and leaves sides of pan. Press evenly into a 15cm x 7.5cm dish and level surface with a spoon. Spread two teaspoons of ghee and press surface down firmly. Cool and cut into squares or diamond pieces.

Compiled by Imran C.

Posted to EAT-L Digest 17 November 96

Date: Tue, 19 Nov 1996 09:11:18 +1000

From: "I. Chaudhary"

Khagina (Indian Omelette)

Yield: 4 Servings

Ingredients

6 eggs
5 tb besan (chick pea flour)
1/4 ts fgb pepper
1/4 ts coriander seed, ground
4 cardamoms, ground
1/4 ts salt
4 tb onion grated
2 ts chives chopped
4 oz butter
2 oz yoghurt

Instructions

Beat the eggs, mix in the besan, all the aromatics and salt. Melt butter in a heavy, wide frying pan, stir in yoghurt, adding a little more salt, then add the egg mixture. Cook until almost set. Turn over once to make a 'half-moon' shape. Turn again. serve by cutting thick slantwise slices from the khagina. The yoghurt may be incorporated with the eggs and besan if preferred.

Recipe "Indian Cookery" by Dharamjit Singh ISBN 14 046141 8 Mmed IMH Georges' Home BBS 2:323/4.4

Khai Yat Sai (Thai Omelet)

Yield: 1 Servings

Ingredients

3 ea eggs
1/4 ts pepper
1/4 ts salt
FILLING-
3 tb onion, minced

1 lg garlic clove, finely minced
1/4 c green peas
1 md tomato, in 1/2 dice
1/2 c ground pork
1 ts fish sauce (nam pla)
1 ts sugar
1 ts vinegar
1 1/2 tb catsup
1/4 c green onion (bulb and stem) finely minced

FILLING-

Instructions

In a pan heat oil, add onion and garlic, frying until lightly browned. Add pork and fry for 5 minutes, add peas, tomatoes, and remaining ingredients except the green onion. Stir and cook for 10 minutes, adding a few teaspoons of water if the mixture becomes too dry.

In a bowl beat the eggs well, add pepper and salt.

Prepare eggs in omlett fashion, and place above filling on one side before folding egg over. Garnish top with chopped onion, and serve Sirhicha hot sauce on the side. (Khay yat sai)

Khal Bi (Korean Barbecue Meat)

Yield: 1 Servings

Ingredients

4 lb short ribs
1/2 c shoyu
1 tb sugar
1 ds black pepper
2 ea cloves garlic finely chopped
1 tb honey
1 ea 1 cube ginger finely sliced
2 ea stalks green onion fine chop
1 ts sesame oil

Instructions

Slice mean 1/8 inch away from bone, leaving bone attached. Crisscross meat to break fibers and allow marinade to penetrate. Combine sauce ingredients and marinate meat for a minimum of 1 hour. Broil or barbecue to desired doneness.

Khao Pad (Thai Fried Rice)

Yield: 6 Servings

Ingredients

4 tb oil, vegetable
2 eggs beaten
1 onion, yellow chopped fine
3 garlic cloves crushed
1 lb pork chops boned, julienned
1/2 lb shrimp, small shelled and deveined
1 cn crab meat (6.5oz)
1 ts salt
1 ts pepper, black, ground
2 tb fish sauce (nam pla)

2 chilies, red julienned
2 tb ketchup
4 c rice cooked
1/2 c scallions chopped
4 tb coriander chopped

Instructions

Heat 2T of the oil in wok and stir-fry eggs as you would scrambled eggs, set aside. In the same wok, pour in remaining oil, fry onion and garlic until golden brown. Add pork, shrimp, crab, salt, pepper, fish sauce, chilies, ketchup. Stir-fry 5 minutes. Add eggs and rice. Stir well for 2 minutes. Arrange the mixture on a plate and garnish with scallions and coriander.

Kheer (Indian Rice Pudding)

Yield: 1 Servings

Ingredients

1 c basmati rice
1 water
1 salt
2 c almonds
3 1/2 c plain soymilk
1/4 c maple syrup
1/4 ts each of ground cinnamon,
1 cardamom, and clove
1 few strands saffron
1 raisins
1 cashews

Instructions

Bring rice and 2 cups water to boil. Lower flame and simmer until rice is soft and water is absorbed (20 to 30 minutes).
Blanch almonds in boiling water for 1 minute, rinse with cold water, and remove skins. Blend almonds with one cup water to make almond milk. Add this along with soymilk to rice and cook for 10 to 15 minutes. Stir to remove lumps, adding more liquid if required. Add rest of ingredients and simmer for another half hour.
Enjoy warm or chilled.
This one is from "Sweet and Natural Desserts" by the editors of East West Journal.

Kheer (Indian-Style Rice Pudding)

Yield: 8 Servings

Ingredients

1 c uncooked white rice
2 c water for cooking rice
8 cardamon pods crushed seeds
of
2 qt milk
1 c sugar or honey
1 tb butter
1/2 c raisins yellow if possible (up to
1/2 saffron threads crushed (optional)

Instructions

This is in response to requests I've seen here from time to time. The following recipes are from *Flavors of India: Recipes from the Vegetarian Hindu Cuisine*, by Shanta N. Sacharoff, reprinted without permission.

Comments in parentheses are mine, and I've paraphrased some portions. I've tried these and several other recipes from this book & highly recommend it!

My favorite rice is basmati, for its texture and fragrance, but you can also use jasmine rice or ordinary long-grain white rice. You may want to wash and drain the rice. If you use converted rice, increase the amount of water accordingly.

Kheer is a sweet, rich dish that is especially prepared for holidays and festive occasions.... Although the saffron is listed as an option, it really adds a distinctive color and taste to this creamy dish. Prepare well in advance, so it has sufficient time to cool (about 2 hours).

Bring the water to a boil in a large pot and add the rice. Cover the pot, lower the heat and simmer about 20 min. until the rice is nearly done. Add the milk, raise the heat to medium, and cook uncovered for 1 hour, stirring often to prevent the rice from sticking to the bottom of the pot. At the end of an hour, the rice and milk will have thickened and the volume will be reduced by about one third. Now add the honey or sugar, butter, raisins, crushed cardamom seeds and optional saffron. Stir continuously for 5 min. to mix thoroughly. Taste and add more sugar if you feel that it should be sweeter. Cook and stir for another 15 min. Remove the pot from the heat and transfer the kheer into a serving dish. Top with chopped pistachio nuts and cool in the refrigerator. Serve with Indian bread as part of the main meal or eat as a dessert.

Serves 8.

JMNI@MIDWAY.UCHICAGO.EDU (JILL M. NICOLAUS) REC.FOOD.RECIPES
From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Khumbhe Sukhe (Indian Sauteed Mushrooms #2)

Yield: 4 Servings

Ingredients

1/2 lb white mushrooms

1 1/2 cloves garlic crushed

3/4 ts fgb pepper

1 pn cayenne

5 cardamom pods crushed seeds

1/2 ts salt

1 1/2 ts lime juice

1 clarified butter

Instructions

Mix the aromatics and lime juice well, marinate the the mushrooms for 5 to 10 minutes. Heat a heavy frying pan and use just enough clarified butter to coat the thinly sliced mushrooms. When the butter smokes, throw in the mushrooms. Stir well, cook on high heat for a minute or so until no moisture remains. lower the heat. Cook for a further 15-20 secs and serve hot.

Recipe Dharamjit Singh "Indian Cookery" Mmed IMH c/o Georges' Home BBS
2:323/4.4

Khumbi Sukhe (Indian Sauteed Mushrooms #1)

Yield: 4 Servings

Ingredients

1/2 lb white mushrooms
1/2 ts onion seed
1 ts fgb pepper
1/4 ts dried basil
1/2 lime juice
1 oz butter
1/2 ts salt
1 cardamom pod crushed seeds
1 ts garlic salt -or- 1 lg garlic clove minced

OPTIONAL

1/4 ts turmeric

Instructions

Wash and dry the mushrooms (if cultivated, wipe only. IMH) Cut evenly into medium thin slices. Spread out and dist with onion salt, black pepper, basil and lime juice. Mix well and marinade 15 minutes. Heat the butter and when the foam subsides, saute the mushrooms with the marinade and other aromatics over high heat. Turn once and see that no moisture accumulated during the cooking. (This isn't easy with juice! IMH). If the mushrooms are fresh and thinly sliced, 1 minutes sauteeing is sufficient. For tougher mushrooms, saute for 2 minutes, then sprinkle with water, salt and cover well. Keep on medium heat.

steam for about 5 minutes more, uncover and serve.

Recipe Dharamjit Singh "Indian Cookery" MMed IMH c/o Georges' Home BBS
2:323/4.4

Kidney Beans With An Oriental Twist

Yield: 1

Ingredients

2 1 lb cans kidney beans
1 huge onion
3 cloves garlic
3 dr sesame oil
3 ts szechuan sauce
1 ts vegeta

Instructions

i cooked this in a wok (lovely non-stick one) but you could use a heavy big pan. put pan on medium-high fire. let it get hot. coat the bottom with a little sesame oil. saute onions (not garlic). Meanwhile open cans, drain one, keep the liquid from the other. take a few beans and mash with a fork (about 2tbsp of 'em) til creamy. when onions are translucent, add beans, mashed beans, and juice from 1 can. cook for a couple minutes, add szechuan sauce (taste first! it could be too hot or too mild for you :^) i used 3 tsp.) add Vegeta. mince/crush garlic cloves, but only add them in after you turned off the fire. Mix into beans, cover, let sit a few minutes. the hot beans will cook the garlic but most of the flavor will still be there (i don't like to saute garlic first because most of the flavor is gone by the time dish is ready
serve over rice.

Per serving: 16 Calories (kcal) trace Total Fat (16 calories from fat) 1g Protein 3g
Carbohydrate 0mg Cholesterol 2mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean
Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Kids-Cook: Thai Rice Rolls With Spicy Peanut

Yield: 6 Servings

Ingredients

3 c water

1 1/2 c short-grain rice

1 ts salt

-SPICY PEANUT SAUCE-

1/2 c crunch peanut butter

2 tb lemon juice

1 tb soy sauce

1 ts molasses, or brown sugar

1 pn hot pepper flakes

1 garlic clove, minced

Instructions

measure water, rice and salt into large saucepan. Put on the lid and place saucepan on burner on high heat.

As soon as water begins to boil, reduce heat to low cook, covered, for 20 minutes.

Take the rice off the burner and remove the lid. Let stand for 15 minutes to cool.

Divide rice evenly among 4 plastic sandwich bags.

Shake rice to bottom of bag and roll firmly into logs.

Refrigerate for 1 hour or until rolls hold shape when sliced.

Spicy Peanut Sauce: Meanwhile, in saucepan, whisk together 1-1/2 cups water, peanut butter, lemon juice, soy sauce, molasses, hot pepper flakes and garlic bring to boil, whisking often. Reduce heat to medium cook, whisking, for 10 minutes or until thick enough to coat spoon. Let cool slightly.

Using sharp knife, slice rice rolls into 1/2-inch pieces. Serve with sauce for dipping.

Arrange slices on a plate with sliced cucumber, radishes and carrots to add colour.

Per serving: about 310 calories, 9 g protein, 11 g fat, 46 g carbohydrate

Source: Canadian Living magazine, Mar 95 Presented in article by Shannon Ferrier,

Tamara Shuttleworth "Health & Well-Fare: Hey, Kids! Let's Cook"

[-PAM-] PAMeadows@msn.com

Kim Chee (2) (Korean Pickled Vegetables)

Yield: 1 Servings

Ingredients

1 lb chinese (celery or nappa)

1 cabbage, cut into 2-inch pieces (about 4 cups)

6 tb salt

4 green onions (including tops), finely chopped

1 ts fresh ginger, finely chopped

1 clove garlic, minced

1 tb sugar

1 tb paprika

1 cayenne pepper

2 c water

Instructions

Sprinkle the cabbage with 5 tablespoons of the salt. Let stand for 2 hours. Rinse off salt and drain. Add the green onions, ginger, garlic, sugar, paprika, the remaining salt

and a dash of cayenne pepper, and mix thoroughly. Pack the vegetables in a jar and pour in the water. Cover tightly. Refrigerate the vegetables for 24 hours before serving.
Alt.Culture.Hawaii

Kim Chee (3) (Kyabetsu Su-Zuke Japanese Vinegar-Pickled)

Yield: 1 Servings

Ingredients

1/4 head chinese cabbage
5 c rice vinegar
2 tb salt
4 tb sugar
2 c water
1 inch square yuzu citron or 1 lemon rind

Instructions

Core and wash the cabbage. Pat as dry as possible with a towel. Cut into about 1 x 2-inch chunks. Place chunks loosely in a pickle crock. In a saucepan combine the rice vinegar, salt, sugar and water.

Bring to a boil over high heat, stirring once or twice. Immediately pour boiling liquid over the cabbage in the crock. Tuck in the yuzu citron or lemon rind. Cover immediately with a drop-lid and weight it. Remove to a cool dark place and wait 2 days before eating.

To serve: Cut or chop chunks into bite-size pieces. Serve family style or put individual portions into small dishes. Season with a few drops of soy sauce, if desired. Keeps refrigerated 1-2 months.

Alt.Culture.Hawaii

Kim Chee (4) (Korean Pickled Cabbage)

Yield: 1 Servings

Ingredients

2 lb celery cabbage
1/2 c coarse salt
4 c water
1 1/2 tb crushed red pepper flakes
1 clove garlic, finely minced
1 ts fresh ginger, minced
1 tb granulated sugar
2 green onions, finely chopped

Instructions

Rinse the cabbage in cold water and drain. Cut the cabbage into 1-1/2-inch squares. Sprinkle with salt, add the water, and let stand overnight. Rinse the cabbage in cold water and drain. Using a wooden spoon, blend the remaining ingredients and stir this well into the cabbage pieces. Pack into a quart jar and cover. Place the jar in a plastic bag to prevent the odors from spreading to other foods.

Refrigerate and let stand four to five days to cure.

Alt.Culture.Hawaii

Kim Chee (Korean Cabbage Relish)

Yield: 0 Servings

Ingredients

1 head chinese cabbage cut into 1/2in. strips
3 tb salt
6 green onions chopped (or less, if des
3 garlic clove minced (or less, if desi
1/2 ts crushed dried hot red chile
1 ts chopped gingerroot

Instructions

Soak cabbage in salted water to cover 5 to 10 hours.

Drain. Combine cabbage with salt, green onions, garlic, chile and gingerroot. Mix well and spoon into large jar. Cover and refrigerate 1 to 2 days before using. Keeps well several weeks. Use as relish or salad. Makes about 1 quart

Yield: 1 servings

NOTES : ethnic, relishes, vegetables

Kimchee (Marinated Chinese Leaves)

Yield: 1

Ingredients

450 g (1 lb) chinese leaves, sliced
3 tb salt
100 g (4oz) daikon (japanese radish)
1 ts chili powder
2 ts crushed garlic
1 ts sugar
4 spring onions, finely chopped
2.5 cm (1 inch) piece of fresh ginger, peeled and grated

Instructions

Wash the Chinese leaves and drain well. Place in a bowl and sprinkle with the salt, then cover with a plate and place heavy weights on top. leave for 2 -3 days then rinse and drain the leaves.

Peel and shred the daikon. Place the Chinese leaves and daikon in a large bowl and stir in the chili powder, garlic, sugar, spring onions and ginger. Cover with a weighted place and leave 1 -2 days before using.

Kimchi (Korean Cabbage Relish)

Yield: 0 Servings

Ingredients

1 head chinese cabbage cut into 1/2in. strips
3 tb salt
6 green onions chopped (or less, if des
3 garlic clove minced (or less, if desi
1/2 ts crushed dried hot red chile
1 ts chopped gingerroot

Instructions

Soak cabbage in salted water to cover 5 to 10 hours.

Drain. Combine cabbage with salt, green onions, garlic, chile and gingerroot. Mix well and spoon into large jar. Cover and refrigerate 1 to 2 days before using. Keeps well several weeks. Use as relish or salad. Makes about 1 quart

Yield: 1 servings

NOTES : relishes, vegetables

Kimchi (The Complete Book Of Oriental Cooking, Myra Waldo)

Yield: 1 Servings

Ingredients

6 lb celery or cabbage or green cabbage
3 tb salt (not iodised)
2 c scallions, sliced
2 garlic cloves, min 1 tb ginger root, minced (or 2 ts powdered)
3/4 tsp chili peppers, dried, ground

Instructions

Shred the cabbage into strips 1 inch wide. Mix with one half the salt and let stand 30 minutes. Wash and drain. Mix the scallions, garlic, ginger, chili peppers, cabbage, and remaining salt. Pack into a crock or glass jar. Add enough cold water to cover the vegetables. Cover the container and set aside in a cool place for 5 days. Taste to see if the vegetables are pickled sufficiently if not, let stand 2 more days. Chill and serve.

Brent Thompson From the Chile-Heads Recipe Collection URL:

<http://chile.ucdmc.ucdavis.edu:8000/www/recipe.html>

Kimchi Or Korean Pickle

Yield: 1 Servings

Ingredients

2 lb vegetables: cabbage, yellow turnip , and cucumber
2 tb salt
1 1/2 tb minced onion
1 ts minced garlic
2/3 ts minced gingerroot
1/2 tb ground red pepper (up to 1)

Instructions

Wash and drain vegetables. Peel turnip and cucumber. Slice vegetables into small pieces. Sprinkle with 2 tablespoons salt and let stand for 3 to 4 hours. Press out liquid. Mix vegetables well with onion, garlic, gingerroot, and red pepper. Put vegetables in a large glass jar with a tight lid. Leave jar in the refrigerator for 3 to 4 days. Serve with meals. Makes about 2 pints.

It doesn't say what type cucumbers to use. I also seem to remember Kimchi in an episode of M*A*S*H. The one where Frank Burns saw some Koreans burying something in the ground behind the Swamp. So he called an alert and went out in the field dressed for battle, expecting something to explode. What he dug up was Kimchi in an earthenware jar. That is the Korean way of letting Kimchi ferment. Although I don't know how many days they leave it like that. Oh, yes, if you try to "age" it that way, be sure to wrap the jar in some sort of cloth, so the dirt doesn't get inside the jar!

Posted to EAT-L Digest 25 October 96

Date: Sat, 26 Oct 1996 17:06:28 -0400

From: "Raymond F. Falcon"

Kluay Tod (Thai Fried Bananas)

Yield: 6 Servings

Ingredients

1 no ingredients

Instructions

-Gail Shimizu BWHT68A

3 Very ripe plantains peeled And cut into 3 equal pieces Crosswise, then slice each Into 3 pieces lengthwise

1/2 cup All purpose flour

1/2 cup Rice flour

1/4 cup Sugar

1/2 tsp Salt

1 Tbsp White sesame seeds

1 3/4 cup Coconut milk

1/2 cup Sweetened coconut flakes

4 cup Oil for frying (approx.)

Mix flours, sugar, salt seeds, coconut milk coconut flakes to form batter Batter should be on the thicker side so it can cling to the roots, cut French fries style (large pieces) may also be used with or instead send. Fry in hot oil

Kohl's Oriental Stir Fry

Yield: 6 Servings

Ingredients

1 1/2 lb beef roast, lean (or steak)

1/2 lb mushrooms, fresh chopped & sliced

2 celery stalks centers, diced (may need 3)

1/4 md green pepper, diced

3 green onions, chopped (or 4)

1/2 lb bean sprouts

1/4 lb snow peas

1 lb fresh green beans

1 sm can bamboo shoots

1 c water chestnuts

1 beef bouillon cube (or 2) in 1 cup hot water

1/4 c soy sauce (or more)

1 md carrot, sliced thinly

1 chow mein noodles

1 brown rice

Instructions

Into a large wok, saute beef in oil until browned. Add bouillon. Add everything else except noodles and rice. Add some soy sauce. Stir well often, keeping vegetables moving from bottom to top to sides. Keep covered in between stirring. Cook the rice according to package directions. Serve when vegetables are tender and still crispy. Do NOT overcook! Vegetables should retain original colors and be crisp. Heap the meat and vegetable mixture over rice or noodles or both. Top with soy sauce.

Taken from: IT NEVER TURNS OUT THE SAME WAY COOKBOOK A Collection of Recipes from the Kitchen of Joyce & Clem Kohl

Kolbi Korean Style Ribs

Yield: 1 Servings

Ingredients

2 1/2 lb thin sliced short ribs

1 c soy sauce

6 cloves garlic crushed

1/4 inch piece ginger root crushed round

3 ts sugar

1/4 c sesame oil

1 onion sliced

Instructions

Mix ingredients in large bowl and let stand overnight. Grill over medium heat until meat is cooked (approximately 15 to 20 minutes). Serve hot with rice and enjoy.

Recipe By : Sun Yon Kaminski

From: Favorite Fruitcakes By Moira Hodg

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Korean Barbecue Bulgogi Korea

Yield: 1

Ingredients

2 lb lean beef tenderloin

1/2 c light soy sauce

1/4 c dark soy sauce

1/2 c water

3 tb finely chopped green onion

3 ts crushed garlic

2 ts finely minced fresh ginger

1/2 ts black pepper

1 tb sugar

2 tb white sesame seeds, toasted and ground

1 tb sesame oil

Instructions

Introduction: Bulgogi or Bulgalbi, broiled (grilled) beef strips and beef ribs respectively, exemplify an age-old Korean tradition of cooking on a curved iron hotplate a tradition that is matched in northern China and neighboring Mongolia as introduced by the Manchurians. Today this has been streamlined for table service, with specially built cone-shaped hotplates fitted over tabletop burners, to provide an enjoyable and intimate eating experience. Meats of all kinds, including mutton, pork and poultry, offal and seafood, are cooked in this way, being first marinated in a spicy mixture encompassing the characteristic seasonings: soy sauce, sesame oil, garlic, ginger, pepper or chili, toasted sesame seeds and green onions. The meat is marinated well in advance so that the flavor is intense. Cooking time is minimal just enough to cook through and seal the surface. Serve Bulgogi with white rice and yangnyum kanjang sauce, together with a selection of accompaniments such as kim chee (chili pickled cabbage) and jeot khal (spiced whitefish).

1. Cut the beef across the grain into very thin slices, then cut into narrow strips.
2. In a glass or stainless steel dish mix all remaining ingredients together.
3. Add the beef and stir thoroughly.
4. Cover and let marinate for at least 3 hours.
5. Preheat a tabletop broiler (griller), protecting the tabletop with an asbestos mat or other suitable heat shield.
6. Each diner, or the host/hostess, places a portion of meat on the broiler (griller) and cooks it quickly on both sides.
7. The meat is dipped into the sauce before eating. Use wooden chopsticks or small forks/fondue forks.

Serves 6 people

From <http://www.orientalfood.com>

Korean Barbecue Bulgogi

Yield: 6 Servings

Ingredients

2 lb lean beef tenderloin
1/2 c light soy sauce
1/4 c dark soy sauce
1/2 c water
3 tb finely chopped green onion
3 ts crushed garlic
2 ts finely minced fresh ginger
1/2 ts black pepper
1 tb sugar
2 tb white sesame seeds, toasted and ground
1 tb sesame oil

Instructions

Bulgogi or Bulgalbi, broiled (grilled) beef strips and beef ribs respectively, exemplify an age-old tradition of cooking on a curved iron hotplate a tradition that is matched in northern China and neighbouring Mongolia as introduced by the Manchurians. Today this has been streamlined for table service, with specially built cone-shaped hotplates fitted over tabletop burners, to provide an enjoyable and intimate eating experience. Meats of all kinds, including mutton, pork and poultry, offal and seafood, are cooked in this way, being first marinated in a spicy mixture encompassing the characteristic seasonings: soy sauce, sesame oil, garlic, ginger, pepper or chili, toasted sesame seeds and green onions. The meat is marinated well in advance so that the flavor is intense. Cooking time is minimal just enough to cook through and seal the surface. Serve Bulgogi with white rice and yangnyum kanjang sauce, together with a selection of accompaniments such as kim chee (chili pickled cabbage) and jeot khal (spiced whitefish).

Korean Barbecue Beef

Yield: 4 Servings

Ingredients

1/2 c soy sauce
6 tb sugar
4 tb sesame oil
1/2 ts pepper
6 Green onions finely chopped
4 cloves garlic minced
1 tb sesame seeds
2 lb tenderloin tips
4 tb peanut oil

Instructions

Combine first seven ingredients.

Pour into a shallow, flat pan and place tenderloin tips in marinade. Cover and let stand for 2 3 hours, turning occasionally.

Remove tips and stir fry quickly in hot peanut oil in wok.

Serve on a bed of rice.

Possum Kingdom Lake Cookbook

MC Formatted using MC Buster & SNT on 4/10/98

Contributor: Barbara Price

Korean Barbecue Sauce

Yield: 2 Servings

Ingredients

- 1 c Soy sauce
- 1/4 c Sake, or dry sherry
- 4 sl Ginger root (abt quarter size) julienned
- 2 tb Sugar
- 2 Garlic cloves sliced thin
- 3/4 c Apple juice concentrate
- 3 tb Sesame oil

Instructions

Place all the ingredients but the sesame oil in a saucepan and bring to a simmer. Cook 10 minutes, uncovered then remove from the heat and add the sesame oil.

Store in a covered glass or plastic container in the refrigerator.

Recipe Source: THE FRUGAL GOURMET by Jeff Smith From the 07-08-1992 issue The Springfield Union-News

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com
-or MAD-SQUAD@prodigy.net 07-12-1994

Contributor: Jeff Smith

Korean Barbecue

Yield: 4 Servings

Ingredients

- 1 green onion finely chopped
- 1/2 c soy sauce regular strength
- 2 tb brown sugar packed
- 2 tb dark sesame oil or less
- 1 1/2 ts sesame seeds ground
- 1 clove minced garlic or crushed
- 1/2 ts red pepper flakes
- 1/2 ts black pepper
- 1/4 ts fresh ginger root minced
- 1/8 ts msg optional
- 1 1/4 lb boneless pork rib meat

Instructions

From: PatH

Date: Mon, 13 May 1996 16:38:16 -0700 (PDT)

Recipe by: Hanneman

Cut ribs so that they have about the same mass. Use thinnest, shortest rib for the example.

Use mortar and pestle to grind seeds and peppers together to release oils.

Grind minced (dry) garlic or use (wet) crushed. Place all ingredients in a container that is a little larger than the boneless pork ribs. Mix well.

Makes about 3/4 cup. Add meat. Marinate, covered, in refrigerator from 24 to 48 hours.

Grill on gas grill, basting with sauce. About 20 minutes maximum. Expect to char the meat. Use grill's cover but check for fire often. Serve with a fragrant rice (Jasmine or

basmati) steamed shredded vegetables (zucchini and carrots) Thai cucumbers (1 Tbsp sweet vinegar and 2 ice cubes, pinch of mint, chilled).

Summer tradition! DOUBLE the sauce for standard package of ribs and baste and turn often. The longer the marinating time, the better.

MC-RECIPE@MASTERCOOK.COM MASTERCOOK RECIPES LIST SERVER

MC-RECIPE DIGEST V1 #83

From the MasterCook recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Korean Barbecued Beef (Bul-K0-Kee)

Yield: 4 Servings

Ingredients

1 Lb Beef-top or sirloin steak (boneless)

1/4 C Soy sauce

2 Tb Sesame oil

1/4 tb Pepper

3 Green onion finely chopped

2 Cloves garlic minced

2 Ts Sugar or to taste

Instructions

Trim fat from beef put in freezer for 45 minutes cut beef diagonally across the grain into 1/8 inch slices mix remaining ingredients except sugar stir in beef and coat well. Cover and marinate at room temperature for 2 hours or overnight in the refrigerator return to room temperature before cooking. Add sugar and marinate another 30 minutes.

Stir fry in hot oil using a large skillet or wok over medium heat until light brown, 2 to 3 minutes, do not crowd the pan. Serve with hot cooked rice. Yield 4 servings. Note: Flavor is improved if the beef is cooked on a bbq grill that has rods close enough together so the meat will not fall through. 'BULKOKEE' is Korea's national dish and may have been the inspiration for Japan's teriyaki, which it resembles.

In Korea, the dish is usually sprinkled with toasted sesame seeds before serving.

Korean Barbecued Beef (Pulgogi) (Korea)

Yield: 1 Serving

Ingredients

2 lb sirloin steak (1 kg)

MARINADE:

5 Tablespoons soy sauce

3 cloves garlic, peeled, crushed, & finely chopped

1 1 inch piece fresh ginger, peeled, crushed & finely chopped

2 Tablespoons sesame oil

2 ts sugar

freshly ground black pepper

4 spring onions, sliced

1 Tablespoon toasted sesame seeds

ACCOMPANIMENTS:

steamed white rice

1 head lettuce

Kochujang to taste (optional) *2

Instructions

NOTES: *

1. Pulgori can be cooked over a hibachi barbecue, grilled, or fried in a very hot frying pan.
2. Kochujang is a red pepper paste made from soy bean paste, red pepper powder and glutinous rice flour. It is one of the essential seasonings of the Korean kitchen. Chinese chili paste with garlic may be substituted.

DIRECTIONS:

If necessary, score the meat and pound lightly with a meat hammer to tenderize. Slice the meat into thin strips across the grain on the diagonal bias. Combine the marinade ingredients and add to the meat. Mix well with the hands, then set aside for at least 1 hour.

Prepare a charcoal fire if using. Remove the meat from the marinade and grill over the hot coals for 5-7 minutes, turning with tongs frequently.

Alternatively, if you have a domed shield, place this over the fire, allow to heat up, then place the meat strips on the hot metal, turning as required.

The meat may also be cooked under a hot grill, or fried in a very hot frying pan.

Serve with steamed rice together with a pile of cleaned lettuce leaves and the Kochujang if desired. Either eat as it is, or else take a lettuce leaf, add a bit of rice, some strips of meat and a little dab of kochujang. Roll up to make packets to eat with the fingers.

The Orient Express/Asia: Korea Reg 1 shared by Carolyn Nahme, Washington USA

NOTES : Carolyn

Contributor: Flavours of Korea, Marc & Kim Millon

Korean Barbecued Beef Strips

Yield: 1 Servings

Ingredients

- 1 tb crushed toasted sesame seeds (instructions follow)
- 1 1/2 lb lean boneless beef (sirloin, top round or chuck)
- 6 tb soy sauce
- 2 tb sugar
- 2 tb sesame oil
- 1 green onion (including top), thinly sliced
- 2 cl garlic, minced or pressed
- 1 ts grated fresh ginger
- 1 ds pepper

Instructions

TO PREPARE SESAME SEEDS: In a wide frying pan over medium heat, toast 1/2 cup sesame seeds, shaking pan frequently (about 2 minutes).

Transfer to a mortar or blender. Crush with pestle until coarsely crushed, or whirl briefly in blender. Store airtight at room temperature for up to 3 weeks. Makes about 1/2 cup.

TO PREPARE BEEF: Cut meat across the grain into thin slices (about 1/8-inch thick).

In a bowl, stir together sesame seeds, soy sauce, sugar, oil, onion, garlic, ginger and pepper. Combine meat with soy sauce mixture cover and refrigerate 1 to 1 1/2 hours.

To cook, place meat on a lightly greased grill about 4 inches above a solid bed of glowing coals or under a broiler. Cook, turning once, just until browned on both sides (2 to 3 minutes total). Serve immediately.

From article by Kim Pierce in the Buffalo News (1988). Recipe probably from "The Cuisines of Asia", 1984.

Typed for you by Joan MacDiarmid.

Korean Barbecued Beef

Yield: 1 Serving

Ingredients

2 tb toasted sesame seed
1/3 c soy sauce
2 tb sake (or dry vermouth)
1 tb molasses
1 ts toasted sesame oil
1/4 ts pepper
1 1/2 lb beef sirloin steak boneless, in 1" cubes
skewers 4 to 6"
toasted white and black sesame seed
white radish relish

Instructions

Based on the classic Korean entrée made with beef short ribs, this easier-to-eat appetizer features beef sirloin. Blend the 2 tablespoons toasted sesame seed in a covered blender container till ground. Transfer to a small bowl stir in soy sauce, sake, sesame oil and pepper. Place beef cubes in a heavy plastic bag add marinade. Seal bag and turn to coat.

Chill for 2-4 hours turning bag occasionally. Meanwhile soak wooden skewers in water for 30 minutes. Drain meat, reserving the marinade. Thread two meat cubes onto each skewer. Place skewers on the rack of an unheated broiler pan broil 3-4" from the heat for 12-14 minutes or till done, turning once and brushing with reserved marinade. Arrange skewers on a serving plate. Sprinkle with toasted white and black sesame seed. Serve with White Radish Relish. Makes 18 servings.

Per serving (excluding unknown items): 1511 Calories 97g Fat (59 calories from fat)
129g Protein 23g Carbohydrate 433mg Cholesterol 5837mg Sodium

NOTES : Holiday Appetizers 1996, Better Homes and Gardens, page 21.

Sent by Mike Keri mkeri@vip.net on 4/19/98

Korean Barbequed Short Ribs

Yield: 1 Serving

Ingredients

5 lb beef short ribs 2 1/2" long
MARINADE
1 tb sesame seeds
1 c soy sauce
2 tb mirin (sweet rice wine) or sherry
3 tb sugar
2 ts fresh ginger finely minced
4 ea garlic cloves crushed
2 tb dried red pepper chopped

Instructions

Toast sesame seeds in pan over low flame. Grind sesame seeds in mortar and pestle and add to marinade. Place ribs in a large plastic bag. Combine marinade ingredients and pour over ribs, pressing air out of bag and sealing securely. Marinate in refrigerator at least 4 hours. Remove ribs from bag, shaking off excess marinade. Grill

ribs over hot mesquite 15 to 20 minutes, turning and basting just before removing from the grill. Ribs are ready when brown and crispy.

Source: "Mesquite Cookery" by John "Boog" Powell

Posted to the BBQ List by Carey Starzinger on Aug 09, 1996.

Contributor: John "Boog" Powell

Korean Bbq Beef

Yield: 1 Servings

Ingredients

2 lb beef sirloin tips cut into

1/2 c soy sauce

6 tb sugar

6 green onions

2 cl garlic minced

4 tb sesame oil

1 tb sesame seeds

Instructions

Recipe by: Anna Baird Mix it all together and marinate at least 2 hours. Can either cook it on the grill as kebabs or stir-fry by itself.

Enjoy.

When I don't have sirloin tips, I use flank steak and it tastes just as good. Also, I substitute hot pepper sesame oil and also add cayenne pepper for more kick.

The sugar allows the beef to caramelize a little (I tried using cane sugar once but it didn't caramelize).

NOTES: Just tried this recipe recently (4 or 5 times) and it is absolutely wonderful from Omaha Steaks recipe book

Korean Bbq Sauce

Yield: 4 Servings

Ingredients

1 green onion finely chopped

1/2 c soy sauce regular strength

2 tb brown sugar, packed

2 tb dark sesame oil or less

1 1/2 ts sesame seeds ground

1 clove minced garlic or crushed

1/2 ts red pepper flakes

1/2 ts black pepper

1/4 ts fresh ginger root minced

1/8 ts msg optional

1 1/4 lb boneless pork rib meat

Instructions

-Cut ribs so that they have about the same mass. Use thinnest, shortest rib for the example.

-Use mortar and pestle to grind seeds and peppers together to release oils. Grind minced (dry) garlic or use (wet) crushed. Place all ingredients in a container that is a little larger than the boneless pork ribs. Mix well. Makes about 3/4 cup. Add meat. Marinate, covered, in refrigerator from 24 to 48 hours.

-Grill on gas grill, basting with sauce. About 20 minutes maximum. Expect to char the meat. Use grill's cover but check for fire often.

Serve with a fragrant rice (Jasmine or basmati) steamed shredded vegetables (zucchini and carrots) Thai cucumbers (1 Tbsp sweet vinegar and 2 ice cubes, pinch of mint, chilled).

Summer tradition! DOUBLE the sauce for standard package of ribs and baste and turn often. The longer the marinating time, the better.

Per serving (excluding unknown items): 122 Calories 8g Fat (53 calories from fat) 3g Protein 12g Carbohydrate 0mg Cholesterol 1667mg Sodium

Contributor: Hanneman

Preparation Time: 0:24

Korean Bbq Tofu

Yield: 1 Servings

Ingredients

1/2 c soy sauce

5 6 t sugar or sweetener

2 ts dry mustard

4 cloves garlic or 1/2 tsp

1 garlic powder

2 ts onion powder

1 a little water

Instructions

Cut tofu in strips 1/2 inch thick and marinate, then fry and garnish with vegetables of your choice. I like to cut tofu in squares and throw in a vegetable stir-fry. Enjoy! -

From: lagst17+@pitt.edu (Lynne A Gelston). Rfvc Digest V94 Issue #200 Sept. 17, 1994. Formatted by Sue Smith, S.Smith34, TXFT40A@Prodigy.com using MMCONV.

1-1 1/2 lbs firm tofu marinate for at least 2 hours in(overnight is best):

Korean Bean Sprouts La Times

Yield: 6 Servings

Ingredients

1/2 lb bean sprouts

1 ts salt or to taste

2 tb sesame seeds toasted

2 tb sesame oil

1/2 ts garlic powder

1 pn cayenne pepper optional

1/4 c finely chopped green onions

Instructions

Clean the bean sprouts. Drop into boiling water and boil 5 minutes. Drain well return to the pan. Stir in the salt, sesame seeds, sesame oil, garlic powder cayenne, and green onions, Simmer 2 minutes. Serve hot or cold.

[Betsy Balsley (Food Editor), 1990: BEST RECIPES FROM THE LOS ANGELES TIMES] [Hanneman 1998 June]

Notes: Rarely do we get recipes that call for cooked bean sprouts, so when Talitha Scheevel sent us this one, we just had to try it. We found it very different and very good.

Contributor: Balsley, 1990: BEST RECIPES FROM LA TIMES

Korean Bean Sprouts

Yield: 5 Servings

Ingredients

- 1/2 lb bean sprouts
- 1 ts salt or to taste
- 2 tb sesame seeds, toasted
- 1/2 ts garlic powder karen says: use real garlic
- 1 pn cayenne pepper, optional
- 1/4 c finely chopped green onions

Instructions

Clean the bean sprouts. Drop into boiling water and boil 5 minutes. Drain well. Return to the pan. Stir in the salt, sesame seeds, sesame oil, garlic powder, cayenne, and green onions. Simmer 2 minute. Serve hot or cold.

Korean Bean Thread Sesame Noodles With Vegetables

Yield: 4 Servings

Ingredients

- 1 oz chinese dried mushrooms
- 1/2 oz chinese dried cloud ears
- 1/4 lb bean thread noodles
- 2 oz carrot
- 1 green pepper
- 1 sm onion
- 2 tb peanut oil
- 1/2 c water
- SAUCE-
- 2 tb light soy sauce
- 2 tb dark soy sauce
- 3 tb sesame oil
- 1 1/2 tb sesame seeds
- 1 tb finely chopped garlic
- 1 tb sugar
- 1 ts freshly ground black pepper

Instructions

Soak the dried mushrooms in warm water for 20 minutes until soft. Squeeze the excess liquid from the mushrooms and remove and discard the stalks. Cut the caps into shreds. Soak the cloud ears in warm water for about 20 minutes or until soft. Rinse them well in cold water and drain them thoroughly in a colander.

Soak the noodles in a large bowl of very hot water for 15 minutes. When soft, drain well. Cut the noodles into 3-inch lengths, using scissors or a knife.

Peel and finely shred the carrot. Finely shred the pepper and onion.

Heat a wok or large frying pan and add the oil. When moderately hot, add the mushrooms, cloud ears, carrot, onion, green pepper, and water and stir-fry for 5 minutes or until the carrots are cooked.

Combine the sauce ingredients and add them to the vegetables. Give the mixture a good stir, then add the noodles. Stir-fry the mixture for 2 minutes until well heated through. Serve at once or at room temperature.

Source: Asian Vegetarian Feast by Ken Hom William Morrow and Company, Inc.
New York ISBN: 0-688-07753-6 Typed for you by Karen Mintzias

Typos by Kath <http://www.cyberspc.mb.ca/~pickell/recipe.html>

Korean Beef Rib Marinade

Yield: 1 Servings

Ingredients

1/2 c cider vinegar
1/2 c reduced-sodium soy sauce
1/3 c orange juice
2 tb dark molasses
1/4 c chopped fresh ginger
2 tb paprika
1 tb grated orange zest
4 lg garlic cloves minced
1/2 ts coarsely ground black pepper

Instructions

In a small bowl, whisk together the vinegar, soy sauce, orange juice, and molasses. Whisk in remaining ingredients. Place meat in a single layer in a glass or ceramic dish. Add marinade, turning to coat. Cover and refrigerate, turning occasionally, 6 to 12 hours.

Recipe by: Cooking Live Show #CL8930 Posted to MC-Recipe Digest V1 #721 by "Angele and Jon Freeman" on Aug 4, 1997

Korean Beef Short-Rib Stew W/Egg Diamonds

Yield: 4 Servings

Ingredients

1/4 c sugar
1/4 c oriental sesame oil
4 lb beef short ribs, separated and chopped into 2-inch l
12 dried oriental mushrooms, such as shiitake
2 c boiling water
1/4 c sesame seeds
1/2 c soy sauce
6 md scallions, minced
8 sm garlic cloves, minced
1/2 ts salt
1 ts freshly ground pepper
2 very firm pears, peeled and grated
2 lg carrots, sliced on the diagonal 1/4 -inch thick
1/4 c macadamia or pine nuts
2 tb rice wine, such as sul or mirin

Instructions

EGG DIAMONDS

1 lg egg
1 ts water

1. In a large nonreactive bowl, stir together the sugar and sesame oil. Using a small sharp knife, deeply score the meat on the ribs. Add the ribs to the sesame oil mixture and toss to coat. Cover and set aside to marinate for at least 1 hour at room temperature, or refrigerate overnight.
2. In a medium bowl, soak the dried mushrooms in the boiling water until pliable, about 30 minutes.

3. Meanwhile, in a small dry skillet, toast the sesame seed over moderate heat, stirring occasionally, until fragrant and browned, about 6 minutes. Let cool slightly, then grind in a spice mill or crush in a mortar.
4. Add the sesame powder, soy sauce, scallions, garlic, salt, pepper and grated pear to the ribs. Stir until well blended. Set aside.
5. Using a slotted spoon remove the mushrooms from their soaking liquid squeeze the mushrooms over the bowl to extract the liquid. Pour the mushroom liquid through a coffee filter or a strainer lined with cheesecloth set over a medium flame-proof casserole. Using a sharp knife, slice off and discard the mushroom stems. Quarter the caps and set aside.
6. Add 2 cups of water to the mushroom soaking liquid and bring to a boil over high heat. Add the marinated ribs, mushrooms and carrots and return to a boil. Reduce the heat to moderately low, cover and simmer until the meat is tender when pierced with a fork, about 1 hour. Set aside to cool to room temperature, then cover and refrigerate overnight. (The recipe can be prepared to this pint up to 2 days ahead.)
7. In a small heavy skillet, toast the macadamia nuts, stirring frequently, until golden brown, about 5 minutes. Coarsely chop the nuts and set aside.
8. Skim the fat from the surface of the stew. Place the casserole over moderate heat and cook, stirring occasionally, until warmed through, 20 to 25 minutes. Using tongs, transfer the ribs to a plate. Increase the heat under the stew to moderately high and bring to a boil, then simmer until reduced slightly, about 8 minutes. Stir in the rice wine. Return the ribs to the casserole and continue to cook until serving time, up to 30 minutes. Transfer the stew to a serving bowl. Sprinkle the reserved macadamia nuts on top and garnish with the Egg Diamonds.

EGG DIAMONDS:

1. In a small bowl, beat the egg with 1 teaspoon of water until completely blended but not frothy.
2. Grease an 8 or 9-inch skillet and heat over moderate heat until hot, about 1 minute. Pour in the egg mixture and tilt the pan to thoroughly coat the bottom. Reduce the heat to low and cook the egg until tust form bout 2 minutes.
3. Turn the egg out onto a cutting board. Slice into 1-inch-wide strips, then cut diagonally into diamonds. (The diamonds can be made up to 1 hour ahead.)

Taken from Food & Wine October 1991 pg.118 / West Meets East: The Flavors of Asia Posted to EAT-L Digest 19 Feb 97 by larrysu on Feb 19, 1997.

Korean Beef Sticks

Yield: 6 Servings

Ingredients

- 1 lb boneless beef sirloin steak, 1/2 thick
- 1/4 c soy sauce
- 1 tb toasted sesame seeds
- 1 tb water
- 2 ts sugar
- 1/2 ts tabasco sauce
- 1 clove garlic, pressed
- 1 bamboo skewers

Instructions

Slice beef into 1/4" thick strips, each about 4-5" long. Thread onto bamboo skewers, keeping meat as flat as possible. Arrange skewers in large shallow pan. Blend soy sauce, sesame seed, water, sugar, pepper sauce and garlic, stirring until sugar dissolves. Pour mixture evenly over skewers turn over to coat all sides. Let stand 30 minutes, turning skewers over occasionally. Remove skewers from marinade place half on flat microwave-safe plate.

Microwave on High 30 seconds. Turn skewers over and bring skewers from outside of plate to center.

Microwave on High 30 seconds (for rare), or to desired degree of doneness. Repeat procedure with remaining skewers.

Serves: 6 From: Kikkoman recipe booklet

Posted by: Debbie Carlson Cooking Echo

Korean Braised Bean Curd

Yield: 1

Ingredients

1 block firm beancurd (must -be firm not floating in water)

MIX TO MAKE A SAUCE-

1 clove crushed garlic

2 ts dry roasted sesame seeds (grind them)

3 spring onions (finely sliced)

4 tb soy sauce

4 tb water

Instructions

Cut beancurd into cubes

Heat 1-2 tablespoons light oil in heavy based frying pan. Fry beancurd until brown on all sides. Pour prepared sauce over beancurd. Turn to low simmer, cover lid or plate and cook for 10 minutes until most of the liquid is absorbed.

Converted by MCBuster.

Per serving: 53 Calories (kcal) trace Total Fat (1 calories from fat) 5g Protein 9g

Carbohydrate 0mg Cholesterol 4124mg Sodium Food Exchanges: 0 Grain(Starch) 0

Lean Meat 2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Korean Bread

Yield: 1 Servings

Ingredients

1 lb malt flour

2 lb of red pepper powder

5 lb wheat flour

1 lb soybean flour, fermented

1 ga water

1 lb salt

Instructions

Lately I've been getting more into Japanese cooking which is different enough from Chinese that I had to do some serious larder stocking. It took visits to three different stores but I finally come up with the basics. One of the the stores turned out to be+++ta da!+++a Korean market so I now have the malt flour you keep referring to. In fact, I just put the first loaf utilizing it into the bread machine a few minutes ago.

Depending on how this loaf turns out, I'll post the recipe I've worked out for oatmeal bread.

This Korean market is a fairly decent sized store for a hole in the wall and they have just about everything one would need for Korean cooking, including a fresh meat counter. Nice find! I'm used to buying things with labels I can't read, but a lot of the stock in this store didn't have *any* labels at all! This stuff was obviously locally produced by the Korean community and some was recognizable as Kim Chee, various bean pastes and the like, but with some of the stuff, I had absolutely no idea what it was++or even whether it was animal or vegetable in origin. I'll go back when I have some time and find out what all those goodies are.

Here's a recipe that was on the bag of malt flour I thought you might get a kick out of. This is exactly the way it appeared on the bag. Put malt flour into lukewarm water and set aside for about 1 hour.

Pour the malt melted water into pot (throw away the button setting). Put wheat flour into malt water, and make slow boil on low heat, and then simmer for about 1 hour. Remove the glue from heat and mix fermented soy bean flour and then lastly add hot pepper powder and salt, and mix well. *As for salt, you may add or reduce to your taste.

*For soup use (Chigae), you better add more fermented soy bean flour.

From the label on Haitai Brand Malt Flour.

Posted by Stephen Ceideberg September 3 1993.

Korean Buffalo Osso Bucco

Yield: 4 Servings

Ingredients

4 buffalo shanks osso bucco-style

1/2 c soy sauce

2 tb sesame oil

4 green onion chopped

4 cloves garlic minced

1 tb fresh ginger chopped

1 carrot coarsely chopped

4 dried shiitake mushrooms

2 tb sugar

1/2 c sake or dry sherry

2 c water

*** MAYONNAISE ***

1 c mayonnaise

1 tb sesame oil

1 green onion, white part only finely minced

1 ts chili paste with garlic

1 tb lemon juice

1 tb black seasme seeds

Instructions

In a large pot, marinate the shanks by adding all the ingredients from the shanks to the sake or dry sherry. Marinate the meat for a couple of hours.

Then add the 2 cups of water.

The liquid should just cover the meat and vegetables. Bring to a boil and simmer for 1 1/2 to 2 hours, until the meat is very tender. You could serve the shanks at this point,

but grilling adds a little textural interest and a smoky flavor. Remove the shanks from the braising liquid and let them cool slightly.

Make the mayonnaise: combine in a small bowl all the mayonnaise ingredients. Set aside.

Preheat the barbeque to medium-high or turn on the broiler and adjust the oven rack to 6 inches from the heating element. Grill the shanks for 3 minutes on each side or until slightly crisp. Serve them topped with a dab of the mayonnaise and, optionally, some of the braised vegetables. A little pile of kimchee would also be good.

If buffalo is unavailable, substitute with beef, veal or lamb shanks.

Cindy-Recipe Researcher <http://communities.msn.com/cooking>

From cjhartlin@email.msn.com Sun Jan 03 22:56:22 1999

Contributor: Trevor Hooper Asian Tapas and Wild Sushi

Korean Bul Kogi #1

Yield: 10 Servings

Ingredients

5 lb flank steak 1/4 x 1/2 x 2 strips
2 garlic cloves
1/4 c sesame seeds toasted & crushed
1 ts pepper
1 ts sesame oil
1 c brown sugar
1/4 c peanut or corn oil
1 c finely chopped green onions
2 c soy sauce

Instructions

Place meat strips in bowl. Add garlic, sesame seeds, green onions, pepper, sesame oil, soy sauce, sugar and oil and toss to coat meat well.

Cover and let marinate at room temperature 4 hrs. BBQ over coals or under the broiler, turning and basting often with marinade until meat is done.

Per Serving: 594.2 Cal 48.6g Protein 27.4g Carb 2091.7mg Sodium 0.4g Fiber 32.0g Fat 10.9g SatFat 118.0mg Chol 243.1 Fat Cal (40.9)

Korean Bul Kogi

Yield: 1 Serving

Ingredients

2 garlic cloves crushed
1/4 c sesame seeds toasted and crushed
1 ts pepper, red your choice of heat
1 ts sesame oil
1 c brown sugar
1/4 c peanut or corn oil
1 c finely chopped green onions
2 c soy sauce

Instructions

Place meat in bowl. Add garlic, sesame seeds, green onions, pepper, sesame oil, soy sauce, sugar and oil and toss to coat meat well. Cover and let marinate at room temperature 4 hrs. BBQ over hot coals, turning once until the meat is done to your liking.

Make sure you make enough, because this stuff is good for breakfast right out of the fridge too.

You can also buy this marinade ready to use in most oriental markets. It's really good when you take a large leaf of lettuce, put some white rice on it, add a bit of green onion and the meat (without the bones) then wrap it up.

Posted to the BBQ List by Richard Schwaninger on Aug 13, 1998.

Korean Bulgogi

Yield: 1 Servings

Ingredients

2 lb flank steak, sliced into paper thin strips

3 scallions, cut at a slant into 1/2 pieces

2 cloves of fresh, minced garlic

3 tb sugar

1 ts sesame seed oil

1/2 c soy sauce

1/2 c water

1/2 ts msg

1/2 ts sesame seed

Instructions

Cut steak with sharp knife into paper thin strips. Add sugar and mix well by hand. Mix soy sauce and water and add garlic to this. Cut green onions and add to soy sauce mixture. Pour sauce mixture into meat, add MSG and mix again by hand. Add sesame seed oil and sesame seeds and mix again by hand. This is better if it marinates for at least 24 hours and will keep in the refrigerator for three days.

this was given to me by a Korean lady named Chin Wah Moores that I met while my husband was serving in the Air Force. I think you'll love it... everyone that I've served it to so far has! Enjoy!

Connie Yakley-Griffith. Alt.Culture.Hawaii

Korean Bulgoki

Yield: 5 Servings

Ingredients

3/4 c soy sauce

1 c rice wine (such as sake or shaoxing)

1 ts dark sesame oil

2 sm jalapeno or serrano chiles thinly sliced

1 ts fresh ground black pepper

5 green onions (including tops), thinly sliced

1 tb minced garlic

thumb-sized piece of fresh ginger peeled and minced

4 lb meaty thick-cut short ribs

1/4 c sesame seeds

2 tb minced cilantro

steamed rice for accompaniment

Instructions

1. Mix soy sauce, wine, oil, chiles, black pepper, green onions, garlic, and ginger in large roasting pan. Add ribs, turning them several times in liquid. Cover pan with foil or plastic wrap and let ribs marinate 3 hours at room temperature or overnight in the refrigerator, turning several times to coat meat thoroughly.

2. Preheat oven to 375 degrees F. Remove and reserve ribs and pour marinade into bowl. Return ribs to pan, bone side down, leaving some space between them. Bake until tender (40 minutes to 1 hour, depending on thickness), brushing with reserved marinade every 10 minutes.
3. At the final basting, sprinkle ribs with sesame seed. When done, remove from oven, sprinkle with cilantro, and serve immediately with steamed rice.

Per serving: 1219 Calories 101g Fat (78 calories from fat) 45g Protein 20g Carbohydrate 202mg Cholesterol 2608mg Sodium

NOTES : Salty, spicy, grilled Korean short ribs have attained worldwide popularity in recent years. This version is oven baked.

Sent by Mike Keri mkeri@vip.net on 4/19/98

Contributor: The California Culinary Academy

Preparation Time: 4:0

Korean Chicken Soup

Yield: 6 Servings

Ingredients

- 1 tb sesame seeds
- 8 c homemade chicken broth
- 2 tb finely chopped garlic
- 2 tb finely grated fresh ginger
- 1/2 c uncooked white rice
- 1 tb reduced-sodium soy sauce
- 1 ts toasted sesame oil
- 1 ts kochujang or other hot chile paste
- 1 c shredded cooked chicken
- 2 scallions, finely chopped

Instructions

In a small dry skillet, toast sesame seeds over medium-high heat, shaking often, until lightly browned and aromatic, about 1 minute. Transfer to a small bowl and set aside. In a large pot, combine chicken broth, garlic and ginger bring to a boil over high heat. Add rice, reduce the heat to medium-low and simmer until the rice is tender, 12 to 15 minutes. Stir in soy sauce and sesame oil add chile paste to taste. Add chicken and heat just until warmed through. Ladle the soup into bowls and garnish with scallions and the reserved sesame seeds.

Korean Chicken Wings

Yield: 1 Servings

Ingredients

- 4 lb chicken wings
- 1/2 c soy sauce
- 6 tb sugar
- 2 tb chopped chives
- 1 tb sesame seeds
- 4 cloves minced garlic
- 1 hot red pepper to taste

Instructions

Directions: Mix all ingr. except chicken, set aside. Dip chicken in flour and deep fry in electric skillet about four minutes on each side. Dip in sauce and place on paper towels. Serve hot or cold.

Note: This is GREAT! I got this recipe from a woman in my church when I lived in Phoenix. She got it while living in Korea and has been serving at everywhere from neighborhood partys to weddings. DONT PASS THIS ONE UP!!! You can leave out the red pepper for the children and I often dont deep fry at all. Just dip in sauce, bake on jelly roll pan in 350 oven for 1 hour. Redip for extra flavor and enjoy.

Posted to recipelu-digest Volume 01 Number 432 by The Rolands on Jan 01, 1998

Korean Cucumber Pickle (O-I Keem Chee)

Yield: 1

Ingredients

6 cucumbers

2 tb salt

2 scallions

1 clove garlic, minced

1/8 ts dried ground chili peppers

1/8 ts powdered ginger

1/2 ts chopped candied ginger (optional)

2/3 c water

Instructions

Scrub the cucumbers thoroughly. Cut in half lengthwise, then cut into pieces 1/2 inch thick. Sprinkle with 1 Tb of the salt and set aside for 10 mins. Wash and drain the cucumbers. Chop the scallion coarsely. Add the garlic, chili peppers, ginger, and remaining salt. Combine these ingredients with the cucumbers and place in a bowl. Add the water and stir. Cover and place in a warm spot. Marinate for at least 48 hours, although if the weather is cool it will sometimes take several days longer to become pickled. In order to prevent the pickle odor from spreading, either place in a secluded spot or cover well with several layers of cloth. Chill and serve cold as a relish.

Korean Cucumbers

Yield: 4 Servings

Ingredients

1 tb soy sauce

1 ts sugar

1/4 ts sesame chili oil

1 english cucumber about 10 long

1 1/2 ts toasted sesame seeds

Instructions

In medium size bowl, combine the soy sauce, sugar and sesame chili oil. Rinse the cucumber and pat dry. Trim the ends. Cut the cucumber in half lengthwise, then cut each half into pieces about 1/2" long. Add the cucumber pieces to the marinade, stirring gently, until the cucumbers are well coated with the marinade. Let stand for 5 to 10 minutes. Sprinkle the sesame seeds over the cucumber slices and serve with toothpicks.

Recipe by: 5 in 10 Appetizer Cookbook

Posted to MC-Recipe Digest by Meg Antczak on Mar 23, 1998

Korean Dipping Sauce

Yield: 4 Servings

Ingredients

4 tb soy sauce
4 ts rice vinegar
1 ts sesame oil

Instructions

Mix all ingredients. Serve with sauteed bean curd.

Madhur Jaffrey's "World of the East Vegetarian Cookbook"

Korean Eggplant Salad

Yield: 6 Servings

Ingredients

1 lg or 2 small eggplants
1 boiling water
2 tb corn oil
1 1/2 tb vinegar
1 pn sugar
1/2 garlic clove crushed
1 ts sesame oil
1 few dashes tabasco/cayenne -to taste
1 tb toasted sesame seeds*
1 ts soy or oyster sauce

Instructions

*Sesame seeds can be toasted by frying in a few drops of vegetable oil on top of the stove (or baked slowly in 200 F. oven until brown).

Cover eggplant with boiling water cook until barely tender. Drain, cool and peel cut into julienne strips 1/2" long.

Mix oil, vinegar, sugar, garlic, sesame oil, Tabasco (or cayenne), sesame seeds and soy (or oyster sauce) pour over eggplant. Cover and refrigerate 1 or 2 hours drain.

Serve with boiled or broiled fish or as a part of lettuce lunch.

Posted on WWiVNet by Carl Uhrmacher. Formatted by Cathy Harned.

Korean Grilled Beef

Yield: 1 Servings

Ingredients

3 ea green onions, finely chopped
4 ea garlic cloves, crushed
5 tb soy sauce
2 tb sesame oil
1 tb sesame seeds
1/4 c sugar
2 tb sherry or mirin (rice wine)
1/8 ts black pepper

Instructions

Slice the steak diagonally against the grain into very thin strips. Score each piece lightly. (This prevents meat from curling as it is grilling). Combine remaining ingredients in bowl, mix well, then add meat. Allow to marinate for several hours or overnight.

To prevent overcooking, grill meat just until it turns color, then remove from heat.

Remember, all meat continue to cook even when taken off heat. Serve with rice.

Korean Honey Marinade

Yield: 1 Servings

Ingredients

1/2 c soy sauce or dry white wine
1/4 c honey
2 ea green onions, chopped
2 tb sesame oil
1 tb grated ginger root
1/4 ts garlic powder

Instructions

COMBINE INGREDIENTS AND MIX THOROUGHLY. MARINATE FISH, MEAT, OR POULTRY FOR 1 HOUR OR MORE BEFORE COOKING. MAKES 1 1/3 CUPS. PREP TIME 15 MINUTES.

Korean Honeyed Rice With Nuts

Yield: 4 Servings

Ingredients

1/2 c blanched almonds chopped
1/4 c pine nuts
2 tb oil
4 c hot cooked rice
3 tb honey
1 1/2 tb soy sauce

Instructions

Saute nuts in hot oil in nonstick pan until lightly browned. Add hot rice mix with honey and soy sauce.

NOTES : A touch of honey and nuts are combined with hot rice. Not a dessert.

Recipe by: The Ultimate Rice Cooker Cookbook by Betty L. Torre

Posted to recipelu-digest Volume 01 Number 449 by James and Susan Kirkland on Jan 04, 1998

Korean Hot Pot Shin Sul Ro *

Yield: 0 Servings

Ingredients

8 oz beef or calves liver
8 oz prepared tripe
4 oz lean beef rump or fillet
4 oz lean ground beef or pork
1 salt and black pepper
1 egg
1 light soy sauce
1 sm carrot
6 dried chinese black mushrooms soaked
8 c rich beef broth
1 cn bamboo shoots (3 oz) drained
18 canned ginkgo nuts drained
2 tb pine nuts optional
1 fresh red chili shredded
3 green onions shredded

VINEGAR SOY DIPPING SAUCE-

3/4 c light soy sauce

1/4 c white vinegar

1/4 c white sesame seeds toasted and ground

2 ts finely chopped green onions

Instructions

This cook-at-the-table one-pot dish is served with a biting vinegar soy sauce dip. The meat and vegetables are eaten first then the stock, well flavored by the ingredients and pepped up with chili, is served as a soup with a sprinkling of diced onions.

Very thinly slice the liver, sprinkle with salt and pepper and fry lightly in a little vegetable oil with a few drops of sesame oil until colored and sealed on the surface.

Set aside.

Boil the tripe for 8 minutes in lightly salted water drain and cut into narrow strips.

Cut the beef into thin slices. Pound with a meat mallet or the side of a cleaver and cut into small squares.

Mix the ground meat with the egg, adding salt, pepper and a few drops each of sesame oil and soy sauce.

Form small meatballs with wet hands. Fry in a half-and-half mixture of sesame and vegetable oils until lightly browned.

Peel and slice the carrot. Drain the mushrooms and remove the stems. Bring the stock to the boil in a suitable vessel in the center of the table. Add the meat, vegetables and nuts and simmer gently for about 15 minutes. Spoon straight from the pot into small bowls with the vinegar soy dip.

When the meat and vegetables have been eaten, add the finely shredded chili and green onions to the remaining stock and serve in soup bowls.

Vinegar Soy Dipping Sauce: Mix all ingredients. The sauce keeps for several days in the refrigerator without the green onions, one day with the green onions added.

From Asia The Beautiful Cookbook. Typed by Syd Bigger.

Yield: 6 servings

NOTES : beef, pork

KOREAN MARINADE**

Categories: Bar-b-q, Marinades

Yield: 6 Servings

3 tb Sugar

2 tb Sesame oil

6 tb Soy sauce

1 Green onion, chopped

1 Clove garlic, minced

1 ds Pepper

2 tb Toasted sesame seeds*

1 tb Flour

Mix all ingredients together. Marinade for at least 1/2 hour or overnight at maximum. Baste meat with marinade while cooking.

This is enough marinade for approximately 2 lbs. meat.

It can be used on beef, ribs, chicken etc. My preference is on beef short ribs or a good porterhouse steak.

* can usually be found in the ethnic section of any supermarket or in a Chinese market etc.

Posted by: Debbie Carlson (D.CARLSON) GENie Reformatted for MM:dianeE
6/29/93

Korean Kim Chee 3

Yield: 1 Servings

Ingredients

3 lg cucumbers

1 1/2 tb salt

1 scallion (including top)

1 clove garlic

1/2 ts red chili pepper

1/2 c water

Instructions

PREPARATION: Cut off the ends of the cucumber, but do not peel. Cut each cucumber in half lengthwise and remove the seeds. Cut into 1-1/2-inch pieces. Mix 1 tablespoon of the salt thoroughly with the cucumber pieces and allow to stand for 15 minutes. Then was all the salt off.

Cut the scallion into thin strips lengthwise and then into 2-inch pieces.

Smash, peel, and mince garlic. Mince chili pepper. Combine cucumber, scallion, garlic, chili pepper, and the other 1/2 tablespoon of the salt and water, and mix thoroughly in a crock or pot. Cover tightly and allow to stand for 2 days at room temperature. This Kim Chee will keep for 2 weeks if refrigerated in a tightly covered jar.

SOURCE: Oriental Cooking Share by Cate Vanicek

Posted to TNT Prodigy's Recipe Exchange Newsletter by Nancy Berry on Jul 13, 1997

Korean: Kim Chee

Yield: 1 Servings

Ingredients

3 lg cucumbers

1 1/2 tb salt

1 scallion (including top)

1 clove garlic

1/2 ts red chili pepper

1/2 c water

Instructions

PREPARATION: Cut off the ends of the cucumber, but do not peel. Cut each cucumber in half lengthwise and remove the seeds. Cut into 1-1/2-inch pieces. Mix 1 tablespoon of the salt thoroughly with the cucumber pieces and allow to stand for 15 minutes. Then was all the salt off.

Cut the scallion into thin strips lengthwise and then into 2-inch pieces.

Smash, peel, and mince garlic. Mince chili pepper. Combine cucumber, scallion, garlic, chili pepper, and the other 1/2 tablespoon of the salt and water, and mix thoroughly in a crock or pot. Cover tightly and allow to stand for 2 days at room temperature. This Kim Chee will keep for 2 weeks if refrigerated in a tightly covered jar.

SOURCE: Oreintal Cooking

Share by Cate Vanicek

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Korean Marinade #2

Yield: 12 Servings

Ingredients

1 tb sesame oil
1/2 c lsoy sauce
1 tb vinegar
2 cloves garlic minced
1 cayenne pepper to taste
2 tb sesame seeds crushed

Instructions

Mix together well. Can be used with any meat. Marinate at least 1 hour. Makes about 3/4 cup.

per Tablespoon: 25 Kcal 2g fat (0.3g sat fat) 68 CFF 553mg Na (0.9g PRO/2.0g FAT/1.2g CHO) Exchanges: 1/2 FAT-20

NOTES : SODIUM: Use low sodium soy sauce to decrease the sodium level per serving to 323mg.

Recipe By : Anne Padgett

From: "R. Winters" Date: Fri, 22 Dec 1995 18:16:37 0600

Korean Marinated Shrimp

Yield: 6 Servings

Ingredients

1/2 C Orange juice
1/4 C Sherry
1/2 C Sesame oil
2/3 C Soy sauce
2 Tb Ginger, chopped
2 Garlic cloves, chopped
Zest of 1 orange, grated
2 Lb Shrimp
Orange slices
Watercress

Instructions

In a large mixing bowl, mix orange juice, Sherry, sesame oil, soy sauce, ginger, garlic and orange zest. Add shrimp and marinate 20 minutes, turning occasionally. Remove from marinade. Drain. Saute shrimp in batches in hot, flat, nonstick skillet, 1-1/2 minutes per side. Heap on plate and garnish with slices of orange and watercress.

Korean Meat Balls

Yield: 1 Servings

Ingredients

1 lb ground wild boar
2 tb soy sauce
1 ds pepper
1 clove garlic minced
1 green onion chopped
1 tb toasted sesame seeds
1/2 c flour
1 egg beaten with 1 tbsp. water

2 tb salad oil

Instructions

DIPPING SAUCE-

4 tb soy sauce

4 tb vinegar

2 ts honey or firmly packed brown sugar

1 ds liquid hot pepper seasoning

2 ts toasted sesame seeds or finely chopped green onion

From: becktech@txdirect.net

In a bowl combine the ground wild boar, soy sauce, pepper, garlic, green onion, and sesame seeds. Shape the meat into balls. Dredge each in flour, dip into egg mixture, and again into flour. Heat oil in heavy frying pan over medium heat. Cook thoroughly.

Serve with dipping sauce.

Dipping Sauce: Combine above ingredients.

WILD BOAR ACCOMPANIMENTS

Posted to recipelu-digest by jeryder@juno.com on Mar 21, 1998

Korean Meat Fritters (Chen Ya)

Yield: 4 Servings

Ingredients

2 lb sirloin tip steak

3 sprigs green onion, minced

2 tb sesame seed oil

2 ts sesame seeds

1/2 c soy sauce

1 clove garlic, minced

1 dash of black pepper

5 eggs

Instructions

Slice meat 3"x4"x1/4" thick. Combine all other ingredients except eggs and soak meat in sauce for one hour. Flour meat, dip in slightly beaten egg, and fry over medium heat until brown. Serve hot with sauce.

Sauce: 2 tbsp. soy sauce 1 tsp. chopped green onion 1 tsp. sesame seeds 1 tsp. vinegar 1 tsp. sugar Mix all ingredients together.

Korean National Dish

Yield: 4 Servings

Ingredients

1 lb flank steak or top round o

1/2 c soy sauce,

1 salt & pepper,

6 tb sesame seeds roasted ground

4 tb sesame oil,

3 ea green onion scallions, top

1 clove garlic crushed.

Instructions

Preparation: Mix the Soy, sugar, meat, 1 half of the sesame seed, scallions, garlic, oil and the salt and pepper together in a bowl. Marinate for 3 hours at room temperature stirring occasionally. Preheat your broiler and when hot lay the beef strips on the

broiler pan and cook for about 6 minutes until browned and cooked. Remove from heat, sprinkle the remaining seeds over the top and serve immediately.
Excellent with rice and Kim Chee.

Korean: Orange-Flavored Bean Sauce

Yield: 1 Servings

Ingredients

1/2 c korean-style bean paste (kochu jang)
1 tb red wine vinegar
2 tb fresh orange juice
2 tb sugar
1 freshly grated peel 1 small orange

Instructions

In a small bowl, combine all ingredients until smooth. Serve at once or cover and refrigerate until needed.

Variation: Use red peppers, eat over rice.

Makes 3/4 cup

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Korean Pork Or Beef

Yield: 4 Servings

Ingredients

12 ts pork tenderloin, slices
1 marinade:
1/2 c soy sauce,
1/4 c water,
3 tb sugar,
2 green onion scallions, c
2 c garlic crushed
2 pn ginger chopped,
1 salt & pepper.

Instructions

Preparation: Combine the meat with the marinade and allow the mixture to soak for about 2 hours at room temperature, Stir occasionally to make sure all of the meat gets well coated. Then take the meat from the marinade and dry on paper towels. Be sure to save the marinade. Coat the sides and bottom of a baking dish with 2 or 3 Tbs. of Sesame oil and arrange to pork in the dish so there is only one layer of the meat. Bake in a pre heated oven (375 F) for 50 minutes until the meat is tender. While the meat is baking take the marinade and in a sauce pan bring to a boil. When boiling reduce the heat to low and cook for approx 15 minutes. The amount should be a little reduced.

When the meat is finished baking pour its cooking juices into the reduced marinade and bring the liquid to a boil again. Put the meat on a serving dish and pour some of the hot liquid over the pork. The remainder of the hot liquid can be served separately for those who wish to have more liquid on their meat or as a gravy on their rice. Bul-ko-kee: Almost the Korean National dish. Very popular in Hawaii and Korean cafes on the US west Coast.. THEODORE SEDGWICK (XPST31A)

Korean Ribeye Steak

Yield: 2 Servings

Ingredients

2 rib eye
1 bn green onion cut in pieces
1 clove garlic or 1 tbs minced garlic from
1 ts black pepper
1/8 c red wine vinegar
1/8 c extra virgin olive oil
1/8 c sesame oil
1/3 c soy sauce
2 tb brown sugar
1 pear sliced (optional)

Instructions

1. Combine all ingredients except steak.
2. Mix well
3. Add steak to marinade and place in refrigerator overnight.
4. Grill to your liking.

Per serving (excluding unknown items): 322 Calories 27g Fat (74 calories from fat) 3g Protein 19g Carbohydrate 0mg Cholesterol 2750mg Sodium

Serving Ideas : Serve with rice

Sent by Mike Keri mkeri@vip.net on 4/19/98

Contributor: Stu Hopper

Preparation Time: 0:30

Korean Ribs

Yield: 6 Servings

Ingredients

4 lb beef short ribs, 2 1/2 long
2/3 c kikkoman teriyaki sauce
1 tb toasted sesame seeds
1 ts sugar
2 ts tabasco sauce
2 lg. cloves garlic, pressed

Instructions

Score meaty side of ribs opposite bone, 1/2" apart, 1/2" deep, lengthwise and crosswise. Place ribs in large plastic bag. Combine teriyaki sauce, sesame seed, sugar, Tabasco and garlic pour over ribs.

Press air out of bag tie top securely. Refrigerate 4 hours, turning bag over occasionally. Remove ribs and broil or grill 4" from heat source or hot coals 15 to 18 minutes, or until outsides of ribs are brown and crisp. Turn ribs over occasionally during cooking.

Serves: 4 From: Kikkoman recipe booklet

Posted by: Debbie Carlson Cooking Echo

Korean Rolled Egg

Yield: 1

Ingredients

3 eggs, beaten very well (w/ 1 tbsp water added)
3 eggs, salt to taste (beaten into egg)

3 eggs, half pinch of msg, if you like
1/2 ts real sesame oil (not the light-colored peanut oil 1/2 ts tsp
1 sliced scallion, if you wish sliced
1 oil for fry pan

Instructions

Heat oil in pan at medium to medium high heat. Beat all ingredients into egg. Pour egg into hot pan and allow to spread out. As edges and center begin to firm, GENTLY start lifting and folding egg with spatula (you'll be folding/rolling into several 1.5 inch [approx.] folds). As egg gets firmer, keep folding/rolling like a jelly roll until completely rolled.

Turn off heat and gently flip rolled egg over, then let sit for half minute or so to make sure it is cooked through. Remove to plate and let sit for 3-5 minutes or so. With sharp knife, slice rolled egg into 1/3 inch pieces (cut width-wise, not length wise). Arrange egg slices to look pretty on a plate. Serve with white rice and kimchee, if you have it. *** Variation If you like, after you pour egg into pan, place a sheet of dried seaweed over the egg before folding. When you slice it later, it will look lovely... and taste wonderful.

Source: <http://home.sprynet.com/~balgassi/recipe.htm#egg> Children's Author Haemi Balgassi's Favorite Recipes

Author's note: This recipe was handed down to me by my mother, and I think she got it from her mother, too. It's delicious with white rice and any kind of kimchee on the side. This dish is one of my daughter's and my favorites... and so easy! We hope you enjoy it, too.

mailto: EthnicRegionalMCook-owner@onelist.com

Korean Salad

Yield: 1 Serving

Ingredients

salad
1 bag spinach washed
1 cn waterchestnuts canned thinly sliced
2 eggs hard boiled
1 cn bean sprouts drained
1 pk bacon crisp crumbled
dressing
3/4 c sugar
1/4 c vinegar (1/2)
1 c oil (1/2)
1/3 c catsup (1/2)
2 ts worcesterster
onion to taste
salt to taste

Instructions

Salad Tear spinach into bite sized pieces. Dressing Blend in Blender untill smooth.

Per serving: 2822 Calories 230g Fat (71 calories from fat) 17g Protein 189g

Carbohydrate 367mg Cholesterol 1200mg Sodium ###

Per serving (excluding unknown items): 580 Calories 0g Fat (0 calories from fat) 0g

Protein 150g Carbohydrate 0mg Cholesterol 2mg Sodium

Sent by Mike Keri mkeri@vip.net on 4/19/98

Contributor: Mary Davis

Korean Salted Eggs (Talgyal Changjorin)

Yield: 1 Servings

Ingredients

5 hard boiled eggs

1/4 c soy sauce

1 tb sugar

2/3 c water

1 ts ginger juice lettuce leaves

Instructions

Method: Peel eggs. Simmer the peeled eggs with 2/3 cup water, 1/4 cup soy sauce, 1 T sugar and ginger juice in a pot. when the liquid is almost evaporated, cook them on high heat until glazed. Cool the eggs and cut into bite size pieces. serve on lettuce.

These eggs turn a beautiful color of brown and are easy to do.

They taste great too. "Ddo Bob-si-di." Korean for "see you again". From Wendy Hammett KJJV74B.

Converted by MMCONV vers. 1.20

Korean Seasoned Raw Beef

Yield: 4 Servings

Ingredients

1/2 lb Very lean beef flank steak or sirloin

2 tb Korean Barbecue Sauce see * Note

1 ts Sesame oil

1 ts Sesame seeds toasted

1 Garlic clove crushed

1 Egg yolk in half shell

Instructions

* Note: Seethe "Korean Barbecue Sauce" recipe which is included in this collection.

Slice the beef across the grain into 1/8-inch thick slices. Cut the slices into julienne strips. Using a cleaver, chop the meat coarsely. Mix the meat with the remaining ingredients, except the egg yolk. Mound onto a plate and chill very well.

Serve with the egg yolk garnish sitting in its shell on top of the mound.

Comments: The first time I tasted this dish I was in the Woo Lae Oak Restaurant in Los Angeles. It was served ice cold, almost with ice flakes in the meat, and I was terribly impressed. Remember to keep the meat very cold.

Recipe Source: THE FRUGAL GOURMET by Jeff Smith From the 07-08-1992 issue The Springfield Union-News

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com -or MAD-SQUAD@prodigy.net 07-12-1994

Contributor: Jeff Smith

Korean Sesame & Ginger Marinade

Yield: 1 Servings

Ingredients

FOR BEEF, LAMB, PORK

4 large garlic cloves crushed

2 ts fresh grated ginger root

2 tb sugar

2 tb peanut oil

2 scallions chopped
1/2 ts crushed, dried hot red pepper
2 tb toasted white sesame seeds
6 tb soy sauce

Instructions

Combine all ingredients in a bowl. Makes about 1-1/2 cups.

Korean Sesame And Ginger Marinade

Yield: 1 Serving

Ingredients

for beef

4 lg garlic cloves crushed
2 ts fresh grated ginger root
2 tb sugar
2 tb peanut oil
2 scallions chopped
1/2 ts crushed dried hot red pepper
2 tb toasted white sesame seeds
6 tb soy sauce

Instructions

Combine all ingredients in a bowl. Makes about 1-1/2 cups.

Per serving (excluding unknown items): 421 Calories 27g Fat (56 calories from fat) 7g

Protein 40g Carbohydrate 0mg Cholesterol 6180mg Sodium

Sent by Mike Keri mkeri@vip.net on 4/19/98

Korean Sesame Chicken Wings

Yield: 1 Servings

Ingredients

3 lb chicken wings
1/4 c flour
1/2 c cornstarch
1 1/4 ts salt
1/4 c sugar
1 tb sesame seeds toasted
2 cl garlic minced
2 green onions chopped
2 eggs beaten
5 ts soy sauce (kikkoman)
1 oil for deep frying

Instructions

Recipe by: lynne nishihara

Cut wings in half after removing tips. Wash and pat dry. Mix remaining ingredients and marinate wings 3 hours or overnight. Batter will be thick, but will thin down during marinating. Deep fry until golden brown and drain on paper towels.

Notes: Sliced flank steak or boneless chicken pieces may be substituted. I usually double the sesame seeds and green onions.

Sharon, Anna's recipe is similar to one I have. I've used both flank steak and chicken (wings and breast fillet strips). The main difference seems to be the addition of flour and cornstarch and deep frying (watch them arteries!). I posted it a long while ago, so this is a reprint.

Korean Sesame Ginger Chicken

Yield: 4 Servings

Ingredients

1 1/2 lb boneless chicken cut in 1 pieces
1 lemon juice of
1 cornstarch for coating
1 vegetable oil for deep frying
1 dipping sauce
6 tb soy sauce*
2 tb water*
1/4 c sugar*
1 generous grating fresh ginger*
2 cloves minced garlic*
2 tb toasted sesame seeds*

Instructions

Marinate chicken in juice of one or more lemons. (Gets rid of 'supermarket" flavor.)Put a generous amount of cornstarch in a bowl and add a few pieces of chicken at a time. Toss them around to get them thoroughly coated. Set an oven-proof platter in the oven on a low temperature (maybe 200 to 225) to receive each batch of chicken pieces after you fry and dip them. Prepare sauce with the asterisked items. Fry about 1/2 cup of chicken pieces at a time in oil preheated to the proper frying temperature. (I used a Fry Daddy.) Remove the crisp pieces with a slotted spoon and let them drain. They don't get very brown if you wait for them to brown they'll overcook!). Dip immediately in the prepared sauce. Serve after miso soup with sticky white oriental rice, kimchee (if you dare-ifs red hot fermented Korean-style cabbage) and jasmine tea.

Posted to recipelu-digest Volume 01 Number 352 by James and Susan Kirkland on Dec 09, 1997

Korean Sesame Marinade

Yield: 1 Serving

Ingredients

1 1/2 c Soy sauce
5 Garlic cloves (to 6) finely minced
3 tb Thinly-sliced green onion
1/4 c Packed brown sugar
2 tb Sesame oil
2 tb Roasted sesame seeds
1 tb Maple syrup
1 tb Sugar
2 ts Grated fresh ginger
1/2 ts Cracked black pepper

Instructions

In a large bowl, combine ingredients. Marinade will keep several weeks in refrigerator (indefinitely if you omit green onion).

Use as a marinade and baste for barbecued beef and shrimp. Marinate thinly sliced sirloin roast overnight in refrigerator, thread on skewers, and grill.

This recipe yields about 2 1/2 cups of marinade.

Recipe Source: THE ULTIMATE BARBECUE SAUCE COOKBOOK by Jim Auchmutey and Susan Puckett - (recipe by Eddie Kaai) (c) 1995
Longstreet Press, Atlanta, GA 156 pages \$14.95 As reprinted in the Jul/Aug, 1996 issue of Cookbook Digest
Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com
-or MAD-SQUAD@prodigy.net 11-16-1997
Contributor: Eddie Kaai

Korean Sesame Salt

Yield: 1 Servings

Ingredients

1/2 c white sesame seed

1/4 ts salt, optional

Instructions

Salt substitute to sprinkle on vegetables, stews.

In a heavy skillet or wok, gradually heat the sesame seed over low heat until golden and puffy. Shake the pan frequently to toast evenly. Remove from heat then the sesame begins to turn light brown and you can smell it. Stir in the salt, if using. Cool mixture.

Grind in a blender or mortar. Store in tightly covered jar.

1 tsp, 17 calories, 1/2 fat exchange carbohydrate & protein & fiber negligible, fat 1.5 grams 14 mg potassium, 18 mg sodium, 0 cholesterol

Source: Diabetic Cooking from Around the World by Vilma L. Chantiles 1989 ISBN 0-06-016057-8 Shared but not tested by Elizabeth Rodier Nov 93

Korean Short RibsBgkp90A***

Yield: 1 Servings

Ingredients

1 c soy sauce (not heavy or di

1/3 c brown sugar

5 c garlic, minced or crushed

3 tb vegetable oil or sesame o

Instructions

The following is a recipe for Korean Short Ribs, Kal Bi (that's the phonetic spelling I've seen used in Hawaii and in Korean rest. in U.S. The following is a recipe for Korean Short Ribs, Kal Bi (that's the phonetic spelling I've seen used in Hawaii and in Korean rest. in U.S. Combine all the ingredients into a pan and marinate up to abt 4 to 5 lbs of beef short ribs. Marinate at least 2 hrs, preferably overnight.

Ribs can be left whole or they can be English cut by the butcher or market. Authentic Korean style is to slice very carefully and very thinly while "unrolling" the rib as you go. If done correctly, you'll end up with a strip of meat the width of the bone x abt 6" to 9" long of uniform thickness with the bone still attached by the cartilage or membrane on the bone. Grill over hot coals quickly try for medium rare. Serve with white steamed rice and an oriental salad or veggie for side dish. It's super easy and quick. Good for BBQ w/ friends. And for those that are lucky enuf to live in Maui, these are available fresh daily at Azeki's Meat Market, Kihei. People buy them there and take them home to BBQ for visiting friends from the Mainland. They will also pack them up for you frozen with advance notice so you can take them home with you on the air plane at no extra charge!

We brought home 20 lbs to SFO and they were no worse for the travel. I've talked to people that took them all the way to Chicago with no problems. Last time I was there, a lady from Seattle was arranging for them to ship 120 lbs, frozen. She was hosting a dinner party for 45 people and she wanted some for the freezer for future use. If you've never tried them, watch for Korean rest. in your area and try em. You'll like them. Jim Quon, SF FROM: JAMES QUON (BGKP90A)

Korean Skewered Beef

Yield: 1 Servings

Ingredients

1 lb sirloin steak
1 clove garlic, crushed
1/2 c soy sauce
1/4 c sesame or other oil
1/4 c minced green onions toasted sesame seeds

Instructions

Thinly slice steak into 1-inch wide strips. Dip strips into a marinade made by combining garlic with rest of ingredients. Now dip in crushed toasted sesame seeds to cover the meat completely, and return to the marinade for an hour. Weave on bamboo sticks and broil quickly, or, if you prefer, fry quickly in a little oil. (The sesame seeds are toasted by cooking slowly in a heavy skillet, until brown.

They are then crushed in a mortar or heavy bowl, with salt. The mixture should not be smooth.)

From "The Complete Book of Outdoor Cookery" by James A. Beard and Helen Evans Brown.

Hayward Daily Review. 7/1/90

Posted by Stephen Ceideburg July 27 1990.

Korean Spiced Beans

Yield: 6 Servings

Ingredients

3 tb ons, soy sauce, low sodium or tamari
3 tb ons, firmly packed brown sugar
1/3 c water
1 tb on, catsup
3 cloves garlic, crushed
1/2 ts fresh ginger root, grated
4 c cooked kidney beans, or 2 16-ounce cans kidney beans, rinsed and drained
2 ts s, cornstarch dissolved in 1/4 c water

Instructions

In a medium saucepan, combine soy sauce, brown sugar, water, catsup, garlic and ginger. Mix well. Stir in beans. Bring to a boil over medium heat, stirring occasionally. Stir in cornstarch mixture and add to the beans. Continue to cook, stirring constantly, for 1 2 minutes.

Serve over brown rice.

Source: The Meatless Gourmet Easy Lowfat Favorites. by Bobbie Hinman.

Per serving: 188 Calories 1g Fat (3 calories from fat) 11g Protein 36g Carbohydrate 0mg Cholesterol 277mg Sodium

Posted to Digest eat-lf.v097.n060 by ilenewar@starnetinc.com on Mar 03, 1997.

Korean Style Barbecue Sauce

Yield: 1 Cup

Ingredients

1 tb ginger, grated
3 cloves garlic, diced
1 red chili pepper
1/4 c salad oil (sesame seed oil)
2 tb sake (japanese wine)
2 tb sugar (more if needed)
1/2 c shoyu

Instructions

Mix all above ingredients in order in a bottle and shake well. Leave in icebox overnight. This sauce can be used with short ribs, chicken, teriyaki etc.

From "My Recipes", Red Hill Elementary School, Honolulu, HI, 1973

Korean Style Beef Cubes

Yield: 1 Servings

Ingredients

1 1/2 lb boneless sirloin steak
1/4 c soy sauce
1 ts sesame oil
1 ts minced ginger root
1 ts minced garlic
1 1/2 ts sugar
1/2 c chopped green onions
2 hawaiian red peppers, seeded and minced
2 tb salad oil
1 1/2 tb soy sauce
1 tb sesame seed, toasted and ground

Instructions

Cut meat into 3/4-inch cubes. Combine the 1/4 cup soy sauce, the sesame oil, ginger, garlic, sugar, onions, and peppers marinate meat in sauce for 1 hour. Before cooking, drain meat heat oil in skillet.

Add meat and stir fry for 2 minutes or until done. Sprinkle with the 1 1/2 tablespoons soy sauce and the sesame seed before serving.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

Korean Style Flank Steak

Yield: 6 Servings

Ingredients

1 1/2 lb flank steak
1/4 c sesame seeds
1/4 c corn oil
1/4 c soy sauce
1/4 c karo dark corn syrup
1 sm onion, sliced
1 cl garlic, crushed
1/4 ts black pepper
1/4 ts ground ginger

Instructions

Fat grams per serving: Approx. Cook Time: 8 min Removed tendons and trim steak. Score meat. In a shallow baking dish, stir together sesame seeds, corn oil, soy sauce, corn syrup, onion, garlic, pepper and ginger. Add steak, turning to coat.

Refrigerate, turning once, several hours or overnight.

Broil steak about 6 inches from source of heat, turning once, about 8 minutes or until cooked to desired doneness. Slice steak diagonally and serve immediately. From The Best Recipes From the Backs of Boxes, Bottles, Cans and Jars by Ceil Dyer.

Korean Style Glaze

Yield: 1 Servings

Ingredients

1 egg yolk

2 tb honey

1 tb soy sauce

1 ts seasoned salt

1/8 ts garlic salt

Instructions

MIX ALL INGREDIENTS WELL.

Korean Style Grilled Chicken Garry Howard

Yield: 1 Serving

Ingredients

1/4 c Sesame seeds

1/4 c Corn oil

1/4 c Soy Sauce

1/4 c Dark Corn Syrup (Karo)

1 Small onion sliced

1 Clove garlic crushed

1/4 ts Pepper

1/4 ts Ginger ground

1 Broiler-Fryer Chicken cut up

Instructions

In a shallow baking dish stri together the first eight ingredients. Add chicken, turning to coat. Cover and refrigerate, turning once, at least three hours. Grill over low coals, turning and basting frequently, about 50 minutes.

NOTES : MasterCook formatted by: Garry Howard, Cambridge, MA

g.howard@ix.netcom.com <http://members.aol.com/garhow>

Contributor: Best Barbecue Recipes by Mildred Fische

Korean Venison

Yield: 1 Serving

Ingredients

3 lb Venison meat (any cut) sliced as thinly as possible

1 c Soy sauce

1/2 c Sesame oil

1/4 c Hot water

4 ts Sugar

1/4 c Sake or vermouth

1 ts Hot oil
1 ts Red pepper flakes
1/3 ts Freshly-ground white pepper
4 Scallion stalks chopped thin
10 Garlic cloves crushed or chopped

DIPPING SAUCE

1/2 c Soy sauce
1/4 c Sesame oil
2 tb Sugar
1/8 c Sake or Vermouth
1/8 c Hot water
1 ts Red pepper flakes
2 Scallion stalks chopped thin
2 Garlic cloves chopped thin

Instructions

Marinate venison in warmest part of refrigerator 2 to 3 days. Broil or grill. Mix all dipping sauce together.

Serve venison with two six-packs beer and dipping sauce, or use sour cream for dipping.

If it is too much sesame for your taste, halve the amount of sesame oil, and use cooking oil in its place.

This recipe yields ?? servings.

Comments: If you're not sure how to use venison you have on hand, instead of just making stew, try the following. It can be done on the grill or in the broiler. If you like spicy, try it!

Recipe Source: Publication and Author Unknown Downloaded from

<http://www.neosoft.com/recipes/ftp>

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com

-or MAD-SQUAD@prodigy.net 05-31-1997

Korean Vinegar Chicken Crockpot

Yield: 4 Servings

Ingredients

8 boneless, skinless chicken breasts
1/2 c apple cider vinegar
4 bay leaves
2 garlic cloves, minced
1 dash of pepper
1 tb worchestershire sauce

Instructions

Simmer all ingredients in medium sized nonaluminum pan over medium heat for 1 hour. Do not boil vinegar out.

This is also a great recipe to put into the crockpot on low and let cook all day (around 8 hours). Great served over rice for a fast dinner. To keep the liquid from boiling out, we double the amount of vinegar (dilute with a little water or chicken broth).

Posted by Loren Martin on ILink Cuisine

Korean Wontons

Yield: 60 Servings

Ingredients

1 Pound Wonton skins
1 Pound ground beef lean
1 Each Green pepper chopped
8 Ounces Bean sprouts chopped
1 Each Onion chopped
1 Each Egg beaten
1 Teaspoon Msg
1/4 Cup Soy sauce
4 Tablespoons Oil sesame
3 Each Green onion chopped
Black pepper

Instructions

Mix all ingredients except wonton skins. Put 1 T. of filling in each skin, fold and seal with egg. Deep fry until golden brown.

Nutr. Assoc. : 0 693 685 95 999 541 923 0 986 998 0

Korean-Style Cucumber Salad

Yield: 1

Ingredients

3 lb pickling cucumbers peeled
1 md onion peeled
1 ts kosher salt
3 1/2 tb lemon juice
1/4 ts cayenne pepper (or more)
2 tb crushed roasted sesame seeds
1 1/2 tb sesame oil

Instructions

1. Cut the cucumbers and onion into very fine slices (a food processor may be used for this). Sprinkle with salt, mix well, and set aside in a bowl for an hour.
2. Drain all the accumulated liquid and discard. Add the lemon juice, cayenne pepper (Koreans like this dish very hot), sesame seeds, and sesame oil. Mix well, cover, and refrigerate. Serve cold or at room temperature. Serves 6 people

From <http://www.orientalfood.com>

Korean-Style Grilled Beef Short Ribs & Scal

Yield: 6 Servings

Ingredients

6 2 thick
5 cloves garlic minced
1/2 c soy sauce
3 tb oriental sesame oil
2 ts fresh ginger root minced
3 tb sugar
2 ts white vinegar
2 ts sesame seed
1 ts pepper
18 scallion trimmed
1 beef short ribs

Instructions

Cut through the meaty side of each short rib to the bone at 1/2 inch intervals, leaving the meat attached to the bone. In a bowl whisk together well the garlic, soy sauce, oil, ginger root, sugar, vinegar, sesame seeds, pepper and coat each thoroughly with the marinade. Transfer the ribs as they are coated to a large resealable plastic bag. Add the scallion and any remaining marinade to the bag, seal the bag and let the mixture marinate, chilled, turning the bag occasionally overnight.

Grill the ribs, and the marinade discard, meaty side down on a oiled rack set 4-5 inches over glowing coals for 8 min., turn them and grill them for 6 min. more for medium-rare. Grill the scallions for 4 min. or until they are just brown.

Recipe By :

From: Favorite Fruitcakes By Moira Hodg

Korean-Style Grilled Chicken Wings

Yield: 1 Recipe

Ingredients

1 no ingredients

Instructions

1 tb vegetable oil

1/2 white onion peeled and diced small

2 tb minced garlic

3 tb minced ginger

2 tb minced fresh chile pepper (optional)

1/2 red bell pepper seeded and diced small

1/2 green bell pepper seeded and diced small

1/2 c hoisin sauce (see note)

1/4 c fresh lime juice (about 2 limes)

30 chicken wings cut into sections, tips discarded

Salt and freshly cracked pepper to taste

1/4 c roughly chopped fresh basil

In a small saucepan over medium heat, heat the oil until hot but not smoking. Add the onion and saute, stirring occasionally, until transparent, 5 to 7 minutes. Add the garlic, ginger and chile, if using, and saute, stirring occasionally, for 1 minute. Add the bell peppers and saute, stirring occasionally, until soft, about 3 minutes. Stir in the hoisin sauce and lime juice, bring to a simmer and simmer gently for 5 minutes, stirring occasionally. Remove from heat and set aside.

Sprinkle wing sections with salt and pepper and grill over a medium-hot fire, turning occasionally, until golden brown, about 5 minutes. Or spray a broiler rack with nonstick spray and broil about 6 inches from heat for 10 minutes. Turn and broil until brown, about 5 to 10 minutes longer.

Place wings in a medium bowl. Add the sauce and the basil, toss, and serve immediately. (We found these will also keep warm in a slow cooker set on low.)

Makes 4 to 6 servings.

Note: Hoisin sauce is a dark, sweet sauce used in Chinese cooking. It is available in many supermarkets and in Asian markets.

SOURCE: The Charlotte Observer, January 28, 1999 Winging it / By KATHLEEN

PURVIS MM-format by Petra

Korean-Style Grilled Chicken

Yield: 1 Servings

Ingredients

1/4 c sesame seeds
1/4 c corn oil
1/4 c soy sauce
1/4 c dark corn syrup (karo)
1 sm onion sliced
1 clove garlic crushed
1/4 ts pepper
1/4 ts ginger ground
1 broiler-fryer chicken cut up

Instructions

In a shallow baking dish stri together the first eight ingredients. Add chicken, turning to coat. Cover and refrigerate, turning once, at least three hours. Grill over low coals, turning and basting frequently, about 50 minutes.

Posted to MC-Recipe Digest V1 #171

Date: Sun, 28 Jul 1996 12:28:13 -0700

From: Carey Starzinger BBQ Mailing List NOTES : MasterCook formatted by: Garry Howard, Cambridge, MA g.howard@ix.netcom.com <http://members.aol.com/garhow>

Korean-Style Marinated Skirt Steak/Grilled Scallions/Tortill

Yield: 4 Servings

Ingredients

1 tb sugar
3 tb soy sauce
1 tb sake
4 lg cloves garlic finely chopped
3 scallions white part only, minced
2 ts finely chopped ginger
2 ts toasted sesame oil
1 lb skirt steak trimmed and cut into 4 portions
1 tb vegetable oil
1 salt and freshly ground pepper

Grilled Scallions With Warm Tortill see * Note

Instructions

* Note: See the "Grilled Hoisin Glazed Scallions With Warm Flour Tortillas" recipe which is included in this collection.

Preheat grill. Combine sugar, soy sauce, sake, garlic, scallions, ginger and sesame oil in a mediumsize flat dish. Add the steak and coat well with the marinade. Let marinate at room temperature for 30 minutes, turning once. Remove meat from marinade and grill on each side for 2 to 3 minutes, for medium rare. Remove from grill, cover and let rest for 5 minutes. Slice thinly against the grain.

Serve with Grilled Hoisin Glazed Scallions With Warm Flour Tortillas.

Yield: 4 servings

Recipes by Bobby Flay HOT OFF THE GRILL 8/5/98 SHOW #HG1A15

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Busted and Posted to MCrecipe and Kitmail 8/98 by JoAnn Pellegrino

Recipe by: Bobby Flay/TVFN

Posted to KitMailbox Digest by Pat Hanneman on Aug 28, 1998, converted by MMBuster v2.01.

HG-1A15 broadcast 07-16-1998) Downloaded from their Web-Site -
<http://www.foodtv.com> Formatted for MasterCook by Joe Comiskey, aka MR MAD
jpmd44a@prodigy.com -or MAD-SQUAD@prodigy.net 08-05-1998

Korean-Style Short Ribs

Yield: 4 Servings

Ingredients

4 lb beef short ribs 2 1/2 long
1/2 c soy sauce
1/4 c water
1 tb sugar
1 tb sesame seeds toasted
1 ts tabasco sauce
1/2 ts garlic powder

Instructions

Score meaty side of ribs, opposite bone, 1/2 inch apart, 1/2 inch deep, lengthwise and crosswise.

Combine soy sauce, water, sugar, sesame seed, Tabasco and garlic powder stir until sugar dissolves.

Place ribs and sauce in large plastic bag press air out of bag and close top securely.

Marinate 2 hours in refrigerator, turning bag over occasionally. Remove ribs from marinade and place on broiler pan broil 2" from heat for 15 minutes, or until ribs are brown and crispy on all sides.

Posted on WWiVNet by Carl Uhrmacher. Formatted by Cathy Harned.

Korean-Style Tako Poke (From "The Choy Of Cooking")

Yield: 4 Servings

Ingredients

2 lb fresh ogo (edible seaweed)
1 lb tako (octopus)
1 maui onion, diced
1/2 c chopped green onion
1 c rice vinegar
1/2 c soy sauce
1/2 c sugar
3 tb roasted sesame seeds
2 tb bottled korean kochu jang
1 (hot chile paste)
1 ts minced fresh ginger
2 cloves garlic, minced

Instructions

Cut ogo in 2-inch lengths. Cook tako and slice . In a mixing bowl, combine all ingredients. Serve very cold at tailgate and back yard barbecues. Makes 6 servings, each 1/2 cup.

Approximate nutritional analysis per serving: 65 calories, 1 gram total fat, no saturated fat, 10 milligrams cho lesterol, 470 milligrams sodium.

Korean-Style Tako Poke

Yield: 4 Servings

Ingredients

1 octopus
1 limu (seaweed)
1 hawaiian sea salt
1 chiles
1 inamona (roasted kukui nut paste)

Instructions

Korean-Style Tako Poke is flavored with Korean chile paste.

Presenting a trio of tako poke tastes TAKO poke does not mean to jab with a Mexican style sandwich made of tortillas. Tako is the Japanese word for octopus, and tako poke (pronounced POE-keh) refers to a Hawaii delicacy made of octopus and condiments of limu (seaweed), Hawaiian sea salt, chiles and 'inamona (roasted kukui nut paste).

from Curt Okimoto, an entrant in last year's Sam C hoy/Aloha Festivals poke contest: To prepare the fresh tako for cooking, he instructs: Turn the head of a fresh tako inside out, clean and rinse then cut away the eyes and beak. Tenderize the tako by freezing, by lomilomi (massage) with Hawaiian salt, or by pounding with a dowel, 2-by-4 or other object.

"A secret of my mom is she would cut half a potato up and put it in a pot along with the tako as it boils," Okimoto says. "She claims the tako gets even more tender as it boils."

Korma (Braising Indian Style)

Yield: 1 Info

Ingredients

1 korma or braising.

Instructions

"Korma is meat or vegetables braised with water or stock, yoghurt or cream (sometimes all) to produce a rich substantial dish. There are many styles of korma each with a different taste or texture. Some are cooked until a thick sauce is formed in others the liquid is reduced to a glaze, or the sauce reduced to delicious flaky crust. The korma is made with finest quality young meat only. Some kormas are finished by steaming in which case a special technique called "bhogar" is used to give food of superb quality. Method "Korma is one of the most important techniques in Indian cookery.

It is not easy, but once mastered you can produce food of superlative flavour.

"Braising uses a minimum of cooking liquor which is absorbed back into the meat together with all the savoury juices it has first extracted. True braising is done on a very slow fire, with charcoal on the lid. If this is not possible, food can be braised on top of the stove or started on top of the stove and later transferred to the oven. Braising is carried out in several stages and these are detailed below.

"The aromatics in braising are used in two or three stages also. The first are mixed into the marinade, the second added halfway through cooking and the third towards the end.

"Use your heaviest vessel, with a well fitting lid it should be just large enough to hold the meat comfortably. Choose best quality meat, not too young, but certainly not old or stewing meat. Marinate the meat according to your recipe. In some cases the marinade is drained from the meat and cooked separately with the aromatics to a thick paste, the marinade being added gradually to the meat as it dries. In both cases the meat is

cooked and stirred over very high heat to drive the flavours inside. When all the marinade has dried, the meat is given a final brisk crisping in clarified butter. After searing, the meat is usually moistened a few times by sprinkling it with a liquid stock, water or an infusion about a tablespoon at a time, which is allowed to dry, the meat being stirred before the next sprinkling is added. Only experience will teach you how long the moistenings will take to dry. After about 15 minutes of careful attention, moisten finally, then seal the pot with a ribbon of dough, or by covering with a sheet of foil or greaseproof paper before putting on the lid.

"There are two methods of finishing braised meats. the dish is either 'glazed' quite dry of gravy or sauce, or served moist. To glaze, remove lid and stir meat continuously over a fierce heat until the juices form a savoury gelatinous coating. If the korma is to be served moist, the meat is given a delicate steaming called a 'dum' for 10-30 minutes in a low oven. Indian cooks put charcoal on the lid and place the casserole over the lowest possible heat.

"When braising a large piece of meat, the procedure is slightly different. Once well seared the meat is able to withstand brief periods of boiling. "The 'bhogar'. To make sure the meat is basted while cooking in a covered casserole, lift out the vessel and shake it well. The liquor will jump and drench the meat, releasing steam at the same time. This shaking is very important it is a quick agitation, moving the pan sideways and downwards. This technique serves three purposes: it releases aromatic steam, bastes the meat and helps complete the cooking.

"In some forms of braising a fair quantity of cooking liquor is used, but always of a quantity that can be absorbed into the meat at the end of the cooking. The meat is removed and the sauce or liquor that has formed during cooking given a bhogar as follows: clarified butter is heated with a selected aromatic and the liquor is thrown in and mixed. It is reduced, covered, to the right consistency then added to the meat. The vessel containing meat and sauce is covered, the heat is raised very high and another bhogar is given. The heat is reduced and the cooking completed with a 'dum' to allow the ingredients to marry. "In some braisings or kormas, the meat is braised as usual, but the sauce is cooked by bhogar in a separate vessel. Meat and sauce are joined at a later stage by a third bhogar (clarified butter heated with fresh aromatics and the food mixed in).

The differences in these processes will appear clearly when recipes are actually in use. The true bhogar blends flavours superbly, but is only possible if the casserole is placed in the oven or the lid charcoaled.

"Braising white meat needs even more care than braising red or dark meats. Red meats do not spoil when overcooked, but white meats are ruined. First lightly brown (gild) white meat in clarified butter, or boil in cream, yoghurt or a mixture of both or double broth, reducing to a glaze, then frying in clarified butter. Add liquor in very small quantities, and see that it is quite dry before you add more. Shake frequently to keep the meat basted and cook until it begins to stick a little to the bottom of the pan. Test the meat occasionally with a thin skewer. White meat is not cooked for long enough to produce its own gelatine, so the use of double broth or some marinade with a high fat content is recommended."

Recipe Dharamjit Singh "Indian Cookery" MMed IMH c/o Georges' Home BBS 2:323/4.4

From: Ian Hoare Date: 01 Mar 97 National Cooking Echo Ž

Korma Sadah (Simple Indian Braised Mutton)

Yield: 6 Servings

Ingredients

1 1/2 lb boned mutton or lamb
2 1/2 inches ginger root peeled
5 shallots
6 cloves
5 garlic cloves
2 oz coriander or parsley leaves
1/4 ts salt
4 oz clarified butter
1/2 ts dried basil
5 fl yoghurt
1 pn mace (generous)
1 tb chives chopped
1/2 ts paprika

Instructions

Wipe meat with a damp cloth and pat dry. Cut into almond sized pieces.

Grind the ginger with peeled shallots and garlic and the cloves.

Mince the coriander (or parsley) leaves and mix with the ginger mixture, a scant quarter of the butter, and the salt to make a paste.

Rub this into the meat pieces. Heat half the remaining butter in a heavy pan and put in the meat. Cook and stir till dry. Aromatize with basil and beaten yoghurt. Boil until dry (boiling such small pieces of meat is permissible, for the inside and outside are cooked simultaneously). when dry and sticking a little to the saucepan, enrich with the remaining butter, mace and chives. Cook gently until brown, then raise heat, stirring all the time until meat is well reddened. If the meat is not yet tender, add a sprinkling of water, and dry off repeat, if necessary. Add paprika, mix well. Place, covered, in a slow oven for 25 minutes. Serve.

Recipe Dharamjit Singh "Indian Cookery" MMed IMH c/o Georges' Home BBS
2:323/4.4

From: Ian Hoare Date: 01 Mar 97 National Cooking Echo Ž

Kosher Chinese Ribs

Yield: 4 Servings

Ingredients

2 tb oil
3 lb beef spareribs separated
1 med onion diced
1 green pepper diced
1 c garlic minced
1 c pineapple juice
3/4 c cider vinegar
3/4 c water
2 tb ketchup
1 tb soy sauce
2 tb water
1/2 c brown sugar

Instructions

Judy, as you requested, from the Spice & Spirit Jewish CB, one of my husband's favorites. Use: 10-inch skillet Yields: 4 servings or one husband Heat oil in 10-inch

skillet and brown ribs over medium flame. When done remove ribs from skillet and set aside. In oil remaining in skillet, saute onion, green pepper and garlic. Add pineapple juice, vinegar, water, ketchup, and soy sauce, stirring until smooth. Combine cornstarch and water and add to sauce with brown sugar. Bring to a boil, stirring constantly. Reduce heat and add ribs. Simmer, uncovered, 1 hour or until tender, stirring occasionally. Serve hot. I usually end up making 4 batches at once and freezing the leftovers. They microwave nicely for later on. Enjoy.
ROXIE CHANDLER (XDNH13A)

Krong-Krang (Thai Fried Cookie).

Yield: 1 Batch

Ingredients

DOUGH-

2 c flour

1 ea egg yolk

1/2 c coconut cream *

3 tb lime water (caco3 solution)

1 oil for frying

SYRUP-

1 tb cilantro roots, chopped fine

1 ts ground black pepper

1 ts salt

3/4 c coconut sugar

2 tb jasmine water (extract)

Instructions

* Coconut cream is the rich heavier portion of coconut milk, either from the first "pressing", or skimmed of the top of coconut milk that's been set aside for about an hour in the refrigerator. Sift the flour and add egg yolk. Knead the yolk into the flour while slowly adding the coconut cream and lime water. Knead until the dough is soft and shiny. Divide the dough into small round balls, approximately 1 inch in diameter. You may make it larger or smaller, if desired. The dough ball is then "formed" onto a grooved wooden form into a small thin sheet, with "ridges" on one side. Fry the formed dough in hot oil till golden brown. Drain well and set aside to cool completely. In the meantime, add jasmine water to the coconut sugar in a good size frying pan over a low heat. When the sugar is fully melted and combined with the jasmine water, add the cilantro roots, salt, and peppers that had been previously blended together. Turn the heat up to medium and mix all the ingredients well. Continue to stir, preventing the syrup from burning, until the syrup is "fragrant". Add the cooled fried dough and distribute the syrup all over the dough. Remove the coated dough pieces from the pan and spread out to cool on a tray lined with waxed paper. When cold, they may be stored in air-tight container.

Kuaitiao Neua (Thai Beef Noodle Soup)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

4 cups of stock (see nam kaeng jue) 1 cup of red wine (Bull's Blood or similar) 2 cups of beef (any cut), cubed. 1 cup of celery (preferably Chinese celery), sliced 1 cup of mushrooms (any variety) 1/2 cup of shallots, sliced 1 tablespoon prik ki nu daeng

(red birdseye chilis), sliced 2 tablespoons of fish sauce 2 tablespoons of dark sweet soy sauce 1 tablespoon of light soy sauce 1 cup of ribbon noodles, soaked

Method

Soak the noodles for 15 minutes, and then chop them into 2-3" long pieces for ease of eating.

Heat the stock to a gentle simmer, and add the wine, and all the other ingredients except the beef, mushrooms and noodles.

When the stock is again boiling add the beef and simmer until the beef is tender. Add the mushrooms and noodles, and cook for a further one-twoSminutes

Garnish with a few coriander leaves and serve with the nam jim described below.

Kulfi (Indian Ice Cream) Mango

Yield: 1 Servings

Ingredients

2 c mango juice

5 fl oz. heavy cream

2 tb sugar

Instructions

Combine all the ingredients and stir well to dissolve the sugar.

Spoon the mixture into six small molds cover tightly with foil and place in the freezer.

For the first hour, remove and shake the molds every 20 minutes. Leave in the freezer until the kulfi has hardened.

This recipe is adapted from CLASSICS OF INDIAN COOKING Exeter Books, N.Y. (1985) ISBN: 0-671-07404-0.

From: Amanda@gate.Net Date: 12-27-19 Rec.Food.Recipes From: Dale Shipp Date: 23 Oct 97 National Cooking Echo Ž

Kulfi (Indian Ice Cream)

Yield: 1 Servings

Ingredients

BASIC RECIPE

4 c milk

8 ts sugar

8 green cardamom pods, seeds removed and ground

1 tb thinly sliced pistachio nuts (optional)

-AAM KULFI (MANGO KULFI-

4 c milk

4 tb sugar

1/8 ts freshly grated nutmeg

1 c pulp from freshly pureed ripe, sweet mangoes

KESARI KULFI (SAFFRON KULFI-

1/2 ts crushed saffron threads

1/2 c heavy cream

Instructions

Place the milk in a medium-sized heavy pan over high heat. Bring to a full boil while stirring constantly to prevent a skin from forming.

Lower the heat and continue boiling gently 45 60 minutes, until the milk is reduced to 1 3/4 cups stir frequently to keep the milk from sticking and burning or boiling over.

When the milk is reduced sufficiently, stir in the sugar and ground cardamom and let stand until completely cool.

Divide the mixture evenly among four small (about 1/2 cup) flan molds or muffin tins. Cover tightly with foil or plastic wrap and place in the freezer for at least four hours. To serve, dip the molds into boiling water for a few seconds to release the kulfi. Transfer to individual serving plates, garnish with the sliced pistachios (if used) and serve at once.

For the Aam Kulfi (Mango Kulfi) Proceed as above, folding in the nutmeg and mango pulp before transferring the mixture to FIVE molds.

Makes 5 portions.

For the Kesari Kulfi (Saffron Kulfi)

Follow the top recipe exactly, but fold in 1/2 tsp. crushed saffron threads and 1/2 heavy cream before filling the molds.

Makes 4 portions. This recipe and variations are adapted from Julie Sahni's CLASSIC INDIAN VEGETARIAN AND GRAIN COOKING William Morrow & Co., N.Y., (1985) ISBN: 0-688-04995-8.

From: Amanda@gate.Net Date: 12-27-19 Rec.Food.Recipes Posted to MM-Recipes Digest by "Rfm" on Aug 30, 98

Kun Koki (Korean Broiled Steak)

Yield: 1

Ingredients

1 no ingredients

Instructions

1 Steak, flank or chuck, scored

3 tb Sesame seeds

1/4 c Salad oil

1/2 c Soy sauce

2 Garlic cloves

1/2 ts Black pepper

1/2 ts Ginger

1/4 c Brown sugar

2 green onions, sliced

Mix all ingredients except steak and pour over steak in a glass dish.

Marinate overnight. Broil about 5 minutes on each side on a preheated gas grill.

For Teriyaki: from the above recipe, omit sesame seeds and salad oil and increase soy sauce to 1 cup and brown sugar to 1/2 cup.

Source: Washington Natural Gas Co. (printed in Sept 8, 1968 Seattle Times)

Typos by: Laird Kelly

Kung Pao Chicken From "Chinese Cooking" (Very Good)

Yield: 4 Servings

Ingredients

1 chicken breast (about 1 lb.), skinned

2 ts cornstarch

3 tb light soy sauce

1 salt

1/2 egg white lightly beaten

1 sl ginger root smashed and minced

3 dried red chile peppers seeds removed

1 green bell pepper cut into 1 inch squares

1 sm onion cut into 1 inch squares

1 clove garlic smashed and minced
1 green onion minced
1 tb chinese rice wine or dry sherry
2 ts sugar
1 ts vinegar
3 tb stir-fried peanuts*** or roasted peanuts
1 water
1 peanut oil

Instructions

PREPARATION: In a small bowl, combine cubed chicken, 1 teaspoon cornstarch, 1 tablespoon soy sauce, 1/2 teaspoon salt, egg white and ginger. Set aside for 20 to 30 minutes. On a platter, arrange prepared chiles, green pepper, onion, garlic and green onion. Set aside. In a small bowl, combine 1 teaspoon cornstarch, wine, 2 tablespoons soy sauce, sugar and vinegar. Set aside. Have peanuts, salt, water and oil at hand.

METHOD: Heat wok and add 1 tablespoon oil. With a spatula, swirl oil around to coat sides of wok and heat until oil just begins to smoke. Add garlic and stir-fry until golden brown, about 30 seconds. Add green pepper and a pinch of salt stir-fry for 1 minute. Add onion squares, another pinch of salt and sprinkle 1 tablespoon water down sides of wok. Continue to stir-fry until tender crisp, about 2 to 3 minutes. Remove from wok and set aside. To wok, add 3 tablespoons oil and heat until oil begins to smoke.

Add dried chile peppers and stir-fry until they turn dark brown. Remove chiles from oil and discard. Add chicken to wok, spreading it in a single layer, and stir-fry until all pink color disappears, about 2 to 3 minutes.

Return vegetables to wok and stir-fry to combine. Make a well and add wine mixture, stir-frying to combine. Remove to serving platter and garnish with peanuts and green onion. Serve at once.

This dish may be served with rice or in Mandarin pancakes, like Mu Shu Pork.

Serves 2 to 3 Amercian style, 4 to 6 Chinese style.

*** To stir-fry almonds, cashews or peanuts, heat 1 cup peanut oil in wok to 375 degrees or until a cube of bread dropped in oil rises to the surface and browns quickly. Add blanched nuts and stir-fry just until light brown.

(Be sure to keep heat at an even temperature, since nuts burn easily.)

Remove nuts at once and drain on paper towel salt nuts lightly and set aside.

MC formatted by Brenda Adams and MCBuster. MC posted 9/19/97.

Note: This dish is spicy and pretty easy. Another name for it could be Stir-Fry Chicken with Chile Peppers. It's very tasty. I sometimes add some slivers of carrots. You can reduce the amount of red peppers if you're not into heat.

Recipe by: Mary Wilson, "Chinese Cooking" 1979

Posted to MC-Recipe Digest V1 #791 by Badams on Sep 19, 1997

Kwitiaow Pad Thai

Yield: 6 Servings

Ingredients

1/2 c Peanut or corn oil
1 oz Raw prawns, shelled
4 oz Firm bean curd (tofu) diced
3 tb Preserved sweet white radish chopped
3 tb Sliced shallots
4 Eggs

11 oz Rice or cellophane noodles (sen kel or woon sen) soaked in cold water for 7-10 minutes if dried

1/4 c Chicken stock

3 tb Dried shrimps, chopped

1/3 c Unsalted peanuts, chopped

4 Spring onions sliced

15 oz Bean sprouts

SAUCE-

1 c Water

1/2 c Tamarind juice

1/3 c Palm sugar

1 tb White soya sauce

Instructions

Mix all the sauce ingredients together in a pan and boil until reduced to about 2/3 cup. Set aside to cool.

Heat the oil in a wok or pan until very hot, then add the prawns and bean curd and stir-fry lightly for 1 minute. Add the preserved radish and shallot, fry for 1 minute, and break in the eggs.

Stir-fry for a minute, then add the noodles and chicken stock. When the noodles are soft (about 2 minutes), add the dried shrimps, peanuts, spring onions and bean sprouts. Add the sauce, fry for a couple of minutes and serve.

Serve accompanied by chopped peanuts, chopped dry chillies, sugar, lime wedges, spring onions, and fresh bean sprouts, all in small containers.

From: stigle@cs.unca.edu (Sue Stigleman)

Per serving (excluding unknown items): 86 Calories 3g Fat (30 calories from fat) 7g

Protein 9g Carbohydrate 120mg Cholesterol 84mg Sodium

Kwitiaow Phad Thai (Thai-Fried Noodles & Sa uce)

Yield: 6 Servings

Ingredients

1/2 c peanut or corn oil

7 oz large raw shrimp, shelled

4 oz firm bean curd (tofu), diced

3 tb prsrvd sweet white radish chopped

3 tb sliced shallots

4 eggs

11 oz rice or cellophane noodles**

1/4 c chicken stock

3 tb dried shrimp, chopped

1/3 c unsalted peanuts, chopped

4 scallions, sliced

15 oz bean sprouts

SAUCE-

1 c water

1/2 c tamarind juice

1/3 c palm sugar

1 tb white soya sauce

Instructions

** (sen lek or woon sen), soaked in cold water for 7 to 10 minutes, if dried Mix all the sauce ingredients together in a pan and boil until reduced to about 2/3 cup. Set aside to

cool. Heat the oil in a wok or pan until very hot, then add the prawns and bean curd and stir-fry lightly for 1 minute. Add the preserved radish and shallot, fry for 1 minute, and break in the eggs. Stir-fry for a minute, then add the noodles and chicken stock. When the noodles are soft (about 2 minutes), add the dried shrimp, peanuts, spring onions and bean sprouts. Add the sauce, fry for a couple of minutes and serve. Serve accompanied by chopped peanuts, chopped dry chillies, sugar, lime wedges, spring onions, and fresh bean sprouts, all in small saucers.

Kyung's Restaurant Bulgogi (Korean Barbecue)

Yield: 4 Servings

Ingredients

1 lb rump beef thinly sliced
Marinade Mixture
2 tb sugar
4 tb soy sauce
4 tb green onions minced
2 ts garlic minced
1 ts ginger minced
1 ds pepper
1 ts sesame seeds
1 tb ground sesame seeds, toasted
1 tb sake Or 1 tablespoon sherry
2 tb sesame oil

Instructions

Combine beef and marinade mixture for a short time. Charcoal broil or pan broil or saute.

Variations: Add green onions, cut diagonally Meat and vegetables (such as chili peppers, carrots, and green onions can be skewered, dipped into marinade mix, and broiled) Use pork or chicken instead of beef. To give pork more flavor, add cayenne pepper to marinade mixture.

Recipe from Colorado's Gourmet Gold Cookbook Cookbook of Recipes from Popular Colorado Eateries. No ISBN First Edition November 1980 Laika Inc.

Posted to RecipeCafe and EthnicREgMC 8/ 99 by JoAnn Pellegrino

Contributor: Kyung's Korean Rest No Washington, Thornton CO

Kyuri No Sunome (Japanese Cucumber Salad)

Yield: 6 Servings

Ingredients

5 cucumbers (medium) seeded
2 ts salt
1/2 c lemon juice
1/2 c sugar
1/4 ts msg (optional)
1 tb white wine vinegar
2 ts sesame seeds toasted

Instructions

Peel cucumbers lengthwise, leaving thin green stripes. Slice very thinly into a large glass or stainless steel bowl. Add salt and mix with hand until cucumber slices are

quite limp. Set aside for 45 minutes. Meanwhile, mix lemon juice, sugar, MSG and white wine vinegar. Transfer cucumbers to a strainer and squeeze as much liquid as possible out of the cucumbers.

Discard salt water. Add cucumbers to the lemon juice mixture. Ground the toasted sesame seeds and stir into the salad.

Oriental Recipes L

Layered Oriental Appetizer

Yield 1 Serving

Ingredients

TOPPING

3/4 c chicken cooked, cubed

1/2 c carrots shredded

1/2 c unsalted cashews or peanuts chopped

3 tb green onions sliced

SAUCE

1/4 c packed brown sugar

2 ts cornstarch

1 c water

1/4 c catsup

2 tb vinegar

1 tb Worcestershire sauce

3 dr hot pepper sauce

BASE

1 pk cream cheese softened, 8 oz.

1 tb milk

Instructions

In small bowl, combine all topping ingredients mix well. Cover refrigerate several hours or overnight to blend flavors. In small saucepan, combine brown sugar and cornstarch mix well. Gradually stir in remaining sauce ingredients cook over medium heat about 5 minutes or until mixture thickens, stirring frequently. Cool. In small bowl combine cream cheese and milk beat until smooth and fluffy. Spread cream cheese mixture over bottom of 10 inch round serving dish. Spoon topping evenly over cream cheese. Drizzle with 1/4 to 1/2 cup sauce. Serve with crackers. To store remaining sauce, cover refrigerate.

NOTES A combination of chopped nuts and water chestnuts can be used in topping. Use 2 (8 ounce) packages and 2 tablespoons milk for a thicker base layer. Sauce can also be used to marinate poultry.

Contributor Sue Klapper

Leith's Prawn Cocktail

Yield 4

Ingredients

1 kg small lingoustines peel and slice in small pieces

1 sm carrot

2 sticks celery

1 sm onion

1 sm white of leek

1 glass white wine

10 black peppercorns

1 bay leaf

2 tb white wine vinegar

4 pt water

1 sliced lemon
1 sprig parsley
1 dill stalks
1 tb coarse sea salt

SAUCE-

6 tb mayonnaise
1 tb heinz tomato ketchup
1 ds worchester sauce
1 ds tabasco
1 tb cognac
1 lemon juice
1 pn paprika
1 salt

SALAD-

2 little gem lettuce
1 spring onion thinly sliced
2 plum tomatoes
1/3 cucumber peeled, and thinly diced)
1 lemon
1 tb paprika
1 egg white
1 sprig dill

Instructions

Place all the ingredients, except the langoustines into a deep saucepan, bring to the boil and simmer for 15 to 20 minutes. Bring back and plunge in the langoustine for 2 to 3 minutes. Remove and cool. Peel the tails, but keep 4 whole aside for garnish.

Prepare the cocktail sauce by mixing together all the sauce ingredients.

Season to taste with a little salt, lemon juice and paprika then set aside.

Prepare the salad by tossing together all the salad ingredients, season lightly with a little salt and lemon juice.

First prepare the goblets or glasses by lightly beating the egg white with a fork and dip the rim into the egg white and then into the paprika, set aside. Gently divide the salad between the 4 goblets and equally divide the langoustine tails, season with a little lemon juice, spoon over the cocktail sauce, garnish with a little dill and serve with a wedge of lemon.

Converted by MCBuster.

Converted by MMBuster v2.01.

Lemon Beef Oriental

Yield 4 Servings

Ingredients

1 lb sirloin butt steak, cut into bite-sized pieces
3 tb vegetable oil
1 ts salt
2 ts grated lemon peel
2/3 c beef broth
1 lb fresh snow peas (chinese pea
1/2 c sliced fresh mushrooms
1/4 c fresh lemon juice
1 tb cornstarch

1/8 ts ground ginger
1 hot, cooked rice

Instructions

Heat oil with salt in wok or heavy skillet over medium-high heat. Stir-fry steak pieces until browned. Sprinkle with lemon peel. Add broth, peas and mushrooms. Stir-fry 1 minute longer. Combine lemon juice with cornstarch. Add to beef and cook until thickened and bubbly. Stir in ginger. Serve with hot, cooked rice. 4-5 servings.

From In Season, a publication of the Vermont Department of

Lemon Zest Fruit Cocktail

Yield 1

Ingredients

1/2 papaya peeled, chopped into small pieces
1/2 mango peeled, chopped into small pieces
1 peach stoned and chopped into small pieces
1 zest and juice of 1/2 lemon
150 ml bio yoghurt (5fl oz)
1 ts runny honey
100 ml (3 1/2 5fl oz), (100
-to
1 iced cold water

Instructions

Simply place all the ingredients into a blender or liquidiser and blend until smooth. Place into a suitable flask to keep cold and provide a straw for ease of drinking.

Converted by MCBuster.

Per serving 169 Calories (kcal) 1g Total Fat (2 calories from fat) 2g Protein 43g Carbohydrate 0mg Cholesterol 7mg Sodium Food Exchanges 0 Grain(Starch) 0 Lean Meat 0 Vegetable 2 1/2 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Lemon-Lime Rum Cocktail

Yield 1

Ingredients

2 cn frozen lemonade concentrate
1 cn rum
1 cn frozen lime concentrate
3 cn water

Instructions

Freeze the above mixture, then spoon into a glass add 7-UP.

Doris Mekus

Per serving 64 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 22mg Sodium Food Exchanges 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by Favourite Recipes St. Michaels -Connie J. Flory

Converted by MMBuster v2.0n.

Lemony Chinese Chicken Morsels

Yield 1 Servings

Ingredients

1/3 c lemon juice
2 tb soy
2 tb brown mustard
1 ts vegetable oil
1/8 ts cayenne
2 chicken breasts, 1 cubes

Instructions

In med bowl combine juice, soy, mustard, oil & cayenne. Add chicken cubes & toss well to coat. Cover & refrigerate at least 1 hour, tossing occasionally. Heat broiler. Lightly grease pan rack. Drain chicken & place cubes on rack about 1" apart. Broil 4-5" from heat for 7 minutes, brushing with marinade halfway through cooking. Seve immediately.

File <ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

Lemony Oriental Marinade

Yield 1 Serving

Ingredients

1/4 c fresh lemon iuice
3 tb chopped green onion
1 1/2 tb reduced sodium soy sauce
1 1/2 tb vegetable oil
3/4 ts grated fresh ginger
1/4 ts crushed dried red pepper pods

Instructions

Combine all ingredients, stirring until well blended. Yields 1/2 cup.
(The Natonal Cattlemen's Beef Association)

Busted by Gail Shermeyer

Contributor Womans Day Low-Fat Meals, Summer 97

Lighter Indian Corn Pudding

Yield 4 Servings

Ingredients

1 1/4 c fresh corn kernels
1 c nonfat milk
1 egg lightly beaten
2 tb light molasses
2 tb brown sugar
2 tb cornmeal
1/4 ts ground cinnamon
1/4 ts freshly ground pepper
1/8 ts ground nutmeg
1 ds salt
1 ts oil

Instructions

Lightly coat each of 4 custard cups with nonstick cooking spray. Place in square baking pan. In medium saucepan, whisk together corn, milk, egg, molasses and brown sugar. Place over medium heat and simmer 2 minutes.

Stir in cornmeal, cinnamon, pepper, nutmeg, salt and oil and simmer, stirring constantly, until thick, about 5 minutes. Remove from heat. Pour into prepared custard

cups. Place cups in pan and slowly add enough water so that it comes about halfway up cup sides. (This water bath will allow the pudding to bake slowly and prevent burning.) Cover pan with aluminum foil. Bake at 400 degrees 1 hour and 15 minutes, or until set and slightly brown on top.

Serve hot or cold with vanilla ice cream.

Makes 4 servings.

Each serving contains 160 calories, 30 gm. carbohydrate, 5 gm. protein, 3 gm. fat (including 1 gm. sat. fat), 54 mg. cholesterol, 130 mg. sodium, 110 mg. calcium and 2 gm. dietary fiber

Contributor Minneapolis Star and Tribune, 8/98

Lima Bean And Corn Soup With Crawfish Tails

Yield 1

Ingredients

- 1 onion chopped
- 2 tb vegetable oil
- 1 smoked ham hock
- 1 lb frozen lima beans
- 2 qt chicken stock
- 1 c fresh corn removed from husk
- 1 c heavy cream
- 1/2 c cooked crawfish tails removed from shells
- 1 c fresh fava beans cooked and shelled
- 1/4 ts fresh grated jamaican nutmeg

Instructions

In a heavy bottomed pot saute onion with oil until translucent, then add ham hock, lima beans and chicken stock and cook over medium heat for 30 minutes, or until the lima beans are very soft. Puree in a food processor and strain through a fine sieve into another pot, bring to a boil and add corn, cream and crayfish tails. Bring to a boil again, add the fava beans, nutmeg and serve hot.

Converted by MCBuster.

Recipe by CHEF DU JOUR SHOW #DJ9420 HERB WILSON

Converted by MMBuster v2.0l.

Linguine With Almond Oriental Sauce And Shrimp

Yield 6 Servings

Ingredients

NORMA WRENN-

- 12 oz linguine
- 2 c sweet red peppers sliced
- 1/4 c green onion chopped
- 2 c sno peas, cut in half
- 12 oz shrimp peeled deveined cut into
- 1 sauce
- 1/4 c sliced or chopped almonds
- 3 tb soy sauce
- 2 tb sesame oil
- 2 tb honey
- 1/4 c chicken stock or water
- 2 tb rice wine vinegar

1 1/2 ts garlic crushed
1 1/2 ts ginger root minced

Instructions

Cook pasta in boiling water according to package instructions or until firm to the bite.

Drain and place in serving bowl along with red peppers and green onions.

Blanch snow peas in boiling water for 2 minutes.

Drain and rinse with cold water. Add to pasta.

Make the sauce In food processor, combine almonds, soy sauce, oil, honey, stock, vinegar, garlic, and ginger. Process until almonds are finely chopped. Set aside.

In small nonstick skillet sprayed with vegetable spray, saute shrimp just until cooked, approximately 3 minutes. Add to pasta along with sauce, and toss.

Calories 465 protein 26g fat-total 11g fat-sat 1g carbo 66g sodium 529mg col 95mg fiber 3g

Source Good Taste Premier Issue

Linguine With Spicy Thai Shrimp Sauce

Yield 4 Servings

Ingredients

12 oz linguine uncooked

12 oz fresh medium shrimp peeled and deveined OR 12-oz. small frozen shrimp thawed

3 red bell peppers cored and cut into bite-size thin strips

3 scallions thinly sliced use white part and tips of green part

2 tb smooth peanut butter

1 tb sesame oil

1/2 c low-sodium chicken broth OR water

1/2 ts crushed red pepper flakes

1 jalapeno pepper stemmed seeded and thinly sliced

1/2 ts ground ginger

1 tb low-sodium soy sauce

1 tb mild white vinegar

Instructions

Prepare linguine according to package directions. While noodles are cooking, combine remaining ingredients in a saucepan and place over low heat. Cover and simmer until the sauce is smooth and the shrimp are cooked through, about 2 minutes. When linguine is done, drain well and transfer to a large bowl. Add sauce and toss gently until well combined. Serve immediately.

Contributor National Pasta Assn.

Lionhead Meatballs Chinese-American

Yield 4

Ingredients

1 no ingredients

Instructions

Pulse pork and egg white and cold water in food processor for 1 minute.

Mixture should be light and fluffy. Do not use a blender. Add water chestnuts, soy sauces, rice wine, sugar, salt and pepper and process for another 30 seconds, until coarsely mixed. Divide mixture into 6 equal parts and roll each part into a large meatball, Dust each meatball with cornstarch. Heat wok until it is hot, then add 3-4

tbps of oil. When oil is hot and slightly smoking, gently lay in meatballs, turn heat down and slowly brown meatballs all over. Remove meatballs and set aside. Clean wok and reheat. When wok is hot add 2 tps oil, add garlic, and stir-fry 10 seconds. Add Napa cabbage and stir-fry several minutes, until cabbage leaves are soft. Transfer mixture to heavy casserole and lay meatballs on top. Bring contents of casserole to boil, then turn heat to very low, cover and simmer 1 1/2 hours. Arrange on platter and serve immediately.

Per serving 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by Easy Family Recipes from a Chinese-American Childhood

Converted by MMBuster v2.0n.

Lisa's Oriental Burgers

Yield 1 Servings

Ingredients

2 ts corn starch
2 tb sherry
4 tb soy sauce
1 clove minced garlic
1 ts ground ginger
1 green onions

Instructions

Give all ingredients, except the onions, a few minutes in a frying pan until the sauce thickens.

Assemble the sauce and onions on grilled hamburgers and rolls.

Source Lisa Clarke

* The Polka Dot Palace BBS 1-201-822-3627. Posted by LISA
Posted to MC-Recipe Digest V1 #704 by Lisa Clarke on Aug 1,9

Little Links In Oriental Sauce

Yield 1 Servings

Ingredients

1 c brown sugar
3 tb flour
2 ts dry mustard
1 c pineapple juice
1/2 c vinegar
1 1/2 ts soy sauce
2 pk (1 lb) little wieners
2 pk (1 lb) smoked sausages

Instructions

Combine sugar, flour, mustard and add juice, vinegar and soy sauce. Heat to boiling stirring constantly. Boil 1 minute add wieners and sausages and stir. Cook slowly 5 minutes.

Posted to EAT-L Digest 01 Dec 96

From Dot & Tim McChesney

Date Mon, 2 Dec 1996 132430 -0800

Lobster And Mango Cocktail

Yield 1

Ingredients

1/3 c mayonnaise
1/3 c plain yogurt
2 tb cognac
1 tb ketchup
1 tb fresh lemon juice or to taste
1 four (1 1/2-pound) live lobsters
3 firm-ripe mangoes
1 c finely diced celery
4 whole belgian endives plus 12 leaves for garnish
3 tb minced fresh chives plus 24 whole chives
1 for garnish

Instructions

In a small bowl whisk together the mayonnaise, the yogurt, the Cognac, the ketchup, the lemon juice, and salt and pepper to taste and chill sauce, covered. Plunge the lobsters into a large kettle of boiling salted water and boil them, covered, for 10 minutes. Transfer the lobsters with tongs to a bowl and let them cool until they can be handled. Crack the shells, remove the meat, and cut it into 3/4-inch pieces. Transfer the lobster meat to a large bowl and chill it, covered. The lobster cocktail may be prepared up to this point 1 day in advance.

Halve the mangoes by cutting just to the sides of each pit and, using a 3/4-inch melon-ball cutter, scoop the flesh from the mango halves. (There should be about 2 cups.) To the lobster meat add the mango balls, the celery, the whole endives, trimmed and sliced thin crosswise, the minced chives, and the sauce and toss mixture until it is combined. Divide the lobster mixture among 12 chilled small glasses and garnish each serving with 1 of the endive leaves and 2 of the whole chives.

Serves 12.

Gourmet June 1992

Converted by MCBuster.

Converted by MMBuster v2.01.

Lobster Cocktail

Yield 1

Ingredients

1 c crsme fraiche
1/2 ts finely grated fresh lemon zest
1/2 ts finely grated fresh lime zest
1/2 ts finely grated orange zest
1 ts fresh lemon juice
1 ts fresh lime juice
1 ts fresh orange juice
1 ts chopped fresh tarragon leaves
1 english cucumber
2 belgian endives
1 1/2 lb cooked lobster meat (from about 3 (1 1/2-pound) lobsters)
1 garnish mesclun and fresh chives

Instructions

In a bowl stir together crème fraîche, zests, juices, tarragon, and salt and pepper to taste. Chill sauce, covered, 1 hour to blend flavors.

Cut 3 inches of cucumber crosswise into very thin slices and reserve.

Reserve 8 endive leaves for garnish and cut remaining cucumber and endive into 2-inch long matchsticks.

Just before serving, coarsely chop lobster and in another bowl stir together with 3/4 cup sauce. Stir matchstick vegetables into remaining sauce.

Line 4 Martini glasses with reserved cucumber slices. Divide matchstick vegetable mixture among glasses and top with lobster salad. Cut reserved endive lengthwise into 1/4-inch thick strips. Garnish salad with endive, mesclun, and chives.

Yield 4 servings

Converted by MCBuster.

Per serving 672 Calories (kcal) 4g Total Fat (5 calories from fat) 140g Protein 10g Carbohydrate 490mg Cholesterol 2588mg Sodium Food Exchanges 0 Grain(Starch) 19 1/2 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by COOKING LIVE SHOW #CL9351

Converted by MMBuster v2.0n.

Lobster Salad With Japanese Dressing

Yield 1

Ingredients

8 sm 450g (1lb) or 3 large 1kg (2 1/4lb) lobsters

1 bay leaf

5 g thyme (1/4oz)

1 ts black peppercorns

1 onion peeled and roughly chopped

1 ts fennel seeds

1 ts sea salt

700 g (1 3/4lb) good, (700 to 8 flavoured large new potatoes, peeled and cooked

100 g mayonnaise (4oz)

1 ts dijon mustard

100 g (1/4lb) small salad, (100

1 leaves, corn salad, landcress, rocket, etc

8 g (1/4oz) chervil., (8 to 1 roughly chopped

24 thinly sliced rashers of smoked streaky bacon

10 g fine chives cut into 5cm lengths (1/4oz)

FOR THE DRESSING

1 sm carrot

2 shallots peeled and finely chopped

1 clove garlic peeled and finely chopped

40 g root ginger scraped and finely chopped (1 1/2oz)

50 ml soy sauce (2fl oz)

30 ml rice vinegar (or white wine vinegar) (1fl oz)

2 tb tomato ketchup

150 ml sunflower or vegetable oil (5fl oz)

10 g coriander washed and finely chopped (1/2oz)

1 salt and pepper

Instructions

(Cook the lobsters in 2 batches, if you do not have a large pan). Half fill a pan with water, add the bay leaf, thyme, peppercorns, onion, fennel seeds and salt. Bring to the

boil and simmer for 15 minutes. Add the lobsters to the water and cook the small ones for 8-10 minutes and the larger ones for 12-15 minutes, remove from the water and leave to cool.

Dressing mix the carrot, shallot, garlic, ginger with the soy sauce, rice vinegar, and ketchup. Gradually whisk in the vegetable oil, add the coriander and season to taste. Whilst the new potatoes are still warm, mash them coarsely with a fork or masher, then mix in the mayonnaise, dijon mustard and chopped chervil and put to one side. Remove the lobster meat from the body and claws and cut into even sized pieces. Meanwhile, grill the bacon rashers until crisp. Put a couple of spoonfuls of the potato salad in the middle of the plate, arrange the salad leaves around and lightly spoon over the dressing. Place the lobster pieces on the potato and the bacon on top, then scatter over the chives.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Lobster Tails & Pasta Salad With Garlic Sauce

Yield 4 Servings

Ingredients

1 ingredients

1 lb linguine, cooked al dente

4 8-oz. lobster tails, or 1 lb. scallops

1 head caramelized garlic

1/2 c asian-style marinade/dressing, or add,2 tsp. sesame oil,1 tbs. ginger , 2 tbs.

1 red bell pepper, chopped

2 green onions, chopped

2 c bok choy greens, chopped

Instructions

Method

1. marinate lobster tail meat in 1/4 cup Asian marinade for 10 minutes.
2. Pre-heat grill.
3. Grill lobster tails on medium heat for 2-3 minutes, turning once. Brush lobster meat with marinade and reduce temperature to low for 5 minutes, or until done.
4. In a preheated wok, quickly stir-fry peppers, green onion and bok choy with remaining 1/4 cup Asian marinade for two minutes. Stir in carmelized garlic cloves.
5. Remove from wok and add to cooked chilled linguine pasta.
6. Slice grilled lobster tails into 2-inch pieces and toss with pasta and chill.

Makes 4 servings.Source www.Liveregis.Com

Locke-Ober Indian Pudding

Yield 6 Servings

Ingredients

1/4 c cornmeal

2 c whole milk cold

2 c whole milk scalded

1/2 c molasses

1 ts salt

1/4 c sugar

1 ts cinnamon or ginger

4 tb butter

2 tb white rum

Instructions

STEP ONE Mix the cornmeal with enough of the cold milk to pour easily.

Stir until smooth. Add slowly 2 cups scalded milk and cook in the top of a double boiler for 20 minutes, or until thick.

STEP TWO Add molasses, salt, sugar, cinnamon (or ginger), and butter. Pour into a buttered pudding dish and pour over the balance of the cold milk and the rum.

CHEF'S NOTE You may use one teaspoon cinnamon, or one teaspoon ginger, or 1/2 teaspoon of each.

STEP THREE Set in a pan of hot water and bake 3 hours in a 250-degree oven. Let stand 1/2 hour before serving. TO SERVE Serve topped with vanilla ice cream. This pudding should be very soft, and should whey, or separate.

Recipe By Locke-Ober, Boston, MA

From Date 05/27

File ft.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip

Low Calorie Chinese Cabbage Nixon

Yield 6 Servings

Ingredients

4 sl bacon

1 c finely shredded onions

2 cloves garlic, finely minced

1 to 2 heads chinese cabbage, shredded (about 8 cups)

1 ts salt

1/8 ts freshly ground white pepper

1 sm red bell pepper, seeded and cut in thin strips

1 tb soy sauce

1 tb chopped fresh chives

Instructions

1. Cut bacon slices crosswise into thin strips in a large saute pan, brown the strips over medium heat.
2. Add onions and garlic saute for 2 minutes, or until onion is transparent.
3. Add cabbage, salt, pepper, and red pepper strips. Saute, stirring with a spatula, until steaming hot but still crisp, about 5 minutes. Stir in soy sauce.
4. Transfer to a deep serving platter, sprinkle with chives, and serve at once, with steamed rice and broiled chicken or fish for a low-fat, low-calorie meal.

From THE WHITE HOUSE FAMILY COOKBOOK by White House Executive Chef Henry Haller with Virginia Aronson, Random House, New York. 1987. ISBN 0-394-55657-7.

Shared by Karin Brewer, Cooking Echo, 4/93

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Low-Fat Chicken With Orange Peel, Szechwan Style

Yield 1

Ingredients

1 lg orange

1/2 lb boneless skinless chicken breast

1 tb soy sauce

1 tb dry sherry

4 green onions, cut into 2 inch piece

1 ts ginger root, minced and peeled
2 1/2 ts cornstarch
1/2 ts sugar
1/2 ts salt
1/2 c orange juice
1 tb salad oil
1/4 ts crushed red pepper

Instructions

With vegetable peeler, cut peel from orange into 1 1/2 inch-wide pieces, being careful not to cut into white membrane. Cut pieces into 1 1/2 inch-long strips. On small cookie sheet, let peels dry slightly in 200 F.

oven 30 minutes. Cut chicken into 1 1/2-inch pieces. In medium bowl, mix well chicken, soy sauce, sherry, green onions, red pepper and ginger. In small bowl, mix well cornstarch, sugar, salt and orange juice. Cover and refrigerate both. About 15 minutes before serving In 10-inch skillet over medium heat, in hot oil, with slotted spoon, stir-fry peels until crisp and edges are slightly browned, about 2 minutes drain on paper towels. In remaining oil in skillet, over high heat, stir-fry chicken mixture until chicken loses pink color and is tender, about 4 minutes. Stir orange-juice mixture, then add to chicken and stir-fry until mixture is slightly thickened and coats chicken. Spoon onto warm platter sprinkle with peels.

Makes 4 servings.

Calories 172 Fat 7 g Carbs 12 g Sodium 583 mg Fiber 0 g.

Low-Fat Hot And Sour Szechwan Eggplant

Yield 1

Ingredients

8 to 6 japanese eggplants sliced in 1/2 inch rounds
2 to 1 tablespoon sesame oil
6 cloves garlic, finely chopped
1/4 c soy sauce
1/4 rice vinegar
1/2 c vegetable stock
1 ts to 1 tablespoon tobasco sauce, (to taste)
1 tb cornstarch
1 lg red bell pepper, chopped
2 to 1 tablespoon minced ginger
8 rehydrated dried shitakes, or cloud ears, sliced
sliced green onions and cilantro for garnish

Instructions

In large bowl, toss eggplant with oil. Heat wok or large skillet on high until just smoking. Add eggplant, stir for 2 minutes, add garlic. Cover wok and lower heat to medium high. Let eggplant steam for 5 to 10 minutes, stirring occasionally until eggplant is light brown. In large cup, combine soy, vinegar, stock, hot sauce and cornstarch. Add peppers, ginger and mushrooms to wok and cook for 5 minutes until eggplant is tender. Reduce heat to medium, stir in liquid ingredients and stir until thick. Garnish with green onions and cilantro

Makes 4 servings.

Calories 68 Fat 3 g Carbs 8 g Fiber 0 g.

Low-Fat Indian Spiced Chicken

Yield 6 Servings

Ingredients

2 tsps vegetable oil
3 cloves garlic, minced
1 tb water
2 ts paprika
1 ts coriander
1 ts ground ginger
1/2 ts ground cumin
1/4 ts ground nutmeg
1/4 ts turmeric
1/4 ts cayenne pepper
1 tb lemon juice
4 chicken breasts skinned
4 lemon wedges

Instructions

Serve this with lemon wedges for guests to squeeze onto their chicken.

In small bowl, stir together oil and garlic. Stir in water, paprika, ginger, coriander, cumin, nutmeg, turmeric and cayenne pepper.

Spoon 1 tbsp (15 mL) into another small bowl stir in lemon juice and set aside.

Arrange chicken in single layer in shallow glass dish brush with remaining spice mixture. Cover and refrigerate chicken for 1 hour.

(Chicken can be prepared to this point and refrigerated for up to 24 hours let stand at room temperature for 30 minutes.)

Place chicken, flesh side down, on greased grill over medium-high heat close lid and cook for 5 minutes. Turn and brush flesh with reserved lemon mixture. Close lid and cook, turning often, for about 12 minutes longer or until chicken is no longer pink inside and juices run clear when chicken is pierced. Serve with lemon wedges.

Makes 4 servings.

Calories.....194.....Fat.....7 g.....Carbs.....3 g.....Sodium.....62 mg.....Fiber.....0.2 g.

Low-Fat Spicy Szechwan Baked Chicken

Yield 4 Servings

Ingredients

1 1/2 tb szechwan peppercorns, toasted
1/8 ts dried red pepper, crushed
1 1/2 tb coriander seed, toasted
1/2 ts coarse salt
1/2 c cilantro, fresh
1/4 c parsley, fresh
2 ts lemon zest, or orange zest
4 cloves garlic, large, chopped
3 shallots, large, chopped
2 ts dark sesame oil
1 ts vegetable oil
4 tb soy sauce, or tamari, reduced-sodium kind
4 chicken breasts, skinned and boned, (about 1 1/2 pound)

Instructions

1. Preheat the oven to 350 F.
2. In the bowl of a food processor fitted with the metal blade, combine the peppercorns, red pepper, coriander and salt and process for 30 seconds. Scrape down the sides, add the cilantro, zest, garlic, shallots and sesame oil and continue processing for 30 seconds more. Scrape into a small bowl.
3. In another small bowl, whisk together the vegetable oil and soy sauce. Dip the chicken breasts in the soy mixture. Place on a baking sheet lightly coated with cooking spray. Spread the herb mixture evenly on the chicken to cover completely. Marinate for 30 minutes.
4. Bake for 15 to 20 minutes, or until done throughout. Serve hot or warm.

249 calories, 5.9 g fat Low-Fat Chicken Breasts,

By Diane Rozas Published in FoodDay, Oregonian, 11/5/96 Adapted for MasterCook by Brenda Adams

NOTES Hot with complex flavor and just 1 tablespoon of oil.

Recipe by Diane Rozas, "Low-Fat Chicken Breasts", Oregonian 11/5/96

Posted to MC-Recipe Digest V1 #387 by Brenda Adams on Jan 24, 1997.

Low-Fat Thai Honey Chicken

Yield 4 Servings

Ingredients

4 chicken breasts [1 1/2 lb]

3 garlic cloves, minced

2 tb liquid honey

2 tb soy sauce

2 ts chili paste

Instructions

This dish is similar to Chinese Honey Garlic Chicken but with a little extra spice.

Remove and discard skin from chicken breasts. Place breasts in single layer in shallow dish. Score each a few times on meaty side.

Combine garlic, honey, soy sauce and chili paste spread over chicken.

Cover and refrigerate for at least 6 hours or up to 12 hours.

Place chicken breasts on baking sheet Bake in 375F 190C oven, turning once and basting occasionally with juices, for 30-40 minutes or until no longer pink in centre.

Strain juices through fine sieve serve with chicken breasts.

Serve with "Iron-Rich Tofu Salad With Fresh Herbs"

Per serving about 170 calories, 28 g Protein, 2 g fat, 10 g carbohydrate

Source Canadian Living magazine Apr 95 Presented in article by Ann Lindsay "Health & Well-Fare Thai into the Trend"

[-PAM-] PAMeadows@msn.com

Luby's Spanish Indian Baked Corn

Yield 1 Servings

Ingredients

1/4 lb bacon, chopped into 1/2-in pieces

1/3 c onion, diced

1/3 c celery, diced

1/3 c green bell pepper, cored, seeded, and diced

1/4 lb butter, plus

2 tb butter, melted and divided

1/4 c milk
1 cn cream-style corn
1 cn whole kernel corn, drained
2 tb jalapenos, diced
2 tb pimentos, diced
1 ts salt
1 tb sugar
2 c corn bread muffins, crumbled and divided

Instructions

In a large skillet over medium heat, cook the bacon until crisp. Add the onion, celery, and bell pepper. Saute for 2 minutes until low heat. Set aside.

In a medium-size pan, melt the 1/4 pound of butter. Add the milk, corn, jalapenos, pimentos, salt, and sugar. Heat the mixture over low heat.

Add the bacon/vegetable mixture and 1 cup of the corn bread muffin crumbs to the corn mixture. Heat well, stirring frequently.

Transfer the mixture to an 8-inch square by 1 1/2-inch deep pan.

Moisten the remaining corn bread muffin crumbs with the remaining butter and sprinkle on top of the corn mixture.

Bake in a preheated, 350 degree F. oven until the crumbs are light brown.

Makes 8 servings.

NOTE According to Luby's Cafeteria spokeswoman, many Luby's managers adapt and create their own recipes, and the dishes are available only at the specific restaurant.

That is the case with Spanish Indian Baked Corn, which is available at the Luby's in Pasadena, Texas on Wednesdays.

Recipe Luby's Cafeteria in Pasadena, Texas

[DPileggi Be Seeing You

Lynn's Oriental Beans

Yield 1 Serving

Ingredients

1 cn black beans rinsed and drained
1 ea fresh lemon juice juiced
fresh ginger root grated

Instructions

Drain and rinse beans

Stir in juice of one lemon and 1/2" 3/4" grated fresh ginger.

Contributor Lynn Martin

Oriental Recipes M

Ma'Oa And Pahua Tairo (Tahiti)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

2 dozen ma'oa [turbot snails] or pahua [clams]

500 g taioro [juice of grated coconuts, seawater and shrimps]

3 onions

2 garlic cloves

Salt and pepper

The snail of the ma'oa may be extracted from the shell either by breaking the shells with a hammer or by boiling them for a few minutes if you wish to keep the shells intact. Wash the snails and remove the pocket of black matter. In the case of the pahua, a bivalve, the muscle adhering to the shell should be severed, the animal extracted from the shell, and the black matter removed. Soak in fresh water for a few hours. Mix with the taioro, then add the chopped onions and garlic plus seasoning. Serve at room temperature.

[Note that there's no mention of actually cooking the stuff... S.C.]

Posted by Stephen Ceideberg September 13 1992.

Madame Wu's Chinese Chicken Salad Npfn03A

Yield: 8 Servings

Ingredients

1 2 whole chicken breasts

Instructions

1 ts Sesame oil

Oil for deep frying in wok

1 ts Five Spice Powder*

12 Squares won ton skins slice

1/2 c Sliced green onion (1 bunch)

2 oz Rice noodles

1/4 c Chopped toasted almonds

1/4 c Soy sauce

1 Head lettuce shredded

1 TB Prepared mustard

Steam chicken breasts or cook in micro until barely done skin, bone and shred (this is easy if you used 2 forks). In medium sized bowl, mix soy sauce, mustard, oil and Five Spice Powder (available in Asian food sections of most super markets at least in California) and green onions marinade chicken in this sauce, covered. Heat oil VERY hot (drop a piece of won ton skin in if it floats right back up, oil is hot enough). Fry won ton skins until just beginning to turn golden remove with slotted spoon to drain on paper towels (they will continue to brown when removed from heat). Fry noodles, a very few at a time, in hot oil they will puff up almost immediately. Remove and drain immediately (they will be white). When ready to eat, slice lettuce (reserve some whole leaves to garnish bowl) thinly, add chicken and marinade, fried won ton skins and fried

noodles (crumble a little as you add them), and almonds. Serve from large bowl ringed with whole lettuce leaves. Converted by MMCONV vers. 1.00
From: Sweeney date: Mon, 28 Oct 1996 21:35:19 +0800 (

Madras Curry Powder (Indian Curry)

Yield: 1 Servings

Ingredients

2 dried red chilies
25 g (1 oz) coriander seeds
15 g (1/2 oz) cumin seeds
1 ts mustard seeds
15 g (1/2 oz) black peppercorns
2 fresh curry leaves
1/2 ts ground ginger
1 ts ground turmeric

Instructions

A fragrant, fairly hot curry powder, which is used to flavor lamb and pork dishes. Remove the seeds from the chilies. Dry roast the whole spices until they darken. Leave to cool, then grind to a powder. Dry roast the curry leaves in the pan for a few minutes, then grind and add them to the mixture with the ginger and turmeric, blending well. in an airtight jar, the powder will keep for 34 months.

Source: Jill Norman "The Complete Book of Spices" Viking Studio Books, 1991 ISBN 0670834378 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe by: Jill Norman * Web File 4/97 Posted to MCRcipe Digest V1 #615 by "Mary Spyridakis" on May 16, 97

Madras Lamb (Indian)

Yield: 4 Servings

Ingredients

1/4 c Oil
3 lg Garlic coves, chopped
1 tb cayenne (1 to 2)
1 ts Ground cumin seed
1/4 ts Powdered ginger
1/4 c Tomato paste, mixed with 3 tbs water
1/4 ts Whole cardamom seeds depodded
1 tb Lemon juice
1/4 ts Salt, or to taste
1 lg Onion, chopped finely
2 ts Garam masala
1 1/2 ts Ground coriander seed
1/2 ts Turmeric
1 lb Boneless lamb, trimmed cubed

Instructions

In a large, heavy skillet with a cover, heat the oil until it is fragrant. Add the onion and saute over high heat, stirring frequently, until it starts to brown a little, about 4 minutes. Lower the heat and continue cooking, stirring often, until the onion turns golden brown, about 10 minutes more. Add the garlic, garam masala and cayenne, lower the heat to medium high, and saute for another 2 minutes. Stir in the

ground spices and saute another 2 minutes, stirring. Add the meat, stir well, and brown it in the spices for about 5 minutes. Add the tomato paste mixture and cardamom seeds and stir well. Lower heat, cover pan tightly, and simmer about 30 minutes, stirring occasionally and adding more water by tsp if sauce starts to stick to the pan. Uncover the pan and stir in the lemon juice and salt. Simmer uncovered about 10 minutes longer, stirring frequently, until the meat is tender and the sauce is very thick. Makes 34 Servings.

I. Chaudhary Queensland Australia

Per serving (excluding unknown items): 143 Calories 14g Fat (82 calories from fat) 0g Protein 7g Carbohydrate 0mg Cholesterol 1mg Sodium

Mahmoosa (Kosher Indian)

Yield: 1 Servings

Ingredients

1 mahmoosa (kosher indian)

Instructions

This is an economical vegetarian dish which makes a satisfying light meal. An untraditional, but nevertheless interesting way to serve it would be as part of a main meal, with mashed chicken or meat and as an alternative to a conventional way of preparing potatoes. The first recipe for Mahmoosa is the traditional method and although it may be little laborious to chop the potatoes fine it is well worth the effort. The second method is simpler and may be more convenient but there is a difference in taste. Prepared either way, Mahmoosa may be served hot or cold. If it is to be served at party it may be prepared in advance as it will keep well in the fridge for a few days if covered. For 4 people. **INGREDIENTS:** small to medium sized onion 3 tablespoons of vegetable 3 medium to large potatoes 4 eggs (size 2) 2 teaspoon of turmeric 1 to 2 teaspoons of salt pepper to taste **Method:** Chop fine a small to medium sized onion, and saute in 3 tablespoons of vegetable or sunflower oil. Meanwhile, peel and cut in half 3 medium to large potatoes. A soft variety is best. Slice lengthwise and then breadthways as finely as possible. The chopped potatoes may be put into a bowl of water while working on them to prevent discoloring. Drain the chopped potatoes, add to the saute onions and mix thoroughly. Turn the heat to high and then simmer, stirring every four or five minutes to ensure the potatoes do not stick to the bottom of the pan. Cook for about 15 minutes, preferably covered, until the chopped potatoes are tender. Then add 4 eggs (size 2), 2 teaspoon of turmeric, 1 to 2 teaspoons of salt and pepper to taste. Scramble for 5 minutes until the egg is thoroughly mixed in with the potato. Simmer until the Mahmoosa is dry, turning from time to time. The drying process should take about another 5 minutes. In the alternative method, the eggs and potatoes tend to remain separate rather than integrated as shown above. Chop 3 medium to large potatoes coarsely, boil with a teaspoon of salt and leave to drain. Meanwhile, chop a small to medium sized onion and saute in 3 tablespoons of vegetable oil. Stir fry 1 teaspoon of turmeric, add the potatoes and mix thoroughly. Add 1 cup of cold water, cover and leave to cook over a medium flame for about 10 minutes or until the potatoes are cooked. Add 4 eggs (size 2) and additional teaspoon of salt. Scramble, cover and simmer for 10 or 15 minutes. A handful of fresh parsley or coriander leaves may be chopped fine and sprinkled over the Mahmoosa. Alternatively half a cupful of fresh tender celery stalks may be used as a garnish. Serve hot or cold with a slice of fresh lemon and chopped fresh chilies (optional).

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Submitted By SAM LEFKOWITZ Submitted By GEORGETTE/DAVE BURNSIDE

Mai Tai (For A Crowd)

Yield: 1

Ingredients

2 sm cans frozen pineapple juice mix as directed
2 bottles mr & mrs t's sweet and sour mix, (1 qt.)
20 oz orgeat syrup
12 oz orange curacao
1 fifth dark rum
1 fifth light rum

Instructions

Mix all together and refrigerate will keep for several weeks. Serve in old fashioned glass over ice with a squirt of lime on top.

Jeannine P. Wendel

Doris Smith

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Cooking With St' Mary's Church Jeannine P. Wendel & Doris

Converted by MMBuster v2.0n.

Mai Tai

Yield: 1

Ingredients

50 ml dark rum
3 tb curacao
1 tb apricot liqueur
3 tb orgeat almond sugar
10 ml lime juice
50 ml lemon juice
1 ds bitters

Instructions

Fill a tall glass with ice. In a cocktail shaker add the dark rum, lemon juice, lime juice, almond syrup, apricot liqueur, orange liqueur and bitters. Shake for a minute. Pour into the glass and serve with a cherry, a chunk of pineapple and a wedge of lime.

Converted by MCBuster.

Converted by MMBuster v2.0l.

MaiTai

Yield: 1 Serving

Ingredients

glassful of shaved ice
1 lime juice of
1/2 oz curaçao
1/4 oz sugar syrup
1 oz dark rum
1 oz light rum
1 ds grenadine
fruit for garnish

Instructions

Place shaved ice in a sour glass. Pour all the ingredients in a shaker.
Shake and strain into the glass. Add a dash of grenadine, and garnish with fruit. Serve at once.

Converted by MCBuster.

Per serving: 205 Calories (kcal) trace Total Fat (2 calories from fat) trace Protein 14g Carbohydrate 0mg Cholesterol 2mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 1/2 Fruit 0 Fat 0 Other Carbohydrates

NOTES : Serves: 1

Maize Roti (Indian Griddle Bread)

Yield: 1

Ingredients

280 g corn kernels

2 ts cumin seeds

1 ts salt

1 tb fresh coriander leaves

225 g plain strong flour sifted

1 tb vegetable oil

Instructions

Blend or process corn, cumin and salt until pureed. Transfer mixture to a large bowl and stir in coriander, drizzle in the oil. Stir in the sifted flour until it forms a dough and mix until no longer sticky.

Knead the dough on a floured surface for 45 minutes until smooth. Cover with a damp cloth and leave to rest for 30 minutes.

Divide the dough into the required sized pieces and roll each one flat.

Place a dough disc onto a well heated griddle pan (one at a time) and cook.

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Carlton Food Network <http://www.cfn.co.uk/>

Converted by MMBuster v2.0l.

Maltese Sauce For Asparagus

Yield: 1

Ingredients

2 lg egg yolks

1 tb fresh lemon juice

1 a pinch of freshly ground white pepper

1 stick unsalted butter melted and cooled (1/2 cup)

1 ts grated orange zest (preferably from a blood orange, available seasonally at specialty product markets)

1 tb plus 1 teaspoon fresh orange juice (preferably from a blood orange)

Instructions

In a blender or food processor put the egg yolks, the lemon juice, a pinch of salt, and the white pepper and with the motor running add the butter in a stream. Add the zest and the orange juice and blend the mixture well.

Force the mixture through a fine sieve set over a small bowl and keep it warm, its surface covered with a buttered round of wax paper, set in a pan of warm water. Serve the sauce over asparagus.

Makes about 1 cup.

Gourmet April 1990

Converted by MCBuster.

Converted by MMBuster v2.0l.

Mandarin Chicken From "Chinese Cooking"

Yield: 4 Servings

Ingredients

1 chicken breast (about 1 lb.) skinned boned
salt
2 ts cornstarch
1/2 egg white slightly beaten
1/2 c bamboo shoots diced
1/2 c water chestnuts quartered
1/2 c fresh mushrooms quartered
or 4 oz. canned mushrooms well drained
1 rib celery sliced diagonally into 1/2 inch pieces
3 green onions minced
2 ts chinese rice wine or dry sherry
1/4 c oyster sauce or soy sauce
1/2 c chicken broth or water
1/2 ts sugar
1/2 c blanched almonds stirfried***
peanut oil
water

Instructions

PREPARATION: Cut chicken into cubes. In a small bowl, combine cubed chicken, 1/2 teaspoon salt, 1 teaspoon cornstarch and egg white. Set aside for 15 to 20 minutes. On a platter, arrange prepared bamboo shoots, water chestnuts, mushrooms, celery and green onions. Set aside. Have wine measured and ready to add as needed. In a small bowl, combine oyster sauce, broth, 1 teaspoon cornstarch and sugar. Set aside. Have cooked almonds, peanut oil, water and salt ready to add as needed.

METHOD: In wok heat 1 1/2 cups oil to 375 degrees or until a cube of bread dropped in oil rises to the surface and browns quickly. Add chicken and stir gently with spatula to separate pieces. Cook until all pink color is gone. Remove and drain chicken on paper towel. Set aside. Remove oil from wok and wipe wok with a paper towel. To wok add 1 tablespoon oil and heat until oil just begins to smoke. Add celery and a pinch of salt stirfry briefly. Sprinkle 1 tablespoon water down the sides of wok and stirfry for 1 to 2 minutes. Add bamboo shoots and water chestnuts. Add a pinch of salt and stirfry until vegetables are heated through. Remove from wok and set aside. To wok add 1 tablespoon oil and heat until oil just begins to smoke. Add mushrooms and a pinch of salt sprinkle 1 tablespoon water down the sides of wok and stirfry until mushrooms are heated through, about 30 seconds. Return cooked vegetables to wok and drizzle with wine. Stirfry briefly and return chicken to wok, stirfrying to combine. Make a well and add oyster sauce mixture. Stirfry to heat through. Add green onions and stirfry to combine. Remove to a serving platter and garnish with almonds.

Serve at once.

Serves 2 to 3 American Style, 4 to 6 Chinese style.

***To stirfry almonds, cashews or peanuts, heat 1 cup peanut oil in wok to 375 degrees or until a cube of bread dropped in oil rises to the surface and browns quickly. Add blanched nuts and stirfry just until light brown.

(Be sure to keep heat at an even temperature, since nuts burn easily.)

Remove nuts at once and drain on paper towel salt nuts lightly and set aside.
MC formatted by Brenda Adams
Contributor: Mary Wilson, "Chinese Cooking" 1979

Mandarin Lamb With Oriental Noodles

Yield: 4 Servings

Ingredients

1 tb cooking oil
2 cloves garlic clove minced
1 lb boneless fresh American leg of lamb cut in 1/8inch st
3 oz Oriental noodles, beef flavor
1 small zucchini or yellow squash cut in half, bias sliced
1 carrot thinly bias sliced
1/2 red bell pepper cut in 1/8inch stripes
2 celery stalk thinly bias sliced
1/4 c sweet and sour sauce, bottled
1/2 c mandarin orange sections
1/4 c almonds coarsely chopped, fo

Instructions

Heat oil and garlic to medium high heat in large skillet or wok. Add lamb and stir fry about 3 minutes or until no longer pink remove from skillet and set aside. Break up noodles, and place noodles, 1 cup water, flavor packet and vegetables in skillet. Bring to a boil reduce heat. Cover and simmer 3 to 5 minutes or until vegetables are crisp tender. Stir in cooked lamb, sweet and sour sauce, and oranges. Heat through. Top with almonds or peanuts to serve.

Contributor: American Lamb Council

Mandu Tuikim (Korean Dumplings)

Yield: 70 Dumplings

Ingredients

1/2 lb cabbage
1/2 md onion
1/2 lb lean ground beef
1 egg
1 tb flour
1 tb soya sauce
1 ds salt and pepper
1 pk wonton skins or wrappers
1 egg white
1/4 c vegetable oil

Instructions

Boil Cabbage and onion until cooked. Grind finely. Put the cooked cabbage and onion in cheese cloth and squeeze to remove moisture. Mix cabbage and onions with remaining ingredients, up to wonton skins.

Open wonton package, taking one at a time, so they won't dry out, wet two edges with egg white and drop filling mixture onto center. Fold into triangle and seal, making sure there is no air left inside. Once your triangles are all made, drop into boiling water until they float. Leave them in the boiling water for 1 minute and then remove them immediately. Let them dry on a tray until the skin is no longer sticky to the touch. Dry

on both sides. A fan may speed up the process. Pan fry the triangles in the 1/4 cup vegetable oil until brown and crisp. Serve hot with dipping sauce. To Follow.

Dipping Sauce:

1 ounce Kikoman Soya Sauce

1/2 ounce Vinegar

1 tsp. Sake

Mix all the ingredients together.

Marcia's Oriental Salad

Yield: 4 Servings

Ingredients

1/2 head cabbage, shredded

2 green onions, sliced

1 pk top ramen noodles, toasted

2 tb sesame seeds, toasted

1/4 c slivered almonds, toasted

2 tb sugar

1 pk top ramen seasoning

3 tb wine vinegar

1/4 c oil

1/4 ts salt

Instructions

Toast almonds, noodles and sesame seeds. Mix sugar, ramen seasoning packet, vinegar, oil and salt. When I take this to a pot luck. I take the cabbage and onions in a plastic bag. the toasted ingredients in a small ziplock baggie, and the dressing in a jar and assemble just before serving.

NOTES : 278.3 cal 21.3 g fat I usually use the low fat noodles by Campbells to save some fat calories.

Posted to EATL Digest 07 Dec 96

From: carl keller

Date: Sat, 7 Dec 1996 21:02:34 0600

Margarita Shrimp With Pico De Gallo Cocktail Sauce

Yield: 1

Ingredients

PICO DE GALLO COCKTAIL SAUCE

1/2 bn cilantro chopped fine

1 serrano pepper minced

2 tomatoes small dice

1 sm onion small dice

1 lime juice of

1 bottle ketchup (8ounce)

1/2 tb worcestershire sauce

1 ts salt

4 dr hot sauce

MARGARITA SHRIMP

2 oz canola oil

2 cloves garlic

2 md shallots

1 jalapeno stem removed

1 bn cilantro
3 limes juice of
2 oz tequila
32 pieces shrimp 16/20 count, peeled and deveined

Instructions

Combine all ingredients in a medium bowl. Fold together. Cover and refrigerate until needed.

MARGARITA SHRIMP:

In blender, add in canola oil, garlic, shallots, jalapeno, cilantro, lime juice and tequila. Blend into a smooth puree.

In the refrigerator, marinate shrimp in a large bowl in puree for 1 hour.

Grill over an open flame or in a grill pan or saute in 1 tablespoon oil.

Serve shrimp warm with Pico De Gallo Cocktail Sauce.

Converted by MCBuster.

Per serving: 1068 Calories (kcal) 62g Total Fat (55 calories from fat) 46g Protein 64g Carbohydrate 292mg Cholesterol 2719mg Sodium Food Exchanges: 0 Grain(Starch) 5 1/2 Lean Meat 5 Vegetable 2 Fruit 11 1/2 Fat 1/2 Other Carbohydrates

Recipe by: COOKING LIVE PRIMETIME SHOW #CP0029

Converted by MMBuster v2.0n.

Marinade (Chinese) For Chicken

Yield: 1 Servings

Ingredients

2 tb dry sherry
1 tb cornstarch
2 sl ginger root minced
1 ts sesame oil
2 cloves garlic minced
1/2 ts sugar

Instructions

Mix all ingredients thoroughly.

Typed and MC formatted by Martha Hicks & Buster.

Posted to MCRecipe Digest by "Megabytes" on Apr 7, 1998

Marinated Chicken Kebab With Thai Herbs, Thai Rice With Cocon

Yield: 1

Ingredients

1 chicken
2 tb ps thai herbs
4 fresh whole garlic's
1 sm piec fresh ginger cut into pieces
3 tb lemon grass
1 fresh coriander
2 ts white wine
5 cherry tomatoes
4 lime leaves
THAI SAUCE
500 ml cream (17fl oz)

1/4 fresh chilli finely chopped
1 ts coriander freshly chopped
1 ts lemongrass
1 garlic clove finely chopped
2 cm fresh ginger chopped finely
2 lime leaves
2 ts white wine

RICE WITH COCONUT

1 rice
1 half packet of coconut paste
1 mangetout

Instructions

Marinate the chicken with the lemongrass, lime leaves and coriander. Mix garlic and ginger. Put the marinated chicken on kebab sticks.

Grill the chicken in the oven for 1015 minutes at 200oC/400oF/gas mark 6.

Take it out, turn it around and put it back for another 1015 minutes. The chicken is ready when it is warm all through.

For the sauce: Lightly fry the spices. Add the cream and cook for 2 minutes. Now add the wine. Simmer until the sauce thickens.

Boil the rice according to the packet instructions. Add the coconut to the boiling rice. Form the ready rice in little round shapes using a small bowl as a mould.

Cook the mangetout for about 2 minutes in boiling water and serve with the chicken and rice.

Converted by MCBuster.

Per serving: 1317 Calories (kcal) 127g Total Fat (85 calories from fat) 15g Protein 33g Carbohydrate 442mg Cholesterol 205mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 3 Vegetable 0 Fruit 25 ½ Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Marinated Chinese Hamburgers

Yield: 4 Servings

Ingredients

16 oz lean ground beef
2 egg whites
22 scallions, finely chopped green and white parts incl
4 ts reduced sodium soy sauce
1 tb cornstarch
2 ts finely minced garlic
2 ts finely minced fresh ginger
1 freshly ground pepper to taste

Instructions

I used ground turkey in this recipe and next time I make it I won't use the egg whites. I think it made them goopier than they needed to be. I also used green onions instead of scallions. This was an interesting recipe I've never had hamburgers with ginger before and it was a unique taste!

1. Preheat an outdoor grill or a broiler until hot (I would suggest using a cooking spray on the broiler pan I had fun soaking mine!)
2. Combine the ingredients in a large mixing bowl, mix with your hands, and form into 4 patties.

3. Broil for 2 to 3 minutes per side, or until cooked to the desired degree of doneness.
4. Serve hot.

The cookbook suggests serving this with OvenFried Potatoes, Onions Baked in Their Skins, and TwoLettuce Salad with Creamy Horseradish Dressing.

216 calories per serving.

from Make It Easy, Make It Light by Laurie Burrows Grad typed by Tiffany HallGraham

Marinated Oriental Chicken

Yield: 1

Ingredients

- 1/2 c orange juice
- 2 tb lemon juice
- 2 tb soy sauce
- 2 tb dry sherry
- 2 ts minced peeled fresh ginger
- 1/2 ts vinegar
- 1/4 ts sugar
- 4 boneless chicken breast halves
- 1 tb sesame seeds toasted

Instructions

Combine first 7 ingredients in large shallow dish. Add chicken to marinade. Cover with plastic and refrigerate 1 hour or overnight, turning occasionally.

Preheat broiler. Remove chicken from marinade. Broil chicken until brown and cooked through, about 5 minutes per side. Sprinkle with sesame seeds.

Serves 4.

Bon Appetit August 1990

Converted by MCBuster.

Converted by MMBuster v2.0l.

Marinated Thai Beef

Yield: 2 Servings

Ingredients

- 2 ea strip loin steaks 6 oz. ea.
- 1 lemon grass stalk
- 1 lime leaf
- 1 garlic clove
- 2 scallions
- 1 ts sugar
- 1 ts chili paste
- 1 ts curry powder, hot or mild
- 1 ts tumeric
- 1/2 hot red pepper, chopped
- 1/2 c thick coconut milk
- 1 salt to taste
- VEGETABLES
- 1 mushrooms
- 1 snow peas
- 1 red or green pepper

1 cabbage
1 celery
1 green onions

Instructions

Coarsely chop the lemon grass and lime leaf. Peel the garlic and onions and chop. Add these plus the spices and the red pepper to a food processor. Pour in the coconut milk and blend to a thick paste.

(If you can't find thick coconut milk, use regular but pour off and save the thin liquid on top and use the thick cream on the bottom of the can.)

Spread the marinade on both sides of the steaks. It should be like a crust on the meat. Let stand in the fridge for 3 hours to overnight.

Save the remaining marinade.

Grill the steaks on a hot grill to medium (or as desired). While the steaks are grilling, stirfry a selection of veggies in a wok until tender crisp. Remove veggies and keep warm. Add the saved marinade to the wok and add the remaining coconut milk or the thin liquid poured off the top. Simmer until slightly reduced, or if too thick add a little water or fish sauce. Salt to taste, and return the veggies to the wok stir to coat.

Slice the meat across the grain into 1/2" slices. Arrange on top of hot steamed rice or rice noodles. Top with veggies and sauce. Garnish with a small dollop of chili paste if desired.

The tumeric gives this dish a wonderful bright yellow color. You can substitute chicken breasts or pork steaks for the strip loin.

Adapted from a Julia Child cooking show. Typed by Bob 8{}

Martha Stewart's Japanese Salad Dressing

Yield: 8 Servings

Ingredients

3/4 c red miso
3 tb sugar
3 tb mirin wine
2 tb hot water
2 ts light soy sauce
1/4 ts sesame oil
1 tb toasted sesame seeds
1/2 head iceberg lettuce torn
1 md carrot thinly sliced

Instructions

MAKES 1 CUP

In a small bowl, combine miso and sugar. Add mirin, water, soy sauce, sesame oil, and sesame seeds. Stir until well blended. Serve over lettuce and carrot slices. Toss to combine.

NOTES : Ricewine vinegar, sesame oil, and miso are important ingredients in many aspects of Japanese cuisine, including salad dressings. After much experimentation, Martha Stewart developed this creamy salad dressing, which gets its distinctive sweet flavor from red miso, a mediumbodied soybean paste. The pungent miso also adds vitamins, protein, and nutrients to this healthy, lowfat dressing, which contains just a 1/4 teaspoon of sesame oil. Serve drizzled on top of a simple salad of iceberg lettuce and shaved carrots.

Recipe by: Martha Stewart <http://www.marthastewart.com>

Posted to recipeludigest by "Valerie Whittle" on Feb 15, 1998

Masal Vadai A South Indian Snack

Yield: 1 Servings

Ingredients

3/4 lb yellow split peas
2 ts salt
8 green chilies
1 in ginger
6 oz onion
2 curry leaves
1 bn coriander leaves
1 oz cashewnuts (optional)
2 cardamom (optional)
1/2 ts masala powder
1 c oil for frying

Instructions

Soak yellow split peas in water for 23 hrs.

Grind the soaked mixture with salt coarsely, without adding much water.

Cut the onions into small pieces along with ginger and chilies and add them to the mixture along with coriander leaves and curry leaves. Now add the masala powder and add all other optional ingredients. Mix thoroughly.

Fry small spoonfuls of the mixture in hot oil. Traditionally, a banana leaf is used and the mixture is taken in lumps of the size of a small lemon and lightly pressed on the banana leaf and the resulting flat thingie is dropped into the oil and fried until it turns brown. The intensity of the color needed is dependent on your taste!

NOTES This recipe is translated literally from 'samaithuppaar', a cookbook in Tamil.
sridhar@asuvax.eas.asu.edu

From: Michael Loo Date: 26 Jul 97 National Cooking Echo Ž

Mashed Potatoes W/ Leftover Turkey & Ham (Turkey Mountain)

Yield: 4 Servings

Ingredients

4 russet potatoes (8 oz.)
peeled and cut i
1/2 c lowfat buttermilk
1 ts nutmeg freshly grated
1/4 ts white pepper freshly ground
1/4 ts sea salt
4 sl cooked ham (thin slices)
4 sl cooked turkey (thin slices)
brown oni

Instructions

Boil the potatoes for 30 minutes, drain, and return to the pot over low heat. Put a kitchen towel over the top of the pot and let them dry out.

(This will prevent a watery consistency in your final product.)

In a medium bowl, mash together the boiled potatoes, buttermilk, and seasonings. Set aside and keep warm.

To assemble: Create an informal mold. Rub the ham around the inside of a soup bowl to lubricate the surface. Layer the ham and turkey to cover the inside of the bowl.

Spoon in the hot potatoes, completely covering the meat to about 1/4 inch from the top of the rim, and smooth out the top.

Invert the bowl over the middle of a plate, and give it a couple of sharp shakes. The potatoes should unmold in a meatcovered mound.

To serve: Make a depression in the center of each serving, pour on the warm Brown Onion Sauce (see recipe) and garnish with the parsley.

From: Ellen C.

Per serving: 559 Calories (kcal) 22g Total Fat (36 calories from fat) 67g Protein 19g Carbohydrate 184mg Cholesterol 2030mg Sodium Food Exchanges: 1 Grain(Starch) 9 1/2 Lean Meat 0 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Serving Ideas : Serve with Brown Onion Sauce (see recipe)

NOTES : Yesterday PatH posted Graham Kerr's recipe for Brown Onion Sauce.

Here is his recipe for "Turkey Mountain" that he recommends serving with the sauce. I think this would be also be good using a variety of vegetables instead of the cooked meats.

Contributor: Graham Kerr's Best

Masoor Dal Indian Lentils

Yield: 6 Servings

Ingredients

1/2 lb masoor dal (pink lentils)

1 md onion,thinly sliced

2 cloves garlic, thinly sliced

1/4 c ghee or oil

2 ts ground coriander

2 ts ground cumin

2 ts ground turmeric

1 ts ground chili

4 cardamom pods

4 cloves

1 2inch stick of cinnamon

1 1/2 ts salt

4 oz desiccated coconut

2 tomatoes

Instructions

Wash the Lentils well with plenty of water, put into a saucepan with enough water to cover. Bring to the boil and boil gently until the Lentils are soft. Meanwhile, heat the Ghee or Oil in a frying pan and fry the Onion and Garlic. When the Onion softens add the Coriander, Cumin, Turmeric, and Chili, mixing well. Cook for two minutes, then add the Cardamoms, Cloves, and Cinammon. Now add the Lentils together with any liquid they have been cooking in and stir rapidly to ensure the spices mix in well. Add a little more water if necessary. (This dish should be fairly liquid.) Add the Salt and continue to cook for a further 5 minutes. Blend the Coconut with 2/3 Cup Water in a liquidiser and add to the pan. Chop the Tomatoes into quarters and add to the Dal just before serving.

Matt's Shrimp Cocktail

Yield: 1

Ingredients

1 lb fresh cooked shrimp

1 c roasted red peppers
1 tb diced green chilies
2 minced garlic cloves
2 c tomato juice
1 tb red wine vinegar
1 tb fresh oregano
1 tb fresh chopped chives
1 tb fresh tarragon
1 tb fresh thyme
2 ts sugar
1 salt and pepper

Instructions

Directions: In a food processor, combine ingredients for the sauce. Serve with the chilled cooked shrimp.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Maui Mai Tai

Yield: 1 Serving

Ingredients

1 1/2 Teaspoons simple syrup
1 Ounce dark rum
1 Ounce light rum
1 Ounce fresh lemon juice
1/2 Ounce Curacao or other orange flavored li
1 1/2 Teaspoons orgeat syrup (an almond flavored syrup available at well stocked liquor store)

Fresh pineapple spear lime wedge, and fresh mint sprig, for garnish

Little paper parasol to make your friends giggle (optional)

Instructions

Combine the simple syrup, rums, lemon juice, Curacao, and orgeat syrup in a cocktail shaker or lidded jar and shake well. Pour the drink over ice in a double oldfashioned glass. Garnish it as desired and Serve.

serving Suggestion: Mai Tais go great before a Hawaiian seafood dinner, such as Kohala Tuna Steaks or Jungle Prince Scallops.

Smoke & Spice, Cooking With Smoke, the Real Way to Barbecue, on Your Charcoal Grill, Water Smoker, or WoodBurning Pit By Cheryl Alters Jamison and Bill Jamison scanned formatted and submitted by KCODY63@worldnet.att.net

NOTES : A couple of these and you'll feel as balmy as a Hawaiian breeze.

Contributor: smoke and spice

Maxanne's Japanese Okra

Yield: 4

Ingredients

3/4 lb okra
1 pk katsuobushi (shaved bonito fish)
1 pn toogarashi (red pepper flakes)
1 shoyu (soy sauce) to taste

Instructions

Wash then boil the okra in a saucepan of boiling water until almost tender but still firm. Drain and put in refrigerator to cool.

When ready to eat, slice okra into 1/4inch rings, put in small mixing bowl and then add bonito flakes. Stir and add shoyu to moisten and to taste and add a touch of toogarashi, depending on how spicy you like it. Best eaten with Japanese rice.

This recipe yields 4 to 6 appetizer servings.

Source: "EAST MEETS WEST with Ming Tsai (Show # MT1C14) from the TV FOOD NETWORK"

S(Formatted for MC5): "11021999 by Joe Comiskey jcomiskey@krypto.net"

Per serving: 32 Calories (kcal) trace Total Fat (2 calories from fat) 2g Protein 6g Carbohydrate 0mg Cholesterol 7mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Recipe courtesy June Kuramoto

Converted by MMBuster v2.0n.

Mcclelland Cocktail

Yield: 1 Serving

Ingredients

1 1/2 oz Sloe gin

3/4 oz Triple sec

1 ds Orange bitters

Instructions

Shake all ingredients with ice, strain into a cocktail glass, and serve.

Recipe Source: THE ALL DRINKS LIST compiled by Andy Premaza

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MADSQUAD@prodigy.net 06131998

Mcdonald's Oriental Dressing

Yield: 1 Servings

Ingredients

1 waldine van geffen

VGHC42A

7 oz babyfood strained apricots

3 tb heinz 57 sauce

3 tb bottled italian dressing

3 tb honey

3 tb sugar

3 tb soy sauce

1/2 c bottled apple butter

1/2 c catalina dressing

1/2 c ketchup

Instructions

As listed, mix all ingredients well with wire whisk. Refrigerate, tightly covered, to use in 4 to 6 weeks. Do not freeze.

Source: Gloria Pitzer

Mcdougall Indian Lentil Sandwich Spread

Yield: 2 Servings

Ingredients

1 c cooked lentils
4 ea garlic cloves, pressed
2 ts ground coriander
1 ts ground cumin
1/2 ts ground turmeric
1/2 ts chili powder
1/2 ts ground ginger

Instructions

Combine all of the ingredients in a small sacuepan. Cook gently over low heat, stirring occasionally, for 5 minutes, to allow the flavors to blend. Chill for 1 hour.

"The New McDougall Cookbook". Posted by Carolyn Doss

McDougall, Chinese Vegetable Soup

Yield: 4 Servings

Ingredients

10 c water
1 1/2 c mushroom liquid
1/4 c tamari soy sauce, low sodium
1/4 c sherry optional
3 garlic cloves crushed
1 tb fresh ginger root grated
2 pk shiitake mushrooms dried
1 onion cut in wedges
1 bn green onions cut in 1 piec
3 celery sliced
1/2 lb chinese cabbage sliced
1/2 lb soba noodles or buckwheat s

Instructions

water over the mushrooms in a bowl soak for 15 minutes. Meanwhile, put 10 cups water in a large soup pot. Add tamari, sherry, ginger, and garlic. Bring to a boil. Add onion wedges. Reduce heat. Squeeze excess water from the mushrooms, reserving the liquid. Add 1 1/2 cups of this liquid to the hot broth. Chop mushrooms discarding tough stems, and add to broth. Add remaining ingredients, except for the noodles. Simmer over low heat 15 minutes, add noodles, and cook an additional 10 minutes. Serve hot.

HELPFUL HINTS: This will make a meal for four people, or a first course, with other Chinese food, for eight people. From the collection of Sue Smith, S.Smith34, Uploaded June 16, 1994

McDougall, Oriental Green Salad (Lf)

Yield: 4 Servings

Ingredients

SALAD

1 c leaf lettuce torn
1 c chinese cabbage torn
1 c mung bean sprouts
1/2 c bamboo shoots sliced, cannd
1/4 c carrots thinly sliced
1/4 c celery thinly sliced
1/4 c broccoli chopped

DRESSING

3 tb low sodium soy sauce

3 tb rice vinegar

2 tb water

1/4 ts fresh garlic minced

1/4 ts fresh ginger root minced

PER SERVING 42 *cals 3 *gm protein 1/8 *gm fat 7 *gm carbo 464 *mg sodium 3 *gm fiber

Instructions

Salad: Combine all vegetables in a large bowl. Toss to mix. Set aside. Dressing: Combine all dressing ingredients in a blender or small jar. Process briefly or shake well to combine ingredients. Pour over salad and toss to coat. Serve at once. Serves 4. Author's Note: This salad is full of spice and crunch.

Source: Vegetarian Times, May 1993 Low Fat, Fabulous and Fit by Mary McDougall
Formatted MM:de From the collection of Sue Smith, S.Smith34, Uploaded June 16, 1994

Meat Filled Oriental Pancakes

Yield: 24 Servings

Ingredients

ORIENTAL PANCAKES

4 eggs

1/2 c water

3 tb cornstarch

2 ts soy sauce

1/2 ts sugar

1/2 ts vegetable oil

MEAT FILLING

1 tb cornstarch

3 tb soy sauce

1 tb dry sherry

3/4 lb ground beef

1/2 lb ground pork

2/3 c chopped green onions & tops

1 ts minced fresh ginger root

1 clove garlic, pressed

Instructions

ORIENTAL PANCAKES: Beat eggs in a large bowl with a wire whisk.

Combine the water, cornstarch, soy sauce and sugar pour into eggs and beat well. Heat an 8 inch omelet or crepe pan over medium heat.

Brush bottom of pan with vegetable oil reduce heat to low. Beat egg mixture pour 1/4 cupful into skillet, lifting and tipping pan from side to side to form a thin round pancake. Cook about 1 to 1 1/2 minutes, or until firm. Carefully lift with spatula and transfer to a sheet of waxed paper. Continue procedure, adding 1/2 teaspoon of oil to pan for each pancake. Makes 6 pancakes.

MEAT FILLING: combine cornstarch, soy sauce and sherry in large bowl. Add beef, pork, green onions, ginger and garlic mix until thoroughly combined.

ASSEMBLY: Spread 1/2 cup meat mixture evenly over each pancake, leaving about a 1/2 inch border on one side. Starting with opposite side, roll up pancake jellyroll fashion. Place rolls, seam side down, in single layer, on heatproof plate place plate on

steamer rack. Set rack in large pot or wok of boiling water. Cover and steam 15 minutes. (For best results, steam all rolls at the same time.) Just before serving, cut rolls diagonally into quarters. Arrange on serving platter and serve hot. Typed by Syd Bigger.

Meat Sauce For Vegetables (Korean Chang)

Yield: 1 Servings

Ingredients

- 6 ea cloves garlic
- 1 tb sesame oil
- 1 lb ground round steak
- 1 c soy sauce
- 1 c soup stock

Instructions

This meat sauce can be made in advance and stored in large quantities in the refrigerator. It will keep indefinitely. Use about 2 tablespoons per pound of vegetables or 1 tablespoon per cup of cooked vegetables.

1. Crush the garlic. Heat the sesame oil in a large frying pan. Brown the meat and garlic in the sesame oil, stirring constantly for 10 minutes.
2. Add the soy sauce and soup stock. Simmer, uncovered, for 10 minutes.

When the sauce has cooled, skim off the fat and store for use as desired.

Source: The Korean Cookbook, by Judy Hyun. Typed in by Ronnie Wright

Meatloaf With Oriental Sauce

Yield: 6 Servings

Ingredients

- 1 1/2 lb ground beef, extra lean
- 1 c Burgundy
- 1/4 ts dried sage
- 1/4 ts dried thyme
- 1/2 ts salt
- 1/2 ts dry mustard
- 1/4 ts pepper
- 1 tb Worcestershire sauce
- 3 sl bread torn into bite size
- 1 egg
- 2 cloves garlic minced
- 1 sm onion chopped
- 1 4 ounce mushrooms, canned drained and sliced
- 2 tb brown sugar packed
- 1/3 c catsup
- 1/2 ts ginger
- 1/2 ts garlic salt
- 2 tb soy sauce
- 1 ts dry mustard

Instructions

Heat oven to 350 F. Mix beef, wine, sage, thyme, salt, mustard, pepper, Worcestershire, bread, egg, garlic, onion and mushrooms. Spread mixture in loaf pan 8 1/2x4 1/2x2 1/2 or 9x5x2 inches. In a small bowl mix brown sugar, catsup, ginger, garlic salt, soy sauce and 1 teaspoon mustard. Spoon sauce on top of

meatloaf. Bake 1 to 1 1/4 hours. Drain grease or remove from pan.

Contributor: Michele WilsonKellner

Preparation Time: 1:15

Mee Goreng (Fried Noodles Indian Style)

Yield: 1

Ingredients

5 oz oil noodles or spaghetti

2 tb oil

4 oz peeled prawns or skinless boned chicken, diced meat

1 sm onion chopped

4 oz cabbage sliced

1 sm tomato sliced

1 4 inch piece celery chopped

2 cloves garlic crushed

1 chilli crushed

1/2 boiled potato diced

1 egg beaten

1 tb tomato ketchup

2 tb soy sauce

1/4 ts salt

1/2 ts sugar

4 oz beansprouts

1 lemon juice of

2 sprigs coriander chopped, up to 3

Instructions

If using spaghetti, cook it in boiling water until just tender, then drain and toss in a tablespoon of olive oil to stop it sticking together. No need to prepare the oil noodles.

Heat the oil in a wok or frying pan and fry the garlic, onion, cabbage, celery, potato and prawns or chicken. Add the noodles and stir fry for 10 minutes more.

Make a gap in the centre of the noodles and add the egg. Stir it in to scramble it. Add the chilli, tomato, tomato ketchup, soy sauce, salt and sugar. Stir well.

Just before transferring to a plate, add the beansprouts and stir for about 30 seconds.

Sprinkle with lemon juice and chopped coriander to serve.

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Food Network <http://www.cfn.co.uk/>

Converted by MMBuster v2.0l.

Mee Krob (Sweet Thai Noodles)

Yield: 6 Servings

Ingredients

1/4 c water

1 c sugar (white granulated)

1 c vinegar (white)

1 ts salt

1/4 lb dried shrimp (kung haeng)

8 ea serrano chilies

1 bn green onions (whites only)

8 oz tofu, firm or extra firm

3 ea eggs

2 c vegetable oil (approx. amnt)

1/4 lb rice noodles (very thin)

Instructions

1. Combine the water, sugar, vinegar, and salt in a small saucepan. Bring the mixture to a gentle boil and cook about ten minutes, until it forms a thin syrup. Set aside.
2. Put the dried shrimp in a sieve and rinse them thoroughly under running water. Set them aside in the sieve to drain. Remove the stems, but not the seeds, from the chilies. Slice the green onions and chilies lengthwise into thin strips and set them aside together.
3. Slice the tofu into 1/4inch cubes and set aside. Beat the eggs lightly, until they are well mixed but not frothy. Strain through a fine sieve and set aside.
4. Pour about three inches of oil in a wok and heat it to 400 degrees F. Dry the tofu with paper towels and deep fry it until the cubes are firm and light golden, but not dry and hard. Remove them from the oil and set aside to drain on paper towels.
5. Using the same oil, deep fry the noodles a handful at a time. The noodles will puff up immediately and begin to turn brown in about ten seconds. (Note: these are the same type of noodles that are used to make chinese chicken salad.) Be careful not to let them burn. They should be light golden and very puffy. If they do not expand immediately upon touching the oil, the oil is not hot enough. If they turn dark immediately, the oil is too hot. Scoop the noodles out to drain on paper towels. Remove about half the oil from the wok and save it for another use.
6. Dribble the beaten, sieved eggs over the surface of the hot oil in the wok, to form narrow strands: holding the bowl of eggs in one hand, dip the other into the eggs, stretch it out about 12 inches over the oil, and let the egg run in a thin, steady stream from your fingertips while moving your hand in a circular motion so the surface of the oil is covered with a thin net of egg. You will need to repeat this procedure about four times. The intent is to create a thin net of egg strands that will cook quickly without massing together. When the strands are set completely and light golden on the bottom, flip them over carefully and brown the other side. Remove from the oil and drain on paper towels.
7. Dry the shrimp thoroughly with paper towels. Using the same oil, deep fry the shrimp until they are just crisp and light golden, about three minutes. Be prepared for the very strong smell they produce as they fry, but don't be concerned, since the shrimp will taste nothing like they smell. (You may wish to do this well in advance of the time your guests will arrive and set the shrimp aside to drain on paper towels.) They will form a great deal of foam while they are frying, and it will be necessary to use a strainer to lift them up occasionally to see how well they are cooking. Do not over cook them or let them get dry or hard! Remove them from the oil and drain on paper towels. Discard the remaining oil.
8. Clean the wok thoroughly and place half the sugar syrup from step 1 in it. Heat the syrup almost to boiling, but do not let it boil. Add half the noodles, half the egg nets (see the variation below), half the tofu, and half the shrimp. Mix gently until the syrup is absorbed, being careful to break the noodles as little as possible. Remove the mixture from the wok and place it on a serving platter. Repeat this step with the rest of the syrup, noodles, eggs, and shrimp.

9. Garnish the Mee Krob with the green onion whites and chilies. Serve immediately or hold it at room temperature for up to two hours.

VARIATION: If the eggs have formed attractive nets (you should be so lucky!), you may drape them over the Mee Krob as a garnish rather than adding them in step 8.

From: Thai HomeCooking From Kamolmal's Kitchen, by William Crawford and Kamolmal Pootaraksa. Submitted By TODD OURSTON On FRI, 120393

(19:40)

Mee Krob (Thai Crisp Fried Noodles)

Yield: 1 Serving

Ingredients

2 bn Rice vermicelli about 8
Oil for deep frying
1 lg Onion finely chopped
5 Garlic cloves finely
1/2 lb Pork fillet sliced and cut
1 Whole chicken breast boned, sliced and cubed
6 Dried Chinese mushrooms (shiitake), soaked and sliced.
2 sm Fresh chilies seeded and sliced.
3 tb Soy sauce.
Juice from 2 limes.
2 tb Rice vinegar.
4 tb sugar granulated, brown or (4 to 5)
3 tb Fish sauce.
3 tb Small shrimp++cooked or raw.
4 Eggs beaten.
1 Handful bean sprouts
6 Green onions finely
4 tb Fresh cilantro chopped
2 Green onions cut for

Instructions

Optional stuff: crab meat, bean curd, dried shrimp Tear noodles into handful bunches (inside a large shopping bag to avoid a mess). Heat oil and fry the noodles until they puff up.

Flip over for a few seconds. Do this by bunches and drain in bag.

Pour off oil, leaving 6 tablespoons in wok. Fry the onions and garlic lightly.

Add pork and cook it through. Add chicken and fry until it turns white.

Put in mushrooms and chilies and reduce heat. In a bowl, combine soy sauce, lime juice, vinegar, sugar and fish sauce. Add to wok and simmer until liquid is reduced by half and starting to turn syrupy. Add shrimp and cook for 1 minute. Push contents of wok to the sides and pour beaten eggs into center of wok. Let set for a minute then stir and add the bean sprouts and drained noodles. Toss LIGHTLY (the noodles are fragile) to mix ingredients and then let heat through. Transfer to serving platter and garnish with cilantro and green onions.

NOTE: Rice vermicelli are also known as rice sticks or cellophane noodles depending on where you find them. All the Asian cuisines that I've encountered have some variation of them. Use the thinnest you can find.

Other kinds of noodles won't work. When they hit the hot oil, they kinda go "whoosh" and double or triple in size and turn a milky white. Kids really like to

watch the process. The oil MUST be fresh and hot (375F to 400F) or the centers may be tough.

This recipe makes enough for 68 people. I'd recommend halving it for less than that.

It's a sweet/sour dish with the emphasis on the sweet. Very tasty and rich.

Posted by Stephen Ceideberg September 28 1992.

Per serving (excluding unknown items): 1380 Calories 46g Fat (29 calories from fat) 107g Protein 151g Carbohydrate 908mg Cholesterol 1138mg Sodium

Mee Krob (Thai Crisp Fried Noodles) 1

Yield: 6

Ingredients

- 1 2 in piece tamarind pulp
- 1 peanut or corn oil (for deep frying)
- 1/4 lb dried rice stick noodles
- 6 oz med shrimp shelled and deveined
- 1 whole boned chicken breast cut into slices
- 4 shallots minced
- 1 tb garlic minced
- 2 sm serrano chiles minced
- 1 lime (zest only)
- 3 1/2 tb tomato paste
- 4 tb sugar
- 1/4 c thai fish sauce (nam pla)
- 3 tb fresh lime juice
- 4 green onions trimmed cut into 1 length
- 3 tb fresh coriander leaves
- 1/2 lb bean sprouts

GARNISH

CRISPY EGG LACE

- 1 oil for deepfrying
- 2 eggs lightly beaten
- 1/4 ts salt

Instructions

COVER TAMARIND WITH 3/4 CUP hot water. Crush and break up pulp with a fork and let it stand for 20 minutes. Pour mixture through a strainer and press it through. Collect 1/2 cup tamarind liquid. Pour oil into a wok or deep saucepan to a depth of about 2 inches.

Heat oil to 375F. In a large paper bag pull rice stick noodles apart into small batches. Add 1 batch to the oil. If the temperature is correct, noodles should puff up within seconds. Remove with a slotted spoon or strainer and drain on paper towel. Repeat with remaining noodles.

If you are making the Crispy Egg Lace, prepare it at this time (See below).

When the rice stick noodles and egg lace are done, pour off all but 2 tablespoons of oil from wok.

Reheat wok and oil over mediumhigh heat. When hot, add shrimp and chicken stirfry for 1 minute or until shrimp are bright orange and chicken is white.

Remove and set aside. Add shallots, garlic, minced chiles and half the lime zest to the hot wok stirfry until soft, but not browned (about 1 minute).

Add tomato paste and sugar. Cook, stirring constantly, until sugar becomes a dark crimson red with a sticky consistency. It should pull away from the wok into a thick

mass. This is just short of the caramelized state (about 3 to 4 minutes). Be careful not to burn the mixture. Immediately add the reserved tamarind liquid and fish sauce, reduce to low heat and simmer together for 1 minute. Add lime juice, reserved chickenshrimp mixture, green onion and remaining lime zest toss just enough to heat through. Remove from heat.

Add 1/3 of fried rice stick noodles to the sauce.

Gently crush noodles and toss with sauce to coat. Repeat with another third of noodles. Add last third of noodles only if there is enough sauce to coat.

Toss in the coriander leaves. Mound noodles on a platter, Crispy Egg Lace (broken into smaller pieces) and bean sprouts.

CRISPY EGG LACE: After frying noodles, skim leftover bits from wok. Keep oil hot. Beat eggs with salt in bowl. When oil is 375F, hold a medium fine mesh skimmer over oil gently pour half the eggs through. Let eggs drip into oil in circular fashion. Deepfry for 30 seconds or until lightly brown and crisp. Turn over to brown. It should have an irregular lacy shape. Remove and drain on paper towels. Keep in a warm oven. Break into smaller pieces. Makes 2 crispy egg laces.

Per serving: 112 Calories (kcal) trace Total Fat (2 calories from fat) 2g Protein 28g Carbohydrate 0mg Cholesterol 174mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 Vegetable 1 Fruit 0 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Mee Krob (Thai CrispFried Noodles) 3

Yield: 1

Ingredients

6 oz sen mee (rice vermicelli noodles)

2 eggs beaten

3 tb kratiem dong (pickled garlic) thinly sliced

3 tb shallots sliced thinly

4 oz belly pork diced

4 oz medium shrimp shelled and deveined

SAUCE

1 tomato

2 tb tamarind juice

2 tb lime juice

2 tb palm sugar

1 tb lime zest

1 tb fish sauce

GARNISH

2 green onions thinly sliced

2 red and green chilies julienned

1/2 c hard tofu cubed

Instructions

Mee krob is an easy dish that makes a pleasant snack, or a useful accompaniment to hotter foods. The tangy sweet and sour sauce is optional though certainly normal, and hardened vegetarians could easily leave out the pork and shrimp.

In Thailand this is almost always prepared in a wok. If you feel nervous about deep frying in a wok, feel free to use a saucepan or electric deep fryer

Method

Heat about 3 cups of peanut oil until very hot (preferably smoking), then whilst it is heating, crush the noodles in a large plastic bag. Drop the noodles, a small quantity at a

time, into the hot oil. They immediately puff up and turn golden brown. Remove at once with a slotted spoon, or the type of wire strainer available from Chinese hardware stores.

When all the noodles have been cooked and set aside to drain on kitchen paper, drizzle the egg into the oil to form a ribbon of cooked egg, then take it from the oil and chop it up.

Finally deep fry the pieces of tofu until golden brown and set aside.

Now pour off and reserve all but a little of the oil, and stir fry the garlic pickle and shallots. Next stir fry the pork until the fat is firm and the meat cooked to your taste. Stir fry the shrimp briefly until they turn pink.

Mix the cooked ingredients, except the tofu, and transfer to a serving platter.

Combine the ingredients of the sauce, and place it in a small bowl so the diners may ladle it over the food as required (if you do it too early the noodles will go soggy).

Garnish the mee krob with the green onions, chilies and cooked tofu.

Recipe By: Muoi Khuntilanont

Per serving: 408 Calories (kcal) 23g Total Fat (48 calories from fat) 29g Protein 27g Carbohydrate 376mg Cholesterol 134mg Sodium Food Exchanges: 0 Grain(Starch) 3 1/2 Lean Meat 2 1/2 Vegetable 0 Fruit 2 1/2 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Melon And Strawberry Cocktail With White Wine And Black Pep

Yield: 1

Ingredients

1 charentals oregon melon
250 g strawberries washed
2 ts caster sugar
425 ml dry white wine or sparkling
2 sprigs mint
1 ts black pepper crushed
1 orange juice

Instructions

Cut the melon into pieces and remove seeds. Halve the strawberries and place into a bowl. Remove balls of melon using parsienne cutter and place into the bowl. sprinkle over the caster sugar, chopped mint and black pepper.

Pour over the orange juice and wine. Carefully stir together and refrigerate for 30 minutes to 1 hour.

For presentation, place the cocktail into the melon shells or into a presentation glass.

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Carlton Food Network <http://www.cfn.co.uk/>

Converted by MMBuster v2.0l.

Menu HiCarb: Overnight In The Mountains

Yield: 4 Servings

Ingredients

1 ***menu***

Instructions

Saturday

Breakfast

Cinnamon Polenta
Dinner
Spicy Chicken and Spinach Couscous
Mixed Greens With
Raspberry Coriander Vinaigrette
Caramelized Apple and Cranberry Turnovers
Sunday
Breakfast
Vegetable Egg White Frittata
Zucchini Bread

<http://www.fitnessonline.com/shapecooks/bestof/eat/menu1.cfm>

Consultant: Susan M. Kleiner, Ph.D., R.D., a highperformance nutritionist and author of *The Be Healthier, Feel Stronger Vegetarian Cookbook* (Macmillan, 1997).

Notes: Article about Mountain Biking and packing food to be cooked later. From: KitPATH

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Contributor: SHAPE Cooks 1998

Mexican Shrimp Cocktail

Yield: 8 Appetizers

Ingredients

1/4 c catsup
1/4 c lime juice
1 to 2 tsp. bottled hot pepper sauce
1 lb fresh or frozen shrimp, peeled, deveined, and cooked
1/2 c chopped tomato
1/4 c chopped onion
1/4 c snipped fresh cilantro
2 avocados, seeded, peeled, and chopped
1 lime wedges (optional)
1 purple flowering kale(opt)

Instructions

In a large bowl stir together catsup, lime juice, and hot pepper sauce. Add shrimp, tomato, onion, and cilantro toss to coat. Cover and chill for 2 to 4 hours. Just before serving add avocados toss to coat. Garnish with lime wedges and flowering kale, if desired.

Makes 8 appetizer servings.

Typed in MMFormat by cjhartlin@email.msn.com

Source: Better Homes and Gardens Magazine

Microwave Chinese Chicken

Yield: 5 Servings

Ingredients

1 whole chicken
1/4 c soy sauce
1/4 c white wine (or sherry)
2 ginger root slices
1 md onion cut up

1 clove garlic

Instructions

Put chicken in cooking bag. Mix remaining ingredients. Seal bag and shake to coat chicken. Let marinate if desired, shaking every once in a while. Micro on High for about 30 minutes.

Per serving: 366 Calories 14g Fat (37 calories from fat) 49g Protein 5g Carbohydrate 148mg Cholesterol 917mg Sodium

Contributor: From Jessica, modified by Annice

Microwaved Oriental Swordfish Steaks

Yield: 4 Servings

Ingredients

1 lb swordfish steaks

2 tb orange juice

1 tb low sodium soy sauce

1 tb catsup

1 tb fresh parsley chopped

2 ts sesame oil

1 ts lemon juice

1/4 ts oregano

1/8 ts fresh ground black pepper

1 small garlic clove minced

1 8 oz. can water chestnuts drained, sliced

1 large orange peeled, seeded, sect

Instructions

In a large shallow microwave dish, place fish steaks with thickest areas to the outside of the dish. Combine the remaining ingredients, except water chestnuts and orange, and pour over fish. Cover with plastic wrap and refrigerate 30 minutes, turning once. Top steaks with water chestnuts. Recover dish with plastic wrap turning back one corner to vent. Microwave on HIGH power (100) 4 to 5 minutes, rotating dish ¼ turn after 2 minutes. When rotating dish, top steaks with orange sections, recover and return to oven. Let stand covered for 2 to 3 minutes.

NOTES : Orange and water chestnuts add crunch and color to a tasty Oriental microwaved dish.

Contributor: The National Fisheries Institute

Mike Brooks' Chocolate Chip Tailgate Cake

Yield: 8

Ingredients

1 box duncan hines yellow cake mix

1/2 c wesson oil

4 eggs

1 ts vanilla

2 boxes instant chocolate pudding (4 oz. size)

16 oz chocolate chips

Instructions

Combine cake mix and pudding together. Mix well. Add water, oil, vanilla and eggs. Mix 2 minutes with mixer. Stir in chocolate chips and mix completely. Pour into a greased and floured bundt pan. Bake at 325 degrees for approximately 1 hour.

Serves 68, depending on appetites.

Per serving: 305 Calories (kcal) 19g Total Fat (50 calories from fat) 5g Protein 36g Carbohydrate 94mg Cholesterol 34mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 0 Vegetable 0 Fruit 3 1/2 Fat 2 1/2 Other Carbohydrates
Recipe by: 1991 Dallas Cowboys Wives' Cookbook
Converted by MMBuster v2.0n.

Mike's Chinese Egg Drop Soup

Yield: 6 Servings

Ingredients

1 big can swanson's chicken broth (48 oz?)
2 tb of each of the following finely minced.
1 mushroom
1 shallot
1 green onion, sliced with both the white and green
1 ham
1 water chestnut

Instructions

THE REST OF THE STUFF

2 tb soy sauce
1/2 ts white pepper
3 tb corn starch
1/2 c cold water

THE EGG DROP PART OF IT

1 egg
1 or 2 teaspoons cold water

Mince all the stuff that needs to be. If you have something else that is on hand and sounds good, use it. But get all minced and ready to throw in the pot when the soup is ready.

Get the chicken stock into a pot, add the soy sauce and white pepper and start to bring to a boil. While waiting for the pot to boil, mix the corn starch into the 1/2 cup water. Beat the egg until smooth with maybe a teaspoon or two of cold water to thin it a bit. When the pot comes to a boil, slowly stir in the corn starch mixture to help thicken the broth. You may need more of the mixture if you want it thick. By the time you have stirred that in, it is time to grab the beaten egg mixture and "SLOWLY" drizzle it into the pot. While doing the slow drizzle, you should be stirring constantly in one direction to properly do the "Egg Drop" thing. Immediately after completion of the egg drop, turn off the heat and dump in all the finely minced ingredients. . Let sit for a few moments while you bask in the wonder of your creation (let the egg cook) and serve.

Posted to MMRecipes Digest V4 #247 by Mike Reeves on Sep 16, 1997

Mini Glossary To Some Basic Korean Dished And Terms

Yield: 1 Serving

Ingredients

*** NONE ***

Instructions

KIMCHI Virtually the national dish of pickled vegetables, usually first salted, then seasoned. There are countless varieties, though the most common consists of salted Korean cabbage layered with garlic, ginger, chili pepper, and salted or fermented fish, prawns or oysters.

NAMUL The generic term for seasoned vegetables, sometimes served raw, stirfried, lightly steamed or boiled. NAMULS are served at every Korean meal, and are made with any number of vegetables, as well as with wild roots, sprouts, stems and leaves.

GUI Barbecued or grilled food, often cooked at the table over a burner or charcoal.

PULGOGI, Koreanstyle marinated barbecued beef, is the most famous of such dishes.

GUK or **TANG** Soup or stew.

PAB Rice, the everyday staple of Korea.

CHONGOL Korean onepot stew, usually a combination of meat, fish, bean curd and/or vegetables, often cooked at the table over a burner. Similar to Japanese sukiyaki.

JON Batterfried vegetables, meat or fish. **PAJON** green onion pancake is the best known of many varieties.

POKKUM Stirfried or braised dish. **NAKCHI BOKKUM**, stirfried baby octopus is a popular snack.

SHINSOLLO Splendid medley of meat, fish, vegetables and gingko nuts prepared in a special shinsollo pot kept warm with charcoal in its chimney. A dish formerly eaten by royalty.

KUJOLPAN Ninesectioned lacquerware dish filled with mixtures of meat, seasoned vegetables, fish and pancakes: another example of elegant, refined, palace food.

Per serving: 0 Calories 0g Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

Contributor: Flavours of Korea Marc and Kim Millon

Mixed Chinese Greens

Yield: 4 Servings

Ingredients

8 dried black mushrooms
2 ts vegetable oil
1/2 ts crushed ginger root
1 c sliced broccoli
1 c sliced celery
1/2 c sliced bamboo shoots
1/2 c button mushrooms
1 green pepper sliced thinly
1 tomato quartered and seeded
1/2 c straw mushrooms
1 c chinese celery cabbage
2 tb cooking wine
1/2 c chicken stock (see wonton soup recipe)
1 tb cornstarch mixed with 2 tb cold water
1 ts light soy sauce
1/2 ts crushed fresh garlic
1 salt and pepper to taste
1 ts sesame seed oil

Instructions

Soak the black mushrooms in hot water 10 minutes. Drain and remove tough stems. Heat the oil in a wok over high heat. When it is mediumhot, add the ginger and garlic and stirfry a few seconds. Add the broccoli, celery, bamboo shoots, black mushrooms, button mushrooms, green pepper, tomato, straw mushrooms and celery cabbage. Stirfry 3 minutes. Add the wine and Chicken Stock. Stir in the cornstarch mixture until

thickened. Add the soy sauce, salt, pepper, and sesame seed oil. Stir to mix and serve immediately. Don't overcook the vegetables. They should be crisp, yet cooked.

PEKING GARDEN EAST

MILWAUKEE, MEQUON

From the . Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Mixed Mushroom & Chinese Cabbage Spring Rolls (Dj/Pc)

Yield: 4

Ingredients

1/4 lb regular mushrooms
1/4 lb shiitake mushrooms
1/4 lb portobello mushrooms
1/4 lb oyster mushrooms
1 tb sesame oil
1 ts chopped shallots
1 ts chopped garlic
1 tb chopped parsley
1 tb chopped ginger
1 salt and pepper to taste
8 lg napa cabbage leaves

Instructions

Recipe by: CHEF DU JOUR PHILIPPE CHIN SHOW #DJ9346

Clean and slice all mushrooms into 1/2inch pieces. Saute the mushrooms in a large saute pan in the sesame oil for about 5 minutes, stirring occasionally. Add shallots, garlic, parsley and ginger. C for another 6 to 8 minutes.

Season to taste with salt and pepper. Chill. Blanch the cabbage leaves in 1 quart of boiling water and immediately chill ice water. Dry the cabbage leaves on paper towels. Place 1/8 of the mushroom mixture in the center of each cabbage leaf, fold side of the leaf and roll. Serve with light soy sauce for dipping. Yield: 4 servings

Converted by MCBuster.

Converted by MMBuster v2.0l.

Mixed Mushroom & Chinese Cabbage Spring Rolls

Yield: 4 Servings

Ingredients

1/4 lb regular mushrooms
1/4 lb shiitake mushrooms
1/4 lb portobello mushrooms
1/4 lb oyster mushrooms
1 tb sesame oil
1 ts chopped shallots
1 ts chopped garlic
1 tb chopped parsley
1 tb chopped ginger
1 salt and pepper to taste
8 lg napa cabbage leaves

Instructions

Clean and slice all mushrooms into 1/2inch pieces. Saute the mushrooms in a large saute pan in the sesame oil for about 5 minutes, stirring occasionally. Add shallots,

garlic, parsley and ginger. Cook for another 6 to 8 minutes. Season to taste with salt and pepper.

Chill. Blanch the cabbage leaves in 1 quart of boiling water and immediately chill in ice water.

Dry the cabbage leaves on paper towels.

Place 1/8 of the mushroom mixture in the center of each cabbage leaf, fold the side of the leaf and roll.

Serve with light soy sauce for dipping.

Yield: 4 servings

Recipe By : CHEF DU JOUR PHILIPPE CHIN SHOW #DJ9346

Categories : Chef Du Jour

Mixed Mushroom And Chinese Cabbage Spring Rolls

Yield: 4 Servings

Ingredients

1/4 lb regular mushrooms

1/4 lb shiitake mushrooms

1/4 lb portobello mushrooms

1/4 lb oyster mushrooms

1 tb sesame oil

1 ts chopped shallots

1 ts chopped garlic

1 tb chopped parsley

1 tb chopped ginger

1 salt and pepper to taste

8 lg napa cabbage leaves

Instructions

Clean and slice all mushrooms into 1/2inch pieces. Saute the mushrooms in a large saute pan in the sesame oil for about 5 minutes, stirring occasionally. Add shallots, garlic, parsley and ginger. Cook for another 6 to 8 minutes. Season to taste with salt and pepper. Chill. Blanch the cabbage leaves in 1 quart of boiling water and immediately chill in ice water. Dry the cabbage leaves on paper towels. Place 1/8 of the mushroom mixture in the center of each cabbage leaf, fold the side of the leaf and roll. Serve with light soy sauce for dipping. Yield: 4 servings

Recipe by: CHEF DU JOUR PHILIPPE CHIN SHOW #DJ9346 Posted to MCRcipe Digest V1 #632 by "Ed Bauman" on May 31, 97

Mohawk Indian Corn

Yield: 8 Servings

Ingredients

1 cn whole kernel corn, drained

1 sm pkg black walnuts, coarsely chopped

1/2 tsp black walnut flavoring

butter

Instructions

In a small sauce pan, add corn and a half can of water. Add walnuts, and black walnut flavoring. Heat and then serve. Add butter to melt.

Mongolian B.Q

Yield: 1 Serving

Ingredients

1 sl onions
carrots grated
waterchestnuts sliced
green onions chopped
Bean sprouts fresh
mushrooms fresh
bamboo shoots sliced
celery sliced
soy sauce lots
sesame oil
garlic salt water see notes
beef sliced thin
pork sliced thin
chicken sliced thin
white water see notes

Instructions

Cook bean sprouts and mushrooms in oil and butter.

For each person, each person takes what they want and fry in oil and soy sauce.

Get won tongs. fry along or fold over & stuff with meat and veggies.

Put 2 won tongs on top one after other filling then seal. fry or drop in soup

NOTES : Garlic water: 1/3 cup garlic juice, 1/2 cup water and 2 teaspoons sugar.

Wine water: 4 parts red wine and 1 part water.

Contributor: Mike Price

Mongolian Beef 6

Yield: 1 Servings

Ingredients

1 lb thinly sliced beef
3 tb soy sauce divided
1 tb cornstarch
2 cloves garlic pressed
3/4 c water
2 1/2 ts cornstarch
1 ts sesame seed toasted
1/2 ts sugar
1/8 ts crushed red pepper (1/8 to 1/4)
2 tb vegetable oil divided
2 md carrots cut diagonally into thin
1 bn green onions cut into 2inch lengths,
1 hot cooked rice

Instructions

Cut beef across grain into long, thin slices.

Combine 1 tablespoon each soy sauce and cornstarch with garlic in a medium bowl stir in beef. Let stand 10 minutes.

Meanwhile, combine water, remaining 2 tablespoons soy sauce, 2 1/2 teaspoons cornstarch, sesame seed, sugar and red pepper set aside.

Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add beef and stir fry 1 minute remove.

Heat remaining 1 tablespoon oil in same pan. Add carrots and white parts of green onions stirfry 2 minutes. Add green onion tops stirfry 1 minute.

Add beef and soy sauce mixture. Cook and stir until sauce boils and thickens.

Serve immediately with rice.

I love REALLY hot food, so I use a lot more red pepper than this recipe calls for. It's all a matter of taste!

Posted to recipeludigest Volume 01 Number 656 by "Diane Geary." on Jan 31, 1998

Mongolian Beef A La House Of Hong

Yield: 2 Servings

Ingredients

2 ts soy sauce

1 ts red wine

1/2 lb beef flank steak sliced thin**

4 ts salad oil

3 cloves garlic chopped

1/2 lb green onions cut into

1 ts white vinegar

3 ts brown sugar

1 ts ground black pepper

1 ts sesame oil

Instructions

** 'Choice' cut is best

Combine the soy sauce and wine. Add the flank steak. Marinate 30 minutes.

Heat the salad oil in a frying pan until very hot. Add the garlic and then the beef, stirfrying for 5 minutes. Add green onions, vinegar, brown sugar and pepper, continuing to stirfry until the beef is thoroughly cooked. Add sesame oil.

Chef Paul Lee advises that the secret to this dish is to use very high heat and cook quickly... that's what makes the beef juicy and tender.

Source: Dining Ethnic Around Puget Sound by Steve & Mary Taylor, 1993 Poverty Bay Publishing Co, Federal Way, Washington. ISBN# 0936528028

Recipe by: House of Hong, Seattle

Posted to recipeludigest by Badams on Feb 20, 1998

Mongolian Beef I

Yield: 4 Servings

Ingredients

1 lb flank steak

2 tb peanut oil

2 tb garlic

2 green onions

1 ts salt

2 ts sugar

2 ts hin soy sauce

1 tb oyster sauce

1 pepper

1 tb wine (i suggest sherry)

1 1/2 tb cornstarch

1/4 c chicken stock
2 tb hoisin sauce
2 ts catsup
1/2 ts crushed red chili pepper

Instructions

1. Cut steak across grain into strips about 2 in. long , and very thin.
2. Add seasoning to meat.
3. Combine sauce ingredients and mix well.
4. Heat wok. Add oil. Add garlic and cook quickly.
5. Add beef and onions and stirfry until tender.
6. Add sauce mixture. Mix and cook about 1 minute.

Per Serving: 352.19 Cal (48.90 from Fat, 37.40 from Protein, 13.70 from Carb) 32.16 g Protein 18.68 g Tot Fat 6.17 g Sat Fat 7.86 g Mono Fat 2.81 g Poly Fat 11.80 g Carb 0.77 g Fiber 1088.22 mg Sodium 76.22 mg Cholesterol

Mongolian Beef li

Yield: 6 Servings

Ingredients

1 lb thinly sliced beef
3 tb soy sauce
1 tb cornstarch
2 cl garlic
3/4 c water
2 1/2 ts cornstarch
1 ts sesame seed
1/2 ts sugar
1/8 to 1/4 teaspoon crushed red pepper
2 tb vegetable oil
2 medium carrots thin slices
1 bn green onions
1 hot cooked rice

Instructions

Cut beef across grain into long, thin slices. Combine 1 tablespoon each soy sauce and cornstarch with garlic in a medium bowl stir in beef. Let stand 10 minutes. Meanwhile, combine water, remaining 2 tablespoons soy sauce, 2 1/2 teaspoons cornstarch, sesame seed, sugar and red pepper set aside. Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add beef and stir fry 1 minute remove. Heat remaining 1 tablespoon oil in same pan. Add carrots and white parts of green onions stirfry 2 minutes. Add green onion topsl stirfry 1 minute. Add beef and soy sauce mixture. Cook and stir until sauce boils and thickens. Serve immediately with rice.

Mongolian Beef Sandwiches With Black Bean Aioli

Yield: 1 Serving

Ingredients

2 Pounds flank steak sliced against the grain Cut 12 thick slices for satays belo
1/2 Cup canola oil
1 Tablespoon sesame oil
1/2 Cup thin soy sauce
1/2 Cup shaoshing wine or red wine
2 Tablespoons garlic minced

1/2 Cup scallions chopped
1/2 Tablespoon coarse ground black pepper
Canola oil
2 red onions sliced
2 serrano chiles minced
1/2 Head white cabbage chopped
1 red bell peppers julienned
1 green bell peppers julienned
2 carrots thinly sliced
4 pita bread, toasted grilled or heated in the oven

Instructions

Marinate steak in a bowl with oils, soy sauce, wine, garlic, scallions and black pepper. Let stand at least 4 hours refrigerated. Drain beef in another bowl and reserve with 12 larger slices for satays. In a hot wok, coat with oil and stir fry onions and serrano chiles. Add beef and cook until rare. Add vegetables. Check for seasoning. Serve with pita bread and black bean aioli.

Contributor: EAST MEETS WEST #MT1A22

Mongolian Beef Tspn00B

Yield: 6 Servings

Ingredients

2/3 lb flank steak
marinade
1 ts rice wine or dry sherry
1 tb soy sauce
1 tb vege. oil
1 ts sesame oil
1/4 ts baking soda
1 ts cornstarch
1/2 ts sugar
frying and sauce ingred
4 c oil for deep frying
1 oz rice noodles
1 tb hoisin sauce
1 tb hot bean sauce
1 ts cornstarch
1/2 c water
10 green onions chop 1 1/2"

Instructions

Use a cleaver to slice beef across grain and at an angle into thin strips.

Combine marinade ingredients in a med. bowl. Add beef strips mix well.

Let stand at least 1 hr. Heat oil in a wok over high heat to 350. Gently loosen roll of rice noodles with your fingers and break into 2 portions.

Carefully lower half the noodles into hot oil with a slotted metal spoon or in a lg. strainer and press under oil 2 seconds. Immediately remove puffed noodles from wok with slotted spoon or strainer set aside to cool.

Repeat with remaining half of rice noodle roll. Break cooled noodles into 2" lengths and arrange on a platter. Remove oil from wok except 5 tb Heat oil remaining in wok over high heat 30 seconds. Stirfry marinated beef until very lightly browned. Remove with slotted spoon set aside. Remove all but 2 tb. oil from wok. Add hoisin sauce, hot

bean sauce, cornstarch and water to oil remaining in wok. Bring to a boil over med. heat. Add green onions and cooked beef. Stirfry 30 seconds. Spoon over noodles.
PRODIGY(R) interactive personal service 10/01/93 5:27 PM
PRODIGY(R) interactive personal service 03/18/92 2:30 PM Makes 46 servings.
LISA CRAWLEY TSPN00B

Mongolian Beef

Yield: 1 Servings

Ingredients

3/4 lb flank steak
1 meat marinade:
2 egg whites, lightly beaten
1 tb cornstarch
2 ts oil
1 ts sherry
1/2 ts salt
1 few dashes of white pepper
1 sauce mixture:
4 tb kikkoman (or equivalent) soy sauce
1 1/2 tb sugar
1 tb dark soy sauce
1 tb sesame oil
1 tb sherry
1 ts white vinegar
1/2 ts hot bean sauce
1/2 ts sweet bean sauce
1 ts dried chili pepper, crushed
3 tb garlic, minced
1/2 oz bean thread
6 lg green onions, cut into
1 inch lengths
4 dried chili peppers
2 c oil
1 ts cornstarch mixed with
2 ts water

Instructions

Cut flank steak crossgrain into 1/8inch slices. Mix with meat marinade. Combine sauce ingredients.

In wok, heat 1 1/2 cups oil to very hot. Deep fry bean threads (they will puff up instantly). (Warning: Do only a few of the DRY bean threads alias cellophane noodles at a time they expand dramatically.) Set fried bean threads aside on paper toweling.

Add the remaining 1/2 cup oil (this is to cool down the oil already in the wok). Make sure it is now no hotter than 250 deg Farenheit. To test, place a piece of beef in the oil. It should just BARELY sizzle.

Deep fry beef in two separate batches until just done, about 10 seconds. Drain off all but 2 T oil. Throw in the 3 or so dried chili peppers (if desired). Pour in sauce mixture and let it reduce for 2 minutes over high heat. Add beef and stir until well mixed. If the sauce appears a bit thin, add a little of the cornstarch/water mixture to thicken. Add green onions for 15 seconds. Place beef on top of bean threads and serve.

This is a wonderfully rich and velvety dish. The beef is cooked by the velveting method and, if done properly, will melt in your mouth.

I tried stir frying the beef instead of using the velveting method and it didn't have the same texture. If you have two woks, cook the sauce in one while cooking the beef in the other. It'll go much faster. If the taste is too hot, decrease the chili peppers. Also, you can omit serving this on the bed of fried bean threads. Though they are very good because they sop up the great sauce.

Taken from Szechuan & Northern Cooking: From Hot to Cold by Rhoda Yee (Pub by Taylor & Ng San Francisco, 1982)

riacmt@ubvmsa.cc.buffalo.edu (Carol MillerTutzauer)] From the ChileHeads Recipe Collection URL: <http://chile.ucdmc.ucdavis.edu:8000/www/recipe.html>

Mongolian Chicken

Yield: 4 Servings

Ingredients

6 Chicken thighs boned and skinned
1 tb Hoisin sauce
1 tb Oyster sauce
1 tb Dark sesame oil
1 tb Chinese rice wine or dry sherry
4 Garlic cloves finely minced
1/2 c Hazelnuts
14 md Button mushrooms
6 whole Green onions
12 sm Dried red chiles
1/4 c Cooking oil

WOK SAUCE

1 ts Minced tangerine zest
1/3 c Freshly squeezed tangerine juice
1/4 c Chinese rice wine or dry sherry
2 tb Oyster sauce
1 tb Hoisin sauce
1 tb Dark sesame oil
1 tb Red wine vinegar
1 tb Cornstarch

Instructions

Preheat the oven to 325 degrees (to toast nuts). Rinse the chicken with cold water, then pat dry. Cut the meat lengthwise into 1/4 inch wide strips. Cut the strips in half. In a small bowl, combine the chicken with the hoisin sauce, oyster sauce, sesame oil, rice wine, and garlic. Mix thoroughly to coat chicken. Cover and refrigerate the chicken for at least 15 minutes but not longer than 8 hours.

Place the hazelnuts on a baking sheet and toast in the preheated oven for 15 minutes, or until the nuts become golden. If the papery skins are still on the nuts, wrap them in a kitchen towel and let cool for a few minutes.

Rub the towel vigorously between your palms until all skins have been removed. Set the nuts aside. Cut each mushroom through the stem into 4 wedges. Cut the green onions on a sharp diagonal into 1 inch lengths.

Combine and set aside the green onions, mushrooms, and the dried chiles. Set aside the cooking oil. In a small bowl, combine the wok sauce

ingredients and set aside. (All advance preparation may be completed up to 8 hours before you begin the final cooking steps.)

Place a wok over the highest heat. When the wok is very hot, add half the cooking oil. Roll the oil around to coat the inside, and when the oil gives off just a wisp of smoke, add the chicken. Stir and toss the chicken

until it loses its raw exterior color, about 1 minute. Immediately transfer the chicken to a plate.

Immediately return the wok to the highest heat. Add the remaining cooking oil and, when the oil is hot, add the vegetables and chiles. Stir and toss the vegetables, until the green onions brighten, about 2 minutes.

Stir the wok sauce, and pour into the wok. Return the chicken to the wok, add the nuts, and stir and toss until all the ingredients are glazed with sauce. Taste and adjust the seasoning. Immediately transfer the stirfry to a heated platter or 4 heated dinner plates and serve.

This recipe yields 4 servings.

Comments: The next time a stirfry sauce lists chicken stock, rice wine, or coconut milk as its main ingredient, try substituting fresh citrus juice. In particular, the juice from tangerines and blood oranges, as well as the always available fresh juice from navel and Valencia oranges, makes an ideal foundation for Asianstyle stirfry sauces. The subtle citrus flavor marries well with simple combinations of rice wine and hoisin sauce, minced gingerroot, and dark sesame oil and, in this recipe, with more complex blends of Asian seasonings.

Recipe Source: HOT CHICKEN by Hugh Carpenter and Teri Sandison (c) 1995 Ten Speed Press, Berkeley, CA 112 pages \$17.95 As reprinted in the Jan/Feb, 1997 issue of Cookbook Digest

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MADSQUAD@prodigy.net 07241997

Contributor: Hugh Carpenter and Teri Sandison

Mongolian Fire Pot Beef Fillet

Yield: 4 Servings

Ingredients

3 c beef broth

6 sl fresh ginger

3 pieces star anise

3 cloves garlic

2 hot dried chili peppers, (up to 3)

1 tb dark soy sauce

1 ts salt

1 ts ground black pepper

1 1/2 lb fillet of beef

2 carrots, thinly sliced

3 ribs celery, thinly sliced

1/2 c green scallions, thinly sliced

1 hot chili paste

1 coarse salt

1 sesame oil

1 soy sauce

Instructions

Combine the beef broth, ginger, star anise, garlic, chili peppers, dark soy, salt and pepper in a pot large enough to hold the beef. Bring the broth to a boil and reduce to a simmer and cook for 15 minutes.

Season the beef with salt and pepper and add to the simmering broth. Return to the boil and reduce to a slow simmer and cook for 20 minutes.

When the beef has reached medium rare, 135 degrees on a food probe, remove the beef to a platter and cool slightly before serving sliced.

While the beef is cooling, strain the seasoning out of the broth, return the broth to the fire and add the carrot and celery to the broth. Simmer the broth for 10 minutes and serve with the sliced beef. Serve the scallions, coarse salt, chili paste, sesame oil and soy sauce as condiments.

From Michael's Place Show #ML1A32

Recipe by: Michael Lomonaco Posted to MCRecipe Digest V1 #550 by "Master Harper Gaellon" on Apr 4, 1997

Mongolian Grill

Yield: 4 Servings

Ingredients

1 lamb (enough for 4 people)

SEASONING MIXTURE

1/2 c scallions cut in slivers

2 cloves garlic crushed

1/4 c parsley chopped

1 c water

1/2 c soy sauce

1 tb sugar

Instructions

Another type of do it yourself cooking, which comes out of Northern China and features lamb, is known as the Mongolian Grill. Unlike the firepot, this is a barbecue technique requiring a large open charcoal stove with a fine iron grating on top. (A goodsized hibachi with wire mesh covering can substitute.) For the fuel, pinewood with the bark left on is favored, with charcoal the second choice.

The Mongolian Grill technique is suitable indoors or out. It calls for each diner to be given a bowl of mixed seasonings (see below) in which he marinates a paperthin slice or two of lamb for a minute or so. Then he tosses the lamb onto the grate (the fuel has now been fanned to blazing) and quickly flips the slice back and forth with long chopsticks until it's grilled to his taste. (Some like their lamb crisp, others less well done in either case, the meat, being paperthin, cooks in a matter of seconds.) The lamb is then eaten with plain buns or biscuits the next slice is prepared in the same manner. NOTE: The ingredients are sufficient for 4 people. They should be mixed well in a bowl, then divided into 4 smaller bowls. Allow about 1/4 pound tender fillet of lamb per person. Beef (also sliced paperthin) can substitute.

From , ISBN 0517658704. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Mongolian Hot Pot, Beijing Style

Yield: 1 Servings

Ingredients

1 lb lean boneless leg of lamb

1 lamb tail fat sliced

1 ginger slices
1 scallion slices
1 soy sauce

Instructions

FOR THE DIPS

1 sesame paste
1 fermented bean curd
1 shrimp oil
1 soy sauce
1 vineger
1 rice wine
1 preserved chinese chive flowers
1 preserved sweet garlic
1 chinese coriander (or cilantro), chopped
1 chili (chilli) oil

Cooking utensil: a charcoal burning fire pot for cooking at the table.

1. Cut the mutton into paperthin slices about 2 1/2 inches by 1 inch . It will be easier to slice if partially frozen first. Spread them on individual serving dishes. Arrange the dips and side dishes in bowls.
2. Half fill the fire pot with boiling water. Add the sliced scallion and ginger, mutton tail fat, and a little soy sauce. Cover the pot lid tightly. Fill the chimney with burning charcoal and bring the stock to a boil.
3. To eat, the diners mix their own sauces from the condiments and seasonings.

Then they pick up the mutton slices and cook them in the boiling stock for a few seconds, until the meat turns pinkishwhite. The meat is then dipped into the sauce. The best pastry to go with the meat is shaobing the Chinese baked sesame cakes.

Note: If you do not own a Chinese fire pot, use a saucepan on a hot plate, or an electric wok/. busted by sooz Posted to recipeludigest Volume 01 Number 228 by James and Susan Kirkland on Nov 08, 1997

Mongolian Hot Pot:

Yield: 1

Ingredients

1 see directions

Instructions

1. Heat some really great veggie broth.
2. Put it in the fondue pot. Toss in some chopped garlic and ginger.
3. Using a fondue fork, skewer vegetables (zukes, shrooms, broccoli, etc.) and extra firm lowfat tofu that's been cut into 1in squares.
4. Let skewered items simmer in broth.
5. When cooked, remove skewered vegetables, etc. and dip in sauce made from lowsodium soy sauce, garlic, ginger, a little honey, and 1 drop of chinese sesame oil (for flavor) or any other sauce.
6. Afterward, pour the broth into bowls and enjoy. Definitely a different kind of fondue.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Mongolian Hotpot

Yield: 6 Servings

Ingredients

3 lb lean lamb leg of fillet
7 1/2 c chicken stock
1 ts peeled grated, fresh root ginger
1 clove garlic crushed
2 tb chopped spring onion
2 tb chopped fresh coriander
4 oz spinach leaves shredded
8 oz chinese leaves shredded
3 oz instant soup noodles

HOTPOT DIPPING SAUCE

6 tb soy sauce
3 tb smooth peanut butter
2 tb rice wine or dry sherry
1 pn chile powder
3 tb hot water
1 shallot finely chopped

Instructions

From: sharon@comlab.oxford.ac.uk (Sharon Curtis) (COLLECTION)

Date: Wed, 20 Oct 1993 11:20:55 GMT

Slice lamb very thinly and arrange on two large plates. Put stock into a large saucepan with ginger and garlic and simmer for 15 minutes. Put spring onion coriander spinach Chinese leaves and noodles into separate serving bowls. Combine the ingredients for dipping sauce and divide between 6 small dishes.

Put stock into a special Mongolian hotpot or a fondue pot. Add spring onions and bring back to boil. Transfer pot to burner. Each person uses fondue forks or Chinese wire strainers to cook pieces of food in stock. The food is then dipped in sauce before eating. Any remaining spinach and Chinese leaves are finally added to the pot with coriander and noodles.

When noodles are tender the soup is served in bowls. (Serves 6)

REC.FOOD.RECIPES ARCHIVES/EGGS

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Mongolian Lamb

Yield: 6 Servings

Ingredients

1 lb Lamb, lean boneless shoulder cut into 1" strip

MARINADE

2 tb Oyster sauce
3 Green onions chopped
1 tb Chili sauce

Freshlyground black pepper

FOR STIRFRYING

2 tb Peanut oil
3 Garlic cloves diced fine
1/2 ts Salt or to taste

GARNISH

2 c Iceberg lettuce shredded as for taco

3 Green onions chopped

1 tb Sesame oil

Instructions

Slice the lamb thin and the into 1 inch wide strips. I often freeze the lamb just a bit so I can slice it very thin. Mix the marinade and soak the meat in same for 30 minutes.

Heat a wok and add the oil, salt and garlic. Stirfry just until the garlic begins to change color, then add onehalf of the marinated meat.

Stirfry over very high heat until done to your taste.

Remove to a warm plate and stirfry the second half. Serve over the lettuce and add the onion and sesame oil garnish.

Comments: Great grills are used for this dish in famous Mongolian restaurants in China. You may want to use a tabletop grill of some sort and cook this dish at the table in front of your guests.

I think the dish is just fine straight from the kitchen wok. It is rich!

Recipe Source: THE FRUGAL GOURMET by Jeff Smith From the 10301991 issue The Springfield UnionNews

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MADSQUAD@prodigy.net 07171994

Contributor: Jeff Smith

Mongolian Rabbit Barbecue

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

This recipe is for rabbit fixed in Chinese style. It is one of my personal favorites. The taste is delicious as well as interesting. My kids love it too! Enjoy! MONGOLIAN RABBIT BARBEQUE 2 fryer rabbits 5 Tblspns soy sauce 1/2 tspn salt 3 tblspns Hoisin sauce 1/4 cup peanut oil 4 Tblspns lemon juice 1 tspn fresh ground ginger 1/2 tspn pepper 3 Tblspns sesame seeds 1 tspn rice vinegar Quarter the rabbits. salt & pepper the pieces. In glass or ceramic baking dish, mix the oil, ginger, soy sauce, hoisin sauce, sesame seeds, lemon juice, & rice vinegar. Place the pieces into the mixture to marinate, cover, & refrigerate for 68 hours. Be sure to turn at least once during mainating time.* Broil 46 inches from the heat source til done, turning as needed. Baste with the marinade as needed. *NOTE* I prefer cookig these on the outdoor barbeque but they come out well in the ovenbroiler.

Serves 68

From: Sharon Anderson Date: Wed, 082

Monkfish Tail In Pepper And Mustard Sauce

Yield: 1

Ingredients

1 lb cooked potatoes pureed

6 oz cooked green cabbage

1 oz butter

1 bn spring onions diced

3 oz diced bacon

1/2 red onion chopped

1 garlic clove chopped
1 salt and pepper
1 fresh mint chopped
3 6 oz monkfish fillets
1 cracked black pepper
100 ml double cream
4 tb grain mustard
1 fresh basil mint, coriander

Instructions

Saute, the onions, garlic and bacon in a pan, then mix with the potato, butter, spring onions and mint. Season well. Roll the monkfish in the cracked pepper and seal in a hot pan. Place in the oven for about 5 minutes to cook.

Form the bubble and squeak potato mix into cakes, dip into some flour and pan fry until golden brown on each side.

Mix the cream, seasoning and mustard and reduce in a hot pan to make the sauce.

Serve the monkfish sliced on top of the bubble and squeak with the sauce around the edges. Garnish with basil.

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Carlton Food Network <http://www.cfn.co.uk/>

Converted by MMBuster v2.01.

Moo Goo Gai Pan (Chinese Dish)

Yield: 1 Servings

Ingredients

2 whole chicken breasts
1/2 ts salt
1 ts cornstarch
2 tb oil
1 c sliced celery
1 (4 oz.) can mushrooms
1 green pepper, sliced
1 cn water chestnuts
1 tb soy sauce
1 cn baby corn
1/4 c blanched almonds
20 pea pods

Instructions

Preparation : Bone and skin chicken, cut into 1 inch slices. Shake pieces with salt and cornstarch. Stirfry in hot oil until chicken turns white approximately 2 minutes. Add mushrooms with liquid, green pepper, water chestnuts, baby corn and soy sauce. Cook 4 minutes longer. Add almonds. Good with hot rice.

From: Art Misero Date: 05 Oct 96

Moo Shu Vegetables With Chinese Pancakes

Yield: 2 Servings

Ingredients

2 Teaspoons Roasted sesame seed oil
2 Green onions thinly sliced
2 Cups Bok choy thinly sliced
1/2 Red bell pepper thinly sliced

1 Carrot thinly sliced
1/2 Cup Mushrooms thinly sliced
1/2 Cup Mung bean sprouts
4 Ounces Reducedfat tofu crumbled
2 Teaspoons Fresh ginger peeled grated
1 Garlic clove minced
1 Tablespoon Tamari or soy sauce
Hoisin sauce
6 Frozen Chinese pancakes OR whole wheat crepes (thawed)

Instructions

Preheat the oven to 325 F. Wrap pancakes in foil and place in oven to warm, about 8 minutes.

Heat sesame oil in a wok or large skillet until very hot. Add green onions, bok choy, red bell pepper, carrots and mushrooms. Stirfry vegetables 3 to 4 minutes until crisp tender. Add sprouts, tofu, ginger and garlic and continue cooking 2 to 3 minutes until sprouts are soft. Stir in tamari and extra hoisin sauce. To eat, drizzle a spoonful of hoisin sauce across center of pancake. Top with generous helping of vegetables and roll up burrito style.

Per Serving: Calories: 345 Grams of Fat: 10.5 Fat calories: 27 Cholesterol: 0 mg Grams of Fiber 7 Source: Delicious! July/August 1993

Typed for you by Karen Mintzias

Per serving (excluding unknown items): 89 Calories 1g Fat (5 calories from fat) 5g Protein 20g Carbohydrate 0mg Cholesterol 79mg Sodium

Mountain Apple & Vidalia Soup W/ Gruyere & Parmesan Cheeses

Yield: 8

Ingredients

2 c beef stock
3 c apple cider
1 bay leaf
1 ts fresh thyme leaves
1 ts coarsely ground black pepper
1 salt to taste
3 tb butter
40 oz vidalia onions thinly sliced
1 ts salt
1 ts granulated sugar
1 1/2 tb sherry (1 1/2 to 2)
24 lg garlic croutons
1/2 c parmesan cheese grated
1/2 c gruyere cheese grated
1 c north carolina red apples diced & chilled
1 fresh chives chopped

Instructions

In a large pot, combine the first six ingredients and bring to a gentle boil. Reduce heat to simmer and cook for 1 hour.

In a large skillet, melt the butter and saute the onions for 3 to 5 minutes. Add the 1 teaspoon salt and the sugar and saute for 4 to 5 minutes more, or until the onions are browned and thoroughly cooked.

Deglaze the skillet with the sherry and add the onion mixture to the cider mixture. Simmer for 1 hour.

Ladle the soup into small, ovenproof soup bowls and top each serving with 3 garlic croutons. Divide both cheeses among the servings and place the bowls in the oven. Brown under the broiler for 1 to 2 minutes. Garnish with the diced apples and the chives and serve immediately.

YIELD: 8 SERVINGS

RICHMOND HILL INN ASHEVILLE, NORTH CAROLINA

Per serving: 198 Calories (kcal) 8g Total Fat (38 calories from fat) 6g Protein 24g Carbohydrate 23mg Cholesterol 964mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 2 Vegetable 1/2 Fruit 1 Fat 0 Other Carbohydrates

Recipe by: Inn Country USA RICHMOND HILL INN

Converted by MMBuster v2.0n.

Mountain Man Breakfast

Yield: 8 Servings

Ingredients

- 1 12inch dutch oven
- 1 md onion, chopped
- 1/2 lb bacon, cut into small pieces
- 1 pk 32oz. hash brown potatoes
- 12 eggs
- 1 1/2 lb cheddar cheese, grated
- 1 8oz. jar of salsa

Instructions

Preheat Dutch oven over 10 charcoal briquets and preheat lid with 14 briquets.

Brown 1/2 pound bacon. Add onion and cook until clear.

Remove bacon and onions from Dutch oven and drain on paper towels. Wipe excess grease out of dutch oven and place back over hot briquets.

Stir in the 32ounce bag of hash brown potatoes.

Fry until potatoes are golden brown, then mix the bacon and onions back in.

Break 12 eggs into medium mixing bowl and beat thoroughly. Pour over potatoes, bacon and onions. Cover with hot lid and cook until eggs are almost solid.

Sprinkle with 1 1/2 pounds grated cheddar cheese.

Continue cooking until eggs set and cheese melts. Just before serving, top with 1 8oz jar of hot, medium, or mild salsa, according to taste.

Recipe found inside new Lodge Dutch oven

MM Format by John Hartman Indianapolis, IN

Mountain Of Profiteroles

Yield: 1

Ingredients

- 1 recipe pate a choux piped into about 40 cream puffs
- 1 recipe pastry cream
- 1 recipe chocolate ganache glaze

Instructions

Using a #1 (1/4inch) star pastry tip, pierce a hole in the bottom of each puff. Gently whisk the cooled pastry cream until smooth. Fit the #1 tip into a pastry bag and inject the cream into each puff. On a plate or pedestal cake stand, arrange about 20 puffs to

form a circular base, about 8 inches in diameter. Drip the chocolate sauce over them. Continue to pile up the puffs, dripping more sauce as you go.

Yield: 40 small profiteroles

Converted by MCBuster.

Recipe by: BAKERS' DOZEN SHOW #BD1A38

Converted by MMBuster v2.0l.

Mountain Style Paella

Yield: 8 Servings

Ingredients

2 lg red bell peppers seeded
1/4 c olive oil
3 1/2 lb chicken cut into 8 pieces
1 1/2 lb breakfast pork sausage links cut into 1 inch pieces
1 lb mushrooms thinly sliced
3 lb tomatoes about 7 cups chopped
2 tb minced garlic
1 lb green beans trimmed cut into 1 inch lengths
1/2 c almonds finely ground
1 1/2 tb chopped fresh rosemary
1 1/2 tb chopped fresh sage
2 ts salt
2 ts ground black pepper
1/2 ts saffron threads crushed
1/4 ts dried crushed red pepper
2 c arborio rice or short grain white rice
6 c canned low salt chicken broth hot
lemon wedges

Instructions

Cut 1 bell pepper lengthwise into thin strips. Chop second pepper reserve. Heat oil in heavy 14 inch skillet or paella pan over medium high heat. Add bell pepper strips saute until softened, about 6 minutes. Using tongs, transfer pepper strips to bowl reserve.

Season chicken with salt and pepper. Add to skillet and cook until brown on all sides, about 12 minutes. Transfer to plate. Add sausage to skillet saute until golden, about 5 minutes. Using slotted spoon, transfer to plate with chicken.

Pour off all but 6 tablespoons drippings from skillet. Add mushrooms to skillet saute over medium high heat 5 minutes. Stir in tomatoes, garlic and chopped bell pepper and bring to boil. Reduce heat and simmer until almost all liquid evaporates, about 35 minutes.

Add green beans and next 7 ingredients to skillet. Stir in rice, chicken, sausage and 6 cups hot broth bring to boil. Reduce heat to medium simmer uncovered until chicken is cooked, adding more broth if mixture seems dry, about 30 minutes. Let stand 5 minutes. Top with pepper strips. Garnish with lemon.

Notes: About two centuries ago, field workers near Valencia began sharing a luncheon dish made of rice, vegetables, snails and eels cooked in a flat, oval, two handled metal pan known as a paellera. And so paella was born.

Rice dishes made in such a pan, whatever the ingredients, are called paella or just arrozcon ("rice with"), followed by a description of the contents. The traditional components of this particular version are snails, rabbit and rosemary, which are found in the Valencian mountains.

This equally delectable rendition omits the snails and substitutes chicken for rabbit. This recipe can be made in a paella pan, a flameproof earthenware casserole or a large skillet.

MC formatted by Barb at Possum Kingdom using MC Buster & SNT

Converted by MCBuster.

"Education is not received. It is achieved." Author unknown.

Contributor: Bon Appetit May 1995

Mridula's Indian Kitchen

Yield: 1

Ingredients

1 lg aubergine

5 oz whole milk natural yoghurt

2 ts chopped fresh ginger

1 green chilli chopped

1/2 oz fresh coriander including the tender stalks, roughly chopped

1/2 ts salt

1/2 ts sugar

1/2 ts paprika

Instructions

Preheat the grill to high and make at least two small incisions in the aubergine to prevent it from bursting during cooking. Place the whole aubergine approximately 6 inches below the element and grill for 8-10 minutes, turning it over half way through. Remove and cool thoroughly.

Slit the aubergine lengthways into two halves and scrape off the flesh with a knife or a spoon. Discard the skin.

Process the aubergine flesh along with the remaining ingredients, except for the paprika, until smooth. Transfer to a serving dish and sprinkle the paprika on top.

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Food Network <http://www.cfn.co.uk/>

Converted by MMBuster v2.0l.

Mu Shu Vegetables With Chinese Pancakes

Yield: 1 Servings

Ingredients

4 eggs, beaten

4 ts sesame oil

1 ts salt

1 tb peanut oil

1/2 oz chinese dried wood ears (black fungus)

1/2 oz chinese lily buds

1/4 lb red peppers

4 whole scallions

3 tb rice wine or dry sherry

1 tb finely chopped garlic

1 tb finely chopped fresh ginger

2 tb dark soy sauce

6 oz bean sprouts

chinese pancakes

hoisin sauce, fo

Instructions

This is a vegetarian version of a traditional Chinese favorite, MuShu Pork. Here, I rely on an unusually flavorful combination of spices, vegetables, and condiments which together make one forget that pork or any other meat was ever a part of the dish. Particularly important to this recipe are the Chinese dried wood ears and lily buds. Their textures and the flavors they absorb in the stir frying are the basis for the success of the dish. When the combined ingredients are eaten with Chinese pancakes and hoisin sauce, what might be an ordinary dish is transformed into a festive affair. Most of the preparation may be done ahead of time and, once the pancakes are made, the rest is easily accomplished, making this a perfect dish for a dinner party.

Combine the beaten eggs with 2 teaspoons of the sesame oil and salt in a small bowl. Heat a frying pan or wok over moderate heat and add 1 Tablespoon of the oil. Pour in the egg mixture and spread it quickly over the surface of the pan until it forms a thin crepe like pancake.

There is no need to turn it over. Remove from the heat and when cool, shred the egg pancake and set aside.

Soak the dried wood ears and lily buds in warm water for about 20 minutes until soft. Meanwhile, finely shred the peppers and scallions. Squeeze the excess liquid from the black fungus and lily buds. Finely shred the wood ears, discarding the stem, and snap off the hard ends of the lily buds.

Heat a wok or large frying pan over heat heat and add the remaining peanut oil. when almost smoking, add the wood ears, lily buds, and rice wine and stir fry for 1 minute. Add the garlic, ginger, and dark soy sauce, and stir fry for another minute. Then put in the shredded egg, red peppers, scallions and bean sprouts and continue to stir fry for 3 minutes until the ingredients are thoroughly mixed. Stir in the remaining sesame oil, and turn onto a large platter. Serve with the Chinese pancakes and hoisin sauce.

From: Eastman@solstice.Jpl.Nasa Date: 050494

Mushroom And Chinese Cabbage StirFry WeiChuan

Yield: 1 Servings

Ingredients

2 lb chinese cabbage
6 chinese black mushrooms
6 c water
1 tb salt
2 tb oil
1/2 tb rice wine
2 c stock
1 ts salt
1/2 ts msg substitute salt
1 ts cornstarch
1 tb water

Instructions

Trim cabbage and cut into large bitesize pieces. Parcook in 6 c water and 1 T salt for 2 min. Drain.

Soften mushrooms in warm water. Remove and discard stems.

Heat pan with oil. Add rice wine, stock, salt, and MSG and bring to the boil. Add mushrooms and cook 5 min over medium heat. Add cabbage and stir well over heat and thicken with cornstarch dissolved in water.

Thicken sauce with cornstarch dissolved in water.

M's note: The Chinese actually make this sometimes with the addition of a little evaporated milk. Yuck.

From: Michael Loo Date: 25 Jun 97 National Cooking Echo Ž

Mushroom And Cumin Samosa And Oriental Spring Roll With A S

Yield: 4

Ingredients

SPRING ROLL BATTER

120 g plain flour

55 g cornflour

3 tb vegetable oil

400 ml cold water

FILLING FOR SPRING ROLLS

1/2 pk beansprouts

1 green pepper

1 red or yellow pepper

1 md carrot

1 piece fresh ginger root

12 mange tout

1 7.5 cm piece leek

1 clove garlic (crushed)

1 soy sauce

1 salt & pepper

MUSHROOM SAMOSA

1 sm onion (chopped)

1 clove garlic (crushed)

1 ts ground cumin seeds

1/2 ts ground coriander seeds

225 g mushrooms (thinly sliced)

15 g unsalted butter

2 sheets filo pastry

1 melted butter to brush

SAUCE

1 tb dark soy sauce (1 to 2)

150 ml vegetable stock

1 tb amontillado sherry

1 stick cinnamon (broken in half)

1 tb coriander seeds

Instructions

Spring Roll Batter

1. Mix flour and cornflour together.
2. Make a well in the middle and add the oil.
3. Gradually add water to make a smooth batter. Let it stand for 30 minutes.

Filling

4. Using a hot skillet or crepe pan, make the pancakes in the usual way.
5. Shred all vegetables into matchstick sized pieces. Fry with garlic in a little sesame oil, keeping everything very crisp. Season with soy, salt and pepper.
6. Lay a spoonful of mixture on each pancake. Fold the sides over the filling and then starting at the bottom, roll each pancake over the filling to form an

enclosed cylinder. Brush edges with beaten egg yolk to seal. Put them apart on an ovenproof tray, lightly greased.

Mushroom Samosa

7. Fry onion and garlic in butter until soft.
8. Add ground spices and fry to release flavour.
9. Add mushrooms and cook. Season and check flavour.

Sauce

10. Reduce down to concentrate the flavour.
11. Pass through a fine sieve into a clean pan.
12. Whisk in small pieces of chilled butter until thickened glossy sauce is formed.
Just before serving, stir in 1 tbsp of chopped fresh coriander leaves

Converted by MCBuster.

NOTES : Chef:Tessa Bramley

Converted by MMBuster v2.0l.

Mushroom Soup Chinese

Yield: 4 Servings

Ingredients

- 2 oz dried mushrooms
- 2 tb cooking oil
- 1 green onion, chopped
- 1 ts garlic, chopped
- 1 ts ginger, chopped
- 1 tb soy sauce
- 1 ts brown sugar
- 1/2 ts salt
- 1 l stock

Instructions

Soak mushrooms in water for 20 minutes. Separate stem from caps & discard stems. Heat oil in a soup pot & fry onion, garlic & ginger for 2 minutes. Add soy sauce, sugar & salt. Mix together well. Pour in stock & simmer gently with the lid on for 30 minutes.

Jack Santa Maria, "Chinese Vegetarian Cooking"

Mysore Pagu A South Indian Sweet

Yield: 1 Servings

Ingredients

- 700 g sugar
- 1/4 l kadala mavu chick pea flour
- 1 coconut
- 70 g cashewnuts
- 1 kesari powder
- 8 cardamom
- 175 g ghee

Instructions

Shred the coconut. Break the cashew nuts into small pieces and fry them in ghee. Powder the cardamom.
Heat water in a vessel containing 1/4 ltr. of water and add the sugar to it. After the sugary liquid is no longer thin, add the coconut shreds and heat it until it turns thick.

Then add the kadala mavu gradually and keep stirring to ensure uniformity in the mixture. After all the kadala mavu is added and after sufficient stirring, add the fried cashewnut pieces and kesari powder and ghee and stir the mixture well. After you are sufficiently satisfied that you get a 'mysorepagu' odour :) add the powdered car damom and mix it thoroughly and stop heating. Pour the mixture onto a plate which could accomodate sufficient thickness. Cut into rectangular pieces while hot.

NOTES This recipe is a translation from 'samaithu paar', a cook book in Tamil.

CONTRIBUTOR Sridhar. sridhar@asuvax.eas.asu.edu

Oriental Recipes N

Naan (Indian Bread)

Yield: 1 Recipe

Ingredients

1 no ingredients

Instructions

4 c white flour

1 ts baking soda

1 ts baking powder

1 c milk

6 tb yogurt

1 tb oil

1 egg beaten

salt to taste

3 tb ghee or butter melted

1 tb black sesame seeds (Nigella seeds)

Sift flour, baking powder, baking soda and salt together in a bowl.

Stir in egg, yogurt and 2 tablespoons of the butter. Gradually stir in enough milk to make a soft dough. Cover with a damp cloth and place in a warm place for 2 hours.

Preheat oven to 400F.

Knead dough on a floured surface for 2 or 3 minutes until smooth.

Divide into 8 pieces Roll each piece into a ball then into ovals about 6 inches long.

Grease a baking sheet and brush the underside of the bread with water. brush the other side with butter and sprinkle with sesame or nigella seeds.

Bake 6 to 10 minutes until puffy and light golden brown.

Recipe by: www.geocities.com/NapaValley/6927 [indiancooking] Digest No. 95

January 23rd, 1999

Naan (Indian Flat Bread)

Yield: 8 Servings

Ingredients

2 c all-purpose flour

1/4 c plain yogurt

1 egg, slightly beaten

1 1/2 ts baking powder

1 ts sugar

1/4 ts salt

1/8 ts baking soda

1/2 c milk

1 ghee or vegetable oil

1 poppy seeds

Instructions

Mix all ingredients except milk, ghee and poppy seeds. Stir in enough milk to make a soft dough. Turn dough onto lightly floured surface knead until smooth, about 5 minutes. Place in greased bowl turn greased side up.

Cover let rest in warm place about 3 hours.

Divide dough in 8 equal parts. Flatten each part on lightly floured surface, rolling it into a 6 X 4" leaf shape (round at one end, tapered at the other) about 1/4" thick. Brush with ghee or oil sprinkle with poppy seeds.

Place 2 cookie sheets in oven heat oven to 450F degrees. Remove cookie sheets from oven place breads on hot cookie sheets. Bake until firm, 6-8 minutes.

Serving Ideas : Pronounced: Non

NOTES : Humble Naan is an everyday bread, common in India, Pakistan and central Asia. Recipe by: New International Cookbook Posted to MC-Recipe Digest V1 #665 by Creedenite@aol.com on Jul 11, 1997

Naan (Indian) Bread

Yield: 1 Serving

Ingredients

2 c plain flour

1 1/4 ts baking powder

1/4 ts salt

1 ts oil

1/3 c natural yogurt

1 egg lightly beaten

2 tb water

ghee for frying

Instructions

Sift flour, baking powder and salt into a mixing bowl. Make a well in the center and pour in oil, yogurt, egg and water. Mix to a soft pliable dough.

Turn out onto a lightly floured board and knead for 5 minutes or until smooth. Cover with a damp cloth and leave to rest for 1 hour.

Divide dough into 6 equal pieces. Form each piece into a ball and roll out to a 16cm (just over 6 inches) diameter circle. Pull one side of the dough out to form an elongated shape (like a teardrop).

Heat a small amount of ghee in a large, heavy based fry-pan. When hot, place naan one at a time in pan and cook over moderate heat for 2 minutes or until underside is golden. Turn over and cook second side until puffed and golden.

Contributor: Australian Mick

Naan (Traditional Indian Bread)

Yield: 1 Serving

Ingredients

3 c flour (600 g)

1 c wheat flour (200 g)

1 1/2 ts salt (7 g)

1 tb sugar (15 g)

4 tb yoghurt (60 ml)

25 g fresh yeast dissolved in -100 ml warm water

warm water as required

a handful of sesame seeds -(optional)

butter as required

Instructions

MIX flour, wheat flour, salt, sugar and yoghurt well. Incorporate yeast into it. Mix well. Add enough water to knead to a smooth but non sticky dough. Cover and keep aside for 20 minutes. Knead again and cover with a cloth. Keep in a warm place for 30

to 40 minutes to rise. Roll 1.5 cm thick circles. Stick inside the lid of a hot tandoor and bake for about five minutes. If using sesame seeds, sprinkle them over the naan and press lightly. Fry in butter till golden and serve hot.

Converted by MCBuster.

NOTES : Makes 12

Preparation Time: 1:00

Naan Indian Bread

Yield: 0 Servings

Ingredients

1 1/2 pk active dry yeast

1 ts sugar

500 g all purpose flour

1 1/2 ts salt

110 ml yogurt

1 lightly beaten egg

80 ml melted ghee (or clarified butter)

2 Tbls poppy or sesame seeds

Instructions

1. Put yeast, sugar and 80 ml water in small bowl. Stir. Let stand about 5 minutes until foamy.
2. Sift flour and salt into large bowl. Make a well in center.
3. Add egg and yogurt to yeast mixture. Add 80 ml warm water. Stir and pour into the well in the flour. Stir from center until mixed to a smooth batter.
4. Stir in ghee.
5. Knead on board 15-20 minutes or about 2 minutes in food processor. Dough should be elastic but not sticky.
6. Put in covered bowl and allow to rise until double (about 1 hour).
7. Divide ball into 8 pieces. Knead each lightly, flatten ball, pull into an oval forming a sort of pear shape.
8. Put on baking sheet(s), cover with damp cloth, allow to rise about 15 minutes.
9. Brush with ghee and sprinkle with seeds. (Optional)
10. Bake in pre-heated 230 oC oven for 8-10 minutes until golden brown.

Difficulty : moderate.

Precision : measure ingredients.

Contributor: Murray Cornwell mjc@csl.dl.nec.com

Nam Kaeng Jued (Thai Beef Soup Stock)

Yield: 1 Servings

Ingredients

10 c water

4 c beef bones

2 onions, with skin, quartered

2 coriander roots, chopped

4 bai makrut (kaffir lime leaves), shredded

1 tb ginger, grated.

Instructions

break the bones with a hammer, and roast them for 15 minutes in a hot oven.

Bring the water to the boil, and add the vegetables, and the bones to the pot, Boil gently for an hour.

Boil vigorously to reduce to about half the volume you started with.
Allow to cool, skim off the fat, filter through a fine sieve.
By tablespoon ginger, grated. on ginger tablespoon, grated. .

Nam Prik Kapi (Universal Thai Dipping Sauce)

Yield: 1

Ingredients

3 tb nam pla (fish sauce)
3 tb nam manao (lime juice)
2 tb makheua phuang
1 tb kratiem (garlic) chopped
1 tb prik ki nu daeng (red -birdseye chilis), ch
1 tb kapi (fermented shrimp paste)
1 tb sugar

Instructions

In a wok, lightly fry the shrimp paste until aromatic. Crush all the ingredients in a mortar and pestle or food processor, except the makheua phuang which is coarsely chopped and added to the paste after mixing

Description This is the staple dipping sauce eaten with almost anything, and almost universally added to the table setting of any but the most casual dinner. It is as much a signature dish of Thai cuisine as the more familiar (in the west) pad Thai and is traditionally the one dish, other than desserts, cooked by the 'mistress' of the house, as opposed to the servants (if ya' have money!), and is often extremely intricate in its preparation. There are probably as many recipes as there are Thai people, and this is but one example.

The eggplants used makheua phuang are very small the size of green garden peas, and are often added to curries as a crisp morsel that pops in the mouth.

You could substitute the golf ball sized makheua pro, but the best alternative to the real thing is probably to omit them.

Per serving: 48 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 12g Carbohydrate 0mg Cholesterol trace Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 1 Other Carbohydrates

Converted by MMBuster v2.0n.

Nam Sad (Thai Pork Salad)

Yield: 2

Ingredients

3 boneless pork chops trim fat, grind
1/4 c red onion chop in 1/2 pieces
1/2 ts red cayenne pepper ground
1 tb fresh ginger root sliver 1 long
10 stalks cilantro chopped
1/4 c peanuts roasted and shelled
3 tb lime juice
2 lg fancy lettuce leaves
2 ts nam pla (thai fish sauce)
1 sm serrano chile chopped fine
1/4 ts salt

Instructions

In a skillet, saute, the ground pork. Add peanuts when pork is almost cooked, stirring often. When pork is done, drain and discard the liquid. In a glass bowl, combine pork, peanuts and other ingredients except cilantro. Salt to taste. Place lettuce leaves on serving plate and put mixture on lettuce.

Garnish with cilantro.

Serve while Nam Sad is warm.

The Serrano chile is optional for Chile-heads

Using the boneless pork chops allows for a lower fat dish. You may substitute ground pork from the butcher's counter.

Per serving: 146 Calories (kcal) 10g Total Fat (52 calories from fat) 7g Protein 12g Carbohydrate 0mg Cholesterol 290mg Sodium Food Exchanges: 1/2 Grain(Starch) 1/2 Lean Meat 1/2 Vegetable 0 Fruit 1 1/2 Fat 0 Other Carbohydrates

Recipe by: wight@odc.net

Converted by MMBuster v2.0n.

Nan Indian Bread Inter

Yield: 8 Loaves

Ingredients

1/2 c yogurt

1/2 c milk

1/2 ts baking soda

1 ts sugar

4 tb butter (melted and cooled)

2 eggs (lightly beaten)

2 pk quick-rising yeast

3 1/2 c unbleached whiteflour

1/2 ts salt

1/2 ts poppy or sesame seeds

Instructions

Warm the yogurt and stir in the milk until thoroughly mixed. Remove from the heat and cool. Place the yogurt mixture in bowl for heavy-duty mixer. (Otherwise do it by hand.) Add baking soda, sugar, 2 tbs butter, eggs, and yeast. Mix until the yeast dissolves. Stir in the flour and salt. Using the dough hook for your mixer, knead dough for 15-20 minutes until smooth and elastic. Place dough on plastic board and cover with a large stainless steel bowl. Let dough rise 2X its size. (+/- 2 hours). Dust hands with flour and knead dough for a couple of minutes and divide into 8 balls. Roll each into a 10" pancake. Pull each gently to oval shape. Cover with plastic wrap for 20 mins. Do not stack they will stick. Heat oven to 450 deg with clay tiles for baking or upside-down baking sheet. Mix remaining 2 tablespoons butter with poppy seeds. Flour small plywood board and place loaf on it. Brush the top with some butter/seeds and heat. Bake just til bubbles form and turn a bit brown. (+/- 4 mins). Remove board and loaf. Brush bottom of loaf lightly with water. Cover with plastic wrap until serving.

From The Frugal Gourmet On Our Immigrant Ancestors/ by Jeff Smith

Nan Indian Bread

Yield: 8 Loaves

Ingredients

1/2 c yogurt

1/2 c milk

1/2 ts baking soda
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From The Frugal Gourmet On Our Immigrant Ancestors/ by Jeff Smith

Nancy's Chinese Chicken Salad

Yield: 4

Ingredients

3/4 head lettuce sliced
1/2 c bean sprouts
10 sl bacon crisp cooked & crumbled
1/4 c green onion chopped
1/4 c green bell pepper chopped
4 chicken breasts cook, boned & cut in chunks

DRESSING

1/3 c soy sauce
1/3 c oil
1/4 c honey
1 tb catsup
1 1/2 ts dry mustard
1 clove garlic minced
1/2 ts ground ginger

Instructions

Combine all salad ingredients in bowl. Chill until ready to serve. Combine all ingredients of dressing mix well. Cover and chill for at least 1 hour. Pour dressing over salad and toss lightly before serving.

Makes 4 servings.

Per serving: 846 Calories (kcal) 53g Total Fat (56 calories from fat) 68g Protein 23g Carbohydrate 199mg Cholesterol 1855mg Sodium Food Exchanges: 0 Grain(Starch) 9 1/2 Lean Meat 1 Vegetable 0 Fruit 5 Fat 1 Other Carbohydrates

Recipe by: 1991 Dallas Cowboys Wives' Cookbook
Converted by MMBuster v2.0n.

Nantucket Indian Pudding

Yield: 8 Servings

Ingredients

2/3 c cornmeal
4 c milk
1/2 c molasses
4 tb butter or margarine
1/4 c sugar
1 ts ground ginger
1 ts ground cinnamon
1/2 ts salt
1/4 ts ground nutmeg
1 vanilla ice cream

Instructions

Preheat oven to 350 F. Grease a shallow 1 1/2 qt glass baking dish.

In a small bowl, combine cornmeal and 1 cup milk. In a large sauce pan, heat remaining 3 cups milk to boiling over high heat. Stir in the cornmeal mixture and bring back to boiling. Reduce heat to low and cook, stirring often to avoid lumps, for 20 minutes (mixture will be very thick). Remove saucepan from heat, stir in molasses, butter, sugar, ginger, cinnamon, salt, and nutmeg until blended. (cut butter into small lumps to aid blending)

Pour batter into baking dish. Place baking dish in a roasting pan and place in oven. Carefully pour boiling water into broiling pan until it comes 1/2 way up the sides of the baking dish. Cover baking dish with foil and bake pudding for 1 hour. Remove foil and bake for 1 hour longer or until lightly browned and just set. Remove baking dish from broiling pan and allow to cool for 30 minutes.

Serve warm with a good dollop of ice cream on top.

TIP: Mix batter and pour into baking dish up to 2 hours before baking, then pop into oven and let it cook while you enjoy your meal.

This baked pudding is also known as 'hasty pudding'.

From: Good Housekeeping Internet site. Typos by: Bob 8-{})

From: Robert White Date: 27 Dec 96 Home Cooking Ž

Navaho Indian Fry Bread

Yield: 1 Servings

Ingredients

3 c flour
1/2 ts salt
1 vegetable oil for frying
1 1/2 ts baking powder
1 1/3 c water warm

Instructions

Mix the flour, baking powder and salt together Add the water and knead the dough until soft. Roll the dough until 1/4 inch thick, then cut out rounds 4 inches in diameter. Fry the bread in 2 to 3 inches of hot oil until puffed and browned on both sides. Use as base for Navajo Tacos

Navajo & Pueblo Indian Fry Bread 2C

Yield: 1 Serving

Ingredients

4 c white flour
1 tb baking powder
1 ts salt
1 1/2 c warm water
1 c lard for frying or your choice of oil

Instructions

Mix dry ingredients together. Add warm water to dry ingredients. Knead until dough is soft and elastic and does not stick to bowl. (If necessary, add a little more warm water.) Shape dough into balls the size of a small peach. Let these sit for 15 minutes. Pat out a bit, pinch edges and then pat back and forth by hand until dough is about 1/2 to 3/4" thick and is round. Make a small hole in the center of the round. Melt lard in a heavy frying pan. Carefully, put rounds into hot fat, one at a time. Brown on both sides. Drain on paper towels. Serve hot.

Nawabi Egg Halwa ("Indian Style")

Yield: 1 Servings

Ingredients

8 oz khoa
4 oz almonds
6 eggs
12 oz sugar
8 oz ghii (pure ghii accept no substitutes)
1 pn saffron (a few strands)

Instructions

(from Poultry Advisor, ~1970, no attribution)

Grind almonds and khoa to a rough paste set aside.

Cream sugar and ghii together until sugar is dissolved. Add eggs one by one, mixing well. Add the khoa mixture and mix thoroughly. Add a few strands of kesar. Put into a pyrex dish, sprinkle with almonds.

Bake in a slow oven (300 F) until golden brown.

Decorate with gold or silver foil.

Posted to CHILE-HEADS DIGEST V4 #126 by Brent Thompson on Sep 17, 1997

Nawabi Kheema Pilau Indian Lamb & Rice Cic

Yield: 4 Servings

Ingredients

1 1/2 c basmati rice
4 tb ghee or unsalted butter
1 tb raisins
1/4 c raw cashews split into halves
2 tb milk
1 ts saffron strands
6 cardamoms split open to the top
4 whole cloves

1 ts cumin seeds
2 bay leaves crumpled
1 1-inch cube of root ginger peeled & grated
2 cl to 3 cloves garlic peeled and crushed
1 to 2 fresh green chili peppers finely chopped (an
1 ts ground nutmeg
1 ts ground cinnamon
1 ts cumin
1 tb ground coriander
1 lb lean ground lamb
2 1/2 c water
1 1/2 ts salt or to taste
2/3 c single cream
2 tb rosewater (optional)
2 eggs hardboiled & chopped

Instructions

Preparation takes 20 to 25 minutes, cooking 40 to 45 minutes.

Wash and soak basmati rice in cold water for 1/2 hour, then drain.

Melt the 1 tablespoon ghee or butter over low heat and fry the raisins until they swell up, then remove with a slotted spoon and set aside.

In the same fat, fry the cashews until they are lightly browned, remove with a slotted spoon and set aside.

Boil the milk, add the saffron strands and set aside.

Alternatively, put the milk and the saffron strands in the microwave and boil on full power for about 45 seconds. Set aside.

Melt the remaining ghee or butter gently over low heat and fry the cardamoms, cloves, cumin seeds, and the bay leaves for 1 minute.

Add the ginger, garlic, and green chili peppers and stir fry for 30 seconds. Add all the nutmeg, ground cinnamon, cumin and coriander and fry for 1 minute.

Add the lamb and adjust heat to medium. Stir and fry the lamb until all liquid dries up and it is lightly browned. This will take about 5 minutes. Add the rice, stir and fry for about 5 minutes.

Add the water, salt, cream and the steeped saffron. Stir and mix well. Bring the liquid to the boil, cover the pan and simmer for 12 to 15 minutes without lifting the lid.

Remove the pan from the heat and keep it undisturbed for another 10 to 15 minutes.

Add half the nuts and raisins to the rice, then sprinkle the rosewater evenly on top, if using. Stir and mix the ingredients gently with a fork.

Put the pilau in a serving dish and garnish with the remaining nuts and raisins and the chopped hard-boiled eggs.

The Complete Indian Cookbook, Mridula Baljekar, 1994. Smithmark/CLB Publishing. ISBN 0-8317-1487-5. Typos by Jeff Pruett.

From: Jeff Pruett Date: 27 Jan 97 National Cooking Echo Ž

Niban Dashi (Japanese Vegetable Stock)

Yield: 1 Servings

Ingredients

3 inch sq cooked kombu
3/8 pt katsuobushi (cooked)
2 pt cold water
3 tb pre-flaked katsuobushi

Instructions

The Kombu and the Katsuobushi may be taken from the Ichiban Dashi recipe. Put the cooked Kombu and Katsuobushi with 2 Pt cold water in a medium sized saucepan and bring to boil. Add all Katsuobushi, reduce heat and simmer for 5 minutes. Strain out Kombu and Katsuobushi, discard Kombu and Katsuobushi. Can be kept at room temp for 8 hrs or refrigerated for 2 days.

No Bake Candies(Chinese Noodle)

Yield: 1 Servings

Ingredients

- 2 bags butterscotch morsels
- 3 tb chunky peanut butter (heaping) (up to 4)
- 1 cn (large) chinese noodles (la choy)
- 1 cn (small) chinese noodles (la choy)

Instructions

Melt morsels in top of double boiler(don't let the water in the bottom get to hot) add peanut butter and blend together until smooth. Mix noodles in with wooden spoon. Lay out a large sheet of waxed paper on a cookie sheet. Drop hot mixture by the teaspoonful several inches apart, freeze while on cookie sheet, when frozen put in ziploc baggie(we think they taste best slightly frozen)

Recipe by: Cousin Rochelle

Posted to MC-Recipe Digest V1 #923 by Marceline8@aol.com on Nov 26, 1997

No More Chinese Take-Out

Yield: 2 Servings

Ingredients

- 1 no ingredients

Instructions

- 1 TB vegetable oil
- 1 bn scallions cut in 1 inch pieces
- 1 TB pre-minced garlic
- 1 pk pre-cut chicken tenders
- 1 pk pre-cut broccoli or carrots
- 3 TB water
- 3 TB rice wine vinegar
- 3 TB soy sauce
- 1 ts powder ginger or 1 TB fresh ginger chopped
- 1/4 lb snow peas fresh or frozen

Heat electric wok at medium high setting. Add oil and stir in scallions and garlic. Add chicken and toss to coat. Cook for 2-3 minutes. Add broccoli or carrots and water.

Cover and steam for 4 minutes. Stir in vinegar, soy sauce and ginger. Simmer mixture for 2 minutes. Add snow peas and toss to coat. Serve with rice.

Yield: Serves 2 college student

Recipe By : TVFN How to Boil Water

Date: 09/26/96

Nonya Poh Piah (Chinese Spring Rolls)

Yield: 1 Serving

Ingredients

1 main ingredients for turnip filling
 5 turnips sliced thinly (5 to 6)
 4 carrots sliced thinly (4 to 5)
 1 ti bamboo shoots sliced thinly
 1 bowlful of bean sprouts roots removed
 1 ta minced garlic
 1 ta minced ginger
 2 ta mashed preserved soya beans tau cheo seasoning:
 1 dark soya sauce
 1 light soya sauce
 1 oyster sauce
 1 pepper
 ingredients for rolls:
 1 lettuce
 1 spring roll pastry (pohpiah skins
 1 minced garlic
 1 chillie sauce thick sweet soya sauce syrup
 ingredients for garnishings:
 1 ground peanuts
 1 cooked cocktail prawns/shrimps
 1 omelette (sliced to strips)
 1 cucumber (sliced to strips)
 1 fried sliced tow kua (hard crumbled tofu)
 1 fried/toasted shallots
 1 coriander leaves/cilantro

Instructions

Method for frying main ingredients:

1. Heat 2 T oil then add minced garlic, ginger and mashed preserved soya beans (tau cheo).
2. When fragrant and brown, add turnips, carrots and bamboo shoots
3. When ingredients are semi-soft and wet with the gravy, add bean sprouts and seasoning to your taste.
4. Fry till gravy has dried and ingredients are all soft.

Method for making rolls:

1. Microwave packet of spring roll pastry or pohpiah skins (Must read instructions on packet. Overheating makes pastry too crispy to roll!)
2. On 1 or 2 sheet(s) (depending on strength off the pastry to hold the filling) of pastry, place lettuce and spread thick soya sauce, chillie and garlic over lettuce (lettuce helps to keep pastry dry)
3. Place enough main ingredients on lettuce (too much would make this into "spring parcel" rather than spring roll)
4. Add garnishings
5. Use imagination and some dexterity to fold in edges of pastry and roll it.

Have fun rolling your pohpiah and watching others rolling their poh-piahs!

You can eat it as a roll or as slices.

From: "Karen Lim"

Per serving: 346 Calories (kcal) 2g Total Fat (3 calories from fat) 13g Protein 79g Carbohydrate 0mg Cholesterol 518mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 15 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

NOTES : Found this in one of our local archives (Singapore), this is one of my favourite hawker fare... low in fat and nutritious, and fun to do it on your own! My grandmother prepares all ingredients beforehand garnishes at the side, the turnip filling all hot and moist in a huge clay pot in the centre of the table.. and everyone in the family would sit down and start rolling their own rolls.... filling with their fave ingredients.

Contributor: Angeline Koh

North Indian Baked Stuffed Potatoes (Dj/Ws)

Yield: 4

Ingredients

4 md or 2 large baking potatoes
1 c chopped onions
3/4 c diced carrots
2 tb vegetable oil or ghee
3/4 c chopped red or green bell pepper (1 medium)
1 ts ground coriander seeds
1/2 ts turmeric
1/8 ts ground cardamom
1 pn ground cloves
4 oz cream cheese at room temperature
1 salt and freshly ground black pepper to taste
1 spicy yogurt sauce (see below)

Instructions

Scrub the potatoes and bake them in a 400 degree oven for one hour or until done.

While the potatoes are baking, prepare the filling. Saute the onion and carrots in the oil or ghee until they are tender, for about 10 minutes.

Add the bell pepper and spices and continue to saute for another minute or two, stirring. Add a little water to the pan to prevent sticking, cover it, and cook for another 5 minutes, or until the bell pepper is just tender. Stir in the cream cheese and add salt and pepper to taste. Set aside.

When the potatoes are baked and cool enough to handle, make a lengthwise cut in the top of each one and scoop out a least half of the contents. If you are using large potatoes, cut them in half lengthwise and scoop them out, leaving about 1/2 inch of potato clinging to the skin. Mash the scoopedout potato and then add it to the vegetablecream cheese mixture.

Lower the oven heat to 350 degrees. Fill the potato shells with this mixture and place them in an oiled baking dish. Cover with foil and bake for 20 minutes.

Serve topped with Spicy Yogurt Sauce.

Yield: 4 servings

CHEF DU JOUR WYNELLE STEIN SHOW #DJ9507

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Busted and entered for you by: Bill Webster

Converted by MMBuster v2.0m.

Converted by MCBuster.

Converted by MMBuster v2.0l.

North Indian Carrot Pudding

Yield: 4 Servings

Ingredients

250 g carrots
4 c milk
1 pinch of saffron strands
1/2 c white sugar
2 tb ground almonds
1/8 ts ground cardamom

Instructions

Wash and scrape the carrots and grate them coarsley. In a large heavy saucepan bring milk to the boil, then take out 2 tablespoons of the boiling milk and soak the saffron strands in it.

Add the grated carrots to boiling milk and cook until carrots are soft and the mixture thickens. This takes about 30 minutes or longer. Add sugar, almonds, ground cardamom and the saffron soaking in the milk. Stir until sugar dissolves, then cook, stirring occasionally until the mixture is the consistency of a creamy rice pudding.

Serve warm or cold.

Imran C.

Posted to TNT Prodigy's Recipe Exchange Newsletter by "I. Chaudhary" on Apr 27, 1997

North Indian Lassi Or South Indian Maggige

Yield: 1 Servings

Ingredients

1 yogurt
1 some cold water
1 sm onion sweet
2 cl garlic
1 cilantro
1 lemon or lime juice
1 salt to taste
1 curry leaves
1 fresh chopped ginger

Instructions

Beat the yogurt with some cold water to the consistency of vitamin D milk. put every thing in your palm into the beaten yogurt and squeeze with the lassi using fingers to get all these ingredients to give some of the flavour and to dissolve the salt in lassi.

Some people actually put them all in the blender and blend also. I do not like onions blended in so I use the above crude method.

It is a very good drink or eaten by mixing with cooled rice (not hot, not refrigerated). I think in North India it is known as lassi and where I come from it is called maggige made out of yogurtcurdsmosaru.

This is how we made our lassi which was used to drink after mid day dinner in a hot summer day and also mixed with rice (second course) to end the meal.

From: vsiddali@csc.com (Vimala Siddalingaiah)

North Indian Stuffed Eggplant

Yield: 4 Servings

Ingredients

2 md eggplants
4 c potatoes, cubed

8 oz soya cheese,
2 tb vegetable oil
2 c chopped onions
2 ts ground cumin seeds
1 tb ground coriander seeds
1 ts turmeric
1/2 ts hot red pepper
1/4 ts ground cloves
1 tb minced ginger
2 ea garlic cloves, minced
2 md carrots, diced
1 lg green bell pepper, diced
1 c green peas
1 ea tomato, diced
2 tb fresh lemon juice
1 seasme seeds

Instructions

Leaving stems on, slice eggplants in half lengthwise & place cut side down in pan. Cover & bake at 375F for 30 to 40 minutes till tender.

While eggplant is baking, boil potatoes till tender & drain. Mash with partially melted soya cheese in a large bowl. Saute onions & dried spices in oil for 1 minute. Add garlic, ginger & saute till onion is translucent. Add carrots & cook 5 minutes. Add peppers & peas & cook till just tender. Stir in tomatoes & lemon juice. Combine sauteed vegetables & potato mixture.

Mash eggplant pulp & push to side. Mound a quarter of filling on each half. Sprinkle with sesame seeds & bake for 15 minutes at 375F, uncovered.

Adapted from "New Recipes From Moosewood Restaurant"

North Thai Tomato & Meat Sauce (Nam Prik On

Yield: 4 Servings

Ingredients

1 stephen ceideburg
1/4 lb pork tenderloin *
2 ts vegetable oil
1 tb minced garlic (3 cloves)
1 lg shallot, minced
2 serrano chilies, with seeds, chopped
1 ts tiny dried shrimp, minced, or 1/2 t sp. shrimp paste
1 ts minced fresh lemon grass **
1 lb ripe plum tomatoes, chopped or: ***
1/2 c defatted chicken stock or water
1 tb fish sauce
1 ts sugar

Instructions

* trimmed of fat and membrane and cut in chunks ** or 1 tsp. dried, soaked in warm water for 30 minutes, drained and minced *** 1 28-oz. can plum (Italian-style) tomatoes, drained and chopped

Not unlike a Thai version of spaghetti sauce, this is from the regional cuisine of north Thailand. Note: Dried shrimp and shrimp paste give off a strong aroma during cooking, but the flavor mellows.

Place pork in a food processor and using an on/off motion, process until it is ground. Alternatively, chop pork with a sharp knife. Set aside.

In a heavy, medium-sized saucepan, heat oil over medium high heat. Add garlic and stir-fry for 1 to 2 minutes, or until browned. Add shallots, chilies, dried shrimp or shrimp paste and lemon grass and stir-fry for 30 seconds. Add the pork and stir-fry for about 1 minute, or until browned. Add tomatoes, stock or water, fish sauce and sugar and increase the heat to high. Cook, stirring frequently, for 2 minutes, or until the mixture boils vigorously. Reduce heat to low and simmer, uncovered, for 15 to 20 minutes, or until slightly thickened. Serve with sticky rice.

Serves 4 as a main dish or 6 in combination with other dishes.

64 CALORIES FOR EACH OF 6 SERVINGS: 6 G PROTEIN, 3 G FAT, 5 G CARBOHYDRATE 127 MG SODIUM 15 MG CHOLESTEROL.

From "Eating Well", Jan/Feb, 1992.

North Thai Tomato And Meat Sauce (Nam Prik Ong)

Yield: 4

Ingredients

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- 2 ts vegetable oil
- 1 tb minced garlic (3 cloves)
- 1 lg shallot minced
- 2 serrano chilies** with seeds, chopped
- 1 ts tiny dried shrimp mince
- 1/2 ts shrimp paste
- 1 ts minced fresh lemon grass
- 1 lb ripe plum tomatoes*** chopped
- 1/2 c defatted chicken stock
- water
- 1 tb fish sauce
- 1 ts sugar

Instructions

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Add the pork and stir-fry for about 1 minute, or until browned. Add tomatoes, stock or water, fish sauce and sugar and increase the heat to high. Cook, stirring frequently, for 2 minutes, or until the mixture boils vigorously. Reduce heat to low and simmer, uncovered, for 15 to 20 minutes, or until slightly thickened. Serve with sticky rice.

Serves 4 as a main dish or 6 in combination with other dishes.

Per serving: 38 Calories (kcal) 3g Total Fat (66 calories from fat) trace Protein 3g Carbohydrate 1mg Cholesterol 1mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.
From "Eating Well", Jan/Feb, 1992.

Nourou Shau Lowbo (Chinese Beef Stew)

Yield: 1

Ingredients

1 no ingredients

Instructions

2 lb lean beef shank

3/4 c soy sauce

2 tb wine

2 tb scallions chopped

1 tb ginger chopped or 1/2 ts ginger powder

2 c water

2 tb sugar

1 ts chinese 'five spice' seasoning

2 c carrot

Cut the beef into one-inch cubes. Put the beef into a pot, add the seasoning and the rest of the ingredients except the carrots, and cook on high heat until it comes to a boil.

Then reduce the heat and simmer for 45 minutes. Add the carrots and cook until the beef is tender and the carrots are done. Remove the bag of seasonings. Serve over hot steamed rice.

Nua Sawan (Thai Beef Jerky)

Yield: 1 Serving

Ingredients

2 1/2 lb top sirloin or top round roast

3 ts coriander seeds

1 ts cumin seeds

1 1/2 ts sugar

4 ts thai light soy sauce-aew sai

1 1/2 c oil

Instructions

Slice beef across the grain 2"X 3" in size and 1/4" thick. Roast coriander and cumin seeds in a fry pan over low heat until fragrant, cool, and grind coarsely in a mortar or a spice grinder. Combine beef and the rest of the ingredients and marinate 1 hour. Place beef pieces on a cake rack sprayed with Pam and put the rack in a foil lined cookie sheet large enough to catch any liquid dripping from the beef. Place the cookie sheet in a lowest setting oven until the beef pieces are dry to the touch and no liquid seep out when pressed (between 6-12 hours depending on the oven). Over medium-low heat, heat the oil in a flat-bottomed fry pan and drop the beef in 5-6 pieces at a time. Fry until crispy on the outside and around the edges. Drain on a cake rack over paper towels. Keeps up to 1 week in an airtight container at room temperature. Serve alone or with cooked sticky rice.

NOTE: Tenderize beef lightly with a mallet if using other cuts of beef. Be sure to drain the oil well. Any excess may become rancid. Cool completely before storing.

Nue Nam Tok: Grilled Beef With Thai Seasoning

Yield: 6 Servings

Ingredients

3 serrano chilies
1/4 c white vinegar
1 1/2 lb flank steak
1/4 lb red onion sliced
4 green onions
1/4 c lime juice plus:
1 tb lime juice
2 tb fish sauce
1 ts ground roasted chilies *
2 tb ground toasted rice **
1 red lettuce leaves
1 coriander sprigs
1 mint or basil leaves

Instructions

1. Remove the stems, but not the seedes, from the chilies. Slice the chiles crosswise into pieces 1/8" thick. Place the sliced chiles and vinegar in a small serving bowl. Let it stand for at least 15 minutes.
2. Grill the beef to the desired doneness, preferably over charcoal. Slice it across the grain into strips 1/8" thick and 1 to 2 inches long. Put these in a large ceramic bowl.
3. Peel the red onion, remove the root portion, and slice the onion vertically into thin strips. Slice the green onion diagonally into thin pieces. Add both types of onion to the beef.
4. Add the lime juice, fish sauce, ground chilies, and ground rice. Mix well
5. Arrange a single layer of lettuce leaves on a serving platter, and place the beef mixture on top. Garnish with sprigs of coriander and mint or basil leaves.
6. Serve at room temperature, the vinegar sauce (from Step 1) and rice.

* Use small hot chilies about 3 to 4 inches long. Roast whole chillie stems and all, in a dry wok or skillet until the color changes to dark red or brown depending on the chilies used. Be careful not to let them burn. When the chilies have cooled, remove the stems and seeds. Place the chilies in a food processor or blender and grind using short pulses. Pre-ground chilies are also commercially available, but often lack the "bite" of home ground ones and may be more expensive.

** Place uncooked rice in a dry wok or skillet and heat over moderate heat until deep golden brown, stirring frequently to keep from burning and to allow it to develop a uniform color. Watch the rice carefully after it begins to change color and stir constantly because it can burn easily at this stage. When it is a uniform deep golden color, remove from heat and allow to cool to room temperature. Grind it to a fine powder in a blender or a spice grinder. This can be made in advance and kept in quantity so that there is always a supply on hand, but it is also easy to make up while preparing the dish.

Source: "Thai Home-Cooking from Kamolmal's Kitchen", : by William Crawford and Kamolmal Pootaraksa. : ISBN 0-453-00494-6.

From: nell@is.rice.edu (Paula Gaynell Warnes)

Oriental Recipes O

Okonomiyaki (Japanese Pizza)

Yield: 1

Ingredients

1 sheet nori (about 8x7 inches) (seaweed)

Instructions

Sauce:

1/4 cup catsup

1 1/2 tbsp. Worcestershire Sauce

1/4 tsp. Dijon mustard

2 tbsp. sake

1 tsp. soy sauce

Okonomiyaki:

2 eggs

1 cup flour

1 cup water

2 tbsp. sake

pinch salt

2 cups shredded cabbage (about 1 1/2 inch strips)

1/4 cup shredded carrot (1 1/2 inch strips)

4 whole scallions, cut in half lengthwise and into 1-inch strips (about 1 cup)

1/4 cup vegetable oil

1/2 cup cooked shrimp, cut in 1/2-inch pieces (or cooked crabmeat, chicken, bacon, whatever meat you'd like)

mayonnaise

Toast the nori by waving it over a flame until it stiffens slightly, but be Careful it burns easily. Crumble into little pieces and set aside.

Combine all the sauce ingredients in a small saucepan and simmer for 30 seconds, stirring constantly. Remove from the heat and cool to room temperature.

Beat the eggs in a large bowl. Add the flour and water and continue beating until you have a batter the consistency of pancake batter. Add the sake and salt. Fold in the cabbage, carrots, and scallions. Be sure to mix the batter an vegetables together evenly. Each okonomiyaki will use 1/4 of this mixture. Heat 1 tbsp. of the oil in a standard 10-inch skillet. Spoon 1/4 of the batter onto the hot skillet (like a pancake) making sure the vegetables are evenly distributed. Then sprinkle 1/4 of the shrimp or meat of you choice on top. Cook each side on medium heat for 2 minutes, until lightly browned.

Reduce the heat to low and cook, covered, for another 5 minutes, occasionally turning and gently pressing the okonomiyaki with a spatula. Prepare three more okonomiyaki as above. Keep the finished pancakes warm in a low oven while making the rest, or use two skillets and make two okonomiyaki at a time.

Serve hot with the sauce to taste I recommend 1 tbsp. per okonomiyaki and top with about a tsp. of mayonnaise and a sprinkling of toasted nori.

Source: Sundays at Moosewood Restaurant

Christine casmith@interlog.com

One, Two, Three, Four, Five (Chinese Pork Stew)

Yield: 1 Servings

Ingredients

1 lb pork spareribs cut in half
3 tb sugar
8 green onions 4 to 5 inches long
1/4 c soy sauce
1 tb rice wine or dry sherry
5 tb water
2 tb rice vinegar or white vinegar

Instructions

Use a sharp knife to cut between the spareribs. Put the green onions in the bottom of a large saucepan. Place the spareribs on top of the green onions. Add the wine, vinegar, sugar, soy sauce, and water.

Cover and bring to a boil over high heat then reduce heat to low.

Cook about 2 hours, then serve hot. Makes about 4 servings.

Oneida Indian Succotash

Yield: 1 Servings

Ingredients

1 1/2 c frozen corn kernels, thawed (may use fresh corn kernels-about 3 ears)
1/2 c chopped onion
1 c chopped summer squash
1 c chopped red bell pepper
1 ts ground cumin
1 tb olive oil
2 garlic cloves, minced
1/2 c defatted chicken broth
2 tb chopped fresh cilantro
1/8 ts hot sauce
1/8 ts ground pepper
2 c frozen baby lima beans, thawed

Instructions

Place a large nonstick skillet over high heat until hot. Add corn, red pepper, onion, and cumin saute 5 minutes until vegetables are slightly blackened. Add summer squash, olive oil, and garlic sauteing and additional minute. Reduce heat to medium-high, add broth and remaining ingredients. Cook 3-5 minutes or until heated through, stirring frequently.

Yield: 8-10 1/2-cup servings Nutrition per serving: calories 98, percent fat calories 16, sodium 127 mg, cholesterol less than 1 mg.

Copyright Oneida Indian Natives From: Sam Lefkowitz Date: 15 Jan 97 Home Cooking Ž

One~ Two~ Three~ Four~ Five (Chinese Pork Ste

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

1 lb pork spareribs cut in half
3 TB sugar
8 green onions 4 to 5 inches long
1/4 c soy sauce
1 TB rice wine or dry sherry
5 TB water

2 TB rice vinegar or white vinegar

Use a sharp knife to cut between the spareribs. Put the green onions in the bottom of a large saucepan. Place the spareribs on top of the green onions. Add the wine, vinegar, sugar, soy sauce, and water.

Cover and bring to a boil over high heat then reduce heat to low.

Cook about 2 hours, then serve hot. Makes about 4 servings.

Note: This recipe is really nice, and good for weekends. I suggest you serve it with white rice to soak up all the liquid. I think the name is supposed to indicate how simple it is it's from an old chinese cookbook.

Recipe By : jih@acpub.duke.edu (Joy Hogley)

Oni-Giri (Japanese Rice Ball)

Yield: 4 Servings

Ingredients

1 rice
1 nori (seaweed)
1 seasoned rice vinegar
1 smoked salmon
1 wasabi paste
1 salt
1 sugar

Instructions

This recipe is for the picnic rice balls that someone mentioned. They are easier than sushi, don't require a mat, etc. Don't shy away from making these. You don't need to use raw fish. Indeed, these particular rice balls, called Oni-giri do not usually contain raw fish. These can be made with smoked salmon or not as you wish.

To season the vinegar, add some salt and or sugar to taste. I don't like the sugar myself and leave it out. I also water down the vinegar a little bit. If you don't like vinegar, you can just use salt water or even just plain water.

The Nori may be purchased in toasted sheets ready to use. It is widely available. I've found it in local grocery stores here in North Carolina.

Cut the sheets into 4 5 cm wide strips.

The rice should be a sticky variety, like Kokuho Rose, but I have made these successfully with standard American medium grain white rice. Prepare as for steamed rice, allow it to sit in the pan, covered, after cooking for about 1 hour before lifting the cover. Dump the rice into a bamboo vegetable steamer or a wooden salad bowl, something that will absorb some of the moisture. Fan the rice while GENTLY tossing it a few times. This cools it so it can be handled and removes the excess moisture.

Have the salmon ready in 4 cm strips with as much wasabi dabbed on it as you'd like. Once the rice is cool enough to handle you can begin. Wet your hands with the vinegar. Grab some rice in the palm of one hand. Push a strip of salmon into it. Form the rice ball by clasping your hands together GENTLY. The idea is to form a nice triangular ball with flat faces. It's fun. You also don't want to handle them too much. You don't want to squash the rice grains just stick them together. Once you've shaped

the ball. Wet one side of the Nori strip with the vinegar and wrap it around the flat faces of the rice ball.

These make GREAT picnic food. They go well with fruits and vegetables. My wife, Leah, who doesn't like seafood loves these. So, even if you think eating seaweed sounds weird, give them a try.

Oh, and by the way, smoked salmon is excellent with soy sauce and wasabi.

elcooper@chem.duke.edu (Evan L. Cooper)

CHILE-HEADS ARCHIVES

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Onion Khulcha (Indian Bread)

Yield: 4 Breads

Ingredients

1 no ingredients

Instructions

2 c all-purpose flour plus more for kneading

1 lg egg

1/2 ts baking powder

1 ts sugar

1/4 ts salt

2 tb plain yogurt

1/4 c milk warmed

2 ts vegetable oil

2 md onions chopped

1/4 c green pepper finely chopped

1/4 c coriander finely chopped

1/4 c butter (1/2 stick), melted

Makes four 8-inch breads

The Bombay Bar & Grill in Westport, Connecticut, bakes all of its own delicious breads, like onion khulcha, in a tandoor, a traditional rounded-top oven made of brick and clay. Inside the tandoor, foods and breads are baked over the direct heat of a smoky fire. The chef stretches the dough until it's flat and then sticks it to the sides of the oven. During baking, the breads puff and brown. They are then peeled off the sides of the oven with specially designed metal skewers. Since you probably don't have a tandoor oven at home, you can replicate the effect by baking onion khulcha and other Indian breads in a conventional oven on a pizza stone or quarry tiles.

1. Mix flour, egg, baking powder, sugar, salt, yogurt, milk, and oil until combined. Gradually add 1/3 cup water, and knead dough until firm but not too soft. Let dough rest in a bowl covered with damp cloth for at least 2 hours.
2. Place pizza stone in oven, and heat to 350 degrees. Divide dough into four pieces, and knead each piece on a floured surface until smooth, forming into a ball. Let rest 10 minutes.
3. On a lightly floured surface, press each ball into a disc, eight inches in circumference. Cover entire surface with onions, peppers, and coriander. Place on pizza stone in oven, and bake until bread puffs up and brown blisters form on the surface, 5 to 10 minutes. Remove from oven, and brush with melted butter.

SOURCE: Martha Stewart Living: APRIL 20, 2000

MM-format by Petra

Orange Oriental Stir-Fry

Yield: 4 Servings

Ingredients

2 ts cornstarch
1 tb soy sauce
1 c orange juice
2 ts orange peel
1/2 ts salt
1 ts sugar
1 ts vegetable oil
1 lb turkey breast cut into pieces
1 clove garlic minced
2 ts peeled, fresh gingerroot minced
1/2 c onion strips 1/2 wide
1 c red bell peppers cut in wide strips
1 c snow peas trimmed & halved
1/4 ts crushed red pepper

Instructions

Combine the cornstarch, soy sauce, juice, peel, salt and pepper in a small bowl. Cook the turkey "medallions" in a large nonstick skillet until they are no longer pink. Remove from the skillet. Reheat the skillet until hot and add the oil. Next add the garlic, gingerroot, and onions stir-fry for about 1 minute. Add the cornstarch mixture and stir constantly until thickened. Add the peppers, snow peas, crushed red pepper and turkey simmer 2 minutes. Serve over hot rice, white or brown.

Recipe By : Butterball (3-15-96)

Orange Roughy Oriental

Yield: 2 Servings

Ingredients

3/4 lb orange roughy fillets
1/2 tb vegetable oil
1/2 c julienned green onion strips
1/2 ts minced garlic
1/2 ts gingerroot
2 tb soy sauce
1 pinch red pepper flakes
1/2 c bamboo shoots drained

Instructions

in Large Skillet, Preferably Non-Stick, Saute Fish in Oil Until It Flakes Easily With Fork Remove & Keep Warm. Stir Green Onions, Garlic & Ginger in Remaining Oil in Skillet. Saute 30 Sec. Add Bamboo Shoots, Soy Sauce & Red Pepper. Heat Through. Spoon Over Fish.

Serve Immediately.

Orange, Watercress & Endive With Oriental Orange Dressing

Yield: 8 Servings

Ingredients

2 c Finely-slivered radicchio that had been cored, and rinsed
2 lg Belgian endives separate into leaves and rinse

4 lg Seedless oranges peeled, sliced into rounds
2 bn Watercress rinse, discard woody stems

DRESSING

6 oz Frozen orange juice concentrate unsweetened
Zest and juice of 1 large orange
1/3 c Light soy sauce
1/3 c Rice wine vinegar
1 tb Peeled and minced fresh ginger
1 1/2 ts Sesame oil
1/2 c Chopped green onions
1/4 c Chopped flat-leaf parsley
1 c Light olive or peanut oil

GARNISH

1 sm Sweet red onion sliced in thin rings

Instructions

On chilled plates place a mound of the radicchio. Arrange endive, oranges and watercress attractively around.

In a food processor, process all the ingredients except the olive oil until smooth. Beat in oil separately being careful not to emulsify.

Drizzle dressing around and over salad. Place onion rings on top.

Store any unused dressing in the refrigerator up to 2 weeks.

This recipe yields 8 servings.

Recipe Source: COOKING RIGHT with John Ash

From the TV FOOD NETWORK (Show # CR-9605 broadcast 08-20-1996)Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by MR MAD, aka Joe Comiskey - jpmd44a@prodigy.com
09-04-1996

Contributor: John Ash

Oriental 6 Bean Salad

Yield: 6 Servings

Ingredients

1 c garbanzo beans (canned, drained) (chickpeas)
1 c kidney beans (canned, drained)
1 c lima beans (canned or fresh)
1 c mung beans (chinese bean sprouts) fresh
1 c soy beans (fresh)
1 bn ya (??) beans (oriental long beans. ..12-18 long)
1 artichoke heart
1 red bell pepper, julienned
1 water chestnuts, sliced

DRESSING

1 chunk tofu
1 soy sauce
1 ginger
1 garlic
1 sesame oil

Instructions

DRESSING Mix dressing ingredients up together. Break tofu up into small bite sized pieces. (sorry I didn't get the amounts for the dressing, but he was going so fast, I missed it if he gave actual amounts...) Allow to sit while preparing the rest of the salad.

SALAD Mix all salad ingredients except for the YA beans together in a bowl. Save three Ya beans for each plate. Braid them (as in hair) and lay the braided Ya bean around the side of each salad plate. If there is any leftover Ya beans, chop them and add to salad. Once salad has been thoroughly tossed, place mound on each plate. Pour dressing over top and serve immediately.

Origin: Cooking with Yan, TV show Shared by: Sharon Stevens

Oriental Amaranth With Purple Cabbage

Yield: 2 Servings

Ingredients

1/2 c bell peppers, red sliced
1/2 c cabbage, purple sliced
1/2 c brussels sprouts
3 tb sesame oil toasted
3 tb tamari
2 tb gomasio
2 c amaranth cooked
2 tb parsley, fresh chopped

Instructions

In a medium-size saucepan, saute the peppers, cabbage and sprouts in the oil over medium heat for 3 to 5 minutes. Add the remaining ingredients, mix well and cook an additional 3 to 6 minutes.

Gomasio is a Japanese seasoning available in Oriental markets and health food stores.

Yield: 2 servings

Vegetarian Cooking for Good Health by Gary Null/MM by DEEANNE

Oriental Asparagus Braise

Yield: 4 Servings

Ingredients

1/2 lb asparagus, thinly sliced on the diagonal
1/2 c bamboo shoots, sliced
1/2 c water chestnuts, sliced
1 c celery, sliced diagonally or 1 lg celery stalk, sliced diagonally
1 c fresh mushrooms, sliced or 3/4 c canned mushrooms
1/2 c cashews (opt)
3 tb oil
1 salt

Instructions

1. Clean and prepare vegetables.
2. Heat oil in wok to smoking point. Stir fry asparagus in wok for about 2 minutes. Reduce heat to low medium, cover wok and cook asparagus for 5 more minutes, lifting cover 3-4 times to stir it. At the end of 5 minutes, add all the other ingredients except cashews raise heat 1 notch, stir fry 3 minutes with cover over wok. Lift cover at least once or twice to stir vegetables, so all will be cooked through. Place food in platter, if desired sprinkle cashews over all.

NOTE: A very lovely party dish, especially in spring, when asparagus is available.

Original Source not noted on file From: Dorothy Flatman Date: 03-05-96

Oriental Asparagus

Yield: 1 Servings

Ingredients

2 tb butter or margarine
2 tb slivered almonds
1 pk (10 oz.) frozen cut asparagus
1/2 c thinly sliced celery
1 cab (5 oz.) water chestnuts,
1 tb soy sauce

Instructions

Source: Vari-Cook Microwave Cooking from Litton

Combine butter and almonds in 1-quart glass casserole.

Microwave on 70 power for 2 minutes. Stir and continue cooking for 2-3 minutes or until golden brown. Remove almonds. Add asparagus, celery and water chestnuts to butter. Cover with glass lid or plastic wrap.

Microwave on High for 5 minutes. Stir and continue cooking for 3-4 minutes or until tender-crisp. Stir in soy sauce and almonds. Let stand, covered, 3 minutes before serving.

4 servings

Note: I use fresh asparagus when it is available and cook cut stem pieces for 5 minutes on High before adding asparagus tips, celery, and water chestnuts.

Posted to TNT Recipes Digest by PMHJ97A@prodigy.com (MRS KAY D ROOSE) on Mar 30, 1998

Oriental Bacon Stir Fry

Yield: 4

Ingredients

2 tb sesame oil
250 g smoked back bacon de-rinded and cut into, (8oz) strips
4 salad onions diagonally sliced
1 red pepper de-seeded and sliced
175 g beansprouts (6oz)
125 g mangetouts (4oz)
2 tb soy sauce
2 ts wholegrain mustard
1 tb clear honey
1 salt and freshly ground pepper
1 ts sesame seeds

Instructions

1. Heat the oil in a large frying pan or wok. Fry the bacon and salad onions for 4-5 minutes over a moderate heat, stirring occasionally.
2. Add the remaining ingredients and stir fry for a further 4-5 minutes. Transfer to a warmed serving plate and serve immediately with rice or noodles. As an alternative, for a firmer bite, use 2 bacon steaks cut into thin strips instead of the bacon rashers.

All recipes can be made using standard, tender sweet or Dry Cure bacon.

Converted by MCBuster.

NOTES : A delicious oriental stir fry, ideal served with egg noodles or rice.

Converted by MMBuster v2.01.

Oriental Balsamic Ginger Chicken

Yield: 2 Servings

Ingredients

1/2 c Balsamic vinegar
1/4 c Light brown sugar (packed)
1/2 tb Chopped fresh ginger
3/4 lb Boneless skinless chicken breasts
Salt
Freshly ground black pepper
1 ts Cornstarch
1 tb Cold water

Instructions

Mix vinegar, brown sugar and ginger. Remove fat from chicken poke several holes in the meat. Marinate chicken in vinegar mixture for 15 minutes, turning once.

Heat a nonstick skillet just large enough to hold the chicken in one layer.

Remove chicken from marinade reserve liquid. Brown chicken for 2 minutes on each side. Add remaining marinade to the pan cook 4 to 5 minutes or until chicken is done. Remove chicken to a serving plate.

Add salt and pepper to taste to sauce remaining in pan. Mix cornstarch in cold water.

Add to sauce bring to a simmer to thicken. Spoon sauce over chicken.

Yield: 2 servings.

Recipe Source: St. Louis Post-Dispatch 12-14-1998

Formatted for MasterCook by Susan Wolfe swolfe1@prodigy.net

Oriental Bar-B-Q Pork Tenderloin Bbs Xfvf35

Yield: 8 Servings

Ingredients

1 no ingredients

Instructions

8 lb Pork Tenderloin (boneless)

1 TB Ground Ginger (fresh)

1 1/3 c Soy Sauce

1 TB MSG (if desired)

2/3 c Oriental Toasted Sesame Oil

19 oz Bottled Bar-B-Q Sauce

4 Minced garlic cloves (large)

Trim pork tenderloin of all fat (the sesame oil will prevent burning on the grill.

Combine 1/3 c soy sauce, 1/3 c sesame oil, 3 minced garlic cloves, ginger, and MSG (if used) in a deep bowl and mix well (make sure the ginger is not clumping. Place

pork into marinade and place in refrigerator for 6 to 8 hours (overnight if you prefer). Remove pork from marinade and place on covered grill. Add wet wood to grill firepan to insure adequate supply of smoke. Prepare sauce: Combine bar-b-q sauce, 1/3 c sesame oil, 1/3 c soy sauce and 1 minced garlic clove in a bowl and mix well. Serve over sliced pork tenderloins.

From: Sweeney date: Mon, 28 Oct 1996 21:35:19 +0800 (

Oriental Bar-B-Q Sauce For Chicken/Chops

Yield: 8 Servings

Ingredients

1/2 c hoisin sauce
1 tb sesame oil
1 tb tomato paste
1/2 ts ground ginger
2 cloves garlic crushed

Instructions

From: dbailey@ssi.parlorcity.com (David Bailey)

Both of these bar-b-q sauces are from "Betty Crocker Easy Chinese". Mix. Brush on each side of meat as you grill or broil. Remaining sauce can be heated to boiling then served with the meat.

MM-RECIPES@IDISCOVER.NET MEAL-MASTER RECIPES LIST SERVER
MM-RECIPES DIGEST V3 #114

From the MealMaster recipe list. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Oriental Barbecue Sauce

Yield: 2 Cups

Ingredients

2/3 c soy sauce
1/2 c rice vinegar
2 tb peanut oil
1/4 c brown sugar, firmly packed
10 cl garlic, peeled and smashed
1 ts prepared mustard
2 tb ginger root, minced
1/4 c orange peel, diced without white
1 ts liquid red pepper seasoning

Instructions

Combine all ingredients in a small sauce pan and bring to a boil. Reduce heat and simmer for 5 minutes. Remove from heat, let cool and puree in blender.

From: Carl Berger Date: 05-17-96 (F) Cooking Ž

Oriental Barbecued Chicken

Yield: 4 Servings

Ingredients

4 boneless skinless chicken breast halves (about 1 pound)
1/2 c hoisin sauce
1 tb sesame oil
1 tb no-salt-added tomato paste
1/2 ts ground ginger
2 clove garlic crushed

Instructions

Set oven control to broil. Trim fat from chicken breast halves. Place chicken on rack in broiler pan. Mix remaining ingredients brush on chicken. Broil with tops about 4 inches from heat 7 to 8 minutes or until brown turn. Brush with sauce. Broil 4 to 5 minutes longer or until juices of chicken run clear. Heat remaining sauce to boiling. Serve with chicken.

4 SERVINGS.

NOTES : easy

Contributor: Betty Crocker's Low-Fat

Oriental Barbecued Ribs

Yield: 6 Servings

Ingredients

4 slabs baby back ribs (14 to -16 oz each)
6 star anise, crushed
1 tb dried tarragon
3 tb minced garlic
1/4 c dijon mustard
1/4 c rice vinegar
2 tb soy sauce
1 c chicken stock or low-sodium chicken broth
2 tb sugar

Instructions

PREHEAT OVEN TO 375F. The day before grilling, place ribs in a layer in a large roasting pan. Combine all other ingredients, mixing well, and pour this marinade over the ribs. Cover and place in the oven for 40 minutes. Remove from the oven, cool, cover and refrigerate overnight. The next day, light a grill. Remove the ribs from the marinade. Strain marinade into a bowl, discarding the bits of anise and garlic. Place the ribs on the hot grill, and cook, basting frequently with the marinade. Present ribs on a platter and serve any remaining marinade as a dipping sauce.

Oriental "Barbecued" Tofu

Yield: 1 Servings

Ingredients

1 lb firm style tofu cut into 1/4 slices, (up

Instructions

MARINADE

1/2 c soy sauce
6 ts sugar
2 ts dry mustard
4 cloves garlic minced fine or 1/2 ts garlic powder
2 ts onion powder

Here is the recipe that my dad made, which got me interested in this type of dish. It appears that the 1-pound tub style is necessary, as opposed to the aseptic silken style that I had inquired about. Note that he browned this in oil you may be able to substitute another method that is FF....perhaps broiled?

Marinate slices of tofu at least 2 hours or preferably overnight. Brown on both sides in 2 tbsp. oil. Serve with rice. May be garnished with lightly cooked mushrooms and snow peas.

Posted to fatfree digest by Jed Dolnick on Apr 30, 1998

Oriental Bbq Sauce

Yield: 1 Servings

Ingredients

4 tb toasted sesame seeds
1 tb peanut butter

4 tb brown sugar
2 tb curry powder
1/2 c soy sauce
1 tb pepper
1/3 c oil
1/3 c sherry
1 ts grated ginger (amount ??)
1 tb minced garlic
4 ea green onions chopped, white only

Instructions

Place first 8 items in blender and blend 45 seconds. Stir into bowl with ginger, garlic & onions. Use to marinate chicken.

Oriental Beef & Couscous

Yield: 4 Servings

Ingredients

2/3 c couscous
1/2 c apricot preserves all-fruit type
1 tb soy sauce, low sodium
1/2 ts ginger root grated
1/8 ts red pepper crushed
3/4 lb beef flank trimmed
1 c mushrooms sliced, fresh
1 md green pepper strips (1 cup)
1 md red pepper strips (1 cup)
2 green onions 1-inch pieces
2 tb red wine vinegar
2 ts cornstarch

Instructions

Cook couscous according to package directions on the range top, except omit margarine or butter and salt.

For sauce, stir together preserves, soy sauce, gingerroot, and crushed red pepper set aside. thinly slice steak on the bias into bite-size strips.

Place beef strips in a 1 1/2-quart casserole. Cover and micro-cook on 100 power (high) for 5 or 6 minutes. (low-wattage ovens: 8 to 9 minutes) or till meat is tender, stirring after 3 minutes.

Remove meat and discard juices.

In the casserole place mushrooms, green and red pepper strips, and green onions. Pour sauce mixture over the vegetables. Toss gently till mixed. Cover and micro-cook on high for 4 to 5 minutes (low wattage ovens: 7 to 8 minutes) or till pepper strips are crisp-tender, stirring after every minute.

Stir together vinegar and cornstarch, then add mixture to casserole.

Stir in meat. Micro-cook, uncovered, on high for 3 to 4 minutes (low wattage ovens: 5 to 6 minutes) or till mixture is thick and bubbly, stirring after every minute. Serve with cooked couscous or rice.

Recipe By : Better Homes & Gardens, June, 1990

Posted to JEWISH-FOOD digest V96 #50

Date: Sun, 13 Oct 96 08:08:46 +0200

From: Annice Grinberg

Oriental Beef & Noodle Toss

Yield: 4 Servings

Ingredients

- 1 lb lean ground beef
- 6 oz instant ramen noodles (oriental flavor)
- 2 c water
- 2 c oriental vegetable mixture (frozen)
- 1/8 ts ground ginger
- 2 tb thinly sliced green onion

Instructions

Preparation time: 25 Minutes

467 calories per 1-cup serving

1. In large nonstick skillet, brown ground beef over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into 3/4 inch crumbles. Remove with slotted spoon pour off drippings. Season beef with one seasoning packet from noodles set aside.
2. In same skillet, combine water, vegetables, noodles (broken into several pieces), ginger and remaining seasoning packet. Bring to a boil reduce heat. Cover simmer 3 minutes or until noodles are tender, stirring occasionally.
3. Return beef to skillet heat through. Stir in green onion before serving.

* COOKFDN brings you this recipe with permission from: * Texas Beef Council

<http://www.txbeef.org>

Oriental Beef & Pea Pods

Yield: 5 Servings

Ingredients

- 1 ea small head cauliflower
- 1 ea med. green pepper *
- 1 lb steak **
- 1 ea clove garlic, minced
- 1 ea med onion, chopped
- 3 tb soy sauce(imported if avail)
- 6 oz (1pkg) frozen pea pods
- 2 c water
- 1/4 c cornstarch
- 4 ts instant beef bouillon
- 1/2 ts sugar
- 3 c hot cooked rice

Instructions

* Green Pepper is to be seeded and cut up into small strips. ** Steak is to be Tenderloin Tip or Round steak cut into paper-thin strips, about 3-inches long.

Oriental Beef & Tomato Casserole

Yield: 4 Servings

Ingredients

- 1 lb tender beef, thinly sliced
- 1 clove garlic, peeled & crushed
- 1 tb sugar

2 tb soy sauce
1 ts ground ginger powder
1 c thinly sliced celery
1 c thinly sliced onion
1 green pepper, thinly sliced
4 sm tomatoes, peeled and cut into wedges
1 tb cornstarch
1 tb water

Instructions

1. In a deep, 2-quart, heat-resistant, non-metallic casserole place thinly sliced beef and heat in Microwave Oven 5 minutes or until meat is no longer red. Drain excess liquid.
2. Add garlic, sugar, soy sauce, ginger, celery, onion, green pepper and tomatoes and heat in Microwave Oven, 5 minutes or until vegetables are tender. In a small custard cup combine cornstarch and water until a smooth paste is formed. Add cornstarch mixture to liquid in casserole and heat an additional 2 minutes or until mixture is thickened and smooth.

Oriental Beef Fondue Sauces

Yield: 1 Servings

Ingredients

2 1/2 lb filet mignon or any other tender cut.
5 c beef broth
1 salt and pepper to taste
1 egg yolk

Instructions

-SAUCES-

HORSERADISH-

1 part mayo
1/2 part cream
1/2 part yogurt
1/4 part freshly grated horseradish
1/2 ts sugar

MUSTARD-

1 part mustard
1/2 part fresh cream

CURRY-

1 part mayo
1/2 part yogurt
1/4 part curry powder
1/8 grated ginger

PARSLEY GARLIC BUTTER-

1/4 lb butter
2 tb chopped parsley
2 cloves garlic minced (up to 3)
1 salt pepper and a pinch nutmeg

MIXED-

1 part mayo
1/2 part heavy cream or fresh cream
1/2 part chopped pickled gherkins

1/4 part chopped pickled onions
1/4 part chopped parsley
1 worcestershire sauce
1 mustard

PAPRIKA-

1/2 c cream cheese
1/2 c yogurt
3 tb paprika
1 ts caraway seeds
1 ts tomato paste
1 tb grated onion
1 salt and pepper to taste

Recipe By : Miriam Podcameni Posvolsky

Here is a different one.

Oriental Beef Fondue

This fondue is cooked in beef broth. I personally like it better than the ones cooked in oil.

1. Freeze beef 3 to 4 or hours until very firm, so you can slice it paperlike.
2. Slice beef as thin as possible. I use an electric slicer.
3. Transfer slices to a plate.
4. If you're doing it before hand, arrange sliced beef in layers separated by Saran Wrap.Chill
5. To serve: Bring beef broth to a boil in the fondue pot Arrange slices of beef in individual fondue plates, with the dips. Bring fondue pot to the table and place it covered on top of its base. Each guest takes a slice of beef with fondue fork .cooks it in the broth and dips it into one of the sauces.

Miriam Podcameni Posvolsky Rio de Janeiro Posted to EAT-L Digest by Leon & Miriam Posvolsky on Aug 1, 1997

Oriental Beef Jerky

Yield: 1 Pound

Ingredients

3 lb steak
3 garlic cloves, minced
1 tb ginger, fresh, minced
2 tb sesame oil
1/2 c soy sauce
2 ts red peppers, dried, crushed
1 tb honey
1/2 ts white pepper
4 tb dry sherry

Instructions

Cut meat diagonally crosswise into 1/4" thick, 2 " wide strips. Trim away any fat or gristle. Transfer to a non-metallic pan. Add the other ingredients and marinade 24 hours. Arrange meat on racks and let dry at cool room temperature overnight (do not refrigerate). Preheat oven to 225. Line two large baking sheets with foil and set wire racks on top. Arrange the meat on racks in single layer. Bake 15 minutes.

Reduce heat to 175 F and continue drying meat another 4 hrs or more.

Leave meat on racks to cool and continue drying for several hours before bagging it.

Oriental Beef Noodles

Yield: 4 Servings

Ingredients

3/4 lb. round tip steak cut in 1/8" to 1/4" thick slices
1 mild chili pepper thinly sliced
1 T. peanut oil
3 pkg. Ramen noodles
1/4 C. steak sauce (try 2 T.)
1/4 C. beef broth (try 6 T.)
2 med. carrots shredded
1 T. chopped cilantro
1 T. chopped green onions

Instructions

Combine beef, chili pepper and oil toss to coat. Place noodles in bowl and cover with very hot water. Reserve seasoning packets. Heat wok and stir fry beef till no longer pink. Do not over-cook. Remove beef, keep warm.

In same skillet, combine drained noodles, steak sauce, beef broth, carrots, cilantro and a pack of reserved seasoning. Cook over medium heat till hot, stirring. Return beef to skillet mix lightly. Serve.

Serves 4.

ORIGINATOR Long Forgotten

SUBMITTOR Grace Wagner (wgmm@citynet.net) DATE 10/26/96

Per serving (excluding unknown items): 495 Calories 54g Fat (96 calories from fat) 1g

Protein 4g Carbohydrate 0mg Cholesterol 13mg Sodium

Contributor: 1995

Oriental Beef Salad

Yield: 1 Serving

Ingredients

1 ts low-sodium soy sauce
1 ts rice vinegar
1/2 ts chinese sesame oil
1/2 ts peanut oil
1 oz cooked roast beef cut into strips
1/2 c long-grain rice cooked and chilled
1/4 c canned mandarin orange segments with
1 tb mandarin orange juice
2 tb red or yellow bell pepper finely diced
1 tb scallion sliced (green onion)
1 ts sesame seeds toasted

Instructions

1. In medium mixing bowl, combine soy sauce, vinegar and oils add beef and turn to coat. Cover and refrigerate 30 minutes.
2. Add remaining ingredients to beef mixture and toss to combine.

Nutritional Information (from recipe): 273 calories, 12 g protein, 8 g fat, 37 g carbohydrates, 54 mg calcium, 226 mg sodium, 23 mg cholesterol, 1 g dietary fiber (fiber figure does not include sesame seeds).

From: BunnyMama@aol.com

Per serving: 493 Calories (kcal) 11g Total Fat (20 calories from fat) 13g Protein 84g Carbohydrate 16mg Cholesterol 221mg Sodium Food Exchanges: 5 Grain(Starch) 1/2 Lean Meat 1/2 Vegetable 1/2 Fruit 1 1/2 Fat 0 Other Carbohydrates

NOTES : We just had this for lunch and it was perfect for a humid 90-degree day. I doubled the main ingredients (beef, rice and vegetables). I doubled the amounts of soy sauce and vinegar (I didn't have rice vinegar, so used white wine vinegar) and added sesame oil to (my) taste probably a dash more than 1/2 tsp.

Completely forgot the peanut oil and it didn't seem to make any difference. I didn't have mandarin oranges, but had some canned Clementines (more tart than mandarins) and used them.

Nutr. Assoc. : 0 0 1356 0 2206 0 26318 0 4695 0 0

Contributor: Simply Light Cooking, Weight Watchers

Oriental Beef Short Rib Barbecue

Yield: 6 Servings

Ingredients

4 lb beef short ribs, trimmed of excess fat and cut crosswise no more than 3/8 to 1/2 thick

2/3 c thinly sliced green onions

1/2 c soy sauce

1/2 c water

1/4 c oriental dark roasted

1 sesame oil

2 1/2 tb packed brown sugar

1 1/2 tb toasted sesame seeds, crushed

1 tb minced garlic

1 tb grated fresh ginger root

1/2 ts ground red pepper

1/8 ts freshly ground szechuan peppercorns

1 fresh red chili peppers

1 green onions

1 radish roses

Instructions

Combine sliced green onions, soy sauce, water, sesame oil, brown sugar, sesame seeds, garlic, ginger, red pepper and Szechuan peppercorns. Place ribs and marinade in plastic bag or utility dish, turning to coat. Close bag securely or cover dish marinate in refrigerator 4 to 6 hours, turning occasionally. Remove ribs from

Marinade reserve marinade. Place ribs on grid over medium coals. Broil 5 to 6 minutes. Turn ribs overbrush or spoon on marinade 1 time. Cover continue cooking 5 to 6 minutes or until desired degree of doneness. Place ribs on platter garnish with chili peppers, green onions and radish roses.

Makes 6 servings.

Oriental Beef Steaks & Noodles

Yield: 4 Servings

Ingredients

4 beef eye round steaks cut into 1/2" pieces

1/4 c water

3 tb hoisin sauce

1 tb red wine vinegar

Vegetable oil
1 sm peeled and seeded cucumber halved and sliced
1 sm red bell pepper cut into thin strips
1/4 c sliced green onion
3 oz cooked Chinese noodles broken and drained
4 ts chopped fresh cilantro divided

Instructions

Combine water, hoisin sauce and wine vinegar reserve. Heat large nonstick skillet over medium-high heat. Brush skillet lightly with oil. Add cucumber, bell pepper and green onion cook and stir 1 minute. Stir in noodles, 1 tablespoon cilantro and half of reserved hoisin mixture. Remove to warm platter. Heat same skillet over medium-high heat until hot.

Pan broil beef eye round steaks 2 to 4 minutes, turning once. Do not overcook. Add remaining hoisin mixture to skillet, turning steaks to coat.

NOTES : To serve, place steaks on noodle mixture. Spoon warm sauce over steaks. Sprinkle with remaining 1 teaspoon cilantro.

Nutr. Assoc. : 2182 0 0 0 0 3010 0 3585 352 0

Contributor: National Cattlemen's Beef Association & Susan Parenti

Oriental Beef Turnovers

Yield: 1 Serving

Ingredients

4 tubes crescent rolls
2 lb ground beef
1 lg onion chopped fine
1 pk mushroom gravy mix
garlic powder
soy sauce
1 cn water chestnuts chopped
1 cn bean sprouts drained

Instructions

Saute ground beef and onion until browned. Add mushroom gravy mix, garlic powder and soy sauce. Add water chesnuts and bean sprouts. Let cool. Cut crescent roll dough in half. Press into a circle. Fill with heaping spoonful of meat. Fold over. Place seam side down on cookie sheet. Bake until brown. Serve with soy sauce.

Contributor: Maxine Goldberg

Oriental Beef With Ginger

Yield: 4 Servings

Ingredients

2 tb vegetable oil
1/2 ts finely chopped fresh ginger
1 garlic clove peeled and finely chopped
1 c sliced onions (2 med.)
1 green pepper, in 1/4 strips
1 c diagonally sliced celery (3 med. stalks)
1 c beef stock preferably homemade
2 tb soy sauce
1 ts granulated sugar
1/2 ts salt

1 tb cornstarch
1 lb boneless beef steak sirloin or round very tender
3 md tomatoes (1 lb.) peeled and quartered
1 salt and pepper to taste
4 servings hot cooked rice

Instructions

Note: To vary this dish, add broccoli florets or bok choy, coarsely chopped.

In a wok or heavy skillet, heat the oil. Add ginger, garlic, onions, green pepper and celery saute several minutes, stirring, until tender-crisp. Remove vegetables. (Can be done up to this point in advance, if desired.)

Combine stock, soy sauce, sugar, salt and cornstarch in a small bowl set aside.

Heat skillet, adding more oil if needed. Add beef and sear quickly, stirring frequently, several minutes. Add stock-soy sauce mixture and cook, stirring constantly, until thickened. Add reserved cooked vegetables. Add quartered tomatoes and heat through. Serve with hot cooked rice.

From Nancy Enright's Canadian Herb Cookbook by Nancy Enright. Toronto: James Lorimer & Company, 1985. Pg. 55. ISBN 0-88862-788-2. Electronic format by Cathy Harned.

Oriental Beef With Rice Noodles

Yield: 4 Servings

Ingredients

1 3/4 lb lean beef boneless round steak
2 tb sake (rice wine)
sherry or chicken broth
1 tb finely chopped gingerroot
2 ts vegetable oil
1/2 ts salt
1 clove garlic crushed
4 oz rice sticks
1 ts vegetable oil
2 c thinly sliced bok choy with leaves (about 3 large stalks)
1/2 c sliced green onions (with tops)
1 cn straw mushrooms (15 ounces) drained*
2 tb sake (rice wine)
sherry or chicken broth

Instructions

Trim fat from beef steak. Cut beef diagonally into 1/4-inch strips. Mix beef, 2 tablespoons sake, the gingerroot, 2 teaspoons oil, the salt and garlic in medium glass or plastic bowl. Cover and refrigerate 30 minutes.

Place rice sticks in large bowl. Cover with hot water. Let stand 10 minutes drain well. Chop coarsely.

Heat 1 teaspoon oil in wok. Add beef mixture stir-fry about 5 minutes or until beef is done. Add rice sticks, bok choy, onions and mushrooms stir-fry about 4 minutes or until bok choy is crisp-tender. Sprinkle mixture with 2 tablespoons sake.

4 SERVINGS (ABOUT 1-3/4 CUPS EACH).

*2 jars (4.5 ounces each) whole mushrooms, drained, can be substituted for the straw mushrooms.

Contributor: Betty Crocker's Low-Fat

Oriental Beef

Yield: 6 Servings

Ingredients

1/4 c soy sauce
2 ts cornstarch
1 ts sugar
1/2 ts ginger
1 lb flank steak, trimmed cut in 2 x 1/8 strips
3 tb vegetable oil
1 md green pepper cut into thin strips
20 oz pineapple chunks, drained
3 c cooked rice

Instructions

Mix soy sauce, cornstarch, sugar, and ginger. Coat meat with soy sauce mixture. Heat 1 tablespoon oil in a large frypan. Add green pepper strips. Cook for 2 minutes, stirring constantly. Remove green pepper from pan.

Heat remaining 2 tablespoons oil. Add meat. Cook for 1 to 2 minutes, stirring constantly, until beef is lightly browned. Add green pepper and pineapple. Heat through. Serve over rice.

NOTE: Steak is easier to cut when partially frozen.

Calories per 3/4 cup serving: About 355 with rice

Source: FOOD by U.S. Department of Agriculture Typed for you by Karen Mintzias

Oriental Black Bean And Garlic Sauce For Asparagus

Yield: 1

Ingredients

2 ts vegetable oil
1 tb minced garlic
1 tb grated peeled fresh gingerroot
1/3 c minced red bell pepper
2 tb fermented black beans (available at oriental markets and specialty foods shops), rinsed, drained well, and crushed slightly
1 1/2 tb medium-dry sherry
1 tb soy sauce
1/4 ts sugar
1 1/2 c chicken broth
2 ts cornstarch

Instructions

In a skillet heat the oil over moderately high heat and in it stir-fry the garlic, the gingerroot, and the red bell pepper until the pepper is softened. Add the beans and stir-fry the mixture for 2 minutes. Add the Sherry and boil the mixture, stirring occasionally, for 10 minutes. In a small bowl dissolve the cornstarch in 2 teaspoons cold water, whisk it into the mixture, and simmer the sauce until it is thickened slightly.

Add black pepper to taste and serve the sauce over asparagus.

Makes about 1 1/4 cups.

Gourmet April 1990

Converted by MCBuster.

Converted by MMBuster v2.0l.

Oriental Brown Rice Salad With Cashews

Yield: 4 Servings

Ingredients

1 c brown rice dry measure
4 oz snow peas
1 scallion
1/4 c cashews, dry-roasted
1/4 ts minced garlic
1 ts minced ginger
1 1/2 tb soy sauce, low sodium
1 1/2 tb rice wine vinegar
4 1/2 tb salad oil light
1 salt and pepper
1 fresh cilantro leaves for
1 garnish

Instructions

Cook rice until tender (up to 60 minutes). Cook snow pears in boiling water until tender, 2 to 3 minutes, and drain well. Cut into 1/2-inch diagonal pieces. Slice scallion in 1/4-inch rings. Separate cashews into halves. In a small jar, combine garlic, ginger, soy, vinegar, and oil and shake to combine. Toss together rice and vegetables, and half the nuts dress and toss to coat. Taste and season with salt and pepper if necessary. Serve at room temperature and garnish with remaining cashews and fresh cilantro leaves.

Recipe By : First Magazine, Salad Days (early 1990's)

Oriental Brown Rice Salad

Yield: 6 Servings

Ingredients

4 c cold cooked brown rice
1/4 c peanut oil
1 ts salt
1/2 ts pepper
1 ts sugar
1 ts roasted sesame oil
1 md carrot peeled and diced
1/2 c chopped snow peas
1/2 c frozen corn kernals
1/4 c rice vinegar
1 celery stalk diced
1/2 red bell pepper diced
3 green onions chopped
2 tb chopped fresh parsley

Instructions

Place the rice in a large mixing bowl.

In a small mixing bowl, combine the peanut oil, salt, pepper, sugar, and sesame oil. Stir until the sugar dissolves, then pour over the rice, toss, and set aside.

Steam the carrot, snow peas, and corn in or over a small amount of boiling water for 1 minute. Rinse the vegetables in cold water.

Drain and stir the vegetables into the rice. Add the remaining ingredients and toss to mix well. Refrigerate for 1 to 2 hours and serve cold.

* Source: The Compassionate Cook by Ingrid Newkirk and PETA * Typos by: Karen Mintzias

Oriental Burgers

Yield: 4 Servings

Ingredients

1 lb very lean ground beef
1 egg white
1 tb soy sauce
1/4 ts garlic powder
1/4 ts ground ginger
1 ts grated lemon peel
1 tb minced onion flakes
1/4 ts pepper

Instructions

Combine all ingredients, shape into 4 patties. Place on rack in broiler pan or grill. cook 3 inches from heat about 5 minutes per side, or until done to taste.

Per serving: 21g protein, 15g fat, 2g carb., 332mg sodium, 70mg chol., 230 calories.

Oriental Cabbage Salad *** (Bgkp90A) Mrs. H. R

Yield: 6 Servings

Ingredients

3 oz ramen w/ chicken flavor
4 c cabbage shredded
4 green onions sliced (1/4 c
2 tb sesame seed
3 tb vinegar
2 tb sugar
2 tb salad oil
1/2 ts ground white pepper
1/4 ts salt
1/2 c almonds toasted slivered

Instructions

This is from Better Homes & Gardens for someone that had asked for this type of salad. Crush noodles slightly Pour boiling water over noodles in a colander to soften slightly, drain well, combine noodles, cabbage, onions and sesame seed. Dressing: in a screw-top jar combine seasoning packet from noodles, vinegar, sugar, oil, pepper and salt shake to mix well. Pour over cabbage mixture and toss.

Cover and chill several hours or overnight. Before serving, stir in almonds. Makes 6 to 8 side-dish servings.

FROM: JAMES QUON (BGKP90A)

Oriental Cabbage Slaw

Yield: 8 Servings

Ingredients

1 md cucumber halved lengthwise and thin
1 c fresh pea pods , halved

1/4 c rice vinegar
1 tb salad oil
2 ts toasted sesame oil
1/2 ts sugar
1/8 ts salt
1/2 ts red chili paste (optional)
4 c shredded napa cabbage
1/2 c coarsely chopped honey-roasted peanuts

Instructions

In a large mixing bowl combine cucumber and pea pods. For dressing, in a small mixing bowl stir together vinegar, salad oil, sesame oil, sugar, salt and red chili paste, if desired. Pour over cucumber and pea pods, stirring to coat. Cover and chill for 4 to 24 hours. Just before serving, stir in cabbage and peanuts.

Makes 8 side-dish servings.

Typed by Ethel Snyder Date: Sept. 21, 1997

Recipe by: Better Homes and Gardens magazine May 1997

Posted to MC-Recipe Digest V1 #795 by essie49@juno.com (Ethel R Snyder) on Sep 21, 1997

Oriental Cashew Crunch

Yield: 1 Servings

Ingredients

8 c original quaker oat squares
1 cereal 16 oz. box
1 3 oz.can
1 c cashews
1/3 c vegetable oil
3 tb lachoy soy sauce
1 ts garlic powder
1 ts onion powder
1 lachoy chow mein noddles

Instructions

1. Heat oven to 250. Combine first 3 ingredients in 13 x 9 pan set aside.
2. Combine remaining 4 ingredients in small bowl quickly pour over cereal mixture. Stir to coat evenly.
3. Bake 1 hour, stirring every 20 min. Cool.

Recipe By : JanMary

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Oriental Casserole

Yield: 1 Servings

Ingredients

1 1/2 lb hamburger or ground turkey
1 sm onion, chopped
1/2 c chopped celery
1 cn (small) sliced water chestnuts, drained and liquid reserved
1 cn (4 oz) sliced mushrooms, drained and liquid reserved
2/3 c raw rice (measure dry)
1 ts salt

1 ts pepper
1/3 c soy sauce

Instructions

Brown hamburger, onion, and celery in a skillet drain off fat. Add water chestnuts, mushrooms, rice, salt, pepper, and soy sauce to hamburger mixture. Add enough water to reserved liquids to make 2 cups. Stir into hamburger mixture.

Cover and bake at 350 degrees for about an hour. Makes 6-8 servings.

Posted to EAT-L Digest 19 Feb 97 by "Sharon H. Frye" on Feb 19, 1997.

Oriental Celery And Mushrooms (Ww)

Yield: 2 Servings

Ingredients

1 c celery diagonally sliced
1 c mushrooms sliced
1 shiitake
1/2 c onions thinly sliced
1 tb reduced-sodium soy sauce
1/2 ts cornstarch
1 or white mushrooms

Instructions

1. Spray 1-quart microwavable casserole with nonstick cooking spray add celery, mushrooms, onion, and 1 tablespoon water. Cover and microwave on High (100) for 4 minutes, stirring once halfway through cooking, until celery is tender.
2. Using a wire whisk, in small mixing bowl beat together 3 tablespoons water, the soy sauce, and cornstarch, stirring to dissolve cornstarch. Add to vegetable mixture and stir to combine cover and microwave on High for 1 1/2 minutes, until mixture thickens.

PER SERVING: Calories 39 Protein 2 Grams Fat 0.3 Grams Carbohydrate 8 Grams Calcium 35 MG Sodium 355 MG 0 Carbohydrates Dietary Fiber 2 Grams

Note: Add cooked shrimp, chicken, or turkey to this side dish and it becomes an entree. (Personally, I'd like a little jalapeno or some diced red pepper flakes included to add some zest w/o adding fat or calories. Some waterchestnuts would be nice too.)

Typos by Brenda Adams mc & eat-lf post 7/24/97

Recipe By : Weight Watchers, Simply Light Cooking

From: Badams Date: 24 Jul 97 Mastercook Recipes (Mailing List) Ž

Oriental Chews

Yield: 60 Servings

Ingredients

6 oz chow mein noodles
1 c flaked coconut
6 oz semisweet chocolate chips
6 oz butterscotch-flavored chips
3 oz slivered almonds

Instructions

Preheat oven to 350 degrees F. Place noodles and coconut on cookie sheet in single layer. Bake 10 minutes or until crisp. Melt chocolate chips and butterscotch chips in top of double boiler over hot, not boiling water. Remove from heat stir in almonds, coconut and noodles. Drop mixture by teaspoonfuls onto waxed paper. Cool until set.

Makes 5 dozen.
Typed by Syd Bigger.

Oriental Chicken #2

Yield: 6 Servings

Ingredients

2 chicken breasts
1 tb cornstarch
2 tb brown sugar
1/4 ts oregano
1 clove crushed garlic
2 tb cooking oil
1/4 c soy sauce
3/4 c wine
1/3 c seedless raisins

Instructions

Split, skin and debone chicken breasts. Combine all ingredients except chicken in a small bowl. Pierce chicken breasts with a fork. Place chicken in a casserole and cover with sauce mixture. Microwave on high for 11-13 minutes.

Oriental Chicken & Mushrooms

Yield: 4 Servings

Ingredients

1 1/4 lb boneless chicken parts
1 tb minced onion flakes
1/4 c soy sauce
2 ts honey
1 dash of garlic powder
1/2 c chopped green pepper
2 1/2 c sliced mushrooms

Instructions

Preheat oven to 350 degrees. Place chicken in 6 x 10 baking dish.

Sprinkle with onion flakes. In a small bowl, combine soy sauce, honey, and garlic powder and pour mixture evenly over chicken. Cover and bake for 30 minutes. Spread green peppers and mushrooms evenly over chicken, and continue to bake, covered, 20 or more minutes until mushrooms are tender.

Each Serving: 211 calories, 33g Protein, 5g Fat, 8g Carbohydrates, 1438mg Sodium, 99 mg Cholesterol.

Light and Luscious.

Oriental Chicken & Vegetable Stir-Fry

Yield: 4 Servings

Ingredients

2 carrots peel/score/1/8in thick
1/2 lb chicken breast 1/8 inch thick
1 sm onion thinly sliced
2 c broccoli florets
2 tb vegetable oil
2 cloves garlic pressed

1 c water
2 ts soy sauce
1 pk ramen chicken flavored noodle soup mix

Instructions

Peel carrots with Vegetable Peeler score with Lemon Zester/Scorer. Cut carrots and chicken 1/8-inch thick using 3-inch Self-Sharpener Paring Knife. Cut onion and broccoli using 3-inch Self-Sharpener Paring Knife. Heat oil in Stir-Fry Skillet over medium heat. Press garlic into oil with Garlic Press. Add onion and chicken stir-fry for 4 minutes. Dissolve chicken flavor packet in water and soy sauce with Mini-Whipper. Break noodles into small pieces and combine with stir-fry mixture. Cover reduce heat and simmer 4-5 minutes or until vegetables are crisp tender.

Recipe By : The Pampered Chef

From: "Ldgoss" Date: 14 Jul 97 Eat-L List (Recipes And Food Folklore) Ž

Oriental Chicken And Cabbage Salad

Yield: 1 Servings

Ingredients

1 c canned unsalted chicken broth
1 1/2 lb skinless boneless chicken breasts well trimmed
4 oz snow peas trimmed
1/3 c rice wine vinegar
1/4 c chopped fresh cilantro
1/4 c low-sodium soy sauce
3 tb minced fresh ginger
4 lg garlic cloves minced
2 ts minced jalapeño chili (with seeds)
1 ts oriental sesame oil
1 pk low-calorie sugar substitute (1 gram)
5 1/4 c sliced napa or green cabbage
4 1/4 c sliced red cabbage
2 c sliced mushrooms
1 1/2 c grated carrots
1 c chopped green onions

Instructions

Bring broth to simmer in heavy large skillet over medium heat. Add chicken and simmer until just cooked through, about 7 minutes. Transfer to work surface to cool. Add snow peas to broth and cook until tender, about 3 minutes. Using slotted spoon, transfer peas to bowl of cold water. Drain.

Set aside.

Boil broth until reduced to 1/3 cup, about 7 minutes. Transfer to bowl cool.

Combine vinegar, cilantro, soy sauce, ginger, garlic, chili, sesame oil and sugar substitute in medium bowl. Whisk in reserved broth.

Place cabbages, mushrooms, carrots and onions in large bowl. Pour dressing over and toss to combine. (Can be made 6 hours ahead. Cover chill.)

6 Servings

Per serving: calories, 210 fat, 3 g sodium, 512 mg cholesterol, 66 mg Bon App, tit

Light And Easy

NOTES : For a colorful presentation, serve the salad in red cabbage leaves. Posted to MC-Recipe Digest by shade on Mar 4, 1998

Oriental Chicken And Cashews

Yield: 1

Ingredients

1 lb boneless skinless chicken breasts, cut into 1-inch pieces
1 butter-flavored cooking spray
1 1/2 ts nature's season
3 tb shake-and-blend flour
1/2 c fat-free chicken broth
1/4 c diced green onions
1 ts minced garlic
1/2 ts crushed red pepper
3 tb light soy sauce
1/2 ts ground ginger up to 1,
up to 2 ts sugar
1/3 c cashews
3 c hot cooked rice

Instructions

Warning: Cooking sprays are flammable when sprayed over direct heat. When spraying and re-spraying the skillet and the onions, remove the skillet from the stove top, and spray away from the heat.

Spray pieces of chicken generously with cooking spray. Sprinkle evenly with Nature's Season and flour. Set aside.

Lightly coat a non-stick skillet or wok with cooking spray. Heat the skillet or wok and stir fry the chicken for 5 to 7 minutes or until the chicken is no longer pink in the center. Spray chicken throughout cooking to keep pieces from sticking. If skillet becomes too dry, add chicken broth, 1 to 2 teaspoons at a time, and continue to stir until thoroughly cooked. Remove chicken from skillet and set aside.

Re-spray the skillet or wok and add green onions, minced garlic and red pepper. Stir fry for about a minute, continuing to spray the onions to keep them moist. Remove from skillet and set aside.

Combine 1/4 cup chicken broth, soy sauce, ginger and sugar in a small bowl. Stir well. Re-spray the skillet and add chicken and onions. Pour soy sauce mixture over the chicken and onions, stirring constantly to coat the chicken.

Add cashews and continue to heat over medium heat until chicken is piping hot. Serve hot with 1/2 cup hot cooked rice. Makes 6 servings.

Converted by MCBuster.

Per serving: 1048 Calories (kcal) 23g Total Fat (19 calories from fat) 31g Protein 182g Carbohydrate 0mg Cholesterol 2084mg Sodium Food Exchanges: 11 Grain(Starch) 1 1/2 Lean Meat 1/2 Vegetable 0 Fruit 4 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Oriental Chicken And Green Beans

Yield: 6 Servings

Ingredients

1 cn (10.75-oz) cream of mushroom soup
1/2 c milk
1 ts salt
1 cn (14.5-oz) chop suey vegetables drained
3 c cooked chicken boned, chopped

2 pk (10-oz) french style frozen green beans
1/3 c chopped onion
1 1/2 c grated cheddar cheese
1 cn (3.5-oz) fried onions

Instructions

Blend soup, milk and salt. Fold in all other ingredients except onions.

Place in 3-quart oblong baking dish. Bake at 350 for 45 minutes. Top with onions and bake 10 minutes longer (Add water chestnuts for extra good taste).

MRS DAVID HENDERSON (GRACE)

MARVELL, AR

From the book

Oriental Chicken And Rice

Yield: 1 Servings

Ingredients

2 tb mazola corn oil
2 1/2 lb chicken cut into serving pieces,
2 1/4 c water
1 pk lipton rice & sauce herb & -butter flavor
1 pk (6 oz) frozen snow peas partially thawed
1/2 c cashews

Instructions

Season chicken to taste. In large skillet, heat oil and cook chicken until done drain.

Remove chicken to serving platter and keep warm. To skillet, add water and bring to a boil stir in Lipton Rice & Sauce and snow peas.

Simmer uncovered, stirring occasionally, 10 minutes or until rice is tender. Stir in cashews. To serve, arrange chicken over rice.

Makes about 4 servings.

These two both are very quick and easy and tasty. Rather fun to fool around with too, for a different taste.

Posted to brand-name-recipes by Geo & Donna on Feb 12, 1998

Oriental Chicken Cubes

Yield: 4 Servings

Ingredients

1 1/2 lb chicken breast meat skinned
1/2 Tablespoon soy sauce
1/2 ts salt
pn white pepper
oil for deep frying
1 tb vegetable oil
3 cloves garlic minced
2 green onions diced
1 tb soy sauce
2 tb dry sherry
1/2 ts sugar

Instructions

Cut chicken meat into 1 1/2 inch cubes and place in a bowl with soy sauce, salt and white pepper. Stir to coat. Let stand for 1 hour to marinate.

Heat frying oil to 350. Drain chicken and fry for 3 minutes. Remove chicken cubes with a strainer and increase heat to 375. Return chicken to pan and fry for an additional 2-3 minutes or until golden brown. Drain.

In skillet, heat 1 tablespoon oil and add garlic and green onions, stirring quickly. Do not let garlic brown (this tends to make garlic bitter). Add soy sauce, sherry and sugar and mix to combine. Stir in chicken until all pieces are coated and serve immediately.

Makes 4 servings.

Per serving: 50 Calories (kcal) 3g Total Fat (71 calories from fat) 1g Protein 2g Carbohydrate 0mg Cholesterol 655mg Sodium Food Exchanges: 0 Grain(Starch) 0

Lean Meat 1/2 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

Contributor: The 50 Best Chicken Recipes Cookbook

Oriental Chicken Fingers

Yield: 4 Servings

Ingredients

1/2 c orange marmalade

1/2 ts ginger

1/4 ts garlic powder

2 tb soy sauce

1 lb chicken tenders, dried

3 c ricekrispis crushed to 3/4c

1/4 c toasted sesame seeds

1 vegetable cooking spray

Instructions

In a ziploc type bag, combine marmalade, ginger, garlic powder and soy sauce. Add chicken and marinate at least one hour in fridge. In a shallow plate, combine Rice krispies and sesame seeds. Remove chicken from marinade, letting it drain slightly. Coat completely in cereal mixture. Place on a foil lined cookie sheet that has been coated with vegetable spray. Bake at 400~ for about ten mins or until chicken is tender. Do not cover or turn while baking. Serve hot. Use a hot mustard or sweet and sour type of sauce.

Formatted by jayne@idt.net

Oriental Chicken Hazelnut Salad

Yield: 1 Recipe

Ingredients

SALAD-

2 c cooked chicken breast cubed

1 c shredded carrots

2 c (5 oz.) bean sprouts

1 c red sweet pepper, diced

1 c sliced olives

1 c sliced celery

1/2 c coarsely chopped hazelnuts (Oregon) , roasted

1 1/2 c chow mein noodles

DRESSING

1 1/2 c mayonnaise

2 ts curry powder

1 tb teriyaki sauce
1 tb lemon juice
1 ts sesame seeds

Instructions

Salad: Combine all ingredients, except noodles.

Dressing: Blend together and toss with salad ingredients. Just before serving, add noodles.

* COOKFDN brings you this recipe with permission from: * Oregon Hazelnut Industry and The Hazelnut Marketing Board

Oriental Chicken Kabobs

Yield: 4 Servings

Ingredients

1 tb light soy sauce
1 tb white wine
2 ts whole grain mustard
2 ts chopped chives
1 ts oil
2 cloves garlic crushed
1 ts grated ginger root
1 lb boneless skinless chicken breasts cut into chunks
12 sm mushrooms
12 cherry tomatoes
1 onion cut into 8 wedges
1 green pepper cut into cubles
1 cn (8-ounce) pineapple rings in juice drained & quartered

Instructions

In a glass bowl, combine soy sauce, wine, mustard, chives, oil, garlic and gingerroot. Add chicken. Marinate for 30 minutes in the fridge, stirring chicken frequently. Drain chicken, reserving marinade. Alternately thread chicken, mushrooms, tomatoes, onion, bell pepper and pineapple onto skewers. Place skewers on unheated rack of a broiler pan. Broil 3 to 4 minutes or till lightly browned. Turn and brush with reserved marinade.

Broil 3 to 4 minutes more or until chicken is tender and no longer pink.

Recipe by: Tempting Chicken Cookbook Hawthorn Series

Posted to TNT Recipes Digest by Sheila Bluett on Mar 12, 1998

Oriental Chicken Livers

Yield: 4 Servings

Ingredients

1/2 lb chicken livers, halved
1/3 c soy sauce
1/2 c flour
2 tb oil
1 sm onion, sliced

Instructions

Marinate livers overnight in soy sauce. Remove livers from marinade, coat with flour, discard marinade. Heat oil in frying pan, add liver and onion slices. Saute until tender and brown. Serve hot.

Creative Cooking: Poultry Typed by Carolyn Shaw 1-95

Oriental Chicken Marinade

Yield: 1 Servings

Ingredients

1/2 c soy sauce
1/4 c sherry or rice wine
2 tb dehydrated onion
2 cloves garlic, crushed
1 tb hot oil
1 tb sesame oil
1 tb grated ginger root
1 tb fermented black beans

Instructions

Mix all ingredients in a zip-Lock freezer bag. Shake well and mix. Add chicken pieces and shake to coat all parts. Place in refrigerator for at least four hours, turning every hour. Remove chicken, saving the marinade for basting. Grill chicken over medium hot coals, basting as needed until done. Do Not use remaining marinade as a dipping sauce as it will be contaminated from the raw chicken.

Oriental Chicken Parcels

Yield: 1

Ingredients

1/2 lb chicken breast fillet
1/2 in root ginger
1 clove garlic
3 spring onions
1/2 red pepper
1 oil for deep-frying
1 tb medium sherry
1 tb dark soy sauce
1 tb hoisin sauce
1 ts sesame oil
1 salt and pepper
1 egg
1 tb cornflour
28 sheets rice paper

Instructions

Slice chicken into short narrow strips. Peel and finely chop ginger and garlic. Finely chop spring onions De-seed red pepper and dice finely.

Heat 1 tbsp oil in frying pan. Fry garlic and ginger for 1 minute. Add in chicken. Fry until whitened.

Add in spring onion and red pepper. Stir-fry for 2 minutes.

Add in sherry, soy sauce, oyster sauce, sesame oil, salt and pepper.

Stir-fry for 2 minutes. Cool.

Beat egg. Sprinkle baking tray with cornflour. Take 1 sheet of rice paper. Brush with a little beaten egg Top with another sheet of rice paper.

Place a tbsp of the chicken mixture in the centre of the layered sheets.

Brush edges with beaten egg. Fold edges over chicken. Brush with egg and roll tightly into a parcel. Place on cornfloured baking tray.

Repeat process, making 14 parcels. Heat oil in a wok or deep frying pan.
Deep-fry the parcels in batches till golden-brown.
Remove with slotted spoon. Drain on kitchen paper. Serve warm with soy and chilli dipping sauces.
Converted by MCBuster.
NOTES : Makes 14
Recipe by: Teletext (Ch4)
Converted by MMBuster v2.0l.

Oriental Chicken Pieces

Yield: 8 Servings

Ingredients

1/2 c ketchup
1/4 c honey
2 tb soy sauce
1 ts minced ginger-root
1 clove garlic, minced
4 lb chicken pieces

Instructions

In large bowl, combine ketchup, honey, soy sauce, gingerroot and garlic. Add chicken and turn to coat well marinate for 30 minutes at room temperature or up to 3 hours in refrigerator.

Drain chicken pieces, reserving marinade. Grill chicken on greased grill 4 inches from heat, brushing with marinade during last 10 minutes of cooking, for about 40 minutes or until chicken is tender and no longer pink inside.

Makes about 8 servings

Typed in MMFormat by cjhartlin.msn@attcanada.net

Source: Canadian Living Summer Cooking.

Oriental Chicken Pitas

Yield: 4 Servings

Ingredients

2 c cooked chicken breasts shredded
1/2 c snow peas chopped
1/2 c sweet red peppers diced
1 tb sesame seeds toasted
1/2 c nonfat mayonnaise
1/4 c nonfat yogurt
1 ts fresh ginger root grated
1 ts low sodium soy sauce
1/2 ts sesame oil
4 whole-wheat pita breads halved
1 c mung bean sprouts

Instructions

In a medium bowl, combine the chicken, snow peas, peppers and sesame seeds.

In a small bowl, whisk together the mayonnaise, yogurt, ginger, soy sauce and oil. pour over the salad and mix well.

Spoon into the pita pockets. Top each sandwich half with the sprouts.

Recipe by: Prevention's Quick and Healthy Low-fat Cooking

Posted to recipelu-digest by James and Susan Kirkland on Mar 16, 1998

Oriental Chicken Rolls

Yield: 40 Servings

Ingredients

2 whole cooked chicken breasts boned and skinned
1 cn (8 oz.) water chestnuts drained and minced
1/2 c minced mushrooms
4 green onions minced
2 tb cornstarch
2 ts soy sauce
2 ts sesame oil
1 ts white vinegar
1 ts sugar
1 ts salt
1 ts dry sherry
20 phyllo sheets
melted butter for brushing
1 egg beaten
oil for deep frying

Instructions

Place cooked chicken in a food processor or meat grinder and grind coarsely.

In a bowl, combine ground chicken, water chestnuts, mushrooms, onions, cornstarch, soy sauce, sesame oil, vinegar, salt, and sherry, mixing well.

Cut phyllo sheets into 2 equal strips lengthwise. Brush with melted butter and fold in half lengthwise. Brush again with melted butter and place about 1 tablespoon filling near the end. Roll into a cylinder shape, folding sides in, and seal with a little beaten egg. Heat oil to 350 and fry until browned drain on paper towels. Serve immediately.

Description: "these appetizers can be made ahead of time and frozen. Then just before serving, deep fry and serve immediately."

Per serving: 6 Calories (kcal) trace Total Fat (48 calories from fat) trace Protein 1g Carbohydrate 5mg Cholesterol 72mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Contributor: The 50 Best Chicken Recipes Cookbook

Oriental Chicken Salad Tartlet Filling

Yield: 48 Servings

Ingredients

2 1/2 lb chicken breasts
3 1/4 tb soy sauce, to taste
2 1/2 ts rice wine vinegar
3/8 c peanut oil
1/2 c vegetable oil
1/4 c parsley, fresh, chopped
4 scallions, minced
48 tartlet shells

Instructions

Cook chicken breast in 350-degree oven. Don't overcook. Let cook.

Skin and bone breast and cut into 1/4" cubes. Put cubed meat in mixing bowl.

Combine soy sauce, vinegar, oils, parsley and scallions.

Pour over chicken and stir well. Spoon into prepared shells.

Formatted by Theresa Grant, HWWK11B, from Martha Stewart Hors D'oeuvres.

Oriental Chicken Salad

Yield: 1 Serving

Ingredients

1 he lettuce
6 green onions chopped
1/2 c cashews
2 boneless skinless chicken breasts (or 3) cooked and chopped
1 pk lowfat ramen noodles (or 2)
1 cooking oil spray
2 tb sesame seeds (or 3)

Instructions

Brown broken noodles in pan sprayed with cooking oil spray. (I like to add about a teaspoon of vegetable oil and a few drops of sesame oil.) Add sesame seed when almost done.

Add to other salad ingredients. Pour dressing on and toss well.

Serve.

Per serving: 1036 Calories (kcal) 46g Total Fat (40 calories from fat) 125g Protein 31g Carbohydrate 274mg Cholesterol 339mg Sodium Food Exchanges: 1 1/2 Grain(Starch) 16 1/2 Lean Meat 1 1/2 Vegetable 0 Fruit 7 1/2 Fat 0 Other Carbohydrates

Contributor: Annette

Oriental Chicken Soup

Yield: 1

Ingredients

BROTH-

1 whole chicken
1 onion cut in half
3 carrots peeled and halved
1 bn celery tops
2 bay leaves
10 black peppercorns
1 salt to taste

DUMPLINGS-

2 cooked chicken breasts
1 tb fresh ginger grated
2 scallions chopped
1/2 carrot chopped
2 tb cilantro chopped
3 tb soy sauce
24 sm won ton wrappers

GARNISH-

12 snow peas
1 carrot cut into match sticks
1 chopped cilantro
1 chopped scallions

Instructions

Directions: Broth In a large stockpot, place all ingredients and cover with water. Bring to a simmer over medium heat for 1 1/2 2 hours until chicken is cooked through.

Remove chicken from the pot. Strain the broth and put in the refrigerator overnight to chill. The next day, skim off the excess fat and use. Dumplings Combine all ingredients in food processor. Spoon 1 tablespoon of filling into center of wrapper. Roll and seal ends together with water to create a tortellini shape.

To serve, drop dumplings into simmering stock for one minute. Ladle soup into bowls and garnish.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Oriental Chicken Stir-Fry (6.5 7 Points)

Yield: 2 Servings

Ingredients

1 tb vegetable oil
3/4 lb boned and skinned chicken breast cut into thin strip
2 c broccoli floret
2/3 c chopped red bell pepper
1 clove garlic minced
3 green onion diagonally sliced
2 c sliced mushroom
1 c sliced celery
1/2 c fat-free chicken broth
1 tb cornstarch
2 ts soy sauce
1/2 ts ground ginger

Instructions

In wok or large heavy nonstick skillet, heat oil over high heat. Add chicken cook for 3 minutes stirring constantly.

Add broccoli, red pepper, onions, and garlic cover and steam for 5 minutes.

Add mushrooms and celery cover and steam for 2 minutes.

Combine chicken broth, cornstarch, soy sauce and ginger pour over chicken mixture.

Stir-fry for 1 minute or until thickens.

Description: "Stir-fry recipes provide a delicious way of adding lots of vegetables to a small amount of meat"

Source: "Choice Menus (Canadian Diabetes Association)"

S(Typed, Formatted & W.W. Points added): "Helen D. (hdeacey@home.com) Jul. 2, 2000"

T(Cook Time): "0:11"

Per serving: 343 Calories (kcal) 10g Total Fat (24 calories from fat) 47g Protein 20g Carbohydrate 99mg Cholesterol 659mg Sodium Food Exchanges: 1/2 Grain(Starch) 5 1/2 Lean Meat 3 Vegetable 0 Fruit 1 1/2 Fat 0 Other Carbohydrates

NOTES : Each 1/4 of recipe, according to cookbook:

348 calories, 12g fat, 4g fibre Exchanges 1 Fruits & Vegetables Choice 6 Protein Choices 2 Extra Choices WW Points 7

According to MC 341 calories, 10g Total Fat, (25 CFF), Dietary Fibre 6, Carbohydrate 19g, Sodium 658mg, Potassium 1306mg. WW Points 6.5

Contributor: Adapted from recipe Majorie Hollands & Margaret Howard

Preparation Time: 0:20

Oriental Chicken Tenders

Yield: 4 Servings

Ingredients

1 1/2 lb fat-free chicken tenders
1 1/2 ts garlic powder
1 1/2 ts onion powder
3/4 c low-sodium soy sauce
3/4 c brown sugar

Instructions

Preheat oven to 350 degrees. Lightly spray 9x13-inch baking dish or roasting dish with nonfat cooking spray. Arrange chicken tenders in dish in a single layer. Sprinkle chicken with garlic and onion powder. In a small bowl, combine soy sauce and brown sugar and mix until blended smooth. Pour mixture over chicken turn chicken so it is well coated on both sides.

Cover with plastic wrap and marinate in refrigerator 20 to 30 minutes.

Remove plastic and bake in preheated oven 15 minutes remove from oven and turn chicken tenders with fork or tongs. Bake 15 or 20 minutes, until browned and cooked through.

Serves: 4

Nutrition per serving: 46at 0, Carbohydrate 46 grams, Cholesterol 84 milligrams, Fiber 0, Protein 43 grams, Sodium 2,147 milligrams.

Exchanges: 2-2/3 fruit, 6 meat

From: Danie

Per serving: 377 Calories 2g Fat (5 calories from fat) 42g Protein 46g Carbohydrate 99mg Cholesterol 1927mg Sodium 46ood Exchanges: 5 1/2 Lean Meat 1 Vegetable 2 1/2 Other Carbohydrates

Recipe by: Fat Free Living, Jyl Steinback

Posted to EAT-LF Digest by "Ellen C." on Feb 7, 1998

Oriental Chicken Topped Potato

Yield: 1 Servings

Ingredients

1 boneless, skinless chicken breast, cut into thin stripes
1 c thinly sliced green or red peppers p
1/4 lb pea pods, cut in half
2 tb vegetable oil
2 garlic cloves, minced
1 ts minced fresh ginger root
1 tb cornstarch
1/2 c chicken broth
2 tb soy sauce
3 fresh idaho potatoes, baked

Instructions

In 2-quart microwave-safe casserole combine chicken, peppers, pea pods, oil, garlic and ginger. Cover loosely with plastic wrap cook on High 3 to 4 minutes or just until chicken turns white, stirring twice. In small bowl stir cornstarch, broth and soy sauce until smooth. Stir into chicken. Re-cover cook on High 3 to 4 minutes or until thickened, stirring twice. Cut potatoes in half lengthwise, fluff with fork. Top with chicken mixture.

Makes 3 to 6 servings.

From the files of Al Rice, North Pole Alaska. Feb 1994

Oriental Chicken Wings

Yield: 1 Servings

Ingredients

24 chicken wings sectioned
2 cloves garlic minced
1 tb ketchup
1/2 c honey
1/2 c soy sauce
1/2 c dijon mustard
1 tb veg oil

Instructions

Marinade Arrange in pan & bake 1/2 hour turn and bake until brown.

Oriental Chicken Wontons

Yield: 25 Servings

Ingredients

8 oz ground raw chicken or pork
1/2 c shredded carrot
1/4 c finely chopped celery*
1 tb soy sauce
1 tb dry sherry
2 ts cornstarch
2 ts grated gingerroot
1/2 pk wonton wrappers
2 tb margarine or butter melted
1 plum or sweet & sour sauce

Instructions

*Note: 1/4 cup finely chopped water chestnuts may be substituted for 1/4 cup chopped celery. For filling: In a medium skillet cook and stir ground chicken or pork till no pink remains drain. Stir in carrot, celery or water chestnuts, soy sauce, sherry, cornstarch, and gingerroot mix well. Spoon 1 rounded teaspoon of the filling atop a wonton wrapper. Lightly brush edges with water.

To shape each wonton, carefully bring 2 opposite corners of the square wonton wrapper up over the filling and pinch together in the center. Carefully bring the 2 remaining opposite corners to the center and pinch together. Pinch together edges to seal. Place wontons on a greased baking sheet. Repeat with remaining filling and wonton wrappers. Brush wontons with melted margarine or butter. Bake in a 375 degree oven for 8 to 10 minutes or till light brown and crisp. If desired, serve with plum or sweet-and-sour sauce. To make ahead: Bake appetizers as directed cool completely. Transfer to a storage container. Cover tightly and freeze up to 1 month. To serve, place frozen wontons on a greased baking sheet. Bake in a 375 degree oven for 8 to 10 minutes or till wontons are light brown and crisp.

44 calories (52 from fat), 2 g fat, 6 mg cholesterol, 2 g protein, 3 g carbohydrate, 0 g fiber, and 95 mg sodium per wonton.

From "Better Homes and Gardens" magazine, Dec 1991.

Oriental Chicken, Peppers, And Rice

Yield: 4

Ingredients

3 chicken breast halves
2 garlic cloves minced
1 onion minced
1 red pepper julienned
1 green bell pepper julienned
1 tb cornstarch
4 tb soy sauce low sodium
8 oz pineapple chunks in juice 1 can
2 tb vinegar
3 tb packed brown sugar
1/2 ts ginger
2 c cooked rice

Instructions

* Use 3 chicken breast halves to yield about 4 servings. Use more chicken for larger portions.

1. To prepare chicken: skin, debone and chop into cubes.
2. Mince the garlic cloves.
3. Wash, seed and julienne the red and green peppers.
4. Do not drain the pineapple.
5. Heat a heavy skillet add 1 tablespoon oil. Saute the peppers, garlic and onion until onion is limp. Remove from skillet and keep warm.
6. Add 1 tablespoon oil to skillet and cook chicken cubes until all turn white and are cooked through. This step doesn't take long don't overcook.
7. Mix cornstarch with soy sauce and some of the pineapple juice in a small bowl.
8. Combine the chicken with the onion mixture. Add the pineapple chunks and juice along with the brown sugar, vinegar and ground or freshly grated ginger. Heat to boiling, then add the cornstarch mixture. Stir constantly until sauce is thickened and heated through.
9. Serve immediately over hot cooked white rice.

NOTES : A quick, delicious and healthy chicken entree.

Recipe by: Jo Anne Merrill

Posted to CHILE-HEADS DIGEST V3 #, converted by MMBuster v2.0l.

Oriental Chicken

Yield: 4 Servings

Ingredients

1 pk boneless chicken breasts o
1 tb butter or margarine
1 tb teriyaki sauce
1 cn cream of mushroom soup
1/2 c milk
1 cn fresh mushrooms, sliced
1 cn waterchestnuts, sliced
1 cn bamboo shoots

Instructions

The packages of boneless, unmarinated fajita strips are good for this. Cut chicken pieces into bite sized pieces. Melt butter in a skillet, add chicken pieces and teriyaki sauce. Cook until browned on all sides. Remove the chicken pieces to a plate. Add the mushroom soup and milk, stirring until smooth. You may need to add a little extra milk if you have a lot of chicken and vegetables. Add the fresh mushrooms and cook

for 3 minutes. Add the cooked chicken pieces, water chestnuts and bamboo shoots. Simmer for 10 minutes. Serve with many optional items that can be added to this recipe. For example Chinese pea pods, chopped celery, bean spouts, cashews or almonds, etc. For any vegetables, add them in right with or after the mushrooms. Note: For adding any nuts add them in right before serving as they tend to get soggy with cooking.

Preparation Time: 30 mi

Oriental Chops

Yield: 12 Servings

Ingredients

12 Pork Chops
4 tb oil
3/4 c rice uncooked
3/4 c green pepper chopped
12 sl onion
2 c water
4 ts salt

Instructions

1. Brown chops on both sides in hot oil in cooker.
2. Place a tbsp. of uncooked rice on top of each pork chop.
3. Place a tbsp. of chopped green pepper on top of rice and a slice of onion on top of green pepper.
4. Add water and salt.
5. Cover, set control and cook for 12 minutes after control jiggles.
6. Cool cooker normally for 5 minutes than place under faucet.

Preparation Time: 0:15

Oriental Chrysanthemum Bowl

Yield: 8 Servings

Ingredients

2 qt chicken broth
3/4 tb sesame oil
2 ts salt
4 oz bean threads cellophane noodles
1 cabbage head, shredded
1 lb spinach, fresh
2 chicken boneless breasts
8 oz chicken livers
8 oz pork tenderloin
8 oz firm white fish
8 oz shrimp
1 c small oysters
3 tb soy sauce
2 tb sherry
2 lg chrysanthemums

Instructions

Slice all meats and vegetables in Chinese manner (thin strips). Bring chicken stock, oil and salt to boil in large serving pot. (A Mongolian Hot Pot is traditional) and keep bubbling over heat.

Arrange noodles and all raw ingredients attractively on large platter. Add sherry and soy sauce to bubbling broth. Provide guests with chopsticks and serving bowls. invite guests to add the raw ingredients to the broth. Let cook just until fish and shrimp are opaque. Just before guests serve themselves from the pot, sprinkle leaves from the chrysanthemums on top of bubbling soup. Ladle some of the soup into each guests bowl.

Source: Bon Appetit From the collection of: Joan Mershon

Oriental Cocktail

Yield: 1 Serving

Ingredients

1 oz Blended whiskey
1/2 oz Sweet vermouth
1/2 oz Triple sec
Juice of 1/2 lime

Instructions

Shake all ingredients with ice, strain into a cocktail glass, and serve.

Recipe Source: THE ALL DRINKS LIST compiled by Andy Premaza

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com
-or MAD-SQUAD@prodigy.net 06-15-1998

Oriental Cod

Yield: 4

Ingredients

2 tb sesame oil
1 clove garlic crushed
1 tb freshly chopped ginger
1/4 ts chinese 5-spice
500 g fresh cod fillets skinned and cut into 5cm (2inch) pieces (1lb)
1 sm red pepper de-seeded and thinly sliced
1 bn salad onions diagonally sliced
125 g beansprouts (4oz)
2 tb sesame seeds
2 tb light soy sauce

Instructions

1. Heat the oil in a large frying pan or wok. Add the garlic, ginger, 5-spice and cod. Cook the cod for 3-4 minutes each side, over a moderate heat then remove from the pan and keep warm.
2. Add the pepper, onions, beansprouts, half the sesame seeds and the soy sauce. Cook for 5 minutes, stirring occasionally. Transfer to a warmed serving dish, arrange the cod on top and sprinkle over the remaining sesame seeds.
3. Serve immediately with egg noodles or Thai fragrant rice.

Converted by MCBuster.

NOTES : A quickly cooked spicy fish dish with colourful vegetables, using Chinese flavourings. You could use any white fish for this recipe.

Converted by MMBuster v2.0l.

Oriental Cole Slaw

Yield: 4

Ingredients

2 c finely shredded napa (chinese) cabbage (8 ounces)

1/4 c chopped jicama

1 or chopped water chestnuts

1/4 c chopped green bell pepper

1 cup coarsely shredded carrot

Oriental Dressing-

3 tb rice vinegar or white

1 wine vinegar

2 ts sugar

2 ts toasted sesame seed

2 ts soy sauce

1 ts sesame oil

1/8 ts crushed red pepper

Instructions

Mix dressing, then toss all ingredients, at least several hours or even the day before, to let flavors meld.

This is a lovely salad, and it keeps very well leftovers were still good and crisp as long as a week after it was made. Chinese cabbage does not wilt. I think it is just a little better made with water chestnuts, but jicama is good, too.

Oriental Coleslaw

Yield: 8 Servings

Ingredients

1/2 c sliced almonds

1/2 c sunflower seeds

1/4 c sesame seeds

2 c each shredded red and green cabbage

2 c bean sprouts

6 green onions, chopped

1 c fried chow mein noodles

-DRESSING-

3 tb Rice vinegar or cider vinegar

1 tb Granulated sugar

1 tb Soy sauce

1 ts Sesame oil

1 Clove garlic, minced

1/4 ts Each salt and pepper

3 tb Vegetable oil

Instructions

Spread almonds, sunflower and sesame seeds on baking sheet bake in 350oF oven for 5 to 8 minutes or until golden and fragrant. Let cool.

In large bowl, combine red and green cabbage, bean sprouts and onions.

Dressing: In small bowl, whisk together vinegar, sugar, soy sauce, sesame oil, garlic, salt and pepper whisk in oil.

Just before serving, toss almond mixture with cabbage mixture gently toss with dressing until well mixed. Stir in noodles.

Makes 8 servings.

Typed in MMFormat by cjhartlin. Source: The Canadian Living Christmas Book.

Oriental Cornish Hens

Yield: 4 Servings

Ingredients

4 cornish game hens
1/2 lb mushrooms fresh
1 c rice, regular uncooked
1/3 c sugar
1/3 c soy sauce
1/3 c celery chopped
2 tb margarine
1 cn chicken broth
1 ts cornstarch
1/4 ts ginger

Instructions

Preheat oven to 350 degrees. Wash hens and pat dry. Saute margarine and mushrooms. Add chicken broth and rice. Boil and cover reduce heat and cook 20 minutes. Stuff hens with rice mixture. Place breast side up.

Brush with margarine. Bake 1 1/2 hours, brushing with margarine every 20 minutes.

The last 15 minutes, in saucepan, put sugar, soy sauce, ginger and cornstarch. Bring to a boil. Brush hens with mixture and put in oven for 20 minutes longer.

NOTES : The glaze on these hens makes the skin crispy and tasty. I worked with Terri for many years doing eye and ENT procedures. She was an excellent technician and taught me a lot. Doctors called us the "A Team". Those were fun days. It seems I laughed a lot at work then. Am I becoming a humorless, old woman?

Contributor: Terri Angelhart

Preparation Time: 1:50

Oriental Crab Appetizers

Yield: 54 Servings

Ingredients

CHRISTMAS WITH SOUTHERN LIVING
1987

1/2 c green onions, chopped
3 tb butter melted
16 oz cream cheese cubed
12 oz crabmeat drained & flaked
1/4 c half-and-half
1/2 ts five-spice powder
1/8 ts garlic powder
54 wonton skins
1 oil for frying

Instructions

Saute green onions in butter add cream cheese, crabmeat, half-and-half, and seasonings. Cook over low heat, stirring, until cream cheese melts. Remove from heat.

Place 1 tb crab mixture in center of each wonton. Moisten edges. Fold in half diagonally. Seal edges. Bend ends of folded edge together.

Heat 1" oil to 375 F in wok or large skillet. Place several wontons at a time in hot oil, and fry 30 seconds on each side drain on paper towels. Repeat with remaining wontons. Serve with sweet-and-sour sauce.

Tyops by Sylvia Steiger, SylviaRN@compuserve.com, homepage:
<http://ourworld.compuserve.com/homepages/SylviaRN>, creator of Frazzled Cook
breadmachine mixes

Nutritional information per serving: xx calories, xx gm protein, xxx mg cholesterol, xx
gm carbohydrate, xxx mg sodium, x gm fiber, xx gm fat (x gm sat, x gm mono, x gm
poly), x mg iron, xx mg calcium, xx of calories from fat.

Brought to you by MMCONV and Sylvia Steiger, SylviaRN@compuserve.com or
71511.2253@compuserve.com, creator of Frazzled Cook breadmachine
mixes, homepage: <http://ourworld.compuserve.com/homepages/SylviaRN>

From: Sylvia Steiger Date: 04 Mar 97 National Cooking Echo Ž

Oriental Crab Salad

Yield: 6 Servings

Ingredients

1 no ingredients

Instructions

1/4 cup Unsweetened pineapple juice

1/4 cup Rice vinegar

1 Tbsp Low sodium soy sauce

2 tsp Firmly packed brown sugar

1 tsp Sesame oil

1 1/2 lb Alaska king crab legs cooked and shelled

3 Tbsp Low sodium soy sauce

1 tsp Fresh ginger root grated

5 cup Baby salad greens

1 med Cucumber peeled and seeded cut into thin strips

1 cup Bean sprouts

1 cup Carrot thinly sliced

1 cup Shredded red cabbage

3 Scallions thinly sliced

1/2 cup Chow mein noodles plus 2 tablespoons

2 tsp Sesame seeds browned

To prepare dressing, in a small bowl, combine pineapple juice, vinegar, 1 tablespoon
soy sauce, brown sugar, and sesame oil stir to mix well. Flake crab into bite-size
pieces. In medium bowl, combine 3 tablespoons soy sauce and ginger root. Add crab,
tossing to coat. Set aside. In large bowl, combine salad greens, cucumber, bean
sprouts, carrot, cabbage, and scallions. Pour 1/2 cup dressing over salad mixture toss to
mix well. Divide greens between 6 plates and top with pieces of equally divided crab.
Drizzle remaining dressing over crab. Sprinkle evenly with chow mein noodles and
sesame seeds. Serve immediately.

Serving provides: 1/2 fat, 3 veg, 1 pro, 1/2 bread, 10 cal, 4 g fat, 2 g fiber.

Recipe by: Weight Watchers Magazine October 1996

Oriental Crunch Burgers

Yield: 1 Servings

Ingredients

1 lb hamburger

3/4 ts salt

1/3 c bean sprouts

1/4 c water chesnuts, drained

2 tb green onion, sliced

1 tb soy sauce

Instructions

Combine hamburger with everything. Cook.

Oriental Cucumber Salad

Yield: 1

Ingredients

1 1/2 cucumbers peeled, chopped

1 ts salt

1 jalapeno chili seeded, minced

2 tb rice vinegar

2 tb oriental sesame oil

1 tb soy sauce

2 ts sugar

Instructions

Place cucumbers in medium bowl. Sprinkle with salt. Toss. Chill 1 hour.

Drain cucumbers and return to bowl. Combine remaining ingredients in another bowl.

Pour over cucumbers and toss to coat. (Can be prepared 1 day ahead. Refrigerate.)

Serves 2 to 4.

Bon Appetit June 1990

Converted by MCBuster.

Converted by MMBuster v2.0l.

Oriental Curry Veggies

Yield: 8 Servings

Ingredients

1 c lowfat mayonnaise

1/4 c plain lowfat yogurt

1 tb curry powder

1/4 ts garlic powder

2 ts sugar

1 ts lemon juice

Instructions

together into mixing bowl. Stir in pecans. Using rubber spatula, gradually 4. Place dish in roasting pan. Add hot water to pan to come halfway up FAVORITE RECIPES On 03-01-93 (15:31) Prepare topping: Stir brown sugar, cinnamon and flour into small bowl. Add Arrange sliced apples in a 9" pie plate. Combine sugar, cornstarch, powder. Stir in nuts.

Bake in 350 degree F. oven 35 to 40 minutes or until done. Melt the remaining margarine. with non-stick coating and set aside. In a large mixing bowl combine one of the many cooked starch pastes one finds in Brazil. For best results, Combine all ingredients and toss well. : in pickling and preserveslightly in fish sauces. Good in baked goods cheese, add meat toppings, then cover with mozzarella/parmesan mixture of grill over medium, indirect heat about 30 to 35 minutes or until chicken is tossing the sauce with the pasta.

Oriental Dip

Yield: 10 Servings

Ingredients

1 c nonfat mayonnaise
1 c nonfat sour cream
8 oz can water chestnuts,
1 drained and finely chopped
2 tb chopped pimentos
1 tb chopped green onions or
1 to taste
1 ts beef bouillon granules
1/2 ts worcestershire sauce
1/4 ts garlic powder
1 ds cayenne pepper

Instructions

Combine everything and mix well. Cover and chill. Stir before serving. Any 2-cup combination of sour cream, mayonnaise, or drained yogurt may be used.

Makes about 2 1/2 cups.

per 1/4 cup serving: 54 Kcal 1.0g fat (0g sat fat) 16 CFF 355mg Na (1.2g PRO/1.0g FAT/10.5g CHO)

Recipe By : Wylers Bouillon (modified by R. Winters)

Oriental Dressing & Marinade

Yield: 1 Servings

Ingredients

1/3 c pace picante sauce
2 tb vegetable oil
2 ts soy sauce
2 ts white wine vinegar
1 ts sugar

Instructions

Combine ingredients mix well. Use as a marinade for crisp-tender cooked broccoli, mushrooms or favorite vegetable combinations, or toss with mixed green salads.

Makes about 1/2 cup dressing.

Oriental Dressing I

Yield: 4 Servings

Ingredients

2 1/2 ts prepared mustard
5 tb rice vinegar
2 ts light soy sauce
2 1/2 ts sugar

Instructions

In response to Sarah Novotny's request, here are two oriental dressing that I found in a wonderful new book, "500-Fat-Free Recipes" by Sarah Schlesinger. I found the book at a bookstore that sells overstocks and used books. While I have not tried any of the recipes yet, they look very good. She follows Ornish-based recipes and includes fast, microwave recipes.

Yield: 4 servings (1.5 T each)

Prep. Time: 5 minutes

This dressing works well on salads featuring oriental veggies or fruit such as apples (author's remarks).

Mix the ingredients together and serve.

Calories/serving: 15, Fat: 0g, Cholesterol: 0 mg, Protein: 2.3 g, Carb: 5.8 g, Dietary Fiber: 0 g, Sodium: 333 mg.

Posted to fatfree digest V96 #281

From: Mary Eberle

Date: Fri, 11 Oct 1996 13:05:16 -0500

Oriental Dressing li

Yield: 4 Servings

Ingredients

1 clove garlic, cut in several pieces

1 c rice vinegar

1 ts light soy sauce

1 sl fresh gingerroot, cut in several pieces

Instructions

In response to Sarah Novotny's request, here are two oriental dressing that I found in a wonderful new book, "500-Fat-Free Recipes" by Sarah Schlesinger. I found the book at a bookstore that sells overstocks and used books. While I have not tried any of the recipes yet, they look very good. She follows Ornish-based recipes and includes fast, microwave recipes.

Yield: 4 servings (1/4 c each)

Prep time: 10 minutes plus 45 min. standing time

This dressing features rice vinegar and low-sodium soy sauce infused w/ the flavors of ginger and garlic. It goes well w/ a salad of mixed greens and fruit. (author's comments)

1. Combine garlic, rice vinegar, gingerroot, and soy sauce.
2. Let stand for 45 minutes.
3. Strain dressing. Discard garlic and ginger.

Calories/serving: 9, Fat: 0 g, Cholesterol: 0 mg, Protein: 0.2 g, Carbo: 3.4 g, Dietary Fiber: 0 g, Sodium: 87 mg.

Posted to fatfree digest V96 #281

From: Mary Eberle

Date: Fri, 11 Oct 1996 13:05:16 -0500

Oriental Dressing

Yield: 6 Servings

Ingredients

2 c vegetable oil

2/3 c or more cider vinegar

1/4 to 1/3 cup tamari or soy sauce

2 to 3 thick slices of ginger root

1 one thick slice onion

1 just over 1/3 cup orange juice

1 tb tomato paste

Instructions

Puree the ginger root and onion in a food processor using the metal blade. Add all other ingredients and blend well. Use as dressing for light green salad.

Sorry for the approximate amounts. The recipe was cut down from a very large one and all the measurements did not break up evenly. You can also vary amount of ingredients, ginger, vinegar etc. according to your taste.

Oriental Drumsticks *** Joan

Yield: 4 Servings

Ingredients

1/4 c soy sauce
3 tb brown sugar-dark brown
2 tb lemon juice
2 tb sherry
1 tb salad oil
1 ts ginger-ground
1/3 c onions green-chopped
1 c garlic-crushed
8 chicken drumsticks

Instructions

In 9" baking dish combine all ingredients except drumsticks. Add drumsticks turning to coat all sides.

Cover and marinate in refrigerator 3 hours or overnight turning occasionally. Preheat oven to 350~. Bake uncovered 60-70 minutes or until drumsticks are tender turning once.

Oriental Duck With Snow Peas

Yield: 8 Servings

Ingredients

12 duck breast filets
1/2 c soy sauce
1/2 c oil
1/2 c white wine
2 (cloves) garlic [minced]
1/2 ts ginger [ground]
1 1/2 tb oil
1 lg onion [thinly sliced]
8 lg fresh mushrooms [sliced]
1 pk (10 oz) frozen pea pods

Instructions

1. Rinse the duck breasts and pat dry. Slice them thinly
2. Mix the soy sauce, oil, wine, garlic, and ginger in a bowl and add the duck breast slices. Marinate in the `fridge for 4 hours or longer, then drain, reserving a cup of the marinade...
3. Heat 1 to 2 tb of cooking oil in a wok and add the duck, stir frying `til cooked through, then remove and add the onions and mushrooms cooking `til tender crisp.
4. Add the duck and the pea pods and reserved marinade heating to desired serving temp.
5. Sauce may be thickend with small amount of corn starch, or thinned with water... Serve with steamed rice or hot cooked noodles...

Source: "Bill Saiff's Rod & Reel Recipes for Hookin' & Cookin'" cookbook and re-typed with permission for you by FRED GOSLIN in Watertown NY on Cyberealm Bbs. home of KOOKNET at (315) 786-1120

Oriental Egg-Shrimp Salad

Yield: 6 Servings

Ingredients

3/4 c rice
1 1/2 tb grated onion
1 tb grated lemon peel
1 c mayonnaise
1 tb lemon juice
1 ts soy sauce
1 tb worcestershire sauce
1/8 ts tabasco sauce
3/4 lb cook shrimp
6 coarsely chopped, hard cooked eggs
3 tb catsup
1 lettuce leaves
1 parsley sprigs
1 paprika

Instructions

Cook and drain rice. In a small bowl, combine onion, lemon peel, mayonnaise, lemon juice, Worcestershire sauce, soy sauce and Tabasco sauce. Blend In a large bowl, combine cooked rice, shrimp, 4 chopped eggs and 3/4 cup mayonnaise dressing. Toss to coat well. Add catsup to remaining mayonnaise dressing blend. Spoon over Oriental salad. Cover. Chill.

Serve on lettuce leaves. Garnish with parsley sprigs, remaining chopped eggs and paprika.

The Complete Family Cookbook

Oriental Eggplant Spread

Yield: 1

Ingredients

1 lg eggplant (1-1/2 lb/750 g) 1
2 tb soy sauce 25 ml
2 tb brown sugar 25 ml
1 ts rice vinegar 5 ml
1 tb water 15 ml
2 tb vegetable oil 25 ml
4 cloves garlic finely chopped 4
1 tb finely chopped fresh ginger root 15 ml
4 green onions chopped 4
1/2 ts oriental chili paste 2 ml
1 ts oriental sesame oil 5 ml

Instructions

Place eggplant in baking dish and pierce in a few places. Bake in a preheated 425F/220C oven for 45 to 50 minutes or until tender. Cool.

Peel eggplant and chop finely.

In a small bowl combine soy sauce with sugar, vinegar and water.

In wok or skillet, heat oil on medium high heat. Add garlic, ginger, 2 tbsp/25mL green onions and chili paste. Cook for 30 seconds until fragrant.

Add soy sauce mixture and, when bubbling, add eggplant. Stir to combine well. Heat thoroughly.

Remove from heat and stir in sesame oil. Place in serving bowl and sprinkle with remaining green onions. Serve cold or at room temperature

Converted by MCBuster.

NOTES : From Bonnie Sterns "Appetizers", this recipe yields about 1-1/2 cups/375 mL.

Converted by MMBuster v2.0l.

Oriental Fish Fillets

Yield: 4 Servings

Ingredients

1 lb fillets, cut into 2 x 1/2 strips

3 tb soy sauce

2 tb ketchup

2 tb red wine vinegar

1 tb brown sugar

1 tb oil

1 ts grated gingerroot

1/4 ts grated lemon rind

Instructions

Thread fillets on wooden skewers, place in a single layer in a shallow baking pan.

Combine soy sauce, ketchup, red wine vinegar, brown sugar, oil, gingerroot and lemon rind. Pour mixture over fish. Marinate for 30 minutes, turning occasionally. Place skewers on broiler pan. Broil 3" from the heat for three minutes on each side.

Serve over rice. Remaining marinade can be combined with 1/4 cup water, heated to boiling and used as a sauce.

Serves 4.

Oriental Fish Kabobs

Yield: 4 Servings

Ingredients

1/2 lb haddock fillets *

1/2 lb salmon fillets *

1/4 c soya sauce

1/4 c vegetable oil

2 tb dry sherry or sake

1 garlic clove crushed

1/4 ts ginger ground

1 tb brown sugar

1 1/2 ts orange rind grated

Instructions

Cut fillets in large cubes or strips. Mix all remaining ingredients in a jar. Pour over fish. Marinate in the refrigerator 3 hours or at room temperature for 1 hour, turning fish over once. Thread on greased skewers *** and place on the barbecue at 9 cm (4 inches) from fire. Barbecue 2 min on one side. Brush with marinade, turn skewers and broil 2 to 3 min until flesh is opaque and flakes easily.

* or cod, turbot, Boston bluefish, halibut ** or Arctic char, trout *** or broil kabobs in the oven, but increase cooking time and space from : element

Source: Fisheries Food Centre Department of Fisheries and Oceans Ottawa, Ontario, K1A 0E6

Typos by Vern Know-wud-I-mean

Posted 09-21-93 by VERN OLSON on C-Cooking

From the recipe files of Sylvia Steiger, GENIE THE.STEIGERS, CI\$ 71511,2253, GT Cookbook echo moderator at net/node 004/005

From: Sylvia Steiger Date: 08 Jun 97 National Cooking Echo Ž

Oriental Fish Steaks

Yield: 2

Ingredients

2 fish steaks about 1 thick -
1 salmon or tuna
-ORIENTAL PASTE-
2 tb soy sauce
2 garlic cloves
1 pinch five spice powder
1 tb finely chopped ginger
1/2 lemon juice of
2 sm spring onions
FRAGRANT RICE-
100 g jasmine rice
6 cardamom pods up to 7
1 garlic clove chopped
1 fresh coriander finely chopped

Instructions

Oriental fish steaks: Combine all the ingredients except the fish in a food processor until they form a thick paste.

Grill the fish steaks for approximately 4 minutes on one side. Turn and coat with the oriental paste and grill for a further 4 to 5 minutes until the fish is fairly firm but still juicy.

Fragrant rice: Wash the rice thoroughly. Put the rice, cardamom and chopped garlic in a pan and cover with water. Bring to the boil over a medium heat, stir once then lower the heat and gently simmer. Cover the pan tightly and cook gently for 8 to 10 minutes. Remove from the heat, drain and remove the cardamom pods. Stir in the chopped coriander and serve with the oriental fish steaks.

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Converted by MMBuster v2.01.

Oriental Flank Steak

Yield: 6 Servings

Ingredients

3/4 c barbecue/thick and spicy sauce
3 tb soy sauce
1/4 c green onion slices
2 tb sesame seeds toasted
1 minced garlic clove
1/4 ts ground ginger
1 1/4 lb to 1 1/2 lb flank steak

Instructions

Score steak with knife on both sides. Pour combined remaining ingredients over steak. Cover marinate in refrigerator several hours or overnight, turning once. Place steak on greased rack of broiler pan or greased grill. Broil or grill, uncovered, over hot coals 15-20 minutes or until desired doneness, turning and brushing with barbecue sauce mixture after 10 minutes. To serve, carve steak across grain, with slanted knife into thin slices.

Oriental Flavored Cucumber Salad

Yield: 4 Servings

Ingredients

1 ea english cucumber
1 tb rice vinegar
1 tb soy sauce
1 tb vegetable oil
1/2 ts oriental sesame oil
1/2 ts salt
1/2 ts sugar
1/4 ts hot chinese chili paste
1 ea small clove garlic, minced

Instructions

Trim ends off cucumber and cut into 1 inch chunks. Combine rice vinegar with soya sauce, vegetable oil, sesame oil, salt, sugar, hot chili paste and garlic. Mix dressing with cucumbers and serve at room temperature.

Oriental Foil-Wrapped Chicken With Vegetables

Yield: 4 Servings

Ingredients

10 ounces frozen tiny whole carrots
4 skinless boneless chicken breast halved pound total
1 4 ounces white mushrooms drained
1 sm red sweet pepper cut into bite-size strips
3 tb hoisin sauce
2 cloves garlic minced
1 ts grated gingerroot
1 ds ground red pepper
1/4 c sliced green onion
hot cooked rice optional

Instructions

Heat oven to 425°F. Run carrots under cold water to thaw. Drain well. Rinse chicken pat dry. Place one chicken breast half in the center of an 18x12-inch piece of heavy foil. Repeat with remaining chicken and three additional foil pieces. Divide carrots, mushrooms, and sweet pepper strips evenly among foil pieces.

Stir together hoisin sauce, garlic, ginger, and ground red pepper. Drizzle over chicken and vegetables. Bring up two opposite sides of foil and seal with a double fold. Fold remaining ends to completely enclose the chicken and vegetables, leaving space for steam to build. Repeat with each foil packet. Place on a 15x10x1-inch baking pan. Bake for 30 minutes or till chicken is tender and no longer pink.

To serve, carefully open foil packets. Sprinkle with green onion. If desired, serve over rice. Spoon some of the cooking juices over all.

Makes 4 servings.

Nutrition facts per serving: 165 cal., 3 g total fat (1 g sat. fat), 59 mg cholesterol, 675 mg sodium, 9 g carbohydrate., 3 g dietary fiber, 24 g pro. Daily Value: 133 vitamin. A, 40 vitamin. C, 10 iron.

Food exchanges: 1 1/2 vegetable, 3 meat.

Busted by Gail Shermeyer .

Contributor: Low Calorie/Low Fat Recipes Spring 96, BH&G

Oriental Fresh Tomato & Cucumber Salad

Yield: 6 Servings

Ingredients

2 lg tomatoes

1 md cucumber

1/3 c scallion sliced

1 tb dark sesame oil

1 tb soy sauce

1/4 ts crushed red pepper

1/4 ts sugar

1 tb toasted sesame seeds

Instructions

Core and dice tomatoes place in a medium bowl. Peel, halve lengthwise, seed and slice cucumber add to tomatoes along with scallions toss gently. In a small bowl combine sesame oil, soy sauce, red pepper and sugar. Pour over tomato mixture toss gently.

Sprinkle with sesame seeds.

From: Meg Antczak

Recipe By : Florida Tomato Committee

Oriental Fried Rice

Yield: 6 Servings

Ingredients

3 c cooked brown rice cold

1/2 c slivered cooked roast pork

1/2 c finely chopped celery

1/2 c fresh bean sprouts

1/3 c sliced green onions

1 egg beaten

1/2 ts black pepper

2 tb soy sauce

Instructions

Combine rice, pork, celery, bean sprouts, onions and egg in large skillet coated with nonstick cooking spray. Cook, stirring, 3 minutes over high heat. Add pepper and soy sauce. Cook, stirring, 1 minute longer.

NOTES : Calories: 161.8 (22 from fat) Fat: 3.9g cholesterol: 40mg Carbohydrate: 24.9g Fiber: 2.2g Sodium: 370mg

Recipe by: Light Cooking

Posted to EAT-LF Digest by "Wildrose" on Sep 27, 1998, converted by MMBuster v2.0l.

Oriental Garbanzo Soup

Yield: 1 Recipe

Ingredients

1 tb am unrefined olive oil
1/2 c chopped onion
1/2 c am garbanzo flour
4 c water
2 tb soy sauce
1/8 ts garlic powder (optional)
1 ts sweet basil leaves crushed

Instructions

Preheat heavy saute' pan, then add oil and onion and saute' until soft. Add 1 cup cold water. Stir in flour until smooth. Stir in remaining water gradually. Add seasonings. Let cook over medium low heat until slightly thickened, stirring occasionally (or over higher heat stirring constantly). Do not allow to boil.

Source: Arrowhead Mills "toasted Garbanzo Flour" tri-fold Reprinted by permission of Arrowhead Mills, Inc. Electronic format courtesy of: Karen Mintzias

Oriental Garden

Yield: 1 Servings

Ingredients

1/2 c red rosebuds
1/2 c dark pink rosebuds
1/2 c broken cinnamon
1/4 c tilia flowers
1/4 c hibiscus flowers
1/4 c myrrh
1/4 c orange blossoms
1/4 c jasmine flowers
2 tb cloves
2 tb cardamom seeds
2 tb star anise
2 tb sandalwood chips
2 to 3 drops jasmine oil
2 to 3 drops rose oil
1 to 2 drops sandalwood oil

Instructions

Rich dark colors and a distinctly oriental fragrance mark this heady blend. Display it in an open oriental bowl decorated in rich colors.

This is no a potpourri for a white or pastel container or a dainty tea cup.

Typed in MMFormat by cjhartlin@email.msn.com

Source: Potpourri

Oriental Garlic Chicken

Yield: 2 Servings

Ingredients

1/2 c distilled vinegar
1/2 c canned chicken broth
10 lg garlic cloves, chopped

2 1/2 tb soy sauce
1/4 ts ground pepper
2 boneless, skinless chicken breasts
1 ts onion powder
1/2 ts oriental five-spice powder
1 tb oriental sesame oil
3 bay leaves
1 hot cooked rice

Instructions

Whisk the vinegar, chicken broth, garlic, soy sauce and pepper in a small bowl to blend. Season the chicken breasts with the onion powder and five-spice powder. Heat the oil in a heavy skillet over medium high heat.

Add the chicken and saute until golden about 4 minutes per side. Pour the vinegar mixture over the chicken and add the bay leaves. Reduce the heat to low, cover the skillet and simmer until the chicken is just cooked through, about 10 minutes. Using tongs, transfer chicken to plate. Boil the pan juices for another 2 minutes. Season to taste with salt. Spoon over chicken, discarding bay leaves. Serve with rice.

Posted to EAT-L Digest 22 Sep 96

From: Pam and KerryAnn Cobb

Date: Mon, 23 Sep 1996 09:02:37 -0500

Oriental Ginger Chicken

Yield: 0 Servings

Ingredients

4 chicken breast halves skinned and boned
1/4 c soy sauce
1/4 c dry sherry
1 garlic clove minced
2 tb chopped green onion
1 tb brown sugar
2 ts ginger
2 tb vegetable oil
1 cn veg-all mixed vegetables with liquid (16 oz)
1 cn water chestnuts (8 oz)
1 c quick cooking rice

Instructions

1. Cut chicken into 2"-long strips.
2. Combine soy sauce, sherry, garlic, onion, brown sugar and 1 teaspoon of the ginger in 1-quart bowl.
3. Add chicken and stir until well coated.
4. Heat oil in large skillet stir-fry chicken until cooked.
5. Meanwhile, place VEG-ALL, water chestnuts (liquid included) in 2-quart sauce pan with remaining teaspoon of ginger bring to boil.
6. Stir in rice, remove from heat, cover and let stand 5 minutes.
7. Serve chicken over rice and vegetables.

Yield: 4 servings

NOTES : main dish, poultry

Oriental Ginger Cucumbers

Yield: 1 Servings

Ingredients

3 4 unwaxed cucumbers sliced
1 tb salt
1 marinade:
3 4 slices fresh ginger slivered
1/2 c white vinegar
1/4 c sugar
1/2 c water
1 tb sesame oil
1 toasted sesame seeds for garnish

Instructions

Salt cucumbers and allow to sit for 1 hour. Rinse thoroughly under cold water and pat dry. Place in a bowl and reserve.

In a small saucepan, heat together the ginger, vinegar, sugar, water and oil. Bring to a boil, then pour over cucumbers. Marinate at least overnight.

To serve, garnish with toasted sesame seeds.

Variation: For a spicier flavor, add 1/2-1 teaspoon of hot chili flakes to the marinade.

Yield: 6-8 servings

Chinese recipe from Chinatown Philadelphia Taken from "The Original Philadelphia Neighborhood Cookbook" by Irina Smith and Ann Hazan, published by Camino Books, Philadelphia, PA, c. 1988.

Posted to MC-Recipe Digest V1 #851 by Bill Webster on Oct 18, 1997

Oriental Ginger Dressing

Yield: 4 Servings

Ingredients

2 tb cider vinegar
1/2 ts sesame oil
1 tb sugar
1 ts fresh ginger root grated
1 tb soy sauce
1/2 c pineapple juice

Instructions

Combine in a jar and shake vigorously. Serve on green salad, chicken salad, pasta salad. Makes 4, 2 tablespoon each.

38 cal, 0.33 g protein, 0.6 g fat, 8 g carb, 258 mg sodium, 0 mg chol.

Busted by KitpatH (Riverside, CA) and shared with Eat-If Aug 1997

Recipe by: Inland Empire Magazine August 1997: "Dress It Up" Posted to Digest eat-If.v097.n193 by KitPATh on Jul 31, 1997

Oriental Ginger Garlic Green Beans

Yield: 6 Servings

Ingredients

1 lb fresh green beans, cleaned and dried
4 ea garlic, sliced
1 inch fresh ginger root peeled and sliced
3 tb chicken broth

Instructions

In a large non-stick skillet sprayed generously with non-stick cooking spray, toss all the ingredients except the chicken broth over high heat until the green beans start to

'wilt' and look as if they are getting cooked a little bit. Now i really do mean toss these, just kind of shake the pan so that the beans are jumping and not getting to cooked on one side. Just before servings add the chicken broth and reduce over high heat until the beans are just coated with the broth.

Makes 6 servings

Oriental Ginger Salad Dressing

Yield: 16 Servings

Ingredients

1/3 c salad vinegar (i most often just s

3 tb soy sauce

1/3 c chopped onion

1/4 c carrots finely grated

1 ts celery seeds

1/2 c canola oil

1/2 tb sugar or to taste (1/2 to -1)

1 ts fresh ginger root minced

Instructions

Combine all ingredients in food processor or blender, processing on high until veggies are finely minced. Cover and chill thoroughly until ready to serve over salad.

Makes 1 1/2 cup.

Per serving: 67 Calories (kcal) 7g Total Fat (89 calories from fat) trace Protein 2g

Carbohydrate 0mg Cholesterol 194mg Sodium Food Exchanges: 0 Grain(Starch) 0

Lean Meat 0 Vegetable 0 Fruit 1 1/2 Fat 0 Other Carbohydrates

NOTES : I want to share my most favored summer salad dressing with you. Its a little heavy on the canola oil BUT its thin and pungent so it doesn't take much to dress the greens. I eat very little meat, mostly fish, so I perhaps don't mind a little more oil. Try one batch of it, its good on lettuce salads, cabbage slaws, spinach is the best! Even citrusy fruit salads. If its new to you, see what you think of it.

My salute to summer!

Contributor: "Jo in Minnesota"

Oriental Ginger Shrimp

Yield: 4 Servings

Ingredients

8 unshelled raw jumbo shrimp, thawed if frozen

1/2 c all-purpose flour

1/4 ts salt

1 ts corn oil

1/4 c water

1 piece ginger root, peeled, grated (1)

1 garlic clove, crushed

1 ts chili sauce

1 egg white

1 vegetable oil

1 green onion daisy

1 red bell pepper strips

Instructions

Shell shrimp, leaving tail shells on. Make a small incision along spines. Remove black spinal cord from shrimp.

In a bowl, combine flour, salt, corn oil and water. Stir in ginger, garlic and chili sauce and beat well. Stiffly whisk egg white, then gently fold into batter until evenly combined.

Half fill a deep-fat fryer or saucepan with oil heat to 375°F. (190°C.) or until a 1/2" cube of day-old bread browns in 40 seconds.

Hold each shrimp by its tail and dip into batter, then lower into hot oil. Fry 3 minutes or until golden. Drain on paper towels. Garnish with green onion daisy and bell pepper strips and serve hot.

Oriental Gingered Duck

Yield: 6 Servings

Ingredients

Meat from 3 to 4 pounds young wild cut into 1/2" c with skin left on
2 Eggs lightly beaten
3/4 c Flour
2 tb Water
1/2 ts Salt
Fat for deep frying
3/4 c Boiling water
1/2 c Cider vinegar
1/2 c Sugar
1 tb Cornstarch
1 tb Soy sauce
1/4 c Cold water
1/2 c Pickled ginger root sliced

Instructions

Make a frying batter of eggs, flour, water, and salt. Stir until smooth.

Dip duck cubes into batter and fry, a few at a time, in deep fat heated to 350 to 365 degrees, until golden brown. Drain on paper towels put into a warm dish. Make a hot sauce with boiling water, cider vinegar, and sugar, and stir until dissolved. Make a smooth mixture of the cornstarch and soy sauce with cold water, and stir into the vinegar-sugar mixture. Cook, stirring, over low heat until thickened. Add the ginger root, stir well, heat, and pour over fried duck.

This recipe yields 6 servings.

Recipe Source: THE HUNTER'S GAME COOKBOOK by Jacqueline E. Knight (c) 1978 Published by Winchester Press, New York, NY

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpm44a@prodigy.com
-or MAD-SQUAD@prodigy.net 07-23-1997

Contributor: Jacqueline E. Knight

Oriental Gingered Vegetables

Yield: 1

Ingredients

1 c sliced green beans
1 c broccoli florets
1 c thinly sliced carrots
1 c sliced asparagus
1 c thinly sliced mushrooms
1/2 c julienned sweet red peppers
1 tbsp. peeled minced ginger root

1 clove garlic, minced
1 tbsp. canola oil
1 tbsp. low-sodium soy sauce

Instructions

Steam the beans, broccoli, carrots, and asparagus until crisp-tender, about 5 minutes. In a large nonstick frying pan over medium-high heat, saute the mushrooms, peppers, ginger, and garlic in the oil until light brown, about 3 minutes. Add the steamed vegetables and soyu sauce. Stir-fry for 1 to 2 minutes.

Serves 4

Oriental Glaze

Yield: 1 Serving

Ingredients

2 tb honey
2 tb tomato sauce
1 tb teriyaki sauce
1 ts hoisin sauce
1/4 ts ground cumin

Instructions

1. Place honey, sauces and cumin in a bowl. Mix to combine.
2. Brush meat, chicken or fish with glaze and grill, barbecue or bake.

Uses: Brushed over steaks, chops or ribs during cooking this glaze adds a spicy flavor of the Orient. It can also be used as a sauce for a stir-fry of meat and vegetables.

Contributor: Super Food Ideas (Aussie Magazine)

Oriental Glazed Duck

Yield: 2 Servings

Ingredients

1 5 lb duckling(rinsed & dried)
2 lemons, halved
1 salt & grnd. pepper, to tast

Instructions

3/4 cup Soy sauce
3/4 cup Ketchup
1/3 cup Clover honey
1/4 cup Corn oil
2 Garlic cloves, minced
1 Tbsp Dried rosemary, crumbled
2 Scallions, for garnish

Preheat the oven to 400F. Remove excess fat from the cavity and neck area.

Rub the duck inside and out with the juice of one lemon. Pat dry. Prick the skin all over with the tines of a fork. Sprinkle the outside and the cavity with salt and pepper. Place the second lemon in the cavity. Place the duck, breast side up, on a rack in a shallow roasting pan, and bake for 30 minutes. While the duck is roasting, make the glaze: Combine the soy sauce, ketchup, honey oil, garlic, and rosemary in a small bowl. Mix well. Reduce the oven temp. to 350F. Pour off the fat that has accumulated in the roasting pan, and pour the glaze over the duck. Cook, basting frequently, another 45 minutes for medium-rare (18-20 min. per lb.).

Remove the duck from oven and let it rest for 15 minutes. To serve, remove the duck from the roasting pan. Cut it into quarters, removing the backbone. Skim off any fat from the roasting pan, and reheat the glaze.

Pour the glaze over the duck, and garnish with scallions,(thinly sliced diagonally white bulb and 3" green). Enjoy!!

Oriental Goose Stir-Fry

Yield: 6 Servings

Ingredients

- 1 filleted breast of 1 wild goose
- 3 md onions [chopped]
- 2 cn (8 oz) sliced mushrooms [drained]
- 1 pk (2 oz) slivered almonds
- 1 seasoned salt to taste
- 2 pk rice-a-roni [oriental]
- 3 lg celery stalks [cut into pieces]
- 2 bell peppers [1 red 1 green cut into strips]

Instructions

1. Rinse goose breasts and pat dry. Cut them into 1 in. slices and par-boil for 20 min. Drain and reserve the broth. Let cook and cut into 1 in. cubes...
2. Saute, the goose, onions, mushrooms, and almonds in a skillet for 15 min., then salt and pepper to taste, and add the seasoned salt if desired ...
3. Prepare the Rice-A-Roni according to package directions, using the reserved broth and adding the celery and pepper slices halfway through cooking time...
4. Combine the goose mixture and the rice mixture simmering for 15 min. then serve...

Source: "Bill Saiff's Rod & Reel Recipes for Hookin' and Cookin'" and Re-typed with permission for you by Fred Goslin in Watertown NY on Cyberealm Bbs. home of KookNet at (315) 786-1120

Oriental Green Salad (Lf)

Yield: 4 Servings

Ingredients

SALAD-

- 1 c leaf lettuce torn
- 1 c chinese cabbage torn
- 1 c mung bean sprouts
- 1/2 c bamboo shoots sliced, canned
- 1/4 c carrots thinly sliced
- 1/4 c celery thinly sliced
- 1/4 c broccoli chopped

DRESSING

- 3 tb low-sodium soy sauce
- 3 tb rice vinegar
- 2 tb water
- 1/4 ts fresh garlic minced
- 1/4 ts fresh ginger root minced

PER SERVING- 42 *cals 3 *gm protein 1/8 *gm fat 7 *gm carbo 464 *mg sodium 3 *gm fiber

Instructions

Salad: Combine all vegetables in a large bowl. Toss to mix. Set aside. Dressing: Combine all dressing ingredients in a blender or small jar. Process briefly or shake well to combine ingredients. Pour over salad and toss to coat. Serve at once. Serves 4. Author's Note: This salad is full of spice and crunch.

Source: Vegetarian Times, May 1993 Low Fat, Fabulous and Fit by Mary McDougall Formatted MM:de From the collection of Sue Smith, S.Smith34, Uploaded June 16, 1994

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mcdougal.zip>

Oriental Green Salad

Yield: 4 Servings

Ingredients

1 salad:

1 c leaf lettuce torn

1 c chinese cabbage torn

1 c mung bean sprouts

1/2 c bamboo shoots sliced, cannd

1/4 c carrots thinly sliced

1/4 c celery thinly sliced

1/4 c broccoli chopped

1 dressing:

3 tb low-sodium soy sauce

3 tb rice vinegar

2 tb water

1/4 ts fresh garlic minced

1/4 ts fresh ginger root minced

Instructions

Salad: Combine all vegetables in a large bowl. Toss to mix. Set aside. Dressing: Combine all dressing ingredients in a blender or small jar. Process briefly or shake well to combine ingredients. Pour over salad and toss to coat. Serve at once. Serves 4.

Author's Note: This salad is full of spice and crunch.

Source: Vegetarian Times, May 1993 Low Fat, Fabulous and Fit by Mary McDougall

Per serving: 32 Calories (kcal) trace Total Fat (5 calories from fat) 3g Protein 6g Carbohydrate 0mg Cholesterol 476mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Contributor: Vegetarian Times, May 1993,M. McDougall(Kevin Wilson)

Oriental Green Vegetable Casserole

Yield: 1

Ingredients

1 sm green bell pepper stemmed, seeded,

1 deribbed and cut 1 into 2-inch strips

6 scallions trimmed, whites cut into 3-inch lengths and greens cut into 1/4-inch rounds

1/4 lb zucchini trimmed, cut in half lengthwise, then cut into 2-inch pieces

1/4 lb snow peas strung

1/4 c fresh coriander leaves

2 tb tamari soy

1 1/2 tb rice wine vinegar

6 thin slices fresh ginger peeled

2 ts vegetable oil

Instructions

Toss together all ingredients in a 1 quart casserole. Cover tightly with microwave plastic wrap. Cook at 100 percent for 6 minutes.

Remove from oven. Uncover and stir well once or twice before serving.

Converted by MCBuster.

Recipe by: COOKING LIVE SHOW #CL9210

Converted by MMBuster v2.0l.

Oriental Grilled Chicken

Yield: 4 Servings

Ingredients

2 boneless skinless chicken breasts

1/2 c soy sauce

2 ts brown sugar

1/2 c rice wine

1 tb sesame oil

1 tb scallions chopped

1 1/2 slice

1 chopped

1 ginger root slice

Instructions

Cut chicken breasts in half. Mix remaining ingredients together in a shallow pan large enough to hold breasts in one layer. Place breasts in marinade, turning to coat and rubbing marinade into breasts.

Marinate at least one hour and as long as overnight. Grill chicken over hot coals or under broiler. Strain marinade, bring it to a boil, and serve it with chicken.

Recipe By : Elizabeth Powell

Oriental Grilled Red Snapper

Yield: 4 Servings

Ingredients

3 cloves garlic minced

4 scallions chopped

5 teaspoons fresh ginger root minced

1/4 cup lemon juice

2 whole red snapper

2 tablespoons soy sauce

2 tablespoons olive oil

2 teaspoons lemon zest grated

Instructions

Heat grill. Put scallions, half the ginger and half the garlic in a bowl.

Add lemon zest. Spread half this mixture in cavity of each snapper. Combine lemon juice with soy sauce, olive oil, remaining ginger and garlic. Brush this mixture over snapper and grill fish until just done, 20 to 25 minutes, brushing fish 2 to 3 times during cooking and turning it once. Top with additional scallions and lemon zest, if desired.

Oriental Grilled Steaks

Yield: 4 Servings

Ingredients

4 top round steaks, 1-inch thick (3 lbs)
1/2 c soy sauce
1/2 c dry sherry
2 tb sugar
1/2 ts ground ginger
1/4 ts dry mustard
1/2 ts garlic powder

Instructions

Place steaks in a plastic bag. Mix remaining ingredients in small bowl. Pour marinade over steaks turn steaks to coat. Close bag securely and refrigerate for 4 to 6 hours. Let stand at room temperature for 1 hour before cooking. Prepare grill for cooking.

Remove steak from bag and reserve marinade. Grill steak 4 inches from medium coals, 5 minutes per side for rare, 7 minutes for medium, and 10 minutes for well done. Brush with reserved marinade before turning over.

Family Circle GREAT IDEAS Vol 12 No 4

Posted by Fred Peters.

Oriental Grilled Vegetables

Yield: 4 Servings

Ingredients

1 tb coriander seeds
2 tb soy sauce
2 tb dry sherry
1 tb honey
2 ts minced fresh ginger
1 ts chili or sesame oil
2 cl garlic
1 lg yellow squash, cut into 1/2 inch slices
1 lg onion, cut into 8 wedges
1 red bell pepper, cut into 8 pieces
1 green bell pepper, cut into 8 pieces

Instructions

Put coriander seeds into a medium bowl and crush, using the back of a spoon. Add the soy sauce, sherry, honey ginger, oil, and garlic. Add the vegetables and toss. Let stand for 15 minutes.

Preheat the grill or boiler. String the vegetables onto 4, 6-inch skewers. Cook 4 inches from the heat source, 3 minutes per side, brushing once with the marinade.

From "Natural Health" magazine May/June 1993

A.MORELLI [Anne] at 08:23 EDT

Oriental Groundhog

Yield: 4 Servings

Ingredients

1 Ground hog
2 qt Water
1/4 c Salt
1/2 c Soy sauce
2 Garlic cloves whole
1/4 Onion

1/4 ts Paprika
1/4 bn Parsley whole
4 Beef bouillon cubes
1/4 ts Freshly-ground white pepper
1 c Beef or chicken broth
Teriyaki glaze

Instructions

Preheat oven to 325 degrees.

Cut meat into serving pieces and soak in 1 quart water and salt for 3 hours. Transfer meat to 1 quart clear water and soak 4 hours. Drain and dry meat. Place meat in a baking pan with beef broth, soy sauce, garlic cloves, onion, paprika, parsley, bouillon cubes and white pepper. Cover and bake at 350 degrees for 1 to 1 1/2 hours. Baste frequently. Brush with teriyaki glaze while cooking.

This recipe yields 4 servings.

Recipe Source: Hunters Information Service Downloaded from

<http://www.fordinfo.com/his>

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com

-or MAD-SQUAD@prodigy.net 05-21-1997

Oriental Hamburger Casserole

Yield: 4 Servings

Ingredients

1 lb lean ground beef
2 md onions, finely chopped
1 c chopped celery
10 1/2 oz can mushroom soup
10 1/2 oz can cream of chicken soup
1 c water
1/2 c uncooked rice
1 tb soy sauce
1/4 ts pepper
1 cn chow mein noodles
1/2 ts monosodium glutamate (opt)

Instructions

1. Crumble meat into a deep, 2-quart, heat-resistant, non-metallic casserole and heat, uncovered, in Microwave Oven 5 minutes or until meat is browned. Stir after half of cooking time.
2. Add remaining ingredients to meat mixture.
3. Cover and heat in Microwave Oven 20 minutes or until mixture is hot. Uncover, and heat for an additional 5 minutes.

Oriental Hazelnut Chicken

Yield: 6 Servings

Ingredients

1 1/2 lb boneless chicken breasts (skinless)
4 tb sherry
2 1/2 tb soy sauce
1 1/2 ts sugar
1/2 c cornstarch
1 lg egg well beaten

1/2 c butter
1 c halved Oregon hazelnuts coarsely chopped
1 ts finely chopped fresh ginger (1/4 t sp. powdered)
1 md garlic clove minced (1/2 -tsp. garlic)
1/2 c hot water
8 oz canned sliced bamboo shoots drain ed
1 cooked rice or linguine

Instructions

Cut chicken breasts into bite-sized pieces. Combine marinade of sherry, soy sauce and sugar and pour over chicken. Marinate overnight or a minimum of 1 hour. Drain chicken, reserving the marinade. Dredge chicken in cornstarch, dip in beaten egg, place on a cake rack covered with wax paper and let dry for 30 minutes. Saute, hazelnuts in butter for 5 minutes remove with slotted spoon. Add chicken to skillet and saute, with ginger and garlic until golden brown on both sides. Add marinade, bamboo shoots and hot water to chicken. Cover and simmer 10 minutes. Add hazelnuts and serve over a bed of rice or linguine.

* COOKFDN brings you this recipe with permission from: * Oregon Hazelnut Industry and The Hazelnut Marketing Board

Oriental Hens

Yield: 1 Servings

Ingredients

2 cornish game hens
8 mushrooms whole
2 lemon slices
2 tb hoisin sauce
2 tb water
2 ts five spice powder
1/2 ts lemon peel shredded
1 red sweet pepper cut into strips
2 c bok choy cut into 2 in pieces

Instructions

Wash hens and pat dry. Make four 1/2 inch deep slashes in breasts. Place 4 mushrooms and a lemon slice in each cavity. Tie legs together. Place on rack of a steamer. Stir together hoisin, water, five spice, and lemon peel.

Brush 2/3 of mixture over hens, pressing into slashes. Cover steamer and steam for 50 minutes. Add pepper and bok choy. Steam 10 minutes until hens and vegetables are tender. Brush hens with remaining sauce before serving

Posted to TNT Recipes Digest by David Butler on Apr 28, 1998

Oriental Honey-Glazed Chicken

Yield: 6 Servings

Ingredients

3 tb rice vinegar
2 tb vegetable oil
1 1/2 tb honey
1 tb each: hoisin sauce, undiluted orange juice co
2 ts soy sauce
1 ts chili paste, or more or less to taste
1/2 ts dry mustard

2 sm green onions, minced
3 to 4 pounds chicken parts

Instructions

Mix all ingredients, except chicken, in a small dish whisk to combine. Transfer to a large plastic food bag and add chicken. Seal bag tightly and turn it over several times so the chicken is well coated. Refrigerate at least 4 hours or overnight.

Prepare charcoal grill or preheat broiler.

Remove chicken from marinade and pat dry. Grill or broil chicken 6 inches from heat source, brushing several times with remaining marinade, until cooked. 20 to 30 minutes. Serve hot or at room temperature. Serves 6.

From: Asbury Park Press 09/23/92 Shared By: Pat Stockett

Oriental Honeyed Pork

Yield: 4 Servings

Ingredients

2 tb flour
1/2 ts salt
1/4 ts pepper
1/4 ts garlic powder
3/4 lb pork butt, cubed
1 tb oil
14 oz can pineapple chunks
1 green pepper, sliced
1/2 c mushrooms, sliced
2 tomatoes, quartered
1 c chicken stock
2 tb honey
1 ts soy sauce
2 ts cornstarch

Instructions

Combine flour and spices. Coat pork. In a large frying pan, saute pork in oil until no longer pink, 4-5 minutes. Drain pineapple, saving juice. Add pineapple, green pepper, mushrooms and tomatoes to pork. Stir in chicken broth, honey and soy sauce. Mix cornstarch with 1/4 cup pineapple juice add, stirring constantly. Serve with rice. Serves 4-6.

Origin: Homestyles, Canadian Classics Shared by: Sharon Stevens

Oriental Hot Wings *

Yield: 6 Servings

Ingredients

1 c soy sauce
1/2 c sugar
1/4 c sesame seeds
1 tb cayenne pepper

Instructions

Combine the following ingredients to make a marinade:

Cut 2-3 lbs of wings into 3 pieces. Discard the wingtips and marinate the remaining pieces for at least 30 minutes. Agitate the pieces occasionally while they are marinating.

Cover a cookie pan with foil and, using tongs, place the marinated wing pieces on it. I suggest using a cookie PAN, as opposed to a sheet, because the sides will insure that none of the marinade mixture drips off the edge and screws up your oven. There should be a slight separation between each individual piece so they don't stick together. Cook for one hour at 350 F, turning the wing pieces every 10 minutes. If you want them to come out nice and even, you need to turn them individually with a pair of tongs. If you don't turn them, they'll stick and burn on one side. After they are done, let stand for at least 20 minutes. Serve hot or at room temperature.

Oriental Lamb

Yield: 4 Servings

Ingredients

4 lb lamb steak
1 c white wine
1 ea garlic clove, minced
1 tb soy sauce
1/4 ts ginger
1 salt
1 pepper

Instructions

Combine wine, garlic, soy sauce and ginger. Marinate lamb turning occasionally. Broil or grill to desired degree. Salt and pepper to taste.

Oriental Lemon-Chicken Rotini

Yield: 8 Servings

Ingredients

1/2 lb rotini
1 lb skinless boneless chicken breasts cut in strips
1 tb olive or vegetable oil
3 garlic cloves finely chopped
1/3 c bottled lemon juice
1 lb frozen stir-fry vegetable combination slightly thawed
1/3 c prepared stir-fry sauce

Instructions

1. In large pot, cook pasta according to package directions.
2. Meanwhile, in large skillet, brown chicken in oil. Add garlic and lemon juice cook 2 to 3 minutes. Add vegetables and sauce mix well. Cook about 3 minutes longer, or until vegetables are crisp-tender. Add rotini mix well. Serve hot or cold.

Per serving: About 230 cal, 17 g pro, 29 g car, 5 g fat, 20 cal from fat, 35 mg chol, 580 mg sod, 2 g fiber.

Busted by Gail Shermeyer

Contributor: Womans Day Low-Fat Meals, Summer 97

Oriental Lobster Ravioli With Sun-Dried Tomato Smoky Chile **S**

Yield: 4

Ingredients

1 dough

2 3/4 c flour
1/4 ts salt
1 1/2 tb olive oil
2/3 c cold water
5 egg yolks
1 filling
1 c fresh sea scallops not frozen
1/2 egg white
1 salt to taste
1 freshly-ground white pepper to taste
3 dr japanese dark roasted sesame oil
1/4 c diced leeks
1 ts diced fresh ginger
1/2 ts chopped coriander
1 2/3 lb lobster partially cooked, deboned and diced
1 sauce
3 pieces sun-dried tomatoes packed in oil, -julienned
3 garlic cloves chopped
1 1/2 tb soy sauce
1 tb chopped shallots
3 tb olive oil

Instructions

Dough: Mix together all ingredients in a bowl until a ball is formed. Wrap in plastic and refrigerate.

Filling: In a food processor combine sea scallops, egg white, salt and pepper, sesame oil and one ice cube. Process until a mousse consistency is achieved.

Fold in the leeks, ginger, coriander and diced lobster.

Roll out the dough with a pasta machine, about 3/16-inch thick and cut out 6-inch circular shapes. Place a small amount of mousse on end of dough.

Brush edge of dough with water or egg wash and fold over to enclose mousse. Pinch sides to make a tight seal.

Bring a pot of salted water to a boil and drop in ravioli. Cook for 18 minutes. Remove from water, drain and place in individual serving dishes.

Drizzle with warm sauce. Sauce: Mix all ingredients, except oil, in a small bowl. In a heavy cast-iron pan with a lid, heat 3 tablespoons olive oil until smoking. Turn off heat.

Place ingredients in oil and cover quickly as mixture will splatter. Let stand for 30 seconds and spoon over ravioli.

This recipe yields 4 servings.

Source: "CHEF DU JOUR (Show # DJ-9170) from the TV FOOD NETWORK"

S(Formatted for MC5): "07-21-1999 by Joe Comiskey joecomiskey@netzero.net"

Per serving: 702 Calories (kcal) 24g Total Fat (31 calories from fat) 49g Protein 69g Carbohydrate 446mg Cholesterol 1098mg Sodium Food Exchanges: 4 1/2

Grain(Starch) 5 1/2 Lean Meat 1/2 Vegetable 0 Fruit 4 Fat 0 Other Carbohydrates

Recipe by: Chef Susur Lee

Converted by MMBuster v2.0n.

Oriental Lobster Ravioli

Yield: 1

Ingredients

DOUGH-

2 3/4 c flour

1/4 ts salt

1 1/2 tb olive oil

2/3 c cold water

5 egg yolks

FILLING-

1 c fresh sea scallops not frozen

1/2 egg white

1 salt

1 pn white pepper freshly ground

3 dr sesame oil japanese dark roasted

1/4 c leeks diced

1 ts fresh ginger diced

1/2 ts coriander chopped

1 2/3 lb lobster partially cooked, deboned and diced

SAUCE-

3 pieces sun-dried tomatoes packed in oil, julienned

3 garlic cloves chopped

1 1/2 tb soy sauce

1 tb chopped shallots

3 tb olive oil

Instructions

Mix together all ingredients in a bowl until a ball is formed. Wrap in plastic and refrigerate.

Filling:

In a food processor combine sea scallops, egg white, salt and pepper, sesame oil and one ice cube. Process until a mousse consistency is achieved. Fold in the leeks, ginger, coriander and diced lobster. Roll out the dough with a pasta machine, about 3/16 inch thick and cut out 6 inch circular shapes. Place a small amount of mousse on end of dough.

Brush edge of dough with water or egg wash and fold over to enclose mousse. Pinch sides to make a tight seal.

Bring a pot of salted water to a boil and drop in ravioli. Cook for 18 minutes. Remove from water, drain and place in individual serving dishes.

Drizzle with warm sauce.

Sauce:

Mix all ingredients, except oil, in a small bowl. In a heavy cast-iron pan with a lid, heat 3 tablespoons olive oil until smoking. Turn off heat. Place ingredients in oil and cover quickly as mixture will splatter. Let stand for 30 seconds and spoon over ravioli.

Yield: 4 servings

Converted by MCBuster.

Recipe by: CHEF DU JOUR SHOW #DJ9170 CHEF SUSUR LEE

Converted by MMBuster v2.0l.

Oriental Main Dish Salad

Yield: 1 Recipe

Ingredients

1/2 c oregon hazelnut butter

1/3 c hot water

1/4 c soy sauce
2 tb red wine vinegar
2 tb oriental sesame oil
2 ts granulated sugar
2 garlic cloves crushed
1 ts crushed hot red pepper
1 can (5 oz.) white turkey (or chick en meat)
1/2 lb pasta (linguine, fettuccine, seash ells, etc.)
1 tb vegetable oil
3/4 c roasted & chopped hazelnuts (Oregon hazelnuts)
1/2 c green onions
1 bunch broccoli cut into florets
6 sm carrots cut in half lengthwise

Instructions

Combine hazelnut butter and hot water in blender or processor, mix until smooth. Add soy sauce, vinegar, sesame oil, sugar, garlic and red pepper, blend. Place meat (shredded slightly) in a medium bowl.

Add hazelnut sesame sauce and stir. Cover and marinate in the refrigerator 2 hours. In a large pot of boiling water, cook pasta until tender but firm, about 10 minutes. Drain and rinse under cool water. Drain well. In a large saucepan of boiling water, cook carrots about 3 minutes, then add broccoli and cook 3 more minutes, until broccoli is bright green and crisp-tender. Drain and rinse until cool drain well. In a large bowl, toss pasta with vegetable oil. Add meat and sauce, vegetables, hazelnuts and onions. Toss and serve slightly chilled or at room temperature.

* COOKFDN brings you this recipe with permission from: * Oregon Hazelnut Industry and The Hazelnut Marketing Board

Oriental Marinade (Excellent For Ducks)

Yield: 1 Serving

Ingredients

1/2 c Soy sauce
1/2 c Sherry or port
1/2 c Olive oil
1 Onion minced
1 tb Grated fresh ginger root
1 tb Grated tangerine or orange rind
1 pn Salt or to taste

Instructions

Combine all ingredients. Marinate 2 ducks, cut into pieces, in mixture for 4 to 12 hours, as required.

Recipe Source: THE HUNTER'S GAME COOKBOOK by Jacqueline E. Knight (c) 1978 Published by Winchester Press, New York, NY

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpm44a@prodigy.com
-or MAD-SQUAD@prodigy.net 06-10-1997

Contributor: Jacqueline E. Knight

Oriental Marinade By Me

Yield: 1 Servings

Ingredients

1 teriyaki sauce (very similar to soy)

2 cloves garlic, minced
1 fresh ginger, minced
1 sesame seeds
1 ripe pears (up to 2)

Instructions

Lucia your marinade sounded great. I like the cilantro part. I've used this marinade on chicken breasts successfully. Haven't tried it on fish. I made this up so my measurements are questionable.

Blend the following until smooth. And marinate overnight or as long as you can. The pears add an interesting consistency and flavor. It seems like a Japanese type of marinade. Maybe, maybe not.

Posted to FOODWINE Digest 06 Jan 97

From: Jane Christensen

Date: Mon, 6 Jan 1997 16:59:45 -0700

Oriental Marinade

Yield: 1 Serving

Ingredients

1/2 c honey
2 tb soy sauce low sodium
2 tb cilantro chopped
1 tb fresh ginger peeled and grated
1/2 c dry white wine

Instructions

Combine all the above and use as a marinade.

Per serving: 629 Calories (kcal) trace Total Fat (0 calories from fat) 3g Protein 146g Carbohydrate 0mg Cholesterol 2078mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 0 Fat 9 1/2 Other Carbohydrates

Contributor: Reggie Dwork

Oriental Marinated Strips

Yield: 2 Servings

Ingredients

1/2 c fresh orange juice
1/4 c soy sauce
2 tb very dry sherry
2 sm clov garlic minced
2 ds ground ginger
2 Boneless Strip Sirloins

Instructions

Combine first five ingredients.

Place stakes in the marinade. Marinate in the refrigerator for 2 to 3 hours, turning occasionally.

Remove steaks from marinade and place on preheated grill over medium heat for approximately 7 to 9 minutes for a medium rare stake.

Possum Kingdom Lake Cookbook

MC Formatted using MC Buster & SNT on 4/10/98

Oriental Meat Balls

Yield: 10 Servings

Ingredients

-MEAT BALLS-

1 cn (8.75-oz) crushed pineapple drained

2 lb ground beef

1 lb ground pork

1 cn (8-oz) water chestnuts drained and finely chopped

1 1/2 ts soy sauce

1 clove garlic pressed

1 ts salt

1/4 ts ginger

2 eggs beaten

1/3 c milk

1 c uncooked oats

SWEET AND SOUR SAUCE

3 tb cornstarch

1 1/2 c brown sugar

1 c vinegar

1 1/2 c pineapple juice

2 tb soy sauce

Instructions

Meat balls: Combine all ingredients and shape into small balls. Cook over medium heat in just enough oil to cover bottom of a large frying pan. Turn frequently until browned on all sides. Drain on paper towels.

Sweet and sour sauce: Mix cornstarch and brown sugar in a saucepan. Add remaining ingredients. Bring to a boil and simmer for 1-1/2 minutes.

Combine sauce and meat balls and serve in chafing dish. Serve hot.

Meat balls can be made ahead and frozen. Sauce can be cooked a day ahead and reheated for serving. Meat balls may also be served as a main dish if made larger.

MRS. HERB STURDIVANT SPRINGDALE, AR

From , by the Little Rock (AR) Junior League. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Oriental Meat Filled Pancakes

Yield: 2 Dozen

Ingredients

PANCAKES

4 eggs

1/2 c water

3 tb cornstarch

2 ts soy sauce

1/2 ts sugar

3 ts peanut or veg. oil, divided

MEAT FILLING

6 oriental pancakes

1 tb cornstarch

3 tb soy sauce

1 tb dry sherry

3/4 lb ground beef
1/2 lb ground pork
2/3 c chopped green onions & tops
1 ts minced fresh ginger root
1 garlic clove, pressed

Instructions

Beat eggs in large bowl with wire whisk. Combine water, cornstarch, soy sauce and sugar, pour into eggs and beat well.

Heat 8 inch omelet or crepe pan over medium heat. Brush bottom of pan with 1/2 teaspoon oil, reduce heat to low. Beat egg mixture, pour 1/4 cup of egg mixture into skillet, lifting and tipping pan from side to side to form a thin round pancake. Cook about 1 to 1 1/2 minutes, or until firm. Carefully lift with spatula and transfer to a sheet of waxed paper. Continue procedure adding 1/2 teaspoon oil to pan for each pancake. Place wax paper between each pancake so they will not stick together.

Makes 6 pancakes (24 appetizers)

MEAT MIXTURE

Prepare pancakes.

Combine cornstarch, soy sauce and sherry in large bowl. Add raw beef, raw pork, green onions, ginger and garlic mix until thoroughly combined.

Spread 1/2 cup meat mixture evenly over each pancake, leaving about 1/2 inch border on one side. Starting with opposite side, roll up pancake jelly roll fashion. Place rolls, seam side down in single layer on heatproof plate place plate on steamer rack. Set rack in large pot or wok of boiling water. Cover and steam 15 minutes. (For best results, steam all rolls at the same time) Just before serving, cut rolls diagonally into quarters. Arrange on serving platter and serve hot.

Courtesy of Dale & Gail Shipp, Columbia Md.

Oriental Meatball Salad

Yield: 1 Servings

Ingredients

1/2 c milk
2 eggs
3 c soft bread crumbs
1 ts onion salt
1 lb ground beef
2 ts peanut oil
8 1/4 oz pineapple chunks
2 green peppers, cut 1/2 sqs.
2 carrots, sliced
2 stalks celery, sliced
1/2 c brown sugar, packed
2 tb corn starch
1/2 c dry white wine
1/2 c vinegar
2 tb soy sauce
2 tomatoes, wedged
1 shredded lettuce

Instructions

Combine eggs and milk, stir in bread crumbs, onion salt and 1/8 tsp. pepper. Add ground beef and mix well. Shape mixture into 3/4" meatballs. In skillet, cook meatballs in peanut oil about ten minutes or until done, turning frequently. Drain the meatballs. Drain pineapple, reserving juice. Add water to reserved juice to make 3/4 cup liquid. Combine pineapple chunks, green pepper, carrot, celery and meatballs set aside. In a small saucepan combine brown sugar and cornstarch stir in the 3/4 cup pineapple liquid, wine, vinegar and soy sauce. Cook and stir until thickened and bubbly. Pour hot mixture over meatball mixture. Cover and chill. To serve, carefully stir tomato wedges into meatball mixture or reserve tomato wedges and arrange along edges of plates. Place shredded lettuce on individual plates spoon meatball mixture on top.
Note: This recipe appeared in the Waycross Journal-Herald 17th Annual Cookbook, Friday, November 16, 1990 and was submitted by Lou Ann Bailey of Folkston, Georgia.

Oriental Meatballs And Vegetables

Yield: 4 Servings

Ingredients

3/4 c Water
2 tb Soy sauce
2 ts Cornstarch
1/2 ts Ground ginger
1/2 ts Instant beef bouillon granules
1/4 ts Pepper
3 c Frozen broccoli flowerets
2 md Carrots bias sliced 1/4" thk
1 tb Cooking oil
16 Freezer Meatballs thawed see * Note
2 c Hot cooked rice

Instructions

* Note: See the "Freezer Meatballs" recipe which is included in this collection.

For sauce, stir together water, soy sauce, cornstarch, ginger, bouillon granules and pepper. Set aside.

In a large skillet cook broccoli and carrots in hot oil over medium-high heat for 5 to 6 minutes, or until vegetables are crisp-tender. Remove vegetables from skillet. Stir sauce add to skillet. Cook and stir over medium heat until thickened and bubbly. Stir in vegetables and thawed meatballs cover and cook about 5 minutes, or until meatballs are heated through. Serve with hot cooked rice.

Recipe Source: Better Homes And Gardens Magazine Jan, 1992 issue submitted by Lois White

Formatted for Mastercook by Robyn Louisell akya29b@prodigy.com

Contributor: Lois White

Oriental Meatballs Crunch

Yield: 8 Servings

Ingredients

6 oz waterchestnuts, canned
2 eggs
1/4 c milk
1 lb ground beef
1/2 c chopped onions

2 tb chili sauce
2 tb soy sauce, low sodium to taste
1/4 ts pepper
3 oz Chow mein noodles crushed

Instructions

Drain water chestnuts chop.

Beat 1 egg and milk in bowl. Add ground beef, onion, sauces, pepper and waterchestnuts mix well. Form into balls. Beat remaining egg with 2 tablespoons water. Dip meatballs in egg mixture roll in crushed noodles.

Fry in deep, hot fat until golden brown.

Recipe can be doubled.

Contributor: Jo Anne Merrill

Preparation Time: 0:35

Oriental Meatballs

Yield: 6 Servings

Ingredients

1/2 c uncooked short grain rice
3/4 lb lean ground pork
2 water chestnuts
3 ts dried shrimp, soaked/minced
1 stalk green onion, minced
1/2 ts minced ginger
2 tb chopped carrot
2 ts soya sauce
4 ts cornstarch
1 egg white
3/4 ts sugar
3/4 ts salt
1 pinch white pepper

Instructions

Soak rice in warm water for 1-1/2 to 2 hours. Drain well and set aside. Mix pork with the remaining ingredients in a bowl. Form into 14 meat balls: take a fistful of the mixture and squeeze out a meatball between your thumb and index finger. Use a wet soup spoon to remove meatballs from your fist. Roll the meatballs in the soaked rice until evenly coated. Gently press rice into meatballs. Steam over high heat for 25-30 minutes. Add more water to the steamer if necessary. Serve with soya sauce, if desired. Pearls can be kept in the refrigerator and resteamed.

Oriental Medley (Mw)

Yield: 5 Servings

Ingredients

1/4 lb bean sprouts, washed and drained well
1/4 lb mushrooms, cut into 1/4 slices
1/4 lb snow peas, ends and strings removed
2 green onions, cut into 1/4 diagonal slices
2 tb peanut oil
1 tb soy sauce

Instructions

In a 2 quart casserole, combine bean sprouts, mushrooms and snow peas.

Cover with a lid or plastic wrap. Microwave on High for 4 minutes drain off excess water. Add onions. Drizzle oil and soy over vegetables and toss to coat. Serve hot, or refrigerate and serve cold.

"Sunset Microwave Cook Book", 1981, Lane Publishing Co.

From: Barbara O'keefe Date: 30 Apr 97 Home Cooking Ž

Oriental Mini Meat Loaves With Honey Garlic S

Yield: 6

Ingredients

1 cn water chestnuts drained and

Instructions

1/4 cup Onions chopped

3/4 cup Fine dry bread crumbs

2 teaspoons Chicken bouillon mix

1 1/2 pounds Ground chicken

2/3 cup Evaporated 2 milk

1 Clove garlic minced

1/4 cup Soya sauce

1 Egg

SAUCE: Combine 1/3 cup honey, 1/2 cup ketchup, 2 tb soya sauce and 1/2 tsp garlic powder. Cook in small saucepan until hot and bubbly.

Combine all ingredients in a large bowl. Mix lightly to blend.

Grease 12 muffin cups and fill with mixture. Press down firmly in each cup. Bake 35-40 minutes in a 350 F oven. Serve with honey garlic sauce.

Origin: June Reader's Digest (Canadian) Shared by: Sharon Stevens.

Posted to CHILE-HEADS DIGEST V3 #, converted by MMBuster v2.0l.

Oriental Noodle Salad

Yield: 8 Servings

Ingredients

FROM EATING WELL MAGAZINE-
FORMATTED BY SHERRY-

2 2.8 oz pkgs. baked ramen

1 noodle soup mix

1/2 c slivered almonds

2 tb sesame seeds

1 tb canola oil

4 c shredded green cabbage

1 1/2 c shredded carrots

1 c chopped scallions

1 orange sesame dressing

Instructions

Preheat oven to 350 F. Crumble ramen noodles onto a large baking sheet with sides.

Discard seasoning packets (or save for another use). Add almonds, sesame seeds and oil toss to coat. Bake for 10 mins.

Stir, then bake 5 mins more or til noodles are golden brown. Let cool on pan on a wire rack. Just before serving, in large bowl, combine cabbage, carrots and scallions. Add toasted noodle mixture and Orange Sesame Dressing (recipe follows) and mix well.

Oriental Noodles & Meatballs

Yield: 6 Servings

Ingredients

6 oz fresh chinese noodles or 4 oz dry vermicelli

1/2 c condensed beef broth

1/3 c water

1 tb soy sauce

1 ts cornstarch

2 green onion, with 2 tops

-ORIENTAL MEATBALLS-

12 oz extra-lean beef

4 oz lean pork(15 fat)

1/4 c mushrooms, chopped

1 ts ginger, fresh, shredded

2 tb green onion, chopped

2 tb soy sauce

1 ts sesame oil

Instructions

To Make Oriental Meatballs: preheat oven to 375F. In a medium bowl, combine all ingredients. Roll heaping teaspoons of meat mixture into 30 balls of about 1/2 inch diameter. Place on a nonstick 15" x 10" jelly roll pan, or coat pan with non-stick vegetable spray. Bake in preheated oven until lightly browned, 10-15 minutes. Drain off any drippings before serving. Makes 30 meatballs. While meatballs bake, cook noodles in lightly salted boiling water, until just tender. Cook fresh noodles 3 5 minutes, cook dry noodles 5 7 minutes. Drain cooked noodles rinse with hot water. Pour noodles into a medium bowl keep warm. In saucepan used to cook noodles, combine broth, 1/3 C water, soy sauce and cornstarch. Bring to a boil, stirring constantly. Add drained noodles stir gently until coated. Cut green onions into brushes or into 2-inch pieces. Cut each piece length wise into thin strips. For small serving (305 calories) spoon 1/2 Cup of noodles onto each place. Top with 5 meatballs. For large serving (6-10 calories) spoon 1 Cup of noodles on each plate. Top with 10 meatballs. For all menus garnish with green onion strips or brushes. Makes 6 small servings, or 3 large servings

Oriental Noodles And Vegetables In Dashi Broth

Yield: 1

Ingredients

2 qt cold water

1 strip kombu seaweed (45)

2 c dried shiitake mushrooms

6 tb brown rice vinegar

1/2 c mirin

3/4 c shoyu

1/4 c ginger juice

Instructions

Combine the water and kombu in a 3 quart sauce pan and bring to a boil, remove the kombu and add the mushrooms. Lower the heat and simmer gently for 1 hour. Strain the broth and add enough water to equal 2 quarts. Stir in the remaining ingredients.

Serve over cooked Soba noodles, blanched broccoli florets, cauliflower, julienned carrots and/or mung bean sprouts.

S: 4 servings

Converted by MCBuster.

Recipe by: CHEF DU JOUR SHOW #DJ9204

Converted by MMBuster v2.0l.

Oriental Noodles With Beef & Vegetables

Yield: 7 (1-Cup) Servi

Ingredients

1 1/2 tb low-sodium soy sauce
1 1/2 c mushrooms, sliced
1 c chopped green onion
1/2 ts chili paste
8 oz cellophane noodles
1 green bell pepper, cut julienne
3/4 lb flank steak
1 tb hoisin sauce
1 sweet red pepper, cut into julienne strips
vegetable cooking spray
2 ts vegetable oil, divided
1/2 c canned chicken broth, undiluted
2 tb canned chicken broth, undiluted
1 tb minced garlic

Instructions

Partially freeze steak trim fat from steak. Slice steak diagonally across grain into 1/2-inch-thick slices set aside. Combine chicken broth and next 3 ingredients in a small bowl stir well and set aside. Coat a wok or large nonstick skillet with cooking spray add 1 teaspoon oil. Heat at medium-high (375degree) until hot. Add peppers, and stir-fry 1 minute. Add 1/4 cup green onions and garlic stir-fry 1 minute. Remove vegetables from wok keep warm.

Add remaining 1 teaspoon oil to wok heat at medium-high until hot. Add steak and mushrooms stir-fry 2 minutes. Add cooked noodles, and toss well. Add chicken broth mixture and vegetable mixture stir well. Cook, stirring constantly, 2 to 3 minutes or until mixture is thoroughly heated. Sprinkle Makes 4 servings.

Oriental Noodles With Chili & Cashews

Yield: 2 Servings

Ingredients

13/16 c plain flour
1 pn salt
1 1/3 eggs
1/3 egg
SAUCE-
1/3 ts vegetable oil
1/3 sm red chili
1/3 spring onion
83 1/3 g snow peas
3/16 ts sesame oil
1/16 c light soy sauce

3/16 c malt vinegar
1/16 c cashew paste
1/3 tb lime juice
1/3 ts lime rind
1/3 red chili
3/16 c roasted cashews

Instructions

Preparation: Lightly beat the eggs (keep the 4 and the 1 separate)

Finely chop one of the chiles, and the spring onion. Thinly slice the snow peas. Finely shred the lime rind and the second red chili.

As an alternative to making your own noodles, chinese thread noodles are a suitable (but not as nice!) substitute, as is tagliatelle.

1. To make the noodles sift the flour and salt into a bowl. Make a well in the centre and add the 4 beaten eggs, gradually importing into the flour with a fork. Turn onto a lightly floured surface and knead until smooth and elastic (about 5 minutes). Cover and stand for 30 minutes.
2. Divide the dough into 4 portions. Cover with a tea towel. Roll one portion of the dough to 3mm thickness using a rolling pin or sharp knife. Roll up the sheet of pasta completely and cut into 5mm wide strips. Carefully unroll the strands. Repeat the process with the remaining portions of dough. Spread onto a dry tea towel and sprinkle with plain flour. Set aside.
3. Prepare the sauce whilst the pasta is standing. Heat the oil in a pan and add the chilli, spring onion and snow peas. Cook over a low heat for 2-3 minutes. Add the sesame oil, soy sauce, vinegar, cashew paste, lime juice and rind. Stir to combine. Cook, stirring, over a gentle heat for 3-4 minutes.
4. Cook the pasta in a large pan of boiling water until just tender. Drain, spoon over the sauce and toss to combine. Sprinkle over shredded chili, cashews and serve.

Oriental Noodles With Vegetables

Yield: 2 Servings

Ingredients

175 g chinese egg noodles
1 1/2 tb vegetable oil
1/2 garlic clove, sliced/peeled
1/2 chopped onion
1 sliced carrot
1/2 green pepper, diced
1/2 tb soy sauce
1/2 tb sesame oil
1 tb peanuts

Instructions

1. Cook the noodles in boiling water for 7 minutes. Drain well.
2. Heat the oil in a wok and stir fry the garlic and ginger for 1 minute. Add the onion and stir fry for 2-3 minutes. Add the pepper, and carrot and stir fry for 2-3 minutes.
3. Add the noodles and cook for 2-3 minutes. Stir in the soy sauce and sesame oil and sprinkle with the peanuts.

Oriental Noodles

Yield: 4 Servings

Ingredients

10 oz chinese noodles
1/4 c vegetable broth plus
2 tb vegetable broth
2 tb toasted sesame oil
1/4 c rice wine vinegar
1 1/2 tb low sodium soy sauce
1 1/2 ts natural peanut butter
1 1/2 ts ground ginger
1 ts garlic powder
3/4 ts sugar
1/2 ts ground black pepper
1 ts minced cilantro to 3 tsp
1/8 ts red pepper flakes optional
2 carrots julienned
1 1/2 c broccoli florets
1 zucchini cubed
8 oz waterchestnuts sliced
4 oz pimiento chopped
3 scallion sliced
1/2 tomato chopped optional

Instructions

Cook the noodles until al dente 2-3 minutes. Drain and toss with 1/4 cup of the broth. Combine the oil, vinegar, spices, soy sauce, and peanut butter. Pour over the noodles and toss.

Stir fry the carrots and broccoli in the remaining 2 tbsp broth until crisp-tender. Add the zucchini and cook for a few more minutes. Combine all the vegetables with the noodles. Serve at room temp. Garnish with tomatoes.

From Ellen C.

Per serving: 438 Calories (kcal) 8g Total Fat (15 calories from fat) 4g Protein 90g Carbohydrate trace Cholesterol 428mg Sodium Food Exchanges: 5 Grain(Starch) 0 Lean Meat 2 Vegetable 0 Fruit 1 1/2 Fat 0 Other Carbohydrates

Contributor: Lowfat Living, Robert and Leslie Cooper

Oriental Oats Pilaf

Yield: 6 Servings

Ingredients

1 1/2 c quaker oats, uncooked (quick or old-fashioned)
1 egg beaten
1 c sliced mushrooms
1/2 c sliced green onions
1/2 c sliced celery
2 tb margarine or butter
1/2 c chicken broth
2 tb soy sauce
2 ts sugar
6 oz frozen pea pods thawed

Instructions

Combine oats and egg, mixing until oats are thoroughly coated. In medium skillet, saute mushrooms, green onions and celery in margarine 3 to 4 minutes or until tender. Add oats mixture cook, stirring constantly, about 8 minutes or until oats are dry, separated and lightly browned. Add combined chicken broth, soy sauce and sugar continue cooking 3 to 5 minutes or until liquid is absorbed, stirring occasionally. Add pea pods heat through.

NUTRITIONAL ANALYSIS per serving: * calories 162 * carbohydrates 20 g * protein 7 g * fat 6 g * calcium 34 mg * sodium 500 mg * cholesterol 45 mg * dietary fiber 3 g

Source: "Hurry, Let's Eat!" Reprinted with permission from The Quaker Oats Company Electronic format courtesy of Karen Mintzias

Oriental One-Pot Chicken

Yield: 6 Servings

Ingredients

1 1/2 lb frying chicken skinless
4 tb soy sauce
3 tb rice wine vinegar or sherry
3 tb grated ginger root
6 cloves garlic smashed and chopped
2 tb sesame oil
4 tb peanut oil
1 c chopped red bell pepper
1 c chopped onion
2 c rice uncooked
4 scallions chopped
1/2 c water chestnuts chopped
3 1/2 c boiling water
15 snow peas in 1 pieces

Instructions

Cut chicken into 14 pieces. Marinate overnight in soy sauce, wine, garlic, ginger and sesame oil. Heat the peanut oil in a large deep skillet, add the chicken (reserve the marinade), and brown well on all sides. Add the peppers and onions. Cook over low heat for 10 minutes, stirring frequently. Add the rice and cook 5 minutes. Add the water and left over marinade. Cover and cook until the liquid is absorbed. Turn mixture over from top to bottom. Add the scallions, snow peas, and water chestnuts and soy sauce to taste.

Recover and cook 5 minutes.

Recipe by: The Zen of Cooking by Lucille Naimer ISBN: 0-87951-594-5 Posted to MC-Recipe Digest V1 #679 by Peg Baldassari on Jul 19, 1997

Oriental Openers

Yield: 6 Servings

Ingredients

1/3 c low-fat ricotta cheese
2 tb finely shredded radish
24 fresh pea pods
2 tb cream cheese (reduced cal.)
1 tb snipped fresh chives

1 ds onion salt

Instructions

For filling, stir together ricotta cheese, cream cheese, shredded radish, chives, and onion salt. Mix well. Set aside. With a sharp knife, split pea pods open lengthwise. Stuff each pea pod with filling. To do this, put the filling in a clear plastic bag.

Snip off 1 corner of the bag and squeeze the filling into each pea pod.

Chill till serving time.

Per serving: 50 calories, 3 g protein, 3 g carbohydrates, 3 g fat, 4 mg cholesterol, 73 mg sodium, 79 mg potassium.

Oriental Oranges (Oranges A L'Orientale)

Yield: 12 Servings

Ingredients

12 lg oranges

200 g sugar (7 oz)

3 tb grand marnier or cointreau

2 tb grenadine syrup

Instructions

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Sat, 23 Oct 1993 11:00:00 +0100

This is Fredy Girardet's adaptation of an old recipe. It was traditionally made with whole oranges peeled down to the flesh ... but the skin left between the segments always spoiled it.

Peel the zest from the oranges in long strips, taking as little of the pith as possible. Cut the zest into very, very fine julienne strips. Remove the pith in vertical strips to expose the flesh of the oranges. Then, holding the oranges over a strainer with a bowl beneath to catch all the juice, cut each segment away from the membranes that divide one from another, and from the central core of pith. Squeeze all the discarded membranes to extract every drop of juice, if any flesh remains on them, and add it to the already collected juice.

Blanch the julienned zest in bouling water for 1 minute. Refresh in cold water and drain in a sieve. Put the sugar into a large, wide saucepan and cook over a moderate, steady heat until the sugar melts and becomes a light golden color. Add the collected orange juice and, stirring to mix well, cook until the liquid has the consistency of a light syrup. Add the julienned zest to the sysrup, as well as the liqueur and the grenadine syrup. If a scum forms, remove it with a spoon as if you were making jam. Bring it briefly to the boil. Add the orange segments and shake the pan well so that they all absorb the syrup. They should be hot, but they should not be allowed to cook. Set the pan aside. Add another drop of liqueur to the pan.

Serving: Arrange the segments on four plates to look like stars. Coat them with the sysrup and decorate with the julienned zests.

Alternatively: Serve the oranges in a fruit dish, with a selection of some other fruit desserts.

(From: Fredy Girardet, Cuisine spontanee, Papermac, ISBN 0-333-40957-4)

REC.FOOD.RECIPES ARCHIVES/FRUIT

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Oriental Oranges

Yield: 4 Servings

Ingredients

12 lg oranges
200 g sugar (7 oz)
3 tb grand marnier or cointreau
2 tb grenadine syrup

Instructions

ORANGES A L'ORIENTALE Peel the zest from the oranges in long strips, taking as little of the pith as possible. Cut the zest into very, very fine julienne strips. Remove the pith in vertical strips to expose the flesh of the oranges. Then, holding the oranges over a strainer with a bowl beneath to catch all the juice, cut each segment away from the membranes that divide one from another, and from the central core of pith.

Squeeze all the discarded membranes to extract every drop of juice, if any flesh remains on them, and add it to the already collected juice. Blanch the julienned zest in boiling water for 1 minute. Refresh in cold water and drain in a sieve. Put the sugar into a large, wide saucepan and cook over a moderate, steady heat until the sugar melts and becomes a light golden color. Add the collected orange juice and, stirring to mix well, cook until the liquid has the consistency of a light syrup. Add the julienned zest to the syrup, as well as the liqueur and the grenadine syrup. If a scum forms, remove it with a spoon as if you were making jam. Bring it briefly to the boil. Add the orange segments and shake the pan well so that they all absorb the syrup. They should be hot, but they should not be allowed to cook. Set the pan aside. Add another drop of liqueur to the pan. **SERVING:** Arrange the segments on four plates to look like stars. Coat them with the syrup and decorate with the julienned zests.

ALTERNATIVELY: Serve the oranges in a fruit dish, with a selection of some other fruit desserts.

Oriental Ostrich Meatballs In Sweet And Sour Sauce

Yield: 1 Serving

Ingredients

1 lb Ground ostrich
1/8 ts Garlic powder
1/4 ts Salt
2 tb Oil
1 Green bell pepper chopped small pieces
1 Red or orange bell pepper chopped small pieces
2 tb Cornstarch
2 tb Soy sauce
1/4 c Cherries chopped
1 tb Sesame seeds
1 sm Crushed pineapple in juice
1/4 c Chopped white onions
1/2 c Sugar
1/2 c White vinegar
1/2 c Pineapple juice

Instructions

Sprinkle garlic powder and salt over ostrich, stir until well distributed.

Shape meat into about 30 small balls. Brown meat balls in hot oil.

Remove meat balls from skillet. Dissolve corn starch in pineapple juice.

Place all remaining ingredients except cornstarch mixture in a big pan or skillet. Cover and cook over medium heat for 15 minutes. Add cornstarch mixture. Raise heat and

stir constantly until mixture boils. Add meat balls, lower heat and simmer for another 15 minutes. Serve hot in chaffing dish.

This recipe yields about 30 meatballs.

Recipe Source: Steve Warrington for Ostriches On Line Downloaded from

<http://www.achiever.com/ostrich>

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpm44a@prodigy.com

-or MAD-SQUAD@prodigy.net 05-30-1997

Oriental Pancakes

Yield: 1 Servings

Ingredients

1 see below

Instructions

Beat 4 eggs in large bowl with wire whisk. Combine 1/2 cup water, 3 Tbls. cornstarch, 2 tsp. soy and 1/2 tsp. sugar pour into eggs and beat well. Heat an 8" crepe pan over medium heat. Brush bottom of pan with 1/2 tsp. vegetable oil reduce heat to low. Beat egg mixture pour 1/4 cup into skillet, lifting and tipping pan from side to side to form a thin round pancake. Cook about 1-1 1/2 minute or until firm. Carefully lift with spatula and transfer to sheet of wax paper.

Continue, adding 1/2 tsp. oil to pan for each pancake. Make 6 pancakes.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

Oriental Pasta/Carrot Salad

Yield: 4 Servings

Ingredients

3 c rotini pasta uncooked

2 tb peanut or vegetable oil

1 tb margarine

1/4 c sliced green onions

1 3/4 c sliced carrots

2 tb Big Chief brown sugar packed

1 tb low-sodium soy sauce

2 ts cornstarch

1/4 ts ground ginger

1/3 c sliced celery

1 tb toasted sesame seeds

1/3 c ready-to-use low-sodium chicken broth

Instructions

Cook pasta according to directions drain. Rinse with cold water to cook quickly drain.

In medium skillet heat oil and margarine over medium-high heat until hot.

Add green onion cook until tender. Add carrots and cook 2 minutes stir in Big Chief Brown Sugar until dissolved. Blend broth with soy sauce, cornstarch and ginger stir into carrot mixture. Remove from heat continue stirring until smooth and slightly thickened. In large bowl, gently toss cooled pasta, celery, and sesame seeds. Blend in carrot mixture. Cover and chill, stirring occasionally. Serve on lettuce, if desired.

Description: "A summertime pasta salad that's great for a light luncheon or a main dish!"

Source: "Monitor Sugar"

S(Internet address): <http://www.monitorsugar.com/>

Per serving: 386 Calories (kcal) 12g Total Fat (27 calories from fat) 10g Protein 60g Carbohydrate 0mg Cholesterol 262mg Sodium Food Exchanges: 3 1/2 Grain(Starch) 0 Lean Meat 1 1/2 Vegetable 0 Fruit 2 Fat 1/2 Other Carbohydrates
Nutr. Assoc. : 4785 1074 0 0 0 0 0 0 0 0 0 4017

Oriental Pasta Salad

Yield: 6 Servings

Ingredients

3 c rotini cooked
1/2 c pea pods, frozen
1/2 c red and green bell peppers
1/4 c green onion finely sliced
1/4 c peanuts, dry-roasted chopped
2 tb soy sauce
2 tb lemon juice
3 tb nonfat mayonnaise
1 tb sugar or substitute
2 tb reduced fat Skippy peanut butter

Instructions

In a large bowl, combine first 5 ingredients.

In a medium bowl, combine the remaining ingredients and whisk until well blended and smooth.

Add to pasta mixture and toss gently to combine. Cover and refrigerate until ready to serve.

NOTES : Author's Notes: A few red pepper flakes adds a little "zing." Ham and chicken pieces are also a nice touch.

Contributor: "Healthy Exchanges Cookbook" by Joanna Lund

Oriental Pasta Salad2

Yield: 0 Servings

Ingredients

8 oz bow ties or radiatore or other medium pasta shape, uncooked
4 oz fresh snow peas washed and trimmed
2 red bell peppers ribs and seeds removed, cut in strips
4 scallions thinly sliced
3 c fresh broccoli florets
2 c diced cooked chicken
1 tb sesame oil
1 tb peanut oil
2 tb red wine vinegar
1/2 ts hot sauce
2 ts honey
1/2 ts garlic powder
1/2 ts ground ginger
3 tb sesame seeds
1 salt and pepper to taste

Instructions

Cook pasta according to package directions drain and cool. Add the snow peas, red pepper, scallions, broccoli and diced chicken. Combine remaining ingredients and pour the dressing over the pasta mixture.

Toss lightly. Cover and chill.

Note: Diced turkey or water-packed tuna may be substituted for the cooked chicken.

Each serving provides: 598 Calories 37.7 g Protein 77 g Carbohydrates 15.7 g Fat 59.5 mg Cholesterol 84 mg Sodium. Calories from Fat: 24

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Yield: 4 servings

NOTES : pasta, salads

Oriental Pea Pods 'N' Carrots (Mw)

Yield: 1 Servings

Ingredients

2 tb water

1 1/2 ts soy sauce

1/2 ts cornstarch

1 dash crushed red pepper

1 small carrot *

1 ts water

1 1/2 oz frozen pea pods

1 tb broken walnuts

1 ts butter or margarine

Instructions

* Small carrot should be thinly sliced on a diagonal cut (bias).

In a custard cup stir together 2 T water, soy sauce, cornstarch and crushed red pepper. Micro-cook, uncovered, on 100 power for 30 seconds to 1 minute or till thickened and bubbly, stirring once.

Place the carrot in a 10-ounce casserole. Sprinkle with 1 t water.

Micro-cook, covered, on 100 power for 2 minutes. Drain. Toss together carrot, pea pods and walnuts add butter or margarine.

Micro-cook, covered, on 100 power about 1 minute or till the vegetables are crisp-tender. Toss with the soy sauce mixture.

Oriental Peanut Popcorn

Yield: 1 Servings

Ingredients

3 tb unsalted butter

3 tb smooth peanut butter

2 ts soy sauce

1 sm garlic clove forced through a garlic press

2 1/2 qt unsalted popped popcorn

Instructions

In a small saucepan melt the butter with the peanut butter, the soy sauce, and the garlic over moderately low heat, stirring until the mixture is smooth. Drizzle the mixture over the popcorn in a large baking pan, tossing it well. Sprinkle the popcorn with salt if desired and bake it in a preheated 300 degree oven, stirring once or twice, for 10 to 15 minutes, or until it is crisp.

Yield: 2 1/2 quarts

Recipe by: Cooking Live Show #CL8962

Posted to MC-Recipe Digest V1 #801 by "Angele and Jon Freeman" on Sep 24, 1997

Oriental Pepper Steak

Yield: 4 Servings

Ingredients

1 1/2 lb steak cut in thin strips
4 tb oil
3 green pepper cut in strips
salt and pepper to taste
3 tb soy sauce
1 c beef bouillon from cube or powder
2 tb cornstarch

Instructions

Heat oil in skillet and saute meat slices until all red is gone. Add pepper strips, onions, garlic, salt and pepper.

Cook and stir for 5 to 10 minutes.

Combine soy sauce and bouillon, stir in cornstarch to make a smooth mixture.

Pour mixture into skillet cook and stir a few minutes more

Serve over rice.

Oriental Pistachio Chicken

Yield: 8 Servings

Ingredients

8 chicken breasts, halved, boned and skinned
1 ts garlic powder
1 ts paprika
1 salt and freshly ground black pepper to taste
3 tb safflower oil
2 c beef broth
2 ts cornstarch
1/3 c dry red wine
2 tb oyster sauce
4 green onions, including tops, chopped
1/4 c pistachio nuts, shelled
1 chinese rice noodles
1 pistachio nuts (optional)

Instructions

Season chicken breasts with garlic powder, paprika, salt and pepper.

Saute chicken in oil over medium-high heat. In saucepan, combine beef broth, cornstarch, wine and oyster sauce. Heat to boiling and simmer for 10 minutes. Add green onions and 1/4 cup pistachios. Prepare rice noodles according to package directions. Place noodles on heated serving dish, top with chicken breasts and pour sauce over all.

Garnish with additional pistachios.

Creme de Colorado Cookbook (1987) From the collection of Jim Vorheis

Oriental Plum Sauce Marinade

Yield: 1 Servings

Ingredients

2/3 c plum sauce or duck sauce
2 tb dry sherry

1 ts oriental sesame sauce
2 tb peanut oil asian or domestic cold pressed
2 clove garlic minced or pressed
1/4 c fresh cilantro leaves chopped
1/2 ts dried red chili pepper crushed
2 ts hoisin sauce
1 tb soy sauce low sodium
1 tb ginger root grated

Instructions

Combine the plum sauce, hoisin, sherry and soy sauce in a non reactive mixing bowl. Whisk in the oils a little at a time. Add the ginger, garlic, cilantro and chili pepper. Makes 2 cups. Recommended cuts: Chicken Breasts (4 to 6 hours) Chicken Wings (6 to 8 hours) Spare Ribs (8 hours to overnight)

Oriental Plum Sauce

Yield: 1 Servings

Ingredients

4 lb plums about, after pitting, gre
2 c packed light brown sugar
1 c granulated sugar
1 c cider vinegar
3/4 c finely chopped onion
2 tb mustard seed
1 tb 5-spice powder available at asian grocer
4 tb finely chopped chiles your choice
1 tb salt
3 cloves garlic minced fine
1 one-inch square knob of fresh ginger, diced fine

Instructions

Pit and chop plums to measure 10 cups. Combine the sugars, vinegar, mustard seed, five spice powder, chile peppers, salt the garlic and the ginger root in a non reactive(stainless)pan of pot. Bring this to a boil and then add the chopped up plums, return to a boil, and boil gently(rolling boil) stirring every once in awhile for between one and two hours, or until thick. Fill a boiling water canner with water, and place about 6 clean half-pint mason jars in the canner, and keep the heat high...ladle the sauce into a hot jar, leaving 1/4 inch head room and remove air bubbles with a hot knife or spatula along the sides and re-adjust the head space to 1/4 inch...wipe jar rim to remove any sticky stuff, and place a snap lid on the jar, apply the screw band until finger tight, and place the jar in the canner, repeating for all remaining jars...cover canner, return water to boil and process about 10 minutes at altitudes up to 1000 ft. Remove jars, and cool for about 24 hours, then check jar seals to make sure they all went down, and any that do not, use right away, and store in the fridge...those that seal, and they all should if you do it right, label, and store in a cool dark spot in your cupboard. In our opinion after the taste test tonight, it is as good(better)than the store bought stuff.

Posted to CHILE-HEADS DIGEST by Doug Irvine on Sep 07, 1998, converted by MMBuster v2.01.

Oriental Plum-Glazed Chicken

Yield: 6 Servings

Ingredients

1/4 c plums for babies, canned pureed
3 tb dry white wine
2 tb soy sauce
2 tb firmly packed brown sugar
2 tb lemon juice
2 tb finely chopped green onion, including tops
1/2 ts chinese five spice or
1/2 ts ground allspice
6 chicken legs, thighs attached skin and fat pulled off
1 fresh cilantro sprigs

Instructions

Nearly 50 years ago, during the food shortages of World War II, SUNSET MAGAZINE deplored the use of canned baby food (always, apparently, in good supply) as a substitute for scarcer products. Now after half a century, we turn to baby food once again, this time to recommend it as a principle ingredient in Maureen W. Valentine's Oriental Plum-Glazed Chicken.

Why baby-food plums? They're already pureed, saving preparation time, and they're available all year.

Mix together plums, wine, soy, sugar, lemon juice, onion, and five spice.

Rinse chicken and pat dry. Arrange legs in a 10x15" pan. Brush with plum sauce.

Bake, uncovered, in a 375°F. oven for 25 minutes. Turn chicken pieces over, brush with remaining plum sauce, and continue to bake until meat at thigh bone is no longer pink (cut to test), 20-25 minutes longer. Baste with pan juices during last 10 minutes of baking.

Lift Chicken onto a platter and garnish with cilantro. Skim fat from pan juices add 1/4 cup water to pan and stir over high heat just until boiling. Serve juices with chicken.

Per serving: 241 calories 35 grams protein 6.6 grams fat (1.7 grams saturated fat) 7.3 grams carbohydrates 495 milligrams sodium 138 milligrams cholesterol.

Maureen W. Valentine, Seattle, Washington

Oriental Pork (Mw)

Yield: 4 Servings

Ingredients

1 lb bonless fresh pork shoulder*
1/2 c water
1/2 c orange juice
1/4 ts salt
1/8 ts pepper
3 tb imported soy sauce
8 oz (1cn) water chestnuts, drain
16 oz (1cn) bean sprouts, drained
2 c chinese cabbage, sliced thin
1 tb cornstarch
1 tb cold water
2 tb chopped green onions
3 c hot cooked rice

Instructions

* Pork Shoulder should be cut into 1/4-inch strips.

Mix pork, 1/2 c water, the orange juice, salt, peper and soy sauce in 2-qt casserole. Cover and microwave on medium (50) until pork is tender, 16 to 20 minutes, stirring every 3 minutes. Stir in drained water chestnuts, bean sprouts and cabbage. Cover and microwave on high (100) until cabbage is crisp tender, 3 to 4 minutes. Blend cornstarch and 1 T cold water in 4 c glass measure. Drain juices from meat mixture into cornstarch mixture stir well. Microwave on high (100) until mixture boils and thickens, 3 to 4 minutes, stirring every minute or so. Pour over meat and vegetables. Sprinkle with onions and serve over the hot rice.

Oriental Pork And Ginger Stir Fry

Yield: 4

Ingredients

1 tb oil
450 g pork fillet cubed (1lb)
2 tb cornflour
275 g broccoli cut into small florets (10oz)
1 red pepper sliced
1 ts cornflour
2 ts schwartz oriental stir-fry seasoning
2 ts schwartz ground ginger
1 tb dark brown sugar
2 tb dark soy sauce
2 tb malt vinegar
200 ml chicken stock (7 fl oz)
175 g beansprouts (6oz)

Instructions

Heat the oil in a wok or a large frying pan. Toss the pork in 2 tbs cornflour and fry for 4-5 minutes until browned. Add the broccoli and fry for 2-3 minutes and then add the red pepper. Blend together the 1 tsp cornflour, Oriental Stir-Fry Seasoning, Ginger, sugar, soy sauce, vinegar and stock. Add to the pan and bring to the boil, stirring. Stir in the beansprouts and cook for 1-2 minutes.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Oriental Pork Bbs Sss

Yield: 4 Servings

Ingredients

1 no ingredients

Instructions

1 lb Bonless Fresh Pork Shoulder*
1/2 c Water
1/2 c Orange Juice
1/4 ts Salt
1/8 ts Pepper
3 TB Imported Soy Sauce
8 oz (1cn) Water Chestnuts Drain
16 oz (1cn) Bean Sprouts Drained
2 c Chinese Cabbage Sliced Thin
1 TB Cornstarch
1 TB Cold Water

2 TB Chopped Green Onions

3 c Hot Cooked Rice

* Pork Shoulder should be cut into 1/4-inch strips. Mix pork, 1/2 c water, the orange juice, salt, peper and soy sauce in 2-qt casserole.

Cover and microwave on medium (50) until pork is tender, 16 to 20 minutes, stirring every 3 minutes. Stir in drained water chestnuts, bean sprouts and cabbage. Cover and microwave on high (100) until cabbage is crisp tender, 3 to 4 minutes. Blend cornstarch and 1 T cold water in 4 c glass measure. Drain juices from meat mixture into cornstarch mixture stir well. Microwave on high (100) until mixture boils and thickens, 3 to 4 minutes, stirring every minute or so. Pour over meat and vegetables. Sprinkle with onions and serve over the hot rice.

From: Sweeney date: Mon, 28 Oct 1996 21:35:19 +0800 (

Oriental Pork Chops

Yield: 4 Servings

Ingredients

3 tb soy sauce

3 tb honey

1 tb lemon juice

1 tb olive or vegetable oil

3 cloves garlic minced

1/2 ts ground ginger

4 boneless pork chops 3/4 inch thick

Instructions

In a large resealable plastic bag or shallow glass container, combine the first six ingredients. Add pork and turn to coat. Seal or cover refrigerate for 4-8 hours. Grill, uncovered, over medium heat for 10-12 minutes or until juice run clear, turning once.

Recipe by: Quick Cooking March/April 1998

Posted to MC-Recipe Digest by The Tailions on Mar 29, 1998

Oriental Pork Roast

Yield: 1 6 Servings

Ingredients

4 lb pork roast

1 tb flour

1 tb sugar

1 ts garlic powder

1/2 ts ginger

1/2 ts salt

1/2 c orange juice

1/4 c lemon juice

1/4 c soy sauce

2 tb ketchup

Instructions

Mix ingredients together. Place roast in crockpot and pour mixture over it. Cook on low for 6-8 hours

Oriental Pork Stew

Yield: 4 Servings

Ingredients

2 tb oil
1 lb boneless pork cut into 1-inch cubes
1/2 c chopped onion
1 clove garlic minced
2 c water
1 ts beef-flavor instant bouillon
1/4 c soy sauce
1 c diagonally sliced celery
1 red or green bell pepper cut in strips
1 c frozen green beans
1 cn sliced water chestnuts drained, 8oz
2 cn mushrooms drained
1/4 c water
2 tb cornstarch

Instructions

Heat oil in Dutch oven or large saucepan over medium-high heat until hot. Add pork, onion and garlic cook until pork is brown. Stir in 2 cups water, bouillon and soy sauce. Bring to a boil. Reduce heat cover and simmer 30 minutes. Add celery, bell pepper, green beans, water chestnuts and mushrooms. Bring to a boil. Reduce heat cover and simmer an additional 5-10 minutes or until vegetables are done. Combine 1/4 cup water and cornstarch. Gradually add to vegetable mixture, stirring constantly. Cook and stir until thickened. Serve over rice.

Recipe by: Pillsbury Casseroles, Soups & Stews Posted to TNT Prodigy's Recipe Exchange Newsletter by Aquasea221@aol.com on Aug 15, 1997

Oriental Pork Tenderloin Packets

Yield: 1 Servings

Ingredients

4 sheets reynolds wrap heavy
1 duty aluminum
1 lb pork tenderloin in 1/4 slices
2 c broccoli flowerets
8 oz sliced water chestnuts drained
2 c thinly sliced carrots
1 red bell pepper cut in strips
2 green onions sliced
4 tb soy sauce
4 ts sesame oil
1 ts fresh ginger finely chopped
1 hot cooked rice
1 foil (18x24 inches each)

Instructions

Preheat grill to high. Center one-fourth of port, broccoli, water chestnuts, carrots, red pepper and onions on each foil sheet.

Sprinkle each evenly with soy sauce, sesame oil and ginger. Wrap and seal to form four packets, leaving space for heat circulation inside packets. Grill 14 to 16 minutes on high in covered grill. Serve with rice.

Busted by Gail Shermeyer on May124, 997

Recipe By : TVFN: REYNOLDS SPECIAL RECIPES

From: Shermeyer-Gail Date: 09 Jun 97 Mastercook Recipes (Mailing List) Ž

Oriental Pork Tortillas

Yield: 5 Servings

Ingredients

1/3 c plum jam
1 tb cornstarch
1/2 ts ginger
1/2 ts dry mustard
1/4 ts garlic powder
2 tb soy sauce
2 ts red wine vinegar
3/4 lb boneless butterflied pork chops, (3 /4 to 1)
1 ts oil
6 c purchased coleslaw blend
1 pk 10-inch flour tortilla

Instructions

In small bowl, combine jam, cornstarch, ginger, dry mustard, garlic powder, soy sauce and vinegar mix well. Set aside. Meanwhile, slice pork chops in narrow strips. Heat oil in 12 inch nonstick skillet over medium high heat until hot. Add pork cook and stir 4 to 5 minutes or until no longer pink.

Add jam mixture and coleslaw blend cook and stir until coleslaw is crisp-tender. Heat tortillas spoon mixture evenly down center of each warm tortilla roll up and serve.

Recipe by: Unknown

Posted to TNT Prodigy's Recipe Exchange Newsletter by SilkyKitty on Oct 20, 1997

Oriental Pork With Hot Mustard Sauce

Yield: 8 Servings

Ingredients

1 tb ground mustard
1 ts vegetable oil
1 ts vinegar
1/8 ts salt, optional
1 ds ground turmeric
1/4 c milk
1/4 c soy sauce
2 tb ketchup
1 tb sugar
1/4 ts molasses
1 clove garlic, crushed
2 pork tenderloins
1 tb sesame seeds, toasted

Instructions

In a bowl, combine mustard, oil, vinegar, salt if desired and turmeric gradually add milk until smooth. Refrigerate. In a large resealable plastic bag or shallow glass dish, combine soy sauce, ketchup, sugar, molassas and garlic. Add pork seal or cover and refrigerate for 4-6 hours, turning occasionally. Place the pork in a shallow roasting pan discard marinade.

Bake, uncovered, at 350° for 40 minutes or until a meat thermometer reads 160-170°. Let stand for 5 minutes. Slice pork sprinkle with sesame seeds if desired. Serve with the mustard sauce.

Recipe by: Taste of Home April/ May 1997 Posted to MC-Recipe Digest V1 #630 by The Taillons on May 31, 1997

Oriental Potato Salad With Soy Dressing

Yield: 4 Servings

Ingredients

- 1 tb honey
- 1 1/2 lb new potatoes
- 1 c bean sprouts
- 1 c sliced mushrooms
- 1 stalk celery diced
- 1 scallion chopped
- 1/4 c parsley chopped

Instructions

DRESSING

- 1/4 c safflower oil
- 2 tb rice vinegar
- 1 tb soy sauce
- 1 tb water
- 1/4 ts ginger powder
- 1 ds garlic powder

Fill half a large pot with water add honey. Place over high heat and bring to a boil. Meanwhile, scrub potatoes and cut into large cubes or thick slices. Simmer potatoes until just tender, about 8 minutes. Drain. While potatoes are cooking, prepare other salad ingredients. Set aside. In a small bowl, whisk together the dressing ingredients. IN a large bowl, toss vegetables with warm potatoes. Pour on dressing and toss again. Garnish with toasted sesame seeds and fresh watercress. Serve warm.

Recipe by: 15 Minute Vegetarian Gourmet

Posted to MC-Recipe Digest by Meg Antczak on Apr 19, 1998

Oriental Prawn And Vegetable Soup

Yield: 1

Ingredients

- 1 tb sesame oil
- 1 200 g pack frozen raw tiger prawns defrosted and peeled
- 1 lg carrot peeled and cut into thin julienne strips
- 1 red pepper deseeded and thinly sliced
- 1 bn salad onions trimmed and thinly sliced on the diagonal
- 5 cm (2 inch) piece fresh root ginger, peeled and finely grated
- 2 tb light soy sauce
- 2 tb sherry
- 1 1/2 l fish stock (2 1/2 pints)
- 125 g chinese leaf lettuce finely shredded (4oz)
- 1 100 g pack enoki mushrooms -woody end from stem removed
- 1 salt and ground white pepper
- 2 tb coarsely chopped coriander leaves

Instructions

Heat the oil in a large saucepan or wok, stir in the prawns, carrot and pepper strips and stir-fry for 3-4 minutes. The prawns should start to change colour from grey to pink. Add the salad onions and garlic and firmly squeeze the grated ginger root pulp to extract the juice over the prawns. Stir-fry for a further minute.

Add the soy sauce, sherry and stock and bring gently to the boil. Reduce the heat and simmer for 5-10 minutes.

Stir in the shredded Chinese leaf and Enoki mushrooms, heat through for 1-2 minutes. Add seasoning to taste and stir in the coriander leaves.

Notes Serve immediately.

Converted by MCBuster.

NOTES : A clear delicately scented soup with prawns and a variety of vegetables including the unusual Enoki mushrooms.

Converted by MMBuster v2.0l.

Oriental Prawn Pancakes

Yield: 4

Ingredients

-FOR THE PANCAKE BATTER-

175 g plain flour sifted (6oz)

1 md size egg beaten

350 ml milk (12fl oz)

1 tb olive or vegetable oil

FOR THE CHILLI TOMATO SAUCE-

2 tb olive or vegetable oil

1 clove garlic crushed

1 green chilli finely chopped

2 cm (1 inch) piece root ginger, peeled and grated

200 g canned chopped tomatoes

2 tb coriander roughly chopped

200 g raw tiger prawns fresh or frozen, defrosted (7oz)

Instructions

To prepare the pancakes, place the flour into a mixing bowl, gradually add the beaten egg and milk. Beat the batter until smooth. Allow the batter to stand for 30 minutes.

To prepare the chilli tomato sauce, heat 1 tablespoon of oil in a frying pan over a moderate heat, add the garlic, chilli and ginger and fry for 1 minute before adding the chopped tomatoes, roughly chopped coriander. Add seasoning to taste. Reduce the heat and simmer for a further 5 minutes whilst making the pancakes.

Heat 1 teaspoon of oil in a frying pan and pour in sufficient batter to cover the base of the pan. The batter should run easily over the base of the pan in order to achieve a thin light pancake. Cook the pancake for about 1 minute on each side.

Wipe the frying pan with a piece of absorbent kitchen paper before making the next pancake. Re-oil the frying pan and continue making pancakes until all the batter has been used.

Keep the pancakes warm by stacking them on top of each other and covering with kitchen foil.

Wipe the frying pan, place the remaining oil in the frying pan and place it over a moderate heat. When the oil is hot add the prawns and fry for 1 minute on each side.

Re-heat the sauce.

Serve the prawns on a ruced pancake with a little of the sauce spooned over the top.

Notes Serve with steamed vegetables eg pak choi, sugar snaps or choy sum.

Converted by MCBuster.

NOTES : A fusion of European and Oriental styles suitable for a light supper or first course dinner party dish.

Converted by MMBuster v2.0l.

Oriental Rhubarb Jam

Yield: 4 Servings

Ingredients

- 1 lb rhubarb finely chopped
- 3 c granulated sugar
- 1/2 ts five spice powder
- 1/4 c chopped candied ginger
- 1 dash hot pepper sauce
- 3 tb lemon juice

Instructions

In a saucepan, combine rhubarb, sugar, five spice powder, ginger, hot pepper sauce and lemon juice blend well. Place over low heat, stirring constantly until sugar dissolves. Bring to boil, skim off foam and cook over medium heat, stirring frequently, until mixture becomes transparent and thickens, about 15 to 20 minutes. Ladle into hot, sterilized jars seal. Makes about four 6 ounce jars.

Oriental Rice And Portabello Patties

Yield: 8 Servings

Ingredients

- 1 lb portabello mushrooms lightly sauteed in butter
- 3 c cooked rice
- 1/2 c sour cream or yogurt
- 1 bn chopped scallions
- 1 bread crumbs
- 3 whole eggs
- 4 ds tabasco
- 4 ds light soy sauce
- 1 salt
- 1 cayenne pepper
- 1 black bean paste (optional: no organic substitute)
- 1 ts crushed red chili flakes

Instructions

In a medium mixing bowl stir together cooked rice, sour cream or yogurt, chopped scallion and sauteed mushrooms. Stir in eggs one at a time. Add soy and Tabasco. Stir in bread crumbs 1/2 C at a time until you can easily form a patty. Make all patties and reserve until ready to cook. To serve, toast each patty in a well-seasoned skillet or coated pan until golden brown. Top with additional sour cream or yogurt (NOTE: A red bell pepper puree is a tasty topping as well). CREDITED TO CHEF DAVID BECKWITH, CENTRAL 159 RESTAURANT, Pacific Grove, CA.

Recipe By : Court Moss

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Oriental Rice Mcnamara

Yield: 2 Servings

Ingredients

1 md onion finely chopped
1 tb olive oil
5 c cooked brown rice
2 md carrots julienned
1/4 c soy sauce
1/4 c Sherry cooking wine
1 c frozen peas

Instructions

Saute onion in olive oil until starting to brown. Add cooked rice and carrots and saute until rice is a little crispy.

Mix soy sauce and Sherry in small bowl. Sprinkle in a little garlic powder.

Pour over rice. Mix well and saute until rice begins to crisp.

Mix in frozen peas and continue to saute. When peas are heated through, make a well in center of rice and pour in beaten egg. Stir with a fork until cooked through, then distribute the egg through the rice. Serve hot, garnished with sliced green onion tops.

Per serving (excluding unknown items): 718 Calories 11g Fat (14 calories from fat)
18g Protein 136g Carbohydrate 0mg Cholesterol 2040mg Sodium

Oriental Rice Pilaf

Yield: 4 Servings

Ingredients

1 c long grain white rice uncooked
2 ts sesame or vegetable oil
1 cn (10 1/2 ounces) condensed chicken broth
1/2 c water
1 tb soy sauce
1 ts spice islands garlic powder
1/2 ts spice islands ground ginger
1/4 c sliced green onions

Instructions

In medium saucepan, cook and stir rice in oil over medium heat 3 to 5 minutes or until golden. Stir in chicken broth, water, soy sauce, garlic powder and ginger. Bring to a boil reduce heat to low. Cover simmer 20 minutes or until liquid is absorbed and rice is tender. Stir in green onions.

Makes 4 to 6 servings

Recipe By : Ketchum Kitchen

Posted to MC-Recipe Digest V1 #303

Date: Fri, 15 Nov 1996 06:00:48 -0800 (PST)

From: Greg Leonhardt

NOTES : Garlic and ginger add character to this side dish

Oriental Rice

Yield: 6 Servings

Ingredients

2 tb oil
1 c coarsely chopped scallions
1 bag cooked boil-in-bag rice
1 tb chinese soy sauce

8 oz can sliced bamboo shoots drained
2 c cooked chopped shrimp, ham or chick en or combination
10 oz pkg frozen green peas
2 ts butter

Instructions

In large frying pan or wok, heat oil, Add scallions and cook over high heat, 30 seconds, stirring until wilted. Add remaining ingredients, except butter, cooking and stirring 2 minutes. Remove from heat. Stir in butter.

Oriental Roast Beef

Yield: 0 Servings

Ingredients

MARINADE COMBINE:

1/4 c soy sauce
5 spice powder
1/4 c DRY sherry
1/4 ts Salt
3 star anise
1/2 c white cooking wine
4 lb beef roast (cut of choice)

Instructions

Marinate roast 24 hours. Preheat oven to 350 . Roast 2 hours or according to your favorite recipe.

Per serving: 3956 Calories (kcal) 286g Total Fat (67 calories from fat) 293g Protein
17g Carbohydrate 1049mg Cholesterol 5567mg Sodium Food Exchanges: 1/2
Grain(Starch) 41 1/2 Lean Meat 1 1/2 Vegetable 0 Fruit 31 Fat 0 Other Carbohydrates

NOTES : Copyright 1995 by Warren W. Kessler All rights reserved

Contributor: Good Ol' Cookin' by the Raceday Gourmet

Oriental Roast Lamb With Stir-Fried Noodles And Spinach

Yield: 4

Ingredients

1 half leg new zealand lamb weighing approximately 1.5kg (3lb 5oz)
2 1/2 cm (1) root ginger, peeled and cut into thin strips
10 ml bart spices chinese five spice powder, (2tsp)
1 salt & freshly ground black pepper
400 ml water (14fl oz)
2 lamb stock cubes
30 ml cornflour (2tbsp)
30 ml sherry (2tbsp)
15 ml sesame oil (1tbsp)
2 sheets sharwood's noodles blanched
40 g fresh spinach finely shredded (11/2 oz)

Instructions

Pierce the lamb with a knife in several places and insert the strips of ginger. Rub 5ml (1tsp) of the five spice powder over the lamb and season.

Place the lamb in a roasting tin in a preheated oven 180oC, 350oF, gas mark 4, for 25-30 minutes per 450g (1lb) plus 25-30 minutes.

Remove the lamb from the roasting tin and keep warm. Remove the fat from the meat juices and add the water and lamb stock cubes to the roasting tin. Bring to the boil on

the hob and add the cornflour blended with the sherry, stirring continuously until thickened.

Heat the sesame oil in a frying pan. Add the blanched noodles, spinach and the remaining five spice powder. Stir fry for 1-2 minutes or until the spinach has just wilted.

Carve the lamb in thin slices and serve with noodles, spinach and gravy.

Converted by MCBuster.

NOTES : A joint of meat makes for easy entertaining, whether it is for Sunday lunch or at any other time. For a roast with a difference, try this half leg of lamb flavoured with Chinese spices and accompanied by noodles and spinach. Cut up any leftover meat and use it for a stir-fry.

Converted by MMBuster v2.0l.

Oriental Rock Cornish Hens

Yield: 4 Servings

Ingredients

4 rock cornish hens (1-1 1/4 -lbs. each)

1/3 c chopped onion

1/3 c chopped celery

2 tb butter or margarine

1 c uncooked regular rice

1 cn (13.25 oz) chicken broth

1 cn (8 oz) crushed pineapple drained

1 melted butter or margarine

1/3 c sugar

1 ts cornstarch

1/3 c soy sauce

1/4 ts ginger

Instructions

Thaw hens. Heat oven to 350F. Wash hens and pat dry. In medium skillet, cook and stir onion and celery in 2 teaspoons butter or margarine until onion is tender. Stir in rice and chicken broth. Heat to boiling, stirring occasionally. Reduce heat cover tightly and simmer over low heat about 20 minutes or until all liquid is absorbed. Stir in pineapple.

Stuff hens lightly with rice mixture fasten openings with skewers and lace shut with string. Place hens breast side up on rack in open shallow roasting pan brush with melted butter or margarine. Do not add water. Do not cover. Roast 1 1/4-1 1/2 hours, brushing often with melted butter or margarine.

While hens roast, stir together sugar and cornstarch in small saucepan.

Stir in soy sauce and ginger. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir one minute. Cool.

Brush hens with soy mixture. Roast 20 minutes longer, brushing hens again with soy mixture. Place on warm platter pour remaining sauce over hens and serve separately.

Posted to TNT Recipes Digest, Vol 01, Nr 956 by "Alan C. Schoen" on Jan 21, 1998

Oriental Salad (Vegan)

Yield: 1 Servings

Ingredients

1 c sliced or shredded cabbage

1/2 c snow peas

1 can chinese baby corn, drained and rinsed
1 can water chestnuts, drained and rinsed
2 carrots, shredded or julienned
1/2 c green onions, diced any other veggies you'd like, such as red bell pepper

DRESSING

1/4 c mirin (sweet rice wine)
2 tb soy sauce
1 ts chinese chili paste or some hot pepper flakes

Instructions

Add sauce to veggies and let marinate for about an hour. Serve with pitas or rice.
Recipe from Veggie Life recipe archive Posted by Lisa Greenwood

Oriental Salad With Ginger Dressing

Yield: 1 Servings

Ingredients

4 oz fresh or frozen (thawed) snow peas, ends trimmed
1/4 c rice wine vinegar
1 ts finely grated ginger root
2 tb plus
1 ts olive oil
2 1/2 ts sesame oil
1 red onion, thinly sliced
1 lg cucumber, peeled and thinly sliced
1 carrot, shredded
8 cherry tomatoes, quartered
1/4 c water chestnuts
1/2 ts salt
1/2 ts pepper

Instructions

For fresh snow peas, blanch in boiling water for 1 minute. Drain and rinse under cold water pat dry. Combine vinegar and gingerroot in small bowl, slowly add the olive and sesame oil, beating with a wire whisk set aside. Combine snow peas and the remaining ingredients in serving bowl. Sprinkle with salt and pepper, toss to coat. Pour dressing over and toss to coat.

Serve.

Posted to Recipe Archive 29 Sep 96 submitted by: sgjg6566@pipeline.com Date: Thu, 5 Sep 1996 21:04:28 -0500 (CDT)

Oriental Salad With Sesame Vinaigrette Dressing

Yield: 1 Recipe

Ingredients

1 pk (8.75 oz) soba noodles
1 sm carrot shredded in long strands
1 sm daikon shredded in long strands
6 leaves romaine lettuce torn
6 leaves red leaf lettuce torn
1 red bell pepper sliced
1 yellow bell pepper sliced
1/2 pk (8 oz size) fried tofu sliced
1 cn (8 oz) water chestnuts sliced

1 cn mandarin orange wedges (11 oz), drained
1 cn (20 oz) lychees drained and cut into cubes
1/4 c toasted sesame seed
1/2 c brown sugar
1 ts salt
1 ts pepper
1/4 c salad oil
1/2 c lime juice
6 tb mirin
1 c rice vinegar
1/2 c tamari (or shoyu)
4 ts sesame oil

Instructions

Cook soba noodles according to package directions, rinse, drain and cool. In a large bowl, toss noodles with carrot and daikon. Put lettuce on large serving platter. Top with noodle mixture, peppers, tofu, water chestnuts, mandarin oranges, and lychees. Chill until ready to serve. To make dressing, combine the remaining ingredients mix well. Serve with salad. Makes 10 to 12 servings.

Guest Demonstrator: Paul Onishi

CHERRY BLOSSOM FESTIVAL RECIPES (FEBRUARY 1995)

Reprinted with permission from: The Electric Kitchen & Hawaiian Electric Company, Inc.

[Meal-Master compatible format by Karen Mintzias]

Oriental Salada

Yield: 8 Servings

Ingredients

1 cucumber peeled and diced
2 md tomatoes diced
1 green bell pepper diced
1 rib celery thinly sliced
1/4 c chopped cilantro
1 sm red onion chopped
1/4 c chopped fresh parsley
1 salt and freshly ground black pepper, to taste
2 tb olive oil
1 lemon juice of

Instructions

1. Place the cucumber, tomatoes, green pepper, celery, cilantro, red onion, and parsley in a bowl. Season with salt and pepper. You can prepare the salad to this point and refrigerate it until 2 hours before serving.
2. In a large bowl, mix the oil and lemon juice together. Pour over the vegetables and mix well. Refrigerate covered. Serve cold.

From: "Let My People Eat! Passover Seders Made Simple A Complete Guide to the Passover Seder for Everyone: Jewish and Non-Jewish" by Zell Schulman Macmillan USA 1998 \$27.50 hardcover ISBN: 0-02-861259-0

Recipe by: "Let My People Eat!" by Zell Schulman

Posted to MC-Recipe Digest by "Bob & Carole Walberg" on Apr 7, 1998

Oriental Salmon Roll-Ups

Yield: 4 Servings

Ingredients

1 cn Alaska salmon (14-3/4 oz.) drained and flaked
1 cn Mandarin oranges (11 oz.)
1/2 c finely chopped green onions
2 tb chunky peanut butter
1/4 c low-sodium soy sauce plus
1 tb low-sodium soy sauce divided
1 tb fresh lemon juice
2 cloves garlic minced or 1 tsp. bottled minced garlic
2 ts lemon zest
1/2 ts ground ginger
8 lg lettuce leaves
1 tb rice vinegar or white wine vinegar

Instructions

Drain oranges, reserving 2 tbsp. liquid. Chop enough oranges to equal 1/2 cup reserve remaining oranges for garnish. Place salmon in a medium bowl. Add green onions, peanut butter, 1 tbsp. soy sauce, lemon juice, garlic, lemon peel and ginger mix well. Spoon a scant 1/3 cup filling in center of each lettuce leaf. Roll up secure with wooden picks. In a small bowl, combine remaining 1/4 cup soy sauce, reserved mandarin orange liquid and vinegar mix well. Arrange salmon rolls and dipping sauce on serving platter garnish with reserved oranges.

Makes 8 appetizer or 4 luncheon size servings.

This recipe was one of six winners of the "LUV SAMN SO MUCH" recipe contest.

From the Alaska Seafood Marketing Institute.

Per serving: 73 Calories 4g Fat (46 calories from fat) 4g Protein 7g Carbohydrate 0mg Cholesterol 647mg Sodium

Contributor: Lisa Hill of New York City, New York

Oriental Saloon Stew

Yield: 1 Serving

Ingredients

2 1/2 lb lean beef stew meat cubed, up to 3
2 tb unbleached all-purpose flour
1 tablespoonb sweet paprika
4 ts ground red chile or chile powder divided
2 ts salt
3 tb vegetable oil
2 yellow onions peeled and sliced
1 cl garlic peeled and minced
1 cn tomatoes with liquid (20 ounce)
1 tb ground cinnamon
1/2 ts ground cloves
1/4 ts ground cumin
1/4 ts crushed red pepper up to 3/4
4 potatoes peeled and cubed
4 carrots peeled and cut in 1.5 inch

Instructions

Pat the beef cubes dry with paper towels. In a large bowl, combine the flour, paprika, one teaspoon of the ground chile, and the salt. Add the beef cubes and toss to coat with the seasoned flour.

Heat the oil in a large Dutch oven over medium-high heat. Add the beef cubes in batches and brown on all sides for 6 to 8 minutes. Add the onions and garlic and cook over medium-low heat for 2 to 3 minutes, until softened. Add the tomatoes, remaining 3 teaspoons of ground chile, cinnamon, cloves, cumin and crushed red pepper. Reduce the heat to low. Cover and simmer for 2 hours.

Add the potatoes and carrots and simmer an additional 30 to 40 minutes, until the beef and vegetables are tender.

Source: Adapted from the Oriental Saloon, Tombstone, Ariz., circa 1880 as reprinted in "Spirit of the West."

I got it from <http://www.timesunion.com/food/> Printed in Albany Times Union, Dec 21, 1998

Busted by RisaG 8/3/99

Contributor: Oriental Saloon, Tombstone, AZ

Oriental Salsa (Dj/Pc)

Yield: 1

Ingredients

4 lg vine ripened tomatoes (diced)

1 tb sesame seed oil

1 tb extra virgin olive oil

1 chopped thai chili pepper

2 tb chopped fresh cilantro

1 tb chopped scallions

2 tb chopped red onions

1 tb oyster sauce

1/2 tb dark soy sauce

Instructions

Recipe by: CHEF DU JOUR PHILIPPE CHIN SHOW #DJ9346 Mix all ingredients together. Season to taste with salt and pepper. Chill 1/2 hour before serving. Yield: 4 servings

Converted by MCBuster.

Converted by MMBuster v2.0l.

Oriental Sausage & Rice Casserole

Yield: 6 Servings

Ingredients

1 lb bulk pork sausage

1 md chopped bell pepper

4 oz can sliced mushrooms

2 tb soy sauce

1 md chopped onion

6 oz pkg rice

8 oz can sliced water chestnuts

3 c chicken broth or 3 cup water and 2 tablespoon chicken bouillon may be used

Instructions

Crumble sausage into 2 quart casserole. Add onion, bell pepper, and drained mushrooms. Cover and microwave on high for 5-7 minutes stirring once. Drain on

paper towel, set aside. Combine soy sauce, rice, drained chestnuts, and chicken broth. Cover and microwave on high for 6-7 minutes. Stir. Then cover and microwave on medium, 50 percent power, for 30-35 minutes. Stir in sausage mix, cover and microwave on medium 15-20 minutes until rice is tender and dry.

Oriental Sausage

Yield: 12 Servings

Ingredients

2 lb turkey ground r-t-c
1/4 c water chestnuts finely chopped
3 tb shiitake mushrooms sliced
3 tb rice wine vinegar
2 tb sesame oil
2 tb soy sauce
1 1/2 tb nonfat dry milk powder
1 tb white sesame seed
2 ts salt
1 1/2 ts black sesame seed
3/4 ts ginger root freshly grated
1 1/2 cloves garlic finely chopped
1/2 green onion finely chopped

Instructions

Mix all ingredients until combined. Portion into twelve 3 oz. patties. Place on lightly oiled baking sheet. Bake at 350 degrees about 15 minutes. (Internal temp. 165F)

Calories 144 Fat 7.7g (48.8 from fat) Protein 15.7g Carbohydrate 2.5g Sodium 538g

Recipe by: Rest. & Institutions Apr 98, Culinary Student Sarah

Posted to MC-Recipe Digest by John Pellegrino on Apr 23, 1998

Oriental Savoy Salad

Yield: 4 Servings

Ingredients

2 tb rice wine vinegar
1 1/2 tb soy sauce
1/4 ts tabasco sauce
1 ts sugar
2 cloves garlic peeled,
1 crushed
1 tb oyster sauce
1/2 lb savoy cabbage*
1/2 c carrot strips julienned

Instructions

Combine the dressing ingredients in a plastic bag large enough to hold the cabbage. Add the cabbage, toss it with the dressing, and allow the mixture to macerate for at least 2 hours. Transfer the salad and dressing to a serving bowl, sprinkle with the carrot and serve.

Nutritional analysis per serving: calories 34 protein 2 gm carbohydrates 7 gm fat 0.1 gm saturated fat 0 gm cholesterol 0 mg sodium 585 mg.

Recipe By : Jacques Pepin, Today's Gourmet II

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Oriental Scallop Salad

Yield: 6 Servings

Ingredients

1 c olive oil
2 tb soy sauce
3 tb red wine vinegar
1/4 ts tabasco sauce
1 ts dijon mustard
1/4 ts ginger
3 c cooked white rice cooled *or* 3 c cooked clear noodles cooled
8 oz mushrooms sliced
4 oz water chestnuts thinly sliced
4 oz red bell pepper chopped finely
1 lb blanched sea scallops thickly sliced
1 tb fresh parsley chopped
1 tb fresh chives chopped

Instructions

1. If scallops are thicker than 3/4 inch, slice in half.
2. Blanche scallops in boiling water for 3-4 minutes or until firm and cool immediately.
3. Prepare a dressing with the oil, vinegar, tabasco, mustard, and ginger.
4. Set aside the parsley and chives.
5. Combine the remaining ingredients carefully so that the scallops do not become shredded, then mix with the dressing.
6. Garnish with parsley and chives.
7. Serve chilled.

Suggested Wine: Warm Saki

NOTES : In selecting scallops always check the ammount of liquid, fresh scallops have very little liquid.

Recipe by: Red Lobster

Posted to recipelu-digest by "Valerie Whittle" on Feb 17, 1998

Oriental Shark Steak

Yield: 4 Servings

Ingredients

1 1/2 lb shark steak, cut 3/4-inch to 1-inch thick
1/4 c soy sauce
1 tb sesame oil
1 tb olive oil
2 tb lemon juice
1/4 ts ground ginger
1 clove garlic, minced
1 ts prepared mustard
1/2 ts sugar

Instructions

Combine all ingredients except shark steaks in shallow baking dish.

Marinate steaks about 1 hour, turning occasionally. Pour off excess marinade and reserve.

Broil shark steaks about 4 or 5 minutes on each side, brushing with reserved marinade when turning. Makes 4 generous servings.
From newspaper clipping, source unknown.
Typed for you by Joan MacDiarmid.

Oriental Shish Kabobs

Yield: 4 Servings

Ingredients

2 lb chuck roast
5 cloves garlic
1/2 ts accent
1/4 ts black pepper
2 tb brown sugar
3 tb sesame oil
1 tb crushed dry parsley
1/4 c water
1/4 c soy sauce
2 green onions

Instructions

Cut roast into 1-inch cubes. Dice green onions in 1/4-inch pieces. Crush garlic cloves & mix all ingredients together, adding meat cubes last.
Marinate 2-3 hours. Put meat cubes on skewers & cook over hot fire in a charcoal grill.
MRS JUM MAREK From the , Fort Bliss Officers Wives Club, Ft. Bliss, TX.
Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Oriental Short Rib Barbecue

Yield: 1 Servings

Ingredients

2/3 c green onions, thinly sliced
1 1/2 tb toasted sesame seeds, crushed
1 c each soy sauce and water
1 tb each minced garlic and grated fresh ginger
1/4 c dark roasted sesame oil
2 1/2 tb brown sugar, packed
1/2 ts red pepper, ground
1/8 ts red pepper pods, crushed
4 ribs beef short ribs, * well trimmed

Instructions

Combine green onions, soy sauce, water, sesame oil, brown sugar, sesame seeds, garlic, ginger, red pepper and red pepper pods. Place short ribs in a plastic bag add marinade, turning to coat. Close bag securely, and marinate in refrigerator 4-6 hours (or overnight, if desired), turning occasionally. Remove ribs from marinade reserve marinade. Place ribs on grid over medium coals, cover. Grill 10-12 minutes, turning once and brushing with marinade before serving.

Makes 12 servings.

*Short ribs can be ordered from retailers. They are cut 3/8to 1/2 inch thick. Each has three cross-cut rib bones.

From the files of Al Rice, North Pole Alaska. Feb 1994

Oriental Short Rib Barbeque-Uldrich

Yield: 6 Servings

Ingredients

4 lb beef short ribs *
2/3 c green onions thinly sliced
1/2 c soy sauce
1/2 c water
1/4 c dark-roasted sesame oil
2 1/2 tb brown sugar packed
1 1/2 tb sesame seeds toasted, crushed
1 ts garlic crushed
1 tb fresh ginger grated
1/2 ts ground red pepper
1/8 ts fresh ground szechuan pepper
1 fresh mild red chili peppers
1 green onions
1 radish rose

Instructions

* Trim the beef short ribs and cut no more than 3/8 to 1/2" thick.

NOTE FROM JOHN ULDRICH: "This is a Blue Ribbon Winner created by a friend and cook-off competitor John Michels. He won the outdoor division and Grand Champion award with this dish in the 1988 National Beef Cook-off a \$15,000 entry!" Combine sliced green onions, soy sauce, water, sesame oil, brown sugar, sesame seeds, garlic, ginger, red pepper and Szechuan peppercorns. Place beef short ribs and marinade in plastic bag or utility dish, turning to coat. Close bag securely or cover dish and marinate in refrigerator 4 to 6 hours, turning occasionally.

Remove ribs from marinade reserve marinade. Place ribs on grill over medium coals. Broil 5 to 6 minutes. Turn ribs over brush or spoon on marinade. Cover and continue cooking 5 to 6 minutes or until desired degree of doneness.

Place ribs on platter garnish with chili peppers, green onions and radish rose.

From: Blue Ribbon BBQ by John Uldrich.

Oriental Shrimp And Scallions

Yield: 2 Servings

Ingredients

1 ts peanut oil
7 oz shrimp, lg, shelled and deveined
1 c scallions cut into 3' pieces
1/4 c chicken broth
2 ts hoisin sauce
1/2 ts cornstarch
1 radish for garnish

Instructions

In 10-inch non-stick skillet heat oil, add shrimp and cook over high heat stirring frequently, until shrimp begin to turn pink, about 2 minutes. Add scallions and cook, stirring frequently, until tender, about 2 minutes. Using a wire whisk, in a small mixing bowl combine remaining ingredients, whisking to dissolve cornstarch. Stir into shrimp mixture and cook stirring constantly, until mixture thickens, about 1 minute. Garnish with radish.

Per serving: 151 cal, 22g prot, 4g carbo
Source: Belve (cf 255) Formatted: 4-3-95

Oriental Shrimp Salad

Yield: 4 Servings

Ingredients

4 1/2 c water
1 1/2 lb unpeeled medium-size fresh shrimp
1 c fresh bean sprouts
1 cn sliced water chestnuts, drained (8 -oz.)
1/4 c green onions
1/4 c chopped celery
3/4 c mayonnaise or salad dressing
1 tb lemon juice
1 tb soy sauce
1/4 ts ground ginger
1 c chow mein noodles, divided
1 lettuce leaves

Instructions

Bring water to a boil add shrimp, and cook 3 to 5 minutes or until shrimp turn pink. Drain well rinse with cold water. Chill. Peel, devein, and chop shrimp. Combine shrimp, bean sprouts, water chestnuts, green onions, and celery in a bowl. Combine mayonnaise and next 3 ingredients stir well. Add mayonnaise mixture to shrimp mixture, tossing gently. Cover and chill. Just before serving, stir in 3/4 cup noodles. Spoon onto individual lettuce-lined plates, and sprinkle with remaining 1/4 cup noodles.

Oriental Shrimp Soup (Thu's Wonderful Soup)

Yield: 1 Servings

Ingredients

1 1/2 ts salt
1 ts cayenne
1 ts onion powder
1 ts ground ancho chilies
3/4 ts garlic powder
1/2 ts white pepper
3/4 ts black pepper

Instructions

REST

1 sauteing liquid (original was 2 tb butter)
2 c mushrooms sliced
1 stalk lemon grass cut diagonally
2 ts fresh garlic finely chopped
2 ts serrano peppers finely chopped
4 tb lemon juice
2 tb lime juice
3 tb fish sauce *
4 c nonfat chicken broth
1/2 lb shrimp peeled
1 tb fresh parsley chopped

* You may use commercially prepared fish sauce, or see the recipe.

Saute the mushrooms, lemon grass, garlic, serranos, and the seasoning mix in whatever liquid you choose. Cook, stirring frequently, and when the mixture starts to stick, add the juices and the fish sauce. Cook for 5 minutes over high heat until the liquid barely covers the bottom of the pan. Add the chicken stock, cover and bring to a full boil. Add the shrimp and parsley, return to a full, rolling boil, and remove from the heat.

Recipe by: Fiery Foods that I Love, Paul Prudhomme

Posted to EAT-LF Digest by "Ellen C." on Feb 10, 1998

Oriental Shrimp

Yield: 4 Servings

Ingredients

1 lb large shrimp or prawns

2 tb oil

2 tb ketchup

2 tb worchestershire sauce

1 ts sugar

2 ts soy sauce

2 ts sherry

1/4 ts sesame seed oil

6 dr tabasco

Instructions

Clean and peel shrimp, leaving end of tail intact if you wish, and remove vein. Wash and pat dry. Stir fry shrimp in hot oil until cooked about 3 -4 minutes. Remove shrimp drain oil from wok. Add remaining ingredients to wok heat to boiling return shrimp to wok cover and cook for 30 seconds.

Converted to Meal Master by Joe Sibley.

Oriental Slaw Source: Robin Webb's "A Pinch Of Thyme"

Yield: 1 Servings

Ingredients

1/3 c rice vinegar or mirin

2 ts honey

2 tb tamari soy sauce

1 ts finely chopped ginger root

1/2 ts cayenne pepper

2 tb sesame oil

2 c shredded carrots

2 c shredded cabbage

Instructions

Here's a tasty recipe for "Oriental Slaw". It's not especially hot, but can be made hot by upping the amount of cayenne pepper used. It's quite tasty, is extremely healthy, and is very low in fat.

In blender, combine all ingredients except carrots and cabbage. In a large bowl, mix cabbage and carrots, pour dressing over and toss well. Makes 6 servings.

NOTE: The dressing made for this salad can also be used as a normal green salad dressing or as a marinade for chicken, fish, or vegetables.

If you want more heat, up the cayenne!

Julie A. Lobdell JLobdell@DOC.GOV From the Chile-Heads Recipe

Collection URL: <http://chile.ucdmc.ucdavis.edu:8000/www/recipe.html>

Oriental Slaw

Yield: 1 Servings

Ingredients

4 green onions (up to 5)
1 pk (1-2 lb) slaw mix or shredded cabbage and carr
8 tb sunflower seeds
1 c sliced almonds i usually only use 1/2 cup
3 pk ramen noodles any flavor because you do

DRESSING

4 tb sugar
1/2 c oil
1 ts each salt
1/2 ts pepper
6 tb vinegar

Instructions

Mix the dressing ingredients, shaking or whisking to blend. Pour over the slaw mix and onions. Add the ramen noodles and nuts just before serving.

Posted to TNT Prodigy's Recipe Exchange Newsletter by BLAdams96@aol.com on Apr 4, 1997

Oriental Smoked Chicken

Yield: 1 Servings

Ingredients

1 fryer (4 pound)
6 tb soy sauce
2 tb raisin sauce
2 tb white wine
1 green onion, minced
1 ts brown sugar
1 ts minced ginger
1 ts salt
1 ts liquid smoke

Instructions

Marinate chicken overnight in the listed ingredients. To bake, place chicken in cooking bag with some of the marinade. Puncture bag and bake at 350 degrees until leg moves freely when tested.

Posted to Recipe Archive - 23 Mar 97 byted by: ajewell@sound.net on Mar 23, 9

Oriental Soup

Yield: 4 Servings

Ingredients

1 cn cream of mushroom soup
4 c water
2 pk ramen noodles w/oriental
1 flavor

Instructions

In 3-quart pan, bring soup and water to a boil. Add noodles and cook 3 minutes. Stir in contents of flavor packet. Note: Cream of chicken or celery soup may be substituted.

Oriental Spaghetti Squash

Yield: 6 Servings

Ingredients

1 spaghetti squash (3 to 3 1/2 lb)
2 tb olive oil
1 garlic clove minced
3 tb scallions chopped
1 c broccoli florets
1 md carrot sliced
3 tb soy sauce or tamari, low sodium
1 cayenne pepper to taste
1/4 c vegetable broth

Instructions

Preheat oven to 375 degrees.

Cut spaghetti squash in half lengthwise and remove seeds.

Place squash, cut side down, in a large baking dish and add water to a depth of 1/2".

Bake 45 to 60 minutes or until shell is tender and inside of squash is very soft. Remove from oven.

Scrape inside of squash with a fork to remove spaghetti-like flesh.

Set aside and reserve shells.

In a wok or large skillet, heat oil and saute garlic and scallions.

Add broccoli, carrot and water chestnuts and stir fry until tender-crisp.

Add soy sauce and cayenne pepper and stir to combine.

Gently stir in squash and vegetable broth and heat through.

Transfer squash mixture to shells and serve.

Per serving: 115 cal 3 g prot 79 mg sod 16 g carb 6 g fat 0 mg chol 50 mg calcium

Vegetarian Gourmet, Autumn 92/MM by DEEANNE

Oriental Spaghetti W/Cucumber And Spicy Peanut Sauce

Yield: 2 Servings

Ingredients

1/4 c smooth peanut butter
1 tb soy sauce
1 tb fresh lemon juice
1 clove (small) garlic minced
1/4 ts dried hot pepper flakes or to taste
1/4 ts sugar
1/4 c hot water
6 oz spaghetti
1 cucumber peeled, halved, seeded cubed
1/3 c thinly sliced scallion
1 salt and pepper to taste

Instructions

Date: Mon, 12 Feb 1996 10:08:48 +0100

From: Sykes.Kaye@uniface.nl (Kaye Sykes)

Recipe By: Brenda Pittsley

Use a blender to mix peanut butter soy sauce, lemon juice, garlic, pepper flakes, sugar and water until the sauce is smooth. In a kettle of boiling salted water, boil the spaghetti until it is just tender. Drain and rinse briefly under cold water. Drain well,

transfer to a bowl. Toss with the sauce, cuke, and scallions. S&P to taste. Serve the pasta at room temperature.

MC-RECIPE@MASTERCOOK.COM MASTERCOOK RECIPES LIST SERVER

From the MasterCook recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Oriental Spaghetti

Yield: 5 Servings

Ingredients

1 lb thin spaghetti
2 tb roasted sesame oil
4 tb soy sauce or tamari
1 c snow peas
2 cucumbers peeled, seeded, and cut
3/4 c thinly sliced green onions
3 tb chopped fresh parsley
2 tb red wine vinegar
1 ts dry mustard
1 ts hot chili oil

Instructions

Cook the spaghetti according to the package directions and drain.

Combine 1 tablespoon of the sesame oil with 2 tablespoons of the soy sauce. Toss warm spaghetti with this mixture and set aside.

Steam the snow peas for 2 minutes. Drain and cool under cold water.

Combine the snow peas, cucumber strips, green onions, and parsley.

Stir together the remaining sesame oil, soy sauce, vinegar, mustard, and chili oil. Toss this sauce with the vegetables. Then toss the vegetable mixture with the spaghetti mixture. Serve cold.

Preparation time: 30 minutes

Serves 4 to 6

Source: the Physicians Committee for Responsible Medicine *

Reprinted with permission in "The Compassionate Cook" * by Ingrid Newkirk and

PETA * Typed for you by Karen Mintzias

Oriental Spare Ribs

Yield: 1 Servings

Ingredients

4 lb spare ribs
1/2 c soy sauce
1/4 c honey
1 ts dry mustard
1 clove garlic

Instructions

Cook in a heavy skillet with lid, REAL SLOW on top of the stove for 2 hours. Do not let it boil, turn the ribs occasionally. You can use an electric skillet, but check it frequently to keep it at a simmer.

Posted to Recipe Archive 23 Mar 97 by ted by: ajewell@sound.net on Mar 23, 9

Oriental Speckled Rice Salad

Yield: 4 Servings

Ingredients

1/3 c wild rice
1/3 c brown rice
1 1/2 c water
3 tb teriyaki sauce
2 tb rice wine vinegar
2 ts toasted sesame oil
2 ts honey
1/4 ts crushed red pepper
1/3 c shredded carrot
1 pk frozen pea pods(6oz) thawed drained and halved
1/2 c peanuts coarsely chopped

Instructions

Place wild rice in a colander and rinse under cold water. In a medium saucepan bring wild rice, brown rice, and water to a boil reduce heat. Cover and simmer for 45 to 50 minutes or till water is absorbed and rice is tender. Remove from heat. For dressing, in a screw-top jar combine teriyaki sauce, rice wine vinegar, sesame oil, honey, and crushed red pepper. Cover and shake the dressing well. Transfer the rice mixture to a bowl. Stir in shredded carrot. Pour the dressing mixture over the rice mixture, tossing to coat. Cover and chill for 2 to 24 hours. Before serving, toss the rice mixture with the pea pods and peanuts.

Per serving: 277 cal 10g pro, 35g carb, 12g fat

Source: Cooking for Today, Vegetarian Recipes Better Homes and Gardens format by Lisa Crawford

Oriental Spice (Saltless Seasoning)

Yield: 1 Servings

Ingredients

1/2 ts thyme
1/4 ts onion pwdr.
1/2 ts garlic pwdr.
1/2 ts celery seed
1/2 ts marjoram
1/4 ts dill weed
1/2 ts curry pwdr.
3 ts hungarian paprika

Instructions

Crush all ingreds. to a smooth consistency blending well. Keep in tightly sealed containers and make only in small amounts. Good for baked potatoes, hamburger patties, etc.

Oriental Spice For Stir-Fry

Yield: 1 Servings

Ingredients

1 ts fresh grated lemon peel
1/4 ts fennel seed, crushed

1/4 ts ground cloves
1/4 ts anise seed, crushed
1/4 ts ground cinnamon
1/4 ts ground ginger

Instructions

Combine all ingredients. Refrigerate in covered container. To use, sprinkle as desired over poultry or meat stir-fry dishes. Makes about 2 teaspoons. NOTE: About 1 mg sodium per 1/2 teaspoon. About 2 calories per 1/2 teaspoon.

Oriental Spice Mixture

Yield: 1 Servings

Ingredients

INGREDIENTS-

3/4 ts turmeric
2 ts paprika
1 1/2 c sugar
1 a few grains dry mustard
2 ts salt

PREPARATION-

Instructions

Mix all ingredients and shake well. Makes 1 1/2 cups.

Source: Cookbook USA

Submitted By PAT PATE On SUN, 9 OCT 1994 223021 0500 (CDT)

Oriental Spicy Orange Beef

Yield: 4 Servings

Ingredients

1 lb beef flank or round steak
2 tb corn oil
1/4 c slivered orange peel
1 cl minced garlic
1/2 ts ground ginger
2 tb corn starch
1 c cool beef broth
1/4 c soy sauce
1/4 c dry sherry
1/4 c orange marmalade
1/2 ts crushed dried red pepper

Instructions

In Wok medium heat oil: Add meat 1/3 at a time. Stir fry 3 minutes or until browned.

Return all beef to Wok. Add: peel, garlic and ginger.

Stir fry 1 minute. Stir together: corn starch, beef broth, soy sauce, sherry, marmalade and pepper. Stir into beef. Stirring constantly, bring to boil over medium heat. Boil 1 minute. Serve over rice.

Serves 4.

Oriental Spicy Slaw

Yield: 1 Servings

Ingredients

1/4 c sugar
1/4 c rice or cider vinegar
2 ts each salt & pepper
3/4 c vegetal oil
1/4 c dark oriental sesame oil
1 * hot chili oil to taste *
2 1/4 lb green cabbage, shredded fine
1 1/3 c chopped green onions
3 packs (3oz ea) chicken
1 flavored oriental noodles
1 with seasoning packet
1 c toasted slivered almonds
1/4 c toasted sesame seeds

Instructions

To make dressing: Put sugar, vinegar, salt & pepper in large bowl & whisk until sugar dissolves. Whisk in oils until well blended. Add cabbage & green onions. Toss to mix. Cover & refrigerate overnight (mixture will wilt & decrease in volume). About 4 hours before serving, crumble uncooked noodles over cabbage mixture. Sprinkle with seasoning packets & toss to mix well. Cover & refrigerate. Noodles will soften as they absorb moisture. Just before serving add almonds & sesame seeds & toss to mix.

* Look for hot chili oil in the Oriental food section of market. *

Dressing:

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

Oriental Spicy Wings

Yield: 1 Servings

Ingredients

1/2 tb black pepper
2 tb water
1 tb sesame seeds toasted
1 tb s & b red label
1/2 c sugar
1/2 c soy sauce
1/2 whole garlic
1 bag wing drumettes

Instructions

Dip wings in flour (NO seasoning). Place in hot oil (done when rise to the top and brown). Drain on paper towel. Dip once in sauce

NOTES : Save sauce for reuse. Add to it whenever used.

Recipe by: Paula Henderson/Diane Mingo (Kadena AB)

Posted to recipelu-digest Volume 01 Number 255 by Jill Winter on Nov 14, 1997

Oriental Steak

Yield: 1

Ingredients

1 1/2 lb flank steak
2 tb soy sauce
1 tb honey
1 tb rice wine vinegar

1 ts ground ginger
1 clove garlic minced
2 green onions sliced
1 tb sherry
1/3 c vegetable oil

Instructions

Place meat in shallow glass baking dish. Combine remaining ingredients and whisk together. Pour over meat and marinate in refrigerator overnight. Turn occasionally. Remove meat from marinade and broil or grill to desired doneness (about 7 minutes on each side for rare.)

Tip: A commercial horseradish sauce may be served with this.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Oriental Steamed Bun

Yield: 0 Servings

Ingredients

225 ml water
1 packet yeast
1 Tbls sugar
1/2 ts salt
400 g flour
1 ts white vinegar
up to 2 Tbls liquid or solid oil
50 g sugar

Instructions

1. Line steamer tray (this can be a bamboo steamer, or even a folding vegetable steamer) with fresh greens to prevent sticking. Bring water to a boil. Pull out a roundish lump of dough, and without pressing all the air out of it, push your thumb into it to form a cup. For a lump the size of a small egg, fill with about a teaspoon of filling. Pull the edges together and pinch, sealing securely.
2. Place in steamer, allowing 1 cm between dumplings for expansion, more if they are larger. Cover and steam for 5-10 min. (depending on size), or until the dough becomes "breadly" and a smooth skin has formed. Remove to a plate or bowl to keep warm.
1. Measure the ground spices into a small bowl or plate.
2. Mix the stock, soy sauce, and cornstarch in another small bowl.
3. Stir-fry garlic and onions until soft, 1-2 minutes. Add the crunchy vegetables and stir-fry 1 minute. Add the tofu, stir until it warms. Push out of the way and add ginger, stir frying until it becomes fragrant.
4. Add the spices, then quickly stir the cornstarch mixture until it has no lumps and add to pan. Cook until the liquid thickens and glazes. Remove from heat.
1. Add the yeast to the cup of warm (not over 70 oC) water, and let sit for 5-15 minutes, until it starts to foam (if it doesn't foam, the yeast is a dud).
2. Add sugar, salt, vinegar and oil (if used). Stir in 250 g flour until well mixed and a very soft, sticky dough is formed. Gradually add more flour until the dough can be handled, then turn out onto lightly floured surface and knead in remaining flour, up to a total of 400 430 g as needed. Knead dough 10 minutes or until it is very elastic, and has a smooth surface. Can be made in a food processor or mixer with dough hook. Follow product instructions.

3. Place in oiled bowl, oil top or place in a humid place to rise, covered 1 1.5 hours. If desired, punch down and let rise additional 1 hour until doubled again this will improve the bread texture. .SH "Pressed Tofu"

Tofu can be pressed to make it firmer and remove excess water. If you can't get "extra firm" tofu, or if the tofu has been soaking up water for a month, you might want to do this. I cut the pound tofu block in half horizontally, making two short planks. This is convenient for storing half in water, and for pressing the other half. Take the half pound of tofu, heat in microwave until it is very hot and soft and steamy, about 2.5 min. Place the plank on an upside-down plate in bottom of the sink. Place another plate on top, and weight with a pot of water or other weight, 1-2 kg until the tofu is cool. It will be firmer and chewier, and can be crumbled or cut into dice for later use.

Author's Notes: Here is a recipe my husband and I concocted from a couple of other recipes.

The filling and ingredients for Chinese yeast dough are adapted from "Oriental APPETIZERS & LIGHT MEALS" by Susan Fuller Slack, HPBooks according to her, the filling is Malaysian style. It originally called for PORK, but we substituted tofu, and found the result to be delicious. I think the filling is almost infinitely variable. The tofu is important for texture, but the vegetables could be decreased or increased, if the spices were varied accordingly. Filling made from tofu, pressed, and 1/2 cup vegetables.(see recipe) 1 loaf's worth of soft bread dough, more than doubled (see recipe)

I found the filling a little on the salty side, and I think I would leave out some or all of the white salt. I left out the 5-spice powder, not having any, and didn't notice the lack. Don't overfill or overstretch the dough it will rip. This is a great finger food, and is good cold for lunch, too.

Difficulty : complicated.

Precision : measure ingredients.

Contributor: Renee P. Mattie mattie@sun0.chem.upenn.edu

Oriental Steamed Fish

Yield: 6 Servings

Ingredients

4 white fish steaks, about 3/4 thick

1 tb slivered fresh ginger root

1/4 c orange juice

2 tb soy sauce

1 1/2 ts distilled white vinegar

1/2 ts brown sugar

1 ts sesame oil

2 green onions and tops, minced

Instructions

Place fish, in single layer, on oiled rack of bamboo steamer sprinkle ginger evenly over fish. Set rack in large pot or wok of boiling water (do not allow water level to reach fish). Cover and steam 8 to 10 minutes, or until fish flakes easily when tested with fork.

Meanwhile, combine orange juice, soy sauce, vinegar and brown sugar in small saucepan bring to boil. Remove from heat stir in sesame oil. Arrange fish on serving platter sprinkle green onions over fish and pour sauce over all.

Serves: 4 From: Kikkoman recipe booklet Posted by: Debbie Carlson - Cooking Echo

Oriental Steamed Trout

Yield: 4 Servings

Ingredients

1 tb chablis or other dry white wine
1 tb low-sodium soy sauce
1/2 ts dark sesame oil
2/3 c minced green onions
1 tb grated orange rind
1 ts peeled minced gingerroot
4 trout fillets, (4-ounce)
1 md unpeeled cucumber, sliced

Instructions

Combine wine, soy sauce, and oil, and set aside.

Combine green onions, orange rind, and gingerroot.

Line a vegetable steamer with aluminum foil. Arrange fish in steamer top fish with onion mixture. Place steamer over boiling water. Cover and steam 12 minutes or until fish flakes easily when tested with a fork.

Yield: 4 servings (serving size: 3 ounces fish and cucumber slices).

Per serving: 141 Calories 6g Fat (38 calories from fat) 17g Protein 4g Carbohydrate
46mg Cholesterol 166mg Sodium

NOTES : Place fish on a serving platter drizzle with soy sauce mixture. Arrange cucumber slices around fish, and serve immediately.

Recipe by: Cooking Light, Sept 1993, page 134

Posted to MC-Recipe Digest V1 #430 by igor@digex.net on Jan 28, 1997.

Oriental Stew

Yield: 6 Servings

Ingredients

5 c vegetable stock
1 sm onion, thinly sliced *
2 cloves garlic, minced
1 tb minced gingerroot
1 1/2 tb soy sauce
3 stalks bok choy **
1 sweet red pepper, julienned
1 c broccoli florets
1 carrot, shredded
1 c sliced mushrooms (3 oz)
1/2 c peas
2 oz buckwheat noodles (1/2 cup)
1/2 lb firm tofu, cut in 1/2 cubes
1/4 c watercress leaves

Instructions

* or 2 scallions, chopped ** diagonally sliced, also shred leaves GARNISH: blanched peapods, thin scallion slices, celery leaves, toasted sesame seeds, finely shredded lettuce or watercress leaves, Optional. Place 1/2 cup of the vegetable stock in a Dutch oven or 3 1/2 5 qt saucepan and bring to a boil. Add onion, garlic, and ginger simmer for 3 minutes. Stir in remaining stock and soy sauce.

Cover pot and bring to a gentle boil. Add remaining ingredients. Test for doneness: noodles should be softened vegetables should remain crisp/tender. Timing about 8 minutes. Top each serving with one of the garnishes. VARIATIONS: substitute 1 c cooked brown rice for the buckwheat noodles substitute or add other vegetables such as chopped green peppers, chopped water chestnut, chopped jicama root, shredded spinach, chopped celery, or bamboo shoots. to shorten prep time, use only 2 vegetables onion and peas for a "hotter" soup, subst. 1/2-1 t dry crushed red pepper stir in 1 t toasted Sesame Oil or 1/2 t Chinese hot oil just before serving for additional protein and flavor, stir Egg Threads into soup just before serving EGG THREADS: In a small skillet, heat a little margarine. When it begins to bubble, add 1 egg beaten with a little cold water. Tilt the pan so the yolk mixture coats it in a thin layer, the thinner the better. When the egg is lightly cooked, turn it out onto a cutting board. Slice it into very thin strips with a sharp knife. (makes about 1/3 cup)

Oriental Stir-Fried Chicken

Yield: 4 Servings

Ingredients

1 oz dried Chinese black mushrooms *see Note
1 c warm water more if needed
1/2 c sliced almonds
1 md onion
4 celery stalks
1 head broccoli about 1 pound
2 skinless boneless chicken breast total weight about
6 tb vegetable oil
1 ts sesame oil
Marinade:
1/4 c soy sauce
1/4 c rice vinegar or dry sherry
2 ts cornstarch

Instructions

Prepare the Vegetables and Almonds: Put the mushrooms in a bowl, cover with the warm water, and let soak 30 minutes. while the mushrooms are soaking, toast the almonds and prepare the remaining vegetables. Heat the oven to 375°. Spread the almonds evenly on the baking sheet and toast in the oven until lightly browned, 6-8 minutes. Cut the onion lengthwise in half. Cut each half into 4 or 5 wedges. Trim the ends from the celery stalks and cut the stalks crosswise, on the bias, into 1/2-inch thick sliced. Cut off the broccoli heads, discarding the stems. Cut the heads into very small florets. Drain the mushrooms, reserving the liquid. Trim off any hard woody stems, then slice the mushrooms. Strain the liquid through a strainer lined with paper towels to remove any grit or sand. Slice and Marinate the Chicken: Remove the tendon from each chicken breast half. Separate the fillet from each breast half by lifting the end of the fillet and pulling it toward you. With the chef's knife, cut the fillet into thin strips. Holding your hand firmly on top of the breast, cut the meat on the bias into very thin slices. You should get 10-15 slices from each breast.

In a bowl, mix together the soy sauce, rice wine, and cornstarch, stirring until the cornstarch is dissolved. Add the chicken and stir until coated. Marinate about 15 minutes while you cook the vegetables.

Cook the Stir-Fry: Heat half of the vegetable oil in the wok. Add the onion and celery and stir and toss over quite high heat until the vegetables begin to soften 1-2 minutes. Add the broccoli and fry, stirring and tossing constantly, until it begins to soften, 2-3 minutes.

Stir the mushrooms into the vegetables and cook, stirring and tossing, about 2 minutes. If using fresh mushrooms, be sure to cook them until all liquid has evaporated.

Remove all the vegetables from the wok to a bowl and set them aside in a warm place. Wipe the wok with paper towels. Add the remaining vegetable oil to the wok and heat it.

Drain the chicken slices and strips, reserving the marinade liquid. Add the chicken to the wok and cook over high heat, stirring and tossing, until the chicken is no longer opaque, 2-3 minutes. Return the vegetables to the wok and stir to mix with the chicken.

Add 1/4 cup of the reserved mushroom soaking liquid. Pour in the reserved marinade liquid and cook, stirring 2 minutes. As the marinade liquid cooks, the cornstarch will slightly thicken the sauce. Sprinkle the stir-fry with the sesame oil, stir, and taste for seasoning, adding more soy sauce, rice wine, or sesame oil to your taste.

Sprinkle the toasted almonds over the stir-fry and serve in individual bowl over Chinese noodles.

Formatted by Lindell Martin 2/4/2000.

Source: "Perfect Chicken Dishes, pages 66-69"

Copyright: "Anne Willan"

Per serving: 503 Calories (kcal) 33g Total Fat (57 calories from fat) 37g Protein 19g Carbohydrate 68mg Cholesterol 1186mg Sodium Food Exchanges: 1/2 Grain(Starch) 4 Lean Meat 2 1/2 Vegetable 0 Fruit 6 Fat 0 Other Carbohydrates

Serving Ideas : Serve over Chinese noodles or rice.

NOTES : Stir-frying invites endless variations the key is to use fresh ingredients, finely cut to ensure quick, even cooking. Here chicken is lightly marinated and untied with celery, Chinese mushrooms, and almonds.

The vegetables and chicken can be prepared up to 1 hour ahead, and the almonds toasted a day in advance.

* If you cannot find dried Chinese mushrooms, 1/2 pound fresh mushrooms cleaned and sliced, can be substituted.

Contributor: Anne Willan

Oriental Strudel

Yield: 1

Ingredients

15 ml waitrose sunflower oil (1tbsp)
4 salad onions finely sliced
1 cm (1/2) piece fresh root ginger, peeled and grated
1 clove garlic crushed
55 g mushrooms finely sliced (2oz)
1 120 g pack batchelors beanfeast savoury mince
30 ml waitrose dark soya sauce (2tbsp)
60 ml waitrose amontillado sherry (4tbsp)
30 ml sharwood's plum sauce (2tbsp)
425 ml water (15fl oz)

8 sheets cypressa filo pastry
55 g butter or margarine melted (2oz)

Instructions

Heat the oil in a wok and gently fry the onions, ginger and garlic for 1-2 minutes. Add the mushrooms and continue to fry for a further 2-3 minutes.

Add the Beanfeast Savoury Mince, soya sauce, sherry, plum sauce and water. Stir well and simmer gently, stirring occasionally for 15 minutes or until all the liquid has been absorbed. Allow to cool.

Take four sheets of the filo pastry, brush with a little melted butter and place on top of each other on a greased baking tray.

Spread half the mixture evenly over the pastry, leaving 5cm (2") space around the edges. Fold the two short ends in, then lift over the sides to enclose the filling. Turn over and brush with more melted butter. Make a second strudel in the same way.

Place strudels in a preheated oven 190°C, 375°F, gas mark 5, for 30 minutes. Serve with egg noodles tossed in a little sesame oil, or a crisp salad.

Converted by MCBuster.

NOTES : Makes 2 strudels. Serves 4-6. This strudel combines the light and crispy texture of filo pastry with an aromatic filling to provide a delicious supper dish. For a special occasion you could make individual filo 'purses', using squares of pastry gathered at the top and baked in the same way.

Converted by MMBuster v2.01.

Oriental Stuffed Chicken Rolls With Sweet-Sour Apricot Sa

Yield: 5 Servings

Ingredients

5 lg chicken breasts boneless
2 tb cornstarch mixed with 1/4
2 c buttermilk baking mix
1 water
1/3 c chopped green onions
2 eggs slightly beaten with 2 tb oil
1 water
1 c minced shrimp
1 oil for deep-fat frying
8 oz water chestnuts drained and
1 sweet-sour apricot sauce chopped
3/4 c bean sprouts rinsed and drained
1/2 c packed brown sugar
3 tb soy sauce
2 tb soy sauce
1 tb instant chicken bouillon
1/2 ts dry mustard

Instructions

Looking for a new way to treat some leftovers, Margaret Thompson of Chicago, an innovative cook, decided to use chop suey as a filling for a French-style chicken roll. The dish was such a success that she went one step further and concocted a delicious Oriental-style filling of her own. Buttermilk baking mix gives the chicken an extra-crunchy coating, topped by a sauce quickly made from apricot preserves. To round out the menu, Mrs. Thompson serves crisp Chinese noodles or steamed rice, cabbage slaw with an oil-vinegar dressing, fruit compote with Chinese almond cookies and tea.

Place chicken between pieces of waxed paper and with a mallet or broad side of a cleaver, pound thin. Dredge in baking mix set chicken and baking mix aside.

In large skillet, saute onions in oil until tender. Add shrimp, water chestnuts, bean sprouts, soy sauce and bouillon cook and stir until shrimp are opaque.

Add cornstarch mixture cook and stir until thickened.

Place 2 tablespoons filling at one end of each breast half roll up and secure with toothpicks. Dip in egg mixture roll in remaining baking mix.

Heat oil in fryer to 400~F. Fry rolls 2 at a time 10 minutes or until golden brown.

Drain keep warm in 300~ oven until serving time. Serve with Sweet-sour Apricot Sauce.

NOTE: chicken can be pounded and dredged and filling can be made a day ahead. Refrigerate until ready to use. Sauce keeps refrigerated at least one month.

Sauce Combine all ingredients in small saucepan. Stir over medium-low heat until sugar dissolves. Serve warm or at room temperature.

Makes about 2/3 cup.

From: Date: 05/30

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Oriental Stuffed Eggplant

Yield: 6 Servings

Ingredients

3 tb soy sauce

3 tb water

2 ts ginger, grated

1 ts sesame oil, toasted

1 tb rice vinegar

1/3 lb tempeh, cut into thin strips

4 ts vegetable oil

3 ea japanese eggplants, halved

3 tb sesame seeds

1 tb mellow miso

2 tb mirin

1 ts ginger, grated

1 tb water

Instructions

Preheat oven to 350F.

Combine soy sauce, water, ginger, sesame oil & vinegar in a shallow glass dish. Add tempeh & marinate it for several hours. Remove tempeh & reserve the marinade. Saute the tempeh in 3 ts oil until it is evenly browned on all sides. Add reserved marinade & continue to saute until the liquid has been absorbed.

Brush the cut surfaces of the eggplant with the remaining oil. Bake until tender, about 15 minutes. Set aside until cool enough to handle. Scoop out the flesh being careful not to break the skins.

Chop pulp into a mixing bowl.

Lightly toast the sesame seeds in a small skillet over a very low heat. Stir constantly to prevent burning. When they begin to crackle, remove from heat & grind in a mortar & pestle. Place in a large bowl & mix in the remaining ingredients. Fold in the tempeh & eggplant pulp.

Spoon prepared mixture into the eggplant shells & bake until browned which should take about 20 minutes.

"Vegetarian Gourmet" Fall, 1995

Oriental Stuffed Mushrooms

Yield: 1

Ingredients

2 tb fresh lemon juice
24 lg mushrooms (about 2 1/2 pounds), the stems removed and chopped fine and the caps left whole
3 sl lean bacon
1/4 c minced onion
4 ts minced onion
2 tb soy sauce
1 tb sesame seeds toasted lightly
1/2 c fine fresh bread crumbs plus 1 tablespoon for sprinkling the mushrooms
1 scallion sliced thin, for garnish

Instructions

In a large saucepan combine 6 cups water with the lemon juice, add the mushroom caps, and bring the liquid to a boil. Simmer the mushroom caps for 6 minutes, transfer them to paper towels, and let them drain.

(Blanching the mushroom caps will prevent them from wrinkling while they are baking.)

In a skillet cook the bacon over moderate heat until it is crisp, transfer it to paper towels, and let it drain. Pour off all but 1 1/2 tablespoons of the fat from the skillet, in the remaining fat cook the onion, the garlic and the mushroom stems over moderately low heat, stirring, until the vegetables are softened, and add the soy sauce, the sesame seeds, 1/2 cup of the bread crumbs, the bacon, crumbled, and pepper to taste. Cook the mixture, stirring, for 1 minute, or until it is slightly dry, divide it among the mushroom caps, mounding it, and transfer the stuffed mushrooms to a jelly-roll pan. (The mushrooms may be prepared up to this point 1 day in advance and kept covered tightly with plastic wrap and chilled.)

Sprinkle the remaining 1 tablespoon bread crumbs over the mushrooms and bake the mushrooms in the middle of a preheated 325F oven for 7 minutes, or until the filling is heated through. To make the filling crisper the cooked mushrooms may be put under a preheated broiler about 4 inches from the heat for 1 minute. Garnish the mushrooms with the scallion.

Makes 24 stuffed mushrooms.

Gourmet June 1990

Converted by MCBuster.

Converted by MMBuster v2.01.

Oriental Style Beef Filets With August Moon Sauce

Yield: 4 Servings

Ingredients

4 oz to 4 oz beef filets
1 ts seasoned salt
4 ts soy sauce
4 ts vegetable oil
1 c chopped peanuts
8 water chestnuts, coarsely grated
1 md clove garlic, minced

1/4 ts lemon and pepper seasoning
1/2 c snipped parsley
august moon sauce:
1 tb cornstarch
1/4 ts ground ginger
2 1/2 tb sugar
3/4 c orange juice
2 tb small orange rind, slivered

Instructions

Source: MAINBEEF.ZIP

GARNISH: Remaining chopped peanuts Savoy or leaf lettuce Green onion flowers
Prick filets with fork. Mix salt, soy sauce and vegetable oil. Brush over filets let set 30 minutes. Reserving 2 Tbsp for garnish, blend together peanuts with chestnuts, garlic and lemon and pepper seasoning. Spread mixture on top and sides of filets. Pat parsley on tops and sides. Place filets in greased 9 x 12 x 2" baking pan. Bake @ 400 degrees 18 to 20 minutes or until desired doneness.

Sauce: In small saucepan, combine cornstarch, ginger, sugar, orange juice and orange rind slivers. Cook over low heat, stirring constantly, for 5 minutes or until thickened. Remove filets to platter. Spoon 2 Tbsp sauce over each filet. Serve remaining sauce in small pitcher. Sprinkle remaining peanuts over tops. Surround with lettuce and green onion flowers. Serves 4.

Oriental Style Beef Filets

Yield: 4 Servings

Ingredients

4 4 oz. beef filets
1 ts seasoned salt
4 ts soy sauce
4 ts vegetable oil
1 c chopped peanuts
8 water chestnuts, coarsely grated
1 md clove garlic, inced
1/4 ts lemon and pepper seasoning
1/2 c snipped parsley

AUGUST MOON SAUCE-

1 tb cornstarch
1/2 ts ground ginger
2 1/2 tb sugar
3/4 c orange juice
2 tb small orange rind, slivered

GARNISH-

1 remaining chopped peanuts
1 savoy or leaf lettuce
1 green onion flowers

Instructions

Prick filets with fork. Mix salt, soy sauce and vegetable oil. Brush over filets let set 30 minutes. Reserving 2 tbsp. for garnish, blend together peanuts with chestnuts, garlic and lemon and pepper seasoning. Spread mixture on top and sides of filets. Pat parsley on tops and sides. Place filets in greased 9 x 12 x 2" baking pan. Bake @ 400 degrees 18 to 20 minutes or until desired doneness.

Sauce: In small saucepan, combine cornstarch, ginger, sugar, orange juice and orange rind slivers. Cook over low heat, stirring constantly, for 5 minutes or until thickened. Remove filets to platter. Spoon 2 tbsp. sauce over each filet. Serve remaining sauce in small pitcher. Sprinkle remaining peanuts over tops. Surround with lettuce and green onion flowers. Serves 4.

Oriental Style Beef Kabobs

Yield: 4 Servings

Ingredients

1/3 c soy sauce
2 tb sugar
2 tb water
1 tb sherry extract
2 cl garlic, minced
1 ts grated ginger root
1 1/2 lb boneless beef top sirloin
1 steak, cut 1 thick
8 1 x 1 cubes fresh pineapple
1 sm green pepper, cut into 8 pieces

Instructions

Combine first 6 ingredients. Cut steak into 16 1" cubes place in plastic bag. Pour marinade over beef, turning to coat. Tie bag securely and marinate in refrigerator 6 to 8 hours or overnight. Drain marinade into small saucepan. Cook slowly 5 minutes. Alternately thread 4 beef cubes, 2 pineapple cubes and 2 green pepper pieces on each of 4 12" skewers. Place kabobs on grill over ash-covered coals so surface of meat is 3 to 4" from heat. Boil 15 to 20 minutes, depending on doneness desired (rare or medium), turning and brushing with marinade occasionally. Makes 4 servings.

Oriental Style Dressing #1

Yield: 1 Servings

Ingredients

4 tb soy sauce
1 ts honey
1/2 ts five spice powder
3 tb garlic oil
3 tb sesame oil

Instructions

Mix all ingredients in a shaker jar. Secure cap tightly and shake vigorously. Shake again just prior to use.

Date: 06 Jun 96 12:50:17 EDT

From: "Glen T. Greenman"

Recipe By : The Disney Institute

MM-Recipes Digest V3 #157

From the MealMaster recipe list. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Oriental Style Dressing #2

Yield: 1 Servings

Ingredients

1/4 c teriyaki sauce
1/4 c water
2 tb sesame seeds toasted
2 tb wine vinegar
1 tb salad oil
1/8 ts ground ginger

Instructions

From: Cheryl Miller

Date: Tue, 23 Jul 1996 22:15:41 +0000

In a screw-top jar, combine all ingredients and shake vigorously. Cover and chill. Keeps several weeks in the refrigerator. Excellent for salad greens with chopped chicken!!!

EAT-L Digest 23 July 96

From the EAT-L recipe list. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Oriental Style Meatloaf From Live!/Regis & Ka

Yield: 4 Servings

Ingredients

1 tb vegetable oil
3/4 c chopped scallions with greens inclu
1 ts chopped garlic
1/2 c water chestnuts, drained and chopped
3/4 lb ground beef
3/4 lb ground turkey
1 ts grated fresh ginger
1/4 c fresh coriander leaves (cilantro),
1/2 c fine bread crumbs
3 tb soy sauce
1 ea egg, beaten
1/4 c dry sherry
1 ea white pepper, to taste
1 ea your favorite barbecue sauce

Instructions

Preheat oven to 425 degrees F. Heat the oil in a non-stick skillet, add the scallions, garlic, and water chestnuts. Cook briefly until wilted. Set aside. Place the beef and turkey in a mixing bowl. Add the scallion mixture and remaining ingredients, except barbecue sauce. Blend well with your hands, taking care not to overmix. Divide the meatloaf mixture into four equal portions and place in four individual 1 1/2 C. souffle dishes. Smooth the tops. Set the souffle dishes in a large pan with an inch of water and bring to a boil on top of the stove. Place the pan with the souffle dishes in the oven and bake for 30 minutes. Let the loaves cool about 5 minutes before unmolding. Spoon barbecue sauce over and around each loaf. Makes 4 servings.

Typo's by Connie Robertson clonnie@cyberhighway.net

Oriental Style One-Dish Dinner

Yield: 2 Dozen

Ingredients

1 lb ground pork
2 c chopped chinese or regular cabbage

2 ea carrots, shredded
1 ea onion, chopped
8 ea mushrooms, quartered
6 ea water chestnuts, sliced
1 ts grated fresh ginger root
1/3 cup soy sauce 75 ml
1-1/2 c short grain rice
2 c chicken stock
1 md zucchini, chopped
1/2 lb asparagus, sliced diagonally
1 ts salt
1 freshly ground pepper
4 ea green onions, chopped

Instructions

Lightly oil wok or skillet add pork and stir-fry until meat is no longer pink. Stir in cabbage, carrots, onion, mushrooms, water chestnuts and ginger stir-fry for 2 minutes. Mix in soy sauce, then rice stir gently.

Pour in stock. Cover tightly and simmer about 20 to 25 minutes until liquid is almost absorbed.

Stir in zucchini and asparagus continue to cook about 5 minutes longer.

Season with salt, and pepper to taste. Serve garnished with green onions.

Makes 6 servings.

Oriental Style Ribs

Yield: 4

Ingredients

150 g clear honey (5oz)
1 tb soy sauce
1 tb sesame oil
2 cloves garlic crushed
2 pieces lemon grass finely chopped
2 1/2 cm (1 inch) piece root
1 ginger, grated
1 ts sesame seeds
1 salt and freshly ground black pepper
8 chunky or standard pork ribs

TO SERVE

1 sesame seeds
2 salad onions, sliced diagonally

Instructions

1. Mix together the honey, soy sauce, sesame oil, garlic, lemon grass, ginger, sesame seeds and seasoning.
2. Place the ribs in a shallow dish and pour over the marinade.
3. Allow to marinate for 2 hours.
4. Place the ribs under a preheated moderate grill for 30-40 minutes (depending on size), turning occasionally and brushing with the marinade.
5. Serve on a bed of rice, sprinkled with the sesame seeds and salad onions.

Converted by MCBuster.

NOTES : A delicious traditional marinade for spare ribs. Note the marinading time before cooking !

Converted by MMBuster v2.0l.

Oriental Supper Salad

Yield: 4 Servings

Ingredients

1 lb fresh green beans trimmed
2 scallions sliced
1 md tomato chopped
1/2 c vegetable oil
1/4 c fresh lemon juice
2 tb soy sauce plus 1 teaspoon
1/2 ts sugar
1 clove garlic cut in half
1 ds salt
1 ds pepper
2 tb mayonnaise
2 c cooked chicken cut into thin strips
2 c salad greens torn into bite size
2 c fresh bean sprouts
6 radishes thinly sliced
1/2 c walnut pieces

Instructions

Place trimmed beans in medium saucepan in 1 inch lightly salted boiling water, cook, covered, 8 minutes or until crisp-tender. Drain combine with scallions and tomato in medium bowl. Mix vegetable oil, lemon juice, 2 tablespoons soy sauce, sugar, ginger, garlic, salt and pepper and pour over green bean mixture. Refrigerate at least 1 hour, stirring occasionally.

Blend remaining 1 teaspoon soy sauce with mayonnaise in small bowl, add chicken and mix well. Refrigerate. Just before serving, combine in large salad bowl salad greens, bean sprouts, radishes, walnuts, chicken and marinated green bean mixture. Toss to mix well.

Oriental Sweet-And-Sour Pasta Salad

Yield: 1 Servings

Ingredients

1 pk suddenly salad classic pasta salad mix
2 tb vegetable oil
3 tb cold water
1 tb vinegar
1 tb soy sauce
2 ts sugar
1 1/2 cups cut-up cooked -chicken
1/2 c red bell pepper strips, cut in half
1/2 c bite-size pieces fresh chinese pea pods
1 cn (8 ounces) sliced water chestnuts, drained

Instructions

Prepare salad as directed on package ,except stir vinegar, soy sauce and sugar into water-oil mixture. Stir in remaining ingredients before tossing with Parmesan Cheese.

6 servings.

From the files of Al Rice, North Pole Alaska. Feb 1994

Oriental Toasted Nuts *

Yield: 1 Servings

Ingredients

-PATTI VDRJ67A-

1 c walnut pieces

1 c pecan pieces

3 tb margarine or butter

3 tb soy sauce

2 ts lemon juice

3/4 ts ginger

1/2 ts garlic powder

Instructions

Heat oven to 325~. Spread nuts on ungreased jelly-roll pan. Bake for 5 minutes or until lightly browned. Meanwhile, melt margarine in small skillet stir in remaining ingredients. Pour over nuts bake an additional 10-15 minutes, stirring twice. Makes 2-1/4 cups.

Oriental Tofu Stir Fry By Jane Reinhardt-Martin,Rd,Ld

Yield: 1

Ingredients

1 pk white wave oriental tofu cubed

1 clove garlic

2 lg carrots sliced diagonally

2 sl onion up to 3

1 ts toasted sesame seed oil

1/4 c olive oil

1 tb tamari (soy sauce)

1 stalk celery sliced diagonally

1 grated fresh ginger to taste

1 bn broccoli

3 mushrooms sliced, up to 4

1 tb corn starch

1 tablespoon brown sugar

1/4 c water up to 1/2

Instructions

Preheat wok on high. Add oils then place in carrots, celery and onions stirring constantly. Place water in wok and cover to steam vegetables. Once carrots are tender then add tofu, garlic and ginger and stir mixture together.

Last of all, add broccoli, stir in, add more water and cover to let it steam.

In a glass or bowl combine the corn starch, brown sugar, tamari and water.

Mix thoroughly. Create a hole in the center of the stir fry and add the sauce mixture.

Stir constantly until it thickens. Add more water if mixture becomes too thick. Stir all the ingredients together.

Serve over rice.

Converted by MCBuster.

Per serving: 817 Calories (kcal) 57g Total Fat (57 calories from fat) 24g Protein 70g Carbohydrate 0mg Cholesterol 260mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 13 Vegetable 0 Fruit 11 Fat 0 Other Carbohydrates
Converted by MMBuster v2.0n.

Oriental Trail Mix

Yield: 1 Serving

Ingredients

2 c peanuts
2 c dried corn kernels
1 c almonds
1 c dried peas
3 c rice snacks
1/2 c sesame seeds
2 c cashews
1 c sunflower seeds
2 ts salt

Instructions

Mix all of the ingredients of the recipe in a large mixing bowl. Store in an airtight container. Makes about 3 quarts. From Kids in the Kitchen by Micah Pulleyn and Sarah Bracken.

Contributor: Sue Klapper

Oriental Treasure Soup

Yield: 10 Servings

Ingredients

6 lb chicken
2 medium onions, sliced
4 ribs celery, chopped
2 carrots, cut into chunks
4 sprigs parsley
1 ts salt
1/4 ts white pepper
3 tb soy sauce
1 1/2 tb dry sherry
1 1/2 ts ginger juice
1 1/2 ts sesame oil
1 diced tofu
1 cooked soft chinese noodles
1 sliced green onions
1 sliced fresh mushrooms
1 sliced water chestnuts
1 celery, cut 1-in.-long
1 red bell peppers
1 cilantro leaves

Instructions

Place chickens in large, heavy pot. Add 2 quarts water, onions, chopped celery, carrots, parsley, salt and white pepper and bring to boil. Skim off any scum that rises to top. Cover, reduce heat and simmer 1 1/2 to 2 hours or until chickens are very tender. Remove chickens from pot and set aside. Strain broth. There should be about 7 cups.

Return broth to pot and add soy sauce, sherry, ginger juice and sesame oil. Strip chicken from bones and dice. Add to broth and bring once more to boil. Place in chafing dish over heating unit and keep it at simmer. Arrange tofu, noodles, green onions, mushrooms, water chestnuts, julienned celery, red peppers and cilantro leaves in bowls around chafing dish. Ladle broth into bowls and let guests add ingredients of their choice. (Keep broth very hot, as addition of extra ingredients will cool it.)

Oriental Turkey And Noodles

Yield: 1 Servings

Ingredients

2 tb minced garlic
1 tb grated fresh ginger
1 bn scallions
2 tb oil
1 lb ground pork or turkey
1/4 c soy sauce
5 oz sliced waterchestnuts
1/2 ts crushed red pepper flakes
1/2 lb wide egg noodles, uncooked
3 c boiling water

Instructions

Chop scallions, separating green part from white part. Saute garlic, ginger and white part of scallions in oil in skillet or wok for 30 seconds. Add meat, saute, breaking up with a spoon. Cook until no longer pink, about 5 minutes. Add soy sauce, water chestnuts, and red pepper flakes. Bring to a boil, stirring. Add boiling water and noodles and stir well. Cover and cook over medium heat until noodles are tender, about 7 minutes. Garnish with chopped green scallion parts.

Posted to TNT Prodigy's Recipe Exchange Newsletter by Lynn Nelson on Jul 12, 1997

Oriental Turkey Loaf

Yield: 8 Servings

Ingredients

1 no ingredients
Instructions
1 lb ground turkey
1 lb ground veal
5 green onions chopped
1 TB fresh ginger root chopped
8 oz water chestnuts canned, drained
2 ts Chinese mustart or Dijon mustard
2 TB soy sauce
1 ts sesame oil
2 eggs
7 1/2 oz hoisin sauce jarred
1/2 c breadcrumbs (1/2 3/4)
1/2 ts red pepper flakes

Preheat the oven to 375 degrees. Grease a 9 x 5 x 3-inch loaf pan.

In a large bowl, combine the turkey, veal, green onions, ginger, water chestnuts, Chinese mustard, soy sauce, sesame oil, eggs, 1/2 cup of the hoisin sauce, the breadcrumbs, and red pepper flakes, mixing with a wooden spoon or your hands.

Shape the mixture into a loaf and place it in the prepared pan. Bake for 30 minutes. Remove from the oven and spread the remaining Hoisin sauce over the top. Cover loosely with foil and return to the oven for 30 to 40 minutes longer. Remove from the oven and let cool in the pan for 10 minutes before slicing. Serve warm. Yield: 6 to 8 servings [patH mcRecipe]

Recipe By : Nathalie Dupree Cooks (1996) TVFN
From: Path Date: Sat, 12 Oct 1996 20:19:43 0700 (

Oriental Turkey Salad

Yield: 2 Servings

Ingredients

1/2 c miracle whip
1 tb soy sauce
1/4 ts ginger, ground
1 lb turkey breast cooked
1 ea bell peppers, red
1 c pea pods partially cooked
1 ea carrots
1 ea onions, green

Instructions

Slice turkey breast and bell pepper into strips. Slice pea pods lengthwise. Slice carrot diagonally. Chop onion. Mix salad dressing, soy sauce, and ginger in large bowl. Add remaining ingredients chill. Serve on lettuce-covered platter.

MM by Sylvia Steiger, GENIE THE.STEIGERS, CI\$ 71511,2253, GT Cookbook echo moderator at net/node 004/005

Oriental Turkey Soup

Yield: 4

Ingredients

1 1/4 l chicken stock (2 pints)
125 g cooked turkey cut into thin strips (4oz)
1 bn salad onions sliced diagonally
1 red pepper de-seeded and sliced into thin strips
175 g oyster mushrooms roughly chopped (6oz)
75 g bamboo shoots (3oz)
2 cm (1 inch) piece fresh root ginger, finely grated
2 tb dry sherry
2 tb dark soy sauce
1 salt and freshly ground black pepper
1 tb freshly chopped coriander

Instructions

Place the stock in a large saucepan and bring to the boil.

Add the turkey, salad onions and pepper, simmer for 2 minutes.

Stir in the mushrooms, bamboo shoots, ginger, sherry, soy sauce and simmer for 2 minutes.

Add the seasoning to taste and simmer for a further 1-2 minutes.

Serve immediately with the coriander and some sesame crab toasts.

Converted by MCBuster.

NOTES : A delicious way to use up left over turkey, a real winter warmer.

Converted by MMBuster v2.0l.

Oriental Vegetable Salad

Yield: 8 Servings

Ingredients

1 cn (20 oz.) unsweetened
1 pineapple chunks undrained
2 tb white wine vinegar
2 tb low sodium soy sauce
1 ts sesame oil
1/2 ts minced gingerroot
1/2 lb snow peas trimmed
1 1/4 c diagonally sliced carrots
1 1/2 ts sesame seeds
1 bn watercress
2 md size red bell peppers cut into 1/2 in. strips

Instructions

Drain Pineapple, Reserving 1/4 C. Juice Set Pineapple Aside. Combine Reserved Juice, Vinegar, Soy Sauce, Oil, & Gingerroot in A Small Bowl. Stir Well, Cover & Chill.

Place Snow Peas in A Steamer Over Boiling Water. Cover & Steam 1 Min. OR Until Crisp-Tender. Rinse With Cold Water, Drain & Set Aside.

Place Carrots in Steamer Over Boiling Water. Cover & Steam 3 Min.

Rinse With Cold Water Drain & Set Aside.

Line A Large Serving Platter With Watercress. Arrange Pinapple, Snow Peas, Carrots & Bell Peppers Attractively Over Watercress. Cover & Chill. To Serve Pour Vinegar Mixture Over Salad Sprinkle With Sesame Seeds. (Fat 1.3 Grams.)

Oriental Vegetable Soup

Yield: 6 Servings

Ingredients

1 9 oz pkg frozen French-cut green beans
1/2 c coarsely shredded carrot
2 tb thinly sliced green onions
3 10.5 oz cans vegetable broth
2 tb dry sherry
1 tb plus 1 tsp. low sodium soy sauce
1/2 ts salt
4 1/8" slices peeled gingerroot
1/2 lb firm tofu drained & cubed

Instructions

Combine first 5 ingredients in a glass measure. Cover with heavy-duty plastic wrap and vent. Microwave on high for 5 minutes or until beans are thawed, gently separately with a fork after 3 minutes. Drain. Spoon into a bowl and set aside.

Combine broth and next 4 ingredients in a glass measure. Cover with heavy-duty plastic wrap and vent. Microwave on high for 5 to 7 minutes or until mixture boils.

Discard gingerroot. Add vegetable mixture and tofu.

Cover with wax paper and microwave on high for 3 to 4 minutes or until thoroughly heated. Let stand, covered, 2 minutes.

Oriental Vegetables

Yield: 6 Servings

Ingredients

1 tb vegetable oil
1/2 ts sesame oil
1/8 ts dried crushed red pepper
1/4 lb fresh trimmed pea pods
1 c thin sliced bok choy
1/4 c chicken broth/water
1/2 c enoki mushrooms
1 soy sauce
2 connected microwave safe paper towel sheets

Instructions

Combine vegetable oil, sesame oil and red pepper. Microwave on high 1-2 minutes, or until hot. Add pea pods and bok choy. Toss to coat.

Place vegetables on perforation of towel. Fold long sides toward center, enclosing food. Fold both ends toward center, overlapping on food. Place packet on microwave safe plate, perforated side up. Pour chicken broth evenly over packet. Microwave on high 5-7 minutes or until vegetables are tender crisp, rotate plate once. Stand for 2 minutes. Open packet along perforations. Stir in mushrooms. Sprinkle with soy sauce.

Oriental Veggies

Yield: 4 Servings

Ingredients

1/2 c onion, sliced
1 c carrot, sliced
1 c cauliflower, sliced
1 c green beans, sliced
2 tb peanut oil
1 c water
2 ts chicken broth
2 ts cornstarch
1 pn garlic

Instructions

In skillet, heat oil and cook sliced green beans, cauliflower, carrots and onions. Combine sauce ingredients: water, chicken stock base, cornstarch and garlic powder. Add to cooked vegetables. Heat through until thickened. You can vary recipe by increasing onion or using 1/2 the amount required for onions and replace it with celery.

Oriental Venison Cutlets

Yield: 8 Servings

Ingredients

16 venison cutlets (3 oz ea)
2 tb olive oil
1 tb fresh chopped basil
1 tb fresh chopped chervil
1 tb fresh chopped cilantro
1 tb fresh chopped mint
1 tb fresh chopped flat parsley

2 tb sesame oil
1 tb chopped garlic
2 tb chopped shallots
2 tb unpeeled grated ginger
2 tb soy sauce
1 1/2 c chicken broth
1 tb butter

Instructions

Cervena sponsored a contest involving some of America's best chefs.

One of the finalists was Philippe Chin or Chanterelles in Philadelphia, with this recipe. In a large skillet, heat olive oil over medium high heat. Sear cutlets quickly to desired doneness remove from pan and keep warm. Mix herbs together coat each cutlet with sesame oil and herbs.

Add garlic, shallots, ginger, soy sauce and chicken stock to pan juices. Simmer about 8 minutes. Swirl in butter return to simmer.

Arrange venison slices on plates and spoon sauce over each. Serve immediately.

Oriental Vinegar

Yield: 1 Servings

Ingredients

2 c rice wine vinegar
6 black whole peppercorns
1 chunk peeled fresh ginger (about 1 1/2 x 3/4 x 3/8 i thin
1-inch strip lemon zest
1 14-to 15-inch stalk lemon grass

Instructions

Combine the vinegar, peppercorns, ginger, and lemon zest in a clean and dry 16-oz bottle. Trim the bottom of the lemon grass, remove the outer leaf, and cut it in half crosswise. Add the lemon grass to the bottle. Seal with a cork and steep for 1 week. The vinegar should be ready to use immediately after steeping, with a shelf life of at least 1 year.

YIELD: 2 cups

Posted to EAT-L Digest 09 Jan 97

Recipe by: Homemade in the Kitchen

From: Sean Coate

Date: Fri, 10 Jan 1997 15:59:41 -0500

Oriental Wings

Yield: 1 Servings

Ingredients

30 chicken wings *
2 eggs beaten
1 c flour
1 ts garlic powder
1/2 ts pepper
1 oil for deep frying
1 c teriyaki sauce
1 c honey

Instructions

* Tips removed and wings cut into 2 pieces. Dip the wings into the beaten eggs and allow them to drain for a few minutes. Next dredge in flour seasoned with the garlic powder, pepper and salt until they are fully coated. Heat oil between 350 and 360 F., or until a drop of beaten egg rises bubbly to the surface. Deep fry several at a time until golden brown and crisp. Drain on paper towels. Mix teriyaki sauce and honey. After wings have drained, but are still hot, brush or marinate with sauce mixture. I would recommend that you let them marinate for 5-10 minutes. Shake off excess sauce, and serve hot. Bon Appetit! Della

Oriental-Style Beef Kabobs

Yield: 4 Servings

Ingredients

1/3 c soy sauce
2 tb sugar
2 tb water
1 tb sherry extract
2 cl garlic,minced
1 ts grated ginger root
1 1/2 lb boneless beef top sirloin steak, cut 1 thick
8 1 x 1 cubes fresh pineapple
1 sm green pepper, cut into 8 pieces

Instructions

Combine first 6 ingredients. Cut steak into 16 1" cubes place in plastic bag. Pour marinade over beef, turning to coat. Tie bag securely and marinate in refrigerator 6 to 8 hours or overnight. Drain marinade into small saucepan. Cook slowly 5 minutes. Alternately thread 4 beef cubes,2 pineapple cubes and 2 green pepper pieces on each of 4 12" skewers. Place kabobs on grill over ash-covered coals so surface of meat is 3 to 4" from heat. Boil 15 to 20 minutes, depending on doneness desired (rare or medium),turning and brushing with marinade occasionally. Makes 4 servings. From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Oriental-Style Chicken Soup

Yield: 4 Servings

Ingredients

3 c water
1 pk chicken flavor (3 ounces)
1 oriental-style 3-minute noodles
2 c cut-up cooked chicken
2 md stalks bok choy (with leaves) cut into inch slices
1 md carrot sliced
1 ts sesame oil if desired

Instructions

Heat water to boiling in 3-quart saucepan. Break apart block of noodles into water stir in chicken, bok choy and carrot. Heat to boiling reduce heat. Simmer uncovered 3 minutes, stirring occasionally. Stir in Flavor Packet and sesame oil. 4 SERVINGS. Recipe By : Betty Crocker's Smartcook

Oriental-Style Fish Parcels

Yield: 4

Ingredients

4 plaice fillets defrosted
2 cm (1 inch) fresh root ginger, grated
2 tb light soy sauce or fish sauce
1 grated rind and juice of 1 lime
1 ts clear honey
1 ts sesame seeds
4 salad onions cut into thin strips
1 lg carrot cut into thin strips
1 sm red pepper cut into thin strips
2 ts sesame oil
1 egg noodles to serve

Instructions

Place the fish in a bowl. Mix together the ginger, soy or fish sauce, lime rind and juice, honey and sesame seeds and spoon over the fish to coat. Leave to marinate for 10-15 minutes while preparing the vegetables.

Preheat the oven to 190 C, 375 F, Gas Mark 5.

Brush 4 squares of foil, approximately 30cm (12 inches) in diameter lightly with sesame oil.

Arrange a fillet of plaice in the centre of each square, with some of the marinade and a quarter of the vegetables.

Bring the corners together to form a parcel and place on a baking tray in the preheated oven for 15 minutes, until the fish flakes easily and the vegetables are just tender.

Notes Delicious served with egg noodles or Thai fragrant rice.

Converted by MCBuster.

NOTES : Deliciously light and fragrant plaice cooked in a foil parcel.

Converted by MMBuster v2.0l.

Oriental-Style Meatloaf

Yield: 4 Servings

Ingredients

1 tb vegetable oil
3/4 c chopped scallions w/greens
1 ts chopped garlic
1/2 c water chestnuts, drained/chopped
3/4 lb ground beef
3/4 lb ground turkey
1 ts grated fresh ginger
1/4 c fresh coriander leaves (cilantro), chopped
1/2 c fine bread crumbs
3 tb soy sauce
1 egg, beaten
1/4 c dry sherry
1 white pepper, to taste
1 your favorite barbecue sauce

Instructions

* Preheat oven to 425 degrees F. * Heat the oil in a non-stick skillet, add the scallions, garlic, and water chestnuts. Cook briefly until wilted. Set aside. * Place the beef and turkey in a mixing bowl. Add the scallion mixture and remaining ingredients, except barbecue sauce. Blend well with your hands, taking care not to overmix. * Divide the

meatloaf mixture into four equal portions and place in four individual 1 1/2 C. souffle dishes.

Smooth the tops. * Set the souffle dishes in a large pan with an inch of water and bring to a boil on top of the stove. * Place the pan with the souffle dishes in the oven and bake for 30 minutes. * Let the loaves cool about 5 minutes before unmolding. Spoon barbecue sauce over and around each loaf.

Makes 4 servings. BARBECUE SAUCE

Ingredients: * 3 Tbs. olive oil * 1 C. ketchup * 2 Tbs. lemon juice * 1 Tbs. chopped garlic * 2 Tbs. honey * 2 tsp. ginger * 2 tsp. soy sauce * 3 thin, seeded lemon slices * 1 Tbs. Dijon mustard

Method: * Combine all ingredients in a saucepan, blending well. * Bring to a boil and remove from heat. * Spoon barbecue sauce over and around each individual Oriental

Style Meatloaf. MC formatting by bobbi744@sojourn.com

NOTES : Winners of the "LIVE" Favorite Family Recipe Contest THURSDAY,

APRIL 17 MEATLOAF winner: Nola Erbe from Lodi, Wisconsin Recipe by:

<http://www.tvplex.com/BuenaVista/RegisAndKathieLee/Recipes.h>

Posted to MC-Recipe Digest V1 #577 by Roberta Banghart on Apr 18, 1997

Oriental-Style Nuts

Yield: 10 Servings

Ingredients

2 3 1/4 oz packs blanched whole almonds

7 oz dry roasted cashew nuts

1 ts soy sauce

1 ts water

2 tb margarine or butter

1 ts five-spice powder

1/8 ts garlic powder

Instructions

Place nuts in jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Mix soy sauce and water drizzle over nuts, tossing to distribute evenly. Dot with margarine.

Bake uncovered in 350F oven 10 minutes. Mix five-spice powder and garlic powder sprinkle over nuts. Bake uncovered, stirring occasionally, until golden brown, 8 to 10 minutes longer. 10 servings 255 calories per serving.

Source: Betty Crocker's Cookbook, 6th Edition

Oriental-Style Potted Beef

Yield: 6 Servings

Ingredients

3 lb beef for pot roast

2 tb oil

1 md onion cut in wedges

1 cl garlic crushed

1/4 c soy sauce

1/4 c water

2 tb dry sherry

1 1/2 ts ginger

Instructions

Brown meat on all sides in hot oil in Dutch oven. When meat is turned, add onion and garlic and saute until onion is tender. Add soy, water, sherry and ginger. Cover and

simmer 1 1/2 hours or until meat is tender, turning meat occasionally. Slice and serve with rice and sauce if desired. Makes 6 servings.

Woman's Day, 10/78

MM by Dave Sacerdote From: Dave Sacerdote Date: 14 Apr 97 National Cooking Echo Z

Oriental-Style Roast Pork With Noodles

Yield: 6

Ingredients

1 boneless pork leg joint (approximately 1.1kg/2 1/2lb)
1 salt
3 tb soy sauce
2 tb clear honey
1 ts wholegrain mustard
2 cm (1 inch) piece fresh root ginger, grated
2 ts sesame seeds
1 250 gram pac egg noodles
1 tb sesame oil
1 bn salad onions finely chopped
6 radishes sliced

Instructions

Preheat the oven to 190 C, 375 F, Gas Mark 5.

Place the joint in a roasting pan, rub a little salt into the rind and roast for 35 minutes per 500g (1lb) plus an extra 35 minutes.

Mix together the soy sauce, honey, mustard, ginger and sesame seeds. 20 minutes before the end of the cooking time, drain any excess fat from the roasting pan and pour over the glaze. Return to the oven.

Meanwhile cook the noodles following instructions on the pack, drain well.

Heat the sesame oil in a large frying pan or wok. Add the noodles, onions and radishes and cook over a high heat for 1-2 minutes. Serve with the pork with the glaze spooned over.

Converted by MCBuster.

NOTES : A deliciously glazed pork recipe with ginger, garlic and honey.

Converted by MMBuster v2.0l.

Oriental-Style Sea Scallops

Yield: 6 Servings

Ingredients

1 stephen ceideburg
1 1/2 c broccoli flowerets
1 c thinly sliced onion
2 tb sesame or vegetable oil
1 lb sea scallops
3 c thinly sliced napa cabbage or bok choy
2 c snow peas, ends trimmed
1 c shiitake or common mushrooms, sliced
2 cloves garlic, minced
2 ts ground star anise
1/4 ts ground coriander
1/2 c chicken broth

1/4 c rice wine vinegar
2 ts to 3 ts light reduced sodium soy sauce
2 tb cornstarch
1/4 c cold water
2 tb to 3 tb nutrasweet spoonful
4 c hot cooked rice

Instructions

Lots of oriental vegetables and an interesting blend of seasonings give this light and healthy scallop stir-fry its exotic flavor.

STIR-FRY BROCCOLI and onion 3 to 4 minutes in oil in wok or large skillet. Add scallops, cabbage, snow peas, mushrooms, garlic, anise and coriander stir-fry 2 to 3 minutes.

ADD CHICKEN BROTH, vinegar and soy sauce heat to boiling. Reduce heat and simmer, uncovered, until scallops are cooked and vegetables are tender, about 5 minutes. Heat to boiling.

MIX CORNSTARCH AND COLD WATER. Stir cornstarch mixture into boiling mixture boil, stirring constantly, until thickened. Remove from heat let stand 2 to 3 minutes. Stir in NutraSweet Spoonful serve over rice.

NOTE: 2 teaspoons five-spice powder can be substituted for the star anise and Coriander amounts of vinegar and soy sauce may need to be adjusted to taste.

NUTRITIONAL INFORMATION Serving Size: 1/6 recipe (approx. 2 oz. scallops and 1/3 cup rice) Calories.....330 Saturated Fat.....

Oriental-Style Seafood Salad (Aicr)

Yield: 4 Servings

Ingredients

1 c brown rice
1 md onion chopped
1/2 c plain lowfat yogurt
3 tb cold water
1 1/2 tb low sodium soy sauce
3/4 ts garlic powder
1/4 ts pepper
3/4 ts ginger
2 c cooked shrimp
1 1/2 c green beans cut
1 c bean sprouts
1 c red and green bell peppers chopped

Instructions

Preparation: Bring rice, chopped onion and 2 cups of water to a boil in a medium saucepan cover and simmer 45 minutes until the rice is tender and the water is absorbed. Blanch (or thaw) cut fresh (or frozen) green beans. Whisk together the yogurt, water, soy sauce, garlic powder, pepper and ginger in a small bowl and set aside. Sort and clean the shrimp. **To serve:** Photo shows salad served on a bed of rice. Per serving: 345 Calories 3g Fat (9 calories from fat) 32g Protein 46g Carbohydrate 232mg Cholesterol 610mg Sodium

NOTES : "Fish a welcome salad addition" (RivPE 11Jul96)

Contributor: American Institute for Cancer Research's Good Food

Preparation Time: 1:00

Oriental-Style Seafood Salad

Yield: 4 Servings

Ingredients

1 c brown rice
1 md onion chopped
1/2 c plain lowfat yogurt
3 tb cold water
1 1/2 tb low sodium soy sauce
3/4 ts garlic powder
1/4 ts pepper
3/4 ts ginger
2 c cooked shrimp
1 1/2 c green beans cut
1 c bean sprouts
1 c red and green bell peppers chopped

Instructions

Preparation: Bring rice, chopped onion and 2 cups of water to a boil in a medium saucepan cover and simmer 45 minutes until the rice is tender and the water is absorbed. Blanch (or thaw) cut fresh (or frozen) green beans.

Whisk together the yogurt, water, soy sauce, garlic powder, pepper and ginger in a small bowl and set aside. Sort and clean the shrimp. To serve:

Posted to MC-Recipe Digest V1 #147

Date: Thu, 11 Jul 1996 11:24:02 -0700 (PDT)

From: PatH

Recipe By : American Institute for Cancer Research's Good Food

Oriental-Style Soup

Yield: 1

Ingredients

1 chicken stock cube
1 tb soy sauce
1 ds tabasco
1 squeeze lemon juice
1 lg cultivated brown mushroom chopped
1 dr sesame oil
1 dr honey
4 broccoli florets sliced
1 duck breast cooked (see following recipe)
1 tb chopped coriander basil, parsley

Instructions

1 Bring a pint of water to the boil and crumble in the stock cube. Add the leftover ingredients, leaving the herbs to just before serving. Simmer gently for 10 minutes. Slice the duck breast, place in a bowl and pour over the soup.

Converted by MCBuster.

Per serving: 85 Calories (kcal) trace Total Fat (1 calories from fat) 3g Protein 25g Carbohydrate 0mg Cholesterol 1043mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 Vegetable 1 1/2 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Oshinko (Pickled Chinese Cabbage)

Yield: 1 Servings

Ingredients

- 1 head chinese cabbage
- 1/4 c salt
- 1 ts dried japanese chili pepper optional
- 1 ts shottsuru* optional

Instructions

* Fish sauce, available at SE Asian food stores, may be substituted. Called nuoc mam in Vietnamese or nam pla in Thai.

After washing, chop the cabbage into 1-inch pieces. In a glass, Corningware, or any other nonreactive bowl, place the drained cabbage and sprinkle salt over it, making layers. Place a plate over it and put a weight on it (at least 5 lbs.) Leave it for 3 days at room temperature, mixing it once a day and making sure that it is not rotting. If the leaves are withering, there isn't enough salt. After a day or so, there should be lots of liquid. It is ready when the cabbage is partly translucent and soft.

Serve with some katsuobushi (shaved dried bonito) and a little bit of shoyu (soy sauce). It goes very nicely with a traditional Japanese meal.

Most Japanese don't even know how to make this simple tsukemono anymore. It's always available at supermarkets in Japan. You can create your own flavours. My contribution is shottsuru, which was used like shoyu before shoyu was invented. It is made by fermenting fish in a wooden cask with lots of sea salt.

P.S. The amount of salt is for a very large cabbage often seen in Japan. For what I get around here, I use less. Maybe start with 2 tbs of salt and add more if necessary.

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Recipe by: Ken Iisaka

Posted to recipelu-digest by "Valerie Whittle" on Feb 15, 1998

Out West Indian Pudding

Yield: 6 Servings

Ingredients

- 3 c milk * nonfat
- 1/2 c cornmeal ** see note
- 1/4 c molasses
- 2 tb sugar
- 1 tb margarine solid
- 1 ts ground cinnamon
- 3/4 ts ginger
- 1/2 ts ground nutmeg
- 1 ds salt
- 1/8 ts baking soda
- 1 egg

Instructions

* Use non-fat milk for best results and for lower fat content. ** Use stone-ground yellow cornmeal if possible. Do not use cornmeal from a packaged mix that has flour and sugar added.

Scald 2-1/2 cups milk. (Heat in heavy pan until tiny bubbles form around edges.) In small bowl, put the remaining 1/2 cup milk and stir in the cornmeal. Stir this mixture into hot milk. Bring to a boil and simmer, stirring frequently, for about 15 minutes. Mixture should be thickened.

Remove from heat. Add molasses, sugar, margarine, spices, salt and baking soda. Blend. Beat egg, stir in a small amount of the hot mixture and add the egg to the hot mixture. Using a wire whisk for best results, whisk the mixture a few times. Lightly oil 6 individual custard cups or ramekins.

Divide the mixture between the 6 cups. Place on a cookie sheet or oven-proof dish with at least a 1 inch rim pour hot water in pan. (Do this while pan is in oven for safety.) Bake in 275-degree oven for 1 hour 15 minutes to 1 and 1/2 hours. Serve puddings warm, not hot. Pudding may separate this is normal.

Recipe By : Jo Anne Merrill

From: Date: 05/30

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Oven Chinese Casserole

Yield: 1 Servings

Ingredients

- 1 lb ground beef
- 2 tb butter
- 2 c chopped onion
- 2 c chopped celery
- 1/4 ts pepper
- 1/2 ts salt
- 2 c hot water
- 1 cn mushroom soup
- 1/3 c soya sauce
- 1 c uncooked rice

Instructions

(from a friend with 4 kids)

Brown the ground beef in the butter, add the onion and celery when the beef is almost done so they get a bit tender. Add remaining ingred. Pour into a glass casserole dish, cover, and bake at 350F, 1 hour. Stir and serve.

Really good with stir fry. Posted to Bakery-Shoppe Digest V1 #205 by Mindy on Aug 27, 1997

Oven Roasted Sweet Plantains

Yield: 4 Servings

Ingredients

- 2 lg ripe plantains (2 to 3)
- 1/4 ts nutmeg or allspice or cinnamon

Instructions

Preheat oven to 400F. Cut off the tips of the plantains. Place the plantains, skin and on, on a baking sheet and bake for 15 to 20 minutes, until the skin is charred and puffy.

Take the plantains out of the oven and let cool for a few minutes. Slice the plantains down the center lengthwise and peel back the skin. Cut the plantains in half widthwise, sprinkle with nutmeg and transfer to serving plates.

TIP: To ripen green plantains, set them out at room temperature for 5 to 7 days.

Storing them in a paper bag will speed up the process. Do not refrigerate.

From: Pat Hanneman

Per serving: 110 Calories (kcal) trace Total Fat (2 calories from fat) 1g Protein 29g Carbohydrate 0mg Cholesterol 4mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 2 Fruit 0 Fat 0 Other Carbohydrates

NOTES : PLANTAINS are often fried, but roasting them is a healthful alternative.

Green plantains ripen to yellow and develop black patches.

Nutr. Assoc. : 4524 0 0 0

Contributor: Jay Solomon, THE GLOBAL VEGETARIAN

Oven-Baked Japanese Spring Roll

Yield: 4 Servings

Ingredients

2 garlic cloves, minced
2 tb carrots, shredded
2 tb onion, chopped
2 tb celery, finely diced
2 tb green bell peppers, strips
2 tb red bell peppers, strips
2 tb cabbage, shredded
1/4 ts low sodium soy sauce
4 spring roll wrappers

Instructions

Preheat oven to 350 degrees. Lightly coat skillet with cooking spray. Saute garlic briefly and add carrots, onions, celery, peppers, and cabbage. Add soy sauce and continue to saute until crisp-tender, about 5 minutes. Remove from the heat and let cool.

Place 3 T cooked vegetables in each spring-roll wrapper and roll. Lightly coat baking sheet with cooking spray and bake until lightly brown.

Source: The Spa at Doral, Miami, FL

Miami Herald Food Section, 24 July 1997

From: Barbara O'keefe Date: 25 Jul 97 Home Cooking Ž

Oxtail Jamaican Style

Yield: 1 Servings

Ingredients

2 lb oxtail
1 salt & black pepper
2 clove garlic (minced)
1 thyme
2 whole jamaican pimento -not grounded(allspice)
2 onions (chopped)
1 tomato (chopped)
1 scotch bonnet or any whole pepper
1 tin lima beans or broad beans

Instructions

Wash oxtail and season with salt, black pepper, garlic and brown in oil . Drain the oil and add about 4 cups of water to the oxtail and bring to a boil, add thyme, onions and tomato. Add the whole pimento to the stew. (it looks like a whole peppercorn). Lower heat and simmer until the oxtail is tender. Add more water if necessary..

When the oxtail is tender add the hot pepper (to your desired heat) and add the beans. Simmer until water evaporates leaving a thick gravy. Serve with rice.. From: Lauren Chung Date: 13 Dec 96 Chile-Heads List Ž

Oxtail And Barley Soup

Yield: 1

Ingredients

2 lb oxtail cut into sections
1 ts light olive oil with a dash of toasted sesame oil
1 lg onion peeled and diced
3 cloves garlic bashed, peeled and chopped
1 lg carrot peeled and diced into 1/2 inch pieces
2 stalks celery diced
3 tb tomato paste
2 14 oz cans low-sodium beef stock
1 c de-alcoholized red wine
1/2 ts whole black peppercorns
10 sprigs fresh parsley
6 sprigs fresh thyme
2 bay leaves
6 c water
1/2 c pearl barley
2 lg carrots peeled and diced
1 c diced turnips
4 oz shiitake mushrooms stems removed, chopped

Instructions

Blanch the oxtail in boiling water for 3 minutes, just enough to take the red colour away from the surface. Drain, put the oxtail pieces on a rack in a roasting pan and place under the grill for 15 minutes each side until nice and brown.

Pour the oil into a large saucepan on medium heat and fry the onion and garlic for 3 minutes. Add the carrot and celery and fry for 5 minutes. Stir in the tomato paste, coat the vegetables well, and cook until the paste darkens.

Add the stock, wine, oxtails, peppercorns, parsley, thyme and bay leaves. Cover and simmer for 2 hours.

During the last half hour of simmering, pour the 6 cups of water into a large soup pot, bring to a boil, stir in the barley and boil for 25 minutes. Add the carrots and turnips and boil for 15 minutes. Drain, reserving 1 cup of the cooking liquid, and set aside.

Transfer the cooked oxtail to a chopping board. Remove the meat from the bones, keeping it in fairly large chunks, discarding any visible fat.

Strain the stock into another saucepan, discarding the solids.

Add the meat, turn the heat to medium-high, add the vegetable-barley mixture, the mushrooms and the cup of reserved vegetable-barley water and just heat through.

Converted by MCBuster.

Per serving: 1118 Calories (kcal) 8g Total Fat (5 calories from fat) 45g Protein 251g Carbohydrate 0mg Cholesterol 942mg Sodium Food Exchanges: 10 1/2 Grain(Starch) 0 Lean Meat 16 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Oxtail And Lima Bean Stew

Yield: 1

Ingredients

1 lb large dried lima beans
1/2 c olive oil
4 1/2 pounds oxtails up to 4
1 1/2 c all purpose flour
2 md onions chopped
3 green onions chopped
2 tb chopped garlic
2 tb minced fresh ginger
2 tb chopped fresh thyme
1 tb chopped fresh oregano
1 jalapeno chili seeded, chopped
1 ts ground black pepper
2 bay leaves
2 c dry red wine
1 1/2 c canned beef broth
2 tb dark brown sugar

Instructions

Place beans in large saucepan. Add enough water to cover by 3 inches. Bring to boil. Remove from heat. Cover and let stand 2 hours. Drain.

Heat oil in heavy large Dutch oven over high heat. Season oxtails with salt and pepper. Working in batches, coat oxtails with flour shake off excess. Add to Dutch oven and cook until golden brown on all sides, about 10 minutes per batch. Transfer oxtails to platter.

Drain all but 3 tablespoons drippings from pot. Add all onions, garlic, ginger, thyme, oregano, jalapeno, pepper and bay leaves. Saute until onions are translucent, about 5 minutes. Add wine, 1/2 cup broth, sugar and oxtails. Bring to boil. Reduce heat, cover and simmer 1 hour.

Add lima beans and 1 cup broth to stew. Cover and simmer until oxtails and beans are tender, about 1 1/2 hours. Skim any fat from surface of stew. Season to taste with salt. Serves 6.

Bon Appetit September 1995

Converted by MCBuster.

Per serving: 1534 Calories (kcal) 109g Total Fat (77 calories from fat) 6g Protein 65g Carbohydrate 0mg Cholesterol 331mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 5 Vegetable 0 Fruit 2 1/2 Fat 2 Other Carbohydrates

Converted by MMBuster v2.0n.

Oxtail Casserole

Yield: 1

Ingredients

2 oxtails cut into joints and trimmed of fat
1 seasoned flour
2 tb olive oil
1 tb butter
2 onions cut in half and sliced
2 carrots diced
1 turnip diced
200 g small mushrooms halved
1 beef stock

1 bouquet garni made of bay leaf parsley stalks and celery, tied with string

Instructions

1. Pre-heat oven to 180deg.C. Place about 1/2 cup seasoned flour into a plastic bag and add oxtail joints. Twist bag to seal and shake to coat well. Remove oxtail joints, shaking off the excess flour and set aside.
2. Heat oil and butter in a pan and saute onions, carrots, turnip and mushrooms until onion is transparent. Using a slotted spoon, transfer to a casserole dish. Brown oxtail joints in remaining oil and butter before adding to the casserole dish. Add bouquet garni and enough stock to cover the meat.
3. Cover the dish and cook in oven for 1 hour. Reduce heat to 150deg.C. and cook a further hour. Remove from oven and cool. Refrigerate overnight and next day remove any solidified fat on surface. Re-heat to serve.

Converted by MCBuster.

Per serving: 519 Calories (kcal) 39g Total Fat (65 calories from fat) 5g Protein 41g Carbohydrate 31mg Cholesterol 256mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 7 1/2 Vegetable 0 Fruit 7 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Oxtail Pate

Yield: 1

Ingredients

- 5 lb oxtails cooked
- 1 onion chopped
- 3/4 stick unsalted butter softened (6 tablespoons)
- 1/3 c fresh orange juice
- 2 ts drained bottled green peppercorns
- 2 tb oxtail bouillon or beef broth
- 1/8 ts ground cloves
- 1 ts salt
- 1 crusty peasant bread as an accompaniment

Instructions

Discard the fat and bones from the oxtails and transfer the meat to a food processor. In a skillet cook the onion in 2 tablespoons of the butter over moderate heat, stirring occasionally, until it is golden, add it to the meat with the remaining 4 tablespoons butter, the orange juice, the peppercorns, the bouillon or broth, the cloves, and the salt, and pulse the motor until the pate is minced but not pureed. Pack the pate into a crock. The pate may be made 3 days in advance and kept covered and chilled. Serve the p&te at room temperature with the bread.

Makes about 2 1/2 cups.

Gourmet December 1993

Converted by MCBuster.

Converted by MMBuster v2.0l.

Oxtail Ragu With Parsley Pinci

Yield: 1

Ingredients

- 1 ts olive oil
- 2 lb oxtail (about 6 chunks)
- 1/3 c chopped onion
- 2 lg garlic cloves finely chopped

1 28 ounce can whole peeled tomatoes
1/2 c beef stock
1 ts dried thyme
2 bay leaves
1 salt and pepper
3/4 c flour
1/4 c semolina
2 lg eggs
1/4 c extremely finely-chopped parsley
1 freshly-grated parmesan cheese for serving

Instructions

Prepare oxtail ragu: In a large heavy pot or Dutch oven heat oil over medium-high heat. When hot, add oxtail chunks and sautJ on all sides until browned, about 10 minutes. Add onions and garlic, mix well and sautJ 2 minutes. Squeeze tomatoes into coarse chunks with your hands and add them with their liquid. Stir in beef stock, thyme and bay leaves.

Bring to a boil and reduce heat to very low. Simmer gently 5 to 6 hours, or until oxtail is tender. Let cool. When cool enough to handle, remove oxtail from liquid, cut meat and fat from bone and cut into small dice.

Discard bones. Spoon as much fat as possible from surface of sauce and return diced meat to pot. Mix well and season with salt and pepper.

Refrigerate overnight.

Prepare pinci: On a wooden work surface mix flour and semolina and form into a mound with a well. Break eggs into center and beat well. Gradually begin mixing in flour mixture to form a dough. Add 1/2 teaspoon of salt and parsley. Work pasta with your hands, kneading at least 10 minutes until smooth and elastic. Add a little more flour if dough is still sticky, but do not let it become too stiff. Wrap in wax paper and let rest, refrigerated, 1 hour. To roll out pinci, pinch off olive-size pieces of dough one at a time (meanwhile, cover pasta dough with wax paper) and roll between your hands to form an oval. On work surface, roll each oval with your hands into slender, long strands, 12to 15-inches long. Leave them on work surface to dry slightly make sure strands are not touching.

When ready to serve, gently reheat ragu and bring a large pot of salted water to a vigorous boil. Add pinci and cook just until al dente, 5 to 8 minutes. Drain in a colander. Serve pasta in deep pasta bowls, pour sauce over and pass grated Parmesan.

Yield: 2 servings

Converted by MCBuster.

Recipe by: TASTE SHOW #TS4622

Converted by MMBuster v2.0l.

Oxtail Stew

Yield: 1

Ingredients

4 lb oxtails cut into 2-inch pieces
1 c virgin spanish olive oil
1 lg spanish onion finely chopped
1 green bell pepper chopped
1 red bell pepper chopped
5 cloves garlic finely chopped
1/2 c tomato paste

1 tb black pepper
1 ts oregano
1 ts cumin
2 bay leaves
1 c vino seco (dry red cooking wine)
1 salt to taste

Instructions

Season the oxtail with the salt and black pepper. In a kettle large enough to hold the oxtails, add 1/2 cup of virgin olive oil. Heat the oil and add the oxtail making sure you brown all sides. Once this is done, transfer the oxtails from the oil to a warm plate. In the same kettle add the remaining 1/2 cup of oil and heat. Then add onions, bell peppers, and garlic to make the "sofrito". Stir this mixture for about 10 minutes. Add the rest of the ingredients and re-introduce the oxtails to the kettle. Stir well and simmer over medium heat for 2 to 3 hours or until the meat easily pulls away from the bone. Serve with white rice, double fried plantains, and avocado salad if in season.

Yield: 6 servings

Converted by MCBuster.

Per serving: 284 Calories (kcal) 2g Total Fat (6 calories from fat) 11g Protein 65g Carbohydrate 0mg Cholesterol 1053mg Sodium Food Exchanges: 1/2 Grain(Starch) 0 Lean Meat 11 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: IN FOOD TODAY SHOW #IN0006

Converted by MMBuster v2.0n.

Oxtails Al Barolo With Soft Polenta

Yield: 4

Ingredients

5 lb oxtails cut thick pieces
6 tb virgin olive oil
2 md red onions cut 1/2 dice
2 carrots cut 1/2 rounds
2 celery ribs cut 1 pieces
2 c barolo wine
2 anchovy fillets rinsed, patted dry
2 c chicken stock
2 c basic tomato sauce see * note
1 bn rosemary
1 recipe soft polenta with poppy and see * note
1 robiola

Instructions

* Note: See the "Basic Tomato Sauce" and "Soft Polenta With Poppy And Robiola" recipes which are included in this collection.

Place oxtails in cold water and bring to a boil. Lower heat and simmer 30 minutes. Drain and cool.

In a thick-bottomed Dutch oven, heat oil until smoking. Place onion, carrots and celery in pot and cook until golden-brown, about 10 to 12 minutes. Add wine, anchovy, chicken stock, tomato sauce and rosemary and bring to a boil.

Add oxtails to liquid, cover and bring to a boil. Lower heat to simmer and cook 1 1/2 hours or until fork tender. Serve with the Soft Polenta With Poppy And Robiola.

Source: MOLTO MARIO with Mario Batali From the TV FOOD NETWORK (Show # MB-5746)

Per serving: 246 Calories (kcal) 21g Total Fat (76 calories from fat) 2g Protein 12g Carbohydrate 2mg Cholesterol 1180mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 2 Vegetable 0 Fruit 4 Fat 0 Other Carbohydrates

Recipe by: Mario Batali

Converted by MMBuster v2.0n.

Oxtails In Red Wine Sauce

Yield: 1

Ingredients

3 tb vegetables oil
4 1/2 pounds oxtails up to 4
4 celery stalks chopped
2 carrots chopped
2 leeks chopped (white and pale green parts only)
1 onion chopped
6 garlic cloves chopped
1 bottle dry red wine (750-ml)
12 sprigs fresh thyme
12 sprigs fresh parsley
8 whole cloves
4 bay leaves
5 c chicken stock or canned low-salt broth
2 tb all purpose flour

Instructions

Heat oil in heavy large Dutch oven over high heat. Season oxtails with salt and pepper. Add to Dutch oven and cook until brown on all sides, about 12 minutes. Transfer oxtails to platter. Add celery, carrots, leeks, onion and garlic to pot and saute until golden brown, about 8 minutes. Arrange oxtails over vegetables. Add wine, thyme, parsley, cloves and bay leaves. Boil until liquid is reduced by half, about 15 minutes. Add stock. Bring to boil.

Reduce heat. Cover Dutch oven tightly and simmer until meat is very tender, about 1 1/2 hours.

Remove oxtails from cooking liquid. Tent with foil to keep warm. Strain cooking liquid. Skim fat from surface and reserve. Transfer 2 tablespoons skimmed fat to heavy medium saucepan over medium heat. Add flour and stir until mixture browns, about 10 minutes. Whisk in cooking liquid. Simmer until sauce thickens enough to coat back of spoon and is reduced to 2 cups, stirring frequently, about 45 minutes. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Return oxtails to sauce, cover and refrigerate.)

Rewarm oxtails in sauce over low heat. Transfer to large bowl and serve.

Serves 4.

Bon Appetit October 1995

Converted by MCBuster.

Per serving: 514 Calories (kcal) 7g Total Fat (10 calories from fat) 28g Protein 100g Carbohydrate 0mg Cholesterol 651mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 18 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Oysters On The Half Shell With Oriental Mignonette

Yield: 1

Ingredients

1/4 c rice vinegar
1 1/2 ts minced peeled fresh ginger
1 green onion (green part only), thinly sliced
1/2 ts grated lemon peel
12 fresh oysters

Instructions

Combine first 4 ingredients in small bowl. Let stand 15 minutes.

To open oysters: Using towel, hold oyster flat on work surface, flat shell up. Insert tip of oyster knife into hinge and twist to open shell. Slide knife along inside of upper shell to free oyster from shell discard upper shell. Slide knife under oyster to free from lower shell leave in shell.

Repeat with remaining oysters. Arrange oysters on edge of two plates.

Divide sauce between 2 small bowls. Place one bowl in the center of each plate and serve.

Serves 2.

Bon Appetit February 1990

Converted by MCBuster.

Converted by MMBuster v2.0l.

Ozark Mountain Berry Pie

Yield: 1 Servings

Ingredients

1 c sugar
1/4 c cornstarch
1 c blueberries
3/4 c blackberries
1/2 c water
2 tb butter or margarine
1 ds salt
1/2 ts ground cinnamon, optional
1 c strawberries
3/4 c red raspberries
2 tb lemon juice
1 pastry for 9 double crust

Instructions

In a saucepan, combine sugar, salt, cornstarch, and cinnamon if desired. Stir in berries. Add water and lemon juice. Cook over medium heat just to the boiling point. Pour into pie shell bake until crust is golden brown.

Source: King's Orchard, Plantersville, Texas

Shared by: Becci McClain, June 1995

Ozark Mountain Raw Apple Cake

Yield: 1

Ingredients

1/2 c oil
2 c sugar
2 eggs
2 ts cinnamon
1 ts salt

2 ts baking soda
2 c flour
4 c fresh apples pared and diced
2 ts vanilla
1 nuts optional

Instructions

Cream oil, sugar and eggs. Sift dry ingredients. Combine the two mixtures and add apples and vanilla. Bake in a greased and floured 9 x 13-inch pan 40 to 50 minutes in a 350 degree oven.

Nancy Ricica

Per serving: 3590 Calories (kcal) 120g Total Fat (29 calories from fat) 37g Protein
598g Carbohydrate 374mg Cholesterol 4770mg Sodium Food Exchanges: 12 1/2
Grain(Starch) 1 1/2 Lean Meat 0 Vegetable 0 Fruit 22 1/2 Fat 27 Other Carbohydrates
Recipe by: Favourite Recipes St. Michaels -Nancy Ricica
Converted by MMBuster v2.0n.

Oriental Recipes P

Paad Thai Pailin

Yield: 1

Ingredients

1/2 lb dried flat rice noodles* (sen lek or kway tiao, about 1/4 to 1/2 inch wide)

1 a (1/4-pound) piece firm tofu, rinsed, patted dry, and hard edges trimmed

1 tb tamarind* (from a pliable block)

1 ts firmly packed brown sugar

1/4 c cornstarch for dredging

2 lg eggs beaten lightly

1/4 c vegetable oil plus about 2 1/2 cups for frying tofu

4 garlic cloves minced

1/4 c dried small shrimp*

1 tb chopped pickled salted radish* (hau pak kad khem, usually sold in plastic packages)

2 tb asian fish sauce* (preferably naam pla), or to taste

1 c fresh bean sprouts rinsed and drained

1/4 c chopped fresh chives

1 ts dried hot red pepper flakes

-ACCOMPANIMENTS-

1 tb chopped roasted peanuts

1/4 c chopped fresh chives

1 c fresh bean sprouts rinsed and drained

1 lime cut into wedges

Instructions

*available at some Asian markets, and specialty foods shops

In a large bowl cover rice noodles with cold water and soak 30 minutes, or until softened. Drain noodles.

While noodles are soaking, wrap tofu in paper towels and put a heavy weight, such as a skillet, on top. Let tofu stand 30 minutes to press out any excess liquid.

In a small bowl combine tamarind and 1/4 cup hot water and let stand, stirring occasionally, 20 minutes. Strain tamarind mixture through a fine sieve into another bowl, pressing hard on solids and scraping bottom of sieve, and discard solids. Stir in brown sugar until dissolved.

Cut tofu into 1/2-inch dice. Put cornstarch and half of egg in separate bowls.

In a heavy saucepan at least 4 inches deep heat 2 1/2 cups oil (about 1 inch) over moderately high heat to 360F. on a deep-fat thermometer. Dredge a small batch of tofu in cornstarch, shaking off excess, and dip in egg, letting excess drip off.

Carefully drop coated tofu, 1 piece at a time, into hot oil and fry until golden. Transfer tofu with a slotted spoon as fried to paper towels to drain. Coat and fry remaining tofu in the same manner.

In a 12-inch heavy skillet heat 2 tablespoons oil over moderate heat until hot but not smoking and stir-fry garlic until fragrant, about a few seconds.

Add shrimp, radish, and fried tofu and stir-fry 3 minutes. Add remaining egg and stir-fry until egg sets. Add noodles, tamarind mixture, remaining 2 tablespoons oil, and fish sauce, tossing. Cook mixture, stirring, until noodles are al dente and most of cooking liquid is absorbed, about 5 minutes.

Add bean sprouts, chives, and red pepper flakes, tossing to combine well.
Mound noodles on a serving plate and sprinkle with peanuts and chives.
Arrange bean sprouts and lime wedges around noodles.

Serves 2 to 4.

Gourmet January 1996

Converted by MCBuster.

Per serving: 194 Calories (kcal) 9g Total Fat (40 calories from fat) 13g Protein 18g
Carbohydrate 374mg Cholesterol 117mg Sodium Food Exchanges: 0 Grain(Starch) 1
1/2 Lean Meat 1 Vegetable 1/2 Fruit 1 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Paad Thai

Yield: 1

Ingredients

3/4 lb dried flat rice noodles* (about 1/4 to 1/2 inch wide)
3 tb asian fish sauce such as naam pla*
3 tb ketchup
2 tb rice vinegar
1 1/2 tb firmly packed brown sugar
1/4 ts cayenne or to taste
3 tb vegetable oil
3 lg eggs beaten lightly
8 garlic cloves minced
4 shallots minced (about 1/2 cup)
3/4 lb medium shrimp peeled, deveined, and cut into 1/2-inch pieces
3 c fresh bean sprouts rinsed and spun dry
4 scallions halved lengthwise and cut crosswise into 1-inch pieces
3/4 c water

FOR GARNISH-

1/3 c crushed roasted peanuts (use a rolling pin)
1/4 ts dried hot red pepper flakes
1 sm fresh red chilies if desired
1 fresh coriander sprigs if desired
1 lime wedges

Instructions

*available at Asian markets

In a large bowl soak the noodles in cold water to cover for 30 minutes, or until they are softened, and drain them well. In a small bowl stir together the fish sauce, the ketchup, the vinegar, the brown sugar, and the cayenne.

In a wok or non-stick skillet heat 1 tablespoon of the oil over moderate heat until it is hot but not smoking, add the eggs, and cook them, stirring, until they are scrambled and just cooked through. Transfer the eggs to a bowl and break them into pieces with a spoon.

In the wok or a large heavy skillet heat the remaining 2 tablespoons oil over moderately high heat until it just begins to smoke and in it stir-fry the garlic and the shallots until the mixture is golden. Add the shrimp and stir-fry the mixture 1 to 2 minutes, or until the shrimp are just cooked through. Add the ketchup mixture, the noodles, 2 cups of the bean sprouts, the scallions, and the water and cook the mixture, stirring, for 3 to 5 minutes, or until the noodles are tender and the excess liquid is evaporated. Add the egg, toss the mixture well, and mound it on a platter.

Sprinkle the noodle mixture with the peanuts and the red pepper flakes and arrange the remaining 1 cup bean sprouts around it. Garnish the dish with the chilies, the coriander sprigs, and the lime wedges.

Serves 6.

Gourmet September 1993

Converted by MCBuster.

Converted by MMBuster v2.0l.

Pad Thai #1

Yield: 2 Servings

Ingredients

- 1 pk (12-oz) rice noodles
- 2 tb garlic flavored vinegar (up to)
- 4 cloves garlic chopped fine
- 1 medium-to-large onion diced fine
- 8 oz chicken breast cut into small pieces
- 1/2 c water
- 1 tb tamarind concentrate
- 3 tb thai fish sauce
- 3 tb soy sauce
- 3 tb rice wine vinegar
- 1/2 ts ground cayenne pepper
- 2 ts paprika (up to)
- 1/4 c crushed peanuts
- 1 garnishes: fresh bean sprouts chopped chinese le

Instructions

Step one: Put noodles in a large pot, cover with cold water, soak at least one hour.

Step Two: Prepare liquid ingredients: 1/2 cup water, tamarind concentrate, soy sauce, fish sauce, rice wine vinegar, paprika, cayenne, and peanuts, mix together in air tight container and shake vigorously. Store in refrigerator while finishing dish.

Step Three: In a large wok, heat garlic vinegar. Saute garlic until it begins to brown, stirring constantly. then add quickly chopped onion and chicken. Cook over medium to high heat stirring constantly until chicken is opaque and onions are translucent. Drain noodles and add to wok all at once, quickly dump in pre-mixed liquid ingredients. Stir to mix. Cook until noodles absorb the liquid and lose their brittle quality becoming soft and flexible.

Step four: Garnish to your taste. Serve hot and eat. Makes four to six servings. Very low in fat prepared as noted above especailly if you trim fat from chicken. You may choose to use olive oil instead of the garlic vinegar but it doesn't add much to the finished product except 240 calories from fat.

Nikole Money

CHILE-HEADS ARCHIVES

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Pad Thai #2

Yield: 6 Servings

Ingredients

- 8 oz rice noodles
- 1 whole chicken breast skinned

8 md shrimp shelled
1/2 c water
1/4 c fish sauce
3 tb sugar
1 tb lime juice
1 ts paprika
1/8 ts cayenne pepper
1/2 lb bean sprouts
3 cloves garlic finely chopped
1 egg
4 tb roasted peanuts finely chopped

Instructions

From: Douglas Becker

Date: Tue, 07 May 1996 00:01:59 -0400

Place rice noodles in a large bowl. Cover with water soak 30-45 min. Cut chicken into 1 1/2x3" strips.

Cut shrimp in half lengthwise set aside. Combine water, fish sauce, sugar, lime juice, paprika, and cayenne pepper in a small bowl set aside.

Reserve 1/4 of bean sprouts for topping combine remaining sprouts and onions.

Drain noodles. Heat a wok over medium heat for 2 min. Push chicken to 1 side. Break egg into wok. Stir quickly to break up yolk and scramble egg.

When egg is set, mix with chicken. Add drained noodles, shrimp, fish sauce mixture and 3 T. peanuts. Cook and stir over high heat for 2-3 minutes.

Spoon onto a heated platter. Sprinkle with reserved bean sprouts, then with remaining peanuts.

MC-RECIPE@MASTERCOOK.COM MASTERCOOK RECIPES LIST SERVER

MC-RECIPE DIGEST V1 #75

From the MasterCook recipe list. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Pad Thai #3

Yield: 4 Servings

Ingredients

8 oz uncooked rice noodles
3 tb soy sauce
2 tb rice vinegar
2 tb lime juice
1 tb ketchup
2 ts sugar
1/4 ts crushed red pepper
1/3 c water
4 green onions chopped
1/2 ts minced fresh garlic
1 pk (6.5-oz) smoked tofu thinly sliced
2 c mung bean sprouts
1/2 c shredded carrot
1/4 c cilantro
2 tb chopped peanuts (optional)

Instructions

From: Anne Washburn

Date: Sun, 14 Jul 1996 04:52:41 -0400 (EDT) (From The McDougall Newsletter, May/June 1996, p.6)

Place noodles in a bowl and cover with hot water. Soak for 10 minutes.

Drain. Combine the soy sauce, rice vinegar, lime juice, ketchup, sugar and red pepper in a bowl. Mix well and set aside. Place the water in a large non-stick frying pan. Add green onions and garlic. Cook, stirring frequently for 3 minutes. Add tofu, bean sprouts, and noodles. Cook and stir for 2 minutes. Add sauce mixture. Cook and stir for another 3 – 4 minutes until heated through. Transfer to a serving platter. Sprinkle with carrot, cilantro and peanuts, if desired. Serve at once.

HINT: Rice noodles can be found in most Asian markets. They are made from rice and water. They are also called cellophane noodles. They do not need cooking, just soak in hot water to soften. Smoked Tofu is made by Wildwood Natural Foods and is sold in natural food stores.

From the Fatfree Vegetarian recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Pad Thai (1)

Yield: 1 Servings

Ingredients

1/2 lb thai flat rice noodles (bahn pho), or rice sticks
1 oil for deep-frying
1/2 lb fresh firm bean curd cut into tiny cubes
1/4 c peanut oil
1/2 tb garlic, chopped
1/2 c chicken breast meat (very thinly sliced)
1/4 lb shrimp, peeled cut in half the long way
2 eggs beaten
1 tb dried shrimp powder
1/4 ts freshly ground black pepper
3 tb finely chopped peanuts (dry-roasted salted type)
2 tb lime juice, freshly squeezed
1 tb sugar
6 tb thai fish sauce
1/4 c tamarind sauce
2 ts red chili paste with garlic
2 c fresh bean sprouts
2 limes quartered
1/3 c fresh coriander leaves
3 chopped scallions
4 tb finely chopped peanuts (dry-roasted type)

Instructions

Soak the noodles in ample warm water until supple, about 15 minutes, drain and set aside. Place the noodles in boiling water and cook just until the water returns to the boil. Drain again.

Heat the oil for deep-frying to 375 degrees and deep-fry the cut bean curd. Be sure to pat the bean curd dry on a paper towel first so that it will not spatter fat on you. Drain the bean curd and set aside.

Heat a large wok and add the peanut oil, garlic, and chicken. Cook for a few minutes and then add the shrimp, drained noodles, beaten eggs, and deep-fried bean curd. Toss well and cook for 3 to 4 minutes over medium-high heat. Add the remaining

ingredients, except the garnishes, and chow or stir for a few more minutes until the noodles are hot and tender.

Place on a serving platter with the garnishes, which are an integral part of the dish.

Source: Frugal Gourmet on Our Immigrant Ancestors

From: stigle@cs.unca.edu (Sue Stigleman)

Pad Thai (13)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Ingredients:

1 pkg (16-ounce) chantaboon rice sticks, medium thread

1 tblsp vegetable oil

6 eggs beaten

1/4 cup vegetable oil

8 garlic gloves

1 lb pork, beef or chicken, sliced thin, bite sized, or shrimp, shelled and deveined.

1/4 cup white vinegar

1/4 cup sugar

1 cup sliced salted radish (chai Po)

1/4 cup fish sauce (nam pla)

1 cup coarse ground roasted peanuts

2 tblsp chile powder or paprika

2 cups bean sprouts

1 cup sliced green onion

1 cup sliced cilantro

1 lime

Soak rice sticks in lukewarm water for 1 hour, drain and set aside. Set wok over high heat, for 1 minute.

Heat wok with 1 tablespoon of oil until sizzling hot and coat sides of wok evenly. Add eggs and fry, until eggs set, turn over and fry, until light brown on both sides. Remove from wok and slice thin, bite size. Set aside.

Heat 1/4 cup of oil in wok until sizzling hot. Add garlic and cook until fragrant. add meat, stir and cook, until meat or tofu is done, about 1 to 2 minutes. Add rice sticks and vinegar, cook until rice sticks soften. Add eggs, and the next 5 ingredients, stir to blend.

Remove to serving plate. Serve bean sprouts cold on the side. Garnish with green onion and cilantro.

Serve with slices of fresh lime. Squeeze lime on pad thai.

Serves 10 as a side dish. Serves 6 as an only dish.

From: jkandell@ccit.arizona.edu (Jonathan Kandell) Converted by MMCONV vers.

1.40

Pad Thai (2)

Yield: 2 Servings

Ingredients

1/3 lb flat rice stick noodles (banh pho) , 1/4 wide

1/4 c peanut oil

1/4 lb pork cut into matchstick strips

6 shrimps, peeled and deveined
1 ts crushed garlic
1 egg
2 tb water
2 tb rice vinegar
1 tb fish sauce
1 tb sugar
1/4 c chopped toasted peanuts
1/4 ts ground dry shrimp
1 freshly ground white pepper
1/4 ts asian chili powder (to taste)
1 c bean sprouts washed & drained
1/4 c scallions, cut 3/4 long
1 fresh coriander
1 wedges of fresh lime

Instructions

Soak noodles in warm water for 60 minutes. Drain and set aside.

Prepare all other ingredients and arrange near the wok. You will need to work fast.

In the wok, fry the pork in the peanut oil at medium heat. When half cooked, add the shrimps and garlic and stir. Cook until shrimp and pork are done.

Beat the egg and add it to the mixture. Cook, stirring, for about half a minute.

Turn the heat to high. Add the drained noodles to shrimp mixture. Add water, vinegar, fish sauce, sugar, shrimp powder, and most of the peanuts. Sprinkle in white pepper and chili powder. Toss to combine.

Let it cook on one side (Don't stir keep checking the underside as if it were a big pancake). Flip it over as best you can and repeat until nearly cooked, about 5 to 10 minutes.

Add most of the sprouts and scallions. Stir and cook for another minute.

Turn onto a plate. Top with the rest of the sprouts, scallions, and peanuts. Garnish with coriander and serve with a wedge of fresh lemon.

From: stigle@cs.unca.edu (Sue Stigleman)

Pad Thai (5)

Yield: 1 Servings

Ingredients

1/2 lb dried rice noodles 1/8 wide warm water
1/2 lb shrimp, chicken or pork ora combination
1/4 c fish sauce
1/4 c granulated sugar plus:
2 tb granulated sugar
1/4 c white vinegar plus:
2 tb white vinegar
1 ts paprika
4 green onions
1/2 c vegetable oil (more if needed)
1 ts chopped garlic
2 eggs
3/4 lb bean sprouts
1 ground roasted chiles (see note at end)
1 unsalted roasted peanuts ground

1 lime wedges

Instructions

1. Soak noodles for 20-25 minutes in enough warm water to cover them. They should be flexible and soft, but not so soft that they can be mashed easily with the fingers. Later cooking in liquid will soften them more. Drain them thoroughly in a colander while preparing the other ingredients. Traditionally they are left in full-length strands, but you may cut them into 8 inch lengths if you find it easier to stir-fry then that way.
2. Peel and devein the shrimp leaving the tails intact(or remove if preferred) Slice chicken, pork into 1/8 inch strips 1-2 inches long.
3. Mix the fish sauce, sugar, vinegar, and paprika in a bowl and stir until the sugar dissolves. Set aside. Slice green onions both the green and white parts, diagonally into 1-1/2 inch long pieces. Set aside.
4. Heat a wok, add the oil and swirl over the surface. Add the garlic and stir fry until light golden. Add the meat and stir-fry until shrimp is pink. If using chicken or pork stir-fry until pink disappears. Add the noodles and toss lightly to coat with oil and the distribute meat and garlic(I often do this in a larger pot since things tend to come out of the wok).
5. Add the liquid from step 3 and bring it to a boil rapidly, gently folding the noodles without breaking them. Reduce heat to medium and boil the mixture, folding frequently until the noodles have absorbed the liquid (I find a pasta server works great for this step).
6. Lift the noodles gently from one side of the wok. Pour a little oil along the side of the wok, then break the egg and slip it into the oil. Break the yolk and cover the egg with the noodles immediately. Repeat this on the opposite side with the other egg. Allow eggs to cook undisturbed, over moderate heat until they are set and almost dry. Additional oil may be added if the eggs or the noodles begin to stick to the wok.
7. When the eggs are set and almost dry, fold them gently but rapidly into the noodles. Try not to break the noodles, which will be soft and fragile at this point. An effective way is to insert the scoop under the eggs, lift it through, and fold the mixture over. Continue the lifting and folding motion until the eggs are broken up and well distributed.
8. Add the green onions (and bean sprouts if you prefer them mixed in) and toss the entire mixture quickly and gently, still avoiding breaking the noodles. Cook for about 2 minutes or until onions are tender.
9. Take a large platter spread with bean sprouts(if you left them out above). Spread Pad Thai from wok over top. Sprinkle ground chilies(see note) and ground peanuts over the top and squeeze lime over the top. Or serve toppings separately for each diner to add according to taste.

Note on chilies: Buy whole dried chiles and grind since pre-ground often lack the "bite" of whole ones. Thai chilies may be used (VERY hot), or milder American chiles may be used. The Thai chilies are known as Prig hang. They may also be found in Mexican food sections under the name "Chiles Arbol". Use sparingly if you aren't used to them they are quite potent.

From: arielle@taronga.co (Stephanie da Silva)

Pad Thai (6)

Yield: 1 Servings

Ingredients

1/2 C vegetable oil
6 cloves garlic, finely chopped
1 C small cooked shrimp
1 T sugar
3 T fish sauce
1 1/2 T ketchup
2 eggs, beaten
3/4 lb rice vermicelli, soaked in hot water for 15 mins. and drained
1 C bean sprouts

Garnish:

1 T dried shrimp powder
2 T peanuts, coarsely ground
1/2 t dried red chili flakes
2 green onions, finely chopped
2 T coriander leaves, chopped
2 limes, sliced into rings

Instructions

Heat oil in a wok and fry garlic until golden. Quickly add the shrimp and stir fry until heated through. Add the sugar, fish sauce and ketchup and stir until sugar dissolves. Add the beaten eggs, letting them set slightly, then stir to scramble. Add the noodles and toss and stir for about 2 mins. Reserving about 4 Tbls. of bean sprouts, add the remainder to the wok. Stir over heat until the bean sprouts are barely cooked. Turn the Pad Thai onto a platter, placing the reserved, raw bean sprouts on one side.

Presentation: Sprinkle the noodles with the garnish ingredients in the following order: shrimp powder, peanuts, chili flakes, green onions, coriander leaves. Ring the platter with the lime slices and serve.

From: jjfink@skcla.monsanto.com (Joel Finkle) Converted by MMCONV vers. 1.40

Pad Thai (8)

Yield: 4 Servings

Ingredients

16 oz noodles vermicelli or rice noodles
2 tb peanut butter
5 tb soy sauce or tamari
1 tb brown sugar
2 eggs scrambled
6 scallions diced
5 garlic cloves pressed
1 peanuts
1/3 c vinegar
1 lime wedges

Instructions

Cook, rinse and refrigerate the noodles ahead of time. In a bowl mix the PB, soy, and sugar.

In the wok, sautee the scallions and garlic. You can add bean sprouts at this point too. After a few minutes, add the noodles, and stir-fry them for about 5 minutes. Then add the stuff in the bowl, and the vinegar. Cook this for a couple more minutes. Last, add the eggs and peanuts, and heat until hot. Serve with the lime wedges on the side.

From: qc@titan.ucs.umass.edu (Quentin J Clark)

Pad Thai (Fried Noodles) #1

Yield: 4 Servings

Ingredients

8 oz broad rice noodles
2 tb fish sauce
3 tb lime juice
2 tb sugar
1 tb tomato ketchup
1/2 ts red chili flakes
1/4 c vegetable oil
1 tb garlic chopped
8 md shrimp peeled/deveined
8 oz boneless chicken breast diced
2 eggs beaten
2 c bean sprouts
3 green onions slivered
2 tb toasted peanuts

GARNISH-

1 coriander sprigs
1 lime in 8 wedges
1/2 c bean sprouts
1 fresh chilies (optl)

Instructions

A national noodle dish of Thailand. It is now served in many trendy restaurants. It is a personal dish you can add ingredients that you like, and make it as spicy or tart as you wish. Can be used as a basis for a stir fry of leftovers. Rice noodles are available at most ethnic Asian and gourmet stores.

Soak noodles in warm water for 20 minutes, drain and reserve.

Combine fish sauce, lime juice, sugar, ketchup and chili flakes. Reserve

Heat a wok or large skillet on high heat and add oil. Stir in garlic, cook 10 seconds, then add shrimp and chicken.

Stir fry until all ingredients are cooked, about 3 to 4 minutes. Add eggs and toss together until scrambled.

Add noodles to the wok. Mix well to combine all ingredients. Pour in reserved sauce. Cook, stirring constantly, until noodles are soft and tender. If they appear dry, add up to 1/4 cup water.

Stir in bean sprouts, green onions and peanuts, and fry for one more minute. Taste for seasoning, adding more lime or chili as needed.

Serve Pad Thai garnished with coriander, lime wedges, bean sprouts and optional chilies.

Pad Thai (Pil)

Yield: 5 Servings

Ingredients

8 oz rice noodles, dry 1/8 inch wide
1 1/2 tb fish sauce
1 tb fresh lemon juice or more
2 tb rice wine vinegar
1 tb ketchup

2 ts sugar
1/4 ts red pepper flakes
1 crushed
1 tb vegetable oil
4 oz chicken breast boned and
1 skinned
2 green onions thinly
1 sliced
2 cloves garlic finely
1 chopped
3 oz small shrimp peeled
2 c bean sprouts fresh
1 md carrot shredded
3 tb minced fresh cilantro
2 tb peanuts, dry-roasted
1 unsalted chopped

Instructions

1. Place noodles in medium bowl. Cover with lukewarm water let stand 30 minutes or until soft. Drain set aside. Whisk fish sauce, 1 to 2 tablespoons lemon juice, vinegar, ketchup, sugar and pepper in small bowl set aside.
2. Finely chop the chicken breast. Heat oil in wok or large nonstick skillet over medium-high heat. Add chicken, green onions and garlic Cook and stir until chicken is no longer pink. Stir in noodles cook 1 minute. Add shrimp and bean sprouts cook just until shrimp turn opaque, about 3 minutes. Stir in fish sauce mixture toss to coat. Cook until heated through, about 2 minutes.
3. Arrange noodle mixture on platter sprinkle with carrot, cilantro, and peanuts. Garnish with lemon wedges, tomato wedges and fresh cilantro, if desired.

Calories 265 6 g of fat, 18 calories from fat. 798 mg Sodium

(cooking notes step 3 says garnish with cold carrot, cilantro and peanut. Warm these for better flavor. Photo shows lemon and tomato wedges off to one side.)

PIL Publications International, Ltd (Illinois)

Recipe By : PIL, Diabetic Cooking: Delicious, Light and Easy (1996:68)

Pad Thai (Sauteed Rice Noodles)

Yield: 1 Servings

Ingredients

16 oz rice noodles
1/2 c vegetable oil
5 garlic cloves (or more) finely chopped
1 lb medium shrimp shelled and deveined
2 firm-style bean curd squares cut into 1/2 inch cubes
1/4 c pickled turnips (coarsely
-chopped)
1/2 c white vinegar
3/16 c fish sauce
1 tb paprika
1/4 c sugar
2 eggs beaten
1/4 lb mung bean sprouts
3 scallions cut into 1/2 inch pieces

1/2 c ground unsalted peanuts
1 fresh red chili pepper seeded & coarsely chopped
1 lemon cut into wedges
1 coriander leaves for garnish
1/4 c crushed red pepper (opt.)

Instructions

In a large bowl, soak the rice noodles in 10 to 12 cups of cold water for 2 hours. Drain and cover with a damp towel to retain moisture.

In a wok or large frying pan, heat the oil and stir-fry the garlic until it is light brown. Add the shrimp, bean curd and pickled turnips stir in the vinegar, fish sauce, paprika and sugar. When thoroughly mixed, fold in the noodles. When the noodles are completely coated, spread them out to the sides of the wok or frying pan, leaving a space in the middle. Add the beaten eggs. As the eggs cook, fold the noodles over them and stir to combine all of the ingredients evenly. Stir in half of the bean sprouts, then add the scallions, ground peanuts and chopped chili pepper. Toss several times to mix well.

Serve on a large platter with lemon wedges. Top with the remaining bean sprouts and garnish with coriander leaves. Serve the crushed red pepper on the side, for those who like it extra-spicy.

From: stigle@cs.unca.edu (Sue Stigleman)

Pad Thai (Stigleman 2)

Yield: 2 Servings

Ingredients

1/3 lb flat rice stick noodles (banh pho) , 1/4 wide
1/4 c peanut oil
1/4 lb pork cut into matchstick strips
6 shrimps, peeled and deveined
1 ts crushed garlic
1 egg
2 tb water
2 tb rice vinegar
1 tb fish sauce
1 tb sugar
1/4 c chopped toasted peanuts
1/4 ts ground dry shrimp
1 freshly ground white pepper
1/4 ts asian chili powder (to taste)
1 c bean sprouts washed & drained
1/4 c scallions, cut 3/4 long
1 fresh coriander
1 wedges of fresh lime

Instructions

Soak noodles in warm water for 60 minutes. Drain and set aside.

Prepare all other ingredients and arrange near the wok. You will need to work fast.

In the wok, fry the pork in the peanut oil at medium heat. When half cooked, add the shrimps and garlic and stir. Cook until shrimp and pork are done.

Beat the egg and add it to the mixture. Cook, stirring, for about half a minute.

Turn the heat to high. Add the drained noodles to shrimp mixture. Add water, vinegar, fish sauce, sugar, shrimp powder, and most of the peanuts. Sprinkle in white pepper and chili powder. Toss to combine.

Let it cook on one side (Don't stir keep checking the underside as if it were a big pancake). Flip it over as best you can and repeat until nearly cooked, about 5 to 10 minutes.

Add most of the sprouts and scallions. Stir and cook for another minute.

Turn onto a plate. Top with the rest of the sprouts, scallions, and peanuts. Garnish with coriander and serve with a wedge of fresh lemon.

From: stigle@cs.unca.edu (Sue Stigleman)

Pad Thai (Stigleman)

Yield: 6 Servings

Ingredients

16 oz chantaboon rice sticks medium thread (see note)

1 tb vegetable oil

6 eggs beaten

1/4 c vegetable oil

8 garlic gloves

1 lb pork, beef or chicken sliced thin, bite sized, or shrimp, shelled and deveined

1/4 c white vinegar

1/4 c sugar

1 c sliced salted radish (chai po)

1/4 c fish sauce (nam pla)

1 c ground roasted peanuts (coarsely ground)

2 tb chile powder or paprika

2 c bean sprouts

1 c sliced green onion

1 c sliced cilantro

1 lime

Instructions

Ingredient Notes: Re: Chantaboon rice sticks:

Re: Pork, Beef, or Chicken, or Shrimp:

Re: Sliced salted radish:

Soak rice sticks in lukewarm water for 1 hour, drain and set aside.

Set wok over high heat, for 1 minute. Heat wok with 1 tablespoon of oil until sizzling hot and coat sides of wok evenly. Add eggs and fry, until eggs set, turn over and fry, until light brown on both sides. Remove from wok and slice thin, bite size. Set aside.

Heat 1/4 cup of oil in wok until sizzling hot. Add garlic and cook until fragrant. add meat, stir and cook, until meat or tofu is done, about 1 to 2 minutes. Add rice sticks and vinegar, cook until rice sticks soften. Add eggs, and the next 5 ingredients, stir to blend. Remove to serving plate. Serve bean sprouts cold on the side. Garnish with green onion and cilantro.

Serve with slices of fresh lime. Squeeze lime on pad thai.

Serves 10 as a side dish. Serves 6 as an only dish.

From: stigle@cs.unca.edu (Sue Stigleman)

Pad Thai (Thai Noodles)

Yield: 4 Servings

Ingredients

1/2 lb rice noodles
3 tb oil
1 clove garlic, minced
1 egg
1/4 water, optional
4 tb thai fish sauce
2 tb sugar
1 ts paprika
1 ground red thai chili pepper, to taste
1 green onion, cut into 1 lengths
1 c bean sprouts
1/4 c unsalted peanuts, ground

Instructions

1. Soak rice noodles in cold water for two to eight hours.
2. Heat a frying pan until hot and add oil. Add garlic and brown slightly. Add egg and scramble until done.
3. Drain rice noodles and add to egg and garlic. Raise temperature and stir-fry noodles until translucent. Add water if noodles are too dry.
4. When noodles start to stick, add fish sauce, sugar, paprika, chili pepper and green onion. Continue to cook for several more minutes.
5. Turn out onto heated serving dish. Garnish with bean sprouts and peanuts.

Recipe by: Seattle Times Posted to MC-Recipe Digest V1 #542 by Rooby on Mar 26, 1997

Pad Thai 1

Yield: 1

Ingredients

1/2 lb thai flat rice noodles (bahn pho), or rice
1 oil for deep-frying
1/2 lb fresh firm bean curd cut into tiny cubes
1/4 c peanut oil
1/2 tb garlic chopped
1/2 c chicken breast meat very thinly sliced
1/4 lb shrimp peeled cut in half the long
2 eggs beaten
1 tb dried shrimp powder
1/4 ts freshly ground black pepper
3 tb finely chopped peanuts (dry-roasted salted)
2 tb lime juice freshly squeezed
1 tb sugar
6 tb thai fish sauce
1/4 c tamarind sauce
2 ts red chili paste with garlic
2 c fresh bean sprouts
2 limes quartered
1/3 c fresh coriander leaves
3 chopped scallions
4 tb finely chopped peanuts (dry-roasted type)

Instructions

Soak the noodles in ample warm water until supple, about 15 minutes, drain and set aside. Place the noodles in boiling water and cook just until the water returns to the boil. Drain again.

Heat the oil for deep-frying to 375 degrees and deep-fry the cut bean curd.

Be sure to pat the bean curd dry on a paper towel first so that it will not spatter fat on you. Drain the bean curd and set aside.

Heat a large wok and add the peanut oil, garlic, and chicken. Chow for a few minutes and then add the shrimp, drained noodles, beaten eggs, and deep-fried bean curd. Toss well and chow for 3 to 4 minutes over medium-high heat. Add the remaining ingredients, except the garnishes, and chow or stir for a few more minutes until the noodles are hot and tender.

Place on a serving platter with the garnishes, which are an integral part of the dish.

Source: Frugal Gourmet on Our Immigrant Ancestors

Per serving: 1161 Calories (kcal) 65g Total Fat (49 calories from fat) 36g Protein 116g Carbohydrate 547mg Cholesterol 294mg Sodium Food Exchanges: 0 Grain(Starch) 5 Lean Meat 1 Vegetable 1 1/2 Fruit 11 1/2 Fat 6 Other Carbohydrates

Converted by MMBuster v2.0n.

Pad Thai 2

Yield: 6

Ingredients

1 16 oz whole jantaboon rice sticks med. (1)

1 tb vegetable oil

6 whole eggs whole, raw, beaten

1/4 c vegetable oil

8 whole garlic clove, raw

1 lb pork beef, chicken or shrimp

1/4 c vinegar

1/4 c sugar

1 c chad po (radishes, salted)

1/4 c nam pla (fish sauce)

1 c peanuts course ground, roast

2 tb chili powder or paprika

2 c bean sprouts raw

1 c green onions sliced

1 c cilantro fresh, chopped,

1 whole lime

Instructions

Soak rice sticks in lukewarm water for 1 hour, drain and set aside. Set wok over high heat, for 1 minute. Heat wok with 1 tablespoon of oil until sizzling hot and coat sides of wok evenly. Add eggs and fry, until eggs set, turn over and fry, until light brown on both sides. Remove from wok and slice thin, bite size. Set aside.

Heat 1/4 cup of oil in wok until sizzling hot. Add garlic and cook until fragrant. add meat, stir and cook, until meat or tofu is done, about 1 to 2 minutes. Add rice sticks and vinegar, cook until rice sticks soften. Add eggs, and the next 5 ingredients, stir to blend. Remove to serving plate. Serve bean sprouts cold on the side. Garnish with green onion and cilantro.

Serve with slices of fresh lime. Squeeze lime on pad Thai.

Per serving: 548 Calories (kcal) 41g Total Fat (64 calories from fat) 28g Protein 22g Carbohydrate 239mg Cholesterol 117mg Sodium Food Exchanges: 1/2 Grain(Starch) 3 1/2 Lean Meat 1 Vegetable 0 Fruit 6 Fat 1/2 Other Carbohydrates

Recipe by: Viviana Aldridge

Converted by MMBuster v2.0n.

Pad Thai 3

Yield: 4

Ingredients

3 tb oil
2 oz ready-fried beancurd cut into 1/2 cubes
1 egg
4 oz flat noodles cooked
1 tb chi po (preserved turnip) finely chopped
2 spring onions cut in 1 pieces
2 tb chopped roasted peanuts
3 oz bean sprouts
1/2 ts chili powder
1 ts sugar
2 ts light soy sauce
1 ts lemon juice
1 lime wedge (for garnish)
1 sprig fresh coriander (for garnish)

Instructions

In a wok of frying pan, heat oil. Add garlic & fry until golden brown. Add ready-fried beancurd and stir. Break egg into wok, cook for a moment, then stir. Add cooked noodles, stir, then add turnip and spring onions & half of peanuts and half of bean sprouts. Stir well add chili powder, sugar, light soy sauce, and lemon juice. Stir well & turn on to a plate. Sprinkle with remaining peanuts and chopped coriander leaf.

Arrange remaining bean sprouts & lime wedge on side of plate.

(From Thai Vegetarian Cooking, Vatcharin Bhumichitr, Clarkson Potter Pub)

Per serving: 122 Calories (kcal) 11g Total Fat (81 calories from fat) 2g Protein 3g Carbohydrate 47mg Cholesterol 120mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Pad Thai 4

Yield: 4

Ingredients

8 oz broad rice noodles
2 tb fish sauce
3 tb lime juice
2 tb sugar
1 tb tomato ketchup
1/2 ts red chili flakes
1/4 c vegetable oil
1 tb garlic chopped
8 md shrimp peeled/deveined
8 oz boneless chicken breast diced
2 eggs beaten

2 c bean sprouts
3 green onions slivered
2 tb toasted peanuts

GARNISH-

1 coriander sprigs
1 lime in 8 wedges
1/2 c bean sprouts
1 fresh chilies (optl)

Instructions

A national noodle dish of Thailand. It is now served in many trendy restaurants. It is a personal dish you can add ingredients that you like, and make it as spicy or tart as you wish. Can be used as a basis for a stir fry of leftovers. Rice noodles are available at most ethnic Asian and gourmet stores.

Soak noodles in warm water for 20 minutes, drain and reserve.

Combine fish sauce, lime juice, sugar, ketchup and chili flakes. Reserve Heat a wok or large skillet on high heat and add oil. Stir in garlic, cook 10 seconds, then add shrimp and chicken.

Stir fry until all ingredients are cooked, about 3 to 4 minutes. Add eggs and toss together until scrambled.

Add noodles to the wok. Mix well to combine all ingredients. Pour in reserved sauce. Cook, stirring constantly, until noodles are soft and tender. If they appear dry, add up to 1/4 cup water.

Stir in bean sprouts, green onions and peanuts, and fry for one more minute. Taste for seasoning, adding more lime or chili as needed.

Serve Pad Thai garnished with coriander, lime wedges, bean sprouts and optional chilies.

Per serving: 242 Calories (kcal) 17g Total Fat (61 calories from fat) 8g Protein 17g Carbohydrate 113mg Cholesterol 52mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 1 Vegetable 0 Fruit 3 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Pad Thai 5

Yield: 1

Ingredients

16 oz rice noodles
1/2 c vegetable oil
5 cloves garlic (or more) finely chopped
1 lb medium shrimp shelled and deveined
2 firm-style bean curd squares cut into 1/2 inch
1/4 c pickled turnips coarsely chopped
1/2 c white vinegar
1/8 c fish sauce
1 tb paprika
1/4 c sugar
2 eggs beaten
1/4 lb mung bean sprouts
3 scallions cut into 1/2 inch
1/2 c ground unsalted peanuts
1 fresh red chili pepper seeded & coarsely
1 lemon cut into wedges

1 coriander leaves for garnish
1/4 c crushed red pepper (opt.)

Instructions

In a large bowl, soak the rice noodles in 10 to 12 cups of cold water for 2 hours. Drain and cover with a damp towel to retain moisture.

In a wok or large frying pan, heat the oil and stir-fry the garlic until it is light brown. Add the shrimp, bean curd and pickled turnips stir in the vinegar, fish sauce, paprika and sugar. When thoroughly mixed, fold in the noodles. When the noodles are completely coated, spread them out to the sides of the wok or frying pan, leaving a space in the middle. Add the beaten eggs.

As the eggs cook, fold the noodles over them and stir to combine all of the ingredients evenly. Stir in half of the bean sprouts, then add the scallions, ground peanuts and chopped chili pepper. Toss several times to mix well.

Serve on a large platter with lemon wedges. Top with the remaining bean sprouts and garnish with coriander leaves. Serve the crushed red pepper on the side, for those who like it extra-spicy.

Per serving: 3051 Calories (kcal) 124g Total Fat (36 calories from fat) 18g Protein
477g Carbohydrate 378mg Cholesterol 180mg Sodium Food Exchanges: 26
Grain(Starch) 1 1/2 Lean Meat 2 Vegetable 1/2 Fruit 23 1/2 Fat 4 1/2 Other
Carbohydrates

Converted by MMBuster v2.0n.

Pad Thai 6

Yield: 1

Ingredients

3 1/2 tb distilled white vinegar
2 tb water
2 1/2 tb fish sauce
3 tb tomato paste
2 1/2 tb sugar
1/2 tb dried shrimp powdered
9 oz flat rice sticks 1/8 wide
1 vegetable oil
1/3 c fresh sweet basil leaves
2 red serrano chili peppers seeded, finely
4 garlic cloves minced
1 1/2 lg chicken breast halves skinless, boneless, cut cube 3 pieces
1 lb lean pork cut 3/8 by 2 strips
8 oz shrimp small, cooked, shelled
2 eggs lightly beaten
2 c fresh bean sprouts beans removed
1/4 c roasted unsalted peanuts coarsely ground
1 cherry tomatoes halved
1 lime wedges
1 mint sprigs

Instructions

Combine the vinegar, water, fish sauce, tomato paste, sugar, and dried shrimp in a small bowl mix until well blended and reserve. In a large pot, soak the noodles in enough water to cover. In a small skillet or pot, heat vegetable oil 3/4 to 1 inch deep to 350 degrees, or until a dried rice noodle puffs instantly when dropped into

the oil. Deep-fry the basil leaves a few at a time, turning them once or twice until they are crisp, or 40 seconds to a minute drain on paper toweling.

Bring the noodles to a boil and cook them 2 minutes, or until they are almost tender.

Drain and rinse them well, then spread them on paper toweling to dry

slightly. Heat a wok or large skillet and add about 2 1/2 tablespoons vegetable oil. Fry the Serrano peppers about 30 seconds, then add the garlic and stir-fry until it is soft.

Add the chicken or pork and stir-fry until the chicken is almost opaque throughout or the pork is browned. Stir in the shrimp and the sauce and mix completely. Make a well in the center of the mixture and pour in the eggs. When they are almost set, scramble them evenly. Add half the noodles, thoroughly incorporating them into the mixture stir in the remaining noodles and half the bean sprouts. Cook just until the bean sprouts are nearly wilted.

Heap the meat and noodles onto a platter. Cover one half of them with ground peanuts and the other half with uncooked bean sprouts. Ring the noodles with lime wedges, cherry tomatoes, and mint sprigs and garnish the top with the fried basil.

Source: Asian Pasta, by Linda Burum

Per serving: 397 Calories (kcal) 15g Total Fat (32 calories from fat) 14g Protein 55g Carbohydrate 379mg Cholesterol 503mg Sodium Food Exchanges: 0 Grain(Starch) 1 1/2 Lean Meat 2 1/2 Vegetable 0 Fruit 2 Fat 2 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Pad Thai 7

Yield: 4

Ingredients

1/2 lb rice noodles

3 tb oil

1 clove garlic minced

1 egg

1/4 water optional

4 tb thai fish sauce

2 tb sugar

1 ts paprika

1 ground red thai chili pepper to taste

1 green onion cut into 1 lengths

1 c bean sprouts

1/4 c unsalted peanuts ground

Instructions

1. Soak rice noodles in cold water for two to eight hours.
2. Heat a frying pan until hot and add oil. Add garlic and brown slightly. Add egg and scramble until done.
3. Drain rice noodles and add to egg and garlic. Raise temperature and stir-fry noodles until translucent. Add water if noodles are too dry.
4. When noodles start to stick, add fish sauce, sugar, paprika, chili pepper and green onion. Continue to cook for several more minutes.
5. Turn out onto heated serving dish. Garnish with bean sprouts and peanuts.

Per serving: 394 Calories (kcal) 16g Total Fat (35 calories from fat) 5g Protein 59g Carbohydrate 47mg Cholesterol 23mg Sodium Food Exchanges: 3 1/2 Grain(Starch) 1/2 Lean Meat 1/2 Vegetable 0 Fruit 3 Fat 1/2 Other Carbohydrates

Recipe by: Seattle Times

Converted by MMBuster v2.0n.

Pad Thai Midsummer Thai Dinner

Yield: 4 Servings

Ingredients

8 oz broad rice noodles
2 tb fish sauce
3 tb lime juice
2 tb sugar
1 tb tomato ketchup
1/2 ts red chili flakes
1/4 c vegetable oil
1 tb garlic chopped
8 md shrimp peeled/deveined
8 oz boneless chicken breast diced
2 eggs beaten
2 c bean sprouts
3 green onions slivered
2 tb toasted peanuts

GARNISH-

1 coriander sprigs
1 lime in 8 wedges
1/2 c bean sprouts
1 fresh chilies (optl)

Instructions

A national noodle dish of Thailand. It is now served in many trendy restaurants. It is a personal dish you can add ingredients that you like, and make it as spicy or tart as you wish. Can be used as a basis for a stir fry of leftovers. Rice noodles are available at most ethnic Asian and gourmet stores.

Soak noodles in warm water for 20 minutes, drain and reserve.

Combine fish sauce, lime juice, sugar, ketchup and chili flakes.

Reserve

Heat a wok or large skillet on high heat and add oil. Stir in garlic, cook 10 seconds, then add shrimp and chicken.

Stir fry until all ingredients are cooked, about 3 to 4 minutes. Add eggs and toss together until scrambled.

Add noodles to the wok. Mix well to combine all ingredients. Pour in reserved sauce. Cook, stirring constantly, until noodles are soft and tender. If they appear dry, add up to 1/4 cup water.

Stir in bean sprouts, green onions and peanuts, and fry for one more minute. Taste for seasoning, adding more lime or chili as needed.

Serve Pad Thai garnished with coriander, lime wedges, bean sprouts and optional chilies.

Pad Thai Stir Fried Noodles Muoi's

Yield: 1

Ingredients

8 oz rice vermicelli*
5 cloves garlic finely chopped
2 tb chopped shallots
1/4 c dried shrimp**

1/4 c fish sauce
1/4 c palm sugar
2 tb tamarind juice
2 tb pickled radish (mooli) chopped
1 md egg beaten
1/4 c chopped chives
1/2 c roasted peanuts very coarsely, broken up
1 c bean sprouts

Instructions

* (either the sen mee or the sen lek style of Thai noodles or indeed any rice noodles will do). These should be soaked for a short while (perhaps 30 minutes to an hour, depending on the brand of noodles) until soft.

** (these should be rolled, or roughly pounded in a mortar and pestle to break them up)
Pad Thai is often called the signature dish of Thai cuisine. There are several regional variations, indeed it has been said that Thailand has a different curry for every day of the year, but a different pad Thai for every cook in Thailand! This is my wife's variation.

This variation uses a small amount of khao koor (powdered fried rice), which occurs as an ingredient in several other Thai recipes. You can make a small amount and keep it almost indefinitely in a well stoppered jar.

Khao Koor: get a medium sized wok fairly hot, and add a couple of tablespoons of uncooked rice, and keep in movement until the rice starts to turn golden brown.

Remove from the heat and allow to cool. Grind to a fairly coarse powder in a spice mill (a pepper mill works quite well), or a mortar and pestle.

(I find that a coffee grinder doesn't really do the job as it tends to grind too fine the powder should retain some "texture").

You also need a cup of dry roasted, unsalted peanuts. We roast them in their shells on a charcoal brazier, but you can do it just as well in an oven, or even in a skillet...

However they should be freshly roasted to bring out the full flavor for this dish.

Protein ingredient this can be half a cup of fried tofu that has been marinated in dark sweet soy, or an equivalent amount of coarsely chopped pork or chicken.

method

Heat a little cooking oil in a wok and add the garlic and shallots, and briefly stir fry until they just shows signs of changing color. Add the remaining ingredients except the egg and the bean sprouts, and stir fry until the protein ingredient is nearly cooked.

Continuing to stir with one hand, slowly "drizzle" in the beaten egg to form a fine ribbon of cooked egg (if you can't feel confident with this make an egg crepe separately, and then roll it up and slice it into quarter inch wide pieces, which you add to the mix at this point). Finely add the bean sprouts and cook for no more than another 30 seconds. Remove from the pan to a serving platter.

Garnish

Mix a tablespoon of lime juice with a tablespoon of tamarind juice and a tablespoon of fish sauce, and use this to marinade half a cup of uncooked bean sprouts, half a cup of chopped chives, and half a cup of very coarsely ground roasted peanuts. Sprinkle this mixture on the cooked pad Thai. Cut several limes into segments and also slice up some cucumber into rounds then halve the rounds. Put the lime segments and cuke segments around the serving platter.

You can also sprinkle a quarter of a sliced up banana flower and some Indian Pennywort leaves over the top as edible decoration.

pad Thai is served as above, but Thais add copious amounts of the four basic condiments (chilies in fish sauce, ground dried red chili, sugar and crushed peanuts) at the table, to suit their individual predilections.

Recipe By: Muoi Khuntilanont

Per serving: 275 Calories (kcal) 14g Total Fat (42 calories from fat) 11g Protein 30g Carbohydrate 196mg Cholesterol 68mg Sodium Food Exchanges: 0 Grain(Starch) 1

Lean Meat 2 Vegetable 0 Fruit 2 Fat 1 Other Carbohydrates

Converted by MMBuster v2.0n.

Pad Thai Vegetarian

Yield: 4 Servings

Ingredients

2 qt water

3/4 lb mung bean sprouts

6 oz rice noodles (1/4-inch wide)

SAUCE-

3 tb fresh lime juice

3 tb catsup

1 tb brown sugar

1/4 c fish sauce* or soy sauce

REMAINING INGREDIENTS-

3 tb peanut oil or vegetable oil

3 to 4 cloves garlic minced or pressed

1 tb fresh chile minced or 1/2 ts crushed red pepper flakes

2 c carrots grated

4 lg eggs lightly beaten with a pin

2/3 c peanuts chopped

6 to 8 scallions chopped (about 1 cup)

Instructions

*Fish sauce is made from fermented salted fish. It can be found in Asian food stores and requires no refrigeration after opening.

In a covered pot, bring the water to a rolling boil. Blanch the mung bean sprouts by placing them in a strainer or small colander and dipping it into the boiling water for 30 seconds. Set aside to drain well. When the water returns to a boil, stir in the rice noodles and cook for 3 to 5 minutes, until tender but firm. Drain the cooked noodles, rinse them under cool water, and set them aside to drain.

Prepare the remaining ingredients and have them near at hand before you begin to stir-fry. Heat the oil in a wok or large skillet. Add the garlic and chile, swirl them in the oil for a moment, and stir in the grated carrots. Stir-fry for 1 minute. Push the carrots to the sides to make a hollow in the center. Pour the beaten eggs into the center and quickly scramble them. When the eggs have just set, pour in the sauce mixture and stir everything together. Add the drained rice noodles and mung sprouts, and toss to distribute evenly. Stir in the peanuts and scallions, and serve at once.

Per 8 oz. serving: 296 calories, 11.3 g protein, 15 g fat, 31 g carbohydrate, 712 mg sodium, 142 mg cholesterol.

Source: Moosewood Restaurant Cooks at Home.

Shared and MM by Judi M. Phelps. jphelps@shell.portal.com, juphelps@delphi.com, or jphelps@best.com

Pad Thai General Notes

Yield: 1 Servings

Ingredients

1 information:

Instructions

Rice Noodles: You can use fresh or dried, in widths from 1/8 to 1/2 inch wide. I've never tried fresh. The dried ones have to be soaked in water to soften them. The recipes call for soaking in cold water, lukewarm water, hot water, and boiling water for anywhere from 7 minutes to 2 hours. I put mine into warm tap water and let them soak while I'm preparing everything else. Just before I start cooking, I dump them into a colander to drain. One recipe suggests cellophane noodles as an alternative to rice noodles I've never tried that variation.

Meat or No Meat: The most common meat called for is shrimp, with chicken and/or pork use in addition to or in place of the shrimp. Some recipes add bean curd some substitute it for the meat. Jeff Smith's recipe uses deep fried bean curd. My own variation is to substitute various veggies (asparagus, red bell pepper, broccoli, snow peas, or whatever else looks good.) As Nancie McDermott says, "Thai cooks blithely tinker with the classic formula to create signature variations, and you can, too."

Oil and Seasonings: Cooking pad thai starts with vegetable or peanut oil. Most versions add garlic, and sometimes shallots, shrimp paste (be prepared for the smell!), onions, fresh red chilies, and/or preserved sweet white radish.

The Sauce: What makes pad thai, in addition to the rice noodles, is the sauce. The general mix of flavors is sweet, salty, sour, and hot. Typical ingredients are: fish sauce (sometimes soy sauce is used in addition, or in place of for pure vegetarian versions) sugar (sometimes palm sugar is suggested) vinegar (various kinds specified tamarind sauce or lime juice are sometimes used instead) "red stuff" may be paprika, tomato paste, catsup, chili powder, hot chili sauce, chili paste with garlic, tomato sauce, or cayenne pepper, depending on the recipe. Other possible additions: salt, black pepper, chicken stock, dried shrimp powder. One recipe calls for boiling the sauce before using.

Eggs: Anywhere from 0-6. Some recipes call for beating the eggs before adding others suggested breaking the yolk after adding the egg to the pan. Various techniques are suggested for manipulating the egg while cooking. One recipe calls for cooking the egg before starting the pad thai, cutting it into strips, and then adding the egg strips back at the end of cooking. I haven't tried this myself but have had it in restaurants.

Bean Sprouts and Scallions: These are usually added last in cooking, or added to the finished dish without cooking.

Garnishes: Various things can be added to finished dish as an edible garnish: lime or lemon wedges ground roasted chilies ground roasted peanuts dried red chili flakes fresh coriander leaves cucumber slices dried shrimps fried basil leaves cherry tomatoes mint sprigs

Experiment, and enjoy!

From: stigle@cs.unca.edu (Sue Stigleman)

Pad Thai Noodles

Yield: 2 Servings

Ingredients

7 oz flat rice noodles

3 tb nuoc mam

2 tb tomato sauce, canned
2 ts rice vinegar
2 ts granulated sugar
3 tb oil
1 tb garlic, minced
1 ts chili pepper flakes
1/4 lb pork or chicken, ground
1/4 lb shrimps, raw, with shells
2 tofu cubes, fried
2 eggs, beaten
1 c bean sprouts, rinsed, dried

Instructions

Place noodles in hot (not boiling) water. Let soak for 10 minutes, drain. In small bowl, combine Nuoc Mam, tomato sauce, and vinegar.

Stir in sugar to dissolve. Heat 2 tablespoons of oil in wok or large frypan over high heat cook garlic and chili pepper flakes for 15 seconds. Add pork (or chicken) and shrimp. Stir fry until pork and shrimp change colour. Add tofu pieces and Nuoc Mam mixture to wok, bring to a boil. Add drained noodles and toss until well coated in sauce. Transfer to a warm serving platter. Add remaining oil to wok add eggs and cook for 10 seconds. Scramble eggs and add bean sprouts.

Return noodles to wok and thoroughly stir to mix eggs with noodles.

Continue to cook until eggs are set. Arrange noodles on serving plate and garnish with chopped fresh coriander, coarsely chopped peanuts, minced green onions and chilies, chopped dried shrimps.

Serve immediately. From The Gazette, 92/04/08. Posted by James Lor.

Pad Thai Prik

Yield: 4 Servings

Ingredients

11 oz dried rice stick noodles *
3 ts sugar
1/4 c nam pla (thai fish sauce)
1 tb ketchup
3 ts sriracha chili sauce
1 1/4 tb chopped garlic
4 tb vegetable oil
10 oz small shrimp peeled,cooked
-Fresh bean sprouts GARNISH-
3 ts dried shrimp
3 tb chopped scallions
2 tb chopped roasted peanuts
1 tb granulated white sugar
4 garlic chives cut in 1.5 lengths
1 cilantro sprigs
1 lime wedges

Instructions

Soak the noodles in hot water for at least 12 minutes to soften, then drain well.

Combine the sugar, fish sauce, ketchup, and chili sauce in a small bowl.

Prepare the garnish ingredients. Place the dried shrimp in a blender or spice grinder and grind until finely shredded. Arrange the garnishes on a plate to serve with the noodles.

Fry the garlic in the oil over medium heat until very aromatic, about 1 minute. Add the shrimp and fry for 40 seconds. Pour in the sauce mixture and cook briefly, then add the noodles and toss until thoroughly coated with the sauce. Add half the bean sprouts and cook, continuously tossing and stirring, until the bean sprouts have softened.

Transfer to a platter, scattering the remaining bean sprouts over the top. Serve with the platter of garnishes, allowing guests to add what they want, to taste.

Recipe by: Jackie Passmore

Pad Thai Pseudo-Vegetarian Style

Yield: 1 Servings

Ingredients

1/4 c thai fish sauce

1/4 c white vinegar plus:

2 tb white vinegar

4 tb sugar (less if desired)

1 ts paprika

8 oz thai rice noodles (about 1/4 thick)

8 oz tofu

2 tb dried shrimp (optional)

3 tb oil

2 garlic cloves (or more)

2 eggs

3/4 lb bean sprouts

3 green onions sliced on the diagonal, including white

3/4 c ground peanuts

1 tb roasted red chili peppers *

Instructions

* [Take some dried red chili peppers and cook them in an ungreased wok over low stirring constantly until they start to brown. Grind in a coffee grinder or spice mill.]

Instructions: Combine first four ingredients and let sit until sugar dissolves. Soak rice noodles/sticks in warm water until they are soft but don't disintegrate when pressed, about 40 minutes.

Drain. Drain tofu by wrapping it in a clean towel and pressing with a large can of tomatoes, about 30 minutes. Cut into 1/4 inch cubes.

Rinse dried shrimp in water and drain.

Put oil in wok, heat to medium, put in crushed garlic. Swirl around for about a minute. Add noodles and mix around for a minute or two.

Add the tofu and shrimp then immediately add the liquid. Keep stirring until the liquid has all been absorbed into the noodles, about a couple of minutes.

Lower heat to low or medium-low. Push some of the stuff aside at one end of wok, and break an egg in. Immediately cover with noodles. Do the same at the other end of wok. Let the eggs cook *undisturbed* until the yolks are practically cooked, about three minutes.

(*Carefully* peek if unsure.) Slip a slotted spoon under each egg in turn, and bring upward, through the noodles, shaking as you go. The idea is to break up the cooked egg into the rest of the mixture into tiny bits.

Mix in sprouts and green onions. Let cook for another two minutes. Turn off heat. Add crushed peanuts and enough roasted red chilies to your desired hotness.

From: jkandell@ccit.arizona.edu (Jonathan Kandell)

Pad Thai Stir Fried Rice Ribbon Noodles

Yield: 4 Servings

Ingredients

6 oz dried flat rice noodles (see note)
4 tb vegetable oil
1/4 lb medium shrimp peeled and deveined
1 boneless skinless chicken breast halve thinly sliced
3 garlic minced
3 tb yellow bean sauce
3 tb tomato paste
2 tb fish sauce
1 tb vinegar (to 2t)
2 tb sugar
3 eggs
2 tb preserved radish chopped soaked in warm water 10 minutes, drained (optional)
1 tb small dried shrimp (optional)
1 cu fried tofu cut into 1/2 slices (optional)
1 bi pinch chile flakes
2 handfuls bean sprouts -tailed
2 tb chicken broth (to 4 t) or water, as needed
4 green onions cut in 2 lengths
garnishes:
2 tb peanuts roasted coarsely chopped
1 chile flakes
2 tb coriander coarsely chopped
2 limes cut into wedges

Instructions

Place noodles in a bowl and cover with warm water let soak about 15 minutes, or until soft and pliable. Drain set aside.

Set a wok over medium-high heat. When hot, add 2 tablespoons of the oil. Add shrimp and chicken stir-fry until shrimp turns bright orange and chicken turns white, about 30 seconds. Set aside.

Reheat wok over medium heat. Add the remaining oil and the garlic brown gently (about 20 seconds). Increase heat to mediumhigh. Add the bean sauce, tomato paste, fish sauce, vinegar and sugar stir until sugar dissolves.

Increase heat to high. Break 1 of the eggs into the sauce beat 3 or 4 times. Let cook until egg is slightly set but still moist, about 20 seconds. Repeat with second and third egg. There should be tiny flecks of egg peeking through.

Add the optional radish, dried shrimp and tofu, the chile flakes, softened noodles and 1 handful of bean sprouts to the hot wok. Toss and lift noodles until tender and no longer stiff, about 3 or 4 minutes.

Add the chicken broth 2 tablespoons at a time if noodles seem dry, the green onions and the reserved shrimp/chicken mixture toss for 30 seconds to reheat. The sauce is not a wet sauce it should "dry-coat" the noodles.

Transfer to a platter and serve with a sprinkling of chopped peanuts, chile flakes to taste and fresh coriander leaves. Arrange. Remaining bean sprouts and lime wedges

around noodles. (Squeeze lime over noodles before eating.) Serve warm or at room temperature.

Note: Traditionally, Pad Thai uses dried, flat 1/4-inch-wide fettuccine-like rice-flour noodles, labeled "Chantaboon rice sticks."

PER SERVING: 490 calories, 20 g protein, 50 g carbohydrate, 21 g fat (3 g saturated), 210 mg cholesterol, 1,258 mg sodium, 3 g fiber.

From an article by Joyce Jue in the San Francisco Chronicle, 8/18/93.

Per serving: 338 Calories (kcal) 22g Total Fat (56 calories from fat) 20g Protein 18g Carbohydrate 202mg Cholesterol 229mg Sodium Food Exchanges: 0 Grain(Starch) 2 1/2 Lean Meat 1 Vegetable 0 Fruit 3 1/2 Fat 1/2 Other Carbohydrates

Contributor: SF Chronicle, Joyce Jue (Stephen Ceideburg) (Paul Carren

Pad Thai Vmxv03A

Yield: 4 Servings

Ingredients

8 oz rice vermicelli
3 tb oil
3 ea garlic cloves, minced
1/4 c dried shrimp
1/4 c fish sauce
1/4 c sugar
2 tb tamarind juic (lemon or lime may be substituted)
1 tb paprika
1/2 c fried tofu
2 tb dried, unsalted turnip, cut into small pieces
1 ea egg, beaten
1/4 c chives, cut in 1 in lgths
1/4 c ground roasted peanuts
1 c bean sprouts
1 garnish:
1/2 c bean sprouts
1/2 c chopped chives
1/2 ea lime, cut in wedges

Instructions

Soak noodles in cold water for 2 hours, until soft. Drain and set aside. Heat a large skillet until hot, then add oil. Add the garlic and dried shrimp and stirfry. Add the noodles and stirfry until translucent. It may be necessary to reduce the heat if the mixture is cooking too quickly and the noodles stick. Add fish sauce, sugar, tamarind juice and paprika. Stirfry mixture until combined. Stir in the tofu, turnip and egg. Turn the heat to high and cook until the egg sets, stirring gently. Thoroughly combine the mixture and continue cooking over medium-high heat for about 2 minutes, until most of the liquid is reduced. Mix in the chives, peanuts and Place on a serving dish, arrange the garnishes attractively and serve. Makes four servings.

Note: To make fried tofu, chop tofu into 1/2 inch squares and fry in oil on both sides until golden brown. From Thailand the Beautiful Cookbook, as printed in the Phila. Inquirer, 8/19/92.

Pad Thai With Shrimp

Yield: 1 Servings

Ingredients

8 oz small size rice noodles
3 tb tomato sauce or tamarind paste
2 tb vegetable oil
1 tb pickled radish
3 tb sugar
1/3 c water or chicken stock
1 egg
3 tb fish sauce
1/2 lb shrimp, cleaned and shelled
1 handful bean sprouts (fresh) chopped once or twice
2 oz green onions cut into 1/2 inch pieces
2 tb finely chopped peanuts

Instructions

1. Soak the rice noodles in cold tap water about 20 minutes, until they are "springy". Then drain in a colander until needed.
2. If using dried tamarind, soak the tamarind in hot water for awhile, then mash with a fork to soften. Force as much of the mixture as you can through a sieve to remove bits of bark, etc.
3. Heat oil in wok, and add the tamarind/tomato sauce, pickled radish, and sugar. Mix well and let heat up.
4. Add the noodles, small portions at a time, and add that water/stock. Mix well until all the noodles are coated with the mixture. Add more liquid if necessary it will cook out. Don't be easy on the noodles chop them with the spatula or spoon some to separate them. It may help to "toss" the noodles like a salad, to get them coated.
5. Beat the egg and mix with the noodles. Add the fish sauce and shrimp. Mix everything thoroughly. The noodles will tend to "clump", so stir or "toss" like a salad to get everything mixed, and to ensure that the egg and shrimp cook thoroughly. It will help to cover the wok with a lid for a minute or so, then toss the mixture, then cover again. You'll know it's done when the shrimp are completely pink. There may be a little browning of the noodles stirring will keep them from burning.
6. Add the bean sprouts, green onions, and chopped peanuts. Mix well, then turn off the heat and let stand a minute or so. Serve.

From: danielh@sequent.com (Daniel Hobbs)

Pan Fried Brill With A Hot Chinese Salad Of Pork Belly

Yield: 1

Ingredients

675 g brill (1 1/2lb)
45 g pork belly (1lb)
130 g ripe tomatoes (5oz)
1/2 red chilli seeds removed and diced
1 ts freshly ground star anise
1 ts freshly ground cinnamon
1 garlic clove
1 tb fresh ginger
1 clove
2 tb asian fish sauce (15ml)
2 tb tamari soy sauce (20ml)

25 g demerara sugar (3/4oz)

1 sake

1 sesame oil

2 pak choy

2 bok choy

Instructions

To marinade the pork belly, pure the tomatoes, sugar, aniseed, ginger, cinnamon and garlic in a blender. Stir in the red chilli, fish sauce and halve the soy sauce add the sake and pour over the pork belly. Place into the fridge and marinade overnight.

Remove from the bowl and place onto an oven tray and pour the marinade over the top. Roast in an oven for about 30 minutes until the belly pork becomes twice as crispy.

While cooking prepare the brill, skin. Skin and fillet the brill into two nice folded over fillets. Chop the pak and bok choy into big pieces, heat up a hot wok and a non-stick pan on the stove.

Remove the pork from the oven and allow to cook. Chop the belly into lardons and saut, this in the wok with the remaining oil and soy. In the other pan fry the brill in half the olive oil and butter.

Place the greens on the plate and the brill on the top. Drizzle with melted butter and serve.

Converted by MCBuster.

Per serving: 95 Calories (kcal) 2g Total Fat (16 calories from fat) 8g Protein 16g Carbohydrate 0mg Cholesterol 2130mg Sodium Food Exchanges: 1/2 Grain(Starch) 1/2 Lean Meat 2 1/2 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Pan-Fried Noodle Pillow With Stir-Fried Chinese Greens

Yield: 4

Ingredients

1/2 lb noodles egg, 1/16th-inch thin chinese

2 ts oil sesame

1 ts salt kosher

6 tb oil corn or

6 tb oil peanut

1 seeds sesame, black (garnish)

STIRFRIED GREENS

1 tb chives chinese

1/8 c garlic baby, finely sliced

6 md mushrooms dried, black

1 1/2 c mushrooms chanterelle, sliced

1 1/2 ts scallion finely sliced rings

3 c bok choy baby, sliced, with flow kept whole

2 c cabbage chinese, sliced

4 sm chilis red

4 sm chilis orange

3 tb oil peanut or 3 tb oil corn

Instructions

Boil noodles in unsalted water until "al dente." Drain, flush with cold water until chilled, then roll loosely in a lint-free towel to blot off excess water.

Toss noodles with sesame oil and salt, using your hands to coat and separate the strands.

Heat a 12-inch well-seasoned or Silverstone heavy skillet over high heat until hot enough to evaporate a bead of water on contact. Add 5 tablespoons of oil, swirl to coat the bottom and sides of the pan, then reduce heat to medium-high.

When oil is hot enough to sizzle a single noodle, coil the noodles in a pan then use a spatula to pack them into an even pancake or "pillow." Cover and cook until the bottom is golden, about 5-7 minutes.

Uncover, flip the noodle pillow over with a jerk of your wrist, then cover and cook the second side. If the pan seems dry, dribble in the remaining tablespoon of oil around the side of the skillet before covering it.

Slide the noodle pillow out of the pan, cut it into quarters, then garnish with a sprinkling of black sesame seeds and vegetables.

Stir-Fried Greens:

Soak the dried mushrooms for several hours or overnight in cold water.

Drain, rinse, remove any stems, then cut caps into slivers 1/8-inch wide.

Heat a wok or a large heavy skillet over high heat until hot enough to evaporate a bead of water on contact. Add 2 tablespoons of oil, swirl to glaze the pan, then reduce heat to medium-high.

Add the Chinese chive tops, garlic and black mushrooms, toss until fully fragrant, then add chanterelles, sliced scallions, and cabbage to the pan. Toss just until vegetables turn supple, about 2 minutes.

Add baby bok choy, toss until color deepens and the vegetables are heated through, about 20 seconds. If the pan becomes too dry, dribble in a bit more oil from the side.

Fold in the chilis, then turn contents out onto a serving plate, either alongside or on top of the noodle pillow.

Caution: Chilis are added for color and are not meant to be eaten whole!

If a spicier dish is desired, finely sliver a single chili and stir-fry it with the shallots before stir-frying the remaining vegetables.

Source: Great Chefs of San Francisco, Avon Books, 1984 Chef: Barbara Tropp, China Moon, San Francisco, CA

Posted to CHILE-HEADS DIGEST V3 #, converted by MMBuster v2.01.

Pan-Fried Shrimp Cakes W/Chinese Cabbage

Yield: 8 Servings

Ingredients

1 lb shrimp

10 water chestnuts

1 scallion stalk

1 sl fresh ginger root

1 egg

1 ts cornstarch

1/2 ts salt

1 ds pepper (up to)

2 tb stock (up to)

4 tb oil

1 lb chinese cabbage

2 tb oil

1/2 ts salt

Instructions

1. Shell and devein shrimp then mince or grind with water chestnuts, scallion stalk and ginger root.
2. Beat egg and blend into mixture, along with cornstarch, salt, pepper and stock. Form into cakes, about 1-1/2 inches in diameter and 1/2 inch thick.
3. Heat oil. Pan-fry shrimp cakes over medium heat until cooked through and golden on each side. Remove from pan.
4. Meanwhile cut Chinese cabbage stems in 1-inch sections and blanch.
5. Heat remaining oil. Add remaining salt, then Chinese cabbage. Stir-fry to cook through (about 2 minutes). Return shrimp cakes cook, covered, only to reheat. Serve at once.

NOTE: The shrimp mixture can be pan-fried as 1 large pancake, then cut in 3/4 inch cubes and reheated.

From , ISBN 0-517-65870-4. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Pan-Fried Whole Fish With Thai Ginger Sauce

Yield: 4 Servings

Ingredients

FOR THE SAUCE

10 md Dried Chinese mushrooms

1 c Hot water

1/4 c Rice vinegar or sherry vinegar

1/4 c Palm or granulated sugar

3 tb Dark soy sauce

2 tb Grated ginger

1 sm Garlic clove chopped, and crushed into a fine paste

Juice of one lime

1/2 ts Dark sesame oil, preferably Japanese

3 Scallions, including greens finely sliced

FOR THE FISH

4 whole Trout (12 to 16 oz ea) cleaned

Salt to taste

Freshly-ground black pepper to taste

1/2 c All-purpose flour

1/4 c Vegetable oil

Instructions

Preparing the sauce: Rinse the mushrooms under cold running water and then soak them in the hot water for about 30 minutes. Remove and discard the mushroom stems, slice and reserve the caps, and save the soaking liquid. Carefully pour the soaking liquid into a small sauce pan, leaving behind any bits of grit or sand. Add the sliced mushrooms and the remaining ingredients. Bring to a simmer very gently for about 10 minutes. Cooking the fish: Season the fish with salt and pepper and roll them in flour. Pat them thoroughly to shake off any excess flour. In a non-stick pan, saute the fish over medium to high heat in oil until crispy on both sides (10 minutes per inch of thickness). Quickly transfer to a baking sheet covered with paper towels and pat the fish to get rid of any clinging oil. Transfer again to heated plates, pour the sauce over each fillet, and serve immediately.

This recipe yields 4 servings.

Recipe Source: COOKING LIVE with Sara Moulton

Recipe courtesy of Jim Peterson, "Fish & Shellfish" From the TV FOOD NETWORK (Show # CL-8851 broadcast 03-28-1997) Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by JoeComiskey, aka MR MAD jpmd44a@prodigy.com - or MAD-SQUAD@prodigy.net 10-03-1998

Contributor: Jim Peterson

Panang Loog Chin Nua (Thai Meatballs Panang Curry)

Yield: 5 Servings

Ingredients

1 lb ground beef (85-90 lean)
1/2 c all purpose flour
1 c coconut milk
2 tb red curry paste
2 tb creamy peanut butter
1 tb fish sauce
1 tb sugar
2 tb oil
1/4 c thai or sweet basil leaves

Instructions

Form ground beef into 1" in diameter balls and coat evenly with flour, shaking off any excess flour. In a medium saucepan, brown meatballs in oil over low heat. The meatballs do not have to be thoroughly cooked. Drain on paper towels and set aside. Add the curry paste to the remaining oil from frying the meatballs and saute for 1 minute over low heat. Increase heat to medium, add coconut milk and cook 2-3 minutes longer. Stir in fish sauce, sugar, peanut butter and blend well. Return the meatballs to the pan of curry mixture and cook until well done. Transfer the curry to a serving bowl and sprinkle basils. Serve with cooked rice.

FROM: GAIL SHIMIZU

Paneer & Channa (Indian Cheese)

Yield: 6 Servings

Ingredients

1 1/2 qt milk, whole
1 1/2 c cultured buttermilk

Instructions

Pour milk into a heavy 4-quart saucepan. Bring to a boil over medium-high heat, stirring occasionally.

Reduce heat to medium and stir in buttermilk.

When the curds form a mass (you'll see a clear, pale-yellow whey surrounding the curds), remove pan from heat, Let stand, partially covered, for 10 minutes.

Line a colander with a double layer of dampened cheesecloth. Set the colander in the sink or in a bowl if you wish to save the whey (see note).

Gently pour the curds and whey into the cheesecloth.

Gather together the corners of the cloth, give one or two twists, and tie with a kitchen twine.

Hang the cheesecloth bag over the faucet and let the cheese drain for 1 hour, or until it is as thick as yogurt (this is channa).

If the weather is warm, leave the cheesecloth bag in the colander, set the colander on a plate to catch the drippings, and refrigerate until the cheese has thickened.

Unwrap the channa and use immediately, or cover and store in the refrigerator for up to 4 days.

Yields approximately 10 ounces.

Note: Save the whey for making your next batch of paneer, use it for cooking lentils or pilafs, or add it to soups.

Paneer cheese: Snugly wrap cheesecloth around the channa to form a "cake." Place on a cookie sheet, place another cookie sheet on top and add weights (for example, 2 or 3 large cans of tomatoes, 2 or 3 bricks, a large pitcher of water). Let the cheese sit for 2 to 4 hours.

Use immediately, or cover and refrigerate for up to 5 days.

Yields 8 ounces (1 cup).

PER OUNCE (channa): 75 calories, 5 g protein, 0 g carbohydrate, 6 g fat (4 g saturated), cholesterol and sodium content is not available, 0 g fiber.

PER OUNCE (paneer): 100 calories, 7 g protein, 2 g carbohydrate, 7 g fat (5 g saturated), cholesterol and sodium content is not available, 0 g fiber.

From an article by Lax Hiremath in the San Francisco Chronicle, 9/1/93.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Paneer (Indian Cheese)

Yield: 1 Servings

Ingredients

8 c whole or lowfat milk not skim

4 tb fresh lemon juice or 3 tb cider vinegar mixed with 3 t water or 1 c plain yogurt

Instructions

Bring the 8 cups of milk (whole or low fat, skim doesn't work) to a boil in a deep heavy-bottomed 3-4 quart saucepan or casserole, stirring often to prevent sticking.

Reduce heat and add one of the above-listed starters: (lemon juice is my favorite, and I only use 2- 3 T -Holly)

Stir gently until white curds form and separate from the greenish-yellow whey (about 10 seconds if using lemon juice or 30 seconds if using alternatives). Once the curds begin to form, the contents of the pan should be stirred very slowly & gently, as though stroking it, so that the freshly formed fragile curds do not disintegrate into small pieces. The curds should be in lumps. Immediately turn off the heat.

Pour the cheese and whey through a colander or large sieve, lined with a thin fabric or 4 layers of cheesecloth and placed in the kitchen sink. Save the whey if desired to use within 24 hours to make the next batch of cheese (use instead of other starters) or make rice (subbing for plain water) or soup or whatever.

Hold the colander or sieve under the tap & let cold water run, at medium flow, through the curds in the cheesecloth for 10 seconds to wash away whatever remains of the smell of lemon juice, vinegar, or yogurt. Bring up the 4 corners of the cheesecloth & tie them together. Gently twist to extract as much water as possible. Hang the cheesecloth to drain for 1 1/2 hours. (Julie suggests the door handle on a kitchen cabinet directly over the sink, I just hang the bag from the sink faucet Holly).

At this point the drained, crumbly cheese is called chenna. You can stop here & flavor the chenna to taste and use as a spread, dip, whatever you like. To make the cheese into cakes (paneer), set the cheese still in the cheesecloth on a clean flat surface and place a weight (such as a large pot filled with water, or a big plate covered with heavy cans) on it for 1/2 an hour. Remove the weight, take the compressed chesse out of the cheesecloth, and place it back on the flat surface. With a

sharp knife cut the cheese into neat rectangles. Paneer keeps well in the refrigerator for 4 days.

Note: Even though exact amounts of starter are called for, sometimes the curd forms before all the starter has been incorporated. If that happens, do NOT incorporate the full amount of starter, as that only hardens the curd. Alternatively, if you use the full amount & curds don't form, just keep adding a little more until the curds do form.

Recipe By : Julie Sahni, Classic Indian Cooking

From: Holly Butman Date: 27 Sep 97 Mastercook Recipes (Mailing List) Ž

Paneer Shaslik With Oriental Sauce

Yield: 4 Servings

Ingredients

250 g paneer

4 onions (200 g)

4 tomatoes (325 g)

4 capsicums (150 g)

12 mushrooms boiled

oil for frying

FOR THE MARINADE

50 ml oil

salt to taste

1 ts pepper powder (5 g)

FOR THE ORIENTAL SAUCE

1 tb oil (15 ml)

2 onions sliced (100 g)

2 sprigs curry leaves

3 green chillies chopped fine

1/2 c coconut powder (100 g)

salt to taste

a pinch of turmeric powder

Instructions

CUT paneer, onions, tomatoes and capsicums into 2.5 cm cubes. Mix all the marinade ingredients and apply to the chopped vegetables. Keep aside for 30 minutes. Arrange the vegetables and paneer cubes on the shaslik stick.

To prepare the Oriental sauce: Heat oil in a pan. Add onion and saute well. Add curry leaves and green chillies. Fry for two minutes and finally add coconut powder, salt and a pinch of turmeric powder. Add a little water and cook well. Remove from heat.

When cool, strain the mixture and simmer till it reaches sauce consistency. Check seasoning. Keep the sauce aside.

Grill the paneer shaslik until golden brown. Serve hot on a hot sizzler tawa with the Oriental sauce poured over, with accompaniments like saffron rice, Chinese spring roll and sauteed mushrooms.

Converted by MCBuster.

NOTES : Assorted vegetables topped with a pungent coconut based sauce

Preparation Time: 0:30

Panfried Tofu With Oriental Garlic Sauce Gourmet

Yield: 1 Serving

Ingredients

1 1-pound block of extra-firm or firm rinsed
4 ts cornstarch
1 c water
2 tb soy sauce up to 3
1 tb cider vinegar
1 tb scotch
2 ts sugar
1/8 ts salt
2 1/2 tb vegetable oil
3 lg garlic cloves minced
a 1-inch cube of peeled fresh ginger minced
1 ts oriental sesame oil
1 scallion minced
cooked rice as an accompaniment if desired

Instructions

Cut the tofu crosswise into 4 slices and let the slices drain between a double thickness of paper towels for 20 minutes.

While the tofu is draining, in a small bowl dissolve the cornstarch in 1/4 cup of the water and stir in the remaining 3/4 cup water, the soy sauce to taste, the vinegar, the Scotch, the sugar, and the salt. In a heavy saucepan heat 1 1/2 tablespoons of the vegetable oil over moderately high heat until it is hot but not smoking and in it stir-fry the garlic until it is pale golden, being careful not to let it burn. Add the gingerroot and stir-fry the mixture for 30 seconds. Stir the soy sauce mixture, add it to the garlic mixture, stirring, and bring the sauce to a boil, stirring. Simmer the sauce for 2 minutes, stir in the sesame oil, and keep the sauce warm.

In a non-stick skillet heat the remaining 1 tablespoon vegetable oil over high heat until it is hot but not smoking and in it brown the tofu on all sides, turning it with tongs and transferring it as it is browned to paper towels to drain. Divide the tofu between 2 plates and spoon the sauce over it. Sprinkle the scallion over each serving and serve the tofu with the rice.

Serves 2.

Gourmet November 1992

typos by Karin Baumgardner 1/7/2000

NOTES : Can be prepared in 45 minutes or less.

Contributor: Gourmet November 1992

Panfried Tofu With Oriental Garlic Sauce

Yield: 1 Servings

Ingredients

1 1-pound block of extra-firm or firm tofu, rinsed
4 ts cornstarch
1 c water
2 tb soy sauce (up to 3)
1 tb cider vinegar
1 tb scotch
2 ts sugar
1/8 ts salt
2 1/2 tb vegetable oil
3 lg garlic cloves minced
1 1-inch cube of peeled fresh gingerroot, minced

1 ts oriental sesame oil
1 scallion minced
1 cooked rice as an accompaniment if desired

Instructions

Can be prepared in 45 minutes or less.

Cut the tofu crosswise into 4 slices and let the slices drain between a double thickness of paper towels for 20 minutes.

While the tofu is draining, in a small bowl dissolve the cornstarch in 1/4 cup of the water and stir in the remaining 3/4 cup water, the soy sauce to taste, the vinegar, the Scotch, the sugar, and the salt. In a heavy saucepan heat 1 1/2 tablespoons of the vegetable oil over moderately high heat until it is hot but not smoking and in it stir-fry the garlic until it is pale golden, being careful not to let it burn. Add the gingerroot and stir-fry the mixture for 30 seconds. Stir the soy sauce mixture, add it to the garlic mixture, stirring, and bring the sauce to a boil, stirring. Simmer the sauce for 2 minutes, stir in the sesame oil, and keep the sauce warm.

In a non-stick skillet heat the remaining 1 tablespoon vegetable oil over high heat until it is hot but not smoking and in it brown the tofu on all sides, turning it with tongs and transferring it as it is browned to paper towels to drain. Divide the tofu between 2 plates and spoon the sauce over it. Sprinkle the scallion over each serving and serve the tofu with the rice.

Serves 2

Gourmet November 1992

Posted to recipelu-digest by Sandy on Feb 25, 1998

Panir (Indian Cheese)

Yield: 1

Ingredients

3 qt skim milk
6 tb fresh lemon juice
1 salt to taste
1 cheesecloth

Instructions

(you want milk with plenty of milk solids, since it replaces the recipe's whole milk, or increase milk by 1 to 2 quarts) can substitute for skim milk farmer's cheese

Bring milk to boil over medium heat, add lemon juice, 1 tsp salt and stir until whey separates from milk solids and appears translucent(5 minutes).

Pour milk in cheesecloth lined strainer, let drain. Discard whey or use in soup. Tie the cheesecloth "bag" to faucet and continue draining (3 to 4 minutes). Untie cheesecloth, flatten cheese and pat into 1 inch thick circle. Rewrap in cheesecloth, place in flat dish on edge on sink. Twist end of cheesecloth and drape over edge of dish (I think to facilitate dripping in the direction of the sink). Place another flat dish on top of the cheese and weight dish with heavy object. Excess moisture should drip through ends of cheesecloth into sink. Let drain 30 minutes.

Remove panir cheese from cheesecloth. Grate and mash (this gets the lumps). Season with additional salt. Shape into 12 to 14 walnut-sized balls.

Per serving: 1049 Calories (kcal) 5g Total Fat (4 calories from fat) 101g Protein 150g Carbohydrate 53mg Cholesterol 1515mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 1/2 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Paper-Thin Chinese Rosettes

Yield: 4 Servings

Ingredients

1 c sifted flour
1 c milk
1 egg
1 tb sugar
1/2 ts salt
2 tb sesame seeds
5 c vegetable oil

Instructions

Stir together the flour, milk, egg, sugar, salt and sesame seeds until smooth. Put the oil in a wok and heat to 365 F. Dip a rosette iron with a mold attached into the hot oil and shake off excess oil. Dip the hot oiled rosette mold into the batter, shaking off excess batter. Hold in the hot oil. When slightly brown, nudge the rosette off the mold using the tip of a knife. Let rosette fall back into the hot oil. Repeat the process until all the batter is used. When the rosettes are brown on one side, turn over and brown on the other side. Remove from the oil and drain on paper towels.

Note: These can be made in advance. If they get soggy, reheat in a 300 F oven until crispy.

PEKING GARDEN EAST MILWAUKEE, MEQUON

From the . Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Party Nibbles: Thai Chicken Fingers

Yield: 20 Appetizers

Ingredients

1 lb chicken breasts, boneless, skinless
1 tb sesame oil
-PEANUT DIP-
3 tb peanut butter
2 tb thai fish sauce, or soy
2 tb rice vinegar, or lemon juice
2 tb liquid honey
1 tb hoisin sauce
1 tb sesame oil

Instructions

Strips of chicken can be threaded onto skewers, however, it is easier to broil or grill them without skewers. If the peanut dip is too thick, stir in up to 2 tb water.

Peanut Dip: In small bowl, blend together peanut butter, Thai fish sauce, rice vinegar, honey, hoisin sauce and sesame oil.

Separate fillets from chicken breasts cut remaining chicken into same-size pieces.

(You should have about 20 strips.)

Pat dry. Brush with sesame oil. Grill chicken on greased grill over medium-high heat or broil for 3-4 minutes or until no longer pink inside.

Serve with dip.

Source: Canadian Living magazine Nov 95 author: Bonnie Stern - Cooking school owner [-PAM-]

Pasta Chinese Style

Yield: 1 Servings

Ingredients

4 oz vermicelli

SAUCE-

1 pt veg stock (i used 2 bouillon cubes)

2 spring (green?) onions

1 red bell pepper cored, deseeded and fine

1 green bell pepper cored, deseeded and fine

1 yellow bell pepper cored, deseeded and fine

1/2 chinese lettuce shredded

1/2 ts sesame oil

2 tb soy sauce (low fat/ fatfree type)

1 salt and ground black pepper

Instructions

I hope this recipe is acceptable as it contains 1/2 teaspoon of sesame oil (originally called for 1 tspn) if it is not acceptable please accept my apologies and delete :0)

Cook vermicelli according to pack directions. Bring stock to boil add onions and peppers and simmer for 2 minutes. Add shredded lettuce with the sesame oil and soy sauce. Season Mix vermicelli with sauce.

Posted to fatfree digest by "M. Olsen" on Nov 08, 1998, converted by MMBuster v2.0l.

Pasta W/Szechwan Peanut Dressing

Yield: 5 Servings

Ingredients

8 oz pasta (preferably linguine)

2 c broccoli florets szechwan peanut dressing

1/3 c peanut butter smooth or crunchy

1/2 c hot vegetable stock or water

1 ts soy sauce

2 tb rice vinegar

2 tb safflower oil

2 cloves garlic minced

1/2 ts dry crushed red pepper

2 c cherry tomatoes

1 scallion chopped, optional

Instructions

Bring large pot of water to boil cook pasta until al dente. While pasta is cooking, steam broccoli florets. In a medium mixing bowl, whisk together peanut butter and stock or water until smooth. Stir in remaining dressing ingredients. When pasta is done, drain well. Pour sauce over pasta toss to coat well. Add broccoli and tomatoes toss again. Garnish with chopped scallions.

Variations: Add more red pepper to taste.

Try Szechwan Peanut Dressing as a warm topping on steamed vegetables, especially on green beans, broccoli, or cauliflower.

Make extra dressing to refrigerate and serve later on chilled steamed green beans or broccoli.

Posted to MC-Recipe Digest V1 #742 by Creedenite@aol.com on Aug 13, 1997

Pasta With Chinese Tahini Sauce

Yield: 4 Servings

Ingredients

8 oz pasta *

1 c peas

CHINESE TAHINI SAUCE

2 tb tahini (sesame butter)

1 tb rice vinegar

1 tb soy sauce

1 tb (pref. toasted) sesame oil

2 ts chili paste w/garlic (hot)

1 ts minced gingerroot

2 tb vegetable stock or water

1 ds freshly ground black pepper

Instructions

* preferably buckwheat noodles or Chinese wheat noodles GARNISHES: scallion curls, fresh coriander sprigs, toasted sesame seeds, or chopped dry-roasted unsalted peanuts, optional. NOTE: Chinese wheat noodles are compacted into cubes. To cook, break the cubes and drop into boiling water. When water returns to a boil, cook for 3 minutes and drain. They may be served as is or patted dry and sauteed in oil until lightly browned. Bring a large pot of water to a boil, cook pasta until al dente. While pasta is cooking, steam peas. In a large bowl, combine remaining ingredients. When pasta is done, drain well. Toss dressing with pasta add peas and toss again. Top with garnish. VARIATIONS: saute 6 oz chopped spinach in 1 T safflower oil until limp mushrooms, blanched peapods, sweet red peppers, steamed broccoli, steamed sliced carrots, or scallions. If you add several, the amt of dressing may need to be increased.

Pasta With Szechwan Peanut Dressing Dgcp02C

Yield: 5 Servings

Ingredients

8 oz pasta (preferably linguine)

2 c broccoli florets

SZECHWAN PEANUT DRESSING

MAKES 3/4 CUP-

1/3 c peanut butter(smooth/chunky)

1/2 c hot vegetable stock or water

1 ts soy sauce

2 tb rice vinegar

2 tb safflower oil

2 cloves garlic, minced

1/2 ts dry crushed red pepper

Instructions

2 cups Cherry Tomatoes GARNISH: chopped scallion, optional Bring large pot of water to boil cook pasta until al dente. While pasta is cooking, steam broccoli florets. In a med mixing bowl, whisk together peanut butter and stock or water until smooth. Stir in remaining dressing ingredients. When pasta is done, drain well. Pour sauce over pasta toss to coat well. Add broccoli and tomatoes toss again. Garnish with chopped scallions. 4

6 Servings

VARIATIONS: add more red pepper to taste : try Szechwan Peanut Dressing as a warm topping on steamed vegetables, especially on green beans, broccoli, or cauliflower make extra dressing to refrigerate and serve later on : chilled steamed green beans or broccoli

Payasam (South Indian Creamed Rice)

Yield: 4 Servings

Ingredients

90 g rice

1 3/16 l milk

75 g raw palm sugar or brown sugar

1 tb roasted cashew nuts

Instructions

Wash the rice and set aside in a sieve to drain for 20 minutes.

Bring the milk to a boil in a large saucepan, stirring constantly.

Lower the heat, add the rice and stir well to mix.

Simmer until the rice is tender and the milk slightly thickened.

Add the raw palm sugar or brown sugar, stir to mix and simmer for a further 5-7 minutes.

Stir in the cashew nuts and remove from heat.

I. Chaudhary Gold Coast-Oz Posted to EAT-L Digest 10 November 96

Date: Tue, 12 Nov 1996 10:04:38 +1000

From: "I. Chaudhary"

Pazoon Ngabaung Kyaw Thai Prawns Fried In Batter

Yield: 1

Ingredients

1 lb small prawns or shrimp

1/2 c chick pea flour (besan)

1/2 c self-raising flour

1 ts salt

1 clove garlic crushed

1/2 ts finely grated fresh ginger

1/4 ts ground turmeric

1/2 c water

1 oil for deep frying

Instructions

Take heads off prawns there is no need to shell or de-vein them if they are as small as they should be. Mix remaining ingredients together to form a dipping batter, stir in the prawns, then put small spoonfuls into the hot oil and fry until golden brown and crisp. Fry only a few spoonfuls at a time, and prevent them from sticking to each other by spooning oil over them as each one is added to the oil. Drain on absorbent paper and serve warm.

Taken from 'The Complete Asian Cookbook' by Charmaine Solomon. Published by 'W.H. Smiths'

Converted by MCBuster.

Per serving: 6 Calories (kcal) trace Total Fat (8 calories from fat) trace Protein 1g Carbohydrate 0mg Cholesterol 2136mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Pea Jelly (Chinese Version Of Yokan)

Yield: 12 Servings

Ingredients

1 lb split peas
1 1/2 c sugar
1 tb gelatin
1 water
1 green food coloring (if desired)

Instructions

Soak split peas overnight in 6 c water. Drain. Pressure cook over low heat in 5 c water for 1 hr or until very soft. You may cook on top of the stove as for soup as well. Strain peas into a saucepan.

Soak gelatin in 1/2 c water.

Mix peas, sugar, gelatin, and food coloring. Let set in fridge at least 4 hrs or until set.

Cut into squares and serve.

From: Michael Loo

Peak Gai Yang Barbecued Chicken Wings (Thai Street Food)

Yield: 4 Servings

Ingredients

1 ts salt
1/4 c lemon grass chopped
8 cloves garlic chopped
1/2 ts white pepper
1/4 c coriander root, (cilantro root) minced
1 ts turmeric
1 1/2 lb chicken wings

Instructions

Combine all the marinade ingredients and marinate the chicken wings overnight.

Barbecue (grill) the wings over medium coals for 5-7 minutes on each side until they are cooked through and golden brown. Serve with steamed stick rice.

This is a favorite barbecue recipe. The enticing aroma of the sizzling meat on the grill makes it very popular with the street vendor's clientele.

Recipe from: Thailand The Beautiful Cookbook ISBN 0-00-255029-6 Posted to EthnicRegMC 5/99 by JoAnn Pellegrino

Contributor: Thailand The Beautiful Cookbook

Peanut Lime Dipping Sauce Midsummer Thai Di

Yield: 1 Batch

Ingredients

1/4 c peanut butter
1/4 c soy sauce
1/4 c fresh lime juice
1 tb rice vinegar
3 tb coriander chopped
1 tb brown sugar
1/2 ts chinese chili sauce or 1/4 ts dried chili flakes

Instructions

You may use either chunky or smooth peanut butter. If you don't like peanut sauce, try the "Tart Sweet Sauce Midsummer Thai Dinner" recipe.

Add peanut butter to a small bowl. Slowly whisk in remaining ingredients.

Peanut-Crusted Chicken W/Thai Hot/Sweet Sauce

Yield: 4 Servings

Ingredients

1 c dry roasted peanuts ground fine
1/3 c yellow cornmeal
4 1/2 tb garlic minced
1 tb fresh ginger minced
2 stalks fresh lemongrass
1/2 ts black pepper
12 tb coarse salt
1 1/3 c rice flour
2 c buttermilk
3 1/2 lb chicken quartered
1/2 c distilled white vinegar
1 c sugar
2 4 dried hot red chilies
1 1/2 tb nam pla (thai fish sauce)
1/2 c water

Instructions

Discard outer leaves of the lemongrass. Slice thin the bottom 4" and mash to a paste in a mortar with pestle. In a shallow bowl, stir together the peanuts, cornmeal, 2 Tbsp. of the garlic, gingerroot, lemongrass, black pepper, salt and 1/3 cup of the flour. Have ready, in 2 separate shallow bowls, the remaining 1 cup of flour and the buttermilk. Dredge the chicken pieces well in the flour, shaking off the excess, dip them in the buttermilk, letting the excess drip off, and roll them in the peanut mixture, transferring them as they are coated to an oiled shallow baking dish. Bake the chicken, covered tightly with foil, in the middle of a preheated 350F oven for 45 minutes, remove the foil carefully and bake the chicken for 20 25 minutes more, or until golden (the chicken will crisp as it cools). In a small saucepan combine the vinegar, sugar, remaining 2 1/2 Tbsp. garlic, crushed red chilies, nam pla and the water, bring the mixture to a boil, and simmer it until it is reduced by half. Serve the chicken with the sauce. (Gourmet 12/91)

Peas A L'Orientale

Yield: 4 Servings

Ingredients

2 lb fresh peas about 2 cups shelled or 2 cups frozen peas thawed
Salt
1/4 c whole water chestnuts canned
3 oz canned straw mushrooms about 1/2 cup
3 tb butter
1 ts grated fresh ginger root
1/4 ts granulated sugar
Fresh ground black pepper

Instructions

PREPARATION:

Shell the peas. Cook fresh peas in 3 quarts of boiling, salted water just until tender, about 4 minutes cook frozen peas 1 minute. Drain and refresh under cold water. Drain and rinse the water chestnuts and mushrooms. Split the chestnuts in half. Recipe can be made to this point several hours ahead.

COOKING AND SERVING:

Melt 2 tbl. of the butter in a saucepan. Saut, the ginger, water chestnuts, and mushrooms over low heat just until cooked through, about 1 minute. Add the peas, sugar, and 1/4 tsp. salt and cook until heated through, about 30 seconds. Add remaining butter and toss just until blended. Season to taste with salt and pepper. Serve warm.

NOTES : Sweet green peas with ginger, straw mushrooms and water chestnuts. This makes a wonderful accompaniment to roast or grilled lamb, chicken, or duck. Canned straw mushrooms can be found in the Oriental food section of many supermarkets.

Recipe preparation times assume the use of frozen peas. For fresh peas total time would be 45 minutes.

Nutr. Assoc. : 0 0 0 0 5142 0 20083 0 0

Contributor: Cook's Magazine May 1988

Preparation Time: 0:15

Peking Beef (Mongolian Beef) Crouch

Yield: 4 Servings

Ingredients

- 1 lb flank steak shredded
- 1 egg white
- 1/2 ts salt
- 1 ts cornstarch
- 2 c oil for deep frying
- 1/2 c bamboo shoots shredded
- 1 c green onion green part only

Instructions

SAUCE-

- 1 tb sherry
- 2 tb hoisin sauce
- 2 tb dark soy sauce
- 2 tb chicken stock
- 1/2 ts sugar
- 1 ts cornstarch
- 1/2 ts chili paste w/ garlic (opt)

Combine beef, egg white, salt and 1 T cornstarch. Mix well with hand. Heat oil to 400 and deep fry beef 30 seconds, drain. Reheat 2 T oil to 375 in wok. Stir fry bamboo shoots and scallions 1 minute. Combine sauce ingredients in bowl, add to vegetables. Bring to boil. Add beef. Stir fry quickly until heated through. Also known as Mongolian BeefMike

FROM: MIKE CROUCH (NNBB09A) Posted to MC-Recipe Digest V1 #993 by Gr8seeksM8 on Jan 8, 1998

Peking Beef (Mongolian Beef) *** Crouch2

Yield: 4

Ingredients

1 lb flank steak shredded
1 egg white
1/2 ts salt
1 ts cornstarch
2 c oil for deep frying
1/2 c bamboo shoots shredded
1 c green onion green part only
1 sauce
1 tb sherry
2 tb hoisin sauce
2 tb dark soy sauce
2 tb chicken stock
1/2 ts sugar
1 ts cornstarch
1/2 ts chili paste w/ garlic (opt)

Instructions

Combine beef, egg white, salt and 1 T cornstarch. Mix well with hand. Heat oil to 400 and deep fry beef 30 seconds, drain. Reheat 2 T oil to 375 in wok. Stir fry bamboo shoots and scallions 1 minute. Combine sauce ingredients in bowl, add to vegetables. Bring to boil. Add beef. Stir fry quickly until heated through.

Also known as Mongolian Beef Mike FROM: MIKE CROUCH (NNBB09A)

Posted to CHILE-HEADS DIGEST V3 #, converted by MMBuster v2.0l.

Pepper Steak In Oriental Sauce

Yield: 1 Servings

Ingredients

1 lb beef tips or stew meat
2 tb salad oil
2 tb coarse ground black pepper
1 ts salt
4 cloves garlic, minced
2 tb fresh ginger, minced
1/4 c soy sauce
2 tb cooking sherry
2 tb worcestershire sauce
1 c beef stock
1 ts thyme
1 bay leaf
1/4 c cornstarch
1/4 c water
1 red bell pepper, cored, seeded, and cut into strips
1 green bell pepper, cored, seeded, and cut into strips
1 tomato, sliced or chopped
4 ribs celery, chopped
1 c cooked white rice

Instructions

In a wok or saute pan, saute the beef in the oil, black pepper, and salt until tender. Set meat aside.

In the same pan, add the garlic, ginger, soy sauce, sherry, Worcestershire sauce, beef stock, thyme, and bay leaf to pan. Bring to a rolling boil. Turn heat down to medium. In a small bowl or measuring cup, mix the cornstarch and water. Stir into mixture and cook until it thickens. Add the red and green pepper, tomato and celery. Simmer until vegetables are al dente. Add the beef and mix. Serve over the white rice.

Makes 4 servings.

Per serving/1/4 recipe: 1 vegetable, 2 bread/starch, 3 lean meat, 1 fat
376 calories, 33 gm carbohydrate, 27 gm protein, 14 gm fat, 2110 mg sodium, 71 mg cholesterol 67 mg calcium

Recipe: Edinbrook Crossing in Brooklyn Park, MD
[DPileggi Be Seeing You

Pepper Steak Oriental

Yield: 8 Servings

Ingredients

2 lb beef (round or sirloin)
1/2 c butter
1/8 ts garlic powder
1/2 c chopped onions
2 green peppers cut in strips
1 cn (16-oz) tomatoes
1 beef bouillon cube
1 ts cornstarch
1/4 c water
3 tb soy sauce
1 ts sugar
1 ts salt
1 cn (4-oz) mushrooms
1 rice or chow mein noodles

Instructions

Slice beef thin, cut into strips & fry in butter & sprinkle with garlic powder. Cook, stirring slightly, until browned. Remove meat. Add onion & green pepper. Sauce 2 minutes. Return meat to skillet along with tomatoes & bouillon cube. Simmer about 5 minutes. Blend together next 5 ingredients. Stir into meat mixture & simmer until tender, stirring occasionally. Add drained mushrooms a few minutes before serving. Serve over hot rice or chow mein noodles.

Serves 8.

GAIL SUDDATH

From , the Desoto School Mothers' Assn, Helena-West Helena, AR 72390.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Peppered Saute Of Ozark Mountain Arkansas Bacon (Dj/Cd)

Yield: 1

Ingredients

1 oil spray
1 half round slices of smoked canadian, preferably ozark bacon, mountain smokehouse arkansas bacon , or smoked ham
1 coarsely cracked black peppercorns
1 dark brown sugar

Instructions

Oil spray a heavy iron skillet and heat over medium heat. With the heel of hand, rub/press peppercorns liberally into one side of Arkansas or Canadian bacon or ham slices. When pan is hot, add bacon/ham, pepper-side down (most of the pepper will fall off don't worry). Sprinkle top side with additional pepper. Let ham fry in hot skillet until nicely seared and browned, about 2 to 4 minutes, then flip over. Sprinkle the browned side you have just flipped lightly with brown sugar about 1 teaspoon per slice. When second side has browned, flip again so the sugared side is directly in contact with the skillet and let sear very quickly 10 to 20 seconds, sprinkling second side with brown sugar. Flip, repeat the quick sear, and remove from the skillet to hot plate. Serve at once.

Converted by MCBuster.

Recipe by: CHEF DU JOUR SHOW #DJ9338 CRESCENT DRAGONWAGON

Converted by MMBuster v2.0l.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Perfect Chinese Steamed Rice

Yield: 4 Servings

Ingredients

2 c uncooked long-grain rice

3 1/2 c water

Instructions

PUT THE RICE INTO A LARGE BOWL and wash it in several changes of water until the water runs clear. Drain the rice and put in a heavy pot with the water and bring to a boil. Continue boiling until most of the surface liquid has evaporated. This should take about 15 to 20 minutes. The surface of the rice should have small indentations like a pitted crater. At this point, cover the pot with a very tight-fitting lid, turn the heat as low as possible and let the rice cook undisturbed for 15 to 20 minutes. There is no need to fluff the rice before serving it.

Persimmon Pudding Indiana Style

Yield: 16 Servings

Ingredients

1 c sugar white

1 c sugar dark brown, packed

2 1/4 c flour

1 tb baking powder

1 ts soda

1 ts cinnamon

1 ts allspice

1/2 ts salt

2 c persimmon pulp

1 c buttermilk

2 eggs

Instructions

Preheat oven to 350 degrees. In a large bowl, measure all ingredients.

With mixer at low speed, beat ingredients just until batter is smooth. Pour batter into two 9 x 9 inch pans level batter with spatula. Bake for 50 minutes or until toothpick inserted in the center comes out clean.

Serve with whipped cream.

Randy Rigg

Date: Wed, 26 Jun 1996 21:23:44 -0500

From: pickell@cyberspc.mb.ca (S.Pickell)

MM-Recipes Digest V3 #179

From the MealMaster recipe list. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Petticoat Tails

Yield: 1 Serving

Ingredients

15 oz sifted flour

5 1/4 oz butter

4 tb milk

3 heaped Tbsp sugar

2 ts caraway seeds *

* Optional only used in some parts of Scotland.

Instructions

Mix caraway seeds, if being included, with flour. Melt butter in milk. Make a well in centre of flour, pour in liquid, add sugar. Mix very well, knead, not too much, to amalgamate thoroughly. Roll out on lightly floured board to 1/4 thick. Place dinner plate upside down on top of pastry, cut round edges.

Remove plate, cut small circle from centre using a wine glass, reserve. Score remaining pastry deeply into 8 segments, not cutting through. Place pastry circle and segments on greased paper on flat sheet. Bake in oven, 350 F (177 C), about 20 minutes, or until crisp and golden. Cool on wire rack, dust with sugar.

Serve with round cake in middle, 'petticoat tails' around it.

NOTES : Mary, Queen of Scots was said to be very fond of these crisp little biscuit(cookie-) like cakes. Arguments over whether the name derives from the French 'petites gâtelles' (little cakes) or from the shape of ladies' petticoats in the old Scottish Court wane before their crunchy tastiness!

Pickled Chinese Cabbage

Yield: 4 Servings

Ingredients

1 lb chinese cabbage

1 1/2 c water

2 tb salt

1 ts szechwan peppercorns

1 ts sherry

Instructions

1. Cut cabbage stems in 1/2by 2-inch strips. (Save the green leaves for soups or stir-fried dishes.) Let dry out several hours or overnight then place in a large jar.
2. Bring water almost to a boil, then remove from heat. Stir in salt to dissolve add Szechwan peppercorns and sherry. Let cool then pour over cabbage.
3. Cover and refrigerate 3 days. Before serving, drain cabbage well and blot with paper toweling.

NOTE: To use marinade a second time, reheat and stir in another teaspoon of salt.

VARIATIONS: For the Chinese cabbage, substitute string beans or celery or carrots, cut in strips about 2 inches long.

In step 1, add 1 or 2 whole dried red peppers to the jar.
From , ISBN 0-517-65870-4. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Pickled Chinese Lettuce

Yield: 8 Servings

Ingredients

1 head chinese lettuce
2 tb oil
1 clove garlic
1 tb soy sauce
1 tb vinegar
3 dr sesame oil more or less

Instructions

1. Separate lettuce leaves and cut in 2-inch sections.
2. Heat oil. Add lettuce and stir-fry to soften slightly (2 to 3 minutes). Transfer to a bowl.
3. Mince garlic and combine with soy sauce, vinegar and sesame oil. Add to lettuce and toss. Serve warm or chilled.

NOTE: This will keep several days, if refrigerated and tossed once a day to moisten.
From , ISBN 0-517-65870-4. Downloaded from Glen's MM Recipe Archive,
<http://www.erols.com/hosey>.

Pickler Pigs' Ears, Chinese Style

Yield: 1 Servings

Ingredients

2 lb pigs' ears
4 whole star anise
3 sl fresh ginger root
1/2 c white vinegar
1/4 c sugar
1 ts salt
1 c white vinegar
1 c sugar
1 tb thinly sliced fresh ginger root
3 cloves garlic, sliced
1 ts salt
1 c sliced carrots
1 cucumber, unpeeled, seeded and cut in chunks
1 red onion, cut in chunks
1 bell pepper, cut in chunks

Instructions

We'll start of the front end of the pig...

Prepare pigs' ears according to steps I and II in basic instructions drain. Return to pot with water to cover and first 5 ingredients listed above. Bring to a boil and simmer for 1 hour let meat cool in liquid. Discard liquid and cut ears into 1/2x1-inch slices. In the meantime, bring 3 cups water to a boil with remaining vinegar, sugar, ginger, garlic salt and carrots. Turn off heat when boiling point is reached. Cool mixture to room temperature. Then add cucumber, onion, bell pepper and sliced pigs' ears. Chill in

refrigerator for at least 4 hours to blend flavors. Will keep for up to 1 week refrigerated. Serve as an appetizer or a cold meat side dish.

Makes two quarts.

Variations: Pigs' snouts may be prepared in the same manner. Add 1 cup fresh sweet pineapple chunks at the same time as the vegetables.

All these recipes are from "Innards and Other Variety Meats". Jana Allen and Margret Gin. 101 Productions. San Francisco, 1974.

Posted by Stephen Ceideberg June 9 1992.

Pig Feet Soup With Wild Mountain Mushrooms

Yield: 1 Servings

Ingredients

3 lb pig's feet, cut into 2 in pieces

8 c chicken stock

2 onions, quartered

2 rib celery, cut into 2 in long pieces

1 tb chopped garlic

8 star anise

3/4 c raw peanuts

1 c sliced shiitake mushrooms

1 c chopped mustard cabbage

1 1/2 ts peeled, minced fresh ginger

1 salt and pepper

Instructions

PAPA'S ISLAND PIG FEET SOUP WITH WILD MOUNTAIN MUSHROOMS, MUSTARD CABBAGE, PEANUTS AND GINGER (Adapted from the New Cuisine of Hawaii Cookbook)

In a large sauce pan, combine the pig's feet, chicken stock, onions, celery, garlic, and star anise. Season with salt and pepper. Bring the liquid up to a boil. Reduce to a simmer, covered and cook for 1 1/2 hours, skimming the surface occasionally. Add the peanuts, cover and simmer for 30 minutes. Remove the star anise from the soup. Stir in the mushrooms, cabbage, and ginger. Simmer for 5 minutes. Ladle the soup into a bowl and serve.

Yield: 6 servings

SOURCE: Emeril Live! Cooking Show Copyright 1997, TV FOOD NETWORK SHOW #EMIA09 From: Dave Drum Date: 26 Oct 97 National Cooking Echo Ž

Pig Tails

Yield: 1

Ingredients

2 c buttermilk

3/4 c flour

1 ts salt

1/4 ts black pepper

2 ts garlic powder

1 ts cayenne pepper

1 tb dried basil

2 ts sage

1 lb pork stir fry strips or pork loin meat trimmed and cut into 1/2 inch thick strips

1 vegetable oil for frying

Instructions

Combine the flour with the next 6 ingredients and mix well.

Dip the pork strips, one at a time, in buttermilk. Then, coat evenly on all sides in seasoned flour mixture. Allow to sit 1-2 minutes so flour becomes tacky.

Fry strips in 1 1/2 inches of vegetable oil for 2 1/2 3 minutes at 350 degrees until golden brown.

Serve hot with honey dijon cream sauce.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Pineapple & Cucumber Salad Midsummer Thai

Yield: 4 Servings

Ingredients

1 seedless cucumber

1/2 fresh pineapple

1 red onion

1 bn watercress

DRESSING

1/4 c lemon juice

2 tb soy sauce

1 tb granulated sugar

1/4 ts chinese chili sauce or dried chili flakes

2 tb fresh mint chopped

Instructions

Cut cucumber lengthwise in quarters. Slice each quarter into 1/4-inch slices.

Peel pineapple and cut into quarters. Remove core. Cut each quarter in half and slice into 1/2-inch slices.

Cut red onion in half and thinly slice each half.

Remove thick stalks from watercress and reserve leaves.

Combine cucumber, pineapple, onion and watercress leaves in a bowl. In another bowl, combine lemon juice, soy sauce, sugar and chili sauce.

Pour over salad and toss together.

Serve on a platter.

Pink Lady Cocktail

Yield: 1

Ingredients

1 3/4 oz gin

1 splash grenadine

1 egg white (powdered reconstituted)

2/3 oz fresh squeezed lemon juice

1 maraschino cherry for garnish

Instructions

Add all ingredients into an ice-filled cocktail shaker. Shake well and strain into chilled martini glass. Garnish with maraschino cherry.

Converted by MCBuster.

Per serving: 147 Calories (kcal) 0g Total Fat (0 calories from fat) 4g Protein trace

Carbohydrate 0mg Cholesterol 56mg Sodium Food Exchanges: 0 Grain(Starch) 1/2

Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: COOKING LIVE PRIMETIME SHOW #CP0033

Converted by MMBuster v2.0n.

Piquant Oriental Sauce

Yield: 1 Servings

Ingredients

2 tb corn oil
1 onion, quartered, then in thin slices
1 carrot, cut in julienne strips
1/2 green bell pepper, seeded, cut in thin strips
1 piece ginger root, peeled, chopped (1-1/2)
3 pn five spice powder
8 oz pineapple slices
1 tb sugar
1 tb dark soy sauce
1 tb dry sherry
1 tb malt vinegar
1 1/2 tb catsup
1 tb cornstarch
2/3 c chicken stock
1 fresh pineapple leaves (opt)

Instructions

Heat oil in a saucepan. Add onion, carrot, bell pepper and ginger and stir-fry 3 minutes. Add Five Spice Powder and remove from heat. Drain pineapple slices, reserving juice. Add enough water to make 2/3 cup liquid. Cup 2 pineapple slices in thin pieces reserve remaining pineapple slices for another use.

In a bowl, mix together sugar, soy sauce, sherry, vinegar, catsup and pineapple juice. Add pineapple juice mixture and pineapple pieces to vegetables. Blend cornstarch smoothly with a little stock, then add remaining stock. Add stock to vegetable mixture and bring to a boil, stirring constantly. Reduce heat and simmer 2 minutes, stirring constantly. Garnish with pineapple leaves, if desired.

Makes 2-1/2 cups.

NOTE: Serve hot with fried chicken, pork steaks or shellfish.

Piquant Thai Dipping Sauce

Yield: 4 Servings

Ingredients

1/4 c tomato sauce
3 tb lime juice
2 tb light brown sugar
1/4 ts chinese chili sauce
1 garlic clove, minced
2 ts fresh mint leaves, coarsely chopped
1 ts lime peel, grated or minced
1 tb cornstarch mixed with
1 tb cold water

Instructions

From "Pacific Flavors" by Hugh Carpenter. (Stewart, Tabori and Chang, 1990).

In a small saucepan, combine tomato sauce, lime juice, brown sugar, chili sauce, garlic, mint and lime peel. Bring to a low boil, reduce heat to a simmer and cook for 2

minutes. Return sauce to a low boil and stir in enough of the cornstarch mixture to lightly thicken sauce. Strain sauce through a sieve placed over a small serving bowl. Let sauce cool at least 10 minutes sauce is best at room temperature. Serve with chilled shrimp.

Nutritional analysis per serving: 33.1 calories trace grams total fat (0 grams saturated fat) 0.1 grams protein 3.7 grams carbohydrates 0 milligrams cholesterol 98.1 milligrams sodium.

Piri-Piri Chinese Hot Sauce

Yield: 1 Pt

Ingredients

1/2 c sherry

1/2 c soy sauce

1/2 ts powdered ginger

1/2 ts sugar

6 piri-piri chopped,

1 seeds and all

2 cl garlic

1 sesame oil

Instructions

Put the chopped chiles in oil and fry till brown, add chopped garlic and fry it a while.

Then add everything else, bring to boil, lower heat and simmer for a few minutes.

Strain, cool and store.

I felt like a chemist making the stuff. I put it on a back burner under the vent and stood back while stirring it. I didn't know what to expect. I tasted the sauce by just dipping a spoon into it and letting the sauce drain off the spoon and then gently taking a little taste by placing the spoon on the tip of my tongue. At first nothing, then after about 15 seconds or so it kicks in. Actually tasted pretty good.

Walt MM Lillian Kepp

Pizza Del Lattaio Potato Pizza (Dj/Dr)

Yield: 8

Ingredients

1 1/2 lb baking potatoes peeled

1 ts dry yeast

1/3 c extra virgin olive oil

1/2 ts salt

4 c all-purpose flour

3 oz asiago cheese cut into 1/4-inch cubes

3 oz fontina cheese cut into 1/4-inch cubes

1 freshly ground pepper

1 sprig rosemary leaves only

2 oz grated parmesan cheese

Instructions

Preheat the oven to 425 degrees F.

Cook the potatoes in lightly salted boiling water until they are easily pierced with a knife. Drain them, mash a quarter of them into a bowl, cut the remainder into small cubes and reserve.

To make the dough, dissolve the yeast in 1 cup warm water. Combine with 1/4 cup of the olive oil, salt, and the mashed potatoes. Stir in the flour a little at a time, adding just

enough to make a dough that does not stick to the sides of the bowl. Knead the dough for 4 to 5 minutes until it reaches a smooth consistency. Put it on a lightly floured surface and knead with your hands. Place the dough in a lightly oiled bowl. Wrap or cover with a damp towel and let it rest in a warm place until it doubles in size, about 45 minutes.

Roll the dough out into a large circle 1/8-inch thick and about 25 inches in diameter. Place the dough on a pizza stone or baking sheet, sprinkle with the Asiago and Fontina, and top with the cubed potatoes. Drizzle the remaining olive oil on top of the pizza, then sprinkle it with fresh pepper, rosemary, and Parmesan. Cover again, and allow to rise in a warm place for 25 minutes. Place in the oven and bake for about 35 minutes or until golden brown and crispy.

Yield: 8 servings

CHEF DU JOUR DAVID RUGGERIO SHOW #DJ9504

Busted and entered for you by: Bill Webster

Converted by MMBuster v2.0m.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Plains Indian Dessert

Yield: 1 Servings

Ingredients

1 choke cherries

1 water

1 for each pint of juice:

1 c sugar

2 tb cornstarch

Instructions

Bring whole wild choke cherries to a boil just covering them with water. Mash gently with potato masher. Strain juice from choke cherries into a pan add one cup sugar for each pint of juice and two tbs of cornstarch. Heat and stir until thickness of custard. Serve in individual bowls, either warm or cold. Plums or other wild fruit may be used instead of choke cherries.

Aboriginal Tourism Native Cuisine

Plantain And Coconut Beef Stew

Yield: 4

Ingredients

2 lb lean beef diced

8 fl water

1 salt and pepper to taste

2 tb vegetable oil

2 lg onions finely chopped

1 lg ripe tomato peeled and chopped

3/4 pt coconut milk

5 firm unripened plantains

8 oz peas

Instructions

In a saucepan, cook the meat with water and salt until tender. Set aside.

Heat oil in a saucepan and fry the onions without browning. Add the tomato and meat mixture, adjust the seasoning to taste. Continue cooking until the tomatoes soften.

Add the coconut milk, stirring all the time until the mixture boils. Peel and cut the plantains into large pieces and add with the peas to the stew. Reduce heat and simmer for about 10-15 minutes or until the plantains are cooked but not mushy.

Serve hot as a nutritious and filling stew.

Per serving: 824 Calories (kcal) 61g Total Fat (66 calories from fat) 51g Protein 19g Carbohydrate 138mg Cholesterol 134mg Sodium Food Exchanges: 1/2 Grain(Starch) 6 Lean Meat 1 Vegetable 1/2 Fruit 8 Fat 0 Other Carbohydrates
Converted by MMBuster v2.0n.

Plantain And Pepper Stuffing (A.K.A. Mofongo)

Yield: 1 Serving

Ingredients

4 sl Bacon diced
1 lg Ripe plantain peeled, and cut into 1/2" cubes
2 Garlic cloves peeled and chopped
1 sm Red pepper seeded and chopped
1 Anaheim chile seeded and chopped
1/2 bn Oregano chopped
1/2 c Chicken stock
2 sl Country bread diced and dried
1 ts Salt
1/2 ts Freshly-ground black pepper

Instructions

Over medium-high heat, saute the bacon until crisp. Remove from the pan.

Place the plantains in the pan and cook until lightly browned. Add the garlic, peppers and oregano and cook 2 to 3 minutes more. Pour in the chicken stock to deglaze the pan, about 1 to 2 minutes. Add the bread, salt and pepper. Stir gently to combine.

This recipe yields enough stuffing for a 3 to 4 pound chicken.

Recipe Source: TOO HOT TAMALES with Susan Feniger and Mary Sue Milliken
From the TV FOOD NETWORK (Show # TH-6316 broadcast 11-13 1996)

Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by MR MAD, aka Joe Comiskey - jpmd44a@prodigy.com
11-17-1996

Contributor: Susan Feniger and Mary Sue Milliken

Plantain And Potato Soup With Garbanzo Beans

Yield: 4 Servings

Ingredients

1 lb russet potatoes peeled and cubed
14 1/2 oz chicken broth with roasted garlic 9 or vegetable broth with garlic
1 c water
8 oz cooked chickpeas coarsely chopped
1 coarsely ground pepper roughly chop
3 oz plantain see note
1 carrot
1 celery stalk
3 green onions trimmed
1 water
2 tb chopped fresh cilantro
1/2 ts creole mexican spice blend or cajun seasoning with cumin

- 1/3 ts coarsely ground pepper
- 1 ts coarsely ground flax seed optional to serve -
- 1 tb chopped fresh cilantro garnish
- 2 cheese-jalapeno tamales optional

Instructions

This soup has a healing secret: it's full of vitamin A and high in C. It has the power to soothe our nerves unraveled by constant high winds. We loved it. Pure comfort: a blend of potato, plantain, chickpeas, cumin, cilantro and pepper. And garlic! Cook the potatoes in Swanson's 99 fat free Chicken broth with roasted garlic. Set them aside to age for 30 to 90 minutes. Then complete the soup in 15 minutes. The recipe makes 8 to 9 cups: serves two without accompaniment or four with a chile-cheese tamale or cornbread. Basic soup takes 1 hour could take 3 hours.

NOTE: Depending upon the variety, one plantain can weigh from 3 to 12 ounces. We used half a 6-ounce plantain for this soup it was still green. (We made plantain chips out of the other half.)

1. Place the potato cubes (bite-size), chicken broth and water in a 3-quart saucepan. Bring to a boil add the chickpeas and boil 2 or 3 minutes. Add a pinch or two of coarsely ground pepper. Reduce heat to low cover and simmer for 15 minutes. Turn off the heat let stand, covered, from 15 to 90 minutes to develop the flavor.
2. Reheat the soup. While it is heating, chunk-cut the plantain, carrot, celery and green onions transfer to the bowl of a food processor fitted with the metal blade. Coarsely chop add to the soup pot. Add water to yield about 2-quarts of soup or up to 9 cups. Bring to a boil. Reduce heat. Add cilantro, Mexican blend of herbs and spices, more pepper, to taste, and optional flax seed (oil and fiber). Cover and simmer 12 to 15 minutes until chopped vegetables are tender and the potatoes are very soft. Mash slightly with the ladle.
3. Meanwhile, heat the tamales. To serve: place half an unwrapped tamale in the center of a wide soup bowl. Add a portion of soup. Garnish with fresh chopped cilantro leaves.

SERVES 4: 1/2 tamale and about 2 cups soup: 312 cal, 6g fat (16cff).

SERVES 2: 4 cups of soup: 470cal, 4.5g fat (8).

Tested by Pat and Bob Hanneman 1999-Jan for Pat in the Kitchen

Per serving: 299 Calories (kcal) 6g Total Fat (15 calories from fat) 15g Protein 52g Carbohydrate 5mg Cholesterol 639mg Sodium Food Exchanges: 3 Grain(Starch) 1 Lean Meat 1/2 Vegetable 1/2 Fruit 1 Fat 0 Other Carbohydrates

NOTES : This was super! high carb and low cal. warmed the tummy. this had an after bite!

We are in the season of high dry winds. They really do be-devil or "nag" This soup soothed our frayed nerves today. Needed that.

Nutr. Assoc. : 0 20116 0 0 0 0 0 0 0 0 0 0 0 0 2419 0 0 0 0 0 5246

Contributor: Hanneman, Riverside, CA 1999-Jan

Preparation Time: 1:00

Plantain Crusted Canadian Salmon

Yield: 1

Ingredients

- 6 portions of salmon at 140 g (5oz) each, skin on
- PLANTAIN CRUST MIXTURE-
- 3 green plantain scored, soaked and peeled

4 whole eggs
450 g all purpose flour (16oz)
SEAWEED SALAD MIXTURE-
345 g wakame soak for 10 minutes (12oz)
50 g bean sprouts (2oz)
1 red onion julienne
30 g pickled ginger (1oz)
1 tb minced green chilli
2 tb sesame seeds
225 g julienne cucumber (8oz)
60 g sliced spring onions (2oz)
YUZU DRESSING MIXTURE-
375 ml yuzu juice (13fl oz)
250 ml vegetable oil (7fl oz)
3 tb sesame oil
55 ml soy sauce (2fl oz)

Instructions

Plantain crust mixture: slice the plantain on a mandolin as thin as possible. Place sliced plantain in a 350o fryer. Cook until crisp. Allow to cool and put in a food processor on high speed until crumbled.

To crust salmon: season the salmon, flour the flesh side, egg wash the salmon and then place the portions on the crumbled plantain.

Seaweed Salad Mixture: in a bowl mix all the ingredients together and dress with yuzu vinaigrette.

Dressing: add the miso paste to a medium bowl, slowly add the oils to form a base and then add the yuzu and soy.

Converted by MCBuster.

Per serving: 2814 Calories (kcal) 298g Total Fat (93 calories from fat) 30g Protein 15g Carbohydrate 748mg Cholesterol 4053mg Sodium Food Exchanges: 1/2 Grain(Starch) 3 1/2 Lean Meat 2 Vegetable 0 Fruit 57 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Plantain Relish

Yield: 1

Ingredients

4 green bananas (plantains)
3 plum tomatoes chopped
4 tb caster sugar
1 lemon juiced
2 tb red wine vinegar
1 red onion peeled and finely chopped
1 tb olive oil
1 thyme
1 salt and pepper

Instructions

Boil the plantains till nearly cooked.

Peel and cut lengthways in half and then 2cm across. Put in the sugar, lemon juice and vinegar. Bring to the boil then cook for 5 minutes.

Add all the remaining ingredients and season.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Plantain Roll Stuffed With Sofrito Shrimp

Yield: 1

Ingredients

PLANTAIN ROLL-

2 green plantains

1/2 ripe plantain

4 cloves garlic mashed

3 tb olive oil

1 1/2 ts salt (adjust to taste)

***FILLING (SOFRITO SHRIMP)*

1 tb olive oil

1/2 sm onion chopped

2 cloves garlic minced

6 sweet little chilis minced (this is our local, tasty, non-hot pepper that can be substituted for 1/2 cup of any chopped, sweet ripe pepper with mild heat.)

6 pimiento stuffed olives chopped

1 tb capers

1/2 ts oregano

1 lb cleaned and peeled shrimp diced

1/4 c dark puerto rican rum

1/2 tomato diced small

2 tb coriander chopped

1 salt and pepper to taste

Instructions

Peel the plantains and cut each one into 4 parts. Place in a pot and cover with water.

Boil until tender. Reserve some of the boiling water when you take the plantains out.

Mash on a ricer or use the shredding knife from your food processor. Add the garlic, oil, and salt to the mashed plantains, working them in with a fork. If you need to soften the plantain, use the reserved liquid. Adjust the seasoning to your taste.

Heat the olive oil and saute' all ingredients except shrimp, rum, tomato, coriander, salt, and pepper. Add the shrimp and cook until they start changing color. Add the rum and ignite. Remove from the heat and add the rest of the ingredients. Season to taste.

Spread the plantain mixture on top of plastic wrap and form a rectangle. Put the shrimp mixture in the middle and, with the help of the plastic wrap, roll at the same time, pressing to pack the mixture and close the roll (sushi-like). Wrap the roll in plastic wrap and let stand for a few minutes. Cut in 1" circles and heat before serving with mirliton salad (optional). To heat: Put on a pre-greased oven tray and bake in a preheated oven at 375 degrees for 10 minutes.

Recipe from Giovanna Huyke (copyright 1993 by Giovanna Huyke.)

Converted by MCBuster.

Recipe by: Good Morning America

Converted by MMBuster v2.0l.

Plantain Salad

Yield: 1

Ingredients

1 sunflower oil for deep-fry

1 plantain peeled and sliced

1 good handful roughly chopped parsley
4 tb extra virgin olive oil
1 half a lemon juice of
1 salt and freshly ground black pepper

Instructions

1 Heat the oil in a heavy-based saucepan. Fry the plantain in the oil until crisp and golden. Drain well on kitchen paper.

Combine with the parsley, olive oil, lemon, salt and freshly ground black pepper.

Converted by MCBuster.

Per serving: 696 Calories (kcal) 55g Total Fat (67 calories from fat) 2g Protein 57g Carbohydrate 0mg Cholesterol 7mg Sodium Food Exchanges: 0 grain(Starch) 0 Lean Meat 0 Vegetable 4 Fruit 11 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Plantain Stuffed With Spinach

Yield: 4 Servings

Ingredients

1 lg plantain, ripe, large enough to be sliced into 4.
1 sm butter, knob of...
2 tb onion, chopped.
1 garlic clove, crushed.
450 g spinach, washed and chopped.
1 salt
1 pepper
1 nutmeg, grated
1 egg, beaten.
1 flour, wholemeal, for dusting.
1 oil for frying
4 toothpicks

Instructions

Slice the ripe plantain lengthwise and carefully fry in hot oil until golden brown on both sides. Drain on kitchen paper and reserve the oil.

Saute the onions, garlic and spinach, flavoured with a touch of nutmeg and seasoned with salt and pepper. When cooled, put into a sieve and press out excess moisture.

Curl the plantain slices into rings and secure with half a wooden toothpick. Pack each ring with spinach. Have a bowl with the beaten egg and a plate with the flour for dusting.

Heat the oil. Dip the rings lightly in the egg, then flour and fry, turning once only.

Drain on kitchen paper.

Serve hot or cold with a salad.

from CARIBBEAN AND AFRICAN COOKERY by ROSAMUND GRANT typed by KEVIN JCJD SYMONS

From: Kevin Jcjd Symons Date: 12 Feb 98

Plantain Torte

Yield: 8 Servings

Ingredients

1 yellow onion cut lengthwise into thin crescents
1 ts minced garlic
1/4 c dry sherry or non-alcoholic red wine or vegetable stock

1 tb ground cumin
1 ts ground coriander
1 ts dried oregano
1 ts red pepper flakes
2 ripe plantains or bananas sliced 1/2 inch thick
1 c water
1 ts sea salt cilantro
tofu filling:
8 oz firm tofu
1 bn cilantro stemmed and
1 coarsely chopped
1/2 ts sea salt
2 tb champagne vinegar
1 tb light miso
2 tb water as needed (2 to 3)
5 oil-free whole wheat tortillas 8 inch
1 c mango salsa *
1/2 c romesco sauce * optional

Instructions

* see recipe

Makes 1 ten-inch torte: serves 8

To make the plantain filling: in a large saute pan or skillet, saute the onion and garlic in the sherry over medium heat until the onions are soft, about 5 minutes. Add the cumin, coriander, oregano, and pepper flakes, then the plantains, water, and salt. Reduce heat to low and cook until the plantains are soft and the liquid evaporates, about 15 minutes. Remove from heat and let cool to room temperature. In a blender or food processor, puree the plantain filling until smooth. Set aside.

To make the cilantro-tofu filling: combine the tofu, cilantro, 1/2 tsp salt, vinegar, and miso in a blender or food processor and blend until the mixture is the texture of blended cream cheese. Add water as needed to thin. Set aside.

Preheat oven to 400. Spread half the plantain filling evenly over one tortilla and place it on a parchment-lined 8-inch baking sheet. Spread half the cilantro-tofu filling evenly over a second tortilla and place it on top of the first tortilla. Repeat the procedure, until there is one more layer each of plantain and cilantro-tofu filling. Top with remaining tortilla. Slice the torte into 8 pieces. Bake for 15 minutes or until edges are golden.

Serve warm with 2 tbsps of Mango Salsa and 1 tbsp of Romesco Sauce, if using.

Per serving: 158 Calories (11 from fat), 5 g Protein, 30 g Carbo, 2g Fat, 0mg Cholesterol, 786 mg Sodium, 3g Fiber

From: "Jessica R. Shawl"

Per serving: 62 Calories (kcal) 2g Total Fat (18 calories from fat) 3g Protein 12g Carbohydrate 0mg Cholesterol 126mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 0 Vegetable 0 Fruit 0 Fat 1/2 Other Carbohydrates

NOTES : Here is a recipe that I had in their restaurant that was incredible, it's an appetizer and I would say one of the more fancy recipes in the book.

"This torte and our Smoked Portobello Mushrooms are our signature appetizers. The plantain torte has been a hit from day one. The origins date back to the Milly's crew of Steve McLaine and Tiffany Puffert, though it has gone through various permutations through the years. We serve it with either a mango or papaya-enhanced tomato salsa,

and our version of Romesco sauce. For a completely oil-free version, use oil-free whole-wheat tortillas from your local natural foods store."

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 4524 0 0 0 0 0 0 0 0 5458 905 1582 0

Contributor: Millennium Cookbook, Eric Tucker & John Westerdahl

Plantains Info

Yield: 1 Serving

Instructions

Plantains are more the "cooking banana." Different kind of sugar and fiber. cannot eat raw. So they get used like potatoes. Street vendors in Miami sell french fried plantain chips called Mariquitas. (We can bake them: 1 green plantain, rinsed, thinly sliced rounds, sprayed cookie sheet, 350F, 10 minutes or until golden and crisp. Cool on rack. Feeds 2. 139 cal 3.7g fat. Like bananas they provide potassium and antioxidants. Said to soothe stomach ulcers.

We've cut them into long slices, and grilled them (in summer). Sprinkle with sweet (cinnamon sugar) or savory (mrs. dash). Guess we should try them on the foreman and see how they taste. . .

Mostly we do what you did. Stew! your recipe sounds good to me. We add to soups and stews like we would pumpkin-squash or potatoes. Especially like stews with Latin or African spices some of the plantain disintegrates into the gravy or broth.

Here's an idea! Make a potato celery soup but substitute a plantain for a potato or two. Mixing is good. It adds intrigue.

Peeling Use paring knife to peel. first cut off the ends. then either cut into chunks, slit the peel and remove. Rinse them well. You can also soak them for 10 minutes in warm water that cover.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g

Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Contributor: Pat Hanneman

Plimoth Plantation Indian Pudding

Yield: 8 Servings

Ingredients

6 c milk

1 c yellow cornmeal

1/2 c black molasses

1/4 c sugar

1/4 ts fresh grated nutmeg

1/4 ts ground ginger

1/4 ts ground cinnamon

1/4 ts baking soda

1/4 c melted butter

1/4 ts salt (optional)

2 eggs, beaten

Instructions

Preheat oven to 250F. Bring milk to a simmer and remove from heat. Combine the cornmeal, molasses, sugar, spices, butter, baking soda, salt (optional), eggs, and half the milk in a mixing bowl. Blend the mixture thoroughly with a wire whisk. Stir in the remaining milk and pour into a well-greased 2-3 quart baking dish. Bake 5-7 hours stirring occasionally until firm. Yield: 8-12 servings.

From: Mary A. Smith Date: 16 Jan 97 National Cooking Echo Ž

Plum Delicious Chinese Chicken

Yield: 6 Servings

Ingredients

2 lb chicken breasts, split, with skin
6 ripe purple plums, pitted and thinly sliced
1 onion, halved and thinly sliced
1 clove garlic, minced
3 tb water
2 tb lemon juice
2 tb light soy sauce
1/2 ts liquid sugar substitute
1 ts hunan blend

Instructions

Brown chicken, skin side down, in an ungreased non-stick skillet or chicken fryer. Drain and discard chicken fat. Blot chicken with paper towel, remove skin, and return to the pan, skin side up. Add remaining ingredients except the low calorie sweetener. Cover and simmer, stirring occasionally, until chicken is tender 40-45 minutes. Uncover and continue simmering until sauce is thick. Add low calorie sweetener only after cooking is complete and skillet has been removed from heat. Serves: 4

Source: Skinny Spices by Erica Levy Klein

Poinsetta Cocktail

Yield: 1

Ingredients

1/4 c vodka
1/4 c champagne
1/2 c cranberry juice
1 crushed ice
2 strips orange zest each about 1/4-inch wide and 2 inches long

Instructions

Combine the vodka, Champagne and juice in a large-stemmed red wine glass. Add crushed ice and stir until the mixture is well chilled. Twist the orange strips over the glass, drop them in, and serve.

Yield: 1 cocktail

Recipe adapted from Emeril's Creole Christmas Cookbook, by Emeril Lagasse with Marcelle Bienvenu, published by William Morrow, 1997

Converted by MCBuster.

Per serving: 262 Calories (kcal) trace Total Fat (1 calories from fat) trace Protein 23g Carbohydrate 0mg Cholesterol 3mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 1 1/2 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: EMERIL LIVE SHOW #EMIB83

Converted by MMBuster v2.0n.

Pollo En Escabeche Oriental (Shredded Chicken Yucatan)

Yield: 4 Servings

Ingredients

10 Peppercorns
1/4 tsp Ground oregano
1/2 tsp Salt

2 Cloves garlic crushed
1 Tbsp Vinegar
2 large Red onions
2 Heads garlic
Juice of 3 bitter oranges *
3 lb Chicken legs and thighs
Water
1 tsp Salt
1/2 tsp Ground oregano
1 Xcatic chile or yellow wax hot
1 Habanero chile seeds Removed
2 Serrano chiles seeds Removed
Flour tortillas
* or mix 1 cup lime juice with 1/2 cup orange juice

Instructions

Place the peppercorns, oregano, and salt in a spice or coffee grinder and grind to a powder. Combine this powder with the garlic and vinegar and make a paste. Set aside. Roast one of the onions and both heads of garlic in a 350-degree oven for 20 minutes. Let cool. Peel the remaining onion, slice it into rings, and marinate it in the bitter orange juice. Place the chicken in a stockpot with water to cover, salt and oregano, and simmer until the chicken is tender, about 30 minutes. Drain the chicken, reserving the broth, and transfer it to an oven-proof dish. Add the peppercorn paste and 2 tablespoons of the bitter orange juice, and bake uncovered at 350 degrees until golden brown, about 30 minutes. Peel the roasted onions and garlic and combine them with the reserved chicken stock. Add the chiles and simmer for 5 minutes. Add the marinated onion, bring to a boil, and remove from the heat immediately. Drain the broth and reserve both the broth and the chiles and onions. Separate the chiles from the onion and coarsely chop them.

Skin the chicken and shred the meat from the bones. Add the chopped chiles and the onion to the chicken and mix well. Reduce the stock by boiling to 1 1/2 cups and add it to the chicken mixture until the mixture is moist but not soupy. Serve the chicken with Salsa Xcatic and Salsa de Aguacate on the side.

Recipe By : Chile Pepper Magazine

Poori (Whole Wheat Indian Bread)

Yield: 8 Servings

Ingredients

1/2 c whole wheat flour
1/2 c self-rising flour
1/3 c buttermilk

Instructions

Makes 8

Additional whole wheat flour Peanut oil or corn oil for deep frying

Combine 1/2 cup whole wheat flour and self-rising flour in medium bowl. Mix in buttermilk. Knead dough on lightly floured surface 2 minutes. Cover and let rest 15 minutes.

Divide dough into 8 pieces. Roll 1 piece into smooth ball (keep remainder covered with towel). Dust generously with whole wheat flour and roll into 5-inch-diameter circle, dusting with flour to prevent sticking. Cover. Repeat with remaining dough.

Pour oil into wok or medium saucepan to depth of 3 inches. Heat to 375 degrees. Add 1 dough round to oil dough will sink to bottom. When dough starts to rise, gently press in center with back of slotted spoon until bread puffs. Turn and cook until light brown, about 20 seconds. Transfer to paper towels using slotted spoon. Keep warm while cooking remaining dough. Place on platter and serve immediately.

Bon Appetite

Popo's Chinese Almond Cookies

Yield: 1 Servings

Ingredients

2 c flour

1 c sugar

1/2 ts salt

1/2 ts baking powder

1 c shortening

1 egg

1 ts almond extract

Instructions

1. Sift flour, sugar, salt and baking powder together.
2. With pastry blender cut in shortening.
3. Beat egg.
4. Add egg and almond extract to flour mixture.
5. Stir with fork.
6. Stir until dough is in small pieces
7. Form dough into a big ball.
8. Form dough into large marbles.
9. Place on ungreased cookie sheets.
10. Poke each ball with finger.
11. With chopstick dot each cookie with red food coloring.
12. Bake for 15 minutes at 350 degrees.
13. Should be lightly brown and 1 1/2" in diameter.

Recipe by: Popo as told to Kim Paul

Posted to TNT Prodigy's Recipe Exchange Newsletter by MarySpero@prodigy.com
(MS MARY E SPERO) on 9 No, v 1997

Porial (Spinach Sauteed With Indian Seasonings)

Yield: 1

Ingredients

1 (10-ounce) package frozen chopped spinach, thawed a

1 tb vegetable oil

1/4 ts mustard seed

1/2 ts raw rice

2 tb chopped onion

1/2 ts grated ginger root

1 dried red chili

1 dried salt, to taste

Instructions

Makes 4 servings. Heat the oil in the pan and add the mustard seeds.

Cook until they pop, then add the rice, onions, ginger and red chili. Saute the mixture until the onions are tender. Add the thawed, drained spinach and stir-fry until the

spinach is cooked. Remove the red chili before serving. Note: "You may add 1/2 cup of yogurt after this dish is cooked to make a dish called Spinach Pachadi," Rebekah Mani says. "Or you could puree the Porial, then add lemon or lime juice to taste."

Pork And Chinese Cabbage Soup

Yield: 4 Servings

Ingredients

- 1/4 lb lean pork
- 2 sl fresh ginger root
- 1/2 lb chinese cabbage
- 6 c stock (see recipe) or water
- 1 tb peanut oil (up to)
- 1 ts salt
- 1/2 ts sugar
- 2 ts soy sauce
- 1 ds pepper

Instructions

1. Mince or shred pork. Mince ginger root. Slice cabbage stems thin or shred. Bring stock to a boil.
2. In a deep pan, heat oil. Add ginger and brown lightly. Add heated stock, then salt and cabbage. Simmer, covered, 10 minutes.
3. Add pork, sugar, soy sauce and pepper. Simmer, covered, 15 minutes more.

NOTE: The tender green leaves of the cabbage may be shredded and added at the very end to simmer, uncovered, for a minute or two.

From , ISBN 0-517-65870-4. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Pork And Chinese Preserved Vegetable On Vermicelli Noodles

Yield: 1 Servings

Ingredients

- 35 g lean pork.
- 1/2 cn (440ml) shredded chinese preserve radish.
- 2 books of vermicelli*
- 2 tb light soy sauce.
- 1 fresh ground black pepper to taste
- 2 tb cooking oil. (up to 3)
- 1 ds sesame oil.

Instructions

* (they are translucent when raw, very fine, and white when cooked)

1. Shred pork into 5x5mm matchsticks.
2. Heat oil in wok, and stir-fry pork until no pink shows.
3. Add soy sauce and black pepper.
4. Cook for another 5 mins, then keep warm.
5. Bring a pot of water to boil, then add noodles.
6. Put on kettle, about 3-4 cups.
7. When noodles are tender, drain and place in bowl.
8. Place pork and sesame oil on bed of noodles.
9. Pour boiling water from kettle over the pork to make a soup.
10. Serve, then eat with chopsticks and chinese soup spoon.

All the recipe books would say this "serves four", but we're always so hungry that the two of us can eat all this and still want more, ie serves two hungry people. This recipe is great for taking to work or school. Stop before step 9, and when lunch comes you can add hot water from the office urn, etc. Then you have a nice hot lunch yum yum!!

Jenny

Posted to recipelu-digest Volume 01 Number 239 by James and Susan Kirkland on Nov 10, 1997

Pork Roast (Korean Chaeyuk Kui)

Yield: 4 Servings

Ingredients

- 1/2 lb pork shoulder or other lean pork
- 2 ea scallions
- 1 ea clove garlic
- 1 tb sesame oil
- 1 tb sesame seeds
- 1 tb sugar
- 1 dash black pepper
- 4 tb kochu chang

Instructions

This dish is fairly spicy: it gets its highly seasoned flavor from kochee chang (Red Bean Paste, found in many Oriental food stores. If it is not available, Japanese miso sauce may be substituted).

Although the amount indicated is recommended, it is possible to use a little less.

1. Cut the pork into 4 or 5 slices about 1/4 inch thick.
2. Mince the scallions. Mince or crush the garlic. Combine both ingredients with the remaining seasonings in a bowl. Add the pork slices and mix well until all sides of the pork are coated.
3. Grill immediately or marinate until ready to serve. It is important that the pork be well done the outside should be dark, almost charred. A charcoal, an electric or an oven grill may be used.

Source: The Korean Cookbook, by Judy Hyun. Typed in by Ronnie Wright

Pork Satay With Peanut Sauce Midsummer Thai Dinner

Yield: 18 Skewers

Ingredients

- 1 sm onion chopped
 - 1 ginger root(1-inch) chopped
 - 2 garlic cloves chopped
 - 1 dried red chili or 1 ts chinese chili sauce
 - 1 lime grated rind and juice
 - 2 tb soy sauce
 - 1 tb brown sugar
 - 1 tb vegetable oil
 - 12 oz pork tenderloin
- PEANUT LIME SAUCE-
- 1/4 c peanut butter
 - 1/4 c soy sauce
 - 1/4 c fresh lime juice
 - 1 tb rice vinegar

3 tb coriander chopped
1 tb brown sugar
1/2 ts chinese chili sauce or 1/4 ts dried chili flakes

Instructions

Substitute chicken, shrimps or beef for the pork, if desired

Make the sauce up to 3 days ahead of time, but grill the satays at the last minute.

Soak about 18 bamboo skewers in water for 1 hour. Combine all ingredients except meat in food processor or blender and pur,e.

Place marinade in bowl. Cut pork into 6-inch lengths. Slice each length into 1/2-inch long strips and thread onto bamboo skewers. Pour over marinade, cover and marinate for 2 hours.

Grill or broil pork for 2 minutes on each side or until cooked through.

Peanut Lime Dipping Sauce:

Add peanut butter to a small bowl and slowly whisk in remaining ingredients.

Dessert: Cool, sweet and simple, a colourful selection of fresh fruit and berries, or of fruit-flavoured sorbets or sherbets, is the perfect finish to a midsummer Thai dinner.

Pork Shau Mai (Chinese Ravioli)

Yield: 30 Dumplings

Ingredients

3 black mushrooms, dried
1/3 c canned bamboo shoots
1/2 lb pork loin, ground
1 oz fatback from the pork loin (see directions)
1 ts sesame oil
1 ts rice wine
1 tb cornstarch
1 egg white
1 ts salt
1/2 ts granulated sugar
1/4 ts white pepper, ground
30 won ton skins

Instructions

NOTE: The Pork should be ground fine along with the specified amount of the fatback. Cover the mushrooms with boiling water. Soak for 15 minutes.

Drain. Trim off and discard the tough stem ends. Finely mince the mushroom caps. Set aside. Blanch the bamboo shoots in the boiling water for 1 minute. Drain. Pat dry.

Mince finely. Set aside. Combine the ground pork, minced mushrooms and minced bamboo shoots in a large bowl. Add the sesame oil, rice wine, cornstarch, egg white, salt, sugar and pepper. Mix well. Form into 1" round balls. Set aside. Trim the corners from the won ton wrappers to form circles. Cover the wrappers with plastic wrap to keep them from drying out. Place a meatball in the center of each wrapper. bring up the sides of the wrapper to form an open-topped basket. Use a butter knife dipped in water to flatten the top of the meatball. Use the same technique to flatten the dumpling bottoms so they will stand up. Place the dumplings on a lightly oiled plate. Place the plate on a trivet or steamer rack set in a wok filled with 2" of boiling water. Cover.

Steam until done (5-8 minutes). Serve hot.

Posted to rec.food.recipes by Joel.Ehrlich@salata.com (Joel Ehrlich) on 1993, .

Pot Roast, Korean Style

Yield: 1 Servings

Ingredients

2 ts dark sesame oil
2 cloves minced garlic
1/4 ts salt
1/2 ts pepper
1 tb sugar
1 chuck arm pot roast (2 1/2-3 lb)
1 oil
4 lg carrots (cut in chunks)
1 lg onion (quartered)
1 c beef broth
1 tb sesame seeds
1 noodles

Instructions

Mash sesame oil, garlic, salt, pepper & sugar to make sticky paste.

Rub into both sides of meat, being sure to get mixture into crevices between meat & bone. Marinate in refrigerator for 2-12 hours. Coat pan with vegetable oil. Heat. Add beef & brown on both sides.

Surround beef with carrots & onions. Pour in broth. Cover & bake in 350 oven for 1 1/2-2 hours or until tender. Sprinkle with seeds.

Serve with noodles, spooning pan juices over meat & noodles.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

Pot Stickers (Chinese)

Yield: 30 Stickers

Ingredients

1/2 lb chinese cabbage or other mild-flavored greens
3/4 lb ground pork (beef will do if ground fine)
4 tb vegetable oil, preferably peanut
1 1/2 c chicken broth
1 ts salt
1/4 ts minced ginger
2 tb green onions
1 tb sesame oil
2 ts corn starch
1 ts dry sherry or rice wine
2 tb soy sauce
1 ds ground pepper
Wonton wrappers-
1 dipping sauce
2 tb soy sauce
1 ts sesame oil
2 tb white vinegar
2 ts hot bean sauce or ts hot pepper flakes sauteed in oil

Instructions

Combine cabbage, pork, salt, ginger, green onion, sesame oil, corn starch, sherry, soy sauce, & pepper in bowl.

Place scant 2 teaspoons of mix in wonton wrapper (be sure to keep damp cloth over unused wrappers). Fold wrapper in half, wet the edges with water and pleat as you close it.

Makes 30. Stickers may be frozen at this point and finished up later. Freeze in single layer on a cookie sheet when frozen, transfer to plastic bag. Thaw before cooking.

Heat 2 T oil in warmed non-stick skillet on medium-high heat.

Place 15 pot stickers, pleat side up, in pan for 1 to 2 minutes (or until brown on one side).

Pour 3/4 c chicken broth in pan. Cover pan and cook for 4 minutes. Uncover pan and cook until all liquid is absorbed/evaporated.

Remove and repeat with remaining 15 pot stickers.

Dipping Sauce -

Combine sauce ingredients in a small bowl. Enough for 30 Pot Stickers.

Pot Stickers (Chinese Steamed-Fried Dumplings)

Yield: 1 Servings

Ingredients

18 to 20 dumplings-

4 ea Chinese dried mushrooms

2 TB vegetable oil

1 1/2 c Chinese cabbage finely shredded

1 c fresh spinach leaves finely shredded

1/2 c scallions finely sliced

1 ts garlic finely minced

1 TB fresh ginger root grated

1/2 c cooked Chinese noodles or spaghetti chopped

1 TB soy sauce

2 TB sesame seeds toasted

2 ts Chinese sesame oil

salt to taste

1/3 pk dumpling wrappers (3 inch rounds)

Dipping sauce-

3 TB soy sauce

1 1/2 ts white vinegar few drops

chili oil

Instructions

1. Soak mushrooms in 1 cup boiling water for 20 to 30 minutes, until soft. Drain and slice thin. Reserve mushroom stock for use in soup.
2. Heat oil in wok or skillet. Add cabbage, spinach, and scallions and cook until wilted. Stir in remaining ingredients and cook, stirring, for 3 minutes. Taste for seasonings and cool.
3. Fill 4 or 5 dumplings at a time. Lightly brush the upper half of each circle of dough with water and place a rounded teaspoon of filling in the center. Fold circle in half and pinch together in the center. Make one or two pleats on either side of this center mark and press the edges together to seal. Repeat until all the filling is used.
4. Heat 2 tbs. oil in a large skillet and place the dumplings in the pan with the flat side down. Cook, shaking the pan back and forth to keep the "pot stickers" from sticking, until the bottoms are golden brown. Pour in one cup of water and cover the skillet. Let the dumplings steam for 5 minutes, until most of the

liquid in the pan evaporates. transfer to a serving platter and serve with a dipping sauce.

DIPPING SAUCE:

Mix all ingredients together and serve with the dumplings.

Posted by Mary Riemerman

Recipe By : "The Tao of Cooking"

From: Mary Riemerman Date: 18 Nov 97

Potato Chinese

Yield: 1 Serving

Ingredients

3 potatoes boiled but firm
1 bn spring onion chopped into 1 inch pi
1 ts ginger finely chopped
1 ts garlic finely chopped
1/2 ts red chilli finely chopped (fresh or dried)
1/2 ts sugar
1 ts soya sauce
1 ts tomato sauce
1 tb cornflour
1/4 c water
2 tb oil
salt to taste

Instructions

Mix the cornflour and water. Keep aside.

Peel and chop the potatoes into long thick chunks.

Heat oil in a wok or pan, add some potatoes at a time.

Fry till light golden brown. Finish all potatoes similarly.

Keep aside. Remove half the oil.

In the remaining oil, add the chillies, ginger and garlic.

Fry for a minute. Add the potatoes.

Add sauces, salt and sugar.

Stir well and add the cornflour solution.

Cook till the wateriness is gone.

Add spring onions and stir. Serve hot.

Making time: 10 minutes (excluding potato boiling time)

Makes: 3 servings

Shelflife: Best fresh (potatoes may be boiled in advance)

Converted by MCBuster.

Potato Mountain Pie With Rosemary

Yield: 4

Ingredients

175 g wholemeal or white flour
1 salt and pepper
100 g butter
1 pn sugar
2 tb olive oil
1 md red pepper
1 1/4 kg new potatoes

450 g leeks
1 garlic clove
50 g ground almonds
225 g flat mushrooms
1 handful fresh rosemary
175 g mature cheddar cheese
1 handful flat-leafed fresh parsley
1 pn paprika
2 lg eggs

Instructions

Pre-heat oven to 200 C (400 F/Gas 6). To make the pastry, mix the flour and salt in a large bowl. Rub in 75 g (3 oz) of the butter until the mixture resembles fine breadcrumbs.

In another bowl mix 2 tbspc iced water with the sugar and 1 tbspc of the oil. Make a reservoir in the flour mixture, pour in the water mixture and, using a spoon, combine gently. Form into a soft damp ball.

Wrap the pasrty in greaseproof paper and chill for 30 minutes. To prepare filling, put pepper on a baking tray and roast in the oven for about 25 minutes, turning once during the cooking. Leave to cool for about 25 minutes then peel of skin and chop flesh.

Scrub the potatoes then cut into evenly sized pieces and steam for 5-10 minutes until tender.

Finely shred leeks. Crush the garlic. Heat remaining oil in a large frying pan, add leeks and lightly fry for 5 minutes, until soft, then add crushed garlic and ground almonds. Heat the remaining butter in a saucepan, add mushrooms with plenty of salt and pepper and a little of the rosemary and lightly fry for 5 minutes.

Roll out the pastry and use to line an 18cm (7 in) flan dish. Prick base with a fork then bake blind in the oven at 200 C (400 F/Gas 6) for 10 minutes.

Grate the cheese. To assemble, cover the base with one third of the potato. Add a layer of leeks, a quarter of the cheese, the remaining rosemary and red pepper. Then add another one third of the potato, a quarter of the cheese, the parsley, mushrooms, a quarter of the cheese, remaining potato and then the remaining cheese. (Press the potato layers gently to flatten them.) The finished mountain should be roughly conical in shape. Sprinkle with paprika, beat the egg and pour over the top.

Bake at 200C (400F/Gas 6) for about 25 minutes until golden brown.

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Converted by MMBuster v2.0l.

Prawn And Plantain With Coconut Sauce

Yield: 6

Ingredients

3 ripe plantains
500 g large uncooked prawns
200 ml coconut milk
50 g butter
25 g creamed coconut
4 ts tomato puree
2 ts angostura
1 clove garlic crushed
1/2 ts ground black pepper

1 salt
1 cumin
1 ground coriander
1 paprika
1 fresh coriander

Instructions

First wash and trim ends off plantains. Cut in two and steam for 20 minutes.

Melt the butter in a large frying pan, add prawns, garlic, tomato puree, coriander, cumin, black pepper, salt, Angostura and creamed coconut. Fry gently for 3 minutes stirring all the time. Add coconut milk and continue frying and stirring for a further 3 minutes.

To serve peel plantains and slice each half into four strips, arrange on a plate and top with the prawn mixture. Garnish with paprika and a sprig of fresh coriander.

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Converted by MMBuster v2.0l.

Prawn Cocktail 1

Yield: 1

Ingredients

1 cos lettuce
6 tb oil
2 tb white wine vinegar
1 ts mustard
1 salt and pepper
24 mediteranean prawns
150 ml mayonnaise (1/4 pint)
2 tb tomato ketchup
1 ts cognac
2 tb cream
1/2 lemon juice of
1 splash tabsco
1 splash worcester sauce
4 tb tomato concasse
chopped chives for garnish

Instructions

Pick the best inner leaves of the lettuce. Roll up and shred, put into a bowl.

To make the vinaigrette, put the mustard into a bowl and add the salt and pepper, then the oil and vinegar. Whisk together, check seasoning.

Take the shells off the prawns, chop up into large pieces, and put into a bowl. Add 1 tsp of vinaigrette and leave to marinade.

Add 1 tsp of vinaigrette to the lettuce and leave to one side.

Mix all the ingredients together for the sauce, except the tomato concasse. Test for taste and season accordingly.

Put the lettuce into a glass for the cocktail. Mix 1 tbsp of tomato concasse to the tomato sauce, keep 1 tbsp to the side. Pour the sauce over the prawns. Mix the chopped chives with the rest of the tomato concasse. Season. Put a little mound on top of the cocktail. Garnish with batons of chives and serve chilled.

Converted by MCBuster.

Per serving: 1824 Calories (kcal) 208g Total Fat (97 calories from fat) 3g Protein 7g Carbohydrate 75mg Cholesterol 870mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 28 Fat 0 Other Carbohydrates
Converted by MMBuster v2.0n.

Prawn Cocktail

Yield: 2

Ingredients

8 portions of langoustines (save 1 head on)
1 pt fish stock
1 star anise crushed
1 tb freshly squeezed lemon juice
1/2 bulb fennel head chopped
1 tb mayonnaise
1 tb double cream
2 tb tomato sauce
1/4 chilli pepper chopped finely
1 tb brandy
1/2 cucumber spaghetti
1/2 lemon juice
1 ts parsley chopped
2 ts balsamic vinegar

Instructions

Place the langoustines, fish stock, star anise, lemon juice, fennel head, fennel bulb into a tray and bring to the boil. Then reduce to a simmer. Remove the heads, shell and devein the langoustine. Place into poaching liquor and cook for approximately 35 minutes (depending on size). Remove with a spider or perforated spoon and cool. Mix all the ingredients together and either leave chunky or pass through a fine sieve. Place a little cucumber spaghetti to the base of the glass. Top with the langoustines, coat with the sauce and top with more cucumber spaghetti.

Decorate and serve immediately.

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Prawn Cocktail2

Yield: 1

Ingredients

1/2 lb cooked prawns small
1 iceberg lettuce
1 tb ketchup
2 tb mayonnaise
3 dr tabasco sauce
1 a hint of brandy
1 half a lemon juice of
1 tb cream thick
1/2 ts worcestershire sauce
1 pn paprika

Instructions

Shred enough lettuce to fill 1/3 of your serving glass. In a bowl, add mayonnaise, ketchup (1/3 rd ketchup to 2/3 mayonnaise) and stir.

Add Worcester sauce, Tabasco, brandy, lemon juice and cream and stir.

Place the peeled prawns in the serving glass, on top of the lettuce.

Spread over the top the mayonnaise mixture. Dust with paprika and serve with a wedge of lemon.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Prawn Cocktail

Yield: 8

Ingredients

40 lg fresh-cooked prawns head on, middle section shelled

1 fresh chilled crisp cos lettuce

1 fresh lime wedges to serve

-COCKTAIL SAUCE-

150 ml fresh thick mayonnaise

6 tb tomato sauce (see below)

4 tb double cream

1 tb worcester sauce

1 lime or 1/2 lemon juice of

8 lg basil leaves chopped

1 ds tabasco sauce

TOMATO SAUCE

2 400 g cans italian plum tomatoes with juice

50 ml olive oil

1/2 md spanish onion finely chopped

2 lg garlic cloves

12 g fresh sweet basil

1/2 tb fresh or dried oregano

1 pn ground white pepper

1 ts caster sugar

1 sea salt

1 ground black pepper

Instructions

To make the tomato sauce, pass the tomatoes through a fine Mouli sieve to remove the seeds and skin. Heat the olive oil in a solid-based saucepan over a medium heat and add the onion, garlic, basil, oregano and white pepper. Stir briskly to prevent the onion browning. When the onion is soft, add the tomato pulp. Bring the mixture to the boil and immediately reduce the heat to a low simmer. Remove the garlic and basil stems and discard.

Stir in the sugar and a little salt, then simmer for about 30 minutes until well reduced. Stir occasionally with a wooden spoon. Season the finished sauce with ground black pepper and salt if liked.

Mix the mayonnaise and tomato sauce together with the remaining cocktail sauce ingredients. Take eight wide bowls and arrange the larger lettuce leaves around the sides of each bowl. Fill with some shredded lettuce to form a base. Spoon on some of the creamy cocktail sauce and place 5 large prawns around the edge of each bowl.

Hang some wedges of fresh lime on the sides of the bowl for squeezing.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Prawn Cocktail

Yield: 1

Ingredients

6 cooked jumbo prawns
150 ml chilli sauce (5fl oz)
150 ml tomato ketchup (5fl oz)
1 tb fresh lemon juice
2 tb grated horseradish (not creamed)
1 ts worcestershire sauce
1 stick celery very finely diced
1 ds tabasco

Instructions

Combine all the ingredients together and chill ready for use. Arrange all the prawns on crushed ice with half a lemon per person. Serve with cocktail sauce.

Converted by MCBuster.

Per serving: 10 Calories (kcal) trace Total Fat (3 calories from fat) trace Protein 3g
Carbohydrate 0mg Cholesterol 35mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean
Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Prawn, Squid And Fruit Cocktail

Yield: 1

Ingredients

4 oz cooked peeled prawns
4 oz prepared squid
1 stick celery chopped into small pieces
1/2 red pepper remove stem seeds and white membrane chopped into small pieces
1 half red apple diced
1 md melon diced
MARIEROSE SAUCE-
2 tb mayonnaise
1 ts tomato ketchup
1 tb lemon juice

Instructions

Cut squid into small rings. Bring 1/4 pint / 150ml water to the boil and poach squid for 2 minutes. Drain on kitchen paper and allow to cool. Mix together the squid, prawns, red pepper, apple, melon and celery. Serve with cocktail sauce on top.

Converted by MCBuster.

NOTES : An old-fashioned prawn cocktail with a new twist.

Converted by MMBuster v2.0l.

Prawns With Angostura Bitter And Plantains

Yield: 1

Ingredients

3 ripe plantains
50 g butter
1 chilli seeded

500 g large uncooked prawns
1 clove garlic crushed
4 tb tomato puree
1/2 tb ground coriander
1/2 tb cumin
1/2 tb ground black pepper
1 salt
2 tb angostura
25 g creamed coconut
300 ml coconut milk
1/2 tb paprika powder
1 tb fresh coriander

Instructions

First wash and trim ends off plantains. Cut in two and steam for 20 minutes.

Melt butter in a large frying pan, add chilli and sweat for 1 minute. Add prawns, garlic, tomato puree, coriander, cumin, black pepper, salt, Angostura and creamed coconut.

Fry gently for 3 minutes stirring all the time.

Add coconut milk and continue frying and stirring for a further 3 minutes.

Peel plantain and slice each half into four strips, arrange on a plate and top with prawn mixture. Garnish with paprika and a sprig of fresh coriander.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Prawns With Spinach And Indian Cheese

Yield: 4 Servings

Ingredients

2 tbsps sunflower oil
1/4 ts black mustard seeds
1/2 ts fennel seeds
1 lg onion
1 ts ginger paste
1 ts garlic paste
1/2 ts chilli powder
1 1/2 tsps ground coriander
8 ozs Paneer in 1" cubes
8 ozs fresh spinach or froze leaf spinach
1 1/4 c Makhani gravy
8 ozs shelled fresh or frozen prawns
1 ts salt
1 ts sugar
1/4 c double cream
1/2 ts Balti Garam Masala

Instructions

Preheat a karahi (balti pan) over a medium heat and add the oil. When hot, but not smoking add the mustard seeds followed by the fennel. The oil must be hot enough for the mustard seeds to pop. To test this just add one or two seeds to the hot oil. If they start popping straight away then the temperature is just right. Add the onion slices and stir fry for 6-7 minutes, until they begin to colour, then add the ginger and garlic. Stir fry for 1 minute, then add the ground coriander and chilli

powder. Stir fry for a further minute then add 75ml (3fl oz) of water and continue on the heat until the water evaporates and the oil floats on the surface. Add the paneer and spinach and stir fry until the spinach begins to wilt. Add the gravy. Bring to the boil, reduce the heat to low and simmer, uncovered for 2-3 minutes. Add the prawns, salt and sugar. Cook uncovered for 3-7 minutes depending on the type of prawns used. Add the cream and garam masala, stir fry for 1 minute and serve.

Per serving (excluding unknown items): 79 Calories 7g Fat (76 calories from fat) 0g Protein 4g Carbohydrate 0mg Cholesterol 534mg Sodium

Primavera Chinese Pork W/Wild Rice & Cheese

Yield: 4 Servings

Ingredients

1 lb pork loin
1/2 c hoisin sauce
1 tb garlic chopped
1 tb ginger root chopped
1 tb lemon grass chopped
1/4 c soy sauce
1 c wild rice
2 c chicken stock
20 chestnuts
1 butter, as needed
1 tb garlic chopped
1 tb shallot chopped
1 zest of one orange
1/8 c hoisin sauce
1 salt and pepper

Instructions

Clean and trim the pork loin. Heat oven to 450F. Combine the hoisin sauce, garlic, ginger, lemon grass and soy sauce brush the pork loin with it. Place pork in heated oven and immediately reduce heat to 300F. Roast pork 15 minutes, continuing to brush with soy mixture.

Cool the pork. For rice: Combine wild rice and stock in saucepan.

Simmer until rice is tender, about 45 minutes. Cool and chop the pork. For chestnuts: With the tip of a paring knife, cut an "X" into each chestnut. Place in preheated 400F oven a few minutes (usually about 10 minutes). Take out and cool. Peel off shell and chop chestnut meat.

To serve: Melt butter in electric frying pan or Chinese wok. Add garlic, shallots, chopped pork, chopped orange zest, cooked wild rice, chopped chestnut meat and hoisin sauce. Cook over moderate heat. Season with salt and pepper.

From: Minneapolis Star Tribune 3/90.

Auntie Elaine/FRAMINGHAM/learning her way around/GENie

Pueblo Indian Bread Pudding Capirotado

Yield: 6 Servings

Ingredients

6 c white bread, toasted torn in pieces
1/2 c raisins
1 tb ground cinnamon
1 ts ground nutmeg

1 c sugar
1 1/2 c hot water
4 oz shredded cheddar cheese

Instructions

In bowl, combine toast pieces, raisins and spices set aside. In heavy skillet, heat and stir sugar over low heat until melted and golden brown, about 20 minutes. Remove from heat carefully stir in hot water. Return to heat to dissolve mixture about 5 minutes. Pour syrup evenly over toast mixture. Toss to moisten. Turn half the mixture into lightly greased 1 1/2 quart casserole sprinkle with cheese. Top with remaining toast mixture. Bake uncovered in 325 oven for 20 minutes . Serve warm. Serves 6
From: Recipes and Remembrances, U.S. Army War College, 1980 Shared By: Pat Stockett

Pueblo Indian Squash And Corn

Yield: 4 Servings

Ingredients

3 tb butter
1/2 onion minced
3 yellow squash thinly sliced or 4 ears fresh corn kernels cut off cob
1 salt and pepper

Instructions

Melt butter in skillet saute onions slowly over low heat until tender add squash, corn and seasoning. Cover and simmer 10-15 minutes.

MRS JOHN MCDOWELL (CARMEN) THOMPSON FALLS, MT From the book

Pumpkin Indian Cakes

Yield: 1 Batch

Ingredients

1 no ingredients

Instructions

Take equal portions of Indian meal and stewed pumpkin that has been well mashed and drained very dry in a sieve. Put the pumpkin in a pan, stir the meal into it gradually, a spoonful at a time, adding a little butter as you proceed. Mix the whole thoroughly, stirring it very hard. if not thick enough to form a stiff dough, add a little more meal. Make it into round, flat cakes, about the size of a muffin, and bake them over the fire on a hot griddle.

source: Woodstove Cookery typos by Neysa

Puris Indian Crispbread

Yield: 1 Servings

Ingredients

4 c whole wheat flour
3 tb butter
1 oil for deep frying

Instructions

Put flour in a large bowl and have butter ready. Chill your fingers by running them under cold water or rubbing then with ice. Dry well. Then, with your fingertips, mix butter into the flour by rubbing bits of flour and butter briskly in small circles until butter is well distributed throughout the flour. Stirring constantly with a wooden

spoon, gradually add enough water to make a stiff dough, as with loaf bread. The dough is moist enough when it begins to hold together and pull away from the sides of the bowl. Turn the dough ball out onto a lightly greased surface. Pinch off small portions one at a time and roll them into circles about 1/8 inch thick and 4 to 5 inches in diameter. Heat the oil to a temperature of 350 degrees to 375 degrees, or until test piece of dough browns and floats to the top. With practice, you can fry 2 to 3 puris at a time. Start with one though. Gently slide it into the hot oil. It will sink, then float to the top. When it does, press it gently with the back of a slotted spoon to make it puff. Turn it over and let it cook another minute until just golden brown. With the slotted spoon, lift out the cooked bread and lay it on clean, absorbent cloths to drain. Continue in the same way until all the dough is used. Serve hot. (And be careful of that hot oil!)

(Recipe from South Africa) Echodor v3.07

* The Polka Dot Palace BBS 1-201-822-3627 Posted by FAYLEN on 06-14-95
Posted to MC-Recipe Digest V1 #707 by Lisa Clarke on Aug 1, 9

Oriental Recipes Q

Quick Cauliflower Cocktail Dip

Yield: 1

Ingredients

- 1 cauliflower florets
- 1 lg bott ketchup
- 1/2 jar to one full jar prepared horseradish
- 1/2 lemon juice of
- 1 ts tabasco sauce (optional)
- 1 ts worcestershire (optional)

Instructions

Pour ketchup into a mixing bowl. Take fresh prepared grated horseradish or prepared horseradish from the dairy case in any supermarket and mix thoroughly with the ketchup. Add the lemon juice. Add Tabasco and/or Worcestershire if desire. Mix thoroughly and serve with a platter of cauliflower florets. There should be enough sauce for 30-50 cauliflower florets.

Enjoy!

Converted by MCBuster.

NOTES : Cauliflower when dipped into this sauce will taste just like shrimp -no kidding! Here it is.

Converted by MMBuster v2.0l.

Quick Chicken Oriental

Yield: 4 Servings

Ingredients

- 4 skinless boneless chicken breast halves 12 ounces total
- 1/3 c chicken broth or orange juice
- 2 tb soy sauce
- 2 ts cornstarch
- 1 ts brown sugar
- 1/2 ts ground ginger
- nonstick spray coating
- 16 oz fresh cut-up oriental stir-fry vegetable or 16 ounces frozen vegetable combination thawed and drained
- 1 tb cooking oil
- 2 c hot cooked rice

Instructions

Rinse chicken pat dry. Cut into 1/4-inch strips. Stir together broth or juice, soy sauce, cornstarch, brown sugar, and ginger in a small bowl set aside.

Spray a wok or large skillet with nonstick coating. Heat over medium-high heat. Add fresh or thawed Oriental vegetables stir-fry 2 to 3 minutes or till crisp-tender. Remove vegetables. Add oil to wok heat over medium-high heat. Add chicken strips to the hot wok. Stirfry 2 to 3 minutes till tender and no longer pink. Push chicken from the center of the wok. Stir sauce add to the center of the wok. Cook and stir till thickened and bubbly.

Return cooked vegetables to the wok. Stir all ingredients together to coat with sauce. Cook and stir about 1 minute or till heated through. Serve immediately with hot cooked rice.

Makes 4 servings.

Nutrition facts per serving: 374 cal., 10 g total fat (2 g sat. fat), 76 mg Cholesterol, 642 mg sodium, 39 g carbohydrate., 4 g dietary fiber, 30 g pro. Daily Value: 46 vitamin. A, 68 vitamin. C, 18 iron.

Food exchanges: 1/2 vegetable, 2 bread, 3 1/2 meat, 1/2 fat.

Busted by Gail Shermeyer .

Contributor: Low Calorie/Low Fat Recipes Spring 96, BH&G

Quick Chinese Barbeque Ribs

Yield: 4 Servings

Ingredients

1 jar (10 oz) plum jelly

1/3 c dark karo syrup

1/3 c soy sauce

1/4 c chopped green onion

2 cloves garlic, minced

2 ts ground ginger

2 lb spareribs cut into

1 individual ribs

Instructions

Heat first 6 ingredients. Pour over ribs, cover, and marinate for 2-3 hours.

Place on baking rack and bake at 350 for 1 hour, basting and turning half way through.

From: Danial Mannen Date: 03-16-96

Quick Chinese Chicken Salad

Yield: 4 Servings

Ingredients

3/4 lb skinless chicken breasts

2 ts salt

SAUCE-

1 garlic clove peeled

1 sl fresh ginger peeled

2 scallions with green tops trimmed

2 ts chili bean sauce

2 ts dark soy sauce

1 ts sugar

2 ts white rice vinegar

2 ts sesame paste or peanut butter

1/2 ts salt

1/2 ts freshly ground black pepper

2 ts sesame oil

1/2 lb iceberg lettuce finely shredded

DRESSING

2 tb white rice vinegar

Instructions

REMOVE THE SKIN FROM THE CHICKEN BREASTS and place breasts in a pot.

Put in enough cold water to cover the chicken, add the salt. Bring the mixture to a simmer, cook for 5 minutes. Turn off the heat and cover tightly. Let the chicken sit in the hot water for 10 minutes. While the chicken is sitting, combine the sauce mixture ingredients together in a blender and set aside. Toss the lettuce with the white rice vinegar and place on a platter. Remove the chicken and allow to cool. Pull off the meat, finely shred and toss with the sauce. Place the chicken with sauce on top of the lettuce and serve at once.

Quick Chinese Pancakes

Yield: 12 Servings

Ingredients

2 3/4 c All-purpose flour
5 1/2 c Fat-free milk
1 tb Stick margarine or butter melted
1 lg Egg
1 tb Minced fresh chives
1/4 ts Five-spice powder
Nonstick cooking spray

Instructions

Place the flour in a medium bowl. Combine milk, margarine and egg add to flour, stirring with a whisk until blended. Stir in fresh chives and five-spice powder. Cover refrigerate for 1 hour.

Place an 8-inch crepe pan or nonstick skillet coated with cooking spray over medium-high heat until hot. Remove pan from heat pour a scant 1/4 cup batter into pan. Quickly tilt pan in all directions so that batter covers bottom of pan. Cook about 1 minute. Carefully lift edge of pancake with a spatula to test for doneness. The pancake will be ready to turn when it can be shaken loose from pan and the underside is lightly browned. Turn pancake over cook 30 seconds on the other side.

Place the pancake on a towel let cool. Repeat the procedure until all of the batter is used. Stack the pancakes between single layers of waxed paper or paper towels to prevent pancakes from sticking.

Yield: 12 pancakes.

Recipe Source: St. Louis Post-Dispatch 11-02-1998

By Steven Petusevsky, Cooking Light Magazine

Formatted for MasterCook by Susan Wolfe ywmv81a@prodigy.com

Quick Kimchi (Korean Mak Kimchi)

Yield: 12 Servings

Ingredients

1 1/2 lb chinese turnip
1 1/2 lb chinese cabbage
1 c water
1/4 c salt
4 lg scallions
4 lg cloves garlic or 6 sm clove
2 tb chopped fresh ginger
7 ts cayenne pepper

Instructions

1. Wash the leaves of a Chinese cabbage and cut them into 2-inch lengths (the leafy end may be left longer it will shrivel the most). Peel the Chinese turnip, halve it lengthwise down the center and then slice thin across the grain.
 2. Combine the salt and water. Place the vegetables in a large pot. Pour the salted water over the surface of the vegetables and cover the pot. Leave overnight.
 3. The next day, mince the scallions, garlic and ginger. Drain the vegetables, which should be wilted and reserve the salty water. Season with the cayenne, scallion, garlic and ginger. Mix the vegetables by hand, using rubber gloves if available. Pack this mixture tightly into jars. Pour the salted water over the mixture so that the liquid comes to within 1/2 inch of the top of the jar.
 4. Keep at room temperature for 2 or 3 days, then refrigerate.
- Makes about 2 jars of kimchi which should be enough for a large dinner party.
From: The Korean Cookbook, By Judy Hyun.

Quick Oriental Beef Noodle Soup

Yield: 1 Serving

Ingredients

beef broth defatted
soy sauce
grated gingerroot
minced garlic
frozen sugar snap peas
stir-fry mix
canned water chestnuts sliced
soba noodles or whole wheat linguine
boneless skinless chicken breast cut in chunks

Instructions

Put defatted broth, a little soy sauce, grated gingerroot and minced garlic in large saucepan and bring to boil. Add frozen sugar snap peas, stir-fry mix and drained canned sliced water chestnuts return to boil. Add soba noodles or whole-wheat linguine and boneless, skinless chicken breast chunks and cook until noodles are tender and chicken cooked through.

Busted by Gail Shermeyer

Contributor: Lose Weight & Stay Fit, Woman's Day V7#5

Quick Oriental Chicken & Cashews

Yield: 6 Servings

Ingredients

1 1/2 microwave spirals uncooked
1 cn (14-oz) chicken chow mein
1 c ready to serve chicken broth
1/2 c cashews
1 soy sauce

Instructions

In 2 quart microwave safe casserole, stir together pasta, chow mein and broth. Cover microwave at high 8-10 minutes, stirring once, or until pasta is tender. Stir in cashews and soy sauce to taste.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Quick Seafood Cocktail Sauce

Yield: 1

Ingredients

1 c ketchup
3 tb grated onion
3 tb prepared horseradish
3 tb fresh lemon juice
1 tb worcestershire sauce
1 ts chili powder
3 dr hot sauce
2 tb chopped fresh tarragon
1 salt and pepper to taste

Instructions

Whisk all ingredients in medium bowl to blend. Cover and refrigerate sauce at least 1 hour or up to 2 days.

Converted by MCBuster.

Per serving: 316 Calories (kcal) 2g Total Fat (3 calories from fat) 5g Protein 81g Carbohydrate 0mg Cholesterol 3170mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 1/2 Fruit 0 Fat 5 Other Carbohydrates

Recipe by: COOKING LIVE PRIMETIME SHOW #CP0024

Converted by MMBuster v2.0n.

Quick, Easy Chinese Chicken

Yield: 9 Servings

Ingredients

3 chicken breast halves skinned -(1-3/4 pounds)
3 chicken thighs skinned (1-1/2 pounds)
3 chicken drumsticks skinned (3/4 pound)
3/4 c reduced-calorie catsup
1/2 c firmly packed brown sugar
1/4 c low-sodium soy sauce
2 tb white vinegar
1 tb instant onion flakes
1/2 ts garlic powder
1/2 ts 75-less-sodium seasoned
1 salt

Instructions

Place chicken in a 13x 9x 2-inch baking dish. Combine catsup and next 6 ingredients stir well, and pour over chicken.

Bake, uncovered, at 350 deg for 1-1/2 hours or until chicken is done, turning chicken over after 45 minutes, and basting occasionally.

Yield: 9 servings (serving size: 3 ounces chicken).

Recipe By : Cooking Light, Oct 1993, page 131

From: Igor@digex.Net Date: 28 Jan 97 Mastercook Recipes (Mailing List) Ž

Quick-Fix Oriental Meatloaf

Yield: 4 Servings

Ingredients

2 lb ground beef

1 c soft bread crumbs
1 md carrot, shredded
1 sm onion, chopped
1/3 c celery, chopped
2 ts ginger root, minced
1 egg, beaten
1/3 c plus
1 tb stir-fry sauce

Instructions

In a large bowl, thoroughly combine the ground beef, bread crumbs, carrot, onion, celery, ginger root, egg, and the 1/3 cup of stir-fry sauce. Press the mixture firmly into a 9-inch round microwave-safe cake pan.

Microwave on medium-high (70 power) for 20 minutes, rotating the pan once. Brush the top of the meatloaf with the remaining 1 tablespoon of stir-fry sauce. Microwave on medium-high (70 power) for 8 minutes longer. Let the meatloaf stand for 5 minutes, then cut into serving portions.

Recipe: Kikkoman brochure, "A Rainbow Of Color -With Kikkoman Stir-Fry Sauce".
From: Karl Lembke Date: 18 May 97 National Cooking Echo Ž

Oriental Recipes R

Rack Of Lamb With Indian Spices

Yield: 2 Servings

Ingredients

- 1 8-rib rack of lamb
- 1 sm onion(s)
- 3 garlic clove(s) minced (1 tbs)
- 1 tb ginger, minced
- 1/4 c cilantro, finely chopped plus 1/4 c up for garnish
- 1 c non-fat yogurt
- 3 tb lemon juice
- 2 ts turmeric
- 2 ts paprika
- 2 ts ground cumin seeds
- 2 ts ground coriander seeds
- 1 ts salt or to taste
- 1 black pepper and cayenne pepper
- 1 lemon cut into wedges for garnish

Instructions

Trim as much of the exterior fat off the rack as possible and scrape the ribs clean. (Better yet, have your butcher do it.) Combine the remaining ingredient, except the cilantro and lemon for garnish, into a large bowl. Whisk to a smooth paste. Add salt and pepper to taste. Marinate the lamb for 8-24 hours (the longer the better), turning 3-4 times.

Preheat the grill. Grill the lamb over medium-high heat, basting with the marinade for 4-6 minutes per side for medium-rare, or until cooked to taste. The lamb can also be roasted in a 400oF oven for 15-20 minutes.

To serve, carve the lamb into chops. Sprinkle with cilantro and serve with lemon wedges.

Note: A more economical version of this dish could be made with lamb chops.

High-Flavor, Low-Fat Cooking by Steven Raichlen ISBN 0-1402-4123-X pg 146

Radish Noodles : Moo Kuksu (Korean)

Yield: 4

Ingredients

- 1 lb wheat noodles or equivalent
 - 1 ts vegetable oil plus
 - 2 dr sesame oil
 - 1 lg korean or daikon radish julienne cut or cut into long thin matchsticks
 - 1/2 c soy sauce
 - 1/2 ts korean red pepper powder or half that amount cayenne
 - 1 tb rice vinegar
 - 1 ts sugar
 - 1/4 ts grated ginger root
 - 2 cloves garlic minced
 - 4 green onions with tops chopped
- EGG STRIPS : GERAN JON-

1/2 ts vegetable oil

2 eggs beaten

Instructions

To prepare egg strips: In a small skillet, heat the oil over medium heat.

Add the beaten eggs and tilt the pan so that the eggs completely cover the bottom of the pan. Cook until the eggs are set, about 2 to 3 minutes. Transfer to a cutting board.

Cut the eggs into long, thin strips.

1. Cook the noodles according to package directions. Drain, rinse in cool water, drain again, and place in a large bowl.
2. In a skillet, heat the oil over medium-high heat. Add the radish strips and fry until slightly softened, about 1 minutes. Add the radish strips to the noodles and mix.
3. In a small bowl, thoroughly mix together the soy sauce, Korean red pepper powder, rice vinegar, sugar, ginger, garlic and green onions. Pour over the noodles and radish, gently tossing to thoroughly mix.
4. Place on a large serving platter and garnish with the egg strips.

PER SERVING (1/4 recipe) 207 cal, 10g protein, 2g fat (9c), 37g carb. est by publisher

SOURCE: Flavors of Korea: Delicious vegetarian cuisine / Deborah Coultrip-Davis, Young Sook Ramsay (1998 Book Publishing Co)

NOTES : If you have tempura sesame oil, that can be substituted: it is a blend. A Korean Radish is a white root vegetable from 3 to 10 inches long used in some kimchis and side dishes. Purchase with their leaves intact (the leaves are good in salads). The daikon is not as crunchy as the Korean radish but can be substituted.

Recipe by: Flavors of Korea: Vegetarian Cuisine 1998

Converted by MMBuster v2.0l.

Radish Or Cucumber Salad (Korean)

Yield: 8 Servings

Ingredients

1 lg korean radish or thinly sliced english cucumber

2 ts salt

2 ts red pepper *

2 ts sugar

1 1/2 tb vinegar

2 tb minced scallion

1 1 tsp minced garlic

Instructions

* preferably Korean (2 ts make a very hot salad)

Peel radish and cut into match stick pieces about 2 inches long.

Sprinkle with salt and let stand for 10 minutes. Rinse to remove excess salt and drain well. Wrap radish in several thicknesses of cheesecloth and squeeze out as much liquid as possible. In bowl, combine radish with red pepper, sugar, vinegar, scallion and garlic, mixing well. Serve at once or refrigerate to blend flavors.

Serves 8 as side dish.

From the Hayward Daily Review, 9/21/88.

Posted by Stephen Ceideberg November 4 1992.

Radish Soup Or Moo Kuk (Korean)

Yield: 4

Ingredients

1 lg korean or daikon radish -thinly sliced into bite-size pieces
1 clove garlic minced
2 green onions with some greens minced
1 ts salt
1/4 ts pepper
4 c water

Instructions

1. Combine all the ingredients in a medium saucepan. Bring to a boil.
2. Reduce the heat and simmer until the radish is tender, about 10 minutes.
Serve hot.

PER CUP 36 cal (4 cff) est by MasterCook

SOURCE: Flavors of Korea: Delicious vegetarian cuisine / Deborah Coultrip-Davis, Young Sook Ramsay (1998 Book Publishing Co) For other vegetarian titles by this publisher see <http://www.thefarm.org/businesses/bpccatalog/bpcpl.htm>

NOTES : This is a popular mild-flavored soup frequently served as a first course in Korean restaurants. It merely whets the appetite.

Recipe by: Flavors of Korea: Vegetarian Cuisine 19

Converted by MMBuster v2.0l.

Rainbow Blossom's East Indian Spring

Yield: 4 Servings

Ingredients

SALAD-

1 1/2 c unhulled barley, uncooked
3 c water
1/2 c snow peas, lightly steamed
1/3 c peanuts
1/4 c raisins
1/4 c coconut
1/2 ea carrot, diced
1/4 ea red pepper, diced
1 ea scallion, diced
1/2 tomato, diced

DRESSING

2 1/2 ts curry powder
1/4 ts each cinnamon & turmeric
1/2 ts fennel or anise seed
2 pn cayenne
1 ts liquid sweetener
1/8 c vinegar
1/8 c olive
1/8 c vegetable oil

Instructions

Cook barley in water until tender, about 1 hour and 15 minutes. Drain and chill.

In a large bowl, whisk together with a fork the dressing ingredients. Refrigerate.

Into a large bowl, measure out 3 cups of the barley. Add snow peas, peanuts, raisins, coconut, carrot, red pepper, scallion and tomato.

Add dressing and toss well. Chill until ready to serve.

From chef Tess Krebs/Rainbow Blossom organic food store/Louisville, KY in Alice Colombo's 07/29/92 "Cook's Corner" column called "White Bean Soup Waits at the End of the Rainbow" in "The (Louisville, KY) Courier-Journal." Pg. C6. Electronic format by Cathy Harned.

Rajma-Chana Salat (Indian Chick-Pea & Bean Salad)

Yield: 10 Servings

Ingredients

1 c canned or cooked chick-peas small white beans drained and well rinsed
1 c peas fresh or frozen
1 c yellow wax beans fresh or frozen
4 green onions and tops cut into 2" long slivers
1 md red onion sliced into rings and the rings halved
1/2 c minced fresh parsley
1 tb minced fresh coriander
2 sm fresh hot chiles seeded and cut into thin rings
1 sm lemon cut into rings seeded and rings quartered
salt and coarsely ground black pepper to taste
Rajma-Chana Dressing see recipe

Instructions

In a large bowl toss together all ingredients except salt, pepper, and dressing. Chill while you make Rajma-Chana Dressing. Season salad with salt and pepper to taste and pour over dressing. Toss lightly and serve chilled.

NOTES : Yield: 8 to 10 servings.

Nutr. Assoc. : 618 0 0 0 679 0 0 0 0 414 2607 0 0 0 0 0

Contributor: c 1995 Cole Group, Inc.

Ras Malai (Indian Sweet Dessert)

Yield: 1 Servings

Ingredients

2 lb ricotta cheese
2 qt half and half
2 c sugar
5 cardamon pods
1 bay leaf
1 ts vanilla
1 rose water to taste (opt.)

Instructions

1. Mix 1.5 cups of sugar with the Ricotta cheese and bake it in a 400o F oven for about 1hr and 15 minutes in a flat dish covered with aluminum foil. The cheese should have hardened and turned a pale brown.
2. Thicken the Half and Half by simmering over low heat for a long time. This is best done in a microwave if a microwave is not available, do it over low heat and stir frequently. Thicken until the volume drops to around half of the original volume.
3. Add the remaining 0.5 cup sugar, cardamon pods, bay leaf, vanilla and rose water (and any other flavouring that you may want) to the Half and Half. Heat for a few minutes.
4. After the cheese has been baked, cut it into 1 inch squares and add to the hot thickened half and half. Cool for a few hours in the fridge.

Source: The Net
Posted to EAT-L Digest 07 Jan 97
From: "Imran C."
Date: Thu, 9 Jan 1997 12:48:52 +1000

Raspberry Meringue Mountains

Yield: 8

Ingredients

CRUST-

1/2 c confectioners' sugar
1/2 ts salt
1 1/2 c all-purpose flour
1/2 c ground toasted almonds
1 ts almond extract
1 c unsalted butter

LIME CURD-

1 c freshly squeezed lime juice
2 limes zest of
1 1/4 c sugar
5 egg yolks
2 tb unsalted butter
3 c fresh raspberries

MERINGUE

5 egg whites
1 pinches cream of tartar
1 c sugar

Instructions

To prepare the crust, preheat the oven to 350 degrees. Butter 8 tartlet pans and set aside. Put the confectioners' sugar, salt, flour, almonds, and almond extract in the bowl of a food processor and process to mix. With the machine running, add the butter in the feeder tube about 2 tablespoons at a time.

Process until the dough collects on top of the blade. If the dough is too soft and sticky to handle, cover it in plastic wrap and refrigerate until it is firmer and less tacky. Press the dough into the prepared tartlet pans and bake in the oven until golden brown, about 20 minutes. Remove from the oven and let cool.

To prepare the curd, put the lime juice, zest, sugar, and egg yolks in a metal bowl, and whisk together. Add the butter and place over the gently simmering water. Whisk until the curd thickens and coats the back of a spoon. Pour into prepared tartlet shells. Pile the fresh raspberries in a pyramid on top of each tartlet.

To prepare the meringue, put the egg whites and cream of tartar in the bowl of a heavy-duty mixer and mix on high speed until the egg whites are very fluffy. With the machine running, add the sugar about 1 tablespoon at a time until all of the sugar is incorporated. Continue to whip on high speed until the whites are shiny and stiff peaks form. Place the meringue in a pastry bag fitted with a star tip and pipe strips of meringue over the raspberries. To brown the outside of the tartlets, place the tartlets on a broiler pan and brown under the broiler for 2 to 3 minutes. Alternatively, brown with a propane torch held 6 inches away from the tartlets. Set tartlets on individual plates and serve immediately.

Converted by MCBuster.

Per serving: 608 Calories (kcal) 30g Total Fat (42 calories from fat) 7g Protein 82g Carbohydrate 203mg Cholesterol 177mg Sodium Food Exchanges: 1 Grain(Starch) 1/2 Lean Meat 0 Vegetable 1/2 Fruit 5 1/2 Fat 4 Other Carbohydrates
Converted by MMBuster v2.0n.

Raw Fish Salad (Japanese Sashimi)

Yield: 9 Servings

Ingredients

1 lb Bass (raw) or: Tuna (raw) or: other fish of your choice fresh water or salt bones and skin removed and slivered

1/2 c Gingerroot, fresh, chopped or: 1/4 c powdered ginger

1/2 c Horseradish, grated

1/2 c Mustard sauce or: 1/4 c mustard powder

Water, for mixing sauce ingredients

Bowl of very fresh salad greens broken or cut into small pieces

Instructions

In this popular dish, the Japanese enjoy eating their fish completely raw, cut in slivers about 1/4 inch thick, and dipped into a mixture of fresh chopped gingerroot, grated horseradish and mustard. We add dishes of very fresh greens, turning the Sashimi into a salad. If your fish is very, very fresh, your dishes colorful and attractively arranged, and if you accompany your first bite of raw fish with a generous mouthful of crisp greens, you will probably be able to overcome your prejudices and discover what the Japanese have known for centuries: fish doesn't have to be cooked to taste good.

INSTRUCTIONS: Set out the slivered fish, 3

dishes of seasonings and salad greens and let everyone mix his own sauce, tasting and testing as he does, and help himself to greens.

From 'The Complete Fish Cookbook', by Dan and Inez Morris, Stoeger Sportsman's Library, 1972 posted by Robert Bass

Per serving (excluding unknown items): 0 Calories 0g Fat (0 calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

Red Bean Paste (Korean Kochu Chang)

Yield: 1 Servings

Ingredients

2 tb red bean paste

2 tb powdered red cayenne pepper

2 tb soy sauce

1 ts sugar

Instructions

Red bean paste is particularly tasty served with fresh scallions and radishes or added to some soups. Korean kochu chang may be purchased at many Oriental food stores. If it is not available, Japanese miso sauce may be substituted. This recipe is for a more pungent kochu chang than that which comes directly from the jar.

1. Mix all the ingredients well. Serve in a small dish for dipping.

Source: The Korean Cookbook, by Judy Hyun. Typed in by Ronnie Wright

Red Chile Indian Paint

Yield: 2 Servings

Ingredients

2 ts vegetable oil
2 cloves garlic, finely chopped
1/2 c medium-hot red chile powder
3/4 c water

Instructions

Heat oil in a small saucepan over medium heat. Add garlic saute 2 minutes. Stir in chile powder. Add water, stirring with a wire whisk until blended. Remove from heat. Strain the mixture through a fine sieve into a small bowl discard solids. Chill at least 1 hour.

Per serving: 138 Calories 10g Fat (51 calories from fat) 4g Protein 17g Carbohydrate 0mg Cholesterol 306mg Sodium

Recipe by: Cooking Light, October 1994, page 90

Posted to MC-Recipe Digest V1 #398 by igor@digex.net on Jan 28, 1997.

Red Chinese Rib Bbq Sauce

Yield: 1 Serving

Ingredients

2 tb ketchup
2 tb concentrated orange juice
1 tb hoisin sauce
1 ts fresh ginger root minced
1 tb soy sauce
1 tb rice wine

Instructions

Mix all the ingredients and marinate 2 lbs. of baby back ribs in the mixture for at least 2 hours. Bake at 375F for 20 min. Turn and brush with sauce and bake for 25 more minutes.

Contributor: Ray Sirmons

Red Kidney Beans Indian

Yield: 1 Servings

Ingredients

1 pk kidney beans (soak overnight)
1 md red onion (diced)
12 oz can chopped tomatoes
2 ts crushed garlic (bottle ok)
1 ts crushed ginger (fresh)
1 ts tumeric
2 tb vegetable oil
2 ts cummin powder
2 ts chilli powder
1 ts mustard seeds
1 ts cummin seeds
1 c water

Instructions

Boil the beans in a pot for 30-45 minutes, adding a tsp of baking soda. Drain the liquid retaining beans in a large bowl.

Wipe the pot dry, then heat oil in the same pot. When hot, add mustard seeds and cover. After they pop (1 minute or so), add the cummin seeds and onion, stir together

and cook on medium setting 10-15 minutes. Stir occasionally to prevent onions from sticking to the pot.

Add garlic and ginger, turn heat up to med-high and cook 1-2 minutes. turn heat up to high and add tumeric, cummin powder, chilli powder.

Fry the spices for 3-4 minutes on high, adding a little water occasionally to provide moisture.

Add the tomatoes, salt and water, bring to a boil, then turn heat to low. Simmer tomato and spices 15-20 minutes, then add beans.

Cook on low for approx 2 hours stirring occasionally. Serve with basmati rice. Enjoy.

Anang From: anangmehta@ccm.hf.intel.com (Anang)

Red Or Green Thai Curry

Yield: 0 Servings

Ingredients

2 tb red or green curry paste

3 tb vegetable oil

3/4 lb boneless chicken meat cut -into 3/4-inch pi

1 c tofu sliced into strips a

2 cans (unsweetened) coconut milk

1 c water or chicken broth

1/2 c baby corns

1/2 c straw mushrooms

1/2 c sliced bamboo shoots

5 kaffir lime leaves

1/2 ts salt (or to taste)

10 fresh basil leaves

1/2 red bell pepper cut into matchstick

Instructions

Fry curry paste in oil in saucepan until fragrant. Add chicken (if using) and saute for about 1 minute over medium high heat. Add remaining ingredients except basil leaves or red bell pepper. Bring just barely to a boil reduce heat and simmer 20-30 minutes.

Just before serving, stir in basil leaves or red bell pepper. Serve with cooked Thai Jasmine rice.

Contributor: Carol Miller-Tutzauer (riacmt@ubvms)

Red Thai Curry Paste

Yield: 3 Tablespoon

Ingredients

14 dried red chiles, seeds removed, soaked in water

2 ts galangal, chopped

1 lemon grass stalk, bottom

1 6 inches only, sliced

1 ts shredded lime zest

10 coriander roots, chopped

4 garlic cloves, chopped

1 shallot, chopped

1 ts shrimp paste

10 black peppercorns

2 tb oil

Instructions

Pound or process all of the ingredients in a mortar, blender, or processor to a smooth even paste. If necessary, add a little more oil when processing.
You may substitute 16 coriander stems for coriander roots.
Appeared in The Southeast Asia Cookbook by Ruth Law.

Red-Cooked Mongolian Lamb

Yield: 10 Servings

Ingredients

1 boneless lamb shoulder 2-2.5 pounds trimmed
4 tb cornstarch divided use
2 cloves (large) garlic minced
2 tb vegetable oil
1 cn (14.5-oz) chicken broth
1/4 c naturally brewed soy sauce
1/4 c dry sherry
1 tb brown sugar
1 tb slivered fresh ginger root
1 small whole, dried red chile
3 md carrots roll-cut into 1 inch piece
1 bunch green onions and tops cut into 1-1/2 inch piece
1/3 c hot water
1 hot cooked rice

Instructions

Cut lamb into 1-1/2 inch cubes coat with 2 tablespoons of the cornstarch.
Brown lamb and garlic in hot oil in large skillet over medium heat. Pour chicken broth over lamb. Stir in soy sauce, sherry, brown sugar, ginger and chile. Cover bring to a boil. Reduce heat and simmer 1 hour and 20 minutes stir occasionally.
Add carrots and white parts of green onions. Cover and simmer 40 minutes.
Meanwhile, blend remaining cornstarch with 1/3 cup water stir into pan with green onion tops. Cook and stir until mixture boils and thickens, about 1 minute. Serve over rice. Makes 10 servings.

NOTE: To roll-cut a carrot, make a diagonal slice at one end, roll the carrot a quarter turn and make another diagonal cut continue rolling and cutting to the end.

NEWSPAPER ARTICLE

From a collection of my mother's (Judy Hosey) recipe box which contained lots of her favorite recipes, clippings, etc. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Reduced Fat Chinese Cabbage Salad

Yield: 8 Servings

Ingredients

1 head napa cabbage chopped
6 green onions chopped
1 tb corn oil margarine
2 pk low-fat ramen noodles crushed (do not use seasoned)
1/4 c slivered almonds
2 tb raw sesame seeds
1/4 c canola oil
2/3 c sugar
1/2 c cider vinegar

1/2 c water
1 tb light soy sauce

Instructions

Combine cabbage and green onions in a large bowl and set aside. In large non-stick skillet, melt margarine over medium heat. Add noodles, almonds and sesame seeds, and cook, stirring constantly, until nuts and seeds are tan in color. Remove from heat and set aside.

In small bowl, combine oil, sugar, vinegar, water and soy sauce. Keep at room temperature until ready to use. About 1/2 hour before serving, combine all ingredients in large bowl and chill until serving.

Makes about 14 cups, or 8 servings of 1 3/4 cups each.

Recipe By : Jeanne Jones from Cook It Light newspaper column

Posted to MC-Recipe Digest V1 #304

Date: Fri, 15 Nov 1996 22:31:45 -0800

From: Shirley

Renato's Thai Bbq Chicken Pizza

Yield: 2 12" Pies

Ingredients

2 12-inch pizza shells
2 oz pizza sauce
1 oz mozzarella cheese
1 oz yellow cheddar cheese
2 chicken breasts*
1 onions to taste
1 bean sprouts to taste
1 tb thai sauce**
1 raw unsalted chopped peanuts
1 coriander (garnish)

Instructions

*already grilled and sliced

** or to taste. Available at Oriental specialty stores or may be prepared by mixing curry powder, Thai paste, coconut cream and green curry paste to taste)

Spread crusts with pizza sauce add cheeses, sliced chicken, onions and bean sprouts. Sprinkle with peanuts and drizzle 1 to 2 tablespoons Thai sauce over pizza. Bake at 450 degrees F until bubbly.

After baking sprinkle with coriander.

Source: Pizza Today June 1992

Ribs Canadian Oriental

Yield: 4 Servings

Ingredients

2 ea racks ribs cooked
1/2 c pure maple syrup
1 2 tb soya sauce
1/4 c dry sherry
2 ea cloves garlic, pressed
1 ea to 2 ts fresh ginger
1 2 tb oil

Instructions

LEAVE RIBS IN LARGE RACK FOR EASIER BARBQUING MIX ALL OTHER INGREDIENTS IN SAUCEPAN BRING TO A BOIL AND STIR OFTEN FOR 5 MINUTES.

BRUSH RIBS WITH SAUCE AND AND PLACE ON GRILL 6 INCHES FROM HEAT AND COOK 5 MINUTES TURN AN COAT AGAIN WITH SAUCE. COOK 15 TO 20 MINUTES TO HEAT THROUGH.

Ribs In A Chinese Style With Spicy Cabbage Salad

Yield: 6 Servings

Ingredients

5 lb Pork spareribs
1/3 c Seasoned rice vinegar
1/2 c Light soy sauce
1/3 c Honey or maple syrup
1/3 c Hoisin sauce
2 ts Toasted sesame oil
2 tb Minced garlic
1/2 ts Five-spice powder
2 tb Minced fresh ginger
1 1/2 ts Asian chile sauce (or 1/2 teaspoon red chile flakes)
1 tb Grated orange zest
1/2 c Fresh orange juice

GARNISH

Spicy Cabbage Salad see * Note

Instructions

* Note: See the "Spicy Cabbage Salad" recipe which is included in this collection. Remove white membrane from underside of ribs and remove any excess fat. Mix remaining ingredients together and coat ribs. Marinate 4 hours refrigerated or overnight. To cook in oven: Preheat oven to 375 degrees, place ribs on a rack in a roasting pan in a single layer and bake for 1 hour until meat is tender. Baste occasionally with marinade.

To grill: Use the indirect heat method with charcoal on sides of grill and a drip pan below, and grill for 45 minutes, basting occasionally or until meat is tender.

Serve warm or at room temperature with Spicy Cabbage Salad This recipe yields 6 to 8 servings as an appetizer or 3 to 4 servings as a main course.

Comments: These ribs carry a lot of piquant Asian flavors and are finger lickin' delicious, if you ask me.

Recommended Wine: The sweet, smoky flavors of the ribs are nicely contrasted by a fruity Gamay Beaujolais. An ice-cold Bud (or locally made Red TailAle if you're in northern California) is not bad in a pinch either!

Recipe Source: COOKING RIGHT with John Ash

From the TV FOOD NETWORK (Show # CR-9749 broadcast 11-04-1996)

Downloaded from their Web-Site - <http://www.foodtv.com>

Formatted for MasterCook by MR MAD, aka Joe Comiskey jpmd44a@prodigy.com
11-16-1996

Contributor: John Ash

Rice & Beef Oriental

Yield: 4 Servings

Ingredients

3/4 lb flank steak, cut into thin strips
2 tb oil
1 1/2 c broccoli florets
1/2 c scallions, cut diagonally into 1 pieces
1/2 c diced red pepper
1 1/2 c water
2 tb dry sherry
1 tb soy sauce
1 pk french's spice your rice
1 beef and onions flavor seasoning
1 1/2 c rice

Instructions

Saute beef in oil in large skillet until browned, about 3 to 5 minutes. Add vegetables and stir fry 2 minutes. Add water, sherry, soy sauce and seasoning mix. Bring to a full boil. Stir in rice. Cover remove from heat. Let stand 5 minutes. Fluff with a fork.

Makes 4 servings

Rice And Spinach Salad With Oriental Vinaigrette

Yield: 4 Servings

Ingredients

1 tb safflower oil
1/2 c pine nuts
1 1/2 c cooked brown rice
1/2 lb spinach leaves julienne
2 scallion chopped
11 oz mandarin oranges drained
8 oz water chestnuts sliced and drained

Instructions

DRESSING

3 tb safflower oil
2 tb rice vinegar
2 tb soy sauce
1/2 ts black pepper
1 clove garlic minced
1/4 ts ginger powder

In small skillet, heat oil. Saute pine nuts or slivered almonds until lightly browned. Set aside to cool. In a large bowl, toss together rice, spinach, scallions, mandarin oranges and water chestnut. In a small bowl, whisk together dressing ingredients pour over salad. Add pine nuts and toss. Garnish with pea pods, grapes or raisins.

Recipe by: 15 Minute Vegetarian Gourmet

Posted to MC-Recipe Digest by Meg Antczak on Apr 21, 1998

Rice Noodles Oriental-Style

Yield: 2 Servings

Ingredients

175 g rice noodles
2 md courgettes thinly sliced diagonally
100 g broccoli florets sliced thinly
100 g okra, topped and tailed
2 tb dark sesame oil

1 garlic clove crushed
1 cm. fresh root ginger grated
2 tb soy sauce

Instructions

Rice noodles make a delightful alternative to wheat-based noodles fine in texture they are light food that is quickly cooked and make a delicious base for all kinds of mixtures. Here chopped courgettes, broccoli and okra are flavoured with ginger, garlic and soy sauce: irresistible food.

Cook the rice noodles in boiling water until they are soft, about 3-4 minutes. Drain. Steam the finely sliced courgettes, broccoli and okra 'al dente'. Heat the oil and quickly stir in all the vegetables until they are coated with it, then mix in the garlic and ginger. Season with the soy sauce and mix together thoroughly. Toss the cooked rice noodles into the pan, stir-fry for a further minute or two until they are well coated, and serve immediately.

Copyright Rosamond Richardson 1996

Meal-Master format courtesy of Karen Mintzias

Rice Pilaf With Japanese Mushrooms

Yield: 5 Servings

Ingredients

1 c boiling water
1 oz dried shiitake mushrooms
3/4 c wild rice, uncooked
1 tb dark sesame oil
1/2 c chopped onion
3/4 c long-grain rice, uncooked
3 tb low-sodium soy sauce
5 ts sesame seeds, toasted

Instructions

Combine water and mushrooms cover and let stand 20 minutes. Drain, reserving mushroom liquid add water to reserved liquid to yield 3 cups.

Discard mushroom stems. Thinly slice mushroom caps set aside.

Rinse wild rice in 3 changes of hot water drain. Heat oil in a saucepan over medium heat until hot. Add mushroom and onion saute 5 minutes or until tender. Add reserved mushroom liquid bring to a boil. Stir in wild rice.

Cover, reduce heat, and simmer 40 minutes. Stir in long-grain rice cover and simmer 20 minutes or until tender. Remove from heat stir in soy sauce.

Sprinkle with sesame seeds. Yield: 5 servings (serving size: 1 cup).

Per serving: 229 Calories 5g Fat (18 calories from fat) 6g Protein 43g Carbohydrate 0mg Cholesterol 298mg Sodium

Recipe by: Cooking Light, June 1994, page 120

Posted to MC-Recipe Digest V1 #418 by igor@digex.net on Jan 28, 1997.

Rice Pudding-Indian Style

Yield: 4 Servings

Ingredients

3 c milk
3 tb ground rice
3 tb sugar
1/2 ts ground cardamom

1 tb rose water or 2-3 drops rose essence
2 tb blanched pistachios or almonds

Instructions

Take some of the cold milk and mix with the ground rice to a smooth cream. Bring the rest of the milk to the boil with sugar, stirring with a wooden spoon. Remove from heat and stir in creamed ground rice, then return pan to heat and stir constantly until mixture boils and thickens. Boil, stirring for 3 minutes. Sprinkle over the cardamom, rose water or essence and half the pistachios, chopped. Stir well. Pour into individual dessert dishes.

Decorate tops with remaining pistachios or almonds, slivered. Serve warm or chilled.

Compiled by Imran C. (Australia) Posted to EAT-L Digest 04 Jan 97

From: "Imran C."

Date: Mon, 6 Jan 1997 10:12:21 +1000

Rice Pudding-South Indian Style (Payasam)

Yield: 4 Servings

Ingredients

90 g rice
1 3/16 l milk
75 g raw palm sugar or brown sugar
1 tb roasted cashew nuts

Instructions

Wash the rice and set aside in a sieve to drain for 20 minutes.

Bring the milk to a boil in a large saucepan, stirring constantly.

Lower the heat, add the rice and stir well to mix.

Simmer until the rice is tender and the milk slightly thickened.

Add the raw palm sugar or brown sugar, stir to mix and simmer for a further 5-7 minutes.

Stir in the cashew nuts and remove from heat.

An Imran C. Compilation

Posted to EAT-L Digest 04 Jan 97

From: "Imran C."

Date: Mon, 6 Jan 1997 10:12:37 +1000

Rice With Red Beans (Korean Pat Bab)

Yield: 4 Servings

Ingredients

1/2 c round red beans
1/2 c rice
2 c water

Instructions

1. Quickly wash the red beans in cold water. Rinse the rice.
2. Bring the red beans to a boil in 2 cups water, then simmer for 20 minutes over a low flame. Add the rice and cook for 20 more minutes or until dry.

Variation: For a less pronounced red bean taste, bring a dozen red beans to a boil in 2 cups water. Then simmer for 20 minutes. Add slightly less than 2 cups rice, boil a second time, then steam until dry.

Source: The Korean Cookbook, by Judy Hyun. Typed in by Ronnie Wright

Rice-Vegetable Oriental Salad

Yield: 4 Servings

Ingredients

1/2 c cauliflower, chopped
1/2 c broccoli, chopped
1/2 c carrots, chopped or sliced
1/2 c snow peas, chopped or sliced
1/2 c onions, chopped or sliced
2 tb soy sauce
2 1/2 c cooked quick brown rice
1 ts cider vinegar
1 ds ginger and lemon juice

Instructions

Cut the vegetables into 1/2-inch cubes. Place the vegetables in a heavy saucepan with the soy sauce. Cover and simmer over low heat for 5 to 7 minutes until the vegetables are barely tender. Cool and add the remaining ingredients. Chill before serving. Makes 4 servings.

Variations Add 1/2 cup of the following: Sliced water chestnuts, chopped mushrooms, bean sprouts, pineapple chunks.

Source: Arrowhead Mills "Quick Brown Rice" tri-fold Copyright 1987 Arrowhead Mills, Inc. (Reprinted with permission) Electronic format courtesy of: Karen Mintzias

Rich Spinach Soup (Korean Ginchang Sigumchi Kuk)

Yield: 4 Servings

Ingredients

1/2 lb fresh spinach
1 scallion
1 clove garlic
1 tb sesame oil
1/2 lb ground beef
1 ts soy sauce
1 tb salt
1 dash pepper
4 c water

Instructions

1. Wash the spinach thoroughly, then trim off the thick stems. Chop the scallion and mince the garlic.
2. Heat the sesame oil in a heavy-bottomed pot. Brown the ground beef, separating the particles while stir-frying. Add the scallion, garlic, soy sauce, salt and pepper and stir-fry for 30 seconds. Add the water, then the spinach. Bring the soup to a boil, then lower the flame. Place a tight-fitting lid on the pot. Do not remove the cover until soup is ready to be served. Simmer for 10 minutes.

From: The Korean Cookbook, By Judy Hyun.

Posted to MM-Recipes Digest V4 #012

From: Julie Bertholf

Date: Fri, 10 Jan 1997 19:12:19 -0800

Ripe Plantains

Yield: 4 Servings

Ingredients

2 lg ripe plantains
vegetable oil as needed
salt and freshly ground
black pepper

Instructions

Cut plantains in half and peel. Slice them crosswise on the diagonal into 1/4inch ovals. In a 10inch iron skillet heat oil over moderate heat until hazy.

Fry the plantains for about 4 minutes a side, turning them once. They should look golden brown. Drain on paper towels and season well with salt and pepper.

Formatted by Lindell Martin 1/20/2000.

Source: "Cooking Monday to Friday Show #MF6755"

Copyright: "Michele Urvater"

Per serving: 109 Calories (kcal) trace Total Fat (2 calories from fat) 1g Protein 29g Carbohydrate 0mg Cholesterol 4mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 2 Fruit 0 Fat 0 Other Carbohydrates

Contributor: Michele Urvater

Rita's Chinese Chicken

Yield: 4 Servings

Ingredients

1 1/2 lb chicken breast fillets cut into strips
1 tb dry sherry
1 ts soy sauce
1 tb cornstarch
1/2 ts salt
1/8 ts white pepper
1 ts sesame oil
1 ts minced garlic
1 ts grated fresh ginger
2 tb soy sauce
1 tb chinese vinegar
1 tb dry sherry
3 tb water
1/2 cube knorr chicken bouillon
2 ts sugar
2 ts cornstarch
2 pk ramen noodle soup
3 carrots scraped & sliced
1 lg green bell pepper
1 lg red bell pepper
1 lg onion
RITA TAULE BTVC62A-
MARINADE
COOKING SAUCE-

Instructions

Stir together marinade ingredients and add chicken. Marinate for at least 2 hours.

Heat some vegetable oil in skillet and saute bell peppers, onion and carrots until al-dente. Place in large saucepan. Using same skillet, stir-fry chicken. When browned, place into large saucepan. Add about 3 cups of water to the skillet and start deglazing pan. Then add the noodles from the two ramen packages and simmer until noodles start to separate. Don't add too much water though. Once softened, pour noodles over chicken and mix together.

Add the cooking sauce and let simmer for about 20 minutes.

Roast Chicken With Chinese Basting Sauce

Yield: 4 Servings

Ingredients

1 broiler-fryer chicken 3lbs

1 marinade:

1/3 c soy sauce

2 tb honey

2 tb cider vinegar

1 clove garlic, peeled

1 sl 1/4-inch thick fresh ginger

1 parsley for garnish

1 mandarin oranges for garnish

Instructions

Wash chicken, pat dry.

Combine the soy sauce, honey, vinegar, garlic, and ginger in blender container. Puree until blended to make marinade.

With fingers, make "tunnels" between skin and flesh of chicken over the breast and reaching into the thigh.

Place chicken into a deep bowl. pour marinade into the "tunnels."

Marinate at room temperature for 2 hours or refrigerated for 4 hours or longer.

Remove chicken from marinade. Place on rack in roasting pan.

Roast at 350degreesF for 50-60 minutes or until juices run clear and leg wiggles easily.

Baste while roasting with the marinade to keep the chicken moist.

Remove from pan. Garnish with parsley and mandarin oranges, if used.

Tips: Chicken cooked this way is excellent for a picnic lunch. Chill after roasting. Cut into serving portions either at home before packing into picnic lunch, or bring a knife and cut it at the picnic site.

Good served with: Hot rice and vegetables. From: THE WHO #1 @178

From: Z Pegasus #2 @1219000 1 Date: 08-12-94 The Gwe Bbs [asv/Cin] (37) Home Cooki

Roast Partridge Indiana

Yield: 4 Servings

Ingredients

2 whole Partridge

2 pieces Salt pork, egg-sized

1 ts Ground sage

1/4 lb Butter softened

1 tb Flour seasoned with

1/2 ts Salt and

1/4 ts Freshly-ground white pepper

4 sl Bacon

1/4 c Tomato sauce

3/4 c Sour cream

Instructions

Roll salt-pork pieces in sage and put into cavities of birds. Truss birds.

Rub with soft butter, dust with seasoned flour, and top with bacon slices. Put into an open pan in a 350 degree oven for 30 minutes. When birds test done, add tomato sauce blended with sour cream, and serve.

This recipe yields 4 servings.

Recipe Source: THE HUNTER'S GAME COOKBOOK by Jacqueline E. Knight (c) 1978 Published by Winchester Press, New York, NY

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com -or MAD-SQUAD@prodigy.net 06-12-1997

Contributor: Jacqueline E. Knight

Roast Pork Tenderloin, Chinese

Yield: 8 Servings

Ingredients

3 (3/4-lb) pork tenderloins

1 c chicken stock

1/4 c soy sauce

1/4 c honey

2 tb sherry

1 tb lemon juice

1/2 clove garlic

1 ts cinnamon

1 ts salt

1/4 ts powdered ginger

2 tb cornstarch

1 watercress sprigs

1 spiced purple plums

1 preserved kumquats

Instructions

Combine stock, soy sauce, honey, sherry, lemon juice, garlic, cinnamon, salt & ginger mix. Marinate meat 2 hours in mixture. Drain & coat meat with cornstarch. Place in shallow roasting pan. Bake at 325 for 1-1/2 hours, basting frequently with marinade. Slice on the diagonal. Garnish with watercress sprigs, spiced purple plums & preserved kumquats.

From the , Fort Bliss Officers Wives Club, Ft. Bliss, TX. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Roast Pork With Chinese Lettuce

Yield: 8 Servings

Ingredients

1 clove garlic

1 tb sugar

4 tb soy sauce

1 1/2 ts salt

1/4 ts pepper

5 lb pork

1 head chinese lettuce

Instructions

1. Mince garlic, then combine with sugar, soy sauce, salt and pepper. Rub over pork and let stand 1 hour. Meanwhile preheat the oven to 350 degrees.
2. Place pork on a rack over a roasting pan containing several inches of water, and roast 1 hour. Meanwhile cut lettuce in 1-inch sections.
3. Remove pork and drain off fat. (Set rack aside.) Line bottom of pan with lettuce place pork on top. Return to oven and roast 45 minutes more.

From , ISBN 0-517-65870-4. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Roast Wild Turkey American Indian Style

Yield: 1

Ingredients

- 1 wild turkey 8-10 pounds
- 1 salt and pepper to taste
- 2 sm apples sliced in half
- 1 md onion cut in half
- 2 ribs celery sliced
- 1 ts sage
- 6 sl bacon (6 to 8)
- 1 melted bacon fat

Instructions

Preheat oven for 20 minutes at 325xF. Sprinkle turkey inside and out with salt and pepper. Place apples, onions and celery slices into the cavity. Sprinkle inside of the cavity with salt, pepper, and sage. Pull legs upward and tie them together with a string. Turn the wings under the bird and secure with toothpicks or a small skewer. Place turkey breast up on a rack in a roasting pan. Cover breast with bacon slices and a cheesecloth soaked in melted bacon fat. Roast in the preheated oven 20 to 25 minutes per pound or until the joints move freely. Baste often with pan juices. Remove from oven and let stand 10-15 minutes before carving.

Serves 8 to 10

Per serving: 425 Calories (kcal) 20g Total Fat (40 calories from fat) 13g Protein 52g Carbohydrate 32mg Cholesterol 609mg Sodium Food Exchanges: 0 Grain(Starch) 1 1/2 Lean Meat 1 1/2 Vegetable 3 Fruit 2 1/2 Fat 0 Other Carbohydrates

By Foodlore/Recipe Exchange INTERNET: EAT-L@LISTSERV.VT.EDU To: , converted by MMBuster v2.0n.

Roasted Japanese Eggplant With Green Herb Sauce

Yield: 6 Servings

Ingredients

- 6 japanese eggplants, 6 to 8 inches long
- 1 c fresh cilantro leaves
- 1 c fresh italian parsley leaves
- 1 ts ground cumin seeds roasted
- 1 zest of 2 lemons
- 1/2 c lemon juice
- 1 black pepper
- 1 salt

Instructions

Over a grill or gas flame, roast the eggplant until the skin blackens and the flesh is soft. Allow to cool and peel carefully with a small sharp knife to remove all the skin, being careful that the eggplants keep their shape.

Puree the remaining ingredients in a blender or food processor. Pour the sauce over the eggplants and allow them to marinate in the sauce for at least an hour.

From DEEANNE's recipe files

Roasted Plantains

Yield: 6

Ingredients

3 lg plantains peeled and cut into chunks

2 lg carrots cut into chunks

1 md onion sliced

4 ts olive oil optional

1 salt and pepper

Instructions

Preheat oven to 450F.

In a large bowl, combine all the ingredients. Transfer them to a greased baking sheet or pan, cover loosely with foil, and bake the vegetables for 20 minutes longer, or until the plantains are tender.

Per serving: 155 Calories 3g Fat (18 calories from fat) 2g Protein 33g Carbohydrate

0mg Cholesterol 13mg Sodium Food Exchanges: 1 Vegetable 2 Fruit 1/2 Fat

Recipe by: The Vegetarian Way, Mark & Virginia Messina

Converted by MMBuster v2.0l.

Roasted Red Snapper With Thai Basil

Yield: 2 Servings

Ingredients

1 whole Red snapper, skin on scales removed, and gutted

Salt to taste

Freshly-ground black pepper to taste

4 Keffir lime leaves

2 tb Peanut oil

2 Garlic clove finely minced

2 tb Finely-chopped ginger

6 Thai basil leaves (6 to 8) shredded (or other fresh basil leaves)

2 Sweet red peppers seeded, julienned

1 c Shredded white cabbage

4 oz Fresh tofu cut into 1" pieces

1/2 c Shelled unsalted peanuts

1/2 c Unsweetened coconut milk

Instructions

Season fish inside and out with salt and pepper. Place lime leaves inside the body cavity. Combine the peanut oil, garlic, ginger and basil leaves in a dish and marinate the fish for 1 to 2 hours, refrigerated, occasionally turning and basting. Preheat oven to 450 degrees. Preheat roasting pan in oven for 10 minutes before cooking snapper. Add the red pepper, cabbage and tofu to the pan and roast for 5 minutes. Place the marinated fish into the preheated roasting pan on one side on a bed of the vegetables and roast for 12 to 15 minutes before turning the fish to its other side. Roast for 5 minutes and pour the peanuts and coconut milk over the fish. Continue to roast for 10

minutes more before removing from the oven. Allow to rest for 5 minutes. Use two spoons to remove the fish from the bones.

Serve on a bed of rice noodles tossed with sesame oil. Spoon the tofu, red pepper, cabbage and panjuices over the fish and noodles.

This recipe yields 2 to 3 servings.

Recipe Source: MICHAEL'S PLACE with Michael Lomonaco From the TV FOOD NETWORK (Show # ML-1B05 broadcast 05-18-1997) Downloaded from their Web-Site - <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com - or MAD-SQUAD@prodigy.net 05-18-1997

Contributor: Michael Lomonaco

Rocky Mountain Cake

Yield: 1

Ingredients

2 c cake flour

1 tb baking powder

1 ts cinnamon

1/2 ts allspice

7 eggs separated

1/4 c cold water

1 1/2 c sugar

1 ts salt

1/2 ts nutmeg

1/2 ts ground cloves

1/2 c salad oil

1/2 ts cream of tartar

Instructions

Mix oil, sugar and egg yolks. Add flour and spices alternately with water.

Fold in beaten egg whites. Bake at 375 degrees for 40-50 minutes.

Lydia Mae Troyer (Cook)

Per serving: 3402 Calories (kcal) 142g Total Fat (37 calories from fat) 57g Protein

482g Carbohydrate 1309mg Cholesterol 3997mg Sodium Food Exchanges: 12

Grain(Starch) 5 1/2 Lean Meat 0 Vegetable 0 Fruit 25 Fat 20 1/2 Other Carbohydrates

Recipe by: Amish County Cookbook Lydia Mae Troyer

Converted by MMBuster v2.0n.

Rocky Mountain Oysters On The 1/2 Shell

Yield: 6 Servings

Ingredients

2 lb calf testicles

1 c flour

1/4 c cornmeal

1 ts salt

1 ts black pepper

1/2 ts garlic powder

1 c buttermilk

1 tb cider vinegar

1 c red wine

1 qt peanut oil or corn oil

SAUCE-

1/2 c heinz catsup
1 tb mayonaise
3 tb tabasco sauce
2 tb worcestershire sauce
3 tb lemon juice fresh squeezed

Instructions

Remove skin from each "oyster" and place "oysters" in a pan of salt water. Be sure they are covered. Allow to sit for 1 hour then drain.

Transfer the "oysters" to a large pot. Add enough water to float the "oysters". Add 1 Tablespoon of vinegar. Parboil the "oysters", drain, rinse, and slice into 1/4" ovals. Sprinkle with salt & pepper. Mix the flour & corn meal then dredge the "oyster" slices through this mixture. Dip into buttermilk then re-dip into, the flour mixture, then dip into the red wine. Drop each "oyster" into the pre-heated oil and deep fry until golden brown. Remove from oil, drain, and serve. Mix the sauce ingredients and spoon over the "oysters" or use as dipping sauce.

Roger's Run Fasta Pasta & Oriental Tuna And Bean Salad

Yield: 2

Ingredients

FOR THE PASTA-

250 g fresh lasagne sheets
25 g butter
115 g shitake mushrooms sliced
1 tb chopped fresh tarragon
55 g bread roughly broken up into small pieces
1 egg beaten
1 tb olive oil
1 leek cleaned and sliced
50 ml vegetable stock
50 ml white wine
300 ml double cream
2 tb chopped fresh chervil
1 ***for the oriental tuna and bean salad***
1 tuna steak
1 tb soy sauce
1 lime juice of
250 g runner beans trimmed and sliced diagonally
2 tb olive oil
2 ts honey
2 ts sesame oil
115 g cherry tomatoes cut into halves
1 tb chopped fresh coriander, plus fresh coriander leaves to garnish
1 salt and pepper

Instructions

Preheat the oven to 220c/425f/Gas 7. Grease a shallow ovenproof dish.

1. To make the Pasta: Place the lasagne in a shallow dish and pour over the boiling water. Leave to soak for about five minutes.

2. Heat the butter in a frying pan. Add the mushrooms and the chopped tarragon and cook for a couple of minutes. Remove from the heat and allow to cool, then mix in the bread, the beaten egg and seasoning.
3. Heat the olive oil in a saute pan. Add the sliced leeks and cook gently to soften. Add the vegetable stock and white wine, stir and season. Drain the pasta.
4. Place the leeks in the bottom of the ovenproof dish. Place some of the mushroom mixture at the end of one of the lasagne sheets, then roll up. Repeat for the remaining lasagne sheets, then place in the dish on top of the leeks.
5. Cover either with the lid of the dish or foil, then place in the oven and bake for about 8-10 minutes, or until cooked through. Gently heat the double cream in a pan with the chopped chervil. When the pasta is cooked, pour over the chervil cream sauce and serve.
6. To make the Oriental Tuna and Bean Salad: Place the tuna in a shallow dish, pour over the soy sauce and the juice of half a lime and season with black pepper. Leave to marinate for about 10-15 minutes.
7. Blanch the beans in a pan of boiling water for about two minutes, then drain. Heat the olive oil in a frying pan then add the beans and cook for 1-2 minutes.
8. Add the honey, the remaining lime juice, 1 tsp sesame oil, tomatoes and chopped coriander, then cook for another 1-2 minutes and season.
9. Heat a frying pan, and when hot, add the tuna and any marinade. Cook the tuna for about two minutes on each side, or until cooked to taste.
10. Spoon the hot bean salad into the centre of a serving plate. Sit the tuna on top, drizzle over 1 tsp sesame oil and garnish with fresh coriander leaves.

Converted by MCBuster.

NOTES : Chef Lesley Waters and Roger Black

Recipe by: Celebrity Ready Steady Cook

Converted by MMBuster v2.01.

Round-Roast Oriental (Lf)

Yield: 12 Servings

Ingredients

3 lb top or bottom round roast

1 lg garlic clove crushed

2 lg garlic cloves cut in

1 halves

2 tb sake japanese rice wine

Instructions

1 tablespoon Honey

1 1/2 tablespoons Ground dry mustard

1 tablespoon Tamari or soy sauce

2 teaspoons Toasted sesame seeds crushed

1 cup Water or stock

Trim all visible fat from the beef, then rub the beef all over with the crushed garlic. Cut four slits in the roast, and insert a piece of peeled, sliced garlic clove into each slit.

Place the roast in a roasting pan. Combine the remaining ingredients in a small bowl and pour over the roast. Let marinate at room temperature for 1 hour. Bake, covered, at 350 degrees for 2 hours, or until done, basting occasionally. Remove the garlic cloves before serving, unless you like a lot of garlic! Makes 12 servings, 3 ounces each.

From: Date: 05/27

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Roy's Wood-Smoked Szechwan-Style Baby Back Pork Ribs

Yield: 1 Servings

Ingredients

SZECHWAN MARINADE-

5 tb white miso (shiro miso)

1/3 c hoisin sauce

1 1/2 tb minced ginger

1 1/2 tb minced garlic

1 1/2 tb sake

1 1/2 tb soy sauce

2 ts sugar

1 tb chile paste with garlic -(preferably lan chi brand

Instructions

PORK

2 1/2 lb baby back pork ribs

3 qt chicken stock

1 tablespoon minced ginger

2 ts minced garlic

2 tb minced fresh parsley

2 tb trinned fresh cilantro

Several years ago, Bon Appetite magazine ran a feature article on Roy's Restaurant. It included this recipe for smoked ribs you might call it one of my signature dishes.

Combined the marinade ingredients together in a bowl and refrigerate overnight. Place the pork ribs in a large saucepan with the chicken stock ginger, garlic, parsley, and cilantro, and simmer for about 30 minutes, or until tender. Remove the ribs, and reserve the broth for soup r freeze for another time. Immediately brush the ribs with the Szechwan marinade, and let cool.

Meanwhile, prepare the grdl and soak some kiawc or mesquite wood chips in water in preparation for smoking the ribs.

Brush the ribs again with the marinade before roasting, and slowly cook the ribs over the wood chips on a covered grill until nicely browned and smoky (about 15 to 20 minutes). Serve with extra Szechwan marinade on the side.

Yield: Serves 4

<http://www.foodtv.com/socal/recreg.htm>

Posted to recipelu-digest by LSHW on Feb 20, 1998

Rules Prawn Cocktail

Yield: 1

Ingredients

3 80 g (2 3/4oz) prawns, shelled

300 ml lobster base (10 1/2fl oz)

1 carrot

1/2 bn chives

1 celeriac

9 headless gambas cooked prawns

300 ml olive oil (10 1/2fl oz)

100 ml sherry vinegar (3 1/2fl oz)

100 ml tomato ketchup (3 1/2fl oz)

250 ml chateau challon (8 3/4fl oz)

600 ml double cream (21fl oz)
1 pk mixed salad
500 g chopped hazelnuts (17 1/2oz)

Instructions

Julienne celeriac. Cut the carrot and celeriac into brunoise. Whisk the oil, ketchup and sherry vinegar. Add brunoise. Reduce chateau chalon, add the lobster base then place on ice. Whip the cream and season. Fold in the cold lobster base. Deep fry julienne celeriac. Mix the prawns with the cocktail sauce. Dress dish.

Converted by MCBuster.

Converted by MMBuster v2.01.

Oriental Recipes S

Saag (Indian Creamed Spinach)

Yield: 1

Ingredients

1 Inch Cube Of Ginger, Cut Into Chunks

6 Cloves Garlic, Peeled

1/2 Tsp Garam Masala*

1/4 Cup Water + More Water

20 Oz Of Spinach, Fresh Or Frozen, Finely Chopped

3/4 Cup 1 Cup Mock Cream (Recipe Follows)

Instructions

Process ginger, garlic and 1/4 cup water in food processor or blender until a smooth paste.

Heat large skillet with a cover over medium low heat. Add ginger garlic puree.

Sprinkle with garam masala. Stir. Cook, covered for about 15 minutes. Check to see if water has cooked off. If it has, add a little bit more. Be careful not to cook it dry. A tightly fitting lid is important here.

Add spinach. Cook for 15 minutes, stirring frequently and adding water if it looks too dry.

Reduce heat to low. Add mock cream. Stir and cook for 10 minutes.

Serve as part of an Indian meal.

Mock Cream a recipe from the Frugal Gourmet

1 cup skim milk

1 cup nonfat cottage cheese

Blend in blender until smooth. Use as you would milk or cream. The consistency is thicker than milk so that sauces tend to be a little thicker.

Per serving: 0 Calories (kcal) 0g Total Fat (0 calories from fat) 0g Protein 0g

Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean

Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: [Radically Adapted From Madhur Jaffrey]

Converted by MMBuster v2.0n.

Sae Me Duk (Korean Steamed Buckwheat Cake)

Yield: 6 Cakes

Ingredients

2 c buckwheat flour

1/2 ts salt

1/2 c water, approximately

Instructions

1. Prepare a firm dough with the flour, salt and as much water as necessary to create a manageable dough.
2. Roll out the dough into a 1/4-inch-thick rectangle. Cut it into six squares and put them on an oiled perforated tray in a Chinese style steamer. Cook over moderate heat for 10 minutes.

Serve warm on special days (traditionally served at ceremonials or on birthdays).

Makes 6 cakes.

Source: "The Korean Kitchen" by Copeland Marks

Sai Grog (Thai Sausage)

Yield: 1 Servings

Ingredients

1 pound minced pork
quarter cup minced garlic
half cup of steamed sticky rice
1 teaspoon black pepper
1 teaspoon salt
1 teaspoon MSG (optional)
quarter cup lime juice
2 tablespoons of fish sauce

Instructions

method

Combine the ingredients and place in a covered dish in a cool place overnight.

Stuff your sausage casings, or form patties or meat balls from the mixture.

Steam for 30 minutes.

I guess every country has some variant on sausages, and this is the local is an (NE Thailand) variety.

If you have sausage casing you can of course make this in conventional sausage form, however as this is a messy job you can also do as we do and form the sausage meat into patties the size of small hamburgers and eat them that way.

Thai sausages use rice as the filler/binder to extend the meat.

sai grog tod (thai sausage meal)

Categories: thai, colonel, sausage sausages see SAI GROG (THAI SAUSAGE) quarter cup each of: freshly roasted peanuts ginger, sliced very thinly shallots, sliced very thinly lemon grass, bruised and sliced very thinly prik ki nu (green birdseye chilis), julienned

method S Place the sausages on a grating over a charcoal brazier and cover with an upturned wok or other metal cover to trap smoke, and cook, turning occasionally, for 5-6 minutes (until cooked to a golden brown).

If you have formed sausages, they should be sliced on the diagonal into quarter inch thick slices.

Arrange on a platter with the accompaniments, and serve with your favorite dips (such as nam jim satay and nam prik narok perhaps)

If you've made patties of the sausage meat, then serve as "Thai hamburgers" and add your favorite relish.

By prik ki nu (green birdseye chilis), julienned on prik, ki nu (green birdseye chilis), julienned .

Sai Grog (Thai Spicy Sausage)

Yield: 10 Servings

Ingredients

3 c ground pork
1 tb thai red curry paste
1/4 ts msg-optional
1/2 ts coriander seeds-finely crush
1/2 ts fish sauce
1 ts chpd coriander roots or lvs
1 tb chpd fresh lemon grass(base)

1 green onion-finely chopped
1 ts fnly chopd kaffir lime leave
1 sausage casings
1 thread or string to close en

Instructions

*** Mix all ingredients in a large bowl, set aside. Fill pork mixture into casing using a teaspoon. Close ends tie every 5" along the filled casing. Before grilling, make a small pinhole on either side of the sausage. This is to ensure that the sausage doesn't burst when being cooked. Grill on the bar-b-que grill outside on in an oven broiler. Cook until brown and juicy. Serve hot with cooked sticky rice or warm cooked rice. From Sopit Merrill.

Sai Grog Chiang Mai (Thai Sausage)

Yield: 5 Servings

Ingredients

1 (sai grog chiang mai)
4 lg dried chilies,
1 soak in water until soft
1/2 ts salt
1 tb minced lemon grass
1 ts minced cilantro roots
1 ts kaffir lime zest/lime zest
1/2 ts minced galanga
2 ts minced garlic
1 tb minced red onions
2 c ground pork (80-85 lean)
1 tb minced kaffir lime leaves
1/4 c chopped cilantro leaves
2 tb fish sauce
1 long sausage casing, 25
1/4 c salt

Instructions

Turn the casing inside out and rub with 1/4 cup salt and a little water gently but very well. Rinse again and again until it become odorless. Then turn it right side out and squeeze out the excess water. Combine softened dried chilies, 1/2 tsp salt, lemon grass, cilantro roots, Kaffir lime zest, galanga, garlic and onions in a blender and grind to a paste. Mix the chili paste, pork, Kaffir lime leaves, cilantro leaves and fish sauce well. Tie a knot a one end of the casing and stuff with the pork mixture. Tie another knot to close. Poke a few holes with a clean needles where the bubbles are present inside. Charbroil or fry over medium-low heat until golden brown and fully cooked. Poke a few holes while cooking to prevent rupturing. Slice into 1/2" thick pieces. Serve with cooked sticky rice and raw vegetables. Makes about 5 servings. From Gail Shimizu.

Salad Dressing For Indian Meal From The Curry Club

Yield: 1 Servings

Ingredients

3 tb sesame oil
2 tb fresh lime juice
1 tb sugar
1 1/2 ts amomatic salt (see note)

1/2 ts mustard powder (see note)
1 aromatic salt:
1/2 ts ground fenugreek seeds
1 ts dried mint
1 tb ground almonds
1/2 ts tumeric

Instructions

mustard powder: In it's place I would use 1 T mustard seeds popped in a frying pan with a little oil.

* If I didn't have a ready access to coconut, I would use plain yogurt.

From: nona@best.com (Nona Myers) 5 oz coconut water (liquid from a coconut)*

Combine all ingredients.

Salad Dressing For Indian Meal

Yield: 1 Servings

Ingredients

1 text file

Instructions

How about greens with mango cubes (I really like the combination of fruit and greens) with a hot dressing of mustard (maybe cumin seeds too) seeds and ginger and garlic (like a masala or tarka) tossed with it. Squeeze lemon (or lime) juice on top, or add a little tamarind liquid for some tartness.

Maybe in with the greens have radishes, green onions, then sweet manjo cubes, and a spicy oil and tamarind dressing. Yum. I may have to try making it sometime, it sounds good to me.

I like vinagrettes more than creamy. You could also do lime juice, oil, ginger, powdered garam masala. Though this doesn't sound as good.

I've also done sesame seeds, heated up then poured over spinach and green apple.

Tossed with a little olive oil and thai black vinegar.

Mmmm.

Johanna

From: turner@reed.edu (Blue Bayou)

Salas Oriental Spaghetti

Yield: 1 Servings

Ingredients

1 lb linguine
1 lb port chicken or med. shrimp*
1/2 onion
1/2 celery
1 c soy sauce
1 1/ ts garlic powder
1 scallion
1 green pepper cut in strips

Instructions

This is a copycat recipe from a restraurant in Newport Rhode Island.

pre-cook the linguine, rinse add oil to wok cook meat and shrimp over med. heat add veggies briefly cook to stay crisp reduce heat and add linguine, soy sause, and garlic powder tossing until linguine is cooked through.

** we used all three, cut the chicken in strips and used the food processor on the beef.
Posted to TNT Prodigy's Recipe Exchange Newsletter by Colleen Schmidt on Aug 27, 1997

Salat Khaek (Southern Thai Salad)

Yield: 2

Ingredients

2 dried chilies seeds removed, soaked in
1/4 ts salt
1/4 c thinly sliced shallot
1 ts curry powder
2 hard-boiled eggs
1/2 c ground roasted peanuts
2 c coconut milk
3 tb fish sauce
1/3 c sugar
1/4 c tamarind juice

Instructions

Ingredients for dressing: Preparation:

Pound the chilies, salt, shallots, and curry powder well in a mortar and then mix in the peanuts. Remove the yolks from the two eggs and mix the yolks into the chile paste.

Heat 1 cup of the coconut milk. When some oil has surfaced, add the chile paste, stir to disperse, and cook until fragrant then, add the remaining coconut milk, fish sauce, sugar and tamarind juice.

Ingredients for salad:

1 potato 3 hard-boiled eggs cuts into slices 1 cake firm white bean curd 1 head romaine lettuce 1 cup scalded bean sprouts 5 cucumbers [Or one large Western one. S.C.] 1 onion 2 tomatoes 2 cups cooking oil

Preparation:

Cut the potato into very thin slices, soak in water, drain well, and then fry in the hot oil until crisp and golden brown. Cut the bean curd into thin slices and fry until crisp.

Peel the cucumbers and onion and cut them and the tomatoes into thin slices

Arrange the lettuce on a platter, add the cucumbers, bean sprouts, onion, tomatoes, eggs, bean curd, and potato, spoon on the salad dressing and serve right away.

Serves two.

From "The Elegant Taste of Thailand, Cha Am Cuisine" by Sisamon Kongpan and Pinyo Srisawat. SLG Books, Berkeley and Hong Kong, 1989. ISBN 0-943389-05-4.
Per serving: 814 Calories (kcal) 66g Total Fat (69 calories from fat) 12g Protein 53g Carbohydrate 215mg Cholesterol 366mg Sodium Food Exchanges: 0 Grain(Starch) 1 Lean Meat 0 Vegetable 1/2 Fruit 12 1/2 Fat 2 1/2 Other Carbohydrates
Converted by MMBuster v2.0n.

Salmon Grilled In A Japanese Style

Yield: 4 Servings

Ingredients

1/4 c soy sauce
1/4 c sake or dry white wine
1/4 c mirin

2 tb sugar
2 tb fresh ginger chopped
1 sm lemon thinly sliced
4 (5-ounce) salmon fillets

Instructions

To make the marinade: In a small saucepan, combine the soy sauce, sake, mirin, sugar, and ginger. Bring to a boil. Remove from the heat and allow the marinade to cool to room temperature. Once cooled, pour the marinade over the fish and scatter the lemon slices over the fish. Marinate refrigerated for at least 4 hours or overnight, turning the fish occasionally. Grill or broil the salmon on both sides until just done, approximately 4 to 5 minutes per side.

Recipe By : COOKING RIGHT

Salmon Grilled In A Japanese-Style

Yield: 1

Ingredients

1/4 c soy sauce
1/4 c sake or dry white wine
1/4 c mirin (japanese sweetened rice wine)
2 tb sugar
2 tb chopped fresh ginger
1 sm lemon thinly sliced
4 salmon fillets (5-ounce)

Instructions

To make the marinade: In a small saucepan, combine the soy sauce, sake, mirin, sugar, and ginger. Bring to a boil. Remove from the heat and allow the marinade to cool to room temperature. Once cooled, pour the marinade over the fish and scatter the lemon slices over the fish. Marinate refrigerated for at least 4 hours or overnight, turning the fish occasionally. Grill or broil the salmon on both sides until just done, approximately 4 to 5 minutes per side.

Yield: 4 servings

Converted by MCBuster.

Per serving: 944 Calories (kcal) 24g Total Fat (22 calories from fat) 140g Protein 39g Carbohydrate 354mg Cholesterol 4574mg Sodium Food Exchanges: 0 Grain(Starch) 19 Lean Meat 2 Vegetable 1/2 Fruit 0 Fat 1 1/2 Other Carbohydrates

Recipe by: COOKING RIGHT SHOW #CR9611

Converted by MMBuster v2.0n.

Salmon With Thai Rice Salad

Yield: 4

Ingredients

1 1/2 c long-grain rice
3 tb lime juice (from about 2 limes)
3 tb asian fish sauce (nam pla or nuoc mam)
2 tb cooking oil
3 1/2 ts sugar
1 pinches cayenne
1 cucumber peeled, halved lengthwise, seeded, and cut into 1/4-inch dice
3 carrots grated
4 scallions including green tops chopped

6 tb chopped cilantro or fresh parsley
2 lb skinless center-cut salmon fillet cut into 4 pieces
1/4 ts salt
1/4 ts fresh-ground black pepper

Instructions

1. Stir the rice into a medium pot of boiling, salted water and cook until just done, about 10 minutes. Drain. Rinse with cold water and drain thoroughly.
2. In a large glass or stainless-steel bowl, combine the lime juice, fish sauce, 1 tablespoon of the oil, the sugar, and cayenne. Let sit for about 5 minutes. Stir in the rice, cucumber, carrots, scallions, and cilantro.
3. Heat the broiler. Oil a broiler pan or baking sheet. Coat the salmon with the remaining 1 tablespoon oil and sprinkle with the salt and pepper. Put the salmon on the pan. Broil until just barely done (the fish should still be translucent in the center), about 5 minutes for a 1-inch-thick fillet. Put the rice salad on plates and top with the salmon.

Quick From Scratch One-Dish Meals

NOTES: Asian fish sauce is available at Asian markets and many supermarkets.

Posted to FOODWINE Digest TX Apr 99

Per serving: 364 Calories (kcal) 7g Total Fat (18 calories from fat) 6g Protein 68g Carbohydrate 0mg Cholesterol 157mg Sodium Food Exchanges: 3 1/2 Grain(Starch) 0 Lean Meat 1 1/2 Vegetable 0 Fruit 1 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Salmon Wrapped In Rice Paper With Chinese Black Bean Sauce

Yield: 4

Ingredients

1 chinese black bean sauce

2 tb canola oil

1 onion finely chopped

2 ts finely-chopped garlic

1 tb peeled finely-chopped fresh ginger

1 c sherry

1 cn tomatoes (28 oz) diced

1 tb fish sauce or tamtri (optional), (available at asian specialty markets)

1/2 c chinese fermented black beans rinsed, (available at asian specialty markets)

3 tb mixed chopped herbs

1 such as cilantro mint and thai basil

1 salt to taste

1 freshly-ground black pepper to taste

1 salmon in rice paper

4 salmon filets (6 oz ea) skinned

1 salt to taste

1 freshly-ground black pepper to taste

4 pieces circular rice paper (8 or (4 to 6) 10 dia) (available at asian specialty markets)

4 sprigs fresh cilantro

1 tb canola oil

1 steamed baby bok choy and tat soi

4 heads baby bok choy

1/2 lb tat soi or spinach washed, stemmed
1 ts sesame oil
1 salt to taste
1 freshly-ground black pepper to taste

Instructions

Heat the oil in a medium saucepan. Saute the onions, garlic and ginger for 3 to 5 minutes. Add the sherry and reduce by one-third. Add the chopped tomatoes and simmer for 2 minutes. Add the fish sauce, black beans, and herbs. Taste for seasonings. Sprinkle some salt and pepper on the salmon fillets to season. Dip the rice paper rounds into a bowl of hot water. Remove from water and put them on a flat surface and wait 1 to 2 minutes until the sheets absorb the water.

Move the first sheet of rice paper to the center of the work space. Put a couple cilantro leaves in the middle of the rice paper. Put a salmon fillet top-side down in the middle of the rice paper covering the cilantro leaves. Fold up the four sides of the rice paper sheet to form a packet.

Turn the packet over and store under a barely dampened towel while you do the remaining three fillets.

Heat the oil in a saute pan. Sear the top sides of the salmon packets for 2 to 3 minutes until the paper becomes translucent. Turn the packets over and finish cooking on the stove or in a 350 degree oven for 5 to 8 minutes. If you like your salmon well done, cook for 2 to 4 minutes longer.

Blanch the vegetables in boiling water. Drain and toss with sesame oil, salt and pepper.

Assembly: Ladle the Chinese black bean sauce onto each of 4 large dinner plates, tilting the plate so the sauce spreads out evenly. Put the salmon packet slightly off center. Add 1 head of baby bok choy and some of the tat soi or spinach.

This recipe yields 4 servings.

Source: "CHEF DU JOUR (Show # DJ-9199) from the TV FOOD NETWORK"
S(Formatted for MC5): "07-26-1999 by Joe Comiskey joecomiskey@netzero.net"

Recipe by: Nora Pouillon

Converted by MMBuster v2.0l.

Sambar A South Indian Recipe

Yield: 1 Servings

Ingredients

2 ts coriander seeds
1/8 ts asafoetida (hing)
2 ts chana dal
15 whole red chilis, to taste
3 ts coconut (shredded)
1 lg onion chopped into big pieces
1 ts oil
3/4 ts turmeric powder
1 vegetables, like carrots,
1 sweet potatoes, pumpkin
4 oz juice of tamarind or to taste
1 some curry leaves (if available)
1 salt to taste
3/4 ts mustard seeds
1/2 ts fenugreek seeds (optional)
1 tb oil

1 c toor dal (cooked) [?]
1 tb coriander leaves chopped

Instructions

A liquid substance traditionally eaten with dosai, idli, vadai and rice, among other things.

Fry coriander seeds, asafoetida, chana and chilis and grind with coconut, use shredded dried if too lazy to deal with fresh. The quantity of coconut varies according to taste.

Fry the onion for about 5 min in a little oil with the turmeric powder. Add the vegetables and some water and cook. I would add hard to cook veggies like carrot and chatyote first and cook for a while before adding sweet potatoes and pumpkin.

(Can make this also with a single vegetable, no need to use all of them.) Don't overcook veggies, but when just cooked, add tamarind juice, curry leaves, salt to taste. Soon after adding the tamarind juice, take a separate frying pan and heat up the 1T oil. When hot enough so that the mustard seeds will crackle when thrown in, put the mustard seeds in, once the crackling has stopped add the fenugreek seeds and stir until they turn a dark brown color (don't burn). Then add this the boiling mixture.

Boil all together for another 5 min. Now add the paste of masala and coconut and add the dal. Bring to a boil and switch off. Add chopped coriander leaves.

Takes 2-3 hours for the flavour to settle down, but can be eaten right away also.

Vegetables that must NOT be used are those that belong to the cabbage and cauliflower families.

While frying ingredients for the paste, throw in coriander seeds first and fry awhile before putting in the others, otherwise the coriander seeds won't fry properly and will taste pretty awful.

CONTRIBUTOR radhika radhika@cs.washington.edu From: Michael Loo Date: 26 Jul 97 National Cooking Echo Ž

Sambhar Powder (Indian Curry)

Yield: 1 Servings

Ingredients

10 dried red chilies
25 g (1 oz) coriander seeds
20 g (3/4 oz) cumin seeds
15 g (1/2 oz) black peppercorns
1 ts mustard seeds
15 g (1/2 oz) fenugreek seeds
1/4 ts ground asafetida
1 tb ground turmeric
15 ml (1 tbsp) oil
25 g (1 oz) yellow split peas (channa da l)
25 g (1 oz) white gram beans (urad dal)

Instructions

This hottish powder is widely used in southern Indian Brahmin cooking, which is vegetarian, to flavor pulses, braised and stewed vegetables, and sauces. The dal in the blend give it a nutty taste, and also serve as a thickening agent.

Remove the seeds from the chilies. Heat a heavy frying pan and dry roast the whole spices over a medium heat for about 5 minutes. When the seeds stop spattering, add the asafetida and turmeric and stir for a minute longer. Remove the mixture to a dry bowl, add the oil to the pan and fry the split peas and gram beans until they darken, stirring

frequently to prevent burning. Add them to the bowl of spices, mix well and grind when cool. Stored in an airtight container, the powder will keep for 3-4 months.
Source: Jill Norman "The Complete Book of Spices" Viking Studio Books, 1991 ISBN 0-670-83437-8 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe by: Jill Norman * Web File 4/97 Posted to MC-Recipe Digest V1 #615 by "Mary Spyridakis" on May 16, 97

Sauce For Thai Fried Corn Cakes

Yield: 4 Servings

Ingredients

4 tb vinegar

4 tb water

1/4 c sugar

1 ts salt

2 chili, crushed

1/4 c peanuts

1/4 c cucumber, thinly sliced

Instructions

Contributed to the echo by: Stephen Ceideburg Originally from: "Discover Thai Cooking". Pierre Chaslin, Piyatep Canungmai, Luca Invernizzi Tettoni, Times Editions, Singapore, 1987 Sauce: To make the sauce, bring to a boil the vinegar, water sugar, salt and chili.

Let it cool.

Pound the peanuts and add to the cooled mixture. Lastly, add the cucumber.

Sauce Oriental

Yield: 4 Servings

Ingredients

1/2 c sugar

1/4 c soy sauce

1/2 c white vinegar

Instructions

Bring to a boil stirring to dissolve sugar. Cool, adding a handful of julienned snow peas. This is part of Georges Perrier's Home Luncheon Georges Perrier "Le Bec-Fin"
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Converted by MMCONV vers. 1.00 Posted to MC-Recipe Digest V1 #264

Date: Mon, 28 Oct 1996 21:35:19 +0800 (HKT)

From: Sweeney

Saute Of Shrimp W/Fragrant Indian Spices

Yield: 6 Servings

Ingredients

1/2 ts cumin seeds

1/4 ts coriander seeds

1 tb olive oil

1 1/2 lb large shrimp, peeled, deveined and patted dry

1/8 ts red pepper flakes

1 salt and pepper to taste
2 tb shallots, minced
5 lg garlic clove(s), minced
1 1/2 tb ginger, minced
2 ts curry powder
1 cn (28oz) plum tomatoes with juices, chopped
1 red bell pepper, cored seeded and thinly sliced
1 green bell pepper, cored seeded and thinly sliced
1 sm zucchini, scrubbed cut in 2 1/2 by 1/2 sticks
1/2 c cilantro or parsley, chopped
1 tb lemon juice

Instructions

In a small dry skillet over medium-high heat, toast the cumin and coriander seeds, shaking the pan, for 30-40 seconds, or until fragrant. Let cool and crush with the bottom of a heavy pan.

In a large heavy skillet, heat oil over medium-high heat. Add shrimp and red pepper flakes and saute for 2-3 min, or until the shrimp turn bright pink. With a slotted spoon, transfer shrimp to a plate. Season with salt and pepper and set aside.

Add shallots, garlic, ginger, curry powder, and crushed cumin and coriander seeds to the skillet. Cook, stirring, for 1 min, or until the shallots are lightly browned. Stir in tomatoes, bell peppers, and zucchini. Cook the mixture, stirring often, over medium heat, for 8-10 min, or until the sauce is slightly thickened. Add the reserved shrimp, cilantro or parsley, and lemon juice to the skillet and heat through.

eating Well Recipe Rescue Cookbook ISBN 1-884943-01-2 pg 173

Sauteed Calf's Liver With Fig-Chinese Vinegar Syrup

Yield: 4

Ingredients

4 calf's livers
3 tb clarified butter
3 shallots minced
4 black mission figs cut 1/4 disks
1/2 c chinese vinegar
1/2 c balsamic vinegar
1 salt to taste
1 coarse-ground green peppercorns to taste
1 potato-leek hash
2 c leek rings (1/4) about 3 leeks
3 tb duck fat or butter
1/2 c dry white wine
6 lg yukon gold potatoes peeled, cut 1/4 dic
1/4 c chopped chervil
1 salt to taste
1 freshly-ground black pepper to taste

Instructions

Pre-heat hot a large, thick skillet. Season the liver with salt and green peppercorn. Add 1 1/2 tablespoons of butter and sear the liver until brown on both sides, about 8 to 10 minutes. I prefer my liver medium. Place livers on warm plates.

Place skillet back on the heat, add shallots and brown, about 3 to 5 minutes.

Season with salt and black pepper. Add figs and sautee for 1 minute. Deglaze with the vinegars and reduce by 50. Whisk in butter and check for seasoning.

Reserve in a water bath.

For the Potato-Leek Hash: In a hot skillet, coat with 1 tablespoon of fat and saute leeks until soft, about 6 minutes. Season. Deglaze with white wine and completely reduce.

Set leeks aside, wipe out pan and heat again. Add remaining fat and sear potatoes brown, about 10 minutes. Add back the leeks and chervil.

Move around quickly to heat thoroughly. Check for seasoning.

For Plating: On the plate with the liver, place hash to the side and ladle sauce on the liver.

This recipe yields 4 servings.

Source: "EAST MEETS WEST with Ming Tsai (Show # MT-1C08) from the TV FOOD NETWORK"

S(Formatted for MC5): "11-02-1999 by Joe Comiskey jcomiskey@krypto.net"

Per serving: 114 Calories (kcal) 10g Total Fat (85 calories from fat) trace Protein 3g Carbohydrate 25mg Cholesterol 3mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 2 Fat 0 Other Carbohydrates

Recipe by: Ming Tsai

Converted by MMBuster v2.0n.

Sauteed Chinese Eggplant With Scallops And Thyme

Yield: 4 Servings

Ingredients

6 md Chinese eggplants

4 tb Virgin olive oil

2 Scallions thinly sliced to yield 1/2 cup

2 tb Freshly-chopped thyme leaves

2 tb Balsamic vinegar

Salt to taste

Freshly-ground black pepper to taste

Instructions

Remove stem end from eggplant and cut each in half lengthwise. In a 12 to 14-inch skillet, heat olive oil until smoking. Add eggplant pieces and stirring constantly, cook until softened (about 6 to 8 minutes). Add scallions, thyme leaves and balsamic vinegar and continue cooking until vinegar dissipates (about 30 seconds) and remove from heat. Season with salt and pepper and set aside or serve immediately.

This recipe yields 4 to 6 servings.

Recipe Source: MOLTO MARIO with Mario Batali

From the TV FOOD NETWORK (Show # MB-5569 broadcast 04-03-1996)

Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MAD-SQUAD@prodigy.net 09-19-1998

Contributor: Mario Batali

Sauteed Thin Ground-Chicken Loaf (Japanese)

Yield: 4 Servings

Ingredients

1/4 c leek minced

14 oz ground chicken

2 ts vegetable oil

2 ts toasted sesame seeds
4 watercress sprigs
TO SEASON CHICKEN:
2 ts sugar
2 ts soy sauce
2 ts sake
1 ts ginger juice
1/2 beaten egg

Instructions

Mix chicken and seasonings with minced leek until smooth.

Heat small frying pan or small shallow saucepan with oil for 1 minute over medium-to-low heat. Put in meat mixture and spread evenly until 1/2-inch thick all over, then smooth the surface with a spatula. Saute 3 to 4 minutes, or until slightly browned, taking care not to burn it. Turn it over carefully. If too difficult to turn, cut into 4 portions and turn over one by one.

Just after turning over, sprinkle with sesame seeds while the surface is still hot or the seeds will not stick to the meat.

Continue to saute 2 to 3 minutes more, or until well done. When meat has almost cooled, cut into triangular, oblong, or fan-shaped pieces.

Serve at room temperature with watercress.

NOTES : You can use 1 T. miso instead of the 2 tsp. soy sauce in the meat seasoning for a little different flavor. This dish can also be cooked in the oven instead of on top of the stove.

Contributor: Japanese Cooking For Health & Fitness Kiyoko Konishi

Savory Indian Pancakes

Yield: 4 Pancakes

Ingredients

1 c dry mung beans
3/8 inch cube of peeled, fresh ginger root.
1/2 c water
1/2 ts spike [vegetable seasoned salt]
1/2 ts asafetida or 1 cl garlic
1/4 ts baking soda
1/8 ts cayenne
1/8 ts black pepper

Instructions

Soak mung beans overnight to soften. The next day, mung beans must be ground, so drain the beans to prepare for grinder. Grinding can be done in a food processor or a blender.

Whether in a blender or a food processor, first drop chunk of ginger root in and allow it to get chopped up. Add soaked, drained mung beans and run machine till beans are fairly ground up (in a blender you can only do 1 cup at a time to avoid burning out the motor.) Add the next six ingredients and grind to a smooth, fluffy paste. The batter is now ready to be made into pancakes, which takes mastering a light touch on the spoon. Just remember practice makes perfect.

Heat a non-stick skillet or griddle over a medium flame and pour 1/2 to 1 teaspoon of oil into the skillet or griddle. With a spoon, mix batter thoroughly (batter must be mixed before each pancake is poured because it separates very quickly) and scoop out 1/3 to 1/2 cup of batter. Pour batter into the middle of the skillet and place the rounded

bottom of a broad spoon very lightly in the center of the batter. Then use a slow, gentle and continuous spiral motion to spread the batter outward with the back of the soup spoon until the pancake is about 7" to 8" in diameter. If batter is sticking to the spoon and making holes in the pancake as you spread, you are either pressing too hard or you didn't begin pressing soon enough and the batter was semi-cooked before you attempted to spread it. Just try to

spread with the spoon immediately and lighten the touch.

Cover and cook for 2 minutes, or till the pancake turns a reddish- brown color.

Remove cover and drizzle a tiny bit of oil over the pancake. Flip to cook on other side and cook uncovered till reddish spots begin appearing on the second side. Continue cooking all the batter in the same way.

These are delicious served plain with side dishes of vegetables, chutneys and yogurt or you may want to stuff the pancake by placing filling inside and folding it over to form a turnover shape.

From: steve@stimpy.hsc.ucalgary.ca (Steve)

Scotch Eggs Chinese Style

Yield: 8 Servings

Ingredients

8 hard-cooked eggs, unpeeled, but shells cracked all over

3 tb soy sauce

2 whole star anise

2 bags chinese black tea

2 raw eggs

1 tb sesame mustard

2 c fresh bread crumbs

2 tb sesame seeds

1 lb bulk country style sausage

2 ts chopped fresh ginger root

2 ts chopped garlic

1 vegetable oil for frying

Instructions

One day before serving, place first 4 ingredients and water to cover in medium size saucepan. Simmer, uncovered, 25 minutes let stand overnight.

Beat raw eggs and mustard together in shallow bowl. Combine bread crumbs and sesame seeds in another shallow bowl. Mix sausage, ginger and garlic. Peel hard-cooked eggs. Encase each egg completely in thin layer sausage, using both hands to mold sausage around egg. Dip one sausage encased egg, first in egg mixture. Coat with bread crumbs. Set aside on plate. Repeat with remaining eggs. Refrigerate covered at least 3 hours or overnight. Heat 3" oil in deep fat fryer to 375 degrees. Fry 2 or 3 eggs at a time, turning occasionally, until quite well browned, 10 to 15 minutes. You want to make sure the sausage meat is thoroughly cooked. Remove them from oil with slotted spoon. Drain on paper towel. Serve eggs, cut in 1/4, at room temperature. Pass additional mustard, if desired. Makes 8 portions.

Seared Red Snapper W/Thai Curry Sauce

Yield: 1 Servings

Ingredients

4 oz red snapper fillet (with skin on)

1 oz peanut oil

1 thai curry sauce:
1 tb thai red curry paste
2 tb oil
1 c coconut milk
1 ts thai fish sauce (or soya sauce)
2 ts palm sugar (or brown sugar) 1 garnish:
1 spinach leaves, blanched
1 piece pompadum, deep fried

Instructions

Saute snapper in hot pan with peanut oil, skin side down until crisp.

Cook on other side until done. Reserve on side until sauce is ready.

Thai Curry Sauce: Heat oil in sauce pan, add curry paste and cook until bubbly. Add coconut milk and bring to a boil. Season with fish sauce and sugar, to suit taste. Serve fish skin side up with curry sauce and garnish with fried pompadum and deep fried spinach leaves. *Pompadum: Savory Indian biscuit, very thin, very light and crisp.

Source: Food & Wine the Westin Way Chef Tylun Pang, The Westin Kauai, Hawaii

Typed in MMformat by cjhartlin@msn.com

Seared Scallops Hot Garlic Oil Chinese Sausage Sticky Rice

Yield: 1 Serving

Ingredients

Canola oil to cook
12 Large scallops (U-8)
Salt and black pepper to taste
1/4 Cup cilantro leaves

Instructions

In a hot saute pan, add a little oil and caramelize the seasoned scallops.

Use 3 scallops per package. Plate on top of opened package and garnish with cilantro leaves and flash with garlic

Contributor: EAST MEETS WEST #MT1A39

Seared Scallops With Chinese Black Bean Vinaigrette

Yield: 4 Servings

Ingredients

1 1/4 ts Minced garlic
1 1/4 ts Minced fresh ginger
2 tb Minced shallots
1/4 c Sesame oil
3/4 c Canola oil
1/2 c Unseasoned rice vinegar
2 tb Soy sauce
2 tb Thai-style chili sauce
2 ts Honey
1/2 c Fermented black beans rinsed
1/4 c Minced cilantro
12 lg Scallops
Salt to taste
Freshly-ground black pepper to taste
2 tb Vegetable or peanut oil

Instructions

Combine all the vinaigrette ingredients in a mixing bowl. Whisk together until combined. This may be prepared a day in advance. It is best not to use a food processor.

Pat the scallops dry and season with salt and pepper. Heat the peanut or vegetable oil in a large skillet over medium-high heat until almost smoking. Carefully arrange the scallops around the skillet so that they are evenly spaced. Sear the scallops until golden-brown on each side, about 2 to 3 minutes per side. Transfer scallops to a serving plate and drizzle with vinaigrette.

This recipe yields 4 servings with about 2 cups vinaigrette.

Recipe Source: COOKING RIGHT with John Ash

From the TV FOOD NETWORK (Show # CR-9753 broadcast 01-05-1997)

Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by MR MAD, aka Joe Comiskey jpmd44a@prodigy.com
02-01-1997

Contributor: John Ash

Seared Scallops With Hot Garlic Oil And Chinese Sausage

Yield: 4 Servings

Ingredients

Canola oil to cook

12 lg Scallops (U-8)

Salt to taste

Freshly-ground black pepper to taste

1/4 c Cilantro leaves

HOT GARLIC OIL

16 Garlic cloves thinly sliced

1/2 c Peanut oil (Lion and Globe brand)

STICKY RICE POUCH

3 c Sushi rice

Water to cover rice

1/4 c Dried scallops

2 Lapchang, (Chinese sausage) diced

1/2 c Sliced scallions

1/3 c Oyster sauce

1/4 c Chopped cilantro

Salt to taste

Freshly-ground white pepper to taste

4 Lotus or banana leaves

Instructions

In a hot saute pan, add a little oil and caramelize the seasoned scallops.

Use 3 scallops per package. Plate on top of opened package and garnish with cilantro leaves and flash with hot garlic oil.

HOT GARLIC OIL: In a saucepan, heat oil. Add garlic and cook until garlic is light brown. Immediately spoon on top of scallops.

STICKY RICE POUCH: Using the bowl of a rice cooker, wash rice until clear and fill water to mount Fuji (about 1 inch over the rice level). Add dried scallops and cook rice as normal about 1 hour. When rice is done, put into a large stainless steel bowl to cool. Pull out the scallops and shred them by hand. Add the scallops back to the cooled rice with the lapchang, scallions, oyster sauce and cilantro.

Check for seasoning. Place a serving of rice on top of each leaf and fold into a square package. Place in steamer, ensuring that the folded side of the package is underneath. Steam the packages hot. Using a sharp knife, slice the top of the package.

This recipe yields 4 servings.

Comments: The original recipe title as listed is "Seared Scallops With Hot Garlic Oil Chinese Sausage Sticky Rice Pouch".

Recipe Source: EAST MEETS WEST with Ming Tsai From the TV FOOD NETWORK (Show # MT-1A39)

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MAD-SQUAD@prodigy.net 01-20-1999

Contributor: Ming Tsai

Seared Tuna With Oriental Citrus Sauce Mirabe

Yield: 6 Servings

Ingredients

SAUCE-

2 1/2 c fresh orange juice

3 tb fresh lemon juice

2 tb fresh lime juice

3/4 c tamari or soy sauce

1 tb balsamic vinegar

1 tb asian sesame oil

1/3 c chopped peeled fresh gingerroot

FISH

3 tb vegetable oil

6 1-thick (6-oz) tuna steaks

1 c black sesame seeds

Instructions

available at Asian markets and many specialty foods shops and supermarkets

Note: Can be prepared in 45 minutes or less.

Make sauce In a large saucepan combine citrus juices, tamari or soy sauce, vinegar, oil, and gingerroot and simmer 15 minutes. Pour sauce through a fine sieve into a bowl. Sauce may be made 1 day ahead and chilled, covered. Reheat sauce before preceeding.

Preheat oven to 400øF.

In a large non-stick skillet heat oil over moderately high heat until hot but not smoking. Coat 2 tuna steaks with sesame seeds and sear 1 minute on each side, transferring to a baking sheet. Coat and sear remaining 4 tuna steaks in batches in same manner. Cook tuna in middle of oven 3 minutes for medium-rare.

Cut each tuna steak into 4 slices and arrange slices, cut sides up, on 6 plates. Pour about 1/4 cup sauce around tuna on each plate.

Serves 6.

Gourmet June 1996 You Asked For It

Posted to MM-Recipes Digest V3 #2.TXT

Seared Tuna With Oriental Citrus Sauce Mirabelle *Jb

Yield: 6 Servings

Ingredients

SAUCE-

2 1/2 c fresh orange juice

3 tb fresh lemon juice
2 tb fresh lime juice
3/4 c tamari or soy sauce
1 tb balsamic vinegar
1 tb asian sesame oil
1/3 c chopped peeled fresh gingerroot

FISH

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6 1-thick (6-oz) tuna steaks
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Cut each tuna steak into 4 slices and arrange slices, cut sides up, on 6 plates. Pour about 1/4 cup sauce around tuna on each plate.

Serves 6.

Gourmet June 1996 You Asked For It

Posted to MM-Recipes Digest V3 #2.TXT

Seared Tuna With Oriental Citrus Sauce

Yield: 1

Ingredients

FOR SAUCE-

2 1/2 c fresh orange juice
3 tb fresh lemon juice
2 tb fresh lime juice
3/4 c tamari or soy sauce
1 tb balsamic vinegar
1 tb asian sesame oil
1/3 c chopped peeled fresh gingerroot
3 tb vegetable oil
1 six (6-ounce, 1-inch-thick) tuna steaks

Instructions

Make sauce:

In a large saucepan combine citrus juices, tamari or soy sauce, vinegar, oil, and gingerroot and simmer 15 minutes. Pour sauce through a fine sieve into a bowl. (Sauce may be made 1 day ahead and chilled, covered. Reheat sauce before preceeding.)

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transferring to a baking sheet. Coat and sear remaining 4 tuna steaks in batches in same manner. Cook tuna in middle of oven 3 minutes for medium-rare.

Cut each tuna steak into 4 slices and arrange slices, cut side up, on 6 plates. Pour about 1/4 cup sauce around tuna on each plate.

Serves 6.

Gourmet June 1996

Converted by MCBuster.

Per serving: 662 Calories (kcal) 42g Total Fat (55 calories from fat) 5g Protein 72g Carbohydrate 0mg Cholesterol 7mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 5 Fruit 8 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Seasoned Potatoes (Korean)

Yield: 4 Servings

Ingredients

2 md potatoes

2 tb soy sauce

2 ts sugar

1 ts minced garlic

2 ts sesame seeds

1 to 2 ts sesame oil

4 tb minced scallion

Instructions

Peel potatoes and slice into match stick pieces, placing in cold water to prevent browning. Drain and place in saucepan with just enough water to barely cover potatoes. Bring to boil and cook just until tender, 3 to 4 minutes.

Meanwhile, in bowl, combine soy sauce, sugar, garlic, sesame seeds, sesame oil and scallion. Drain cooked potatoes well and add to soy sauce mixture, tossing well.

Serves 4.

From the Hayward Daily Review, 9/21/88.

Posted by Stephen Ceideberg November 4 1992.

Seasoned Spinach (Korean)

Yield: 1 Servings

Ingredients

10 ozs fresh small flat-leaf spinach

2 Tbs soy sauce

1 tsp sugar

1 1/2 tsps crushed sesame seeds

1 Tbs sesame oil

1 Tbs minced scallion

1 tsp vinegar (optional)

Salt

Red pepper threads (optional)

Instructions

Remove roots from spinach, if desired.

In bowl, combine soy sauce, sugar, sesame seeds, sesame oil, scallion and vinegar.

Bring large pot lightly salted water to boil. Add spinach, root ends first, and immerse only until leaves turn bright green. Drain and rinse immediately in cold water. Drain

and squeeze out as much water as possible. Place spinach in bowl with soy sauce mixture and toss well. Serve at once, topped with few red pepper threads, if desired. Serves 2.

From the Hayward Daily Review, 9/21/88.

Posted by Stephen Ceideberg November 4 1992.

Seasoning Mixture For The Mongolian Grill

Yield: 1 Servings

Ingredients

1 information

Instructions

Here's a couple of Mongolian Beef recipes for you. Incidentally, I have one of the Mongolian grills. It's a heavy, dome shaped, perforated cast iron grill with raised edges about 11 inches in diameter. I use it on an Iwatani table top gas burner. It's a great hit for guests. Easy on the chef too. I just slice up all the ingredients, make the marinades and dips then put it all on the table and turn everyone loose to cook their own. Had a hard time finding it but finally tracked one down in a Japanese hardware store in San Francisco. It was about \$25.00. A substitute would be a hibachi with a wire mesh cover laid on the grate. These are quite unlike the "Mongolian Beef" served in restaurants over a bed of deep fried cellophane noodles.

Basically, what you do is slice the meat of your choice into thin, 1 x 3-inch strips then dip them in the marinade and toss 'em on the grill until they're done to your taste. Eat them with steamed buns or rolls. If you like, sliced veggies can be used too.

1/2 c scallions

2 ea garlic cloves, crushed

1/4 c parsley, chopped

1 c water

1/2 c soy sauce

1 T sugar

Enough for four. Mix ingredients and serve in four smaller bowls.

Allow about 1/4 lb of tender fillet of beef or lamb.

Posted by Stephen Ceideburg February 20, 1991.

Secret Japanese Sauce For Cold Noodles

Yield: 1 Serving

Ingredients

1 pa rice vinegar

1 pa soy sauce

1 pa lemon juice with peel

1 sugar to taste

1 sliced scallions for serving

Instructions

Heat all the ingredients and simmer for awhile, but do not boil. Remove the lemon peel. Top with sliced scallions for color and additional flavor (optional).

Serve at room temperature over chilled Japanese noodles. It's also excellent as a dipping sauce for vegetarian sushi rolls.

From: Ellen C.

Per serving: 247 Calories (kcal) trace Total Fat (0 calories from fat) 16g Protein 60g Carbohydrate 0mg Cholesterol 16464mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 6 Vegetable 1 1/2 Fruit 0 Fat 1 Other Carbohydrates

NOTES : IMHO, the very best sushi I've ever had is at the Brookwood Grill in the Buckhead area of Atlanta. If you are in town and like sushi, definitely check this place out.

You are first served a dish of cold, thin Japanese noodles (similar to angel hair) that are dressed with a wonderful sauce.

My persistence in asking the owner/chef for his "secret sauce" finally paid off! Tonight he gave me his recipe.

Here it is. This is also what they serve with their veggie sushi rolls. It'd make a good salad dressing, too, if you don't mind runny salad dressings.

Try chilling the sauce before serving. It's interesting too!

["Karen Lim"]

Contributor: Sushi Chef at Brookwood Grill

Selecting & Using Other Chinese Cooking Ute

Yield: 1 Info

Ingredients

1 no ingredients

Instructions

While it is not absolutely essential to purchase a lot of exotic Chinese implements for one's kitchen, the author recommends the purchase of a good Chinese cleaver. Like the wok, the Chinese cleaver has been known in China for centuries. There are several types of Chinese cleavers on the market. Most of the ones that are available at department stores or Chinese shops are made of mild steel with either metal or wooden handles. There are ones with 1 1/2" of blade width, others up to 4" blade width. If one wishes to spend the money, it is best to purchase a Chinese cleaver with a 1 1/2" blade for slicing vegetables and another 4" blade one for all purpose work. If one is living on a strict budget and can only afford one knife, it is best to purchase the Chinese cleaver with the 4" blade. In both cases choose knives with blades that can be readily honed to sharpness. There are some Chinese cleavers on the market which have thick blades. These are used for mincing meats or for heavy duty chopping. It is well to buy one of these also, if you already own the above mentioned two.

There are Chinese cleavers made of stainless steel. These are more expensive and are rather difficult to hone to razor sharpness. For these reasons, they are not as popular as ones made with mild steel.

Your Chinese cleaver should be washed and dried with a paper towel. It should be kept as sharp as possible at all times because Chinese cookery requires that most foods be either sliced, diced, shredded, or minced. A knife steel (which can be purchased from most restaurant supply houses) or a fine whetstone is used to keep knives sharp. In sharpening the Chinese cleaver, one should alternate the blade surface as one is honing it against the whetstone. A daily honing of ten or twelve strokes is not too much for your Chinese cleaver. Do, however, store your Chinese cleaver carefully in a drawer so that the blade side is down. Otherwise one could accidentally cut oneself when opening the drawer, if the blade of the cleaver is facing upwards.

In order to use the Chinese cleavers or for that matter, any other groups of sharp knives efficiently, one must definitely have a good cutting board. Breadboards may be used.

The only problem with a breadboard is that it is likely to crack if one uses it for mincing meat upon it, Chinese style! If one can afford one, it is best to get a thick, cross-grained laminated hardwood meat board. They cost more but are very durable and will not splinter.

As mentioned earlier, the only other essential piece of equipment that one needs for good Chinese cooking, is a pot for cooking rice.

Any pot with a tight fitting cover can be used. If you are cooking a small amount of rice, a small one or two quart pot will do. Most Chinese people prefer to use a heavy gauge pot for cooking rice. The author has taught students to cook rice successfully in stainless steel copper bottom pots, as well as clear glassy pyrex pots. The chief requirement for a good rice pot is that it has a well fitting tight cover, so that the rice can be properly steamed in it during its cooking process. Automatic rice cookers are marvelous inventions for anyone who eats rice very frequently. In addition to cooking perfect rice every time, an automatic rice cooker does not cause a crust of hard browned rice to form at the bottom of the pot. Some people discard this rice thereby creating wastage. There isn't any wastage with an automatic rice cooker. However some gourmets prefer the first mentioned method of cooking rice, appreciating the delicate toasted flavour that is imparted to the rice from the resulting crust. The author has included instructions for cooking perfect white rice in an ordinary pot at the end of the introductory section of this booklet.

Chopsticks are so inexpensive that it is well to buy at least a dozen pairs. They are usually sold in packages of ten pairs. Besides using them for eating at the table, many Chinese cooks use them for stir-frying or for mixing ingredients. They can be used in lieu of a fork or slotted spoon. They are especially useful for picking out ingredients, either in cooking or in eating.

Currently there are some non-warp wood chopsticks coming from The People's Republic of China on the market. If one cooks a great deal with chopsticks, one might want to purchase a pair of long wooden chopsticks expressly for this purpose. Due to prolonged use in stir-frying in the wok, the tips of the chopsticks acquire a burnt appearance and, therefore, become unattractive for table settings.

There are also plastic and ivory chopsticks, if one desired fancier chopsticks for setting the table. However, food does have a tendency to slide off them and, therefore, more people prefer wooden chopsticks.

Selecting Ingredients Dried Chinese Mushrooms (Ck)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

These have a unique taste (slightly smoky, somewhat earthy) and a completely different consistency (chewy) than fresh mushrooms. They are available in Asian groceries and some speciality shops, commonly in packages of two, four, or eight ounces. Although the dried mushrooms are expensive, generally only a few are required in any one recipe, and they keep well if stored in a tightly lidded jar on the pantry shelf.

Always soak dried Chinese mushrooms in hot or boiling water for about fifteen minutes, until softened, before using, then remove and discard the tough stems. Slice or chop the softened mushrooms as the recipe directs. Occasionally a dried mushroom won't soften after soaking. Try re-soaking the mushroom on boiling water, and if it doesn't work, discard it.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc., 1989

Entered by: Lawrence Kellie

Selecting Ingredients Oriental Vinegars (Ck)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

There are many different kinds and brands of Oriental rice vinegars.

Some are used primarily in salads, others in sweet-and-sour sauces.

Ask for help from Chinese storekeepers in selecting what is suitable.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc.,
1989

Entered by: Lawrence Kellie

Selecting Ingredients Sesame Oil (Oriental) (Ck)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Oriental sesame oil, a golden brown oil made from roasted sesame seeds, is aromatic, with a strong, nutty, smoky taste. It is generally used to flavor dishes after they've been cooked, but use it sparingly at first: it tends to overwhelm. Buy a good-quality Oriental sesame oil, which is more concentrated and darker than the

Middle Eastern sesame oil. Sesame oil will keep for months on the pantry shelf.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc.,
1989

Entered by: Lawrence Kellie

Seminole Indian Fry Bread #1

Yield: 8 Servings

Ingredients

INGREDIENTS-

2 c all-purpose flour

3/4 ts salt

1 tb lard

1 vegetable oil for frying

DIRECTIONS-

1/4 c instant lowfat powdered milk

2 ts double acting baking powder

3/4 c luke warm water

Instructions

In a small bowl mix together flour, powdered milk, baking powder, and salt. Cut in the lard until mixture resembles a coarse meal. Add water and knead lightly for 1 minute.

Turn out onto a well floured surface and knead until a smooth ball forms. Divide the dough into 8 equal parts and shape each into a small ball. Cover with an inverted bowl and let rest for about 10 minutes. On a floured surface roll each ball into a 6 inch circle. Poke a hole in the center of each round of dough. In a skillet heat about 1-1 1/2 inches of vegetable oil, until smoke appears. (375o F.) Fry the dough rounds one at a time until golden brown on both sides. Drain on paper towels and serve hot. Makes 8

Seminole Indian Fry Bread 2C

Yield: 1 Servings

Ingredients

2 c all-purpose flour
3/4 ts salt
1 tb lard
1 vegetable oil for frying
1/4 c instant lowfat powdered milk
2 ts double acting baking powder
3/4 c luke warm water

Instructions

In a small bowl mix together flour, powdered milk, baking powder, and salt. Cut in the lard until mixture resembles a coarse meal. Add water and knead lightly for 1 minute. Turn out onto a well floured surface and knead until a smooth ball forms. Divide the dough into 8 equal parts and shape each into a small ball. Cover with an inverted bowl and let rest for about 10 minutes. On a floured surface roll each ball into a 6 inch circle. Poke a hole in the center of each round of dough. In a skillet heat about 1-1 ½ inches of vegetable oil, until smoke appears. (375x F.) Fry the dough rounds one at a time until golden brown on both sides. Drain on paper towels and serve hot. Makes 8

Ingredients: 1 1/4 cups all-purpose flour sifted 1/4 teaspoon salt ½ tablespoon shortening About 1 cup hot water Shortening or oil for frying Sift flour and salt into a bowl. Add the shortening and blend well. The water should be hot, but not boiling. Add water a little at a time, blending well. The dough should be soft but not sticky. You may need a little more or less water. Blend well and knead for 1-2 minutes. Turn out on to a floured board and knead until very smooth. Divide into little balls. Cover and let rest for 30-40 minutes. Roll out each ball as thin as possible, into about 4-5 inch in diameter circles. Heat 1/2 cup shortening or oil in a skillet and drop each piece of dough into the fat. Press down in the center with a spoon. Release. When they are puffed up, turn and brown on the other side. Drain them on paper towels and serve hot. May be made in advance and reheated. Makes about 24 pieces

Sensational (Chinese) Salad

Yield: 6 Servings

Ingredients

1 napa cabbage chopped
1 bn scallions chopped
2 1/2 oz sesame seeds
1 pk sliced almonds
2 pk chinese noodles broken small
2 cloves garlic
1 oil
2 tb soy sauce
3/4 c rice wine vinegar
1/2 c sugar
1/4 c oil

Instructions

This salad is prepared in three steps, the ingredients are listed for each step.

1. 1 med. head of nappa cabbage, 1 bunch of green onions. Rinse cabbage, slice and chop onions and cabbage. Combine these two ingredients in a large bowl and chill until you are ready to prepare the rest of the salad.
2. 2 1/2 ounces of sesame seeds, 1 pack of sliced almonds (small), 2 packages of Oodles of Noodle Soup), 2 cloves of garlic (or more if you want), oil. Break noodles into tiny pieces while still in the bags, remove the seasoning pack and throw away. Saute the broken noodles, sesame seeds, and garlic in oil until lightly browned. Add salt and pepper. Store in the refrigerator.
3. 2 Tablespoons soy sauce, 3/4 cup rice wine vinegar, 1/2 cup sugar, 1/4 cup oil. Combine and boil for no more than one minute. Store in refrigerator. Just before serving combine all sections and toss gently. I love mandarin oranges added. You may also add chopped cooked chicken.

Terry Pogue (tpogue@idsonline.com)

NOTES : From poster (Terry): Napa cabbage is Chinese Cabbage or you can use bok choy. Top Ramen noodles can be substituted (throw away seasoning) for the Oodles of Noodles soup mix.

Recipe by: TNT/Ron Chiapotta

Posted to TNT Prodigy's Recipe Exchange Newsletter by Bill & Leilani on Dec 20, 1997

Sesame Chicken (Ji Mah Gai See)-New Chinese Cookbook

Yield: 4 Servings

Ingredients

4 c cold water
 2 scallions cut crosswise
 1 sl ginger 1/4 inch thick
 3/4 lb chicken cutlet whole
 1 sauce
 1 tb light soy sauce
 1 ts white vinegar
 1 ts shao-hsing wine or sherry
 2 ts sesame oil
 1/2 ts sugar
 2 tb chicken broth
 2 tb scallions thinly sliced
 1 1/2 ts sesame seeds black
 2 c iceberg lettuce shredded

Instructions

1. Put cold water, ginger and scallions in a large pot and bring to a boil. Boil 3 minutes. Add the chicken cutlet, bring to a boil and boil for 2 minutes. Turn off heat, cover and allow to cool to room temp.
2. Remove chicken from pot, place on a chopping board and hit smartly with the broad side of a cleaver to break the fabric of the meat. Shred the meat with your hands.
3. Place the shredded meat in the bowl with the sauce * mix together well. Add the sliced scallions and mix well again. Reserve.
4. Dry-roast the sesame seeds by heating a wok for 30 to 45 seconds over high heat, then lower the heat, pour in the seeds and toast, stirring, until they are golden brown. Remove them from the wok, allow them to cool, then pour into

the bowl with the chicken and sauce. Prepare a serving dish by making a border of the shredded lettuce. Pour the chicken into the center of the dish and serve immediately.

Source: New Chinese Cookbook, by Eileen Yin-Fei Lo, Viking Press, 1988

Recipe By : New Chinese Cookbook

From: The Meades Date: 28 Apr 97 Mastercook Recipes (Mailing List) Ž

Sesame Seeds (Korean Kae)

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

A small supply of sesame seeds should be kept on hand if any korean cooking is planned. These seeds should always be crushed and roasted.

1. Prurchase a jar of white sesame seeds.
2. In a heavy skillet, over a very low flame brown the seeds until they turn dark golden. Shake the pan and stir the seeds from time to time. If the sesame seeds have browned carefully, they will pop and jump in the pan. Sesame seeds taste best when roasted to a dark golden color.
3. Allow the seeds to cool to room temperature in the pan. Crush them with a mortar and pestle or in a blender. Crushed in either manner, the juice from the seeds will escape. Stored in an air-tight jar, the seeds will keep for months.

Source: The Korean Cookbook, by Judy Hyun. Typed in by Ronnie Wright

Sese Plantains

Yield: 2 Servings

Ingredients

2 lg plantains, green

575 ml water

2 md tomatoes, peeled and chopped.

1 chilli powder, to taste.

100 g onions, peeled and chopped.

1/2 stock cube, vegetable, optional.

1 tb oil, palm

1 salt, to taste.

1 cashew nuts, roasted, to garnish.

Instructions

Peel and cut each plantain into 6 rounds. Put into a saucepan with water and boil for 10 minutes. Add the tomatoes, chilli pepper and onion and cook for another 10 minutes.

Crumble in the vegetable stock cube and add the palm oil. Cover the saucepan and let it simmer for at least 5 minutes, before stirring the oil into the food. Let it cook for another 10 minutes and season to taste. Sprinkle with roasted cashew nuts to serve.

NB: It should be cooked on medium heat and the salt should only be put in when the plantains are cooked.

from CARIBBEAN AND AFRICAN COOKERY by ROSAMUND GRANT typed by KEVIN JCJD SYMONS

From: Kevin Jcjd Symons Date: 12 Feb 98

Seven Layer Chinese Chicken Salad

Yield: 5 Servings

Ingredients

1 salad herbs
5 c shredded romaine lettuce
1 3-0z pkg oriental flavor ramen nood le soup mx
2 c diced cooked chicken
1 11-oz can green giant white shoepeg corn, drained
1 lg tomato diced
2 green onions sliced
1/2 c coarsely chopped dry-roasted peanuts, suggested salted
1 dressing
2 tb sugar
1 ts salt
3/4 ts grated ginger root
1/2 ts pepper
1/4 c oil
3 ts vinegar

Instructions

Arrange lettuce in bottom of 3-quart clear glass serving bowl. Discard seasoning packet from soup mix coarsely crush noodles. Layer noodles and all remaining salad ingredients in order listed. In small jar with tight-fitting lid, combine all dressing ingredients. Shake well. Pour over salad. Serve immediately.

Recipe by: Pillsbury Bake-Off

By pat hogberg on Apr 11, 1998

Sha Cha Jiang Chinese Royal Bbq Sauce

Yield: 1 Servings

Ingredients

1 text file

Instructions

Sha Cha Jiang and Satay are one and the same thing. "Satay" is the Southern Min (Xiamen, Chaozhou and Taiwan dialect all belong to the Southern Min group of Chinese dialects) pronunciation of Mandarin "Sha Cha", Jiang just means sauce. Cha means tea in Mandarin the English word TEA is in fact an anglicization of the Southern Min word TE it sounds perfect if you say it in Spanish. Many Chinese people have no idea of how to romanize systematically: Sha Zha Chiang is a hodgepodge spelling which should be ignored.

Satay sauce is often used in Southeast Chinese cooking and in Southeast Asia, where there are many immigrants from SE China. One tasty way to use it is as a dip for Huoguo ("firepot"), where guests sit around a sort of samovar and dip vegetables, meat and fish into the boiling water to cook. After removing the cooked food, it is often dipped into a bowl containing satay sauce and perhaps an egg. At the end of the meal, everybody gets to share the delicious broth..

Yummy!

Robert Matthews From: N0maxuejinSPAM@cei.net

Shanghai Tofu Burgers With Chinese Slaw

Yield: 8 Servings

Ingredients

1/2 c minced green onions
1/4 c pineapple juice
1 tb low-sodium tamari or soy sauce
2 ts minced peeled fresh ginger
2 ts sesame seeds toasted
1 1/2 ts dark sesame oil
1 ts chile paste with garlic
2 garlic cloves minced
1 lb firm tofu drained
1 cooking spray
8 hamburger buns
1 chinese slaw
1/2 c roasted red bell pepper sauce

Instructions

1. Combine first 8 ingredients in a shallow dish. Cut tofu lengthwise into 8 (1/2inch-thick) slices.
2. Add tofu to dish, and spoon green onion mixture over tofu. Cover and marinate in refrigerator at least 1 hour, turning tofu occasionally. 2. Preheat oven to 425 oF.
3. Place tofu on a baking sheet coated with cooking spray. Bake at 425 oF for 20 minutes or until lightly browned. Place 1 tofu slice on bottom half of bun top with 1/2 cup Chinese Slaw. Drizzle with 1 tablespoon Red Bell Pepper Sauce cover with top half of bun. Repeat procedure with remaining ingredients.

Yield: 8 sandwiches. CALORIES 217 (29 from fat) FAT 7g (sat 1.1g, mono 2.2g, poly 3.2g) PROTEIN 9.7g CARB 29.6g FIBER 2.6g CHOL 1mg IRON 5.1mg SODIUM 443mg CALCIUM 160mg. WW4 points.

Recipe by: Cooking Light Magazine, September 1997

Posted to MC-Recipe Digest V1 #1068 by Carriej999@aol.com on Jan 31, 1998

Sherie's Oriental Zucchini Salad

Yield: 6 Servings

Ingredients

1/3 c sliced almonds
1/4 c rice vinegar or cider vinegar
1/4 c green onions thinly sliced
1 tb oriental sesame oil
3 tb soy sauce
2 tb sugar
1 zucchini med size
1 pk ramen

Instructions

In frying pan over med heat, cook and stir almonds until pale gold, 3-4 mins. Set aside. In wide shallow bowl, combine vinegar, onions, soy sauce, oil and sugar. With shredder, make thin lengthwise strands of zucchini. Break noodles into small chunks. Add zucchini, noodles, and almonds to bowl with dressing. Mix and serve a once. Sherie's note: Kept in refig 3 days with no wilting and sogginess. Flavor was better. From: "Ldgoss" Date: 14 Jul 97 Eat-L List (Recipes And Food Folklore) Ž

Sherlyne Hutchinson's Grilled Thai Sirloin

Yield: 4 Servings

Ingredients

AMERICAN- MEASUREMENTS

1 1/4 lb Boneless beef top sirloin Well-trimmed, cut 1-inch thk

1/3 c Minced fresh cilantro divided

MARINADE

3 tb Soy sauce

2 ts Olive oil

1/2 ts Hot chili oil

SEASONING-

3/4 ts Pepper

2 tb Garlic powder or Fresh crushed garlic

TANGY LIME SAUCE

1 tb Fresh lime juice

1 tb Soy sauce

1/2 ts Firm packed brown sugar

1/4 ts Pepper

GARNISH-

Lime slices

Fresh cilantro sprigs

Instructions

Sherlyne Hutchinson suggests serving the grilled sirloin with rice or couscous and a salad, or stuffed into pita pockets, garnished with sprouts.

TO PREPARE STEAK: In small bowl, combine soy sauce, olive oil and hot chili oil, whisk until blended and set aside. In a second small bowl, combine garlic and pepper seasoning and set aside.

Place beef steak in large shallow dish. Pour half the soy sauce mixture over one side of the steak sprinkle with half the seasoning mixture and half the minced cilantro. Rub mixture firmly into beef. Turn steak over and repeat on second side. Cover and marinate in refrigerator 20 minutes.

Meanwhile, light grill and let charcoal or wood cook until reduced to medium ash-covered coals. Heat a platter in a warm oven.

Place steak on grill over medium coals. Grill, uncovered, 17 to 21 minutes for medium-rare to medium doneness, turning once. When steak is almost done, prepare sauce.

TO PREPARE SAUCE: In small saucepan with heat-safe handle, combine lime juice, soy sauce, brown sugar and pepper. Place pan on grid near edge of grill to heat until hot.

TO SERVE: Carve steak crosswise into thin slices arrange on heated platter. Spoon sauce over beef garnish with lime slices and cilantro sprigs. Serve immediately. Makes 4 servings.

Source: Oregonian FoodDay typos by Dorothy Flatman 1997 From: Dorothy Flatman Date: 30 Nov 97

Per serving: 205 Calories (kcal) 3g Total Fat (10 calories from fat) 16g Protein 33g Carbohydrate 0mg Cholesterol 16462mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 6 Vegetable 1/2 Fruit 1/2 Fat 0 Other Carbohydrates

Sherried Turkey Cocktail Meatballs

Yield: 1

Ingredients

2 lb turkey sausage
2/3 c bread crumbs seasoned
1 bottle (9 oz) mango chutney
1 c yogurt low fat plain
1/3 c dry sherry

Instructions

Preheat oven to 375 degrees F.

In a medium bowl combine sausage and bread crumbs. Form mixture into 1 inch balls. Arrange meatballs on two (2 by 10 by 15 inch) baking pans. Bake 25 to 30 minutes or until meatballs are no longer pink in center. In a blender or food processor puree chutney until smooth. In a small saucepan, over low heat, combine chutney, yogurt and sherry cook until mixture is slightly thickened. DO NOT allow mixture to boil.

To serve, combine meatballs and sauce in chafing dish.....

Per serving: 385 Calories (kcal) 2g Total Fat (6 calories from fat) 11g Protein 57g Carbohydrate 2mg Cholesterol 2128mg Sodium Food Exchanges: 4 grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Shiitake Japanese Style

Yield: 4 Servings

Ingredients

20 shiitake caps
2/3 c sake
4 tb dark soy sauce
2 1/2 tb mirin
2 1/2 tb sugar

Instructions

Note: This is a very versatile way to prepare mushrooms. They go well with grilled meats, either as an accompaniment or right on the skewer with lamb or beef. They can be served chilled and sliced and added to salads, or tossed warm into a salad with walnut oil and sage vinegar.

The marinade, once used, can be chilled and reused several times however, it will become more diluted each time by the liquid from the mushrooms.

Clean the mushroom caps and remove the stems.

In a saucepan, combine the sake, soy sauce, mirin, and sugar and bring to a boil.

Reduce to a simmer and add the mushrooms. Simmer for 7 min. Remove the mushrooms and use in a salad immediately, or cool and use later with grilled meats.

A Cook's Book of Mushrooms by Jack Czarnecki ISBN 1-885183-07-0 pg 157

Shirley Temple & Roy Rogers Children's Cocktail

Yield: 1

Ingredients

1 ginger ale
1 lemon juice
1 grenadine
1 glace cherry

Instructions

Fill a cocktail glass 4/5ths with ginger ale, add a little lemon juice and a dash of grenadine.

Pop in a cherry and serve with a couple of straws.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Shredded Cabbage Slaw With An Oriental Twist

Yield: 1 Serving

Ingredients

1 pk (10 oz) cabbage slaw

2 green onions chopped

1 tb sesame seeds toasted

2 tb vegetable oil

2 tb soy sauce

1 tb white vinegar

1/3 c sugar

Instructions

Combine cabbage with onions and sesame seeds. Mix oil, soy sauce, vinegar and sugar. Pour enough dressing over slaw to coat refrigerate to blend flavors, adding more dressing if needed.

NOTES : Shredded cabbage slaw from the supermarket.

Shrimp And Cabbage Salad Oriental

Yield: 1

Ingredients

1/2 lb. large, headless, raw shrimp

1/2 small head cabbage, shredded into very narrow

3 tb water

2 1/2 tb white vinegar

1 1/2 tb ginger juice

1 tb ginger, minced, or 1/4 tsp ground ginger

1 tb parsley, minced

1/4 tsp salt

1/4 tsp sugar

Instructions

Shell, devein and clean shrimp. Drain. In a 2-quart saucepan filled half full of water, bring water to a rolling boil. Add shrimp to boiling water watch carefully and when shrimp has turned pink (usually takes about 2minutes) quickly remove the shrimp from the boiling water, drain and immediately plunge the shrimp into cold water to stop the cooking process(note: if shrimp is Rock Shrimp has black and gray stripes with a very hard outer shell it will cook in about 20 seconds, so watch carefully and remove as soon as it turns). Remove shrimp from cold water after 1 minute, drain, place on plate and set aside. Mound shredded cabbage in center of serving plate and attractively arrange shrimp on top. Cover and chill. Place balance of ingredients in a small bowl to make dressing. Thoroughly mix. When ready to serve, pour dressing over shrimp.

Shrimp And Vegetable Saute, Chinese Style (Mf)

Yield: 2 Servings

Ingredients

1 ts anchovy paste
1 tb soy sauce
1 ts sugar
1/4 c chicken broth
1 dried red pepper flakes
1 tb vegetable oil
1 tb sesame oil
1 c seeded red bell peppers cut into 1 inch squares
1 scallion whites thinly sliced, gre
1 lb deveined peeled shrimp halved
1 clove minced garlic
1 c thawed frozen peas
1/4 c chiffonade of mint
1/4 c basil leaves

Instructions

Whisk anchovy paste, soy sauce, sugar, broth and season with red pepper flakes. In a large skillet or wok, heat the vegetable and sesame oils. Add peppers and scallion whites and stir fry or saute, stirring continuously for one minute. Add shrimp and saute for another minute. Add garlic and saute for 15 seconds until you get a good whiff of its aroma.

Add liquid ingredients and peas, half of mint and basil leaves and simmer for a minute or two just until the shrimp are cooked through and the vegetables are tender but still crisp.

Taste and season and transfer to a bowl serve over rice, garnish with remaining mint, basil and green scallions rounds.

Yield: 2 servings

Busted by Gail Shermeyer on Jul 12, 97

Recipe by: COOKING MONDAY TO FRIDAY SHOW #MF6657 Posted to MC-Recipe Digest V1 #675 by 4paws@netrax.net (Shermeyer-Gail) on Jul 16, 1997

Shrimp And Vegetables Oriental Style

Yield: 6 Servings

Ingredients

3 tb butter
1 c sliced fresh green beans (frozen may be used)
1 1/2 c sliced celery
1 1/2 c sliced fresh mushrooms
1 c thinly sliced onions
2 c shredded lettuce
1 lb shrimp cooked
1/4 c soy sauce
1 ts cornstarch
1/4 ts ground ginger
1/8 ts pepper

Instructions

Melt butter. Add green beans and cook, covered, for 5 minutes. Add next 3 ingredients and cook slowly for 8 to 10 minutes. Add lettuce and shrimp and heat for 2 minutes. Blend soy sauce with remaining ingredients and add to heated mixture. Cook until sauce has thickened, usually less than 1 minute.

Yield: 6 servings.

CAROL H. RASCO (MRS. TERRY)

From , by the Little Rock (AR) Junior League.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Shrimp Chinese Egg Rolls

Yield: 1 Servings

Ingredients

- 1/2 lb raw shrimp shelled and deveined
- 1 ts sherry
- 1/2 ts cornstarch
- 1/2 ts salt
- 2 tb oil
- 4 c finely chopped celery
- 1 1/2 ts salt
- 1/2 ts sugar
- 1/2 lb fresh green sprouts
- 1/2 c fresh mushrooms
- 1 tb corn or peanut oil
- 32 egg roll wrappers (in vegetable department), (3

Instructions

Place shrimp, sherry, cornstarch and salt in heated oil in frying pan and cook, stirring mixture until shrimp is pink (no longer) set aside. Heat 2 tablespoons oil and chopped celery, stirring rapidly for 2 minutes. Add salt and sugar.

Add mushrooms and bean sprouts and cook 3 minutes. Last, add cooked shrimp. Turn into colander and drain well cool. Too wet a mixture will cause rolls to split.

Fill commercial egg rolls on a diagonal, turning in ends and roll sealing.

Fry in hot grease and serve with rice and topping for rolls of apricot jam and hot mustard. Dilute jam with water.

Posted to recipelu-digest Volume 01 Number 388 by "Diane. Geary" on Dec 20, 1997

Shrimp Cocktail Sauce

Yield: 3 Servings

Ingredients

- 1 c red gold catsup
- 3 tb horseradish
- 1 tb lemon juice
- 2 tb sugar

Instructions

Mix well together and chill. Randy Rigg

Shrimp In Chinese Lobster Sauce

Yield: 1 Servings

Ingredients

- 1 pound jumbo shrimp (21 to 25 per pound)

1 tablespoon fermented black beans
2 garlic cloves, minced
1 quarter-sized slice fresh ginger, peeled, minced
1 tablespoon Shao Hsing rice wine, or dry sherry
2 tablespoons peanut or corn oil
1/2 teaspoon salt
6 ounces ground pork butt
1 small onion, cut into 1-inch cubes
1 bell pepper, cut into 1-inch cubes
1/2 teaspoon sugar
Big pinch white pepper
1/2 tablespoon light soy sauce
3/4 cup chicken stock
2 teaspoons cornstarch, blended with
1 tablespoon water
1 large egg, lightly beaten
1 green onion, chopped
1 teaspoon Asian sesame oil

Instructions

Some authors say you **must** soak them to remove excess salt others say it's not necessary. Just be advised that they **can** be overpowering so go easy until you get a feel for them. They're worth a trip to a Chinese market. A bag weighing in at about a pound and selling for under two bucks will keep for well over a year in a jar in the fridge. Not many are used at any one time so they're one of the great values per flavor unit going.

Lobster Sauce has no lobster in it. It's **used** on lobster or more often, shrimp. It's a concoction of black beans, egg, pork, wine, garlic and other things that is rich without being overbearing. It's loaded with flavor, but remains subtle. This recipe is from Joyce Jue and though it looks pretty long, is not at all hard to fix.

Shell and de-vein the shrimp. Butterfly shrimp by slicing them down the length of the back, stopping just above the tail. Rinse with cold water and blot dry.

Cover the black beans with lukewarm water let soak for 5 minutes.

Drain. Combine with the minced garlic and ginger gently crush into a paste. Mix in the wine set aside.

Place a wok over medium-high heat. When hot, drizzle in half of the oil. Add the shrimp and stir-fry until they begin to curl and turn bright orange, about 1 minute.

Remove to a dish and keep warm.

Reheat wok over medium heat add remaining tablespoon of oil and the salt. Add the black bean paste and saute a few seconds until it becomes aromatic. Increase heat to medium-high. Add the pork and stir-fry until the morsels are no longer pink, about 3 minutes.

Add onions, peppers, sugar, white pepper and soy sauce toss together until the vegetables begin to soften, about 1 minute. Add the stock and keep tossing until it comes to a boil.

Stir the cornstarch mixture to recombine, then drizzle into the center of the work, stirring constantly, until mixture thickens, about 20 seconds.

Turn off the heat and slowly stir in the beaten egg to combine the mixture into a creamy sauce. Return the shrimp to sauce, add the green onions and swirl in the sesame oil.

Serves 2 as a complete meal, or up to 6 with other entrees.

PER SERVING (6servings): 225 calories, 19 g protein, 5 g carbohydrate, 14 g fat (4 g saturated), 149 mg cholesterol, 530 mg sodium, 0 g fiber.
From an article by Joyce Jue, San Francisco Chronicle, 1/6/93.
Posted by Stephen Ceideberg February 28 1993.

Shrimp In Indian Sauce

Yield: 1 Serving

Ingredients

36 md shrimp (36 to 40)
2 Tbs. butter
1/2 c onion finely chopped
1 tsp. hot fresh red pepper minced
pepper to taste
1/4 tsp. ground cardamom
1/2 tsp. cumin
1 lime
1 c Sour Cream
1/2 c Plain Yogurt
Chopped Fresh Coriander for garnish

Instructions

1. Saute the onion and chili in butter until just tender.
2. Add the shrimp and cook until pink.
3. Sprinkle with the cardammon and the cumin and saute over low heat for 3-4 minutes.
4. Squeeze in juice from the lime, add the sour cream and the yogurt and bring it to a boil.
5. Remove from heat and sprinkle with corriander.

NOTES : Formatted for MC by: L. Fulton

Contributor: Michael Kinneer

Shrimp Oriental Salad

Yield: 8 Servings

Ingredients

1 cn (3-oz) chinese noodles
3 tb butter melted
2 ts worcestershire sauce (up to)
3 heads bibb lettuce
1 cn (8-oz) water chestnuts drained and sliced
1 bunch green onions white parts only chopped
4 ribs celery thinly sliced
1 pk (6-oz) frozen small precooked shrimp, thawed

DRESSING

2/3 c olive oil
1/3 c red wine vinegar
2 ts sugar
1 clove garlic crushed
1 ts dry mustard
1 ts salt
1/2 ts freshly ground pepper
1 tb lemon juice (up to)

4 mint leaves

Instructions

Toss noodles in butter and Worcestershire sauce on a cookie sheet or large baking pan. Bake at 250o for 30 minutes, stirring frequently. Cool. Wash and tear lettuce. Place in a large salad bowl. Add water chestnuts, onions, celery and shrimp. Just before serving, toss with Chinese noodles and dressing. For dressing, mix together all ingredients. Yield: 8 servings.

CAROLE MEYER (MRS. CHARLES, III)

From , by the Little Rock (AR) Junior League.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Shrimp Oriental

Yield: 4 Servings

Ingredients

1 c chicken broth
1 tb cornstarch
1/4 c soy sauce
2 tb peanut oil
1 clove garlic minced
1 ts gingerroot grated
1 c cauliflower thinly sliced
2 md carrots thinly sliced
2 c cabbage shredded
6 oz frozen pea pods
1 c mushrooms sliced
1 c fresh bean sprouts
1 tb peanut oil
1 tb sesame oil
1 lb jumbo shrimp cut in two

Instructions

Blend broth into cornstarch stir in soy sauce and set aside.

Add the 2 Tbsp. of peanut oil to wok and preheat over high heat. Stir-fry garlic and gingerroot in oil for 30 seconds. Add cauliflower and carrots stir-fry 3 minutes. Add cabbage, pea pods, mushrooms, and bean sprouts stir-fry 2 minutes only. Remove vegetables to bowl. Add the 1 Tbsp. peanut oil and sesame oil to wok and heat. Add shrimp stir-fry 7 8 minutes or until shrimp are done. Remove shrimp.

Stir broth mixture and add to wok. Cook and stir until thickened and bubbly. Stir in shrimp and vegetables cover and cook 1 minute only.

Possum Kingdom Lake Cookbook

MC Formatted using MC Buster 2.0d & SNT on 4/10/98

Shrimp Seviche Cocktail

Yield: 1

Ingredients

SEVICHE-

1 lb shrimp shelled, deveined
1 and cut into small
1 bite sized pieces
1 tablespoon freshly toasted and ground black peppercorns
1/2 tb freshly toasted and ground coriander seeds

1 c freshly squeezed lemon juice
1/2 c freshly squeezed lime juice
1/2 c freshly squeezed orange juice
1/4 c extra virgin olive oil
2 bay leaves broken
1 salt and pepper to taste

Instructions

Place all of the ingredients in a nonreactive bowl or dish. Refrigerate at least 4 hours. Drain off the liquids and discard them. Serve the shrimp in chilled martini glasses.

Note: Garnishes could include minced red onions, fresh herbs, diced raw tomato or a fresh raw fruit like mandarin oranges.

S: 46 servings

Converted by MCBuster.

NOTES : Other shellfish can be substituted as well as some fish.

Recipe by: CHEF DU JOUR SHOW #DJ9361

Converted by MMBuster v2.0l.

Shrimp With Chinese Pea PodsWeber

Yield: 8 Servings

Ingredients

2 tb cornstarch
1 ts sugar
1/2 ts salt
1 c chicken broth (canned)
1 tb soy sauce
3 tb salad oil
2 lb medium shrimp cooked, peeled and drained
1 8-oz can water chestnuts drained and thinly s
2 7-oz packages frozen Chinese pea pods OR 2 1/2 c.
3/4 c celery sliced diagonally 1/
1/2 c green onions sliced diagonally 1"
6 c hot cooked rice

Instructions

Combine cornstarch, sugar and salt mix. Stir in bouillon and soy sauce mix until smooth and reserve. Heat oil in wok brush on sides of pan.

Add shrimp and cook, stirring constantly until hot. Pull shrimp up on sides of wok where heat is lower. Add vegs. to oil, a few at a time.

Cook, stirring constantly until vegs. are thoroughly heated and tender, yet crisp. Mix shrimp with vegs. cook and stir until hot. Stir cornstarch-bouillon mixture into wok cook, stirring constantly until sauce thickens. Serve at once with hot rice. Yield: 8 servings. If four servings are desired, cut recipe in half.

Description: "shrimp stir-fry"

Source: "Barbecuing the Weber Covered Way"

Copyright: "published by R. Arthur Barrett"

Per serving: 413 Calories (kcal) 8g Total Fat (17 calories from fat) 29g Protein 54g Carbohydrate 173mg Cholesterol 545mg Sodium Food Exchanges: 3 Grain(Starch) 3 1/2 Lean Meat 1 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 26438 0 0 0 902623 4374 0 0 0

Shrimp With Thai Dipping Sauce

Yield: 8 Servings

Ingredients

2/3 c rice wine vinegar
2 tb honey
1/2 c tightly packed fresh mint leaves, chopped
2 ts nuoc mam or nam pla
2 ts low-sodium soy sauce
1/3 c low-fat milk
1 ts dried crushed red pepper
6 lg garlic cloves, chopped
1/2 ts imitation cocount extract
3 tb minced lemongrassor-
1 1/2 ts minced lime zest
2 lb uncooked medium to large shrimp, peeled, deveined

Instructions

Combine first ten ingredients in large bowl. (Can be prepared up to one day ahead. Cover and refrigerate.) Bring pot of water to boil. Add shrimp and cook two minutes until opaque. Drain. Refresh under cold water and drain. Add shrimp to sauce mixture and let stand 45 minutes. Chill in refrigerator one hour. (Can be prepared up to four hours ahead. Cover.) Transfer shrimp to platter. Pour sauce into decorative bowl place sauce in center of platter and serve.

130 calories per serving, 2 g fat, 231 mg sodium, 140 mg cholesterol.

From Bon Appetit's Light & Easy Mar '93.

Shrimp With Thai Lemongrass Marinade

Yield: 4

Ingredients

3 garlic cloves thinly sliced
3 thai chiles thinly sliced
2 stalks fresh lemongrass bottom third only, thinly sliced
1 shallot thinly sliced
1 tb chopped fresh ginger
1/2 c asian fish sauce (see note)
3/4 c sugar
3/4 c fresh lime juice
3/4 c chopped cilantro
2 ts ground coriander
1/2 ts freshly ground pepper
1 1/2 lb large shrimp shelled and deveined

Instructions

1. In a food processor, combine the garlic, chiles, lemongrass, shallot and ginger and process to a paste. Scrape the paste into a bowl and stir in the fish sauce, sugar, lime juice, cilantro, coriander and pepper.
2. Light a grill. Coat the shrimp with 2/3 cup of the marinade and let sit for 15 minutes. Thread the shrimp onto skewers and cook over a hot fire for about 2 minutes per side, using the remaining marinade for basting.

Steven Raichlen

NOTES: Fish sauce, which is made from pickled anchovies, is available at Asian markets and specialty shops. In a pinch, you could substitute soy sauce.

Posted to FOODWINE Digest TX Mar 99

Per serving: 348 Calories (kcal) 3g Total Fat (8 calories from fat) 35g Protein 45g Carbohydrate 259mg Cholesterol 256mg Sodium Food Exchanges: 0 Grain(Starch) 5

Lean Meat 1/2 Vegetable 1/2 Fruit 0 Fat 2 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Simmered Oxtail, Inner Mongolian Style

Yield: 1 Servings

Ingredients

1 lb oxtail
4 tb vegetable oil
2 cloves star anise
1/2 ts scallions shredded
1/2 ts fresh ginger shredded
1/2 ts garlic sliced
1 ts sweet soybean paste
4 ts soy sauce
1/2 ts sugar
6 c beef stock
1/4 ts sesame oil
1/4 ts msg

Instructions

1. Wash the oxtail and cut crosswise through the joints of bone. Boil in water to cover until tender. Remove and drain.
2. Heat the oil in wok to very hot, or until the surface ripples. Add the star anise and fry until fragrant. Discard the star anise and add the scallions, ginger, and garlic. Stir-fry until fragrant, and stir in the sweet soy bean paste. Add the soy sauce, sugar, stock and bring to a boil. Simmer over low heat until the stock thickens. Add the MSG and sprinkle with the sesame oil. Remove and serve.

busted by sooz

Posted to recipelu-digest Volume 01 Number 228 by James and Susan Kirkland on Nov 08, 1997

Simple Chinese Cabbage Chicken Soup

Yield: 4 Servings

Ingredients

6 c chicken stock
2 c chinese cabbage, sliced
1 ds soy sauce
2 green onions, sliced
4 tb coriander

Instructions

Bring the chicken stock to a boil. Add the cabbage and cook 30 seconds. Season with soy sauce. Garnish with green onions and coriander.

Source: San Francisco Chronicle

Simple Thai Appetizer

Yield: 12 Servings

Ingredients

12 md shrimp (about 10-12 to the pound)
12 wonton skins
4 tb nam prik kiga (see recipe)
4 tb chopped onion
4 tb diced tomato (discard the skin and seed pulp)

Instructions

Date: Sun, 19 May 1996 14:39:180700

From: "Colonel I. F. K. Philpott"

Remove the heads, legs and shells, including the tails, from the shrimp, and devein them. Thread them lengthwise onto thin skewers (to straighten them out). Combine the nam prik, onion and tomato. Lay a wonton skin on your work surface. Place half a tablespoon of the mix on the skin, add a shrimp, a second half tablespoon of mix, and wrap in the skin, pinching it closed. Repeat for the other shrimp.

The uncooked shrimp rolls are now delivered to the table with a small pot, such as a fondue pot, of cooking oil, and the diners dip shrimp into the oil and deep fry them to their tastes before eating (a small charcoal burner and a small wok is used in Thailand).

CHILE-HEADS DIGEST V2 #324

From the Chile-Heads recipe list.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Singha Naked Shrimp Salad Thai Style

Yield: 2 Servings

Ingredients

5 lg shrimp
1 tb fish sauce
1 tb lime juice
1 tb sliced onion
1 tb shredded carrots
1 tb chinese parsley or cilantro
1 tb fresh mint leaves
1/4 ts diced lemon grass
1/4 ts minced garlic
1 ds sugar
1 ds chili pepper
1 fresh lettuce
1 fresh tomatoes
1 fresh cucumber slices

Instructions

Grill or boil shrimp until just cooked and then slice them in half. Set aside.

Make dressing by combining lime juice, fish sauce, lemon grass, garlic sugar, and chili pepper. Add shrimp, Chinese parsley, shredded carrot, mint leaves, cucumber and tomato to dressing and combine. Serve on a bed of fresh lettuce.

*Omit or substitute low-sodium soy sauce.

Busted by KitPATH for Mc-Recipe 1998-Feb-15 mc-PER SERVING: 61CAL, 2g fat (30 cff).

Recipe by: 1998 (c) Singha Thai Cuisine, Honolulu, Hawaii

Posted to MC-Recipe Digest by KitPATh on Feb 16, 1998

Slimmed Down Oriental Stir Fry

Yield: 1

Ingredients

1 c fat-free chicken broth
1 tb cornstarch
1/4 c light soy sauce
1 ts crushed red pepper
1 butter flavored cooking spray
2 tb sesame seeds
1 pk frozen broccoli florets thawed (10-ounce)
1/2 c carrots thinly sliced
1 onion sliced
1 ts minced garlic (1 to 2)
1 tb cooking oil
1 lb pork tenderloin (or other boneless pork), sliced into bite-size strips
1 sm can sliced water chestnuts drained

Instructions

Combine first four ingredients for stir fry sauce. Stir well and set aside.

Spray a non-stick skillet or wok with butter-flavored cooking spray and saute 2 tablespoons of sesame seeds until lightly browned. Remove from pan for later use.

Respray pan and add 10 ounce package of broccoli, 1/2 cup thinly sliced carrots, 1 sliced onion and 1 to 2 teaspoons minced garlic. Stir fry the vegetables until fork tender, about 3 minutes. (To keep vegetables moist, add chicken broth or use additional cooking spray as needed.) Remove vegetables from the pan.

Note: Always remove pan from stovetop before spraying cooking spray. The spray is flammable if sprayed into a direct heat source.)

Respray pan, adding 1 tablespoon cooking oil to the hot pan. Add 1 pound sliced pork strips. Stir fry for 2 to 3 minutes or until there's no trace of pink color. Remove pork from the pan. Add prepared sauce and heat until thick and bubbly. Return the vegetables and meat to the pan. Add 1 small can water chestnut slices and sesame seeds. Continue to heat and stir. Serve piping hot over rice.

Converted by MCBuster.

Per serving: 930 Calories (kcal) 38g Total Fat (36 calories from fat) 115g Protein 34g Carbohydrate 295mg Cholesterol 3176mg Sodium Food Exchanges: 1 Grain(Starch) 15 1/2 Lean Meat 4 Vegetable 0 Fruit 4 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Smoked Oriental Garlic-Chicken Soup

Yield: 1 Servings

Ingredients

2 whole chickens, stuffed with garlic, smoked
3 qt smoked chicken carcass stock
12 shiitake mushrooms sliced
4 dried tomatoes
1/3 c home-dried garlic slices
1/3 c home-dried vidalia onion slices
1 chipotle pepper
1/2 c oyster sauce

1/3 c worcestershire sauce
1/3 c nuoc mam
2 tb fresh ground black pepper

Instructions

Stuff chicken cavities with minced garlic and smoke, using preferred wood, until done. Remove skin from chickens. Pull meat from carcass and reserve, discarding any fat. Take carcass, garlic from the chicken cavities, cover with water, and boil, using any other ingredients you wish, until you have three quarts of stock. Strain and refrigerate overnight. Spoon off any fat that may have risen to the top of the stock.

Soak shiitake mushrooms in warm tap water for 30 minutes. Remove from water and slice. Heat stock, chop chicken, and add all ingredients to the stock when stock is warm. Bring to a boil, reduce heat, and simmer for 45 minutes to 1 hour, stirring occasionally.

Serve plain, or over rice. Garnish with fresh chives, crispy-fried garlic, or parsley if desired.

Recipe By : Tom Solomon

From: Tom Solomon Date: 04 May 97 Bbq Mailing List Ž

Smoking Salmon And Trout Part Ix Indian Or Hard Smoked

Yield: 1 Text File

Ingredients

1 info

Instructions

Low-fat fish make the longest keeping hard smoked fish as it is the fat that causes rancidity. Very fat hard smoked fish should be frozen or salted until just before eating. Medium fat fish will last a week unrefrigerated before starting to go slightly rancid. And lean fish will keep indefinitely unrefrigerated. Hard smoked fish can be made from fresh, frozen or hard salted fish [instructions for hard salting follow in a later chapter].

Hard salted fish should be freshened before smoking. Depending on the hardness of the salting, your taste and the thickness of the pieces to be smoked this may take 24 to 48 hours with water changes every 3 to 6 hours. There should be no salty taste left as the drying will concentrate any saltiness remaining. Other products retain 50 to 75 of their original moisture but hard smoked fish only 6

Fresh fish and thawed frozen fish should be very lightly brined if at all. Brining draws out moisture and cuts drying time but salt also speeds fat rancidity in the finished product. Make a 90 deg sal brine and soak pieces no more than:

BRINING TIMES : Thickness Time

: 1/4" 2 min

: 1/2" 4 min

: 3/4" 7 min

: 1" 10 min

: 1 1/2" 15 min

: 2" 20 min

Smoking directions: Smoke for only a portion of the total drying period according to taste. Dry at 85 deg F for 30 hrs with a forced draft smoker and up to 3 weeks with a natural draft depending on the weather or until the fish is completely dry and hard.

Extracted from: Smoking Salmon & Trout by Jack Whelan. Published by: Airie Publishing, Deep Bay, B.C. ISBN: 0-919807-00-3 Posted by: Jim Weller

Snow Pea, Thai Basil And Chicken Stir-Fry

Yield: 1

Ingredients

600 g chicken fillets trimmed & thinly sliced
1/4 c peanut oil
2 sm red chillies roughly chopped
2 garlic cloves crushed
6 green onions thinly sliced
250 g snow peas trimmed
1/3 c chicken stock
1 1/2 c thai basil leaves
1 steamed rice to serve

Instructions

Combine chicken, 2 tbs oil, chillies and garlic in a medium bowl. Cover and refrigerate for 10 minutes.

Heat a wok over high heat. Add 1 tsp oil and heat until hot. Add half the chicken and stir-fry for 2-3 minutes or until chicken is cooked. Remove and repeat using 1 tsp oil and remaining chicken. Set chicken aside.

Add remaining 2 tsp oil, green onions and snow peas to wok and stir-fry for 1 minute.

Stir in stock, cover and cook for 1 minute or until snow peas are bright green.

Add chicken and Thai basil leaves and stir-fry for 1 minute. Serve immediately with steamed rice.

Recipe courtesy Sue Dodd, Sydney Markets

Converted by MCBuster.

Per serving: 627 Calories (kcal) 55g Total Fat (76 calories from fat) 9g Protein 28g

Carbohydrate 0mg Cholesterol 741mg Sodium Food Exchanges: 0 Grain(Starch) 0

Lean Meat 5 Vegetable 0 Fruit 11 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Snow Peas Oriental

Yield: 4 Servings

Ingredients

1 chicken bouillon cube
1/4 c boiling water
1 ts cornstarch
1 ts cold water
1 tb salad oil
1 ts soy sauce
1 clove garlic minced
1 pk (6-oz) frozen snow peas thawed or 1 c fresh snowpeas
1 cn (8.5-oz) bamboo shoots drained
1 cn (8.5-oz) water chestnuts drained and sliced
1 cn (4-oz) sliced mushrooms drained (optional)

Instructions

Dissolve bouillon cube in boiling water, then set aside. Combine cornstarch in cold water and set aside. Heat oil and soy sauce over low heat in a large skillet or wok and add garlic. Saut, until brown. Add snow peas, bamboo shoots, water chestnuts and mushrooms and stir-fry for 1 minute over high heat. Add chicken bouillon and cornstarch mixtures and stir until thickened, about 1 minute. Yield: 4 servings.

From , by the Little Rock (AR) Junior League.
Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Soonday (Korean Stuffed Sausage)

Yield: 6 Servings

Ingredients

1 yard small beef intestine
2 c rice, cooked but still firm
2 garlic cloves crushed
1 sl fresh ginger, 1, crushed
1 ts salt
1/2 ts pepper black or white
1 tb korean sesame oil
1 ts sesame seeds crushed
5 scallions chopped
2 c beef or pork blood

Instructions

"In a number of cultures cooks stuff the small intestine of the cow, sheep or pig and boil, bake or roast it. In Tunisia, this is known as "merguez", in Eastern Europe as "kishke", in Indonesia, it is the spectacular "usus" in coconut milk. The "soonday" of Korea is entirely different.

It originated in the cold climate of mountainous North Korea where the intestines of the wild mountain pigs were used. Now it's prepared all over the country and brought in large buckets to the public markets of Pusan, Kyongu, Seoul, Taegu and elsewhere. This sausage stuffing is made of rice, seasonings and beef or pork blood (or substitute 8 ounces canned tomato puree).

1. Clean the intestine as received from your butcher once again. Rinse well in cold water, then soak in lightly salted water for 1 hour this makes the intestine firm and easier to handle. Tie up one end firmly with cotton string.
2. Prepare the stuffing. Mix the cooked rice, garlic, ginger, salt, pepper, sesame oil, sesame seeds, scallions and either blook or tomato puree. Loosely stuff the intestine either by machine or by a funnel ~forcing the stuffing along the entire length. Do not fill too tightly since the intestine may split in cooking when the rice expands. Tie the open end firmly. The intestine may also be stuffed as individual sausages in which case it is cut into the desired lengths, tied, filled and tied again.
3. Place the soonday in a large pan, curling it around like a snail. Cover it with lightly salted water and bring to a boil. Then turn to low and cook uncovered for 3/4 hour. At the end of this time, insert a skewer in the soonday to test for doneness. As when testing a cake, if the skewer is dry and the soonday is firm to pressure, it is done.

Cut diagonally into 1/4-inch thick slices and serve warm or at room temperature (warm is better). Serve on festive occasions especially after the harvest of rice, cabbage (or whatever is being grown) with your favorite Korean dip.

Serves 6 to 8.

Source: "The Korean Kitchen" by Copeland Marks

Sothi (South Indian)

Yield: 4 Servings

Ingredients

1 c thick coconut milk
2 1/2 c thin coconut milk
1 onion, ground
3 cloves garlic, ground
2 1/2 cm ginger, ground
1 onion, cut into wedges
2 sprigs curry leaves
1 ts turmeric powder
1/4 ts fenugreek
2 ts salt
2 potatoes, cut into wedges
150 g okra, kept whole
150 g french beans, cut into two
4 cabbage leaves, cut into squares
3 red chillies, coarsely sliced
3 green chillies, coarsely sliced
2 tomatoes, quartered
1 tb lime juice

Instructions

Put thin coconut milk in a cooking pot. Add "A" and bring to a slow boil.

When vegetables are half-cooked, add tomatoes. Simmer till vegetables are soft, stirring occasionally. Add thick coconut milk, gently stirring to prevent curdling.

When curry boils again, add lime juice and remove from heat. Serve with rice.

Compiled by Imran C.

Posted to EAT-L Digest 17 November 96

Date: Mon, 18 Nov 1996 20:58:36 +1000

From: "I. Chaudhary"

South Indian Coconut Rice

Yield: 1 Servings

Ingredients

13 red chillies
1 ts thania (celantro) seeds
1 oil
1 asfotedia
2 tb channa dal
2 c coconut freshly broken and g
800 g white rice
30 ml vegetable oil
1 mustard seeds
1 turmeric powder
1 ts channa dal
1 ts urad dal
1 red chillies
1 green chillies
1 salt to taste
1 ts coconut oil optional
1 celantro leaves freshly cut
1 bay leaves

Instructions

1. First make the seasoning powder (see notes): First take the 10-15 red chillies, thania seeds, (I am sorry that all names are Indian, you can probably get these in any Indian grocery store) and fry them in a pan with very little oil. Add some Asfotedia
2. Put into a blender and add the channa dal. Grind them coarsely, remember the channa dal should not be in whole pieces). Keep this aside for garnishing.
3. Cook white rice in a cooker, add less water than actually written in the instructions (about 1 1/3 l. I prefer Adolphus brand Long Grain white rice.
4. In a frying pan put about 30 ml of vegetable oil and heat it. Add some mustard seeds and let them burst, then add a little turmeric powder. To this add 1 tsp of channa dal andurad dal and fry till golden yellow. Add some finely split red chillies and

Author's Notes: Add 1 tsp of chilli powder when frying the items if you could not make the seasoning powder. Reduce the number of chillies used if you want it to be less hot. Reduce the amount of oil initially while frying if you want it less fattening.

Difficulty : moderate.

Precision : measure ingredients.

Recipe By : P.S.Sriram srips@emx.utexas.edu

South Indian Dosas

Yield: 8 Pancakes

Ingredients

1/2 c urad dal

1 c long-grain rice

3/4 ts salt

3/4 ts ground cumin seeds

1/2 c vegetable oil (about)

Instructions

Pick over and wash urad dal. Soak in 2 cups water for 8 hours.

Wash rice and soak in 3 cups water for 8 hours.

Drain dal blend in food processor or blender for 2 minutes, scraping down sides occasionally. Add 2 tablespoons water and process another minute. Add another 2 tablespoons water and process again for one minute. Continue adding water until you've reached 3/4 cup total, and mixture is light and fluffy. Place in a bowl and set aside.

Drain rice blend in food processor or blender, adding 3/4 of water 2 tablespoons at a time, until mixture resembles fine grains of semolina. Combine rice mixture with dal mixture. Cover and leave in a warm place to ferment, 16-20 hours.

The fermented batter should be frothy. Add the salt and cumin and stir to combine.

Have all cooking paraphernalia ready and at hand. You will need to have near your skillet: 1/4 to 1/2 cup of vegetable oil in a cup or bowl with a small spoon, a larger spoon to spread the batter, the bowl of batter with a 1/2-cup measuring scoop/cup, a metal spatula for turning the pancakes, and a plate on which to place the finished dosas after they are cooked.

Pour 1 teaspoon of oil into the skillet and tilt to distribute evenly. Heat the skillet over medium-low until oil is hot. Pour 1/2 cup of the mixture onto the center of the hot skillet. Use the large spoon to spread the batter in a spiral motion, until the pancake is about 6-7 inches in diameter. Turn pancake after 2 minutes and cook another 2 minutes on the other side, until lightly browned. Remove pancake to plate and repeat with remaining batter, adding only enough additional oil to the skillet as

needed to keep surface evenly greased. I found that about 1/2 to 3/4 teaspoon for each pancake was plenty, but your mileage may vary.

Serve with relishes, pickles, chutney, or cooked vegetables.

Adapted by Karen Mintzias from Madhur Jaffrey's "World-of-the-East Vegetarian Cooking"

South Indian Fish Curry

Yield: 0 Servings

Ingredients

2 lbs pomfret (I've done it with pomfret.

2 cn coconut milk

pn of turmeric

1/2 ts cumin seeds

3 medium onions

5 cm piece of ginger

6 green chillies

4 large tomatoes

1 ts vinegar

3 Tbls butter (ghee is better, ghee cla

salt to taste

coriander (cilantro) leaves (option

Instructions

1. Chop onions and tomatoes.
2. Make a paste of the turmeric, cumin, ginger and chillies.
3. Clean and cut the fish into sensible pieces.
 1. Heat the butter/ghee. Put in the onions, tomatoes and the spice-paste. Fry for 15 minutes.
 2. Add the salt and one can of coconut milk. Cook for five minutes.
 3. Put in the fish. Mix well and then put the vinegar and the last can of coconut milk.
 4. Bring to boil and remove from heat. Serve with rice. The garnishing is strictly optional and to taste. Garnish with coriander leaves, onion and tomato slices and lemon wedges.

Author's Notes: This is from the Taj at Madras and if you like fish and coconut, absolutely delicious.

The same recipe can be done with chicken and lamb as well. The original recipe called for one fresh grated coconut or 2 \)12 cups of desiccated coconut. The milk of the coconut is extracted in two stages and are added in place of the cans of milk in the recipe above. The coconut is added in the ghee with the onions and the spice paste in the initial frying stage to make a richer gravy.

Difficulty : rather high.

Precision : measure ingredients.

Contributor: Ajay Shah (213)734-3930

South Indian Garam Masala

Yield: 1 1/2 Cups

Ingredients

3 cinnamon broken into pieces

1/2 c green cardamon pods, husked

2 tb black cardamon pods, husked

1/4 c cloves
1/4 c black peppercorns
3 dried red chilies
1/4 nutmeg, grated
1/4 c cumin seeds
1/2 c coriander seeds

Instructions

Roast spices in small, heavy saucepan over medium heat for 4-5 minutes, stirring constantly until they become a shade darker than their original color. Remove spices from pan and grind to a fine powder in a spice or coffee grinder. Store in an airtight container for up to 6 months.

The Classic 1000 Indian Recipes edited by Wendy Hobson ISBN 0-572-01863-0 pg 13
From: Ian Hoare Date: 16 Dec 96 National Cooking Echo Ž

South Indian Potato Curry

Yield: 4 Servings

Ingredients

CURRY POWDER

1 ts fenugreek
1 ts cumin seeds
1 ts coriander seeds
1 ts black peppercorns
1 ts mustard seeds
1 ts hot chili powder
3 ts turmeric

OTHER INGREDIENTS-

3 lg russet potatoes (up to)
4 ts vegetable oil
1 pn salt (to taste) (up to)
3 peppers (optional)

Instructions

Here is another recipe from my curry archives. It is a South Indian-style potato curry, adapted from Julie Sahni's "Classic Indian Vegetarian and Grain Cooking".

To make curry powder (enough for 2-3 curries) grind the first 5 ingredients in the curry powder list in a food grinder or mortar, then add the chili powder and turmeric and mix well. I keep a spare coffee grinder which is used only for spices I don't suggest using your regular coffee grinder unless you like "curry coffee".

Wash the potatoes and scrub a little to remove dirt. Place in just enough water to cover them and boil for 30 minutes. Remove the potatoes and peel off the skins (carefully, they will be hot!). Cut the potatoes into slices, sprinkle liberally with the curry powder. Add salt if desired. Chop up the peppers and add them to the mix. Fry the potatoes in hot oil for around 5 more minutes.

Jon Dart

CHILE-HEADS ARCHIVES

From the Chile-Heads recipe list.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

South Indian Pullao (Rice)

Yield: 1 Recipe

Ingredients

1 c rice (preferably basmati rice)
1/3 c tomato puree
1 lg onion
1 c vegetables (preferably peas and carrots)
1/4 ts coriander powder (to 1/2) (dhania powder)
1/8 ts garlic powder (to 1/4) or 1 1/2 cloves garlic
1/8 ts ginger powder (to 1/4) or 1 piece ginger (1/4 inch)
1/8 ts chili powder (to 1/4) or 1 green chili cut in small pieces
1 green cardamoms (to 2)
1 clove
1 stick cinnamon (1/4 inch) or 1/8 ts cinnamon powder
1 bay leaf
1 ts salt
1 ts coriander leaves if needed

Instructions

Clean the rice with water and set aside. Cut the onions length wise.

Fry the onions and cardamom in butter for about 4 minutes. If you are using green chili, then add the chili. Add bay leaf, cloves, cinnamon and fry until the onions turn golden brown (this will probably take another 4-5 minutes). Add the garlic and ginger paste (preferably prepared from fresh ginger and garlic). Add dhania powder and chili powder (if green chili was not added before). Add the tomato paste and one cup of water (you have to experiment with the quantity of water needed. I found 1 1/2 cups to be optimal) and bring the mixture to boil. Add the vegetables, rice and salt. if you like coconut, add 1/4 cup of coconut flakes.

reduce the flame and cover the vessel. After about 4 minutes, stir the mixture. Cover the lid again and wait until cooked (might take about 10-15 minutes). Sprinkle on the coriander leaves in the end.

recipe by: ya gotta have it recipes [indiancooking] digest no. 95 January 23rd, 1999

South Indian Vegetable Curry

Yield: 4 Servings

Ingredients

1/4 c oil
1 pn mustard seeds
1 1/2 ts ginger, grated
1 lg yellow onion, thinly sliced
2 ea green chiles, seeded
2 1/2 ts coriander, ground
2 1/2 ts cumin, ground
1/4 ts turmeric
1 sm potato, cubed
2 ea carrots, cubed
1 ea eggplant, cubed
1/4 lb green beans, chopped
2 ea green bell peppers, chopped
2 ts salt
1 pn sugar
1 1/2 c coconut milk
4 tb cilantro, chopped
1/4 ts paprika

Instructions

Heat oil in a large skillet over medium heat. Fry mustard seeds until they pop. Add ginger, onion & chiles & fry for 2 minutes.

Stirring constantly, add coriander, cumin & turmeric & cook gently for a few seconds longer. Add the vegetables & cook, stirring constantly, for 5 minutes. Add salt, sugar & coconut milk. Cover & cook gently for about 10 minutes, or until the vegetables are tender.

Mix in the cilantro & sprinkle with the paprika before serving.

Garnish with toasted coconut.

Pranati Sen Gupta, "The Art of Indian Cuisine"

Soy Sesame Chicken With Oriental Vegetables

Yield: 6 Servings

Ingredients

1/3 c low-sodium soy sauce

1/4 c chopped fresh cilantro

1/4 c chopped green onion

1/4 c canned unsalted chicken broth

2 tb chopped fresh ginger

2 tb rice wine vinegar

4 garlic cloves, chopped

2 ts hot chili paste with garlic

1 ts oriental sesame oil

6 boneless skinless chicken breasts

1 vegetables

12 oz small carrots, thinly sliced diagonally

12 oz jicama, peeled, cut into thin match stick size slice

8 oz snow peas

1 tb oriental sesame oil

1 tb sesame seeds

2 tb canned unsalted chicken broth

Instructions

Chicken Combine first 9 ingredients in medium bowl. Pour 1/2 c marinade into shallow dish. Reserve remaining marinade for vegetables. Add chicken to marinade in dish and turn to coat. Cover and refrigerate at least 2 and up to 4 hours.

Vegetables Bring medium pot of salted water to boil. Add carrots and simmer 3 minutes. Add jicama and peas and cook until just tender, about 2 minutes. Drain.

Refresh with cold water and drain. (Can be prepared 4 hours ahead. Cover vegetables and chill.)

Drain chicken. Heat oil in heavy large skillet over medium-high heat. Add chicken smooth side down cook 3 minutes. Turn chicken and sprinkle with sesame seeds. Cook until chicken is cooked through, about 3 minutes. Transfer to plates and keep warm.

Add broth and reserved marinade to skillet. Add carrots, jicama and snow peas and stir until heated through about 3 minutes. Remove vegetables from heat. Top chicken with vegetables and drizzle juices over.

240 calories per serving, 6 g fat, 518 mg sodium, 66 mg cholesterol.

From Bon Appetit's Light & Easy Mar '93.

Soybean Sprout Pancakes : Kong Namui Buchimi (Korean)

Yield: 4 Servings

Ingredients

SPICY DIPPING SAUCE-

1/2 c soy sauce
1 tb gochujang
or red pepper paste
1 clove garlic crushed

SIMPLE SOY SAUCE DIP-

1/2 c soy sauce
1/2 ts sesame oil
1/2 ts toasted sesame seeds
1/2 ts vinegar
1 1/4 c water
1/2 ts salt
1 c fresh soybean sprouts

BATTER-

1 c all-purpose flour
1 egg
1/2 ts salt
2 c water

ADDITIONS-

4 green onions minced
green and white parts
vegetable oil for frying

Instructions

1. To make sauces: Mix ingredients for each sauce in separate small bowls set aside.
2. In a large pan, bring the water and salt to a rapid boil. Add the bean sprouts and parboil for 2 minutes. They should be pliable but not mushy. Rinse in cold water and drain.
3. In a large bowl, mix together the batter ingredients. The batter should be like pancake batter. Thin with water, if necessary.
4. Add the sprouts and onions. Gently mix until all the ingredients are blended.
5. In a medium skillet, heat 1 teaspoon of the oil over medium-high heat. Ladle about 1/4 cup of the bean sprout batter into the skillet. With the back of a spoon or a spatula, spread the batter into a 3-inch circle. cook until the pancake edges start to brown, about 2 to 3 minutes. Flip the pancake over and cook the other side until the bottom is golden brown, about 2 minutes.
6. Repeat until you've used all of the pancake batter. Add more oil to the skillet as needed for frying.
7. Place the bowls of dipping sauces and the pancakes on a large platter and serve, family style.

Each serving (one-fourth the recipe) 38 cal, 2g protein, 6g carb, 0g fat. Est. by publisher: they do not estimate the cal from oil for frying.

kitpath@earthlink.net 3/99

NOTES : Yield 12 to 18 pancakes. These can be served as snacks or entrees. Cut into bite-size pieces and serve with dipping sauces. GOCHUJANG is a fermented hot pepper paste made from sweet rice, hot red pepper, soybeans and salt. It provides the traditional sizzle and red color in Korean cooking.

Contributor: Flavors of Korea: Vegetarian Cuisine 1998

Special Recipe For Tofu In Chinese Way

Yield: 4 Servings

Ingredients

1 box tofu (regular or firm)
4 sl ginger diced
1 green onion diced
2 pieces garlic diced
1/2 carrot diced
1 ts corn starch
1/4 c soy sauce
1 ts sugar (up to)
6 candy (sugar)
1 c water

Instructions

From: TERESA LIANG

Date: Wed, 14 Aug 1996 20:27:540700

1. Heat a pan with 2 tsp of oil on medium high.
2. Slice Tofu into 2"-3" pieces. Place Tofu into the pan and fry it about 5 minutes on each side or until golden in color. When done, put on a china plate.
3. Dice green onion, ginger, garlic, and carrots. Put into a heated pan with 2 tsp of oil, and fry. Add 2 tsp of soy sauce, 1/4 water, and 1 tsp of sugar. Add more or less of the soy sauce, and sugar depending on how salty you want it. Let boil! Meanwhile, in a small bowl add 1 tsp of corn starch, and 1/4 cup of cold water and stir. Once the soy sauce is boiling, pour 2 tsp of the corn starch mix in the pan. Add more or less depending on how thick you want it. Cook to desired thickness. Remember, the sauce is the main part of this dish, thus don't make it too thick!
4. To serve, pour thickened sauce over Tofu and enjoy!

EAT-L Digest 14 August 96

From the EAT-L recipe list.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Special Thai Chicken With Chilies (Mild)

Yield: 1

Ingredients

2 tb oil
4 fresh red chilies seeded and sliced
3 garlic cloves sliced
1 1/4 lb chicken breast sliced
1 onion sliced
2 tb oyster sauce
1 tb fish sauce *
1 tb tamarind sauce
2 ts brown sugar
1/2 c straw mushrooms
1/2 c bamboo shoots (strips)
1/2 lime juiced
6 bn coriander (fresh)

Instructions

*NOTE: (Fish sauce is available from Asian food shops. Alternatively substitute twice this amount soy sauce.)

Instructions: heat oil in wok, add chilies and garlic and fry until crisp and golden.

Drain onto paper towels (but leave oil in the wok). Fry chicken and onion in oil until chicken is cooked. Add lime juice and vegetables. Fry for about 2 minutes. Add sauce.

Per serving: 1229 Calories (kcal) 70g Total Fat (51 calories from fat) 100g Protein 49g Carbohydrate 291mg Cholesterol 625mg Sodium Food Exchanges: 0 Grain(Starch) 13 1/2 Lean Meat 3 1/2 Vegetable 1/2 Fruit 5 1/2 Fat 1 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Spiced Prawn Cocktail

Yield: 1

Ingredients

4 tb mayonnaise

1 splash tabasco

1 splash worcestershire sauce

1 tb ketchup

1 ts dijon mustard

1 ts horseradish grated

1 finely chopped red pepper

2 spring onions finely chopped

1 lemon juice to taste

100 g prawns shelled

1 lettuce for garnish

1 another spring onion for garnish

Instructions

Combine the first 9 ingredients, check seasoning and stir in the prawns.

Shred the lettuce and spoon over prawns.

Dust with a tiny amount of cayenne pepper. Make spring onion into flower by cutting into bulb end and plunging into cold water.

Converted by MCBuster.

Per serving: 425 Calories (kcal) 47g Total Fat (92 calories from fat) 2g Protein 7g Carbohydrate 19mg Cholesterol 564mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 4 Fat 1/2 Other Carbohydrates

Posted to Digest bread-bakers.v097.n, converted by MMBuster v2.0n.

Spiced Salt (Chinese Spice)

Yield: 1 Servings

Ingredients

4 tb coarse salt

2 tb sichuan pepper

Instructions

This salt is served in small bowls and used as a dip for raw or deep-fried vegetables, roast meat and poultry.

Dry roast the salt and Sichuan pepper in a heavy frying pan over a medium heat until the Sichuan pepper darkens. Cool, then grind and store in an airtight container for up to 4 months.

Source: Jill Norman "The Complete Book of Spices" Viking Studio Books, 1991 ISBN 0-670-83437-8 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe By : Jill Norman * Web File 4/97

From: "Mary Spyridakis" Date: 01 Jun 97 Mastercook Recipes (Mailing List) Ž

Spicey Thai Vinaigrette

Yield: 1 Serving

Ingredients

1 Whole Garlic, Clove, Raw Finely chopped
1/4 Teaspoon Ginger, Fresh Slices Finely chopped
3 Tablespoons Vinegar, Rice
1 Teaspoon Brown Sugar
1 Teaspoon Soy Sauce
1/4 Cup Oil
1/2 Teaspoon Oil, Sesame
1/4 Teaspoon Pepper, Red, Crushed
Onions, Red (optional) Chopped
Orange, Mandarin (optional)
Jicama, Raw, Sliced (optional)

Instructions

Combine all ingredients and mix well. Pour over mixed lettuces, toss and serve.

Per serving (excluding unknown items): 496 Calories 55g Fat (97 calories from fat) 0g Protein 3g Carbohydrate 0mg Cholesterol 277mg Sodium

Spicy Chicken With Thai Basil

Yield: 1 Servings

Ingredients

8 oz chicken breast, thinly sliced
2 oz fresh thai basil leaves, chopped
3 oz fish sauce
3 oz white onions, sliced
3 oz red and green bell peppers, sliced
1 jalapeno pepper, seeded and minced
2 cloves garlic, minced
2 oz chili sauce
3 oz chicken stock
1 prepared white rice

Instructions

Heat and season your wok. Add the chicken first. Cook for 30 Seconds. Add the Vegetables along with the Thai Basil, cook for another 45 seconds.

Season with the Chili Sauce and Fish Sauce. De-glaze the wok with stock and serve. Serve with rice.

Recipe by: BangkokCuisine, Modified by Art Guyer Posted to Kitmailbox Digest by "BeachBum@usa.net" on Apr 24, 1997

Spicy Chinese Chicken In Orange Sauce

Yield: 1

Ingredients

RICE
1 c long-grain rice
2 c water

3/4 ts salt

SAUCE-

1 c fat-free low-sodium chicken broth

6 tb low-sodium soy sauce divided

3 tb white vinegar

1/2 tb sugar

1/4 ts white pepper

2 tb cornstarch

STIRFRY MIXTURE-

2 md carrots peeled and sliced

8 oz fresh green beans trimmed

1 tb peanut oil

1/2 ts crushed red pepper or to taste

3 cloves garlic crushed through a press

4 pieces orange rind (1-inch-long)

14 oz boneless skinless chicken thighs diced

1 c mushrooms sliced

Instructions

To make the rice: In a saucepan, bring 2 cups water to a boil. Add salt stir in rice. Cover tightly, reduce heat to low, and cook for 15 minutes. Turn off heat and leave covered for at least 5 minutes, or until ready to serve.

To make the sauce: In a measuring cup, combine the chicken broth, 4 tablespoons of the soy sauce, vinegar, sugar, and white pepper. In a separate dish, mix together the cornstarch and remaining 2 tablespoons soy sauce to make a thin paste. Set both sauce mixture and cornstarch mixture aside.

To make the stir-fry mixture: Bring a small amount of water to a boil and blanch the carrots and green beans for 5 minutes. Drain and rinse under cold running water. Drain again.

Heat the oil in a large wok over high heat until very hot. Add the crushed red pepper cook for 30 seconds, but don't allow to burn. Add the garlic, orange rind, and chicken, and cook for 5 to 7 minutes, stirring frequently, until chicken turns white. Add the mushrooms and stir-fry for 1 to 2 minutes. Add the carrots and green beans and stir-fry for 1 to 2 minutes. Stir the sauce and pour over the vegetable and chicken mixture.

Heat until sauce comes to a boil. Stir the cornstarch mixture and pour into the sauce cook, stirring, for 30 seconds or until the sauce thickens slightly. Remove from heat.

To serve, spoon about 1 cup of rice on individual plates and spoon the chicken and vegetables on top.

Servings: 4.

Per serving: 1061 Calories (kcal) 15g Total Fat (13 calories from fat) 23g Protein 208g Carbohydrate 0mg Cholesterol 5279mg Sodium Food Exchanges: 10 1/2 Grain(Starch) 0 Lean Meat 6 1/2 Vegetable 1/2 Fruit 2 1/2 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Spicy Chinese Chicken In Peanut Sauce

Yield: 4 Servings

Ingredients

1 1/2 lb boneless chicken fingers

2 tb oil

1 cn condensed cream of chicken soup

3 tb chunky peanut butter

2/3 c water
2 green onions, sliced
1 ts chili powder
1/8 ts red pepper flakes

Instructions

Preparation :

Brown and cook chicken in oil over medium heat for 10 minutes.

Drain. Remove meat. To skillet, add soup, peanut butter, water, green onions, chili powder, and red pepper. Over medium heat, cook until boiling. Reduce heat to low. Return chicken to skillet. Cover.

Simmer 5 minutes or until chicken is cooked thoroughly. Serve with rice and peapods.

Spicy Chinese Chicken

Yield: 4 Servings

Ingredients

2 c cooked shredded chicken
1 cucumber pared, seeded and sliced
1 scallion thinly sliced
1 ts ground ginger
1 lg garlic minced
1/3 c creamy peanut butter
3 tb water
2 tb soy sauce
1 1/2 tb red wine vinegar
1 tb peanut oil
1 ts sugar
1/2 ts hot pepper sauce
watercress
2 tb chopped salted peanuts

Instructions

In medium bowl, stir together chicken, cucumber, scallion, ginger and garlic mix well. In small bowl, stir together peanut butter, water, soy sauce, vinegar, oil, sugar and hot pepper sauce. Pour sauce over chicken toss gently. Serve on watercress garnish with chopped peanuts. Serve hot or cold.

MC formatted, using Buster, for your cooking pleasure 4/8/99.

Contributor: Virginia Diner www.vadiner.com/recipe.html

Spicy Chinese Peanut Butter Sauce

Yield: 6 Servings

Ingredients

1/4 c hot water
1/2 c smooth peanut butter
1/3 c soy sauce
1/4 c lemon juice
1 ts cayenne pepper
1 ds of tabasco sauce (optional)
1/4 c brown sugar or honey
1/4 c sherry

Instructions

Combine all ingredients. Serve over Chinese pork dumplings or pasta.

Spicy Chinese Potato Salad

Yield: 4 Servings

Ingredients

3 c cubed red potatoes skin intact
3/4 c minced red bell pepper
1/2 c minced celery
1/4 c finely chopped green onions
1/4 c rice wine vinegar
2 tb dark sesame oil
1 ts grated gingerroot
1 ts honey
1 tb lemon juice
1 tb hoisin sauce
1/4 ts cayenne pepper or more to taste

Instructions

1. In a large pot over medium-high heat, cook potatoes until tender (about 20 minutes). Drain and chill for 20 minutes.
2. In a salad bowl combine red bell pepper, celery, green onions, vinegar, oil, gingerroot, honey, lemon juice, hoisin sauce, and cayenne. Add chilled potatoes and toss well. Cover with plastic wrap and set aside to marinate at room temperature for 20 minutes more. Serve at room temperature.

Recipe By : the California Culinary Academy

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Spicy Chinese Sauce

Yield: 1

Ingredients

1 tb sichuan peppercorns crushed
1 tb minced fresh ginger
1 tb minced garlic
6 tb chinese black soy sauce
4 tb chekiang vinegar or white rice wine

Instructions

4 1/2 teaspoons Sugar
3 tablespoons Sesame oil
1 teaspoon Chili oil or cayenne pepper or Tabasco

Mix all. Process just to blend, pour into a bowl and let stand until the sugar is completely dissolved.

NOTE: The Chenkiang vinegar mentioned is somewhat similar to a thick malt type vinegar though it has more flavor. It has quite a unique and good taste. Any good Chinese market should have it.

Posted by Stephen Ceideburg

Posted to CHILE-HEADS DIGEST V3 #, converted by MMBuster v2.0l.

Spicy Glazed Oriental Wings

Yield: 1 Servings

Ingredients

1 lb chicken wings

2 tb oil
2 garlic cloves, chopped fine
2 tb brown sugar
1 1/2 ts dried mustard
1 red pepper flakes to taste
1/4 c beer
2 tb low salt soy sauce
1/2 ts sesame oil (opt)
1 sesame seeds (opt)

Instructions

Lay wings in a single layer and brush with oil and bake 1 hour in a preheated 375oF oven. In a lightly greased skillet, add garlic, brown sugar, red pepper flakes, dried mustard and soy sauce. Heat and add beer. Add baked wings and raise heat and simmer hard cook about 10 minutes until coated and well glazed. Sprinkle with sesame oil and seeds.

Source: "The Yankee Kitchen" 04-08-93 [#4] Marion

Spicy Grilled Shrimp With Thai Mango Chutney

Yield: 1 Servings

Ingredients

4 skewers soaked in water overnight
16 jumbo shrimp (peeled, deveined, and bu
1 dried habanero reconstituted
1/4 onion coarsely chopped
2 cloves garlic chopped
1/2 ts curry powder
2 oz sesame oil

Instructions

Created by: Chef Tim Schafer <http://email.com/Chile/chilerecipes.html>

Chile Today Hot Tamale

Puree paste ingredients, then add oil slowly until smooth. Skewer shrimp 4 to a skewer brush with paste. Let sit in room temperature for thirty minutes.

*Pre-heat grill and cook shrimp skewers over medium heat for two minutes on each side.

Posted to recipelu-digest by LSHW on Feb 15, 1998

Spicy Indian Lamb Chops

Yield: 6 Servings

Ingredients

8 lamb chops (about 5-75g ea)
2 tb olive oil
150 ml lemon juice
1 ts salt
1 tb chopped fresh mint and
1 coriander
150 ml corn oil
1 mint sprigs
1 lime slices

SAUCE-

3 tb corn oil

8 md tomatoes, roughly chopped
1 bay leaf
1 ts garam masala
2 tb natural yoghurt
1 ts garlic pulp
1 ts chilli powder
1 ts salt
1/2 ts black cumin seeds
3 black peppercorns
2 md potatoes, peeled, roughly chopped and boiled

Instructions

1. Put the chops into a large bowl. Mix together the olive oil, lemon juice, salt and fresh mint and coriander. Pour the oil mixture over the chops and rub it well with your fingers. Leave to marinate for at least 3 hours.
2. To make the sauce, heat the corn oil in a deep round-bottomed frying pan(skillet) or a karahi(wok). Lower the heat and add the chopped tomatoes. Stir-fry for about 2 minutes. Gradually add the bay leaf, garam masala, yoghurt, garlic, chilli powder, salt, black cumin seeds and peppercorns, and stir-fry for a further 2-3 minutes.
3. Lower the heat again and add the cooked potatoes, mixing everything together well. Remove from the heat and set yo one side.
4. Heat 150ml cup corn oil in a seperate frying pan. Lower the heat slightly and fry the marinated chops until they are cooked through. This will take about 10-12 minutes. Remove with a slotted spoon and drain the cooked chops on absorbent kitchen paper towels.
5. Heat the sauce in the wok, bringing it to the boil. Add the chops and lower the heat. Simmer for 5-7 minutes.
6. Transfer to a warmed serving dish and garnish with mint sprigs and lime slices.

Compiled by Imran C. Posted to TNT Prodigy's Recipe Exchange Newsletter by "I. Chaudhary" on Nov 15, 1997

Spicy Indian Lamb Sausages

Yield: 8 Servings

Ingredients

2 lb fat-trimmed lamb ground from leg or shoulder
2 ts salt or smoke-seasoned salt
1 tb ground cumin
1 ts curry powder or to taste
1 onion finely minced or 2 tablespoon
2 tb minced fresh parsley or 1 teaspoon
2 eggs lightly beaten

Instructions

Have the meat trimmed of fat and ground, or grind it yourself. Combine with remaining ingredients and mix lightly. Gently shape into 16 patties.

Wrap and freeze, if desire. Broil or barbeque for 2 minutes on each side (3 minutes, if frozen).

Sixteen patties, under 90 calories each

From: "Tina D. Bell"

Per serving: 154 Calories (kcal) 7g Total Fat (40 calories from fat) 20g Protein 2g Carbohydrate 106mg Cholesterol 610mg Sodium Food Exchanges: 0 Grain(Starch) 3 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

NOTES : Instead of hot dogs or hamburgers on the grill, how about homemade sausage patties? It's easy and nonfattening, if you're a Slim Gourmet backyard chef! Serve them on thin rounds of French bread. Add a big tossed salad and fresh fruit dessert for a super sundown supper.

Nutr. Assoc. : 26385 0 0 0 0 0 0 0 0 0 0

Contributor: The International Slim Gourmet Cookbook, Barbara Gibbon

Spicy Indian Potatoes With Peas

Yield: 6 Servings

Ingredients

1 1/4 lb New potatoes
1 1/2 ts Ground coriander
1 ts Cumin
1 ts Curry powder
2 tb Vegetable oil
2 Hot green chilies seeded, minced
2 tb Minced peeled fresh ginger
2 tb Minced fresh cilantro roots and stems plus leaves for garnish
1/2 ts Black mustard seeds
1/8 ts Ground turmeric
4 Small tomatoes (1 lb) peeled, seeded, and chopped
Salt to taste
2 c Frozen green peas thawed
1 tb Fresh lemon juice

Instructions

Boil the potatoes in salted water to cover in a medium saucepan until cooked through but still firm, about 15 to 20 minutes. Drain the potatoes in a colander.

While the potatoes are cooking, toast the coriander, cumin and curry in a small skillet over moderately-high heat, shaking the pan, until aromatic, about 2 minutes.

Heat the vegetable oil in a large skillet over moderate heat until hot but not smoking.

Add the chilies, ginger, cilantro stems and roots, black mustard seeds, turmeric, and toasted spice mixture. Cook, stirring, until mustard seeds pop, about 3 minutes. Stir in the tomatoes and salt, combine well, and cook, stirring, until the tomatoes release their liquid and begin to form a sauce, about 3 minutes.

Add the potatoes and cook gently for 3 minutes.

Add the peas, and cook for 3 minutes. Sprinkle with lemon juice, garnish with fresh cilantro leaves, and serve immediately.

This recipe yields 6 side dish servings.

Recipe Source: COOKING LIVE with Sara Moulton

From the TV FOOD NETWORK (Show # CL-9116 broadcast 04-27-1998)

Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MAD-SQUAD@prodigy.net 11-04-1998

Contributor: Sara Moulton

Spicy Korean Kim Chee

Yield: 1 Servings

Ingredients

1 lb chinese cabbage
2 tb salt
4 c cold water
2 c very hot water

PICKLING MIXTURE

1 tb finely chopped garlic
1 tb finely chopped fresh ginger
1 tb finely chopped scallions
2 ts finely chopped dried chile
2 ts sugar
1 tb salt

Instructions

SEPARATE THE LEAVES AND SPRINKLE them with the salt. Pour in the cold water and allow them to stand in a cool place for 8 hours or overnight. Rinse the cabbage well and squeeze out the excess liquid. Boil the water and pour over the pickling mixture. Mix well and combine with the cabbage leaves. Put the leaves with the pickling mixture into a large glass bowl. You may have to cut the leaves in half to make them fit. Cover the kimchi with plastic wrap and leave in a cool place for about 2 days. Drain and cut the leaves into bite-size pieces. Pack into a glass jar until ready to serve. Makes 1 Pound

Spicy Korean Marinade

Yield: 1 Recipe

Ingredients

1/4 c eden organic shoyu
1/4 c eden brown rice vinegar
1/8 c eden hot pepper sesame oil

Instructions

Combine ingredients. Marinate tempeh, tofu, fish, chicken for several hours or overnight. Can also be used as a sauce.

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Spicy Mongolian Noodles

Yield: 4

Ingredients

10 oz uncooked udon noodles
1/3 c water
1 tb grated fresh ginger
2 ts minced fresh garlic
1 bn green onions cut into 1/2 pieces
4 oz fresh shiitake mushrooms stemmed & sliced
4 c vegetable broth
1/4 c soy sauce
1/2 ts sambal oelek (ground fresh chili paste)
10 1/2 oz extra firm lite silken tofu cut into cubes
4 c sliced bok choy greens stalks removed
1/3 c chopped cilantro

Instructions

Bring a large pot of water to a boil. Add the noodles and cook until tender 8 to 10 minutes. Drain and set aside.

Meanwhile, place the 1/3 cup water, ginger and garlic in a large soup pot. Cook, stirring, for 2 minutes. Add the onions and mushrooms and cook for 3 minutes. Add the broth, soy sauce, and chili paste. Cover and bring to a boil. Add the tofu and bok choy and cook for 2 minutes. Turn off the heat and add the cooked noodles and cilantro. Stir to mix. Serve at once.

NOTES : To save time, shred the bok choy in a food processor. If you can't find shiitake mushrooms, use cremini or oyster mushrooms.

Recipe by: The McDougall Quick & Easy Cookbook

Converted by MMBuster v2.0l.

Spicy Oriental Beef Salad

Yield: 1

Ingredients

1 tb vegetable oil

1 lb ground beef (preferable chuck)

1 tb worcestershire sauce

1/4 c fresh lime juice

1/4 ts cayenne

1 tb sugar

1 tb soy sauce

1 garlic clove minced and mashed to a paste with 1/2 teaspoon salt

1/3 c finely chopped scallion

1/2 c chopped fresh coriander or fresh mint leaves

1 soft lettuce leaves for lining the plates

1 lime wedges for garnish

Instructions

In a large skillet heat the oil over moderately high heat until it is hot but not smoking, in it stir-fry the beef for 1 minute, or just until it is no longer pink, and drain the beef in a sieve. In a bowl whisk together the Worcestershire sauce, the lime juice, the cayenne, the sugar, the soy sauce, and the garlic paste, add the beef, and stir it to combine it well with the dressing. Stir in the scallion and the coriander, divide the mixture between 2 plates, lined with the lettuce leaves, and garnish the salads with lime wedges.

Serves 2.

Gourmet June 1990

Converted by MCBuster.

Converted by MMBuster v2.0l.

Spicy Shrimp Cocktail With Tomato And Cilantro

Yield: 1

Ingredients

2 c tomato juice

1 c bottled clam juice

1/2 c sherry wine vinegar

20 lg cilantro sprigs

2 serrano chilies or jalapeno chilies cut in half

1 tb worcestershire sauce

1 tb olive oil

2 lb uncooked large shrimp peeled, deveined

1 lg tomato chopped
2 green onions chopped
2 tb chopped fresh cilantro
1 ts fresh lime juice
1 ts sugar
1 lime wedges

Instructions

Combine tomato juice, clam juice, vinegar, cilantro sprigs, chilies and Worcestershire sauce in medium saucepan. Boil until sauce is slightly thickened and reduced to 1 2/3 cups, about 30 minutes. Strain into medium bowl.

Heat oil in large nonstick skillet over medium-high heat. Add shrimp and saute until just cooked through, about 4 minutes. Cool.

Add shrimp, tomato, green onions, chopped cilantro, lime juice and sugar to sauce. Season with salt and pepper. Chill until cold, at least 3 hours. (Can be made 1 day ahead. Cover and keep chilled.) Garnish with lime wedges.

Serves 12.

Bon Appetit September 1995

Converted by MCBuster.

Per serving: 384 Calories (kcal) 15g Total Fat (32 calories from fat) 7g Protein 62g Carbohydrate 0mg Cholesterol 2800mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 5 Vegetable 0 Fruit 2 1/2 Fat 2 Other Carbohydrates

Converted by MMBuster v2.0n.

Spicy Szechwan Chicken With Cashew Nuts-Kung

Yield: 6 Servings

Ingredients

3 whole chicken breasts, skinned boned and cut into 1 squares
1 tb cornstarch
1 white of 1 large egg-beaten until slightly foamy
3 tb peanut oil
1 c raw cashew nuts
1 inch piece of fresh ginger root peeled and minced
2 green onions chopped
1/2 to 1 ts indonesian hot pepper paste see r
2 ts hoisin sauce
1 tb pale dry sherry
1/2 ts salt
1 ts sesame oil
1 ts sugar

Instructions

Place chicken and cornstarch in a bag and shake until chicken is well coated beat egg white in a bowl and add chicken stir and refrigerate for 30 minutes meanwhile, heat oil in a wok over medium heat and when it develops a slight haze over the top,(DO NOT LET IT SMOKE) fry the cashew nuts until they are a light golden brown drain over the wok with a slotted spoon and set aside on a paper plate when the chicken has finished chilling, reheat the oil over a medium high setting and stir-fry the chicken pieces until they are firm and light golden drain over the wok and set aside on paper plates in the same oil, fry the ginger and onions for 1 minute, stirring and tossing constantly, stir in the seasonings except the sesame oil and the sugar add the chicken

pieces to the wok again and stir-fry for 1 minute add the sesame oil and sugar, then stir in cashews immediately transfer to a platter and serve.

INDONESIAN HOT PEPPER PASTE 30 dried red chili peppers stemmed (remove seeds for a milder version) Hot water ~ sufficient to cover the peppers White vinegar sufficient to make a paste Salt to taste Place peppers in a small bowl and cover with hot water let soak for 10 to 15 minutes drain well and place peppers and 4 tablespoons of vinegar in a blender blend into a rough paste, adding as much vinegar as necessary to achieve a paste like consistency and to permit the blades to turn easily add the salt and mix well transfer the mixture to a previously sterilized jar and cap tightly must be refrigerated. Yield: about 1/2 cup.

Spicy Szechwan Chicken, From Joan Johnson

Yield: 6 Servings

Ingredients

- 1 lb Boneless chicken breasts skinned
- 4 tsp Cornstarch, divided
- 1 Egg white
- 2 Tbsp Vegetable oil
- 3/4 cup Thinly sliced drained canned bamboo shoots
- 1/4 cup Diced green chiles
- 1/8 cup Shelled roasted peanuts
- 1 Clove garlic, minced fine
- 1 tsp Sugar
- 2 Tbsp Light soy sauce
- 3 Tbsp Dry sherry
- 2 Tbsp Finely chopped green onions
- 1 tsp Grated peeled fresh ginger

Instructions

Cut chicken into 2 x 1/2 inch strips. Place in a large pie plate.

Sprinkle 2 tsp cornstarch over chicken and mix well to coat. Add egg white and mix again.

Heat oil in wok or a 12 inch frying pan. Add chicken and bamboo shoots and stir fry for about 3 minutes (using a wooden spoon or wooden fork). Add chiles and peanuts stir fry for 2 minutes. Combine all remaining ingredients except green onion with remaining 2 tsp. cornstarch and add to wok. Stir fry and heat until sauce is thick and smooth and mixture is well-blended. Add green onion.

Stir-fry 30 seconds to warm onions. Serve immediately.

Food exchanges per serving: 4 meats, 1 vegetable 1 serving is 2/3 cup. This recipe yields 4 cups.

Spicy Szechwan Chicken

Yield: 1 Servings

Ingredients

- 1 lb chicken breasts

DIRECTIONS-

- 4 ts cornstarch divided
- 1 clove garlic minced fine
- 1 ts sugar
- 1 egg white
- 2 tb soy sauce

2 tb vegetable oil
3 tb dry sherry
3/4 c sliced bamboo shoots
1 ts grated peeled fresh gingerroot
1/4 c diced green chilies
2 tb chopped green onion
1/2 c roasted skinned peanuts

Instructions

Cut chicken into 2by 1/2-inch strips. Place in a large pie plate.

Sprinkle 2 tsp. cornstarch over chicken and mix well to coat chicken. Add egg white and mix again. Heat oil in wok or a 12-inch frying pan. Add chicken and bamboo shoots and stir-fry about 3 minutes (use a wooden spoon or wooden fork). Add chilies and peanuts stir-fry 2 minutes. Combine all remaining ingredients except green onion with remaining 2 tsp. Cornstarch and add to wok or pan. Stir-fry and heat until sauce is thick and smooth and mixture is well blended. Add green onion. Stir-fry 30 seconds to warm onions. Serve immediately. (66 min left)

Converted by MMCONV vers. 1.10

Posted to MC-Recipe Digest V1 #264

Date: Mon, 28 Oct 1996 21:36:31 +0800 (HKT)

From: Sweeney

Spicy Szechwan Pasta

Yield: 1

Ingredients

1/2 lb pasta of your choice
2 tb hot chili oil
2 c mung bean sprouts
1/2 c water chestnuts chopped
1 hot chili pepper chopped
1/8 c natural peanut butter
1/8 c tahini (sesame seed paste)
1/4 c warm water
3 tb soy sauce or braggs
2 tb balsamic or rice vinegar
1 tb dark toasted sesame oil
2 tb fresh cilantro chopped
2 tb fresh parsley chopped
2 tb fresh mint chopped
1 ts cayenne pepper
1 cucumber peeled and sliced
1/4 c scallions or spanish sweet onions chopped

Instructions

Cook the pasta in salted water and drain . Rinse immediately with cold water, being sure not to overcook your pasta. If you are using an unusual type of pasta, follow the manufacturer's directions. Mix together the nut butters, warm water, soy sauce, vinegar and oils. Toss the noodles with the raw vegetables and nut sauce. Serve with a garnish of fresh mint, parsley, basil, or cilantro. Served as a cold pasta salad over romaine hearts. Serves 4-6.

Foods for Life Essential Guidebook Protect Your Heart with Body, Mind and Spirit
Foods By Wendy Rae Zaritsky

<http://www.heall.com/Books/FFLRecipes.html>

Per serving (excluding unknown items): 148 Calories 2g Fat (8 calories from fat) 11g Protein 30g Carbohydrate 0mg Cholesterol 32mg Sodium
Recipe by: Foods for Life Essential Guidebook Zaritsky
Converted by MMBuster v2.0l.

Spicy Szechwan Sauteed Chicken

Yield: 4 Servings

Ingredients

3/4 lb Chicken boneless, bite size
2 ea Stalks green onion chopped
1 ea Garlic clove chopped
1 tb Soy sauce
3/4 ts Sesame oil
1/3 ts Szechwan pepper (optional)
1/2 ts Cornstarch (for thickening)
2 c Broccoli flowerets cooked
4 ea Slices ginger root, slivered
1 tb Wine
3/4 ts Sugar
1 tb Hot bean paste or chili sauce
2 tb Chicken stock 2-4t
2 tb Oil

Instructions

Heat wok with oil, garlic, ginger over high heat and stir in chicken pieces.
Cook for 2-2 1/2 minutes. Add remainder of ingredients except blanched broccoli flowerets and cornstarch, and stir for a further 1-2 minutes. Mix well. Thicken and place chicken in center of a dish with broccoli on each side.
Converted by MCBuster.

Spicy Szechwan Tofu

Yield: 4 Servings

Ingredients

24 oz soft tofu
2 tb oil
1 ts minced fresh ginger
1 garlic clove, minced
3 tb chopped scallions
1 tb szechwan hot bean paste
1 tb tamari
1/2 ts salt
1/2 ts sugar
1/2 c stock
1/2 tb cornstarch dissolved in 2 tb water
1 ts sesame oil
2 dr hot chili oil
1/4 ts szechwan peppercorn powder

Instructions

Drain & rinse tofu. Drain again. Cut into 1 inch square pieces. Set wok over high flame & add oil. When hot, add ginger, garlic & 2 tb scallions, cook for 30 seconds. Add hot bean paste & tofu. Stir gently. Add tamari, salt, sugar & stock, bring to a full boil. Thicken with cornstarch. Add sesame oil, chili oil & peppercorn powder. Sprinkle with remaining scallions & serve with brown rice.
"Vegetarian Times Cookbook"

Spicy Thai Chicken #1

Yield: 2 Servings

Ingredients

1/2 sm red bell pepper, chopped
2 tb white vinegar
1/4 ts red pepper flakes
1 pk equal
2 chicken breasts, skinned
1 lime wedges, for garnish

Instructions

A perfect accompaniment to brown or white rice. This recipe can easily be doubled.

Puree red pepper with vinegar in a blender or food processor.

Pour into a saucepan, add red pepper flakes and bring the mixture to a boil.

Reduce to a simmer and cook for 3 minutes.

Remove from the heat and let the sauce cool.

When cooled, stir in the Equal.

Broil chicken breasts for 10 minutes, or until browned turn chicken and broil approximately 5 minutes more.

Place each chicken breast on a bed of rice. Divide spicy sauce and ladle over the top of the chicken.

Garnish with lime wedges and serve.

Yield: 2 servings

One Serving 1 chicken breast, 4 ounces Calories: 195 Protein: 35 g Fat: 4 g

Carbohydrate: 2 g Fiber: 0.2 g Cholesterol: 87 mg Sodium: 81 mg Potassium: 355 mg

Exchange: 4 Lean Meat

Source: "The U.C.S.D. Healthy Diet for Diabetes, a Comprehensive Nutritional Guide and Cookbook," by Susan Algert, M.S., R.D. Barbara Grasse, R.D., C.D.E. and Annie Durning, M.S., R.D.

Shared by: Norman R. Brown

Spicy Thai Chicken #2

Yield: 6 Servings

Ingredients

8 oz can tomatoes
1/4 c raisins
2 tb currant jelly
2 ts vinegar
1 ts crushed red peppers
1 ds salt
1 clove garlic
1 ts canned chopped green chili peppers
2 1/2 lb to 3 lb broiler type chicken, cut up

Instructions

Blend all ingredients except for the chicken in a blender. Simmer mixture on the top of the stove for 10 ~ 15 minutes. Brush mixture over chicken. (Try marinating chicken overnight in the refrigerator with the mixture) Bake until done. Enjoy!

Posted by: Robert Skaer

Spicy Thai Chicken 2

Yield: 2

Ingredients

- 1 sm red bell pepper chopped
- 2 tb white vinegar
- 1/4 ts crushed red pepper flakes
- 1 pk equal r sugar substitute (or similar substitute)
- 2 4 oz boneless chicken breasts skinned
- 1 lime sliced into 6 wedges

Instructions

Puree red bell pepper with vinegar in a food processor. Pour puree into a saucepan. Add red pepper flakes and bring to a boil. Reduce heat to simmer and cook for 3 minutes more. Remove from the heat and let stand til cool. Once the red pepper puree is cooled, stir in the Equal r sugar substitute.

In a preheated oven, broil the chicken breasts for about 10 minutes (or until browned). Turn chicken and broil approximately 5 minutes more. Prepare a serving platter with a bed of hot, cooked, white rice, brown rice, or couscous.

Remove chicken from oven and place breasts atop the bed of rice/couscous.

Spoon the spicy red pepper sauce atop the chicken breasts, garnish with the lime wedges, and serve at once.

Difficulty Level: 3, Servings: 2 (4 oz each)

NUTRITIONAL INFORMATION per serving (without rice): 200 Calories 3g Carbohydrate 4g Fat 35g Protein 85mg Sodium Diabetic Exchanges: 4 lean meat MC Formatted and MC Busted by Barb at PK

By abprice@wf.net on Mar 13, 1998.

Per serving: 28 Calories (kcal) trace Total Fat (4 calories from fat) 1g Protein 8g Carbohydrate 0mg Cholesterol 2mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Diabetic Gourmet

Converted by MMBuster v2.0n.

Spicy Thai Chicken And Coconut Soup

Yield: 10 Servings

Ingredients

- 1 1/2 Tablespoons chile oil
- 1 red onion diced
- 2 Stalks lemongrass very thinly sliced
- 1/2 red bell pepper cut julienne
- 1/2 green bell pepper cut julienne
- 1/2 yellow bell pepper cut julienne
- 2 habanero chiles stemmed, finely chop
- 1 jalapeno chile stemmed, finely chop
- 4 Thai chiles stemmed, finely chop
- 2 serrano chiles stemmed, finely chop
- 1 poblano chile stemmed, finely chop

1 green New Mexican chile stemmed, finely chop
2 tb ginger freshly grated
1/2 head garlic minced
1/4 lb shitake mushrooms thinly sliced
1/4 lb crimini mushrooms thinly sliced
2 1/2 c coconut milk
2 1/2 c chicken stock
1/2 lb chicken breast, skinless, boneless cut in 1/2"

Instructions

2 tablespoons rice wine vinegar
1 cup whole kernel corn or baby corn sliced
1/2 bunch fresh cilantro, stems removed chopped
1/2 lemon juice and zest
Salt to taste

Heat a large soup pot, add the oil. Add the onions, lemongrass, and all the peppers and chiles and saute until soft, stirring frequently.

Add the ginger, garlic, and mushrooms, reduce the heat and continue to saute for 10 minutes.

Turn the heat to very low and stir in the coconut milk, stock, and chicken. Heat very slowly, but do not allow the soup to boil! Simmer until the chicken is just tender.

Add the remaining ingredients, garnish with a couple of Thai chiles, if desired, and serve.

NOTES : Heat Scale: Extremely Hot

Contributor: Bradley Koehler

Spicy Thai Chicken Lo Mein

Yield: 4 Servings

Ingredients

3 boneless skinless chicken breast halves, cut into 1
2 pk green giant create a meal
(1.5 lb) lo mein stir fry
3 tb peanut butter
2 tb lime juice
2 ts *chili puree with garlic up to 4

Instructions

Spray large nonstick wok or skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add chicken cook and stir 3 minutes. Add frozen vegetables with noodles and sauce from packets. Reduce heat to medium cover and cook 7 to 10 minutes or until vegetables are crisp-tender and chicken is no longer pink, stirring frequently.

Meanwhile, in small bowl, combine peanut butter, lime juice and chili puree until well mixed. Add to vegetable mixture in skillet cook and stir until thoroughly heated.

Notes: * Chili puree (sauce) with garlic can be found in the Asian foods section of large supermarkets or in Asian markets. If unavailable, use 2 to 4 teaspoons cocktail sauce plus 1/4 teaspoon minced garlic and 1/4 teaspoon crushed red pepper flakes.

Posted to brand-name-recipes by Barbra on Feb 19, 1998

Spicy Thai Eggplant Salsa

Yield: 6 Servings

Ingredients

1 olive oil spray
1 lb japanese (slender) eggplant
1/4-inch dice
1/4 c rice vinegar
2 ts toasted sesame oil
1 tb minced ginger
1 ts minced garlic
1 tb soy sauce
1 tb sugar
2 sm red bell peppers seeded and diced
1 md red onion diced
1 jalapeno chile pepper seeded and minced (or to taste)
1/3 c mint and/or cilantro leaves chopped
1 salt and freshly ground pepper to taste

Instructions

Preheat the oven to 450F. Lightly mist a baking sheet with cooking oil.

Spread the eggplant cubes evenly on the baking sheet. Roast until the eggplant is soft, about 10 to 15 minutes. Remove from the oven. Let cool.

Combine the vinegar, sesame oil, ginger, garlic, sauce, and sugar in a large bowl. Stir until the sugar is dissolved. Add the roasted eggplant, bell peppers, onion, jalapeno, and herb. Toss to combine. Season with salt and pepper. Let stand at room temperature for 30 minutes before serving.

Description: "Well spiced and refreshing addition to a grilled meal."

Cuisine: "Thailand"

Source: "Pacific Light Cooking, Ruth Law"

S(Collection of): Kitpath@earthlink.net

Copyright: "1998 Donald I Fine Books"

From PatHanneman

Per serving: 66 Calories (kcal) 2g Total Fat (22 calories from fat) 2g Protein 12g Carbohydrate 0mg Cholesterol 177mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 2 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

NOTES : Head Chef Boon Choo Pholawatana of the Spice Market Restaurant, Regent of Bangkok, suggests using long slender Japanese Eggplant for best results. Soy sauce was substituted for the more traditional fish sauce.

Nutr. Assoc. : 0 3234 0 1356 0 0 0 0 0 0 0 0 0 3383 0

Contributor: Spice Market Restaurant, Bangkok, Thailand

Spicy Thai Ground Meat With Basil

Yield: 4 Servings

Ingredients

1 1/2 tb oil
12 oz ground chicken, turkey, beef
3 green onions, chopped
1 juice of 1/2 lime
2 garlic cloved, minced
1 hot pepper, seeded, minced
1 tb fish sauce
1 tb chili pasta with garlic
1 ts sugar
1/2 c basil, fresh, chopped

1 cooked rice

Instructions

Heat oil in a wok on high heat. Add chicken and stir fry 45 seconds. Add garlic and hot pepper. Cook until the chicken is no longer pink, 2 or 3 minutes. Add green onion, lime juice, fish sauce, chili paste, and sugar. Stir fry 30 seconds. Add basil immediately before removing from heat. Serve over rice.

Spicy Thai Meatballs With Crispy Noodles 2

Yield: 4 Servings

Ingredients

1 lb ground pork

1 lg egg

1/2 c dry-roasted peanuts, finely chopped

1/4 c chopped fresh cilantro or parsley

3/4 ts salt

1 3 3/4 oz pkg cellophane noodles (see note)

1/2 c chunk-style peanut butter

1 tb grated lemon peel

1/4 ts ground red cayenne pepper

1 sm cucumber, sliced

1 sm carrot, peeled and thinly sliced or cut into thin st

Instructions

Source: MAINBEEF.ZIP

Vegetable oil Fresh cilantro or parsley sprigs, optional

Pour oil into 3 qt. saucepan to depth of 1" heat over medium-high heat to 375 degrees.

Meanwhile, in large bowl, combine pork, egg, ground peanuts, chopped cilantro and salt. Using hands or wooden spoon, blend well. Shape mixture into 1" balls. In 12" skillet over medium-high heat, heat 2 Tbsp oil add meatballs. Cook about 12 minutes, turning frequently until well browned on all sides. Add 1 cup water, stirring to loosen brown bits from bottom of skillet bring to boil. Reduce heat to low. Simmer, covered, 5 to 10 minutes until meatballs are cooked through. Meanwhile, add noodles, a small amount at a time, to hot oil in saucepan cook each batch about 20 seconds until puffed and double in size. Using a slotted spoon, remove noodles to paper towel to drain.

When meatballs are cooked, stir in peanut butter, grated lemon peel and ground red pepper cook about 1 minute longer until heated through. Arrange fried noodles on serving platter. Spoon meatballs over noodles arrange cucumbers and carrots decoratively around edge. Garnish with cilantro sprigs, if desired. Makes 4 servings.

Note: Cellophane noodles are sometimes called bean thread noodles and can be found in the Oriental sections of supermarkets.

Spicy Thai Noodles (Pad Thai)

Yield: 6 Servings

Ingredients

16 oz rice noodles (linguine size) or lin

1/4 c soy sauce (low-salt)

1 tb sugar

1/2 c water

2 tb chili sauce (Asian hot kind)

3 tb vegetable oil

1 sm red pepper thinly sliced

1 tb fresh grated gingerroot
2 cloves garlic minced
1 bn green onions chopped
2 lg eggs (or "Egg Beaters") can leave slightly beaten
1/2 lb bean sprouts (about 2 cups)
1 sm tomato cut into small wedge
1/4 c salted peanuts coarsely chopped
1 tb fresh cilantro or parsley chopped
1/4 ts crushed red pepper lime wedges for garnish (optional)

Instructions

About 30 minutes before serving, prepare noodles per package directions, drain, and keep warm. Meanwhile, in a cup, stir soy sauce, sugar, chili sauce, and 1/2 cup water set aside. In a large skillet over med-high heat, in hot oil, cook red pepper, ginger, garlic, and all but 1/4 cup chopped green onions until tender and lightly browned, about 5 minutes. Push vegetables to one side of the skillet. To same skillet over med-high heat, add eggs, stirring until set but still moist. Stir in bean sprouts and soy sauce mixture over high heat, heat to boiling. Add cooked noodles and tomatoes wedges, tossing to coat with sauce and heat through. Spoon noodle mixture onto large warm platter. Sprinkle with chopped peanuts, chopped cilantro or parsley, crushed red pepper, and remaining chopped green onions. Garnish with lime wedges, if desired. Serve with additional chili sauce.

Spicy Thai Noodles

Yield: 4

Ingredients

225 g egg noodles (8oz)
1 tb oil
1 red pepper finely diced
1 bn spring onions chopped
1 1/2 ts schwartz minced garlic
1/4 ts schwartz crushed chillies
1 tb schwartz sesame seeds
2 ts schwartz coriander leaf
2 ts lemon juice
3 tb crunchy peanut butter
2 tb light soy sauce

Instructions

Cook the noodles according to pack instructions. Drain.

Heat the oil in the saucepan and fry the pepper and spring onion until softened. Add the Garlic, Chillies, Sesame Seeds and Coriander and fry gently for 1-2 minutes. Add the remaining ingredients with 150ml (1/4 pint) water and bring to the boil.

Stir in the noodles until evenly coated and heat through. Serve immediately.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Spicy Thai Pizza

Yield: 6 Servings

Ingredients

3 c cooked brown rice
2 c shredded mozzarella cheese divide d

1 c crunch peanut butter divided
1 egg beaten
1 vegetable cooking spray
1/2 c hot water
1/4 c cilantro, minced
2 tb soy sauce
3 tb dark sesame oil divided
1/4 ts ground red pepper
2 c broccoli flowerets
1 md red onion chopped
2 lg carrots julienned

Instructions

Combine rice, 1 cup cheese, 1/4 cup peanut butter and egg in large bowl. Press firmly into 12-inch pizza pan or 10-inch pie pan coated with cooking spray. Bake at 400 degrees F. for 8 minutes. Mix remaining 3/4 cup peanut butter, water, cilantro, soy sauce, 2 tablespoons sesame oil and red pepper in small bowl set aside.

Stir-fry broccoli, onion and carrots in remaining 1 tablespoon sesame oil in large skillet over medium-high heat until tender-crisp. Spread sauce over crust top with vegetable mixture. Sprinkle with remaining 1 cup cheese. Bake at 400 degrees F. for 10 to 12 minutes. Let stand 5 minutes before serving.

Each serving provides: * 543 calories * 24.2 g. protein * 35.8 g. fat * 36.2 g. carbohydrate * 5.3 g. dietary fiber * 59 mg. cholesterol * 694 mg. sodium.

Source: "Veg-able Rice" Reprinted with permission from USA Rice Council
Electronic format courtesy of Karen Mintzias

Spicy Thai Pork And Carrot Stir Fry

Yield: 4 Servings

Ingredients

2 tb peanut oil or vegetable oil
2 loin chops, boneless sliced across grain
8 oz fresh carrots, thinly sliced diagonally
1 onion, cut into narrow wedges
1 2 4 green and/or red hot peppers, seeded, chopped
3 tb fresh ginger root thinly sliced
2 tb thai fish sauce

Instructions

In a large deep skillet, over high heat, heat oil until nearly smoking.

Place pork in hot pan and let brown, without stirring, about 30 seconds stir and cook 30 seconds longer. Add carrots, onion, hot peppers and gingerroot to pan, stirring occasionally over highest heat about 6 to 8 minutes, until carrots are crisp tender and onion begins to caramelize. Add 1/3 cup water to pan and scrape loose drippings from bottom. Add fish sauce and stir well until everything is completely coated. Serve over hot noodles or rice.

Note: If serving with noodles, prepare noodles before starting stir fry. Cook according to package directions drain. Drizzle with a little peanut oil transfer to a large ovenproof platter. Cover with foil and keep in oven on lowest setting until stir fry is done.

Posted to FOODWINE Digest 26 Sep 96

Date: Thu, 26 Sep 1996 15:23:370400

From: Laura Hunter

Spicy Thai Salad

Yield: 5 Servings

Ingredients

1 pk eden parsley garlic ribbons or any eden ribbons
1/2 md red pepper diced
1/2 md green pepper diced
1 green onion thinly sliced
1/8 c parsley, chopped
1 tb eden shake or black sesame seeds (toasted)

DRESSING

1 tb eden hot pepper sesame oil
2 tb eden brown rice vinegar
2 tb eden mirin
1/8 ts lima sea salt

Instructions

Cook pasta according to package directions, rinse and drain. Chop pasta coarsely, if desired. Add vegetables and sesame seeds. Prepare dressing. Pour into salad. Mix well. Serve chilled.

Prep Time: 10 minutes Baking Time: 5 minutes Yield: 5 servings

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Spicy Thai Slaw

Yield: 1 Salad

Ingredients

1 md cucumber
2 serrano chiles
1 sm savoy cabbage shredded
(about 1 lb.)
4 green onions minced
1/2 c unsalted dry-roasted peanuts
chop ped
2 garlic cloves minced
1/3 c vegetable oil
1/4 c rice wine vinegar
3 tb fresh cilantro chopped
2 tb sugar
2 tb light sesame oil
1/2 ts curry powder
1/8 ts soy sauce

Instructions

Peel cucumber and cut in half lengthwise scoop out and discard seeds.

Coarsely chop cucumber set aside.

Rinse chiles remove and discard stem ends. Cut chiles in half lengthwise remove and discard seeds. Chop chiles. Combine cucumber, chiles, cabbage, green onions, peanuts and garlic in a bowl toss well.

Combine oil and remaining ingredients stir with a wire whisk until well blended. Pour dressing over cabbage mixture toss gently. Cover and chill at least

3 hours before serving.

Yield: 6 to 8 servings.

From *Delicious Decisions* by The Junior League of San Diego, CA. In *America's Best Recipes: A 1989 Hometown Collection*. Birmingham, AL: Oxmoor House, Inc., 1989. Pg. 264. ISBN 0-8487-0765-6. Electronic format by Cathy Harned.

Spicy Thai Tofu Salad

Yield: 8

Ingredients

1 1/2 lb tofu

1 c cucumber julienned

1 c carrot julienned

1 c mushrooms sliced

1 sm iceberg lettuce

1/2 lb lima beans lightly cooked

TOPPING-

1/3 c peanuts chopped

2 green onions chopped

5 red & green chilies chopped

DRESSING

1 1/2 tb chili sauce see recipe

3 tb soy sauce

2 ts sugar

1/2 c rice vinegar

1/2 c tofu

Instructions

Cut the tofu into cubes. Drain in a colander. Put the lettuce on the bottom of a shallow bowl or attractive serving dish. Place the tofu in the center & surround it with one mound each of cucumber, carrot, mushrooms & peanuts.

Refrigerate until chilled. Combine the TOPPING ingredients in a blender or food processor & whip into a rough mixture. Blend together the dressing ingredients. At serving time, sprinkle the topping mixture over the salad then pour on the dressing.

Toss at the table.

Per serving: 237 Calories (kcal) 8g Total Fat (29 calories from fat) 17g Protein 28g Carbohydrate 0mg Cholesterol 413mg Sodium Food Exchanges: 1 1/2 Grain(Starch) 1 1/2 Lean Meat 1 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Spicy Thai Vegetable Medley

Yield: 6 Servings

Ingredients

1 ts light olive oil

1 shallot thinly sliced

1 ts minced ginger

1 ts minced garlic

1 red chile pepper seeded and minced

1/2 lb japanese eggplant 1/4-inch dice

1 lg red bell pepper 1/4-inch dice

1/2 lb zucchini 1/4-inch dice

8 oz straw mushrooms drained may substitute button mushrooms

4 ts soy sauce see note
1/2 c mint leaves
1 mint sprigs for garnish

Instructions

Heat oil in large nonstick skillet over medium heat. Add shallot, ginger, garlic and chiles and stir-fry until the shallot is translucent, 20 seconds. Add eggplant and bell pepper. Stir fry for 4 to 6 minutes, or until the eggplant is almost tender. Add the zucchini and straw mushrooms.

Stir fry 1 to 2 minutes, or until the vegetables are tender. Stir in the sauce. Remove the pan from the heat. Add mint and stir until wilted. Serve garnished with mint sprigs.

Description: "Easy stir-fry: chile and mint add color and zip to eggplant, zucchini, red bell pepper and straw mushrooms."

Cuisine: "Thailand"

S(Collection of): kitpath@earthlink.net 6/99

Copyright:"1998 Donald I Fine Books"

From PatHanneman

Per serving: 48 Calories (kcal) 1g Total Fat (16 calories from fat) 2g Protein 8g

Carbohydrate 0mg Cholesterol 333mg Sodium Food Exchanges: 0 Grain(Starch) 0

Lean Meat 1 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

NOTES : The traditional dish is not vegetarian: the cook would use half soy and half fish sauce.

Spicy Thai Vinaigrette

Yield: 6 Servings

Ingredients

1 stephen ceideburg
2 stalks lemon grass, chopped roughly
6 kaffir lime leaves (optional)
1 head of garlic, cut in half
1 tb red chili paste
2 tb fish sauce
1 c lemon juice
1 c rice wine vinegar
1/2 c sugar
1/2 tb cornstarch dissolved in 2 tablespoons water
1 bn cilantro, leaves only, chopped roughly

Instructions

Combine first 8 ingredients in a saucepan bring to a boil, reduce heat and simmer for 15 minutes. Strain. Return to saucepan. Blend in cornstarch mixture, stirring until slightly thickened, 1 to 2 minutes.

Cool completely, then stir in cilantro.

Note: Rice wrappers, fish sauce, red chili paste, lemon grass and kaffir lime leaves can be found in Asian markets.

S.F. Chronicle, 9/30/92.

Posted by Stephen Ceideburg

Spicy Vegetable Fritters With Turmeric Yoghurt And Indian S

Yield: 1

Ingredients

1 aubergine

8 cauliflower florets
2 courgettes
125 g french beans blanched and drained

BATTER-

175 g chickpea flour
1/2 ts baking powder
1 ts cornflour
1/2 tb cumin coriander, mild
1 curry, turmeric

INDIAN SALSA

6 green tomatoes seeded and diced
2 spring onions shredded
1 tb coriander leaves
1 green chilli seeded and finely chopped

TURMERIC YOGHURT

125 ml plain yoghurt
1/2 clove garlic
1/4 ts fresh ginger grated
1/2 ts black mustard seeds

Instructions

Place all the batter ingredients in a large bowl, mix well, then stir in enough water to form a light batter. Place all the vegetables in the batter, stir well to coat and leave for 30 minutes.

To make each of the sauces, place the ingredients in a bowl and mix together.

Heat the oil to 180C/350F or until a cube of bread browns in 30 seconds.

Drop tablespoons of the vegetables in batter, one by one, into the hot oil and fry until golden and crisp. Drain on paper towels and season lightly with a little salt.

When all of the vegetable fritters are cooked, serve hot accompanied with the Indian salsa and turmeric yoghurt sauces.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Spinach (Korean Sigumchi Namul)

Yield: 4 Servings

Ingredients

1 lb fresh spinach
3 tb soy sauce
2 tb sesame oil
1 tb sesame seeds
1 ea clove garlic, crushed
1 tb sugar
1 tb white vinegar
1 dash pepper

Instructions

1. Wash the spinach. Steam until just tender and still green. Strain and squeeze out as much water as possible. Cut spinach very coarsely.
2. Combine the soy sauce, sesame oil, sesame seeds, garlic, sugar, vinegar and pepper. Mix into the spinach.

Variation: Season the spinach with Chang (meat sauce for vegetables).

Source: The Korean Cookbook, by Judy Hyun. Typed in by Ronnie Wright

Spinach Salad Orientale

Yield: 6 Servings

Ingredients

SALAD-

3 heads spinach, washed and drained

1 c sliced water chestnuts

3 eggs, hard boiled, chopped

1 c fresh bean sprouts

4 slices bacon, cooked and crumbled

DRESSING

1 c sunflower oil

3/4 c chopped onion

1 tb worcestershire sauce

1/4 c red wine vinegar

1/2 c sugar

1 ts salt

1/3 c catsup

Instructions

Mix all dressing ingredients together first, and refrigerate. Mix salad together. Just before serving, toss salad with dressing. Serve.

Spring Rolls (Chinese)

Yield: 8 Servings

Ingredients

1/2 lb lean pork, chopped

1 1/2 c bean sprouts, chopped

1 1/2 c cabbage, chopped

1/2 c bamboo shoots, thinly sliced

1/2 c grated carrot

3 mushrooms, chopped

3 green onions, thin slice

1 garlic clove, minced

2 slices ginger, minced

1 ts soy sauce

1 ts suar

1 tb sesame oil

1 dash pepper

8 egg roll wrappers

Instructions

Mix all ingredients together. Fill eggroll wrappers. Fold in sides, roll, seal with water or egg white. Deep fry in HOT oil until brown. Remove and drain. This will make 6 to 12 depending on how much filling you use.

Posted by: Grandma Sheila Exner August 1991

Sprouting Chinese Cabbage Seeds

Yield: 1 Servings

Ingredients

1 quart jar or prepared tray

1 tb chinese cabbage seeds

1 water to 3 times seeds

Instructions

Use 1 tablespoon seeds in a quart jar, or tray sprout, which will yield about 2 cups of sprouts. Soak for 8 hours.

Rinse 2 to 3 times daily for 4 to 5 days. Move into sunlight to green.

Harvest when the sprouts are 1 to 1-1/2 inches long. Use in salads, sandwiches, and juices.

Source: Vegetable Gardening Encyclopedia typos by Dorothy Flatman 1995 From: Dorothy Flatman Date: 29 Nov 95

Stained Glass Cookies

Yield: 1

Ingredients

1 cookies

1/2 c vegetable shortening

1/2 c butter (1 stick)

1 1/2 c granulated sugar

4 oz cream cheese (half an 8-ounce package) softened

1 ts vanilla

1 egg

4 c king arthur unbleached all-purpose flour

1/2 ts ground ginger

1 ts ground nutmeg

1/2 ts baking soda

1/2 ts salt

1 candy centers

2 c granulated sugar

1 c light corn syrup

1/2 c water

1 red or green food color

1/2 ts fruitor spice-flavored extract optional (1/2 to 1)

Instructions

In a large bowl, cream the shortening, butter and the 1 1/2 cups sugar until light and fluffy. Mix in the softened cream cheese, vanilla and egg and beat well.

In a medium bowl, sift together the flour, ginger, nutmeg, baking soda and salt.

Gradually add the dry ingredients to the butter mixture, beating until well-combined.

Cover the dough and refrigerate it overnight, as it will be soft.

The next day, remove the dough from the refrigerator and divide it into quarters.

Keeping the remaining pieces refrigerated until they're needed, roll out each piece of dough on a lightly floured work surface to a thickness of 1/8-inch. Use a 3 1/2 to 4-inch round cookie cutter to cut the dough and immediately transfer the rounds to greased or parchment-lined baking sheets, leaving a bit of space between them. Now use a smaller (1 inch or so) cutter in the shape of a heart, star, diamond or what-have-you to cut out the centers. If the dough isn't cold enough, refrigerate the sheets and cut out the centers when the dough is a bit easier to work with.

Refrigerate the scraps and re-roll them with the remaining portion of dough, cutting out cookies till all the dough is gone.

Preheat the oven to 375F and bake the cookies for 6 to 7 minutes, or until they're just firm but still somewhat pale and just lightly browned around the outer edges. Let them cool on the baking sheets.

To make the candy centers, place two or three 1-cup oven-proof glass measuring cups in a 375F oven to warm. In a medium pan, combine the 2 cups sugar, corn syrup and water, and stir over medium heat until the sugar is dissolved. Next, and without stirring, cook the syrup until it reaches 280F

(the hard crack stage) on a candy thermometer. Remove the syrup from the heat and take one measuring cup from the oven. Pour onethird or one-half of the syrup into the measuring cup and stir in the food coloring and flavoring extract, if desired. Keep the remaining syrup in the pan, over low heat.

When the syrup in the cup stops bubbling, hold the cup with a VERY THICK pot holder and pour the syrup in a thin, gentle stream to fill the cookie centers. Stop pouring just as the syrup comes up to the top level of the cookie. Be careful this is an extremely HOT process and you may need to take a break halfway through to give your hand a rest. Use the second and/or third cup and the rest of the syrup, colored and flavored differently, to fill the centers of the remaining cookies. (If you have any leftover syrup, pour it into small rounds on a piece of parchment or aluminum foil to make hard candies.)

Let the cookies cool completely. Loosen them carefully and peel them off the baking sheets. If these cookies are for consumption, store them in a cool, dry place in a single layer in an airtight container. (For show, we've left them uncovered at least 1 month, and they've been just as sturdy as ever.

Be sure not to store them near a heat source!) Yield: 4 dozen cookies

Nutrition information per serving (1 cookie with unflavored center, 43g): 157 cal, 5.1g fat, 1g protein, 7g complex carbohydrates, 20g sugar, 14mg cholesterol, 53mg sodium, 16mg potassium, 30RE vitamin A, 18mg calcium, 13mg phosphorus.

Per serving: 5859 Calories (kcal) 239g Total Fat (35 calories from fat) 15g Protein

957g Carbohydrate 560mg Cholesterol 3430mg Sodium Food Exchanges: 0

Grain(Starch) 2 Lean Meat 0 Vegetable 0 Fruit 46 1/2 Fat 63 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Stained Glass Window Cookies

Yield: 1

Ingredients

1 favorite sugar cookie recipe or package sugar cookie dough

10 rolls fruit flavored candies

Instructions

Directions: Roll the dough out between to sheets of waxed paper until 1/8" thick. Cut cookies with a cutter. Transfer cookies to a foil lined baking sheet sprayed with cooking spray. Cut out a shape in the middle of each cookie. To make the stained glass, separate the 10 rolls of candies by color. Using a hammer or rolling pin, break the candies into small pieces. Fill the hole in the cookie with the crushed candies. Bake cookies at 350 degrees for 10 minutes. Allow to cool completely before peeling off the cookie sheet.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Steak Oriental Style

Yield: 1

Ingredients

2 lb flank steaks

2 oranges

1 piece (1 inch) peeled fresh ginger root
1 clove garlic
1/4 c dry sherry
2 tb soy sauce
2 ts sesame oil

Instructions

Trim excess fat from steak wrap in waxed paper. Place in freezer one hour. Slice steak diagonally across the grain into thin strips. Place in glass baking dish. Peel rind from oranges place in food processor or blender. Add ginger and garlic process until finely chopped. Squeeze juice from oranges mix with ginger mixture and remaining ingredients. Pour over beef mixture cover. Refrigerate, turning occasionally, at least 3 hours, no longer than 48 hours. Thread beef strips on skewers. Cook on barbecue grill 4 inches from medium-hot coals, 4 minutes per side or until desired doneness. Baste with marinade during cooking. 8 Servings

Steak Oriental

Yield: 6 Servings

Ingredients

1 c diagonally cut carrot slices
1 c diagonally cut celery slices
1 cl garlic, minced
2 tb oil
1 lb beef round steak, cut into thin strips
1 cn (8 oz) sliced water chestnuts, drained
3 tb soy sauce
1/2 lb velveeta pasteurized
1 process cheese spread, cubed
1 hot cooked rice

Instructions

In a large skillet, stir fry carrots, celery and garlic in oil for 4 to 5 minutes or until crisp tender. Add steak. Cook 3 to 4 minutes, stirring constantly, until steak is tender drain. Reduce heat to low. Add water chestnuts, soy sauce and process cheese spread stir until cheese is melted. Serve over cooked rice. Makes 4 to 6 servings.

Steak With Thai Peanut Sauce

Yield: 1

Ingredients

1/3 c creamy peanut butter
2 cloves garlic
1/4 c water
2 tb soy sauce
1 tb fresh lime juice
1 jalapeno pepper seeded and quartered
2 ts fresh grated ginger root
1/2 ts sugar
1/8 ts cayenne pepper
1/2 c plain yogurt
1 reserved pepper steak sliced across grain 1/4 thick
1 c uncooked jasmine rice cooked

3 green onions thinly sliced

Instructions

In blender container, process peanut butter, garlic, water, soy sauce, lime juice, jalapeno pepper, ginger, sugar and cayenne until smooth. Stir in yogurt.

To Serve: Heat sauce in medium skillet over low heat, toss in sliced pepper steak until heated through. Serve over Jasmine rice. Sprinkle with sliced green onions. Serves 4.

Per serving: 135 Calories (kcal) 4g Total Fat (26 calories from fat) 8g Protein 18g Carbohydrate 16mg Cholesterol 2125mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 2 Vegetable 0 Fruit 1 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Steamed American Indian Pudding

Yield: 6 Servings

Ingredients

1/4 lb beef suet

1 small piece stick cinnamon

1 grated rind of one lemon

1 pt indian meal

1 pt milk

3 eggs

1/4 pt molasses

Instructions

Chop suet very fine and mix with Indian meal. Put cinnamon in the milk scald in a farina boiler. Strain while mixture is hot and gradually stir in Indian meal and suet. Add molasses, cover mixture, and let stand overnight. In the morning, beat the eggs until light stir them into the pudding then turn into a greased mold or well floured pudding bag, leaving plenty of room for it to swell. If mixture is in a mold, cover it if in a bag, secure it well at the tying place lest the water get in. Put covered mixture into a pot of boiling water and boil continuously for five hours. Replenish the water as it evaporates with boiling water. When ready to serve, remove the pudding carefully from the mold or bag, and serve immediately with wine sauce.

From: Recipes and Remembrances, U.S. Army War College, 1980 Shared By: Pat Stockett

Steamed Chicken And Chinese Sausage

Yield: 6 Servings

Ingredients

1 spring chicken

2 chinese sausages

2 ts water-chestnut flour

2 tb sherry

1/2 ts salt

1/2 ts sesame oil

Instructions

1. With a cleaver, chop chicken, bones and all, in 1-1/2to 2-inch sections. Cut Chinese sausages diagonally in 1/2-inch slices.
2. Combine water-chestnut flour, sherry, salt and sesame oil, mixing well. Add to chicken sections and toss gently to coat.

3. Arrange chicken in a shallow heatproof dish. Top with Chinese sausage. Steam on a rack until done (about 40 minutes). See "How-to Section".

VARIATION: Omit step 2. Instead, dredge chicken sections in 2 tablespoons cornstarch. In step 3, add 6 dried black mushrooms (soaked), sliced. Reserve 1 cup mushroom soaking liquid and add to it the salt, sherry and sesame oil. Pour this over the chicken, mushrooms and sausages then steam as in step 3.

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Steamed Chicken W/Chinese Sausage

Yield: 4 Servings

Ingredients

4 lb chicken cut in portions
4 Chinese sausages diagonally sliced
2 tb thin soy
2 tb sherry
1 tb dark sesame oil
1 ts sugar
bok choy or cabbage shredded
1 tb fresh ginger shredded
1 tb fermented black beans rinsed & chopped, opt

Instructions

Arrange bok choy or cabbage in bottom of a casserole dish or pie plate that will fit in a steamer. Top with chicken pieces, sprinkle with sausages and ginger. Combine rest of ingredients and pour over chicken. Place in a steamer over boiling water and allow to steam for 45-60 mins.

Steamed Chicken With Chinese Vegetables

Yield: 2 Servings

Ingredients

5 tb dry sherry
2 tb light soy sauce
1 whole chicken breast, boned and skinned
1/2 lb fresh mushrooms
4 oz canned sliced water chestnuts, drained
1/4 lb fresh snow peas, strings removed
1 c water
2 tb oyster sauce
1 tb cornstarch
1 1/2 ts oriental sesame oil
1 freshly cooked rice

Instructions

Cut the chicken into 1/2-inch cubes. Combine 3 tablespoons sherry and 1 tablespoon soy sauce in medium bowl. Add chicken and marinate for 1 hour or overnight. Pour enough water into wok to come just below steaming rack. Bring to a boil. Place chicken on one side of shallow baking dish. Arrange mushrooms alongside chicken and water chestnuts alongside mushrooms. Set dish on rack in wok cover and steam until chicken and vegetables are tender, about 20 minutes.

Place snow peas over vegetables in dish steam until peas turn bright green, 2 to 3 minutes. Meanwhile, combine remaining sherry and soy sauce with the water, oyster

sauce, cornstarch, and sesame oil in medium saucepan over medium heat. Cook and stir until thickened, about 5 minutes. Serve chicken and vegetables over rice. Pass sauce separately.

Bon Appetit LIGHT AND EASY SPECIAL

Steamed Chinese Lettuce #1

Yield: 4 Servings

Ingredients

1 1/2 lb chinese lettuce

1 tb cornstarch

1/2 ts salt

1 1/2 c stock

Instructions

1. Separate lettuce leaves, and cut each in 4 sections. Place in a deep heatproof bowl.
2. Steam 15 minutes (see "How-to Section").
3. In a saucepan, blend together cornstarch, salt and cold stock. Then cook, stirring, until mixture thickens. Pour over steamed lettuce and serve.

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Steamed Chinese Lettuce #2

Yield: 6 Servings

Ingredients

6 dried shrimp (up to)

6 dried black mushrooms

1 lb chinese lettuce

1 tb smoked ham

1/2 ts salt

1/2 c mushroom-soaking liquid

Instructions

1. Separately soak dried shrimp and dried mushrooms. Reserve mushroom-soaking liquid.
2. Cut Chinese lettuce in 2-inch cubes. Chop ham. Dice soaked mushrooms.
3. Arrange lettuce cubes on a shallow heatproof dish. Sprinkle with salt. Top with mushrooms, shrimp and ham. Then pour mushroom liquid over.
4. Steam until done (about 30 minutes). See "How-to Section". VARIATION: For the dried shrimp and mushrooms, substitute fresh shrimp and mushrooms.

For the mushroom-soaking liquid, substitute stock.

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Steamed Chinese Vegetables

Yield: 3 Servings

Ingredients

2 tb low sodium soy sauce

1 ts sugar

1/2 ts sesame seeds

1 cl garlic minced

2 c chinese cabbage (napa), chopped
2 st bok choy thinly sliced
1 c mung bean sprouts
8 cherry tomatoes sliced in half

Instructions

In a 2 quart casserole, blend soy sauce, sugar, sesame seeds and garlic.
Stir in Chinese cabbage and bok choy. Cover microwave on high for 4 to 5 minutes or until crisp-tender, stirring once. Stir in bean sprouts and tomatoes. Cover microwave on high for 1 to 2 minutes or until bean sprouts are crisp-tender. Makes 4 servings.

From: Joanne McAndrews

Per serving: 48 Calories (kcal) 1g Total Fat (10 calories from fat) 4g Protein 9g Carbohydrate 0mg Cholesterol 467mg Sodium Food Exchanges: 0 Grain(Starch) 0

Lean Meat 1 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Contributor: Vegetarian Times Low-Fat and Fast, Spring/Summer 1998

Steamed Duck Stuffed W/Chinese Lettuce

Yield: 6 Servings

Ingredients

1 duck 4 to 5 pounds
12 lotus seeds
1/4 lb smoked ham
1 head chinese lettuce
1 ts salt (up to)
4 tb oil

Instructions

1. Wipe duck inside and out with a damp cloth. Dry well with paper toweling, or hang up to dry in a cool, airy place 1 to 2 hours.
2. Blanch lotus seeds. Slice ham cut Chinese lettuce in 1-inch sections.
3. Combine half of Chinese lettuce sections with lotus seeds and ham. Add salt and mix well. Stuff mixture into duck and sew up securely or skewer.
4. Heat oil in a large pan and brown duck quickly.
5. Place remaining lettuce sections in a large heatproof bowl then put duck on top. Steam by the bowl-in-a-pot method until duck is tender (about 2 hours). See "HOW-TO SECTION".

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Steamed Dumplings, Thai Style

Yield: 1 Servings

Ingredients

1 c cake flour
1 c corn flour
3/4 c boiling water
2 tb oil
1/3 c minced onion
6 oz ground pork
2 ts salt
1/2 ts pepper
1 1/2 tb sugar
3 tb chopped unsalted dry roasted pean

1 lettuce leaves

Instructions

Makes 20 to 24 dumplings

1. Sift the cake flour and corn flour together, over a large bowl, until they are well mixed (may take a few siftings)
2. Gradually add boiling water, stirring constantly
3. Knead into a smooth dough. Set aside in a bowl and cover with a damp cloth.
4. Heat oil in a skillet over medium heat. Saute the onion until transparent. Add the pork. Mash with wooden spoon to break up lumps. Turn the meat constantly while cooking. cook until all of the meat turns white. Add salt, pepper, and sugar.
5. Stir in peanuts and remove from heat.
6. With a perforated spoon, remove as much fat as possible while transferring the mixture to a bowl. Set aside to cool.
7. Oil a large plate. Oil the palms of your hands and pat about 1 T of dough into a 3-inch round. Make sure the center is thicker than the edge.
8. Place a tsp. of pork mixture in the center of the dough and fold the dough over.
9. Pinch around the edge to seal. Place each dumpling on the oiled plate. Repeat with the remaining ingredients.
10. Boil water in a steamer. Lay wet cheesecloth over the upper tray section to prevent dumplings from sticking
11. Place the dumplings on the cheesecloth and steam for 15 minutes.
12. Lay crisp lettuce attractively on a serving platter and place the dumplings over the lettuce in a pleasing configuration (remember presentation!)

Posted to TNT Recipes Digest by Patricia McGibbony-Mangum on Apr 11, 1998

Steamed Fish With Tart Thai Sauce

Yield: 4 Servings

Ingredients

- 1/2 sm carrot peeled and grated
- 2 tb lime juice
- 1 tb rice vinegar
- 2 ts low sodium soy sauce
- 3 tb water
- 1 1/4 ts sugar
- 1/4 ts chili oil
- 2 ts fresh cilantro minced
- 1/4 c fresh cilantro sprigs
- 1 divided
- 1 1/3 lb rockfish fillets

Instructions

Combine the carrot, lime juice, rice vinegar, soy sauce, water, sugar, chili oil and minced cilantro. Set aside. Place the fish on a rack or in a bamboo steamer lay the cilantro sprigs on top of the fish. Put over boiling water, cover and steam 12 minutes per inch thickness.

Spoon the sauce over the fish and serve, with rice.

Recipe By : Seattle Times-posted by Mike Key

Steamed Rice (Korean Bab)

Yield: 4 Servings

Ingredients

2 c rice

2 c water

Instructions

1. Pour the rice into a cooking pot. Fill the pot nearly to the brim with cold water, then pour the water out. The rice will remain at the bottom of the pot. Repeat this process 4 or 5 times, or until the water seems quite clear. Rinsing the rice in this manner eliminates any excess starch.
2. Cover the rice with 2 cups water and let it stand for 30 minutes. Bring to a boil, reduce the heat and steam for 20 minutes or until dry.

Generally speaking, if Americans are to be served, use 1/2 cup uncooked rice for each person. Double the amount if cooking for Koreans, especially Korean men.

From: The Korean Cookbook, By Judy Hyun

Steamed Scrod Fillets Chinese Style

Yield: 1

Ingredients

1/2 c thinly sliced scallion

1/4 c soy sauce

2 tb rice-wine vinegar (available at oriental markets) or white-wine vinegar

1 a (1 1/2-inch) piece of peeled fresh gingerroot, cut into very fine julienne strips

2 tb vegetable oil

1 tb oriental sesame oil plus 1 teaspoon for drizzling the fish

2 ts sugar

2 garlic cloves minced and mashed to a paste with a pinch of salt

1/4 ts dried hot red pepper flakes or to taste, up to 1/2

1 six (6-ounce) scrod fillets

1 cabbage or romaine leaves for lining the steamer if desired

Instructions

In a bowl whisk together the scallion, the soy sauce, the vinegar, the gingerroot, the vegetable oil, 1 tablespoon of the sesame oil, the sugar, the garlic paste, the red pepper flakes, and salt and pepper to taste. In a shallow dish arrange the scrod fillets in one layer, pour the soy sauce mixture over them, and let the fish marinate, covered and chilled, for 30 minutes.

Put a bamboo steamer in a wok and add enough water to the wok to allow the bottom rim of the steamer to sit in the water but the tray to remain above it. (Alternatively, arrange a steamer rack in a wide deep kettle and add water to the kettle to reach just below the steamer rack.) Bring the water to a boil. Line the steamer with the cabbage or with a plate, such as a glass pie plate, at least 1 inch smaller in diameter than the steamer, arrange the fillets, folded into thirds, skinned sides up and seam sides down, on the cabbage, and pour the marinade evenly over them. Steam the fish, covered, over the boiling water for 8 to 12 minutes, or until it just flakes, and with oven mitts remove the steamer from the wok.

Transfer the fillets carefully to a heated platter and drizzle them with the remaining 1 teaspoon sesame oil.

Serves 6.

Gourmet May 1992

Converted by MCBuster.

Converted by MMBuster v2.01.

Sticky Chinese Chicken Wings

Yield: 6 Servings

Ingredients

4 lb chicken wings
2 c brown sugar
1 c sugar
1 whole garlic bulbs
1 minced
1 c hot water
2 ts sesame oil
1 sm bottle soy sauce

Instructions

Saute garlic in sesame oil. Add remaining ingredients except wings and stir well. add wings and baste with sauce. Cook till sauce turns caramel. Serve with plenty of wet napkins!!

Recipe By : Randy Mancini

From: Heynowbam@aol.com Date: 06 Sep 97 Meal-Master Format Recipes (Mailing List) Ž

Sticky Oriental Partridge

Yield: 1

Ingredients

4 english partridge
2 pieces star anise
6 tangerines zest of
1 handful fresh coriander
1 freshly ground salt and black pepper

MARINADE

2 stems lemon grass peeled and thinly sliced
1/2 hand fresh root ginger bruised with a rolling pin
3 cloves garlic crushed
6 tangerines juice of
2 ts honey
2 tb soy sauce
6 tb walnut oil
1 green chilli

TO SERVE

1 deep fried shallots
1 coconut and basil rice

Instructions

Preheat the oven to 240°C/475°F/gas mark 8.

Cut the partridge in half down the backbone. Trim off and discard the drumsticks leaving the breast and thigh attached.

Crush the star anise. Rub over the skin of the birds. Season them all over. Lay the birds in a wide shallow dish in a single layer. Scatter with the coriander leaves and the tangerine zest.

Make the marinade in a separate bowl. Simply mix all the ingredients and pour over the partridge. Marinade in the fridge for up to 24 hours, turning from time to time.

Remove the birds from the marinade and roast in a very hot oven or on a griddle until golden and sticky and cooked through about 10 to 12 minutes.

Strain the rest of the marinade into a clean pan and cook through.

Serve the partridge on coconut and basil rice with the dressing drizzled around. Top with a scatter of deep fried shallots.

Finger bowls would be a good idea!

Converted by MCBuster.

Per serving: 1288 Calories (kcal) 86g Total Fat (56 calories from fat) 11g Protein 137g

Carbohydrate 0mg Cholesterol 2073mg Sodium Food Exchanges: 1/2 Grain(Starch) 0

Lean Meat 1 1/2 Vegetable 7 Fruit 16 1/2 Fat 1 Other Carbohydrates

Converted by MMBuster v2.0n.

Sticky Rice (Thai Rice Pudding)

Yield: 4 Servings

Ingredients

2 c glutinous rice

1 cn coconut milk

1 cn water

1/2 c sugar

CUSTARD-

4 eggs

1 cn coconut milk

1/2 c sugar

Instructions

From: "Jean M. Davis"

Date: 26 Apr 1995 23:22:220600

Soak rice for several hours in warm water. Then steam for 25 minutes.

Prepare coconut milk, water and sugar. Cook liquid until boiling. Add steamed rice, stir well, and cover. The rice will absorb the liquid. Best served warm Serve with slices of mango or make custard for topping.

Custard: Mix all in blender. Put in 7" pie plate and steam, or use steamer tray and pie pan in rice cooker. Steam about 10 minutes or until set.

REC.FOOD.RECIPES ARCHIVES/DESSERTS

From rec.food.cooking archives.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Stir Fried Chinese Chicken W/Cashews

Yield: 6 Servings

Ingredients

1 egg white

1 tb soy sauce

1 tb cornstarch

1 1/2 lb chicken breasts, skinned, boned & cut into 1 cubes

1/4 c soy sauce

1 ts cornstarch

1 tb dry sherry

2 tb cider vinegar

1 ts sugar

1/4 c peanut oil

2/3 c unsalted cashews

1 inch square of ginger, peeled & quartered
2 scallions, peeled & sliced
8 oz canned water chestnut, drained & sliced
1 md green bell pepper, cored, seeded & sliced
1 white rice, cooked

Instructions

Lightly beat the egg white in a small bowl. Add the first measures of soy sauce and cornstarch. Mix well. Add the chicken. Toss thoroughly. Let stand for 15 minutes. Combine the second measure of soy sauce, the second measure of cornstarch, the sherry, cider vinegar and sugar in a second small bowl. Mix very well. Set the sauce aside. Heat the oil in a large wok or skillet over medium heat. Add the cashews. Stir fry for about 1 minute. Use a slotted spoon to remove the cashews. Set aside. Discard 1/3 of the oil. Add the ginger, sliced scallions and water chestnuts to the wok. Stir fry for 1 minute. Add the chicken cubes, green pepper and sauce. Cook, stirring constantly, until thickened. Discard the ginger pieces. Return the cashews to the wok. Serve over hot, cooked white rice.

Posted to EAT-L Digest 10 Sep 96

From: Joel Ehrlich

Date: Tue, 10 Sep 1996 10:15:120800

Stir Fried Norwegian Cod In Chinese Black Bean, Cashew &

Yield: 1 Servings

Ingredients

3 lb norwegian cod chunks
6 red or green sweet peppers
4 onions
1 1/2 lb mushrooms
1 1/2 lb snow peas
1/2 c canola oil
6 tb pickled ginger, shredded
2 tb vinegar from the pickled ginger
3/4 c crushed cashews, unsalted
sauce mixture:
3/4 c chinese black bean sauce
7 1/2 ts sesame oil
1/4 c soy sauce
1/4 c sugar
2 tb cornstarch
1 1/2 c water

Instructions

Stir Fried Norwegian Cod With Vegetables In A Chinese Black Bean, Cashew & Ginger Sauce

Mix the black bean sauce, sesame oil, soy sauce, sugar, cornstarch and water. Set aside. Wash, halve and core the peppers. Cut into thin slices. Peel, halve and slice the onions. Clean and slice the mushrooms. Trim off the snow pea stems and remove the "string" that runs down one side.

Heat the oil in a wok. Stir fry the peppers, onions and mushrooms for one minute. Add the fish chunks. Stir fry for 2 to 3 minutes.

Add the sauce mixture and the snow peas. Cover and cook for 1 to 2 minutes, until the fish is done and the sauce has thickened. Stir in the pickled ginger, along with its liquid, and the cashews. Serve as is, or over rice.

Provided by Seafood From Norway Copyright 1997 the electronic Gourmet Guide, Inc. All rights reserved.

Stir Fried Oriental Celery

Yield: 8 Servings

Ingredients

2 tb oil
4 c sliced celery, diagonally
8 oz sliced fresh mushrooms
8 oz fresh pea pods
3 sliced green onions
1 tb cornstarch
1/4 ts ginger
1/4 c corn syrup
2 tb soy sauce
2 tb orange juice
1/4 c slivered almonds
1 ts grated orange peel

Instructions

In a wok or large skillet, heat oil saute, celery in oil 3 minutes or until crisp tender. Stir in mushrooms, pea pods and onions saute, for 3 minutes. In a small bowl, combine cornstarch, ginger, corn syrup, soy sauce and orange juice pour over vegetables. Cook for 1 minute, stirring constantly. Sprinkle with almonds and orange peel.

From: Syd's Cookbook.

Stir Fried Rice Noodles With Tofu & Egg (Pad Thai)

Yield: 1 Serving

Ingredients

1/2 Lb. Thai Flat Rice Noodles (bahn pho)*
Oil For Deep Frying
1/2 Lb. Firm Tofu cut into tiny cubes
1/4 C. Peanut Oil
1/2 Tbsp. Chopped Garlic
1/2 C. Skinless Boneless Chicken Breast very thinly sliced
1/4 Lb. Shrimp, Peeled And Cut In Half The
2 Eggs beaten
1 Tbsp. Dried Shrimp Powder *
1/4 Tsp. Freshly Ground Black Pepper
3 Tbsp. Dry-Roasted Salted Peanuts finely chopped
2 Tbsp. Freshly Squeezed Lime Juice
1 Tbsp. Sugar
6 Tbsp. Thai Fish Sauce *
1/4 C. Tamarind Sauce (recipe follows)
2 Tsp. Red Chili Paste With Garlic *
2 C. Fresh Bean Sprouts
Garnish-
2 Limes Quartered

1/3 C. Fresh Cilantro Leaves
3 Scallions chopped
4 Tbsp. Dry-Roasted Peanuts finely chopped

Instructions

Start this dish by preparing the Tamarind sauce (recipe follows). Set it aside to cool. Soak the noodles in ample warm water until supple, about 15 minutes, drain and set aside. Place the noodles in boiling water and cook just until the water returns to the boil. Drain again. Heat the oil for deep-frying to 375 degrees F and deep-fry the tofu. Be sure to pat the tofu dry on a paper towel first so that it will not spatter fat on you. Drain the tofu and set aside.

Heat a large wok and add the peanut oil, garlic, and chicken. Stir-fry for a few minutes and then add the shrimp, drained noodles, beaten eggs, and deep-fried tofu. Toss well and stir-fry for 3 to 4 minutes over medium-high heat. Add the remaining ingredients, except the garnishes, and stir-fry for a few more minutes until the noodles are hot and tender.

Place on a serving platter with the garnishes, which are an integral part of the dish.

Serves 4-6.

* available at some Asian markets

NOTES: I've never been able to find shrimp powder, so I buy dried shrimp and grind them to a powder in my food processor

NOTES : (from The Frugal Gourmet On Our Immigrant Ancestors, by Jeff Smith

Contributor: NURPPL@NURSE.EMORY.EDU

Stir Fry Crab & Oriental Greens

Yield: 2 Servings

Ingredients

1 bn baby bok choy
1 c crab meat, frozen
1/2 ts salt
2 c water
1/2 tb green onion, minced
1/2 tb ginger root, minced
1/2 tb cooking wine
1 c chicken broth
2 ts cornstarch
1 tb water
1 egg white

Instructions

Green Vegetable may be baby bok choy, gai lan, small butter bok choy. Cut vegetables into 4-inch lengths. Heat pan with 2 cups water and 1/2 teaspoon salt until boiling. Add greens and cook for 1 minute. Remove, drain, and arrange on serving platter. Heat wok and add 3 tablespoons oil. Heat until very hot. Add the minced green onion and ginger stir-fry until fragrant. Add the crab meat. Stir fry gently. Add the cooking wine and the chicken broth bring to boiling.

Mix cornstarch with 1 tablespoon water. Add to crab mixture and cook briefly, stirring, to thicken sauce. Beat the egg white until frothy. Add in a thin stream to crab mixture, stirring constantly to keep egg white from setting immediately. If desired, add 1 tablespoon oil for sheen. Remove from heat and pour over vegetable. Serve with hot steamed rice. If desired, scallops may be substituted for the crab meat.

Stir-Fried Beef And Chinese Cabbage

Yield: 4 Servings

Ingredients

1/2 lb lean beef
1 lb chinese cabbage
2 tb oil
1/2 c stock
1/2 ts salt
1 ds pepper
2 ts cornstarch
2 tb water

Instructions

1. Slice beef thin against the grain, then in 1/2by 2-inch strips. Slice Chinese cabbage stems in similar strips.
2. Heat oil. Add beef and stir-fry until it loses its redness.
3. Add cabbage strips and stir-fry to soften slightly.
4. Stir in stock, salt and pepper and heat quickly. Cook, covered,over medium heat until done (2 to 3 minutes).
5. Meanwhile, blend cornstarch and cold water to a paste, then stir in to thicken. Serve at once.

VARIATION: In step 1, toss the beef in a mixture of 2 teaspoons cornstarch, 2 teaspoons soy sauce and 2 teaspoons sherry. Cook as in step 2 then remove from pan. In step 3, sprinkle the cabbage with 1/4 teaspoon salt, 1/4 teaspoon sugar and 1/2 teaspoon soy sauce then stir fry. Pick up step 4, omitting the salt and pepper. Then return beef to pan only to reheat and thicken with cornstarch paste.

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Stir-Fried Beef And Chinese Turnips

Yield: 4 Servings

Ingredients

1/2 lb lean beef
1/2 ts cornstarch
1/4 ts sugar
1/2 ts soy sauce
1 lb chinese turnips
1/2 c scallion stalks (up to)
2 cloves garlic
1 1/2 tb oil
1 1/2 tb oil
1/2 ts salt
1 ts brown bean sauce
1/2 ts soy sauce
1/2 c stock
1 tb cornstarch
2 tb water

Instructions

1. Slice beef thin against the grain. Combine cornstarch, sugar and soy sauce. Add to beef and toss to coat.

2. Peel Chinese turnips cut in 1/4-inch slices, then in 1-1/2 inch squares, and parboil. Cut scallion stalks in 1-inch lengths. Crush garlic.
3. Heat oil. Add beef and stir-fry until it begins to brown. Remove from pan.
4. Heat remaining oil. Add garlic and brown lightly. Add turnips and stir-fry to coat with oil. Then add salt, brown bean sauce, and remaining soy sauce. Stir-fry 1/2 minute more.
5. Stir in stock and heat quickly. Cook, covered, 3 minutes over medium heat. Meanwhile blend cornstarch and cold water to a paste.
6. Return beef, add scallions, and stir-fry 1 minute. Then stir in cornstarch paste to thicken. Serve at once.

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Stir-Fried Broccoli And Chinese Mushrooms

Yield: 4 Servings

Ingredients

- 6 dried chinese mushrooms
- 1 bn fresh broccoli
- 1/2 c mushroom soaking liquid
- 2 tb light soy sauce
- 1 tb rice wine or dry sherry
- 1 ts honey
- 3 tb peanut oil
- 1 tb cornstarch

Instructions

Soak the Chinese mushrooms in 2 cups of hot water for 30 minutes. Strain and reserve 1/2 cup of the soaking liquid for the sauce. Trim and discard the mushroom stems, and cut the caps in half. Set aside.

Rinse the broccoli and cut the tops into florets. Peel the stems and diagonally cut them in 1/2-inch slices. Mix the ingredients for the sauce in a small bowl, stirring to dissolve the sugar.

Place a wok over medium-high heat. When it is almost smoking, add the peanut oil.

When the oil begins to smoke, add the broccoli and the mushrooms. Stir-fry 2 minutes, then pour in the sauce and bring to a boil.

Cook 1 minute. While the vegetables are cooking, dissolve the cornstarch in 2 tablespoons of cold water. Pour into the wok and stir constantly until the sauce thickens, about 30 seconds. Serve immediately.

MCBusted by Badams found at Posted Lu 3/98.

Recipe by: Joanne Hush, Classic Chinese Cooking

Posted to recipelu-digest by Badams on Mar 06, 1998

Stir-Fried Chicken & Chinese Cabbage

Yield: 1 Servings

Ingredients

- 1/4 lb boneless chicken breast *
- 3 c chinese cabbage (napa or bok choy), thick slices
- 2 green onions in 1-inch lengths (or 1/2 small
- 1 onion, cut in half vertically then in thick crescents)
- 1 tb fresh ginger, finely chopped
- 2 cloves garlic, crushed

1/3 c water, chicken broth, or dry sherry
2 tb soy sauce
2 ts cornstarch
1 ts sugar
2 ts rice or cider vinegar
1 tb sesame or salad oil

Instructions

* NOTE: boneless pork cutlet can be substituted for chicken

Partially freeze meat (about 30 minutes) to make slicing easier, especially if your knife is not very sharp. Slice the meat across the grain into thin strips and place on a plate near the cooking area.

Prepare the Chinese cabbage, onion, ginger and garlic as indicated and arrange on plate with chicken.

In a measuring cup or small bowl, combine the water, soy sauce, cornstarch, sugar and vinegar stir to dissolve the cornstarch and sugar. Place by meat and vegetables.

Preheat a heavy 10-inch saute pan, non-reactive skillet, or wok on high heat for about 1 minute. Add oil and tilt pan to coat evenly add chicken. Cook, turning constantly, for 1 minute. Add cabbage, green onion, ginger and garlic continue cooking and stirring another minute. Stir in the liquid mixture cook and stir until the sauce is thickened and the vegetables are tender-crisp and brightly colored, about 30 seconds more.

Serve over hot cooked rice.

Makes 1 main course serving of about 390 calories.

Posted by Fred Peters.

Stir-Fried Chicken And Chinese Cabbage H

Yield: 4 Servings

Ingredients

1 chicken breast
1 lb chinese cabbage hearts
1 clove garlic
2 tb oil
1/2 ts salt
1/2 ts soy sauce
1/4 c stock
2 ts cornstarch
2 tb water

Instructions

1. Skin and bone chicken then slice thin and cut in 1/2by 2-inch strips. Cut Chinese cabbage stems lengthwise in similar strips. Crush garlic.
2. Heat oil. Add salt, then garlic and stir-fry a few times. Add chicken and stir-fry until it loses its pinkness (1 to 2 minutes).
3. Add cabbage stems and soy sauce stir-fry to soften slightly (about 1 minute).
4. Stir in stock and heat quickly. Then cook, covered, over medium heat until done (2 to 3 minutes). Meanwhile blend cornstarch and cold water to a paste.
5. Stir in cornstarch paste to thicken sauce. Serve at once.

NOTE: Chinese cabbage hearts are not vegetable "hearts" in the Western sense, but the very sweet and delicate inner stems of the Chinese cabbage. VARIATION: For the chicken, substitute 1/2 pound shrimp, shelled and deveined.

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Stir-Fried Chinese Cabbage And Dried Shrimp

Yield: 6 Servings

Ingredients

8 dried shrimp
4 dried black mushrooms
1 lb chinese cabbage
1/2 c bamboo shoots
2 tb oil
1/2 c mushroom-soaking liquid
1/2 ts salt
1 ts cornstarch
2 tb water

Instructions

1. Separately soak dried shrimp and dried mushrooms. Reserve mushroom-soaking liquid.
2. Cut cabbage stems in 2-inch sections. Slice bamboo shoots and soaked mushrooms.
3. Heat oil. Add cabbage and stir-fry 1 minute. Add bamboo shoots stir-fry 1 minute more.
4. Add soaked shrimp, mushrooms and mushroom liquid. Bring to a boil then simmer, covered, 3 minutes.
5. Add salt. Stir mixture once again and simmer, covered, again until done (about 2 minutes more).
6. Meanwhile blend cornstarch and cold water to a paste. Then stir in to thicken, and serve at once.

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Stir-Fried Chinese Cabbage And White Chees

Yield: 4 Servings

Ingredients

1 lb chinese cabbage
3/4 c water
3 tb oil (up to)
2 tb chinese white cheese

Instructions

1. Cut Chinese cabbage stems diagonally in 1-1/2 inch sections. Bring water to a boil.
2. Heat oil. Add Chinese cheese to pan and mash. Add cabbage stems and stir-fry until cheese melts.
3. Stir in hot water and bring to a boil again. Then simmer, covered, 2 minutes more.
4. Stir cabbage and simmer, covered, again until done (1 to 2 minutes more).
Serve at once.

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Stir-Fried Chinese Chicken W/ Cashews

Yield: 6 Servings

Ingredients

1 egg white, lightly beaten
1/4 cup soy sauce
1 tbsp. + 1 tsp. cornstarch
1 1/2 lbs. skinless, boneless chicken breasts cut into 1" cubes
1 tbsp. dry sherry
2 tsp. cider vinegar
1 tsp. sugar
1/4 cup vegetable oil
2/3 cup unsalted cashews
1" square of fresh ginger, peeled & quartered
2 scallions, sliced
1 can (8 oz.) water chestnuts, drained & sliced
1 medium green bell pepper, cut into 1/2" dice

Instructions

most of the time it takes to make this dish is devoted to slicing, chopping & assembling the actual cooking time is only about 5 minutes you'll be amazed at how authentic it tastes. you may say good bye to chinese take out forever.

1. in a medium size bowl, combine egg white, 1 tbsp. of the soy sauce & 1 tbsp. cornstarch. Add chicken cubes & toss to coat. Let stand 15 minutes.
2. Meanwhile, in a small bowl, combining remaining soy sauce, 1 tsp. cornstarch, sherry, vinegar & sugar set seasoning sauce aside.
3. In a large frying pan or wok, heat oil over medium-high heat. Stir fry cashews for 1 minute remove w/ a slotted spoon or Chinese strainer & drain on paper towels. Add chicken & stir fry until opaque, 2 1/2 minutes remove & set aside.
4. Discard all but 2 tbsp. oil. Add ginger, scallions & water chestnuts stir fry 1 minute. Add chicken, bell pepper & reserved seasoning sauce. Cook, stirring, until thickened. Discard ginger pieces add reserved cashews. Serve over rice.

Prep: 15 minutes Marinate: 15 minutes Cook: 5 minutes

Stir-Fried Chinese Sausage And Cabbage

Yield: 4 Servings

Ingredients

1/2 lb chinese pork sausage
1 head round cabbage
2 sl fresh ginger root
2 tb oil
1/2 ts salt (up to)
1 c stock

Instructions

1. Steam Chinese sausage until translucent (about 15 minutes). Let cool slightly, then slice diagonally in 1/2-inch sections.
2. Cut cabbage in strips. Mince ginger root.
3. Heat oil. Add salt, then ginger, and stir-fry a few times. Add cabbage stir-fry to soften (about 2 minutes).
4. Add Chinese sausage and stir-fry 1 minute more.
5. Stir in and heat stock quickly then cook, covered, over medium heat until cabbage is done (about 10 minutes). Serve at once.

VARIATIONS : For the Chinese pork sausage, substitute Chinese liver sausage.

For the cabbage, substitute string beans, cut in 1-1/2 inch sections or Chinese cabbage stems, also cut in 1-1/2 inch sections (simmer these only 2 to 3 minutes in step 5).
From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Stir-Fried Minced Fish And Chinese Turnip

Yield: 6 Servings

Ingredients

1 lb chinese white turnip
1 lb fish fillet
1 egg white
1 ts cornstarch
1 tb sherry
1/2 ts salt
1 ds pepper
1 stalk
1 sl fresh ginger root
1/2 c raw peanuts
2 tb oil
1 ts soy sauce
1/2 ts sugar
1/2 ts salt
2 tb oil
1 ts sherry

Instructions

1. Peel Chinese turnip and parboil until cooked through but still crunchy (about 3 minutes) then shred.
2. Mince fish then blend well with egg white, cornstarch, sherry, salt and pepper.
3. Mince scallion stalk and ginger root. Mince or grind peanuts.
4. Heat oil. Add parboiled turnip and stir-fry 2 to 3 minutes. Add soy sauce, sugar and remaining salt stir-fry a few times. Transfer mixture to a serving dish and keep warm.
5. Heat remaining oil. Add minced scallion and ginger root stir-fry a few times. Add minced fish mixture and stir-fry only to heat through (about 1 minute). Add remaining sherry stir-fry 1 minute more.
6. Arrange fish over turnips. Garnish with peanuts and serve.

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Stir-Fried Noodles (Phad Thai)

Yield: 1

Ingredients

3 tb vegetable oil
1/2 c extra-firm tofu, diced
1 tb chopped garlic
1 tb dried shrimp
11 oz rice noodles soaked in water for
1/2 c water or chicken stock
3 tb sugar
3 tb fish sauce

1 tb soy sauce
2 beaten eggs
3 tb chopped peanuts
1/4 c chives, cut in 1" pieces
1 c bean sprouts
2 limes, cut into wedges

Instructions

Fresh vegetables such as sliced cabbage, bean sprouts and chives, optional
Heat the oil in a wok over high heat. Add the tofu pieces and fry until browned on all sides. Using a slotted spoon, remove and drain them on paper towels.
Add the garlic and dried shrimp to the wok and stir-fry 30 seconds to 1 minute. Add the rice noodles and keep stirring over a high heat for 3 minutes or until the noodles are soft. Add the water and stir. Add the sugar, fish sauce and soy sauce and stir well to combine.

Add the beaten eggs and stir-fry until the eggs are cooked and well combined with the noodles.

Add the drained tofu, peanuts and chives. Stir-fry to combine, then add the bean sprouts and stir together.

Serve garnished with lime wedges and topped with fresh vegetables, if desired.

Makes 4 servings.

From Chiang Mai Thai Cookery School

Tested by Susan Selasky for the Free Press Test Kitchen

520 calories (32 from fat), 18 grams fat (3 grams sat. fat), 71 grams carbohydrate, 18 grams protein, 1,283 mg sodium, 117 mg cholesterol, 75 mg calcium, 4 grams fiber.

Stir-Fried Oriental Celery

Yield: 8 Servings

Ingredients

2 tb oil
4 c sliced celery, diagonally
8 oz sliced fresh mushrooms
8 oz fresh pea pods
3 sliced green onions
1 tb cornstarch
1/4 ts ginger
1/4 c corn syrup
2 tb soy sauce
2 tb orange juice
1/4 c slivered almonds
1 ts grated orange peel

Instructions

In a wok or large skillet, heat oil saute, celery in oil 3 minutes or until crisp tender. Stir in mushrooms, pea pods and onions saute, for 3 minutes. In a small bowl, combine cornstarch, ginger, corn syrup, soy sauce and orange juice pour over vegetables. Cook for 1 minute, stirring constantly. Sprinkle with almonds and orange peel.

From: Syd's Cookbook.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/sydsbook.zip>

Stir-Fried Pork With Chinese Lettuce

Yield: 4 Servings

Ingredients

1/2 c lean pork
2 c chinese lettuce
2 green peppers
1 c onions (up to)
2 sl fresh ginger root
1 tb soy sauce
1 ts sugar
1/2 ts salt
2 or 3 tb oil

Instructions

1. Dice pork, lettuce, green peppers and onions.
2. Mince ginger root, then combine with soy sauce, sugar and salt.
3. Heat oil. Add pork and stir-fry until golden (about 3 to 4 minutes).
4. Add onion and stir-fry 1/2 minute. Add peppers stir-fry 1 minute more. Add lettuce stir-fry another minute.
5. Add ginger-soy mixture and stir-fry to blend flavors (1 to 2 minutes more).
Serve at once.

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Stir-Fried Prawns And Squid With Mushrooms And Thai Holy Bas

Yield: 4

Ingredients

3 tb sunflower oil
3 garlic cloves crushed
175 g peeled raw prawns (175 to 225)
350 g prepared squid sliced across into rings
175 g button mushrooms cut into small chunks
3 red birdseye chillies finely chopped
1 tb light soy sauce
1 tb ketchup manis (sweet soy sauce)
1 tb oyster sauce
1 tb thai fish sauce
1 lg hand thai holy basil or ordinary basil leaves
1 tb chicken stock (1 to 2)
1 thickly sliced cucumber and spring onions to garnish

Instructions

1. Heat a wok or large deep frying pan until hot. Add the oil and garlic and fry for a few seconds.
2. Add the prawns, stir-fry until pink, add the squid and stir-fry for 1-2 minutes. Add the mushrooms and chillies and stir-fry for a few seconds. Add the light soy sauce, ketchup manis (sweet soy sauce), oyster sauce and fish sauce and turn everything over once or twice.
3. Add the basil and stock and toss for a few seconds. Serve on steamed rice, garnished with the cucumber and spring onions.

Converted by MCBuster.

Per serving: 108 Calories (kcal) 10g Total Fat (83 calories from fat) 1g Protein 3g Carbohydrate 0mg Cholesterol 214mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 2 Fat 0 Other Carbohydrates
Recipe by: Rick Stein
Converted by MMBuster v2.0n.

Stir-Fried Quorn With Chinese Blackbeans And Spring Onion

Yield: 4

Ingredients

2 tb vegetable oil
1 sm red onion sliced
1 red pepper sliced
1 garlic clove crushed
1 fresh chilli finely sliced (optional)
1 pk quorn pieces 300g
1 bn spring onions cut into 1 1/2 inch lengths

SAUCE-

2 tb prepared chinese black bean sauce
1 tb dry sherry
1 ts sugar
1 ts cornflour
8 tb water

Instructions

Heat the oil in a large wok or frying pan over high heat. Add the red onion, and pepper and stir fry for 1 minute.

Now add the garlic, chilli and Quorn pieces and cook for a further 3-4 minutes until the Quorn pieces have taken a light golden colour.

Add the spring onions and cook for 1 minute more.

Add the sauce ingredients, allow it to come to the boil and thicken slightly.

Serve immediately on rice or noodles.

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Carlton Food Network <http://www.cfn.co.uk/>

Converted by MMBuster v2.0l.

Stir-Fried Rice With Oriental Vegetables

Yield: 0 Servings

Ingredients

1 c shiitake mushroom fresh, sliced or oyster or button mushrooms
1/4 c low-sodium chicken broth or beef broth
1 c Chinese long beans cut in 1-inch pieces or fresh green beans
1 c bok choy sliced
1 c carrots sliced
2 ts ginger root grated
2 garlic cloves minced
4 green onion diagonally sliced in
1 c bean sprouts
2 c cooked rice cold, long-grain white
2 tb light soy sauce
1 tb water
green onion fans optional or green onion curls

Instructions

Trim stems from mushrooms and discard. Slice mushrooms set aside.

Heat broth in a large nonstick wok or skillet. Add beans, bok choy, carrots, gingerroot, and garlic to wok cook and stir for 3 to 4 minutes or till crisp-tender. Add green onions and sprouts to wok cook and stir for 2 minutes. Add mushrooms to wok cook and stir for 1 minute more. Add rice, soy sauce, and water to wok cook for 2 minutes more or till heated through. If desired, garnish with green onion fans or curls.

Nutritional Analysis: 299 mg sodium, 33 g carbohydrate, 156 calories, 1 g total fat, 4 g fiber, 6 g protein, 91 vit. A 27 vit.

Source: "Better Homes and Gardens Online"

Copyright: "Meredith Corporation"

Per serving: 1368 Calories (kcal) 4g Total Fat (2 calories from fat) 46g Protein 320g

Carbohydrate 0mg Cholesterol 1373mg Sodium Food Exchanges: 18 Grain(Starch) 1/2

Lean Meat 7 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

NOTES : A practical way to use up leftover rice, this dish is terrific for fans of fried rice.

Nutr. Assoc. : 0 2130706543 0 3568 2130706543 0 0 0 0 0 0 0 0 0 679 2130706543

Stir-Fried Shrimp And Chinese Mushrooms

Yield: 6 Servings

Ingredients

10 dried black mushrooms

1/2 lb shrimp

2 or 3 sl fresh ginger root

1 1/2 tb oil

1 tb soy sauce

1/2 ts salt

2 tb oil

1/4 c stock

Instructions

1. Soak dried mushrooms.
2. Shell and devein shrimp. Crush ginger root. Slice soaked mushrooms.
3. Heat oil. Add ginger stir-fry a few times. Add shrimp and stir-fry until pinkish (about 2 minutes).
4. Add soy sauce and salt stir-fry 2 minutes more. Remove shrimp from pan.
5. Heat remaining oil. Add mushrooms stir-fry to coat with oil. Stir in stock and heat quickly. Then cook, covered, 2 to 3 minutes over medium heat.
6. Return shrimp and stir in only to reheat and blend flavors (about 1 minute).
Serve at once.

From , ISBN 0-517-65870-4.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Stir-Fry Crab And Oriental Greens

Yield: 2 Servings

Ingredients

1 bn baby bok choy

1 c crab meat, frozen

1/2 ts salt

2 c water

1/2 tb green onion, minced

1/2 tb ginger root, minced
1/2 tb cooking wine
1 c chicken broth
2 ts cornstarch
1 tb water
1 egg white

Instructions

Green Vegetable may be baby bok choy, gai lan, small butter bok choy. Cut vegetables into 4-inch lengths. Heat pan with 2 cups water and 1/2 teaspoon salt until boiling. Add greens and cook for 1 minute. Remove, drain, and arrange on serving platter. Heat wok and add 3 tablespoons oil. Heat until very hot. Add the minced green onion and ginger stir-fry until fragrant.

Add the crab meat. Stir fry gently. Add the cooking wine and the chicken broth bring to boiling. Mix cornstarch with 1 tablespoon water. Add to crab mixture and cook briefly, stirring, to thicken sauce. Beat the egg white until frothy. Add in a thin stream to crab mixture, stirring constantly to keep egg white from setting immediately. If desired, add 1 tablespoon oil for sheen. Remove from heat and pour over vegetable. Serve with hot steamed rice. If desired, scallops may be substituted for the crab meat.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemin

Stir-Fry Crab Meat And Oriental Greens

Yield: 2 Servings

Ingredients

1 bn baby bok choy
1 c crab meat, frozen
1/2 ts salt
2 c water
1/2 tb green onion, minced
1/2 tb ginger root, minced
1/2 tb cooking wine
1 c chicken broth
2 ts cornstarch
1 tb water
1 egg white

Instructions

Green Vegetable may be baby bok choy, gai lan, small butter bok choy. Cut vegetables into 4-inch lengths. Heat pan with 2 cups water and 1/2 teaspoon salt until boiling. Add greens and cook for 1 minute. Remove, drain, and arrange on serving platter. Heat wok and add 3 tablespoons oil. Heat until very hot. Add the minced green onion and ginger stir-fry until fragrant. Add the crab meat. Stir fry gently. Add the cooking wine and the chicken broth bring to boiling. Mix cornstarch with 1 tablespoon water. Add to crab mixture and cook briefly, stirring, to thicken sauce. Beat the eggwhite until frothy. Add in a thin stream to crab mixture, stirring constantly to keep eggwhite from setting immediately. If desired, add 1 tablespoon oil for sheen. Remove from heat and pour over vegetable. Serve with hot steamed rice. If desired, scallops may be substituted for the crab meat.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemin

Stock For Cooking Thai Rice

Yield: 1 Servings

Ingredients

10 c water
1/2 c celery sliced
1/2 c onion coarsely chopped
2 coriander (cilantro) roots chopped (if unavailable u
4 kaffir lime leaves or-
1 ts lime zest
1 tb ginger julienned
1 pn salt
1 pn black pepper

Instructions

From: "Colonel I.F.K. Philpott"

Date: Mon, 19 Aug 1996 07:39:380700

Vegetarians in Thailand generally flavour the rice by cooking it in nam sup vegetable stock rather than plain water.

This imparts a richer flavour.

METHOD: Bring to a rolling boil and boil for ten minutes, then reduce to a simmer and simmer for 50 minutes.

Strain through a fine seive or chinoise, then keep re Fridgerated in a well stoppered bottle.

Will keep re Fridgerated for 2-3 days or can be frozen and kept indefinitely.

Variation: If you are not a vegetarian you can add a cup of chicken bones to the mix.

The resultant stock gives an excellent flavour to the rice, especially when accompanying simple chicken dishes like khao man kai (chicken and rice a staple hawker food in Thailand).

CHILE-HEADS DIGEST V3 #077

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Straits Chinese Vegetables In Tangy Peanut Sa

Yield: 8

Ingredients

1 c roasted peanuts
1 anchovy fillet mashed to a

Instructions

1 teaspoon cayenne pepper
3 tablespoons molasses
1/2 cup Freshly squeezed lime juice
1 teaspoon Salt
1 tablespoon Granulated sugar
1/2 cup water

The term "Straits Chinese" refers to the Chinese descendants in Penang of the original Chinese settlers, many of whom took Malay wives. Although the origins and traditions of the food are Chinese, the styles of cooking and many of the ingredients are definitely Malaysian. This salad, which is filling, flavorful, and very satisfying, contains no meat and is, therefore, eminently suited to vegetarian diets, being well balanced nutritionally.

SAUCE Crush the peanuts, using either a rolling pin or a large mortar and pestle. Place the peanuts, together with the rest of the ingredients, in a food processor or blender and process to a smooth sauce. Set aside.

VEGETABLES 1 rectangle of bean curd (tofu), pressed in a colander until firm and cut into 1 inch cubes 2 medium potatoes, scrubbed but not peeled 6 eggs 8 string beans, ends removed, cut on a diagonal into 2 inch lengths 1 cup finely shredded white cabbage 2 3 large zucchini, ends removed, cut into 1 inch thick disks 2 cups of tightly packed watercress, washed, drained, and lower stems removed 1 cup vegetable oil While the bean curd is pressing, set the potatoes on to boil. In another saucepan, hard cook the eggs. When the eggs are ready, immediately plunge them into iced water. Empty the egg saucepan and refill it with cold water. Bring to a boil over high heat. Put the string beans in a small sieve or strainer and immerse them in the boiling water for 3 minutes.

Remove and set them aside. Refill the sieve with the cabbage and blanch it for 2 minutes. Blanch the zucchini for 3 minutes. Finally, immerse the watercress for 1 minutes. Set all the vegetables aside to cool. Shell the eggs and cut them in half. Drain the potatoes and set them aside to cool.

Pour the vegetable oil into a small saucepan and set it over high heat. Remove the rectangle of bean curd from its makeshift press, mop it with paper towels to remove any residual moisture, and cut it into 1 inch cubes. When the oil is up to deep frying temperature (375F) fry the bean curd until the exterior of the cubes forms a crisp, golden brown skin.

Drain and set it aside on paper towels. Peel the potatoes and slice them into disks, 1/4 inch thick. On a large platter, arrange the ingredients in separate mounds. Pour the sauce over and serve. Makes 8 servings **Every part of this dish can be made in advance. It can be served warm, at room temperature, or cold.

Origin: Cookbook Digest, Nov/Dec 1991 Shared by: Sharon Stevens.

Posted to CHILE-HEADS DIGEST V3 #, converted by MMBuster v2.0l.

Strawberry Cocktail

Yield: 1 Batch

Ingredients

1 qt strawberries, sliced

1 orange juice

1 strawberry juice

1 sugar

1 sherry

1 shaved ice

1 lettuce

1 strawberries, hulled

1 french dressing

1 powdered sugar

1 mint leaves

Instructions

Place in cocktail glasses: Sliced Strawberries. Boil for 10 minutes equal parts of: Orange juice, Strawberry Juice With: 1/4 as much sugar. Chill the Syrup. Season it well with: Sherry. Add: Shaved Ice Fill the glasses and serve at once.

OR: Place on Lettuce leaves Hulled or unhulled strawberries. Immediately before serving moisten with French dressing to which you have added a little powdered sugar.

OR: Cover chilled Strawberries with Chilled pineapple juice, adding powdered sugar if desired and decorate with mint leaves.

JJ 9/13/95 This recipe is from the 1946 edition of the "Joy Of Cooking" by Irma S. Rombauer Published by the Bobbs-Merrill Company.

String Beans With Szechwan Preserved Vegetabl

Yield: 4 Servings

Ingredients

1 lb string beans
1 tb sugar
2 c oil for deep-frying
2 tb chicken stock
1 sl ginger chopped
2 scallions chopped
1/4 lb ground pork
2 tb red wine vinegar
1/4 c szechuan preserved vegetable chopped
1 tb sesame seed oil
1 ts salt
1 tb soy sauce

Instructions

1. Wash string beans. Cut off ends and string. Cut into 1 1/2 inch pieces. Dry on paper towel.
2. Heat oil until smoking hot slide in string beans gently. Deep fry beans until wrinkled, about 5 min. Turn frequently. Drain. Remove.
3. Reheat 2 Tbsp oil in wok. Stir fry ginger for 10 seconds. Add pork. Tir fry until color changes. Add preserved vegetable. Add beans, salt, soy sauce, sugar, and stock. Stir fry 2 minutes or until dry. Add last 3 ingredients. Stir fry for 1 minute or until thoroughly heated.

Serve hot or cold You can find the preserved vegeable in the canned food section of most Asian groceries. I find that stir frying the string beans in a little bit of oil works as well as deep frying them in 2 cups of oil.

Here's a recipe from "Madame Wong's Long Life Chinese Cookbook." I don't know about the long life bit, but the dish is quite good. I hope it's the one you are looking for.
Formatted by Elaine Radis

Stuffed Artichoke With Oriental Noodle Salad

Yield: 4 Servings

Ingredients

SALAD-

4 md artichokes prepared and, cooked
6 oz dried chinese noodles or spaghetti in 2 inch length
1 c cucumber peeled and chopped
1/2 c carrots shredded
1/2 c radishes shredded
1/4 c green onion thinly sliced
4 oz fresh snow peas blanched, cut in strips

DRESSING

1/2 c rice wine vinegar
1/2 c fresh orange juice
1 tb orange peel grated
1 1/2 tb reduced sodium soy sauce
1 ts sesame oil
4 tee fresh ginger root finely minced

2 ts garlic minced
1 ts sugar
1/8 ts cayenne pepper

Instructions

Halve artichokes lengthwise. Remove and discard center petals and fuzzy center set artichokes aside. Cook pasta until done but slightly firm rinse and set aside. In a medium bowl, whisk together dressing ingredients.

In a large bowl combine pasta, cucumber, carrots, radishes, green onions and snow peas. Toss noodle mixture with HALF the dressing reserve the remaining half.

Arrange two artichoke halves on each plate. Spoon noodles into halves. Use reserved dressing as dip for artichoke leaves. Serve immediately. Makes 4 servings.

Nutrients Per Serving: Calories: 335 Protein: 12 g Carbohydrate: 60 g Fat: 7 g Calories from fat: 19: Calories from saturated fat: 3 Sodium: 352 mg Cholesterol: 0 mg Dietary Fiber: 7 g.

Entered in MasterCook by suechef@sover.net 4/25/98

Recipe by: California Artichoke Advisory Board

Posted to MC-Recipe Digest by Sue on Apr 25, 1998

Stuffed Chinese Black Mushrooms

Yield: 10 Servings

Ingredients

1/4 pound Fresh tofu
1 medium Chopped scallion
2 ea Garlic cloves, chopped
1/2 teaspoon Sesame seeds, toasted
1 teaspoon Oriental sesame oil
2 teaspoons Fresh ground ginger
1 teaspoon Soy sauce
1 teaspoon Liquid sweetener
1 pn Salt
1 pn Black pepper
1/4 cup Wheat germ or bread crumbs
20 large Chinese dried blk. Mushrooms soaked at least 20 mins., cleaned and stemmed

Instructions

Crush the tofu in a bowl. Mix in all the ingredients except the mushrooms. When the mixture is thoroughly blended, stuff and top the mushrooms with it. Either grill the stuffed mushrooms for 3-5 minutes on a lightly oiled stovetop grill, or an oiled, very hot, thick-bottomed frying pan, or broil them for 7-9 minutes in the oven.

"Vegetarian Journal", September/October 1994

Stuffed Grilled Shrimp, Thai Style

Yield: 6 Servings

Ingredients

18 jumbo shrimp, heads and tails intact
1/2 c crushed pineapple
1/2 c seeded and finely diced green bell
1 scallion sliced thin
1/4 ts chili powder
1/4 ts coarse salt
1 pn freshly ground black pepper

Instructions

Prepare a charcoal grill and light 1 hour before grilling, or preheat the broiler to high (500#161#F).

Using a paring knife, remove legs from the shrimp. Split the shrimp lengthwise down the middle of the underside. Rinse well under cold water. Dry on paper towels.

In a medium bowl, combine the pineapple, green pepper, scallion, chili powder, and salt and pepper.

Fill each shrimp with 1 tablespoon of the stuffing and cook them on the grill or broil for 3 minutes per side, until pale pink. Serve immediately.

Per serving (excluding unknown items): 14 Calories less than one gram Fat (2 calories from fat) 0g Protein 4g Carbohydrate 0mg Cholesterol 80mg Sodium

NOTES : from the Index.

Nutr. Assoc. : 0 0 0 0 3572 0 3803

Contributor: Martha Stewart/Menus For Entertaining

Stuffed Lobster Tails

Yield: 1 Servings

Ingredients

1 no ingredients

Instructions

Chef: Ip Wah Born in Hong Kong 36 years ago, Mr. Ip has worked in some of Hong Kong's most respected Cantonese restaurants, serving his apprenticeship in kitchens famed for traditional dishes. He now works for The Regent's Lai Ching Heen. His Specialities are seafood and shark's fin dishes.

Establishment: The Regent Hotel (Hong Kong) Salisbury Road, Tsimshatsui, Kowloon.

Chef: Chinese Cuisine Practical Class Platinum Award Seafood STUFFED LOBSTER TAILS (12 servings) Chef: Ip Wah (The Regent Hotel)

The literal translation, "Healthy and Spirited Dragon and Horse" cannot convey the symbolic values of the poetically rhyming Chinese characters. In the Cantonese dialect, a lobster is a "dragon shrimp" and the word for "horse" sounds similar to part of "water chestnut". Both creatures summon up images of power, stamina, elegance and other desired virtues.

12 fresh lobsters (450 gms) 1/2 cup diced water chestnut (or celery) Cooking oil
CORNSTARCH MIXTURE: Pinch of salt 1/4 tsp cornstarch 1 tbs stock (or water)
PORTUGUESE SAUCE: 3 tbs butter 1 1/2 tbs flour 1/3 cup coconut juice 1/3 cup stock (or water) 1 1/2 tbs evaporated milk 1 1/2 tsp curry powder 1/2 tsp salt
STUFFING: 1/2 cup finely chopped skinless raw chicken meat 1/2 cup finely chopped onion 1/4 cup finely chopped abalone (or button mushrooms) 8 resoaked and finely chopped small dried black Chinese mushrooms 1/10 cup finely chopped Chinese celery (or Western celery) 1 tbs finely chopped dry shallots 1/3 cup chopped raw lobster meat (shrimp or ham) Cooking oil
COATING: 2 beaten eggs Bread crumbs
GARNISH: 1 or 2 dried scallops (or red pepper)

To prepare:

1. Soak and wash dried scallops. Shred and deep-fry until crisp, and put aside for garnish. If using red pepper, chop finely.
2. Remove lobster shells. Retain tails and clean. Set aside enough uncooked lobster meat required for stuffing, and dice it fairly finely. Chop remaining lobster meat into small square chunks.

3. Prepare cornstarch mixture, mixing well.

To cook:

1. For Portuguese sauce, heat butter over low flame, add flour, then rest of sauce ingredients. Cook into a paste, set aside.
2. For stuffing, saute ingredients in a little oil over low flame. Add Portuguese sauce. Remove from heat and when cooled, stuff into lobster tail shells. Brush exposed stuffing with egg, sprinkle with bread crumbs.
3. Heat until smoking, sufficient oil for deep-frying, lower flame, and immerse stuffed lobster tails (stuffing facing upwards) for 5 minutes, or until golden. Remove from wok. (Alternatively, bake unbread-crumbed stuffed lobster tails in a hot oven for 3 to 5 minutes, until surfaces are dry. Brush with egg and coat with bread crumbs, bake again until golden.)
4. For lobster meat chunks, heat wok, add 4 to 5 cups of oil. When oil is at medium heat add lobster meat and blanch to seal in the juice. Remove lobster. Clean and reheat wok with 1/2 cup oil, and stir-fry lobster with diced water chestnut (or celery) and cornstarch mixture for 1 minute.

To present:

1. Place stir-fried mixture in centre of platter, and sprinkle shredded dried scallops (or chopped red pepper) over.
2. Arrange lobster tails in a circle around it.

From "Champion Recipes of the 1986 Hong Kong Food Festival". Hong Kong Tourist Association, 1986.

Posted by Stephen Ceideberg October 28 1992.

Stuffed Peppers Thai Style

Yield: 6 Servings

Ingredients

8 sm green bell peppers

FILLING-

1/2 lb fresh mushrooms, chopped

2 tb green onion, chopped

1 tb garlic, chopped

1/2 ts ginger, chopped

1/4 ts pepper

1/4 ts sugar, optional

1/2 tb cornstarch dissolved in

1 tb water

GARNISH-

1 vegetable oil

2 ea dried red chili peppers, seeded & slivered

Instructions

Cut the tops off the peppers, seed them & set aside. Mix together the filling ingredients thoroughly & stuff into the peppers. Place them in a shallow baking dish & bake them in a preheated oven at 350F for 30 minutes. Or steam over high heat for 30 minutes.

Before serving, brush the peppers with oil to make them shine & sprinkle with the chili peppers. Serve hot or at room temperature.

Su-No-Mo-No Japanese Cucumber And Radish Salad

Yield: 1 Servings

Ingredients

2 cucumbers
1 stalk celery
2 white radishes
2 tb sesame seeds
1/2 c lemon juice
1 ts soy sauce

Instructions

Peel cucumbers, if waxed. Otherwise score skins with a fork. Cut in half, remove seeds, and cut into julienne strips. Slice celery and radishes diagonally. Place cucumber, celery, and radishes in a bowl and sprinkle with the salt. Toss to mix and let stand 2 hours. Meanwhile, toast the sesame seeds in a small dry skillet over low heat, shaking frequently, until golden. Cool. Squeeze the water out of the vegetables, a handful at a time, and place them in a colander. Rinse with cold water and squeeze out extra water. Place in a serving bowl. Add lemon juice and soy sauce. Sprinkle with sesame seeds.

Recipe by: Jean Hewitt's International Meatless Cookbook

Posted to recipelu-digest by gpgb@attica.net (Michael Bauman) on Mar 27, 1998

Sue's Quick Oriental Dinner

Yield: 4 Servings

Ingredients

1 c brown or white rice
3 c fresh vegetables of choice

SAUCE-

1 tb sesame oil
1/4 c chopped scallions
1/8 ts ginger
2 tb low sodium tamari
1 tb white sugar
3 tb sherry
1/2 c stock

Instructions

If rice not precooked, start rice. If precooked, put 2-3 cups into the microwave to heat. Put fresh vegetables into steamer. Filling half the steamer produces a sufficient amount of vegetables. It should take 15-20 minutes to steam.

While vegetables are steaming, start sauce in large coated frypan. Saute, scallions and ginger in 1 2 T Sesame Oil. While cooking, prepare liquids in 2 cup measure: 3 T cup sherry, 1/2 stock (veg., chicken or beef consomm.), 2 T low sodium Tamari, 1 T. sugar. If wine is not available, increase stock to compensate.

Add the rice and vegetables to the sauce and toss in the large skillet.

Variations: Add tahini, thinned peanut butter, hot chili oil, large quantity of garlic.

Note no garlic is used for the basic recipe.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

Sunghaya Thai Coconut Custard.

Yield: 1 Serving

Ingredients

1 c coconut milk
3/4 c palm sugar
1/2 c sugar

4 ea eggs
1 ts vanilla extract (optional)

Instructions

Put coconut milk in a medium size bowl. Add all ingredients and whisk lightly until all ingredients are thoroughly mixed.

Note: Traditionally, the mixing is done by hand mixing everything together and crushing in pieces of banana leave, or the leave of an aromatic plant (bai-tey). The leaves are then picked out and discarded. Here, vanilla extract is used in place of the aromatic "bai-tey". The aroma is not the same, but they both will serve to hide the "raw" taste of the eggs. Divide the mixture into suitable containers and steam for approximately 30 to 45 minutes. Suitable container may be simply glass bowls, or hollowed out small pumpkins, or young "green" coconut with the top of the shell removed.

Sunomomo Dressing For Japanese Pickles

Yield: 6 Servings

Ingredients

2 tb to 4 tb sugar
1/2 c rice vinegar
1/4 c fresh lemon juice
1 ts salt
1 ts freshly grated ginger
1/4 ts wasabi, powdered horseradish dissolved in 1 ts water

Instructions

Place cucumber slices on paper towels to drain excess liquid. Wrap in paper towels and refrigerate until serving time.

Combine dressing ingredients in a small bowl, adding sugar to taste.

Stir until sugar and wasabi are dissolved. At serving time, place cucumbers in a bowl, pour on dressing and toss.

VARIATION: Try adding 1/4 pound (or more) thinly sliced octopus, kyuri tako no sunomono.

Sunomono Or Japanese Noodle & Cucumber Sala

Yield: 4 Servings

Ingredients

5 to 6 oz. of dry vermicelli noodles
6 tb rice vinegar
4 ts sugar
2 ts soy sauce
1 ts salt
1 to 2 tbsp of sesame seeds
1 medium-sized cucumber
extra sesame seeds for the
1 top scallion greens, thinly sliced-optional (i used the scallions greens)

Instructions

1. Cook the noodles in boiling water until just tender. Drain and rinse in cold water. Drain thoroughly, and transfer to a medium-sized bowl. (My advice, store in water if not using right away!)
2. Add vinegar, sugar, soy sauce, salt, and sesame seeds. Mix well. Cover and chill until cold. (Don't chill for too long or the noodles will stick together. I did

this but was able to save it by adding more rice vinegar until the noodles separated again. It tasted great.)

3. Peel and seed the cucumber. Cut into quarters lengthwise, then into thin pieces. If not serving right away, wrap the cucumber pieces in a plastic bag or plastic wrap and refrigerate.
4. To serve, divide the noodles among 4 or 5 serving bowls. Top with a small handful of cucumber slices, a light sprinkling of sesame seeds, and, if desired, a few very thin slices of scallion greens. Serve cold.

This salad is subtle and very refreshing. There is a variety of textures-chewy cold noodles (bean thread noodles, some call them cellophane noodles 'cause when you boil them they become clear), crunchy sesame seeds, and smooth cucumber slices. Sweet, salt, and vinegar combine harmoniously, each understated but very much present. Everything except the cucumbers and toppings can be combined several days ahead of time. (I beg to differ on this claim because, if you don't keep the boiled noodles in cold water while setting them aside, they will stick together.) The cucumbers can be prepared ahead also, and kept separate until serving.

Note: The dressing contains no oil. (However the sesame seeds do)

Prep time: 15 minutes, plus chilling time, Yield: 4 to 5 servings

Bon Appetit!

Tina Dupart (tdupart@cisco.com) Formatted by Sue Smith, S.Smith34, TXFT40A@Prodigy.com using MMCONV Fatfree Digest [Volume 9 Issue 6] June 27, 1994

Superbly Delicious Oriental Chicken Salad+

Yield: 1 Servings

Ingredients

- 3/4 lb fusili pasta
- 3/4 lb chicken breast, cooked and torn into bite size pieces
- 1/2 lb snow peas, sliced diagonally
- 1 bn scallions sliced
- 1/2 lb mushrooms sliced
- 1 egg yolk raw
- 1/4 c sugar
- 1/4 c soy sauce
- 1/4 c white wine vinegar
- 1/4 ts white pepper
- 1 1/2 c vegetable oil
- 2 tb sesame oil brown
- 1/4 c mandarin oranges
- 1 c fried wonton skins (directions below)
- 1 scallion sliced
- 1 tb sesame seeds toasted
- 1 salad- dressing garnishes

Instructions

1. Cook and chill pasta.
2. Prepare the rest of the salad ingredients and mix lightly in a large bowl.
3. Prepare dressing (best done in a food processor).
4. Cut wonton wrappers in 1/4" strips and fry quickly in hot oil.
5. Toast sesame seeds in small frying pan till light brown and fragrant.
6. Toss salad and dressing lightly and top with garnishments.

Posted by Mary Riemerman
Recipe By : Dayton's Salad Bar
From: Mary Riemerman Date: 05-23-96 (F) Cooking Ž

Sushi (Japanese Rice With Vinegar Sauce)

Yield: 6 Servings

Ingredients

2 c rice
2 c boiling water
3 dried mushrooms
2 tb brown sugar
1 sm burdock root (optional)
1 tb soy sauce
1/2 c chopped carrots
1/2 ts m.s.g.
1/2 c chopped string beans
1 ts salt
1 1/2 c water
3 tb vinegar
1 ts salt
1 1/2 tb sugar
1 ts m.s.g.

Instructions

Should be prepared ahead.

Wash rice, drain and place in pot with a good cover. Pour over rice boiling water and cook over medium high flame till water recedes to rice level. Clamp cover on, turn flame to low and steam for 15-20 minutes. Rice should be cooked but dry.

Soak mushrooms and burdock in separate bowls filled with cold water for 1/2 hour. Drain and cut into small pieces. Combine chopped carrots, string beans, mushrooms and burdock with water, brown sugar, soy sauce, m.s.g., salt and cook till vegetables are tender. Drain.

Combine ingredients for vinegar sauce for rice and cook till sugar and salt dissolve. Cool.

Combine vegetables with ccooked rice. Add vinegar sauce and toss till grains are coated. This is generally served cold but may be served warm.

From: Hawaii Cookbook Shared By: Pat Stockett

Swanson's Oriental Broth Chicken Peppers Cashew

Yield: 2 Servings

Ingredients

8 oz chicken tenders cut in 1/2" pieces
1/4 c soy sauce, low sodium
3 tb cornstarch
1 ts vegetable oil at a time, as needed
1 ts sesame oil
1/2 c red, green, and yellow bell pepper thawed, dried
1 ts garlic cloves crushed
1 pn red pepper flakes or minced ginger
1/2 c sliced mushrooms
mixed peppercorns ground

1/4 c cashews, dry-roasted
1/2 ts fish sauce optional
1/2 c Swanson's Oriental Broth (or chicken broth)
1/4 c water
soy sauce, low sodium to taste
1 1/3 c cooked white rice kept warm

Instructions

Wash and dry the skinless, boneless, chicken breast tenders and cut into bite-sized pieces. In a glass bowl, marinate in soy sauce for no more than 20 minutes.

Just before cooking, coat the chicken pieces with cornstarch.

Heat (circulon) wok, adding oils to coat well. Fry the chicken in batches shaking off excess cornstarch, and moving cooked pieces up the sides of the wok. (Save the empty marinade bowl for the sauce.)

When chicken is no longer pink, add the peppers, garlic and red pepper flakes (or fresh ginger). Fry a few minutes. Add mushrooms and fry 2 minutes.

Season with "Mixed Ground Pepper Corns." Add 1/2 teaspoon of Southeast Asian Fish Sauce (optional). Add cashews.

Using the marinade bowl with the leftover cornstarch, add the broth and water and additional soy sauce. Dissolve the cornstarch. Make a well in the wok. Pour solution in middle and heat, stirring until well-cooked and thickened. Serve at once over rice.

COOKsNOTE: If pepper strips are frozen, thaw in sieve, rinse with cold water, then blot dry between many layers of paper towels.

Per serving (excluding unknown items): 385 Calories 13g Fat (31 calories from fat) 8g Protein 59g Carbohydrate 0mg Cholesterol 975mg Sodium

Serving Ideas : Menu: Steamed Rice and Chicken Peppers Cashew

NOTES : Swanson has introduced an Oriental Broth a sweetened version of it's vegetable broth. First tried 17Ap96 with this classic. Success: sauce was lighter and less salty than classic

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 4945

Contributor: Traditional

Sweet & Pungent Chinese Sauce

Yield: 2 Servings

Ingredients

1 c peach preserves
1 c apricot preserves
1 1/2 ts onion powder
1 tb ground ginger
1 ts grated orange peel
1 ds ground red pepper
1/4 c safflower oil
2 tb white vinegar

Instructions

Combine all of the ingredients in a medium-sized bowl. Store in refrigerator in a tightly covered container. Use as basting sauce for chicken or pork. NOTE: Recipe can be doubled.

Makes about 2 cups.

[Woman's Day MEALS IN MINUTES August 1985]

Sweet & Sour Chinese Cabbage

Yield: 2 Servings

Ingredients

225 g chinese cabbage, shredded
1/2 fresh chilli sliced very finely
1 cm. root ginger peeled and grated
2 tb ground-nut oil
2 tb dark sesame oil
2 tb sugar
2 tb vinegar
1 salt

Instructions

Shredded Chinese cabbage is best stir-fried in the wok. It is delightful spiced with chilli and ginger, and goes well with pasta dishes.

Mix the shredded cabbage with the chilli and ginger. Stir-fry in the groundnut oil for 3 minutes, then add the dark sesame oil, sugar and vinegar. Heat through, stirring, and cook for 2 minutes. Season to taste with salt and serve as soon as possible.

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Meal-Master format courtesy of Karen Mintzias

Sweet And Sour Chinese Vegetable Stir-Fry

Yield: 2

Ingredients

1 tb vegetable oil
1 pk fresh 'n' ready chinese style stirfry
1/2 bottle fresh sweet and sour sauce

Instructions

Heat the oil in a wok or saucepan.

Add the stir-fry vegetables and stir-fry over a high heat for 2 minutes.

Add the sauce and stir-fry for a further minute.

Serve immediately.

Converted by MCBuster.

NOTES : Crisp Chinese vegetables in a sweet and sour sauce.

Converted by MMBuster v2.0l.

Sweet And Sour Pickled Vegetables Chinese Style

Yield: 1 Servings

Ingredients

1/4 c sugar or its equivalent in artificial sweetener (up
1 c white rice vinegar or white vinegar
1/2 c water
1/2 ts salt
1 or more small dried hot chiles or 1 ts crushed red pepper
1 1/2 lb green cabbage, about
2 md carrots
2 broccoli stalks

Instructions

First, make the syrup. Place sugar, vinegar, water, salt, and chiles in a 1 1/2-qt. saucepan, and stir over high heat until the sugar has dissolved and the mixture boils.

Remove from heat and let cool to room temperature. If you use an artificial sweetener, add it to the syrup after it has reached room temperature.

While the syrup cools, core the cabbage, separate into leaves, and tear them into bite-size pieces. Peel the carrots and broccoli stems (save florets for other uses) and slice them thin on the diagonal. Bring 2 quarts of water to a boil in a 4-quart saucepan. Add the prepared vegetables all at once, stir, turn off the heat, and let them blanch for 2 minutes drain, and spread the vegetables in a shallow layer on a platter to cool.

Sterilize a 1-quart or 1-liter jar, pack the vegetables into the jar, fill to overflowing with the syrup, cover and refrigerate at least a week before using. They keep for months in the refrigerator.

variation: Add 1 teaspoon of crushed Szechuan peppercorns to the syrup, and use any firm vegetables you fancy sliced bell peppers, greenbeans, snow peas, turnips, and/or radishes.

Posted to EAT-L Digest by Ree Whitman on Jul 8, 1997

Sweet And Sour Turkey With Chinese Cabbage

Yield: 8 Servings

Ingredients

2 c turkey broth
1 c sliced carrots
1 c onions diced in 1" squares
1 c green pepper diced in 1" squares
1 c sliced celery
1 c pineapple juice
1/4 c vinegar
4 tb cornstarch
1/4 c soy sauce
1 lb turkey breast in sm. pieces
1 c pineapple chunks
1 ts M.S.G.
1 ts salt
1/4 ts black pepper
1/4 c salad oil
1/2 head Chinese cabbage shredded
1 tb salad oil
1/2 c green onions, in quarters lengthwise cut in 1" pieces
6 oz macadamia or cashew nuts
about 1 cup preserved kumquats

Instructions

In medium saucepan, bring turkey broth to boiling. Add carrots and simmer for 10 minutes. Add onions, green peppers and celery. Continue to simmer another 5 minutes. Drain, saving 1 cup of broth. Pour this into small saucepan. Add pineapple juice and vinegar. Dissolve cornstarch in soy sauce.

Add to broth. Bring to boiling. Reduce heat and simmer, stirring constantly until sauce is thick and translucent. Sprinkle turkey with M.S.G., salt and pepper. Heat salad oil in large skillet. Add turkey and saute until lightly browned on both sides. Remove from pan and reserve. In same skillet, saute cooked vegetables, pineapple chunks and shredded cabbage just until cabbage is wilted. Arrange turkey over vegetables. Pour thickened sauce over all and simmer for 10 minutes. Heat oil in small skillet. Lightly

saute green onions. Sprinkle over turkey mixture. Sprinkle nuts over top. Serve with hot steamed rice and preserved Kumquats.

MC formatting and posted by bobbi744@sojourn.com

Per serving (excluding unknown items): 218 Calories 12g Fat (50 calories from fat)

13g Protein 14g Carbohydrate 33mg Cholesterol 855mg Sodium

Contributor: Meijer's Supermarket recipe

Sweet Indian Lemon Pickles

Yield: 1 Servings

Ingredients

9 lemons

4 tb coarse or kosher salt

1 1/2 tb cumin seeds, toasted, ground

1 tb coarsely ground black pepper

3 c sugar

2 tb seedless raisins

8 dried, hot red peppers

Instructions

This is remarkably similar to the Moroccan Salted Lemon recipe that I'm looking for, except that it uses sugar instead of salt.

Adapted from Julie Sahni's "Classic Indian Cooking."

Wash the lemons in cold water and dry thoroughly.

Quarter 6 of the lemons from the top almost all the way through to the bottom, leaving about 1/2 inch so they'll hold together. Squeeze the juice from the other lemons.

Mix the salt, cumin and black pepper in a small dish, and mix thoroughly with the lemons, Stuff the lemons into a quart jar and pour in the lemon juice.

Cover with cheesecloth to prevent dirt from getting in the jar, and let sit in the open for about 1 week.

On the 7th day, pour the juices from the jar into an enamel or stainless steel pan, add the sugar and cook over low heat, stirring, until the sugar dissolves. Add the lemons and cook, stirring gently, for 8 minutes or so. Stir in the raisins and peppers. Put the lemons in a sterilized jar and seal with the lid. Let sit for a week or so before eating. Use like you would any pickle, as an accompaniment.

San Francisco Chronicle, 10/12/88.

Posted by Stephen Ceideberg November 1 1992.

Sweet Indian Rice

Yield: 4

Ingredients

1 tb vegetable oil

1 onion peeled and sliced

8 oz basmati rice (225g)

1 oz creamed coconut flaked (25g)

2 ts schwartz indian rice seasoning

2 ts sugar

2 oz sultanas (50g)

1 oz flaked almonds toasted (25g)

2 ts schwartz garam masala

2 ts schwartz coriander leaf

1 salt

Instructions

Heat the oil and fry the onion until golden brown. Add the rice and cook for 12 minutes, stirring. Blend the creamed coconut, Rice Seasoning and sugar into 1 pint (600ml) water and add to the rice. Bring to the boil and simmer for 15-20 minutes, or until all the water has been absorbed, stirring frequently. Add the sultanas, almonds, Garam Masala and Coriander Leaf for the last few minutes of cooking. Season with salt to taste. Serve as an accompaniment to curry dishes.

Converted by MCBuster.

Converted by MMBuster v2.01.

Sweet Oriental Squash

Yield: 1 Servings

Ingredients

1 opo squash

Instructions

1/2 cup water

1 tsp butter or marg

allspice

cinnamon

nutmeg

brown sugar

Cut 1 Melissa's Opo Squash in half, lengthwise. Place cut side down in a microwave-safe dish. Pierce skin with fork. Add 1/2-3/4 cups water, depending on size of dish. Microwave on HIGH for 10-12 minutes or until fork-tender. Place on serving dish and top with 1 tsp. butter or margarine and Seasonings including: allspice, cinnamon, nutmeg, brown sugar.

Sweet Plantain Tarts On Cinnamon Cream

Yield: 1

Ingredients

250 g puff pastry

1 egg for eggwash

1 plantain

1 icing sugar

1 gas torch

25 g pastry cream

20 g sugar

3 sticks cinnamon

4 dl creme fraiche

PASTRY CREAM

600 ml milk

1 vanilla pod split

4 egg yolks

75 g caster sugar

75 g plain flour sifted

Instructions

Roll out the puff pastry to 1mm thickness and rest for 1 hour. Cut out each disc 15cm in size and place a 1cm band strip around its edge. Cut through the edge at 1cm intervals and fold one square corner to it, diagonal opposite, obtaining triangle shapes. Brush with egg yolk and bake at 200c for 25 minutes. Allow to cool.

Pastry cream: Bring the milk to the boil over a gentle heat with the split vanilla pod. Whisk the egg yolks and sugar together well until pale and creamy. Add the flour and mix to a smooth paste.

Pour on half the boiling milk and mix well. Return this mixture to the saucepan with the remaining milk, stirring constantly, and boil for 1 minute. Pass through a fine sieve.

Generously spread the pastry cream into the centre of the tarts. Steam plantain till half cooked. Remove the skin of the plantain and slice very thinly. Take 12 slices and place them in a 8cm circle, overlapping each other. Sprinkle with icing sugar and caramelize with a gas torch. Allow to cool.

Place each caramelised plantain disk onto the pastry cream. Decorate the edges with icing sugar. Add the sugar and cinnamon sticks to creme fraiche and reduce by half.

Remove the mix.

Pour the cinnamon, creme fraiche around. Garnish with mint.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Sweet Plantains Mashed With Bacon & Onion (Fufu)

Yield: 1

Ingredients

4 sweet plantains peeled and cut in 1 1/2-inch pieces

1/4 lb bacon cut into 1/4-inch squares

1 md onion diced

Instructions

(Plantains resemble bananas they're available in Hispanic groceries and many supermarkets)

In medium saucepan, cover plantains with cold water and bring to a boil. Cook 10 minutes or until plantains are soft. Drain, mash with a potato masher. (It will be a chunky mash.)

Meanwhile, heat a saut, pan, add the bacon and begin to brown. When bacon is crisp, add the diced onion and continue stirring 5 minutes.

When onion is translucent, remove from heat drain excess grease, leaving about 2 Tbs. grease in the pan. Gently fold into mashed plantains, transfer to dish, cover and keep warm.

Serves: 10, makes 3 1/2 cups.

Per serving: 696 Calories (kcal) 56g Total Fat (73 calories from fat) 36g Protein 10g Carbohydrate 96mg Cholesterol 1815mg Sodium Food Exchanges: 0 Grain(Starch) 4 1/2 Lean Meat 1 1/2 Vegetable 0 Fruit 8 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Sweet Potato Rice : Kokuma Bokum Bap (Korean)

Yield: 4

Ingredients

1/2 c soy sauce

1/2 ts grated gingerroot

1 tb rice vinegar

4 oz firm tofu cubed

2 tb vegetable oil or less

1 lg sweet potato cooked

1 but still firm peeled and diced

6 green onions trimmed green and white parts 1/2-inch chop
3 c cooked rice
1 salt and black pepper to taste

Instructions

1. In a cup or small bowl, mix together the soy, ginger, and rice vinegar. Pour over the cubed tofu and marinate for about 5 minutes.
2. Heat oil in a wok or large skillet. Add the sweet potato, onions and tofu with the marinade. Stir fry until the tofu is lightly browned.
3. Add the rice, and stir fry 3 minutes longer. Add salt and pepper.

Serve hot.

ONE-THIRD recipe: 365 cal, 9g protein, 11g fat (28 cff) 57g carb. Est by publisher.

SOURCE: Flavors of Korea: Delicious vegetarian cuisine / Deborah Coultrip-Davis, Young Sook Ramsay (1998 Book Publishing Co)

NOTES : Makes 2 generous main-dish servings or 4 side-dish servings. Cook use of left over rice.

Recipe by: Flavors of Korea: Vegetarian Cuisine 1998

Converted by MMBuster v2.0l.

Sweet Stuffed Japanese Eggplants

Yield: 8 Servings

Ingredients

8 japanese eggplants
1 tb canola oil
1 1/2 c onion minced
1 md red bell pepper chopped
1 c vegetable stock or water
1 tb gingerroot minced
2/3 c tomato sauce
2 tb dark brown sugar
2 tb raisins
1/3 c almonds sliced, blanched
1 ts salt, or to taste
1 tb curry powder, or to taste

Instructions

Preheat oven to 350 deg. Spray a 9by 13-inch baking pan with cooking spray.

Make a deep lengthwise slit in each eggplant, but don't cut all the way through. Set aside.

To make stuffing, heat oil in a large skillet and saute onion and bell pepper until soft, about 5 minutes. Add remaining ingredients, stir and simmer for 2 minutes.

Spread a thin layer of stuffing on bottom of baking pan. Spoon remaining stuffing into the cut of each eggplant and place each stuffed eggplant on top of stuffing layer in baking dish. Cover pan with foil.

Bake 25 minutes. Uncover, and bake an additional 20 to 25 minutes, or until eggplants are tender. Serve over rice. Serves 8.

Per serving: 85 cal 2 g prot 4 g fat 12 g carb 0 chol 10 mg sod 2 g fiber vegan

Source Vegetarian Times, Jan 94/MM by DEEANN

Sweet-Sour Meatballs Oriental

Yield: 4 Servings

Ingredients

1 cn (20 oz) pineapple chunks packed in juice
1 lb lean ground beef
1 lg egg
1 c fresh bread crumbs, about 2 slices bread
3/4 ts salt
1/2 ts ground ginger
2 tb vegetable oil
3 md scallions, cut into 1 pieces, about 3/4 cups
1 cl garlic, crushed
2 ts cornstarch
2 tb cider vinegar
1 tb light brown sugar, firmly 1 packed
1/4 ts ground red cayenne pepper
4 oz fresh chinese pea pods or 6 oz frozen pea pods, thawed

Instructions

Drain pineapple well, reserving 3/4 cup juice set aside. In a large bowl ,combine beef, egg, bread crumbs, salt and ginger using hands or wooden spoon, blend well. Shape mixture into 1 1/4" balls. In 12" skillet over medium-high heat, heat oil add meatballs cook about 12 minutes, turning frequently until well browned on all sides. Using slotted spoon, remove to plate. To drippings in skillet, add scallions and garlic cook, still over medium-high heat, about 5 minutes, stirring frequently until tender-crisp. In small bowl, stir reserved pineapple juice into cornstarch until blended and smooth add to skillet along with vinegar, sugar and ground red pepper. Increase heat to high bring to a boil, stirring. Boil 1 minute. Return meatballs to skillet along with pineapple chunks and pea pods cook 3 to 5 minutes longer until heated through and pea pods are crisp-tender. Makes 4 servings.

Sweetened Soy Sauce (Translated From A Japanese Tv Cooking C

Yield: 8 Servings.

Ingredients

1 c soy sauce (japanese, not chinese)
2/3 c sugar (i use about half that)
1/2 c sake or sherry
10 cm long onion, or half a round onion, roughly chopped
1 ea knob ginger, thinly sliced
15 g cinnamon sticks (2?)
1 or 2 ea stars of star anise (i'd use more, but my husband
15 g dried orange peel

Instructions

Put all ingredients in pan, bring to boil, and simmer over low heat for approximately one hour, until liquid has reduced to about 2/3. Strain, cool, and store in fridge for up to one month. Use in same quantities as Oyster Sauce.

Louise Bremner

<http://www.simpleinternet.com/recipes/> International Recipes OnLine On-Line
Culinary Discussion at Food.Chat: <http://www.simpleinternet.com/foodchat/>

Syrup For Mocktails

Yield: 1

Ingredients

3 c sugar
4 c water
3 ts lemon juice.

Instructions

Boil sugar and water together, when it starts boiling simmer for 2-3 minutes.

Cool, add lemon juice, strain, and store in refrigerator.

Instead of 1 teaspoon sugar, use 2 tablespoon syrup.

You can concoct innumerable varieties of mocktails if you use a bit of imagination.

Use plenty of fresh fruit, tomatoes, and leftover ice creams to the fullest.

Mocktails are best made and consumed immediately, since the use of soda with ice cream or fruit are best only when just made. If kept for a long its similar to drinking a bottle of cola long after having opened it. The fizz would have gone, so also the taste!!!

So just go ahead and cool those parched insides with cool cool mocktails.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Sze Chuen Jar Gai Fried Chicken, Szechwan Style

Yield: 6 Servings

Ingredients

1 lb chicken breasts
4 tb cornflour
1 ts salt
1/2 ts five spice powder
1/2 c chicken stock
2 ts sugar
1 tb light soy sauce
1/2 ts sesame oil
1 ts vinegar
2 ts chinese wine
1/4 ts five spice powder extra
1/4 ts ground black pepper
2 ts cornflour
1 tb water cold
1/2 c oil for frying
15 dried red chiles seeded
2 cloves garlic fine chop
2 ts fresh ginger fine chop
4 spring onions chop 2

Instructions

Bone chicken breasts and cut meat into bite-size pieces. Mix together the cornflour, salt and five spice powder and toss chicken pieces in the mixture, then dust off excess cornflour. Mix stock, sugar, soy, sesame oil, vinegar, wine, five spice and pepper together. In another small bowl mix the cornflour and water.

Heat oil in a wok and when very hot add chicken pieces, a third at a time, and fry on high heat, tossing chicken to brown all over. As each batch is fried drain on absorbent paper and let oil return to high heat before adding next batch. When chicken has been fried pour off all but 2 tablespoons of the oil. Add chiles, garlic and ginger and fry until garlic and ginger are golden and chiles turn dark. Add spring onions and toss for a

few seconds, then add stock mixture and bring to the boil. Stir the cornflour again to mix smoothly and add to the pan, stirring constantly until it boils and thickens. Add chicken and toss to heat through. Serve immediately with white rice.

From: The Complete Asian Cookbook by Charmaine Solomon : ISBN 0-07-059636-0
MM & typos by Kurt Faria From: Kurt Faria Date: 31 Dec 96 National Cooking Echo
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Szechwan Beef Noodles (A Chinese Brisket And Cabbage!)

Yield: 1

Ingredients

2 catty beef brisket
1 1/2 catty handmade noodles
2 spring onion
2 sl ginger
4 cloves garlic
2 tb star anise
1 tb szechwan pepper
1 some chinese cabbage

Instructions

Seasonings:

1 tbsp rice wine
4 tbsp soy sauce
4 tbsp hot bean sauce
1/2 tsp salt
a little MSG
20 cups water

1. Scald brisket in boiling water. Remove, wash and drain.
2. Fry garlic, spring onion, ginger, hot bean sauce, Szechwan pepper in 3 tbsp oil until fragrant. Add 20 cups water and other seasonings. Stir well, then add star anise and brisket. Simmer for 1 hour.
3. Remove brisket and slice. Remove all [spices from] stock. Put slice brisket back to stock again.
4. Scald Chinese cabbage in hot water. Remove and drain.
5. Cook noodles in boiling water till done, remove and put into bowls.
6. Add beef stock. Arrange slices of beef and Chinese cabbage on top.
7. Sprinkle with spring onion and serve.

Jean B. found at: <http://www.tdohk.com/recipe/rn2.html>

Per serving: 110 Calories (kcal) 3g Total Fat (20 calories from fat) 5g Protein 21g Carbohydrate 0mg Cholesterol 12mg Sodium Food Exchanges: 1 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Szechwan Asparagus With Tofu

Yield: 1

Ingredients

2 lb young asparagus trimmed and rinsed
2 ts olive oil
1 ts minced garlic
1 ts soy sauce
1 c chopped scallions

8 oz tofu
1 chopped peanuts sesame seeds,
1 teriyaki for garnish

Instructions

Directions: Heat the olive oil in a wok over medium heat. Add the garlic and tofu. Toss in wok until tofu becomes slightly golden. Add the asparagus and allow to cook briefly. Quickly add the soy sauce, chopped scallions. Stir fry until asparagus is bright green, but not wilted.

Garnish with the chopped peanuts, sesame seeds, and teriyaki.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Szechwan Bean Curd (Tofu)

Yield: 4 Servings

Ingredients

4 oz 85 lean ground beef
1 c green onions w/tops chopped
1 clove garlic minced
3/4 c chicken broth
2 tb light soy sauce
1 tb chili sauce
1 ts sesame oil
1/4 ts hot oil *
1/4 ts red pepper flakes
2 tb corn starch
2 tb cold water
1 c bean curd (tofu) 1/2 cubes

Instructions

Place ground beef, green onions, & garlic in a nonstick skillet and cook, stirring quickly, until beef is browned. Stir in chicken broth, soy sauce, oils, and red pepper flakes. Mix the cornstarch with the cold water. Add to the skillet. Cook stirring continuously, until sauce thickens. Gently stir in the bean curd (tofu). Continue cooking over medium heat for 3 minutes. * Sesame oil & hot oil may be found in Asian markets and in cooking specialty stores.

Nutritive values per serving: Carbohydrates 9 gm, Protein 15 gm, Fat 7 gm Calories 149, Fiber .9 gm, Sodium 518 mg, Cholesterol 18 mg

Food Exchange per Serving: 2 Lean Meat, 1 Vegetable

Origin: The Art of Cooking For The Diabetic, by-Hess & Middleton, Signet Publishing, ISBN # 0-451-16118-1, Copyright 1989, USA

Szechwan Bean Curd For Diabetics

Yield: 4 Servings

Ingredients

4 oz 85 lean ground beef
1 c green onions with tops chopped
1 clove garlic minced
3/4 c chicken broth
2 tb (light) soy sauce reduced sodium
1 tb chile sauce
1 ts seasame oil

1/4 ts hot oil (optional, see below)
1/4 ts red pepper flakes
2 tb cornstarch
2 tb water
1 c bean curd (tofu) cut into 1/2-inch cubes

Instructions

Date: 05 Mar 1996 22:40 GMT

From: "Lisabeth Crawford (Pooh)"

Place ground beef, green onions, and garlic in a nonstick skillet and cook, stirring quickly, until beef is browned. Stir in chicken broth, soy sauce, chili sauce, oils, and red pepper flakes. Mix cornstarch with cold water.

Add to skillet. Cook, stirring constantly, until sauce thickens. Gently stir in bean curd.

Continue to cooking over medium heat 3 minutes.

NOTE: Sesame oil and hot oil are available in Oriental sections of food markets and in specialty stores.

Food Exchanges per serving: 2 LEAN MEAT EXCHANGES + 1 VEGETABLE EXCHANGE
CHO: 9g PRO: 15g FAT: 7g CAL: 149

LOW-SODIUM DIETS: This recipe is not suitable.

Source: The Art of Cooking for the Diabetic by Mary Abbott Hess, R.D., M.S. and Kathraine Middleton

MM-RECIPES@IDISCOVER.NET MEAL-MASTER RECIPES LIST SERVER

MM-RECIPES DIGEST V3 #66

From the MealMaster recipe list. Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Szechwan Beef Stew

Yield: 6 Servings

Ingredients

2 lb boneless beef chuck
2 cloves garlic, pressed
4 tb soy sauce, divided
3 ts sugar, divided
1 c water
3/4 ts crushed red pepper
3/4 ts fennel seed, crushed
1/4 ts black pepper
1/4 ts ground cloves
1/4 ts ground ginger
1 tb oil
2 tb cornstarch
2 tb water

Instructions

Cut beef into 2" cubes. Combine garlic, 2 Tb. soy sauce and 1 tsp.

sugar in large bowl stir in beef cubes until well coated. Let stand 15 minutes.

Meanwhile, combine 1 cup water, remaining 2 Tb. Soy sauce, 2 tsp. sugar, red pepper, fennel, black pepper, cloves and ginger set aside. Heat oil in Dutch oven or large skillet over high heat. Brown beef on all sides in hot oil. Stir in soy sauce mixture.

Bring to boil reduce heat and simmer, covered, 2 hours, or until beef is very tender.

Combine cornstarch with 2 Tb. water stir into beef mixture. Cook and stir until mixture boils and thickens, about 1 minute.

Serves: 6 From: Kikkoman recipe booklet Posted by: Debbie Carlson Cooking Echo

Szechwan Beef Stir Fry

Yield: 1 Servings

Ingredients

1 lb beef flank steak
2 tb soy sauce, low sodium
4 ts sesame oil divided
1 1/2 ts sugar
1 ts cornstarch
2 cloves garlic crushed
1 tb ginger root minced
1/4 ts red pepper flakes
1 sm red bell pepper cut into 1 inch
8 oz frozen baby corn defrosted
1/4 lb pea pods julienned
1 hot rice

Instructions

Cut beef lengthwise into 2 strips slice across the grain into 1/8 inch thick strips. Combine soy sauce, 2 tsp oil, sugar and cornstarch. stir into meat. Heat remaining 2 tsp oil in large skillet or wok over medium-high heat. Add garlic, ginger, and red pepper cook 30 seconds. Add bell pepper and corn stir fry 1 1/2 minutes. Add pea pods stir fry 30 seconds. Remove vegetables. Stir fry beef strips (1/2 at a time) 2 to 3 minutes. Return vegetables and beef to skillet and heat through.

Serve with hot rice

Yield: 4 servings.

Recipe By : Beef Industry Council

Szechwan Beef Stir-Fry

Yield: 6 Servings

Ingredients

1 lb boneless beef sirloin steak
8 dried mushrooms 1 cup
1/4 c hot bean sauce or hot bean paste
1/4 c dry sherry
2 tb soy sauce
3/4 ts whole szechwan peppers crushed or whole black peppercorns crushed
1/2 ts cornstarch
1/2 ts chili oil
1 tb cooking oil
2 md carrots bias sliced
1 clove garlic minced
1 1/2 c broccoli flowerets or 10-ounce frozen cut broccoli thawed
8 1/2 oz bamboo shoots drained and cut into narrow strips
3 c hot cooked rice
2 tb sliced green onion

Instructions

Trim fat from beef. Partially freeze beef. Thinly slice across the grain into bite-size strips. Set aside.

Cover mushrooms with warm water let soak for 30 minutes. Rinse squeeze to drain thoroughly. Slice thinly, discarding stems. Set aside.

For sauce, in a small bowl combine bean sauce or paste, sherry, soy sauce, crushed Szechwan peppers or black peppercorns, cornstarch, and chili oil.

Set aside.

Spray a wok or large skillet with nonstick spray coating. Heat over medium heat. Stir-fry carrots and garlic for 2 minutes. Add broccoli stir-fry for 2 minutes. Add the mushrooms and bamboo shoots stir-fry for 1 to 2 minutes more or till vegetables are crisp-tender. Remove the vegetables.

Add cooking oil to the hot wok or skillet. Add half the beef and stir-fry for 2 to 3 minutes or to desired doneness. Remove beef. Repeat with remaining beef. Return all beef to the wok or skillet, pushing it from the center.

Stir sauce. Add the sauce to the center of wok or skillet. Cook and stir till thickened and bubbly.

Return cooked vegetables to the wok or skillet. Stir all ingredients together to coat with sauce. Cook and stir about 1 minute more or till heated through. Stir green onion into rice. Serve meat mixture with hot rice.

Makes 6 servings.

Nutrition facts per serving: 361 cal., 11 g total fat (3 g sat. fat). 50 mg cholesterol, 525 mg sodium, 39 g carbohydrate., 4 g dietary fiber, 24 g pro. Daily value: 62 vitamin. A, 50 vitamin. C, 28 iron.

Busted by Gail Shermeyer .

Contributor: Low Calorie/Low Fat Recipes Spring 96, BH&G

Szechwan Beef With Garlic

Yield: 8 Servings

Ingredients

2 lb full cut round steak, partly frozen
16 dried hot red pepper pieces, cayenne or japanese
1 marinade ingredients:
2 tb dry vermouth
4 tb soy sauce
3 tb cornstarch
2 md onion, sliced thinly
2 md green pepper, slice thinly
1 sauce ingredients:
4 tb soy sauce
1/2 c water
3 tb cornstarch
2 tb chili paste with garlic
2 tb brown sugar
2 ts worcestershire sauce
4 tb dry vermouth
4 ts toasted sesame seeds
8 tb peanut or vegetable oil
1 other:
6 c cooked rice
6 green onions, chopped
1 c beer nuts
1 head cabbage, in 1 chunks (optional)

Instructions

Slice beef thin across the grain. Mix marinade, add beef slices. Let stand at room temperature for 20 minutes. Mix sauce ingredients in a small bowl. Set aside. Cut ends off hot red peppers, shake out seeds, chop skins into small pieces.

Heat a large non-stick skillet or wok over high heat. Add 2 Tbsp. oil and swirl to coat the pan. Add chopped hot red peppers, stir until pepper skins turn black. Remove blackened skins from oil. Add beef and marinade to hot oil. Stir fry beef until the beef loses its red color and is browned and has a satiny sheen. Remove from pan into a large bowl.

Add 1 Tbsp. oil to the skillet and add onion. Stir-fry 1 to 1 ½ minutes. The onion should be crisp tender. Remove from pan to bowl with the beef mixture. Add 1 Tbsp. oil to the skillet, stir-fry green pepper until bright green color, about 1 minute. Reduce heat to medium. Add beef-onion mixture from the bowl along with the sauce mixture. Cook until the sauce is thickened, about 3 minutes. Remove to a serving bowl.

Sprinkle with chopped onion and beer nuts. Serve immediately with rice. Note: Cabbage can be stir fried with the onion if desired.

From: R2d2 #3 @1614017 1 Date: 08-24-94 The Gwe Bbs [asv/Cin] (37) Home Cooki

Szechwan Beef With Tangerine Peel Sauce

Yield: 1 Serving

Ingredients

vogue nov'93

350 beef rump trimmed tangerin

dried tangerine peel*

1 tablespoon water

MARINADE:

1/4 teaspoon salt

2.1/2 teaspoons cornflour

50ml water

2 tablespoons peanut oil

SAUCE:

1.1/2 tablespoons peanut oil

1 teaspoon Szechwan peppercorns

6 shallots, trimmed and cut in 2cm lengths

2 cloves garlic, peeled and chopped very finely

50g finely grated fresh ginger

700ml chicken stock

3.1/2 teaspoons hot bean paste

1/2 tablespoon oyster sauce

1 teaspoon rice vinegar

20g yellow rock sugar

SNOW PEA SHOOTS:

1.1/2 tablespoons peanut oil

200g snow pea shoots

the ginger juice extracted from squeezing 50g fresh ginger wrapped in a piece of muslin

1 tablespoon Shaohsing yellow rice wine

60ml chicken stock

1/3 teaspoon salt

TO COOK THE BEEF:

400ml peanut oil

TO FINISH THE DISH:

12 shallots (white part only) cut into 2.5cm length

10 bamboo shoots, sliced

1 clove peeled garlic, chopped finely

1 teaspoon cornflour mixed with 2 teaspoons water prepared tangerine peel paste

1 tablespoon Shaohsing yellow rice wine

Instructions

To prepare the tangerine peel: cover peel with water and soak for 6 hours. Remove the peel, place in a heat-proof vessel with the 1 tablespoon of water and steam for about 4 to 5 hours. Puree the steamed peel in a food processor until a paste and set aside. To prepare the beef: slice the beef across the grain into thin 5cm long slices. Combine salt, cornflour, water and oil then toss the beef in the mixture and set aside for 30 mins. To make the sauce: heat the oil in a wok and fry the peppercorns over moderate heat until they turn black. Add the shallots, garlic and ginger and fry for about 3 mins. Add the stock, cover the wok and cook until 200ml of liquid remains. Strain the liquid through a fine sieve and return to the wok. Stir in the hot bean paste, oyster sauce, vinegar and sugar. Cook until the sugar has dissolved. Set aside in a bowl. To cook the snow pea shoots: clean the wok, add the oil and stir-fry the snow pea shoots for about 15 seconds. Add the ginger juice, rice wine, stock and salt and cook for a further 30 to 45 seconds. Remove the snow peas, drain thoroughly and arrange around the edge of the serving plate. To cook the beef: wipe the wok clean again and add 400ml of oil. Place over moderate heat until the oil reaches about 180oC, then add the beef slices and cook, stirring quickly until the beef browns slightly, about 20 seconds. Remove the beef and set aside to drain. To finish the dish: drain away the oil leaving about 1 tablespoon in the wok. Add the shallots, bamboo shoots and garlic and saute for 10 seconds. Pour in the reserved sauce and bring to the boil. Return the beef to the wok and stir in the cornflour mixture to thicken. Add the tangerine peel paste, the rice wine

Reply 48 of Note 2 Board: FOOD

BB Topic: FOOD SOFTWARE Subject: Z-MM-MISC

Contributor: Vogue, Nov 1993

Szechwan Beef [Not Particularly Szechwan, But Pretty Good

Yield: 1 Servings

Ingredients

1/2 lb lean beef

1/2 c water

2 tb soy sauce

2 tb cornstarch

1 1/2 ts sugar

1 ds pepper

1 lb chinese cabbage

2 c salad oil

1 ts hot pepper powder

1 tb minced garlic

1 tb vinegar

1 few drops sesame oil

1/4 c slivered green onions

Instructions

Thinly slice beef. Combine water, 1 tablespoon of the soy sauce, cornstarch, 1/2 teaspoon of the sugar, and the pepper add beef and marinate for at least 20 minutes or in refrigerator overnight. Cut cabbage in 1-inch pieces blanch. Drain and place on serving platter.

In a wok or skillet, heat the salad oil. Add 1 tablespoon of the hot oil to the chili pepper powder return to wok. Deep-fry beef for 1 minute drain oil. Add garlic, the remaining 1 tablespoon soy sauce, the remaining 1 teaspoon sugar, the vinegar, and sesame oil to beef. Add green onions and stir-fry a few more seconds place on cabbage. Makes 4 servings.

The Electric Kitchen Hawaiian Electric Company, Inc.

<http://www.hei.com/heco/ekitchen/> From: Michael Loo Date: 18 Dec 96 National Cooking Echo Ž

Szechwan Beef

Yield: 4 Servings

Ingredients

2 tb peanut oil

1 lg or 2 small green peppers cut into 1/8" strips

1 lg or 2 small carrots finely into 1/8" matchstick strips

1 scallion quartered then into 3" strips

1 lb beef (round or chuck) cut fine slivers or strips 1/8" by 2 to 3" long

2 tb dry sherry

2 tb hoisin sauce

1 tb black bean sauce

1 tb vinegar

1 ts sugar

1/4 ts to 1/2 tsp. chili paste (very hot)

hot cooked rice

Instructions

Heat oil in wok and stir-fry the green peppers, carrots, and scallion for 1 to 2 mins.

Push aside. Stir-fry the slivers of beef for 1 to 2 mins and recombine with vegetables.

Add remaining ingredients. Stir and heat thoroughly. Serve at once with rice.

Serves: 4 Hope you like. Pam in VA

Szechwan Beef

Yield: 4 Servings

Ingredients

1/2 lb boneless sirloin steak 1in

2 tb clarified butter

2 ea cloves garlic finely chopped

4 ea shallots, finely chopped

1 ts ginger

1/4 ts chili pepper

1/2 ts chili paste oriental

16 ea snow peas julienned

1 ea red sweet pepper julienned

4 ea green onions, sliced

Instructions

Saute steak cubes, garlic, shallots and ground ginger in clarified butter for 2 minutes. Add chili pepper, chilipaste and very thin strips of snow peas and pepper stir fry 2 minutes. Add green onions with 1 minute to go in cooking time. Makes 4 small servings.

Szechwan Cashew Chicken

Yield: 4 Servings

Ingredients

2 whole chicken breasts (about 2 lbs), boned and skinned
1 egg white
1 ts cornstarch
1 ts thin soy sauce
1/4 ts white pepper
1 green bell pepper
1 cn (8 1/2 oz.) sliced bamboo shoots, drained
1 tb cornstarch
1 tb cold water
1 tb thin soy sauce
2 tb peanut oil
1 c raw cashews
1/4 ts salt
2 tb peanut oil
1 ts ginger root chopped fine
1 tb hoisin sauce
2 ts chili paste
1/4 c chicken broth
2 tb green onion tops, chopped
1 egg

Instructions

SZECHWAN CASHEW CHICKEN white, cornstarch, soy and white pepper in bowl and stir in chicken. Marinate in refrigerator for 20 minutes.

Cut bell pepper into same sized pieces as chicken. Cut bamboo shoots into 3/4 inch lengths. Mix cornstarch, water and soy, set aside.

Heat wok very hot, add and swirl to coat 2 T. oil. Add cashews, stir fry 1 minute or until light brown. Remove & drain on paper, sprinkle w. salt. Add chicken to wok, stir fry until white, remove.

Add 2 T. oil and swirl to coat wok add onion & ginger stir fry until ginger is light brown. Return chicken to wok, stir add bell pepper, stir, add bamboo shoots, stir. Add Hoisin sauce & chili paste stir 1 minute. Add chicken broth and bring to boil. Add cornstarch, water, soy sauce mixture cook stirring about 20 seconds or until thickened. Return cashews, stir and add green onions.

Szechwan Chicken Soup

Yield: 6 Servings

Ingredients

3 condensed chicken broth 10 3/4ounce broth
3 oz oriental noodles chicken flavored, broken up
1/2 ts pepper, red, ground
3 c chicken, cooked, cubed, frozen chicken cubes
2 apples, medium, cored and coarsely chopped

6 oz pea pods, frozen, cut up
4 green onions, bias-sliced into 1 1/2-inch length

Instructions

In a large saucepan or Dutch oven stir together chicken broth, noodles and flavoring packet, red pepper, and 3 soup cans (3 3/4 cups) water. Bring to boiling reduce heat. Cover and simmer for 10 minutes. Stir in remaining ingredients. Return to boiling. Serve at once.

Szechwan Chicken, Adapted From Wei-Chuan

Yield: 1 Servings

Ingredients

3 tb soy sauce
1/2 ts salt optional
1 tb sugar or less
4 ts rice vinegar or 1 t white
2 ts cornstarch
3 tb water
1 1/2 lb boneless dark meat chicken
1 tb soy sauce
1 egg white beaten
2 tb cornstarch
2 md green peppers
2 c oil
1/2 c peanuts, raw or oil-roasted
3 tb minced garlic
1 tb rice wine or sherry
2 ts sesame oil
1 fresh red cayenne peppers substitute dried

Instructions

Mix the first 6 ingredients to make a sauce base. Set aside.

Cube the chicken in 1/2" cubes. Marinate it in a mixture of soy, egg white, and cornstarch for at least 30 min.

Trim and seed the green peppers and the Cayennes if fresh. Cut them into 1/2" pieces if the peppers are dried, leave them whole.

Heat the oil in a large kettle to 300F. Add the chicken (and peanuts if used) and fry, stirring constantly, for 30 sec. Remove all the solids with a slotted spoon and set aside. Pour off all but 3 T of oil from the kettle. The oil might be reusable. Add the garlic and stir-fry until fragrant. Add all the peppers and stir-fry for 30 sec. Add the rice wine and the chicken (and the peanuts if you are using them). Stir once. Add the sauce base mixture. Toss once. Sprinkle with sesame oil and toss once.

Serve.

From: Michael Loo Date: 08 Mar 97 National Cooking Echo Ž

Szechwan Chicken

Yield: 4 Servings

Ingredients

2 chicken breasts

Instructions

3 Tbsp Cornstarch

1 Tbsp MSG optional

1 Tbsp Oil
3 clove Garlic minced
5 Tbsp Soy sauce
1 1/2 Tbsp White wine vinegar
1 Green onions in 1"pieces
1/4 cup Water
1 Tbsp Sugar
1/8 Tbsp Cayenne or more

Skin and bone the chicken breasts, and cut into 1 1/2" cubes. Combine cornstarch and msg in a paper bag. Add the chicken and toss to coat. Heat oil in skillet or wok. Add the chicken and garlic. Stir fry until the chicken is lightly browned. Add soy sauce, vinegar, sugar and water. Cover and cook for three minutes. Add green onions and cayenne. Heat two minutes more. Serve with steamed rice.

Szechwan Chili Sauce

Yield: 1 Serving

Ingredients

cook's illustrated 5/6 93-

1 tb light soy sauce
1 tb sesame oil
3 tb dry sherry
1 tb chili paste
2 ts heavy soy sauce
1/4 ts szechwan peppercorns roasted ground
1/4 ts sugar
1/4 ts salt

Instructions

Mix the ingredients together and add them to the stir-fry as indicated in the Master Recipe.

Contributor: Cook's Illustrated 5/6/93

Szechwan Crispy Skin Duck

Yield: 6 Servings

Ingredients

1 fresh duck, 4 1/2 pounds
3 or 4 star anise
2 ts sichuan peppercorns
1 two-inch cinnamon stick
1 1/2 tb coarse salt
1 one-inch cube ginger, smashed
1 scallion
1 dark soy sauce
1 tb dry sherry or shaoxing wine
1 tb cornstarch
1/2 ts sugar
1 egg white, beaten until foamy
1 oil for frying

Instructions

INSTRUCTIONS Rinse the duck and dry thoroughly. Combine the star anise, Sichuan peppercorns, cinnamon and salt in a skillet heat, shaking the skillet, until the spices begin to smoke and the salt starts to turn a light golden color. Cool.

Sprinkle some of this mixture into the cavity of the duck including all the star anise and the cinnamon stick. Add the ginger and scallion to the cavity and skewer closed. Rub the outside of the duck with the rest of the seasoned salt mixture and hang the duck by a string (around the neck if the duck has a head or under the wings if not) overnight in a cool, airy place.

The next day, steam the duck on a plate in a large steamer or covered wok for an hour to an hour and 15 minutes. Cool and rub all over with a small amount of dark soy sauce. Wrap in foil and refrigerate until ready to cook. (It's fine this way for a day or two.)

Several hours before cooking, take the duck out of the refrigerator and make a light batter: Mix the sherry with the cornstarch and sugar until well blended then stir in the egg white. Rub thoroughly over the duck and allow to sit.

Heat a large quantity of oil until nearly smoking in a 16-inch or larger wok or in a large deep fryer. Immerse the duck in the oil and fry until golden, about 15 minutes, spooning the oil continuously over the exposed part of the duck. You might want to turn the duck during this time. If so, carefully remove it with a large slotted spatula or skimmer and drain the cavity into a bowl before adding it again to the hot oil. When the duck is done, drain it on paper towels.

Let the duck rest for 5 to 10 minutes, then carve it Western style or cut into pieces, Chinese-style. A suggestion is to serve it on a bed of watercress that has been sprinkled very lightly with sesame oil. The juices from the duck will blend with the sesame oil to make a sauce.

TEA-SMOKED DUCK Follow the steps above and steam the duck only 1 hour.

Before refrigerating, line a large wok with aluminum foil and spread 1 cup of uncooked rice, 1 cup of sugar and 1/2 cup of Chinese black tea over the bottom. Put the duck on a metal rack suspended over the tea mixture cover with the wok lid.

Moisten paper towels and press them around the edge of the wok lid forming a seal.

Turn the heat to medium high and allow the duck to smoke for 15 to 20 minutes. Turn off the heat and let the duck sit for another 45 minutes. Uncover, wrap the duck and refrigerate. Then proceed as in the master recipe.

Szechwan Cucumber Salad

Yield: 1 Salad

Ingredients

2 tb small dried wood ear mushrooms

2 cucumbers

4 red hot peppers cut in thin rounds

2 ts light soy sauce

2 tb chinese white vinegar

2 tb sugar

1 ts salt

1 tb sesame oil

Instructions

Pour boiling water over tree ears let stand for 15 minutes. Peel cucumbers, cut in half lengthwise, scrape out seeds. Slice into thin half-moons. When mushrooms are soft, drain, rinse and dry. (Slice 'em if they're too big. Wood ears will quadruple in size

when soaked++SC.) Combine with remaining ingredients. Let stand for 15 minutes then toss again before serving.

NOTE: (Wood ears can be found in Chinese markets. After soaking they have little taste but lots of crunch. They're there for the texture.

I can't think of anything to substitute (maybe raw carrots or water chestnuts) except for dried duck web or jellyfish and you're much more likely to find wood ears than those items. Be sure to use the dark, cooked, Asian sesame oil rather than the light stuff in health food stores. I'd make this before the ribs and chill it well while doing the rest.)

It's from the same article by Bruce Cost.

Posted by Stephen Ceideburg April 22 1990.

Szechwan Curried Coconut Chicken

Yield: 4 Servings

Ingredients

1 1/2 lb chicken legs & thighs
1 ts chili powder
2 ts each cornstarch & dry sherry
1 c chicken broth
1 ts sugar
2/3 c coconut milk
1/2 ts salt
1/2 ts salt
1 ds of white pepper
2 lg white new potatoes
1 lg onion
3 tb salad oil
2 tb curry powder
1/2 ts turmeric
1 condiments:
1 chopped peanuts
1 green onion
1 cucumber
1 cilantro

Instructions

Separate legs from thighs, but leave whole. In a bowl, combine the cornstarch, sherry, sugar, salt and pepper. Add chicken, stir to coat, and let stand for 15 minutes to marinate. Peel potatoes and cut in 1 1/2 inch chunks. Cut onion in wide wedges. In a wide frying pan, heat 2 T of the oil over medium-high heat. Add potato and onion and cook, stirring occasionally, for five minutes. Remove vegetables from drippings and set aside. Add the remaining 1 T oil. When oil is hot, add chicken and cook, turning, until browned on all sides.

Push chicken to side of pan. Add curry powder, turmeric and chili powder to pan juices and cook, stirring, for 30 seconds. Return vegetables to pan. Add chicken broth, coconut milk, and salt. Bring to a boil, reduce heat, cover and simmer for 30 minutes. Remove cover and continue cooking for 15 minutes or until meat is no longer pink and sauce has thickened slightly. Serve with rice and pass condiments in separate bowls.

Szechwan Dry-Fried Beef

Yield: 4 Servings

Ingredients

3/4 lb boneless lean beef
1 tb hot bean sauce
1 tb dry sherry
1/2 ts sugar
2 small, dry, hot chile pepper crumbled & seeded
1/2 c salad oil
1 lg stalk celery, cut in matchstick pieces
1 medium-size carrot, cut in matchstick pieces
2 ts minced garlic
1 ts minced fresh ginger
2 whole green onions, cut in 1 1/2 lengths
1 ts sesame oil
1/2 ts szechwan peppercorns

Instructions

To prepare peppercorns, place in an ungreased frying pan and cook, shaking pan frequently, over medium heat until aromatic cool, then crush with a mortar and pestle or rolling pin. Set aside. Cut meat in slices 1/8 inch thick, then cut into shreds 1/8 inch wide and 2 inches long. In a bowl, combine the hot bean sauce, sherry, sugar and chile peppers set aside. Pour salad oil in a wok or small deep pan and heat over medium-high heat to 360 degrees on a deep-frying thermometer. Add 1/2 the meat and stir to separate shreds. Cook until meat is dark brown, slightly shriveled, and chewy (about 2 1/2 to 3 minutes). Remove with a slotted spoon and drain on paper towels.

Reheat oil to 360 degrees and repeat with remainder of the meat.

Pour off all but 3 T oil. Increase heat to high. When oil is hot, add celery and carrot and stir-fry for 2 minutes. Add garlic and ginger and stir-fry for 30 seconds. Add onion and stir-fry for 30 seconds. Return meat to pan, add hot bean sauce mixture, and cook, stirring until most of the liquid has evaporated. Stir in sesame oil and crushed peppercorns before serving.

Szechwan Eggplant & Tofu

Yield: 4

Ingredients

3 tb soy sauce
1/4 c dry sherry or chinese rice wine
1 tb white or brown sugar
1 tb cider vinegar
3 tb cornstarch
2 tb peanut oil
1 md onion thinly sliced
1 lg eggplant cut into strips, thinly
3/4 ts salt
2 tb minced garlic
1 tb minced fresh ginger
1/4 ts black pepper
1 cayenne pepper to taste
3 cakes firm tofu cut into

Instructions

8 Scallions: greens minced whites in strips, ke
1 bn Cilantro minced (optional)

SZECHWAN EGGPLANT & TOFU SAUCE:

Combine soy sauce, vinegar, sherry, sugar in a liquid-measuring cup. Add enough water to make up to 1 cup. Place cornstarch in a small bowl, pour in the liquid, pour on the liquid & whisk till dissolved. Set aside.

Heat a large wok over a high flame. Add oil & onion & stir fry for about a minute. Add eggplant & salt & stir fry for 8 to 10 minutes till the eggplant is soft. Add garlic, ginger & black pepper & cayenne. Cook a few minutes more.

Add tofu & scallion bottoms. Stir the bowl of liquid that has been set aside & add to the wok. Mix well & stir fry for another few minutes till the sauce is thickened.

Remove from the heat & serve over rice topped with scallion greens & cilantro.

Serves 4.

Posted to CHILE-HEADS DIGEST V3 #, converted by MMBuster v2.0l.

Szechwan Hot & Sour Shrimp

Yield: 3 Servings

Ingredients

1 lb medium-size raw shrimp, shelled and deveined
1 tb dry sherry
3 tb salad oil
3 cloves garlic, minced
1 1/2 tb minced fresh ginger
1/4 ts crushed red pepper
2 lg stalks celery, cut in
1/2 inch thick slices
1/2 c sliced bamboo shoots
2 whole green onions, thinly sliced
cooking sauce
1/4 c vinegar
2 tb soy sauce
5 ts sugar
2 ts cornstarch

Instructions

Toss shrimp with sherry. Prepare cooking sauce by combining all ingredients and set aside. Heat a wok or wide frying pan over high heat. When pan is hot, add 1 1/2 T of the oil. When oil begins to heat, add garlic, ginger and red pepper. Stir once, add shrimp and stir-fry until they turn pink (about 3 minutes). Remove from pan. Heat the remaining 1 1/2 T oil. Add celery and bamboo shoots and stir-fry for one minute. Stir cooking sauce, then add to pan along with shrimp and green onion. Cook, stirring, until sauce bubbles and thickens.

Szechwan Hot & Sour Soup

Yield: 6

Ingredients

6 cloud ear mushrooms dried
6 chinese black mushrooms dried
6 tigerlily buds dried
4 1/2 c double-strength chicken broth
1 tb peanut oil
1 tb sesame oil
1 tb light soy sauce
1/3 lb lean boneless pork or 1/3 lb boned and skinned chicken breasts cut in thin strips

4 oz fresh bean curd cut in thin strips
1/4 c bamboo shoots cut in thin strips
2 eggs slightly beaten
2 tb chinese red rice vinegar
2 ts green onions thinly sliced
2 ts sesame oil
1 ts freshly ground white pepper
1 hot hot oil see recipe, or 1 chile oil commercial
1 sugar to taste if desired

Instructions

Pour boiling water over cloud ears, black mushrooms & tigerlily buds. Let soak 15 minutes. Drain cut off woody parts of mushrooms & hard tips of buds, then slice mushrooms & buds very thin. Set aside. Heat broth in a large saucepan. Meanwhile, heat peanut oil & 1 tablespoon of sesame oil in a wok or large skillet when oil is hot sprinkle on 1 tablespoon soy sauce. Add pork or chicken & stir fry just a few minutes or until crisp on edges. Add sliced mushrooms & tigerlily buds & stir fry til edges brown lightly. Add meat mushroom mixture to broth & stir well stir in bean curd & bamboo shoots. When soup comes to a gentle simmer, pour in beaten eggs, stirring soup in a swirling motion. As soon as eggs start to cook, remove soup from heat. Rinse 4 to 6 individual soup bowls or 1 large serving bowl in hot water to warm bowls. Mix vinegar, green onion, 2 teaspoons sesame oil, HOT HOT OIL & white pepper in a small bowl. Divide mixture evenly among individual bowls or place all of it in large bowl.

Taste soup & adjust seasonings, adding more soy sauce or perhaps a pinch of sugar if a less sour flavor is desired. Stir to mix the cloud like shreds of egg evenly, then ladle into individual bowls or serving bowl. To eat, bring soup spoon up from the bottom of the bowl to mix hot & sour flavors into each spoonful.

Makes 4 6 servings.

Double strength broth:

For the best, most special flavor in this & other soups, use homemade broth. You'll get the richest taste if you "recycle" your broth: after stewing a chicken, store the broth in the freezer until you're ready to cook another bird. Then use it again, adding extra flavor with vegetables & herbs... & again, freeze until the next use.

Chris' note: To make double strength broth from canned broth start with twice the amount of broth called for in a saucepan, bring to a simmer & let simmer uncovered until reduced to 1/2 of original volume.

MasterCook formatted by Christopher E. Eaves

Per serving: 107 Calories (kcal) 8g Total Fat (66 calories from fat) 8g Protein 1g Carbohydrate 77mg Cholesterol 136mg Sodium Food Exchanges: 0 grain(Starch) 1 Lean Meat 0 Vegetable 0 Fruit 1 1/2 Fat 0 Other Carbohydrates

Recipe by: "Hotter Than Hell" by Jane Butel

Converted by MMBuster v2.0n.

Szechwan Long Green Beans

Yield: 4 Servings

Ingredients

1 tb Peanut oil
4 oz Mild red chilies
2 tb Minced garlic
1 lb Long green beans blanched

1/4 c Oyster sauce
1/4 c Water
Freshly-ground black pepper to taste
1 tb Chopped parsley
Emeril's Essence see * Note

Instructions

* Note: See the "Emeril's Essence Information" recipe which is included in this collection.

In a wok heat the peanut oil. When the oil is hot, saute the chilies and garlic. Add the blanched beans. Stir in the oyster sauce and water.

Stir fry for 2 to 3 minutes. Season with black pepper. Mound the green beans in the center of a platter. Drizzle any remaining sauce over the top. Garnish with parsley and Emeril's Essence.

This recipe yields 4 servings.

Recipe Source: ESSENCE OF EMERIL with Emeril Lagasse From the TV FOOD NETWORK (Show # EE-2340 broadcast 07-14-1997)

Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MAD-SQUAD@prodigy.net 10-03-1997

Contributor: Emeril Lagasse

Szechwan Noodle Salad In Peanut Sauce #2

Yield: 6 Servings

Ingredients

PEANUT SAUCE

1 1/2 tb minced ginger root
1 tb minced garlic
1 tb minced green onion
6 tb creamy peanut butter
2 tb dark soy sauce
1/4 c red wine vinegar
1 tb chinese chili paste
1 ts sugar
1 tb sesame oil
2 tb vegetable oil
1 tb dry sherry
1 ts hot, dry mustard (chinese)
1/2 ts salt
1/2 c chicken stock

NOODLES-

1 lb fettuccini or other thin noodles
2 tb oil
1 c julienned carrots
1 c julienned green onions
1/4 lb ham julienned
1 c bean sprouts
1 c julienned cucumber
1 c julienned red bell pepper

Instructions

*Note: The noodles and sauce must be at room temperature when tossed and served. If cold, the sauce will lose its creamy consistency.

To make peanut sauce, combine ginger, garlic, 1 tablespoon green onion, peanut butter, soy sauce, vinegar, chili paste, sugar, sesame and vegetable oils, sherry, dry mustard, salt and chicken stock. Blend thoroughly. Cover and set aside. Do not refrigerate.

To make noodles, cook fettuccini until tender. While noodles are still warm, toss with oil until well coated. Chill. Place carrots in sieve and pour boiling water over them.

Immediately pat dry with paper towels and chill. Wrap julienned green onions, ham, bean sprouts, cucumber and red pepper separately and chill until serving time.

Bring noodles to room temperature before serving. At serving time, place noodles in center of large round bowl or platter. Arrange vegetables and ham attractively in separate mounds around edge. Blend peanut sauce again and pour over noodles, vegetables and ham. Toss.

Created by: Hugh Carpenter, Los Angeles

Szechwan Noodles With Green Onions

Yield: 8 Servings

Ingredients

- 1 lb chinese noodles (not canned)
- 3 1/2 tb dark brown sesame oil
- 3 1/2 tb soy sauce
- 2 tb rice vinegar
- 2 tb granulated sugar (or to taste)
- 1 ts hot chili oil (or to taste)
- 6 green onions, sliced finely on the bias, divided
- 1 black sesame seeds, optional
- 1 fresh cilantro, optional
- 1/4 c bbq pork, optional

Instructions

Bring a generous amount of unsalted water to a boil. Add the noodles (all at once) for approximately 2 minutes, or until al dente (toothy but firm). Use chopsticks or two wooden spoons to separate noodles as they cook. Do not overcook.

Empty noodles into a large colander, then immediately flush with cold running water until cool. Shake off excess water and drain for 15 to 30 minutes.

Combine sesame oil, soy sauce, vinegar, sugar and chili oil mix well. Pour over noodles and use your hands to evenly distribute seasoned sauce. Work carefully so noodles don't break. Gently spread sauce over each strand and allow the noodles to fully absorb sauce before eating.

Add all onions except 2 tablespoons. Toss and mix to evenly distribute the onions.

Garnish with remaining onions, sesame seeds and cilantro, if desired.

Noodles taste best if they are allowed to sit and the flavors meld for a few hours before serving.

Serve refrigerated and cold, or at room temperature.

219 calories based on ten servings.

Szechwan Noodles

Yield: 4 Servings

Ingredients

- 1/4 c sesame oil

1/2 c soy sauce
1 ginger grated to taste
1 garlic minced
1 hot bean paste to taste
1/4 c creamy peanut butter
1 pasta hot cooked fresh hom
1 scallions garnish shaved

Instructions

Mix all ingredients and add to pasta toss to coat, garnish and serve immediately. Note: Only use enough sauce to coat the pasta. Store any remaining sauce in the refrigerator.

Szechwan Oriental Shrimp

Yield: 6 Servings

Ingredients

30 shrimp, cooked
1 1/2 tb cornstarch
1 1/2 tb water
1/2 c salsa, mild, med, or hot
1/4 c honey
2 tb soy sauce
2 tb dijon mustard
2 tb chunky peanut butter
1/2 ts ground ginger
1 cn baby corn, drained
4 1/2 oz shiitake mushrooms
1 c pea pods, snow pea pods

Instructions

1. Dissolve cornstarch in water, set aside
2. Combine salsa, honey, soy, mustard, peanut butter and ginger in a saucepan. Bring mixture to a slow boil, stirring to blend.
3. Add the dissolved cornstarch stir and cook until mixture thickens. Gently stir in the cobbettes, mushrooms and snow pea pods. Add shrimp heat 2 minutes.
4. Serve over rice

Serving Ideas : Serve over rice

Recipe by: 20

Posted to Digest eat-lf.v097.n057 by irene@1starnet.com on Feb 28, 1997.

Szechwan Pasta Salad With Hot Pepper Vinaigrette

Yield: 4 Servings

Ingredients

8 oz bow tie pasta
3 c broccoli florets
1/4 lb pea pods
1 red bell pepper cut into thin strips
3 scallions cut into 1/2 pieces

DRESSING

1/3 c safflower oil
1/3 c red wine vinegar
2 tb honey
1 clove garlic finely minced

2 tb sesame seeds
2 ts hot pepper sauce
1/2 ts ginger powder
1 pn cayenne pepper

Instructions

Boil a large pot of water cook pasta until al dente. While pasta is cooking, blanch broccoli and pea pods. Combine dressing ingredients. When pasta is done, drain and rinse under cold water. Drain well. Place pasta in a bowl and toss with broccoli, pea pods, red pepper and scallions. Pour on dressing toss to coat evenly. Garnish with watercress and sauteed pine nuts.

Recipe by: 15 Minute Vegetarian Gourmet

Posted to MC-Recipe Digest by Meg Antczak on Apr 21, 1998

Szechwan Pasta Salad

Yield: 6 Servings

Ingredients

2 pk angel hair pasta
1/2 lb turkey
2 red bell peppers
2 md carrots
1 cn water chestnuts
6 green onions
1 c miniature corn on the cob
1/4 lb snow peas
1 bn cilantro
4 tb toasted sesame seeds
1 dressing:
2 c mayonaise
3/4 c soy sauce
2 tb szechwan hot oil
1/4 c sesame oil
1 tb dijon mustard
2 garlic cloves

Instructions

Cook angel hair pasta al dente. Dice turkey, bell pepper and peeled carrots. Drain and slice water chestnuts. Remove stems from cilantro and use the leaves only save a little for the garnish. Chop green onions. Slice the coblets. Slice the snow peas on a diagonal into thin strips. Toast the sesame seeds and reserve 1 TBSP. for the garnish. Toss ingredients together. Combine all dressing ingredients in food processor. Add to salad and toss. Garnish with toasted sesame seeds and cilantro.

Shared by LEXI KERN

Szechwan Peanut Noodles

Yield: 1 Batch

Ingredients

6 oz peanut butter
4 tb sesame oil
3 tb soy sauce
2 tb rice vinegar
1 ts cayenne

1/2 ts habanero powder
1 chicken broth
12 oz chinese egg noodles (fat round ones preferred)
1 c blanched carrot, cut in matchsticks
3 scallions, slivered
1 c snow pea pods, raw, cut in matchsticks
1 c raw bean sprouts
1/2 c roasted unsalted peanuts, ground

Instructions

Over low heat, melt the peanut butter with the oil, soy sauce, and vinegar. Stir in pepper powders. Thin to proper consistency with broth. Let cool. Taste for seasoning, correcting with salt or soy.

Cook noodles in the usual way until they are done. Drain and put onto a serving platter. Cover with sauce.

Arrange carrot, scallions, pea pods, and sprouts in a neat design over the noodles and sauce. Strew with peanuts. Serve cool or cold.

From: Michael Loo

Szechwan Peppercorn Oil "China Moon"

Yield: 2 Cups

Ingredients

6 tb peppercorns, szechwan
2 c oil, corn or peanut
2 tb chile flakes, dried red shockingly pungent
2 1/2 tb ginger, fresh finely minced
2 tb scallions, green & white cut in rings

Instructions

Heat a large skillet over moderate heat until hot enough to evaporate a bead of water on contact. Add the Szechwan peppercorns and stir until toasted and fragrant, 2 to 3 minutes. Adjust the heat so the peppercorns brown without scorching.

Combine the peppercorns and all of the remaining ingredients in a heavy, non aluminum 1 to 1 1/2 quart saucepan. Rest a deep-fry thermometer on the rim of the pot. Over moderately low heat, bring the mixture to a bubbly 225 degrees, stirring occasionally. Let simmer for 15 minutes, checking to ensure the temperature does not rise. Remove from the heat and let stand until cool or overnight.

Strain the oil through a fine-mesh sieve and discard the solids. Store the oil in an impeccably clean glass jar at cool room temperature.

This oil is particularly good for salads. Its herbal quality also makes it a nice partner to poultry or beef dishes.

Source: "China Moon" Barbara Tropp Workman Publishing Company ISBN 1-56305-315-2 1992 typed by Dorothy Hair 6/29/94

Szechwan Peppercorn Salt

Yield: 1

Ingredients

1/4 c szechwan peppercorns
1/2 c coarse or kosher salt

Instructions

Combine ingredients in a skillet and toast over moderate heat until salt turns off white. Grind in a spice grinder or food processor.

Converted by MCBuster.

Recipe by: CHEF DU JOUR SHOW #DJ9275 JANE KIRBY

Converted by MMBuster v2.0l.

Szechwan Pork With Shallots

Yield: 6 Servings

Ingredients

10 oz pork loin thinly sliced and cut into
1 marinade
1 peanut oil
10 fresh shallots peeled
2 ts brown bean sauce
4 ts hoisin sauce
1 ts szechwan hot sauce (chef chow's hot & spicy recommend.
1 pn white pepper
1 ts sesame oil
1/2 ts sugar
1 ts (scant) salt
4 sl fresh ginger root

MARINADE

2 ts light soy sauce
1/2 ts sugar
1/2 ts salt
1/2 ts accent
1 tb cornstarch
2 ts rice wine

Instructions

Add the pork to the Marinade, mix well to coat evenly, cover, and marinate for 1 to 2 hours. Heat wok over high heat and add the peanut oil to a depth of 4 inches. When sizzling hot, add the pork and shallots. Deep-fry about 4 minutes stirring constantly. Quickly lift wok off heat and empty partially cooked shallots and pork into a strainer set over a deep metal bowl. Drain well. Return wok to high heat and add about 1 tablespoon of fresh oil. Heat until nearly smoking. Add the pork, shallots, and the remaining ingredients. Stir-fry constantly for about five minutes. Remove wok. Serve at once. Note: If using very small shallots, add for last frying only, as not to overcook them. Directions for Marinade: Mix all ingredients together until thoroughly combined. Refrigerate until ready to use.

GOLDEN PALACE

7TH STREET N.W., WASHINGTON,D.C.

BEVERAGE: TSING TAO BEER

From the . Downloaded from Glen's MM Recipe Archive,

<http://www.erols.com/hosey>.

Szechwan Prawns

Yield: 2 Servings

Ingredients

1/2 lb cleaned deveined prawns
2 green onions tops only
2 tb vegetable oil

MARINADE

2 c cold water

1 ts salt

SEASONING #1

1 clove garlic minced

1 ts dried red chile pepper minced (or more to taste)

1/2 ts fresh ginger minced

SEASONING #2

2 tb rice wine or sherry

1/2 tb catsup

1 ts soy sauce

1/4 ts sugar

SEASONING #3

1 ts sesame oil

1 ts cornstarch plus

2 tb water (optional)

Instructions

To whiten and clean the prawns soak in marinade 10 minutes, then rinse under cold water for 2 minutes. Slice green onion tops into 1/4" pieces.

Heat oil in wok or skillet until hot. Brown Seasoning #1 about 10 seconds, then add prawns. Stirfry for 1 minutes, then add scallions and Seasoning #2. Stir fry another minute.

Add 1 tsp cornstarch in 2 Tbs water if a thicker sauce is desired. Stir fry another minute, then add sesame oil and blend. Serve immediately with rice. Makes enough for 2 servings.

CHILE-HEADS ARCHIVES

From the Chile-Heads recipe list.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Szechwan Sauce (Ck)

Yield: 4 Servings

Ingredients

1/4 c hot chili oil

1/4 c soy sauce

4 ts red wine vinegar

1 ts sugar

4 lg cloves garlic, finely

1 chopped

3 tb minced chinese hot turnip or radish with chili

4 scallions (white and crisp green parts), chopped

Instructions

Combine all the ingredients in a small mixing bowl. If you do not serve the Szechwan Sauce right away, stir it again just before serving. This sauce is at its best within a day of preparation, because the scallions soften quickly. To prepare a few days ahead, mix together everything but the scallions add them at the last minute. Leftovers can be stored in the refrigerator.

From: Chinese Kosher Cooking Betty S. Goldberg Jonathan David Publishers, Inc., 1989

Entered by: Lawrence Kellie

Area of Influence: Szechwan Serves/Makes: 1 cup

From: Lawrence Kellie Date: 11-02-96 Home Cooking From: Gail Shipp Date: 14 Aug 97 International Cooking Ž

Szechwan Sauce

Yield: 100 Servings

Ingredients

2 1/4 qt water
1 qt water cool
8 oz starch edible corn
1 3/4 lb sugar granulated 10 lb
1 qt salad oil 1 gal
1 3/4 lb catsup tomato#10
1 1/2 oz pepper red ground
3 c soy sauce
1 qt vinegar cider

Instructions

MIX ALL INGREDIENCES WELL.

Recipe Number: O02400

SERVING SIZE: 1/3 CUP (2

From the (actually used today!).

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Szechwan Sesame Flavored Noodles

Yield: 2 Servings

Ingredients

1/2 lb ramen type noodles
2 tb vegetable oil
2 green onions finely
1 chopped
2 tb peanut butter
1 tb sesame oil szechwan
1 pepper oil*

Instructions

* (for the hearty use up to 1 Tablespoon. Otherwise, use just a few drops. Boil noodles al dente drain and rinse in cold water. Heat a fry pan with the oil add noodles and flatten out like a pancake. When the bottom becomes brown and slightly crisp, turn and fry the other side Remove from pan and let cool. Place on a platter with side and sprinkle with the chopped green onions. In small bowl add the sesame and hot oils to the peanutbutter a few drops at a time. Just before serving pour the peanut butter sauce over the noodles Enjoy,

From: "Ldgoss" Date: 14 Jul 97 Eat-L List (Recipes And Food Folklore) Ž

Szechwan Shredded Beef

Yield: 1 Servings

Ingredients

1 lb lean beef
1 ts cornstarch
1 ts sugar (may be halved)
2 tb dry sherry or rice wine

2 tb regular soy sauce
1 lots of oil for deep-frying
1 carrot, cut in matchsticks
1 sm onion (optional), sliced thin
2 stalks celery, cut in matchsticks
1 sm green pepper (optional), sliced thin and rings cut in thirds
6 dried hot pepper pods (optional)
1 cl garlic, mashed slightly (optional)
2 tb rice vinegar (or 4 ts white vinegar and 2 ts water)
1 tb regular soy sauce
2 ts sesame oil
1 ts sugar (optional)
1 ts hot chili oil
1/2 ts cornstarch

Instructions

Cut meat into matchsticks. Meat may be partially frozen beforehand to ease this process. Mix in cornstarch, sugar, sherry, soy. Let stand 30 min.
Heat lots of oil to 375 in a wok or deep kettle. Add beef in 2 batches, cooking each batch for 1 min, stirring constantly. Set beef aside to drain on paper towels. Take another wok or a frying pan add 2 T of the used oil (save the rest for reuse another day) and heat with hot pepper pods and garlic until oil is about to smoke. If you are sensitive to hot pepper fumes, omit the pods. Remove pods and garlic and add carrot sticks. Stir. Add onion. Stir-fry for 1 min.
Add celery. Stir-fry 15 sec. Add green pepper (optional). Stir-fry another 45 sec. Add all other ingredients listed. You may return the pepper pods to the dish now if you like. Return heat to high, stir in drained cooked beef, and heat through. Serve with white rice.

Szechwan Shrimp Dumplings

Yield: 1

Ingredients

1 sl ginger peeled
2 green onions cut into 1 inch lengths
1/2 c water chestnuts drained
1 lg egg white
1 lb medium raw shrimp shelled and deveined or 1 pound ground pork
1 tb cornstarch
1 tb light soy sauce
1/4 ts sugar
1/2 ts salt
1/2 ts chili oil
1 pk round wonton skins
2 tb sesame seeds
1 scallion and cilantro sauce (recipe below)

Instructions

Mince ginger, onions and water chestnuts by hand or in food processor: with machine running, drop ingredients through feed tube, process until minced.
In a small bowl beat the egg white until foamy. Process the shrimp or pork in the food processor, adding the egg white and pulsing about 10 times, or until shrimp is finely

chopped. Add cornstarch, soy sauce, salt, sugar and chili oil. Pulse 34 times to mix. Set aside.

Line a baking sheet with wax paper and dust lightly with cornstarch. Set aside.

Place a heaping teaspoon of the mixture in center of a wonton skin.

Moisten edge of the skin with the water and fold it in half. Pinch edges firmly together to seal it. Moisten ends and pinch them together. Place on prepared baking sheet and cover with a dry kitchen towel. Use up the mixture. Dumplings may be refrigerated for up to an hour, or frozen for a month. Do not thaw before cooking.

In a small skillet over moderately high heat, stir in the sesame seeds until they turn a light golden color about 30 seconds. Set aside.

Bring 45 quarts lightly salted water to a boil. Add dumplings. After they have floated to the surface (approximately 1 1/2 minutes) cook 30 seconds more. Drain and transfer to a bowl. Pour scallion cilantro sauce over them and toss until well coated. Slide onto a serving dish and garnish with toasted sesame seeds.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Szechwan Soup

Yield: 6 Servings

Ingredients

- 1 oz dried mushrooms
- 1 boiling water
- 6 oz uncooked boneless lean pork
- 4 oz cooked ham
- 1 sm red pepper
- 8 green onions
- 1/2 c water chestnuts
- 8 oz bean curd
- 2 qt chicken stock
- 1/2 c rice wine
- 4 ts soy sauce
- 1/2 ts chinese chili sauce
- 2 1/2 tb cornstarch
- 5 tb water
- 2 ts vinegar
- 2 ts sesame oil
- 1 egg
- 8 oz uncooked shrimp, shelled and deveined

Instructions

1. Place mushrooms in bowl and cover with boiling water. Let stand 30 minutes. Drain. Remove and discard stems. Cut caps into thin slices.
2. Cut pork and ham into "match-stick" thin strips. Remove seeds from pepper and cut pepper into thin strips. Chop onions finely. Cut water chestnuts into slices. Cut bean curd into 1/2cubes.
3. Combine chicken stock, wine, soy sauce and chili sauce in 5-quart pan. Cook over medium heat until soup boils. Reduce heat and simmer uncovered 5 minutes.
4. Blend cornstarch and 4 tablespoons of the water. Slowly stir mixture into soup. Cook and stir until soup boils. Add mushrooms, pork, ham, pepper and water chestnuts. Simmer uncovered 5 minutes.

5. Stir vinegar and oil into soup. Beat egg and remaining 1 tablespoon water together with for, Gradually drizzle egg into soup while stirring soup vigorously. Add onions, bean curd and shrimp. Cook until shrimp is done, 1 to 2 minutes.

SOURCE: Chinese Cooking Class Cookbook

Szechwan Spiced Bean Curd (Mapo Tofu)

Yield: 4 Servings

Ingredients

2 tb cooking oil
1 ts hot oil (optional)
1/4 lb ground pork or beef
1/3 c chicken broth
1 tb fermented black beans rinsed and lightly chopped
2 cloves sliced garlic
2 ts szechwan hot pepper sauce
2 1/2 tb dark soy sauce
1/2 ts salt
1/2 ts sugar
1/4 ts msg
3 pads bean curd cut into 1/2 cubes
1 c peas (frozen is ok)
2 ts cornstarch mixed with 2 tb water
1/8 ts szechwan pepper powder
1 tb minced scallion
2 ts sesame oil

Instructions

Heat a wok over medium high heat until hot, add the oil, wait until it is hot, then add the meat. Stir-fry the meat until it is no longer pink. Add the sauce and bring to a boil. Add the bean curd [and peas], bring to a simmer, and cook for 2 minutes. Pour in the cornstarch mixture and stir until the sauce has thickened. Turn off the heat and sprinkle with the garnish. Serve immediately.

FWB@URSA.SIEMENS.COM

(FREDERIC W. BREHM) REC.FOOD.RECIPES

From rec.food.cooking archives.

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Szechwan Spiced Beef Shred B1

Yield: 6 Servings

Ingredients

1 lb flank steak
1/4 c oil
1 ts minced ginger root
2 ts minced garlic
3 scallions cut 1 inch long (use stem)
2 dry red chili peppers finely ground (use seeds)
1 tb pale dry sherry
1 tb chinese red wine vinegar or cider vinegar
1 ts msg (optional)
6 water chestnuts coarsely chopped

1 c shredded bamboo shoots
1/2 green bell pepper thinly sliced
1/2 c water or clear chicken broth
2 tb cornstarch mixed with
1 tb water (to make paste)
1 ts sesame oil

MARINADE

1/4 ts salt
1/2 ts sugar
1 tb cornstarch

Instructions

Thinly slice steak against grain, and cut into matchstick size strips.

Marinate for 2 to 4 hours. Heat 4 tsp. oil in wok to 350 F. Add beef mixture and stir to separate pieces. Blanch briskly until beef just loses its redness. Remove to a bowl.

Heat 2 tsp. oil in wok. Add ginger, garlic, scallions and chili peppers. Stir-fry about 10 seconds. 4. Stir in sherry, vinegar and if desired MSG. Cook until it bubbles gently. Add water chestnuts, bamboo shoots and green bell pepper. Return beef mixture to wok and blend all together. Pour in water or chicken broth. When it begins to boil, stir in cornstarch mixture and continue stirring until sauce thickens. Add sesame oil, mix well and serve.

Temperature(s): HOT Effort:

AVERAGE Time: 04:00

Source: CHINA ROW

Comments: CANNERY ROWMONTEREY

Comments: WINE:ROBERT MONDAV NAPA GAMAY

Szechwan Spiced Beef Stew

Yield: 6 Servings

Ingredients

1 tb ginger root minced
1/4 c scallions chopped
2 lb stew meat 1/4 inch chunks
6 tb oil
1 tb garlic minced (include green part)
3 c water
sauce-
5 ts szechwan chili bean sauce
4 tb pale dry sherry
1/2 tb peppercorns crushed
4 whole star anise
2 1/2 tb szechwan sweet bean sauce
4 tb black soy sauce
2 ts sugar

Instructions

COMBINE SAUCE INGREDIENTS, SET ASIDE. HEAT OIL IN A 4 TO 6 QUART POT. ADD GINGER, GARLIC, AND SCALLIONS, AND COOK FOR A FEW SECONDS. ADD BEEF AND COOK UNTIL MEAT LOSES ITS RED COLOR. STIR IN SAUCE AND MIX WELL. ADD 2 C. WATER, COVER, AND SIMMER FOR ABOUT AN HOUR. ADD REMAINING WATER AND COOK OVER LOW HEAT UNTIL BEEF IS TENDER, ABOUT ANOTHER HOUR. THERE SHOULD

BE 1 1/2 CUPS OF SAUCE LEFT IN THE POT WHEN BEEF IS DONE. SERVE HOT!!! THE PREPARATION TIME IS THE WORSE PART, BUT ITS WORTH IT. MOST OF THE INGREDIENTS CAN BE FOUND AT A NEIGHBORHOOD ASIAN OR CHINESE STORE.

Szechwan Sprout Salad

Yield: 3 Servings

Ingredients

- 1/2 lb mung bean sprouts
- 2 tb rice wine vinegar
- 1 tb soy sauce
- 2 ts sesame oil
- 1/2 ts sugar
- 1/4 ts crushed red pepper flakes
- 3 tb green onion thinly sliced

Instructions

1. Rinse sprouts and pat dry with paper towels.
2. In a small bowl stir together vinegar, soy sauce, sesame oil, sugar, and red pepper flakes.
3. In a serving bowl combine sprouts and onion. Pour dressing over and toss to coat.

* Timesaver Tip: Recipe tastes as good, if not better, when made up to 4 hours in advance. Store, covered, in refrigerator and serve either chilled or at room temperature.

Recipe By : the California Culinary Academy

From: Emory!rahul.Net!watson@sunshine.Edate : Fri, 25 Mar 1994 07:48:43 0800 (File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>)

Szechwan Tofu Triangles In Triple Pepper Sauce

Yield: 4 Servings

Ingredients

- 3 firm cakes tofu (3/4 lb)
- 1/2 c peanut oil (or vegetable oil)
- 1 lg green bell pepper in strips
- 1 lg red bell pepper in strips
- 4 lg scallions minced
- 1 tb peanut or vegetable oil
- 1/3 c dry sherry or rice wine
- 1 tamari sauce (see step 4)
- 1 1/2 c water
- 3 garlic cloves crushed
- 1 1/2 ts dry mustard
- 1/2 ts crushed, dried red hot peppe
- 1/4 ts black pepper freshly ground
- 2 tb cornstarch

Instructions

You may want to put up some rice 25-30 minutes before wok time.

1. Cut the tofu cakes into triangles: cut each cake into 1/2 squares, then cut each square in half on the diagonal.
2. Heat the 1/2 c oil in a wok or deep skillet until the oil is hot enough to instantly bounce a drop of water on contact. Fry the tofu triangles until their outer

- surface crispens (a few minutes on each side). Use additional oil, if necessary. Drain the triangles on paper towels, and keep them warm in a low oven.
3. Prepare the bell peppers and scallions (cut the peppers into strips mince the scallions). Set aside.
 4. In a 1-cup liquid measure, pour some wine up to the "1/3 cup" mark. Add enough tamari sauce to make 1/2 cup of liquid.
 5. Combine tamari-sherry mixture with water, garlic, mustard, and red-hot and black peppers. Place the cornstarch in a bowl. Whisk the liquid into cornstarch.
 6. Heat your wok or skillet. Add 1 tbs oil and saute the bell peppers and scallions, stirring over medium heat, for 3-4 minutes. Pour in the sauce, turn the heat up a little, and stir-fry about 5-8 more minutes. Add the triangles, stir gently, and serve immediately.

From Mollie Katzen's "The Enchanted Broccoli Forest."

Szechwan White Cut Chicken With Spicy Peanut Sauce

Yield: 3 Servings

Ingredients

- 1 1/2 lb chicken breasts
- 1 whole green onion, cut in half
- 1 quarter-size slice of fresh ginger, crushed
- 1 tb dry sherry
- 1/2 ts each salt and sugar
- 2 c water
- 1 c shredded iceberg lettuce
- 1 peanut sauce:
 - 1 1/2 tb creamy peanut butter
 - 2 1/2 tb salad oil
 - 2 tb soy sauce
 - 2 tb sugar
 - 2 ts white vinegar
 - 1/2 ts sesame oil
 - 1/2 ts ground rd pepper
 - 1 tb minced green onion
 - 1 tb fresh cilantro

Instructions

Place chicken in a 2-quart pan with the onion, ginger, sherry, salt, sugar and water.

Bring to a boil, cover and simmer for 20 minutes.

Remove from heat and let stand until chicken is cool enough to handle. Strain broth and save for soup. Remove and discard skin from chicken. Pull meat from bones, then pull meat in long shreds. If made ahead, cover and chill. Sauce Stir together peanut butter and salad oil until blended. Stir in soy sauce, sugar, vinegar, sesame oil, red pepper, green onion and cilantro. To serve, mound lettuce on a serving platter. Arrange shredded chicken over lettuce. Drizzle peanut sauce over all.

Szechwan-Style Chicken Stir-Fry

Yield: 4 Servings

Ingredients

- 3/4 lb boneless skinless chicken breast halves
- 1/2 c pace picante sauce
- 2 tb light soy sauce

1 tb cornstarch
2 ts fresh ginger shredded
1 1/2 ts sugar
2 tb oil
3 cloves garlic minced
1 red bell pepper cut into strips
4 oz pea pods diagonally halved
1 c green onion diagonally sliced

Instructions

Cut chicken into strips. Combine pace sauce, soy sauce, cornstarch, ginger and sugar in small bowl reserve. Heat 1 tbsp oil in large skillet over medium high heat. Add chicken and garlic stir fry 2 to 3 minutes or until chicken is cooked through. Remove chicken from skillet and reserve. Add remaining tbsp oil to skillet. Add bell pepper and pea pods stir-fry 3 minutes or until vegetables are tender. Stir sauce mixture and add to skillet with green onions and reserved chicken. Cook and stir 1 minute or until sauce thickens. Serve with rice, if desired.

Recipe by: Pace newsletter spring 93

Posted to brand-name-recipes by Meg Antczak on Mar 16, 1998

Szechwan-Style Eggplant With Pita Wedges

Yield: 1

Ingredients

1/4 c vegetable oil
1 a (1 1/4-pound) eggplant, peeled if desired and cut into 1/2-inch cubes (about 6 cups)
1 ts cornstarch
1/2 c chicken broth
1 ts minced garlic
1 tb minced peeled fresh gingerroot
2 ts szechwan chili paste* or to taste, up to 3
1 ts hoisin sauce*
1 tb rice vinegar* or white-wine vinegar
1 tb dry sherry
3 scallions sliced thin
2 tb soy sauce
1 tb firmly packed light brown sugar
1 red bell pepper minced
1/2 ts oriental sesame oil or to taste
1 white pita and whole-wheat pita cut into wedges, as an accompaniment

Instructions

*available at Oriental markets, specialty foods shops, and some supermarkets

In a wok or large skillet heat the vegetable oil over high heat until it is hot but not smoking and in it stir-fry the eggplant over moderately high heat for 3 to 5 minutes, or until it is tender and browned. Transfer the eggplant with a slotted spoon to paper towels to drain.

In a small bowl dissolve the cornstarch in the broth. To the wok add the garlic, the gingerroot, the chili paste, the hoisin sauce, the vinegar, and the Sherry and stir-fry the mixture for 30 seconds. Add the scallions and stir-fry the mixture for 30 seconds. Add the soy sauce, the brown sugar, the cornstarch mixture, stirred, the bell pepper, and the eggplant and stir-fry the mixture for 1 minute, or until the eggplant has absorbed most

of the liquid. Remove the wok from the heat, add the sesame oil and salt and pepper to taste, and toss the mixture well. The eggplant mixture may be made 1 day in advance and kept covered and chilled. Transfer the eggplant mixture to a bowl and serve it with the pita wedges.

Makes about 4 cups.

Gourmet September 1991

Converted by MCBuster.

Converted by MMBuster v2.0l.

Szechwan-Style Eggplant

Yield: 1 Servings

Ingredients

1/4 c vegetable oil
1 1/4 lb eggplant peeled if desired and cut
1 ts cornstarch
1/2 c chicken broth
1 ts minced garlic
1 tb minced peeled fresh gingerroot
2 ts szechwan chili paste or to taste (up to 3)
1 ts hoisin sauce
1 tb rice vinegar or white-wine vinegar
1 tb dry sherry
3 scallions sliced thin
2 tb soy sauce
1 tb firmly packed light brown sugar
1 red bell pepper minced
1/2 ts oriental sesame oil or to taste

Instructions

In a wok or large skillet heat the vegetable oil over high heat until it is hot but not smoking and in it stir fry the eggplant over moderately high heat for 3 to 5 minutes, or until it is tender and browned. Transfer the eggplant with a slotted spoon to paper towels to drain.

In a small bowl dissolve the cornstarch in the broth. To the wok add the garlic, the gingerroot, the chili paste, the hoisin sauce, the vinegar, and the Sherry and stir fry the mixture for 30 seconds. Add the scallions and stir fry the mixture for 30 seconds. Add the soy sauce, the brown sugar, the cornstarch mixture, stirred, the bell pepper, and the eggplant and stir fry the mixture for 1 minute, or until the eggplant has absorbed most of the liquid. Remove the wok from the heat, add the sesame oil and salt and pepper to taste, and toss the mixture well. The eggplant mixture may be made 1 day in advance and kept covered and chilled.

Yield: 4 cups

Recipe by: Cooking Live Show #CL8974

Posted to MC-Recipe Digest V1 #846 by "Angele and Jon Freeman" on Oct 14, 1997

Szechwan-Style Grilled Shrimp

Yield: 4 Servings

Ingredients

2/3 c pace picante sauce
2 tb soy sauce
2 tb water

1 tb fresh ginger shredded
2 ts sugar
1 ts cornstarch
2 lg garlic cloves minced
1 lb jumbo shrimp (16 to 18 per lb) peeled and deveined

Instructions

For marinade, combine all ingredients except shrimp in small saucepan mix well. Heat to boiling cook and stir 1 minute. Cool to room temperature. Rinse shrimp in cool water dry with paper towels and place in plastic bag. Pour half the marinade into bag, reserving remaining marinade close bag securely. Turn bag several times to coat shrimp. Refrigerate 30 to 60 minutes, turning bag occasionally. Remove shrimp from marinade discard marinade in bag. Thread shrimp onto skewers. Place skewered shrimp on grill over hot coals or on rack of broiler pan grill or broil 5 to 8 minutes, turning and brushing occasionally with reserved marinade. Serve with additional Pace Picante Sauce.

Makes 4 servings.

Source: Keeping Pace Newsletter

Formatted for MM by Rosanne Troxel (D.TROXEL/GENie TJFM10C/Prodigy) From: Lyn Ortiz Date: 05-20-96 (F) Cooking Z

Szechwanese Pork With Vermicelli (Ants Climbing A Tree)

Yield: 6 Servings

Ingredients

1/4 lb vermicelli, soak in warm water for 10 mins drained
1/2 lb pork finely chopped
1/4 c sweet red pepper finely shredded
1 c broth
4 scallions chopped
1 c bean sprouts
1 tb oil

SEASONINGS-

1 tb ginger finely chopped
2 garlic cloves crushed
2 tb hot bean sauce
2 tb sherry
1 ts sugar
2 tb soy sauce

Instructions

1. Heat the wok. Add 1 Tbs oil and the pork. Stir-fry until the pork loses all pink color, and breaks into tiny pieces.
2. Add the ginger, crushed garlic, and bean sauce. Stir-fry for 1 to 2 mins and add the sweet red pepper. (Keeping a few shreds aside to garnish.)
3. After stirring the red pepper into the pork mixture, add the remaining seasonings, plus the broth and vermicelli.
4. Turn the heat to low and cook until the liquid is absorbed.
5. Toss with the scallions and bean sprouts and serve. Garnish with the remaining red pepper shreds.

Recipe By : Chinese Cooking-the easy wok method ISBN 0-913880-06-X From: Dan Klepach Date: 09-30-95

Oriental Recipes T

Tagliatelle With Chinese Vegetables

Yield: 2 Servings

Ingredients

3 spring onions sliced
1 2.5cm. piece fresh ginger grated
3 tb dark sesame oil
75 g baby sweetcorn sliced
50 g water-chestnuts, sliced
75 g button mushrooms quartered
50 g mange-tout sliced diagonally
2 tb soy sauce
175 g tagliatelle cooked 'al dente'

Instructions

This is a kind of western chow mein, quickly and easily prepared. A delicious way to eat tagliatelle, the soft pasta contrasting with the crunchiness of the Chinese vegetables.

Stir-fry the spring onions and ginger gently in the oil for a couple of minutes so that they soften, then toss in the prepared vegetables and stir until they heat through and begin to soften about 4-5 minutes. Then stir in the soy sauce and heat through again, stirring all the time. Pour this mixture over the hot, drained tagliatelle in a warm serving-dish, toss thoroughly and serve immediately.

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Meal-Master format courtesy of Karen Mintzias

Tail Of The Monkey

Yield: 1

Ingredients

6 c milk
1 c sugar
2 cinnamon sticks or 1 ts cinnamon
1/4 c instant coffee
2 c tequila
1 ts vanilla extract

Instructions

Bring milk, sugar, and cinnamon to a boil. Dissolve coffee in hot milk mixture and allow to cool in the refrigerator. When the drink is well chilled, add the Tequila and vanilla. Serve very cold.

The Cookbook Committee

Per serving: 2791 Calories (kcal) 50g Total Fat (24% calories from fat) 49g Protein
293g Carbohydrate 199mg Cholesterol 733mg Sodium Food Exchanges: 1 1/2
Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 9 Fat 13 1/2 Other Carbohydrates

Recipe by: Possum on the Half Shell

Converted by MMBuster v2.0n.

Tail Wagger's Dog Biscuits

Yield: 1 Servings

Ingredients

4 1/2 c whole wheat flour
3 c all-purpose flour
3 c cornmeal
1 1/2 c oats
2/3 c powdered mil
2 tb garlic powder
2 ts salt
3 1/2 c beef stock
1 c vegetable oil
2 lg eggs

GLAZE-

1 lg egg beaten with 1 tb worcestershire sauce

Instructions

Position oven racks to divide oven in thirds. Heat oven to 300 F. Have 2 cookie sheets ready.

Mix flours, cornmeal, oatmeal, milk powder, garlic powder, and salt in a large bowl.

Whisk beef stock, oil and 2 eggs in a medium sized bowl.

Stir broth mixture into flour mixture with a spoon until blended and a soft dough forms.

On a floured surface with a floured rolling pin, roll out dough to 1/2 inch thickness.

Cut in shapes with a floured cutter. Place 1/2-ich apart on ungreased cookie sheet.

Reroll and cut scraps.

With a toothpick, prick a line of dots down centers, if desired. Brush tops and sides of biscuits with glaze.

Bake 2 cookie sheets at a time for 2 hours. Turn off the oven and leave biscuits in 1 to 2 hours to dry and harden. Store, coveredd, at room temperature up to 3 months.

Dough may be frozen for up to 6 months.

Tailgate Teri Glaze

Yield: 1

Ingredients

1 tb cornstarch
2 tb water
1/2 c soy sauce
1 juice of 1/2 orange
1/4 c mirin (japanese sweet rice wine)
1/4 c water
2 tb brown sugar
3/4 ts minced fresh garlic
3/4 ts peeled and minced fresh ginger

Instructions

Makes 1 cup

Blend the cornstarch and water. In a small saucepan, combine the remaining ingredients and bring to a boil. Add the cornstarch mixture and stir for 1 to 2 minutes, until thickened.

Per 1/6 recipe: 46 calories, 1 g protein, 8 g carbohydrates, 0 g fat, 0 mg cholesterol, 1,107 mg sodium, less than 1 g fiber. Calories from fat: 1 percent.

Per serving: 175 Calories (kcal) trace Total Fat (0% calories from fat) 7g Protein 37g Carbohydrate 0mg Cholesterol 8240mg Sodium Food Exchanges: 1/2 Grain(Starch) 0 Lean Meat 3 Vegetable 0 Fruit 0 Fat 1 Other Carbohydrates
Converted by MMBuster v2.0n.

Tame Thai Tenderloin

Yield: 4 Servings

Ingredients

1 cross tmpj72b
2 pork tenderloins (3/4 to 1 lb. each)
3/4 c (half of a 14 oz. can) coconut milk
1/4 c soy sauce
20 garlic minced or pressed
1 1/4 ts ground coriander
1/2 ts white pepper
1/4 ts asian red chili paste (or liquid hot pepper)
1 tb lemon juice
1/4 ts cayenne
1/2 ts sugar

Instructions

Rinse meat and pat dry. Trim fat and silvery membrane from tenderloins. Fold under thin ends of tenderloins to make each piece evenly thick tie to secure. Put meat in a zip-lock heavy plastic bag (about 2-qt. size). In a small bowl, mix coconut milk, 3 tablespoons soy sauce, garlic, 1 teaspoon coriander, white pepper, and chili paste pour over meat. Seal bag and rotate to coat meat with sauce chill 3 to 6 hours. Turn meat over several times. Lift meat from marinade and drain briefly discard marinade. Place meat on a lightly greased grill 4 to 6 inches above a solid bed of medium coals (you can hold your hand at grill level only 4 to 5 seconds). Cook, turning often to brown evenly, until meat is no longer pink in thickest part (cut to test), 18 to 22 minutes, or until a thermometer inserted in center of meat (not folded end), registers 155 degrees. In a small microwave-safe bowl, combine lemon juice, remaining 1 tablespoon soy sauce, remaining 1/4 teaspoon coriander, cayenne, and sugar. Heat in microwave oven on full power (100%) until mixture is hot, about 30 seconds.

Cut meat across the grain into thin, slanting slices. Spoon sauce onto meat to taste.

Makes 4 servings.

Per Serving:5 calories (37% from fat), 11 g fat (6.1 g sat.), 737 mg sodium, 119 mg cholesterol. Source: Sunset Magazine May, 1993 Reformatted for Meal Master by: CYGNUS, HCPM52C & C.MINEAH

Tandoori Chicken (Indian Style)

Yield: 6 Servings

Ingredients

2 lb Chicken legs and thighs
1 1/2 tb Vegetable oil
1/2 ts Red food color
Salt to taste
1/2 ts Black pepper
1 ts garlic powder (1 to 2 tsp)
1 md Onion(optional)

1 c Yogurt
1 ts Garam Masala
1/2 Lemon or lime sliced

Instructions

Peel skin off chicken pieces. Make several cuts into each piece. Wash off clean with paper towel. Mix vegetable oil, food color, all spices and onion, if desired into yogurt. Marinate chicken with mixture 4 or 5 hours, overnight for best results. Bake chicken @ 400 degrees 30 minutes. No need to preheat oven. Keep basting with juice occasionally. If there is excess juice, you may spoon out some. Broil chicken 2 to 5 minutes toward the end. Sprinkle with Garam Masala.

Garnish with lemon slices and few leaves of cilantro(optional).

Per serving (excluding unknown items): 508 Calories 56g Fat (97% calories from fat)
1g Protein 2g Carbohydrate 5mg Cholesterol 18mg Sodium

Tandoori Chicken-East Indian

Yield: 3 Servings

Ingredients

2 lb chicken breast skinned
1 c yogurt
1 1/2 tb oil
2 cloves garlic minced
1 ts cumin
1/4 ts cardamon
1/4 ts ground cloves
1/2 ts salt
1 ds pepper
1 tb ginger
1/2 ts crushed red pepper flakes
1 juice of 2 lemons
1 cilantro

Instructions

Rinse and dry chicken pieces. Using a sharp knife, score each chicken to bone in 3 to 4 places. Set aside. Combine all but cilantro in large bowl.

Cover chicken and marinate in fridge overnight. Remove chicken from marinade, place on grill, cover and cook, turning every 10 minutes until juice runs clear when pierced with knife. Serve on platter garnished with sprigs of cilantro and pass lemon to sprinkle over.

Recipe by: 20

Posted to MC-Recipe Digest by "Chris or Terri Weidman" on Apr 4, 1998

Tapioca Thai Style

Yield: 4 Servings

Ingredients

1/3 c tapioca, quick
3 c water
3 tb sugar
1 ds salt
1 c coconut milk

Instructions

Bring water to a boil in a 2-quart saucepan. Stir in sugar and salt.

Add tapioca and return to a boil. Stir in coconut milk. Reduce heat to low. Stir frequently to prevent sticking. Cook for 30 minutes or until thickened. Serve warm or cold. If serving cold, place in individual bowls while still warm.

Tart Sweet Dipping Sauce Midsummer Thai Din

Yield: 1 Batch

Ingredients

1 c sugar
1/2 c water
1/2 c white vinegar
2 tb garlic chopped
2 tb fish sauce
1 1/2 ts chinese chili suace
2 tb lime juice
1/4 c carrot shredded

Instructions

This is the traditional Thai dipping sauce used for salad rolls, spring rolls, and most everything else.

Combine sugar, water and vinegar.

Bring to a boil and boil for 5 minutes.

Stir in garlic, fish sauce and chili sauce. Simmer for 2 minutes.

Cool and add lime juice and shredded carrot

Tasty Thai Shrimp & Sesame Noodles

Yield: 4 Servings

Ingredients

1 lb medium shrimp shelled & deveined
8 oz Newman's Own Light Italian Dressing divided
2 tb chunky peanut butter
1 tb soy sauce
1 tb honey
1 ts fresh ginger root peeled & grated
1/2 ts crushed red pepper
8 oz capellini or angel hair pasta uncooked
2 tb vegetable oil
1 tb sesame oil
1 md carrot peeled and shredded
1 c green onion chopped
1/4 c chopped fresh cilantro for garnish

Instructions

In medium bowl, combine shrimp with 1/3 cup Newman's Own Light Italian Dressing. Cover and refrigerate 1 hour. In small bowl, with wire whisk or fork, mix peanut butter, soy sauce, honey, ginger, crushed red pepper and remaining dressing set aside. Prepare capellini as label directs drain.

Meanwhile, in 4 quart saucepan over high heat, heat vegetable and sesame oils until very hot, Add carrot and cook 1 minute. Drain shrimp discard dressing. Add shrimp and green onions to carrot and cook, stirring constantly, approximately 3 minutes or until shrimp turn opaque. In large bowl, toss hot capellini with peanut butter and shrimp mixtures. Sprinkle with chopped cilantro, if desired.

MasterCook formatted for your cooking pleasure by Pamela Creeden
(creedenites@sprintmail.com)

Contributor: Treasury of Favorite Brand Name Recipes

Tatsuta-Age (Japanese Fried Chicken)

Yield: 1 Servings

Ingredients

2 raw chicken breasts boned
1 tb sake or sherry
1 tb soy sauce
4 green peppers
1 oil for frying
1 cornstarch
1/2 ts salt
1/8 ts pepper

Instructions

California Cuisines come from all over the world. The cultures and Nationalities of the world come together here. California, itself is a melting pot. California also has a reputation of some people being health nuts. I am one. I just got through eating lunch, which consisted of a bowl of Lentil/ Couscous and 4 Dutch Rusks. Total fat content of less than 1 Gram. It was very satisfying too. I want to share a delicious recipe from one of our cultures here.

Slice chicken meat into thin slices so that it can be eaten without cutting. Mix sake (or sherry) and soy sauce together and place chicken in this for about 30 minutes. Cut peppers into halves and take out seeds. Heat oil. Cover chicken with cornstarch. When oil is hot, fry chicken until tender. Drain on paper towels. Fry green peppers until just soft. Drain on paper towels. Sprinkle chicken and green peppers with salt and pepper. Arrange decoratively on serving platter. Makes 4 Servings.

Posted to recipelu-digest Volume 01 Number 352 by "Bonnie Atwood" on Dec 9, 1997

Tea-Stained Quail With Noodle Salad

Yield: 1

Ingredients

200 g lapsang souchong tea
200 g rice
200 g brown sugar
50 ml sesame oil
4 quails
3/4 lb chinese noodles
3/4 lb bean sprouts
1 c thinly-sliced carrots
1 c thinly-sliced radishes
1 c thinly-sliced ham
1 c thinly-sliced cucumber
1/4 c peanuts
3 tb five spice oil
1 md spring onions cut into 1 1/2 (1 to 2) pieces
7 sl fresh root ginger
1 ts dried chilli flakes
2 ts szechuan peppercorns

3/4 c groundnut oil
1 1/2 tb dark soy sauce
2 tb chinese rice vinegar
2 tb sugar
1 1/2 ts chinese chilli sauce

Instructions

Boil two large pots of water. Blanch the bean sprouts in one of the pots and cook the noodles in the other, stirring with chopsticks.

When they are both cooked freshen the noodles and bean sprouts in two separate bowls of iced water. Drain the noodles into a bowl and mix in the sesame oil, using your hands to coat them.

Put the quails on a small plate and steam them for 8 minutes keep them on the plate to avoid them sticking to the steamer.

Mix the rice, sugar and tea together in a bowl. Cut a piece of foil to fit the bottom of your wok. Add 9 dessertspoons of the tea mixture to the wok, then place a raised circular rack in the wok so that it rises above the tea mixture. Put the wok on a hot stove.

Remove the quails from the steamer and rub them with sesame oil. Place them on the rack in the wok when the tea starts to smoke. Cover the wok with foil and cook for 5 minutes on the heat and 5 minutes off the heat.

Remove the foil, take out the quails with tongs and cut into breast and leg joints with scissors.

Take the tea and foil out of the wok and return it to the heat. Add the groundnut oil and quails, toss and turn them until crispy.

To make the dressing, whisk together the five spice oil, soy sauce, chilli flakes, salt, sugar, rice wine vinegar and chilli sauce.

Mix the noodles and bean sprouts in a large serving dish and pour the dressing over, using your hands to mix together. Place the raw vegetables in clumps around the noodles and put the quail joints on top of the salad.

Serve.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Teesryo (Indian Steamed Curried Clams)

Yield: 6 Servings

Ingredients

2 tb butter
2 tb vegetable oil
2 lg onions cut into thin rings
2 sm fresh hot chilies cut into thin rings
1 tb grated fresh ginger
1/2 ts ground coriander
1/2 ts ground turmeric
1/8 ts ground cinnamon
1/8 ts ground cardamom
1/4 ts cayenne
1/3 c shredded fresh coconut
1/4 c fresh lemon juice
1/2 ts minced fresh cilantro
1/2 ts sugar

salt to taste
6 dozen small clams well scrubbed
cilantro sprigs and lemon slices for garnish

Instructions

Over a high flame, heat the butter and oil together in a large heavy pan or wok with a tight fitting lid. Add the onions and fresh chilies and saute until the onions are translucent but not browned. Add the next 9 ingredients and toss the onions and chilies for about 2 minutes. Reduce the heat to a simmer and add the sugar and salt to taste. Add the clams and cover with a tight fitting lid. Steam for 8 to 10 minutes or until the clams open.

With a slotted spoon, remove the clams to a deep serving dish. Turn up the flame and, stirring briskly, cook the juices in the pan for about 1 minute.

Pour over the clams.

Serving Ideas : Garnish with cilantro & lemon and serve immediately.

Nutr. Assoc. : 0 0 0 2607 26076 0 0 0 0 0 3351 0 0 0 0 0 0

Contributor: c 1995 Cole Group, Inc.

Tempura Soft-Shell Crabs With Oriental Salad And Citrus Gas

Yield: 2 Servings

Ingredients

4 lg soft-shell crabs

Essence

1 beaten egg

2/3 c flour

1/2 c cornstarch

1 c cold soda water

Salt and pepper

Oriental Salad:

2 c angel hair pasta cooked and tossed with olive oil

1/2 c julienned red peppers

1/2 c julienned yellow peppers

1/4 c julienned red onions

1/2 c julienned napa cabbage

2 tb chopped cilantro

2 tb sesame oil

1 tb soy sauce

1/4 c chopped peanuts

Salt and pepper

Gastrique:

1 c sugar

1/2 c rice wine vinegar

1/4 c fresh orange juice

1/4 c fresh lemon juice

*2 tablespoons chopped peanuts

*2 tablespoons chopped chives

*3 long chives

Instructions

Preheat the deep-fat fryer. For the salad: In a mixing bowl, combine all the ingredients together. For the soft-shells: To clean, remove the tail, gills, and eyes. Season with salt

and pepper. For the tempura batter: Whisk all the ingredients resulting in a smooth batter. Season with salt and pepper.

Dip the soft-shell into the tempura batter, shaking off any excess. Remove the basket from the fryer. First, carefully holding the top of the soft-shell, drag the legs through the oil first, for 1 minute. This will allow the individual legs to fry separately instead together. Then lay the soft-shell, top side down, into the oil. Fry for 2-3 minutes or until golden, flip the soft-shell over and continue frying for additional 2-3 minutes. Remove from the fryer and allow to drain on a paper-lined plate. To assemble, mound the salad in the center of the platter. Arrange the soft-shell around the salad. Drizzle the gastrique over the entire platter. Garnish with the chopped peanuts, chopped chives, Essence and long chives.

Yield: 2 servings

Per serving (excluding unknown items): 1309 Calories 25g Fat (17% calories from fat) 23g Protein 252g Carbohydrate 0mg Cholesterol 531mg Sodium

Tempura Softshell Crabs With Oriental Salad

Yield: 2 Servings

Ingredients

4 lg Softshell crabs

Emeril's Essence see * Note

1 Egg beaten

2/3 c Flour

1/2 c Cornstarch

1 c Cold soda water

Salt to taste

Freshly-ground black pepper to taste

ORIENTAL SALAD

2 c Angel hair pasta cooked, and tossed with olive oil

1/2 c Julienned red peppers

1/2 c Julienned yellow peppers

1/4 c Julienned red onions

1/2 c Julienned napa cabbage

2 tb Chopped cilantro

2 tb Sesame oil

1 tb Soy sauce

1/4 c Chopped peanuts

Salt to taste

Freshly-ground black pepper to taste

GASTRIQUE

1 c Sugar

1/2 c Rice wine vinegar

1/4 c Fresh orange juice

1/4 c Fresh lemon juice

GARNISH

2 tb Chopped peanuts

2 tb Chopped chives

3 Long chives

Instructions

* Note: See the "Emeril's Essence Information" recipe which is included in this collection.

Preheat the deep-fat fryer.

For the salad: In a mixing bowl, combine all the ingredients together.

For the softshells: To clean, remove the tail, gills, and eyes. Season with salt and pepper.

For the tempura batter: Whisk all the ingredients resulting in a smooth batter. Season with salt and pepper. Dip the softshell into the tempura batter, shaking off any excess. Remove the basket from the fryer. First, carefully holding the top of the softshell, drag the legs through the oil first, for 1 minute. This will allow the individual legs to fry separately instead together. Then lay the softshell, top side down, into the oil.

Fry for 2 to 3 minutes or until golden, flip the softshell over and continue frying for additional 2 to 3 minutes. Remove from the fryer and allow to drain on a paper-lined plate.

To assemble, mound the salad in the center of the platter. Arrange the softshell crabs around the salad. Drizzle the gastrique over the entire platter. Garnish with the chopped peanuts, chopped chives, Emeril's Essence and the long chives.

This recipe yields 2 servings.

Comments: The original recipe title as listed is "Tempura Softshell Crabs With Oriental Salad And Citrus Gastrique".

Recipe Source: ESSENCE OF EMERIL with Emeril Lagasse From the TV FOOD NETWORK (Show # EE-2288 broadcast 02-18-1997) Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by MR MAD, aka Joe Comiskey jpmd44a@prodigy.com
03-08-1997

Contributor: Emeril Lagasse

Tempura Softshells With Oriental Salad And Citrus Gastrique

Yield: 4 Servings

Ingredients

1 c Sugar

1/2 c Rice wine vinegar

1/4 c Fresh orange juice

1/4 c Fresh lemon juice

1 tb Olive oil

1/2 c Julienned red bell peppers

1/2 c Julienned yellow bell peppers

1/4 c Chopped red onions

Salt to taste

Freshly-ground black pepper to taste

1/2 c Julienned Chinese cabbage

2 ts Chopped garlic

1/4 lb Angel hair pasta cooked until tender and tossed with 1 tb Olive oil

2 tb Sesame oil

1 tb Soy sauce

2 tb Chopped fresh cilantro leaves

1/4 c Chopped peanuts

4 lg Soft-shell crabs

Vegetable oil for deep frying

2/3 c Flour

1/2 c Cornstarch

1 lg Egg beaten

1 c Ice-cold soda water
Bayou Blast see * Note
1 tb Finely-chopped fresh parsley leaves

Instructions

* Note: See the "Bayou Blast {Emeril's Creole Seasoning}" recipe which is included in this collection.

In a small nonreactive saucepan, combine the sugar, vinegar, and fruit juices, bring to a boil, and cook until reduced by three-fourths, or the mixture has thickened like syrup.

Remove from the heat and pour the mixture into a small glass bowl. Let cool completely.

Heat the olive oil in a medium-size saute pan over medium heat. Add the peppers and onions and season with salt and pepper. Cook, stirring for 2 minutes. Add the cabbage and cook, stirring, for 2 minutes.

Season again with salt and pepper. Remove from the heat and stir in the garlic. Pour the mixture into a medium-size mixing bowl and let cool. Add the pasta and toss well. Add the sesame oil, soy sauce, cilantro, and peanuts, season with salt and pepper, and toss again. Set aside.

To clean the crabs, use a pair of kitchen shears to cut them across the face. Remove the eye sockets and the lower mouth.

Season with salt and pepper. Preheat the fryer. In a medium-size mixing bowl, combine the flour, cornstarch, egg, and soda water and mix well to make a smooth batter. Season with salt and pepper. Dip each crab into the tempura batter, shaking off any excess. Carefully holding the top of each crab, drag the legs through the oil for 5 seconds to allow the individual legs to fry separately. Then carefully flip the crabs top-side down into the oil. Fry until golden brown, 2 to 3 minutes. Turn the crabs over with tongs and continue frying for another 2 to 3 minutes. Drain on paper towels. Season with Bayou Blast. To serve, mound the cabbage mixture in the center of a platter.

Arrange the crabs around the cabbage mixture.

Drizzle the gastrique over the entire platter and garnish with the parsley. This recipe yields 4 servings.

Recipe Source: EMERIL LIVE with Emeril Lagasse adapted from his EMERIL'S TV DINNERS (c) 1998 William Morrow Publishing From the TV FOOD NETWORK (Show # EM-SP03 broadcast 10-22-1998) Downloaded from their Web-Site

<http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD

jpmd44a@prodigy.com or MAD-SQUAD@prodigy.net 10-24-1998

Contributor: Emeril Lagasse

Tempura The Japanese Way

Yield: 1 Servings

Ingredients

1 koromo (batter)
1 egg beaten
1 c cold water
2 tb dry white wine
1 c flour
1 tentsuyu(dipping sauce)
1 tb dashi no moto(fish stock)
1 c water
2 tb mirin(sweet rice wine) or 1 tbs sugar

2 tb sake (or dry white wine)
1/4 c soy sauce
1 ginger root to taste
1 vegetables & fish: ex: carrots, onions, mushrooms peppers, zucchini, snow pea,
squash, eggplant etc. etc.
1 okra
1 shrimps, crab, scallops, squid, cod. etc. etc.

Instructions

Before you begin here a few essential tips to remember: you'll need a deep thick wall pan (wok o.k.), filled with 1 inch of peanut oil preferred (Never lard or shortening), slice vegetables thin enough for even cooking, fry in small batches and never crowd, and have the temperature of the oil from 340 for vegetables or 360 degrees for fish. Cold water in batter is a must to keep the flour from being sticky .Do a trial try of frying so you'll know how long vegetables or fish need to cook. Author did not mention poultry but I surmise it would be cooked as the fish is. Vegetables and fish were the initial things cooked this way in the history of tempura due to their trade with the Portuguese and Dutch merchants. Make the batter: Beat egg with water. Mix in flour and whisk quickly. Set aside. Make the tempura dip: Boil the dashi no moto (this is a dried soup stock from fish or poultry usually contained in tea bag type of packing)in the water for 2 or 3 minutes. Turn off the heat and add all the remaining ingredients. Prepare the vegetables or fish but cutting into rings, strips, cubes etc. For fish, dredge in flour before dipping in batter. Vegetables are just dipped into the batter. Let excess batter drip off with either fish or vegetables.(meanwhile you will have had the oil preheated in the pan to the right temperature for either fish or vegetables Drop into oil by hand or use a tbs for vegetable cubes. Take the vegetables or fish out of the oil when slightly browned. Serve the tempura with the Tentsuyu dip along with rice. Place rice in a bowl, top with tempura and a few tbs. of the tentsuyu dip. Or serve tempura over Japanese noodles (soba).

Note all Japanese ingredients may be found readily in most supermarkets or gourmet grocers today. Also, there are other variations in frying tempura this is one basic historic method. Prior to using peanut oil, sesame seed oil was used mainly when tempura first became popular in Japan, over 400 years ago.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/gemini

Tenderloin Chinese Style

Yield: 4 Servings

Ingredients

1 stephen ceideburg
1 lb beef tenderloin
3 tb dry sherry
1 1/2 tb soy sauce
1 1/2 ts oyster sauce
1 ts sugar
1 ts cornstarch
1/2 ts baking soda
1/4 ts salt
1 clove garlic, crushed
1 1/2 tb vegetable oil
2 md yellow onions, cut into thin slices

Instructions

1. Remove and discard fat from meat. Cut meat across the grain into thin slices.
2. Combine sherry, soy sauce, oyster sauce, sugar, cornstarch, baking soda, salt and garlic in medium glass bowl. Mix in meat. Cover and refrigerate at least 3 hours.
3. Heat oil in wok over high heat. Stir-fry onions in the oil until golden, 3 to 5 minutes. Transfer onions to serving plate. Keep warm.
4. Add about 1/3 of the meat to wok, spreading out slices so they do not overlap. Cook slices on each side just until lightly browned, 2 to 3 minutes. Remove meat from pan and arrange over onion slices. Repeat twice to cook remaining meat.

From "Chinese Cooking Class Cookbook" by the Editors of Consumer Guide, Publications International LTD, 1980. ISBN 0-517-322455.

Teri's Chinese Bbq Sauce For Ribs

Yield: 2 Pounds

Ingredients

- 1/4 c soy sauce
- 1/4 c hoisin sauce
- 3 tb sake or dry sherry
- 1 crushed garlic clove

Instructions

Have butcher cut rack of spareribs in half horizontally so they are about 3" long. Cut rack into pieces of 2 ribs each.

Mix marinade ingredients together. Marinate ribs and refrigerate for 2 hours (or more) in plastic bag, turning every so often.

To cook: Arrange in foil lined broiler pan, meaty side up. Brush with marinade. Cover with heavy duty foil and cook at 325 for 45 minutes. Remove foil, brush with marinade. Cook uncovered, brushing with marinade occasionally, until done. Ribs will take about 60 minutes. Do not over cook, the outside will get too dark and crunchy.

recipe by and posted by Teri Chesser 3/96

From: Teri Chesser Date: 03-28-96

Teriyaki Sauce Chesapeake (Japanese Steak Sauce)

Yield: 1 Servings

Ingredients

- 1/2 oz fresh gingerroot shredded, (2 tbsp)
- 1 clove garlic minced
- 1/3 c sugar
- 1/2 c peach nectar
- 1/2 c soy sauce
- 1 steak to serve 4 to 8 people

Instructions

This is from The Chesapeake Restaurant in Baltimore, Maryland.

Combine ingredients in small bowl (glass or ceramic.) Cover and refrigerate for 8 to 10 hours. Stir occasionally. Strain sauce. Cover and keep refrigerated for up to 2 to 3 weeks. warm and serve hot over steaks.

Makes 1 1/4 cups.

Posted to TNT Prodigy's Recipe Exchange Newsletter by Sherilyn Schamber on Aug 14, 1997

Terrine Of Oxtail

Yield: 4

Ingredients

- 1 1/2 kg oxtail.
- 1 kg carrots.
- 1 bouquet garni.
- 2 onions
- 4 cloves
- 1 sm jar pickled gherkins and white onions.
- 2 l water.
- Sea salt pepper.

Instructions

1. Heat 2 litres of water in a large saucepan, add a handful of sea-salt, pepper and the bouquet garni. Peel the carrots and onions. When the water begins to boil, put in the oxtail, carrots and the onions with the cloves pressed into them, and bring back to the boil, skimming off the foam from time to time. Cover the pan and cook for 2 hours over a medium heat. Then reduce the heat and cook for another 2 hours.
2. At the end of this time, discard the bouquet garni. Remove the meat and carrots with a skimming ladle, and strain them. Remove the bone from the oxtail, cut the meat in strips and put into a terrine dish. Leave the stock to cool, then remove the waxy fat on the top. Put the stock and the terrine dish into the refrigerator.
3. The following day, cook the stock over a medium heat to reduce it. When just enough stock is left to cover the meat, pour it into the terrine dish. Decorate with the carrot rings and gherkins.
4. Return the terrine to the refrigerator until the following day. Serve it with pickled gherkins and small white onions.

Campanile tip:

To remove the fat, strain the meat in a cloth which has been soaked in water and vinegar and then wrung out.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai (Mango) Sticky Rice

Yield: 1 Serving

Ingredients

- 200 g sweet rice
- 4 ripe mangoes chilled
- 2/3 l cooked sticky rice
- 225 ml coconut milk
- 38 g sugar
- 1/4 ts salt

Instructions

1. Rinse rice in a colander until water runs clear drain well.
2. Place rice in a bowl and add water to cover. Let stand 12 hours or overnight.
3. Drain rice and spread in an even layer in a steamer lined with cheesecloth or in a stick rice steaming basket. Cook, covered, over boiling water for 40-45 minutes or until tender and translucent.

4. Remove from heat and fluff rice with a spatula. Serve hot.
- .SH "Mango with Sticky Rice"
1. Rinse mangoes and chill them whole. Peel and slice mangoes just before serving to keep the fresh sweet taste.
 2. In a saucepan combine sticky rice and coconut milk and cook on medium heat for 5 minutes or until thick.
 3. Stir in sugar and salt. The amount of sugar depends on the sweetness of the mangoes. Reduce heat to low and simmer, covered, for 2 minutes.
 4. Serve warm on a platter with chilled mango slices arranged around the edge.

Author's Notes: Sticky rice is a very special kind of rice, sometimes called sweet rice or glutinous rice. Go to the Asian market and ask specifically for sticky rice. When they try to talk you out of buying it, stand firm and INSIST that "yes," you know how to cook it and "yes," this is really what you want. The following recipes are from Keo's Thai Cuisine by Keo Sananikone: Berkeley, CA: Ten Speed Press, ISBN # 0-89815-183-X

Mold the rice-coconut-milk mixture in a bowl, then invert and place on a large round serving platter. Remove bowl. Arrange sliced mangoes all around. If possible, garnish with some fresh flowers. CMT).

Difficulty : easy.

Precision : measure ingredients.

Per serving (excluding unknown items): 672 Calories 54g Fat (69% calories from fat) 5g Protein 51g Carbohydrate 0mg Cholesterol 568mg Sodium

Contributor: Carol Miller-Tutzauer riacmt@ubvmsa.cc.buffalo.edu

Thai Aubergine Sates Robert Carrier

Yield: 4 Servings

Ingredients

1 1/4 lb eggplant or 4 small

1 tb curry powder

1/4 ts ground coriander

1/4 ts turmeric

1 pn cayenne

salt

3 tb peanut oil

THAI PEANUT SAUCE:

4 oz coconut cream

4 oz salted peanuts

1/2 ts turmeric

1/2 ts curry powder

1/4 ts cayenne

2 tb sugar

1 ts lemon juice

salt

Instructions

1. Cut the eggplant into thin long slices then cut each slice into 1 X 2-inch rectangles. Place the eggplant strips in a bowl and add the curry powder, ground coriander, turmeric, cayenne, and salt to taste.
2. Wet your hands and gently knead the spices into the eggplant, adding 1 teaspoon each of peanut oil and water to help work in the spice mixture. Knead again. Cover the bowl and leave for 2 hours.

3. To make the Thai Peanut Sauce, grind the peanuts coarsely (I use a clean electric coffee grinder). Add the turmeric, curry powder, and cayenne to the coconut cream and cook over a medium heat, stirring until the sauce comes to a boil. Reduce heat to low and add the peanuts. Continue to cook, stirring constantly, for 2 minutes. Add the lemon juice and salt to taste. Remove sauce from heat and cool.
4. Thread 8 thin metal or bamboo skewers with 4 pieces of eggplant each. The skewers enter the eggplants 2 to 3 times like a needle threading through cloth.
5. Heat the grill to high. Brush the aubergine sates with the remaining peanut oil and grill 4 inches from the heat, turning frequently, until the sates are cooked through (4-6 minutes on each side).
6. Serve 2 skewers per person, and garnish each plate with Thai Peanut Sauce.

Serves 4 as a starter

typos by Karin Baumgardner 2/12/2000

Contributor: Gourmet Vegetarian Robert Carrier

Thai Baked Jasmine Rice With Pineapple

Yield: 4 Servings

Ingredients

NORMA WRENN-

1 md pineapple

2 tb vegetable oil

18 oz chicken breast cubed

6 tb thai kitchen fish sauce

1/4 c cane sugar or thai kitchen

1 coconut (palm) sugar

14 oz thai kitchen coconut milk

1/4 c pecans or walnuts toasted

1/3 c raisins

4 c thai kitchen select harves

1 jasmine rice

Instructions

Traditionally Served On Many Of Thailand's Exotic Islands

Cut Pineapple Lengthwise And Remove Fruit. Finely Chop One Half Of The Fruit Set Aside Remaining Half For Dessert Or Future Use. In A Large Skillet, Brown Chicken In Oil, Add Remaining Ingredients And Simmer For 10 Minutes. Stuff Mixture In Pineapple Shells, Cover With Foil, And Bake At 375 Degree F For 15 Minutes. Serves

4. MM Norma Wrenn

Copyright: Thai Kitchen & Epicurean International

Thai Banana Salsa

Yield: 6 Servings

Ingredients

1 large firm-ripe banana

1 ts oriental sesame oil

1/2 c chopped golden raisins

2 tb chopped fresh cilantro

1 ts grated lemon peel

1 ts japanese chili spice

Instructions

1. Peel and halve lengthwise banana. In a nonstick 10-12" frying pan over high heat, brown banana well in sesame oil, about 8 minutes.
2. Chop banana. Mix with raisins, cilantro, lemon peel and Japanese chili spice.

Thai Barbecued Chicken

Yield: 6 Servings

Ingredients

8 chicken thighs

MARINADE

3 tb minced garlic

1 ts curry powder

2 tb chopped cilantro

1/2 ts black pepper

1 tb sugar

3 tb fish sauce

1 ts tumeric ground

Instructions

Place the marinade ingredients in a food processor and process to a paste. Place the chicken in a sealable plastic bag with the marinade.

Turn the bag several times so the chicken is well coated. Refrigerate for 4 hours or overnight, turning the bag occasionally to distribute the marinade.

Lift the chicken from the marinade and arrange it on a lightly greased grill over low coals. Cook, turning frequently, until the meat near the bone is not pink, about 45 minutes. Can be cooked under the broiler indoors.

Recipe By : Everybody's Wokking by Martin Yan

From: [Emory!hpcelbis.Cup.Hp.Com!juliar@sdate](mailto:juliar@sdate) Thu, 17 Mar 94 16:11:22 0800

Thai Basil Beef

Yield: 2 Servings

Ingredients

4 tb peanut oil

3 cloves garlic

3 jalapeno peppers (yes, really 3!)

1 lg green bell pepper

1 lb beef steak

2 tb thai fish sauce

1 tb soy sauce

1 ts sugar

1/4 ts ground white pepper

1/2 c chopped fresh basil or 1 tb dried basil is a weak substitute, but will work

Instructions

Peel and chop garlic. Seed jalapenos and remove membrane. Slice. Cut green pepper into thin slices. Beef should be thinly slice across the grain.

Heat wok and add the oil and garlic. Chow for a very brief moment. Then add the peppers, chow for a few minutes. Next add meat. Chow again for just a couple of minutes so that the meat sears to medium rare.

Quickly add the remaining ingredients and toss for a moment.

Serve with thin noodles or rice. 2 generous serving.

Adapted from "The Frugal Gourmet on our Immigrant Ancestors" by Jeff Smith.

Courtesy of Dale & Gail Shipp, Columbia Md. Converted by MMCONV vers. 1.50

Thai Basil Chicken

Yield: 4 Servings

Ingredients

1 judi m. phelps (bnvx05a)
1/4 lb green beans
1 tb chopped ginger
1/4 lb yellow summer squash
4 hot chili peppers *
1 lg carrot
1/4 c soy sauce (sodium reduced)
1 sweet yellow pepper
1/4 c dry sherry
3 hot chili peppers*
1/3 c oil
3 tb chopped fresh basil
1 lb boneless chicken breasts
1 chili oil (optional)
1 tb oil

Instructions

*When handling hot peppers, use plastic gloves as oils are very hot and can burn eyes.

PREPARATION: For marinade, chop ginger and hot peppers and combine in a glass dish with soy sauce, sherry and oil.

Cut chicken into 1-inch cubes and put in marinade. Cover with plastic wrap and chill at least 4 hours. Trim beans and cut into 1-1/2-inch lengths. Cut squash and carrot into 1/8-inch diagonal slices. Seed yellow pepper and slice into thin strips. Seed and chop hot peppers.

COOKING: Heat wok over high heat with the 1 tablespoon oil. While heating, remove chicken cubes from marinade. Strain marinade and reserve liquid. Add chicken to wok. Stir fry over medium high heat until chicken is almost done about 3 minutes. Remove from work and set aside. Add beans, sliced carrot, and marinade to wok. Cook about 2 minutes, stirring, and then add squash and peppers. Continue cooking 2 minutes more. Turn off heat. Return chicken to wok and toss. Chop and add basil and season with chili oil if desired.

Source: Magazine clipping. Converted by MMCONV vers. 1.00

From: [Emory!hpelbis.Cup.Hp.Com!juliar@sdate](mailto:juliar@sdate): Thu, 17 Mar 94 16:11:22 0800

Thai Bbq Chicken Appetizer

Yield: 1 Serving

Ingredients

3 Lb Chicken Wings
1/4 C Garlic Chopped
1 Tbsp Cilantro Chopped
1 Tsp Tumeric Ground
1 1/2 Tsp Chiles Dried and ground
1 Tbsp Sugar
1/4 Tsp Salt
3 Tbsp Nouc Mam
1/2 C Coconut Milk

Instructions

Process all marinade ingredients in a blender until smooth. Marinate chicken, refrigerated, overnight. Grill over hot coals until done, brushing frequently with coconut milk. Serve garnished with cilantro sprigs, accompanied by steamed rice and bowls of dipping sauce.

Contributor: arielle@taronga.com (Stephanie da Silva)

Thai Bbq Chicken

Yield: 4 Servings

Ingredients

2 lb Chicken breasts and thighs, on the

MARINADE

2 Fresh lemon grass stalks

2 tb Chopped fresh ginger

2 tb Chopped cilantro

1 1/2 c Light soy sauce

1 tb Sugar

1 ts Freshly-ground black pepper

2 tb Red curry paste

SWEET AND SPICY SAUCE

1 tb Finely-chopped chiles

1/2 c White vinegar

1 ts Salt

2 tb Sugar

1 ts Finely-chopped very fresh garlic

Instructions

Remove the grassy tops of the lemon grass, leaving stalks about 6 inches long, and cut off any hard root section. Using the blunt edge of a large knife or cleaver, bruise each stalk all over, then chop. Combine marinade ingredients in blender, process until smooth and pour into a nonreactive bowl. Add chicken, turning to coat all over. Cover and refrigerate at least 4 hours or overnight.

Meanwhile, combine the sauce ingredients in a small saucepan and bring to a boil while stirring. Reduce heat and simmer 2 to 3 minutes, or until thickened slightly, then remove from heat. Prepare grill or preheat broiler. Remove chicken from marinade, and grill or broil breasts and thighs until golden brown on all sides over high heat, starting chicken skin-side down first. Then move chicken to a medium-hot part of the grill or broiler until cooked through, 20 to 30 minutes total. Serve with the Sweet and Spicy Sauce.

This recipe yields 4 to 6 servings.

Recipe Source: TOO HOT TAMALES WORLD TOUR with Susan Feniger and Mary Sue Milliken From the TV FOOD NETWORK (Show # WT-1A46 broadcast 12-16-1997) Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MAD-SQUAD@prodigy.net 04-10-1998

Contributor: Susan Feniger and Mary Sue Milliken

Thai Beef & Chiles With Orange

Yield: 4 Servings

Ingredients

1/2 c minced onion

1 tb minced garlic

1 ts safflower oil
1 lb extra lean ground beef
3 tb thai fish sauce
2 serrano or jalapeno chiles
1 seeded and minced
1/4 c thai palm sugar
1/4 c chopped cilantro
1/4 ts cumin
1/3 c finely chopped raw peanuts
1/2 c oranges peeled and
1 chopped
8 lg lettuce leaves

Instructions

1. In a wok or large skillet over medium-high heat, saute onion and garlic in oil until soft (about 5 minutes). Add beef and continue cooking for 2 minutes.
2. In a small bowl mix together fish sauce, chiles, and palm sugar until smooth. Pour into wok and cook until liquid evaporates (5 to 7 minutes). Stir in cilantro, cumin, and peanuts. Cook 2 more minutes.
3. Remove from heat and stir in oranges. Place a generous helping of beef mixture on each lettuce leaf, roll lightly, and serve immediately.

Recipe By : the California Culinary Academy

From: Emory!hpc!bis.Cup.Hp.Com!juliar@sdate : Thu, 17 Mar 94 16:11:22 0800

Thai Beef & Noodle Stir Fry

Yield: 4 Servings

Ingredients

1/3 c fish sauce
1/3 c fresh lime juice
8 cl garlic minced
1 c fresh basil chopped
1 ts galangal
1 ground red pepper to taste
1 lb lean ground beef
1 pk japanese noodles
1/2 lb fresh green beans
1 sm onion quartered and sliced

Instructions

Put a large pot of water on to boil for the noodles. Brown the ground beef in a wok and strain off the fat. Turn off the heat for now. When the water boils, add the noodles. Return the beef in the wok to high heat. Add the garlic and toss continuously until the garlic becomes translucent (about 2 minutes). Add all the remaining ingredients except the basil, and continue tossing as the mixture cooks. When the noodles are done, dump them into a colander to drain. Add the basil to the meat mixture, toss a few times, and then add the noodles. Toss thoroughly and serve.

Per serving: 373 Calories (kcal) 27g Total Fat (64% calories from fat) 21g Protein 12g Carbohydrate 88mg Cholesterol 81mg Sodium Food Exchanges: 0 Grain(Starch) 3 Lean Meat 1 Vegetable 0 Fruit 3 ½ Fat 1/2 Other Carbohydrates

NOTES : Galangal is like ginger, you can get it cheap (ground, very flavorful) in Asian groceries. Or use ginger. The fresh basil is very important.

Contributor: Lisa Costich (Naughyde@aol.com)

Preparation Time: 0:30

Thai Beef Grill

Yield: 4 Servings

Ingredients

2 beef top loin steaks (boneless), or beef top sirloin steak (boneless), cut 1 thick

3 tb light teriyaki sauce

1 lg sweet onion* sliced 1/2 thick

PEANUT SAUCE

2 tb light teriyaki sauce

2 tb creamy peanut butter

1/8 ts crushed red pepper

Instructions

*(such as Vidalia, Walla Walla, Texas Sweet or Maui),

1. Brush 3 tablespoons teriyaki sauce evenly over both sides of beef steaks and onion slices. Place steaks and onion on grid over medium, ash-covered coals. Grill top loin steaks, uncovered. 15 to 18 minutes (top sirloin steak 17 to 21 minutes) until steaks are medium rare to medium doneness and onion is tender, turning occasionally.
2. Meanwhile in small bowl, using a fork, gradually stir 2 tablespoons teriyaki sauce and 2 tablespoons water into peanut butter and red pepper, mixing until smooth.
3. Trim fat from steaks. Carve steaks crosswise into thick slices serve with onion and sauce.

Cooks tip: To check the temperature of the coals, cautiously hold your hand palm side down at cooking height (just above the grid). Count the number of seconds you can hold your hand in that position before the heat is uncomfortable and you have to pull it away 4 seconds for medium coals.

* COOKFDN brings you this recipe with permission from: * Texas Beef Council

<http://www.txbeef.org>

Thai Beef On Orange Slices

Yield: 4 Servings

Ingredients

4 lg navel oranges

1/2 sm onion minced

3 cl garlic minced

1 tb water

1/2 ts oil

8 oz extra-lean ground round beef

1 sm jalapeno pepper seeded and minced (wear gloves, when handling)

2 tb packed brown sugar

1 tb low-sodium soy sauce

1/2 ts cider vinegar

2 tb minced fresh cilantro

Instructions

Peel the oranges. Cut each crosswise into 4 thick slices. Arrange on a platter.

In a 10" no-stick skillet, combine the onions, garlic, water, and oil. Cook, stirring frequently, over medium-high heat for 3 minutes, or until the onions are soft but not browned. Add the beef. Cook and stir for 5 minutes, or until the beef is no longer pink.

Add the peppers, brown sugar, soy sauce, and vinegar. Cook, stirring frequently, for 3 minutes, or until the liquid evaporates. Add the cilantro. Stir well to combine.

Top each orange slice with the beef mixture.

Makes 16 servings (appetizer) or 4 servings (light dinner)

To freeze, pack the cooled cooked beef in 3 freezer-quality plastic container. Freeze for up to 3 months. To use, thaw overnight in the refrigerator.

To serve: Microwave on high power for 5 minutes, or until hot.

From SuzyWert@aol.com

Per serving: 733 Calories (kcal) 23g Total Fat (28% calories from fat) 102g Protein

26g Carbohydrate 263mg Cholesterol 414mg Sodium Food Exchanges: 0

Grain(Starch) 14 Lean Meat 1/2 Vegetable 1 Fruit 0 Fat 1/2 Other Carbohydrates

NOTES : This traditional Thai snack-spicy ground beef served on orange slices makes an unusual and refreshing appetizer. For authentic flavor, substitute Thai fish sauce for the soy sauce. In Asian stores or most supermarkets, fish sauce costs less than \$1 per 16-ounce bottle. Here are 5 more recipes from the Prevention Freezer Cookbook. It is a great cookbook for cooking in bulk and freezing meals for lazy and busy cooks. Most of the freezer cookbooks rely on canned soup for the sauce and ground beef for everything else. I am sick of seeing umpteen versions of barfaroni, and this cookbook has a lot of other, less familiar, food choices in addition to having lower fat.

Nutr. Assoc. : 0 0 0 0 0 4786 0 0 0 0 0 0

Contributor: Prevention's Freezer Cookbook For the Freezer

Thai Beef Salad

Yield: 4 Servings

Ingredients

4 120 g slices beef fillet

MARINADE

100 ml white vinegar

45 g sugar

2 cloves garlic, chopped finely

3 ts nam pla (thai fish sauce)

120 g chinese cillie paste (tau pan)

DRESSING

1 c fresh lime juice

1/2 c nam pla

2 ts light soy sauce

60 g fresh coriander, chopped finely

60 g shallots, chopped finely

1 clove garlic, chopped finely

1 green chilli, deseeded and chopped fine

TO SERVE

2 sm heads cos lettuce

1 lg cucumber

250 g white cabbage, shredded coarsely

1 sm ripe pawpaw, peeled & sliced into 5 cm long sticks

1 fresh coriander leaves

Instructions

To cook the beef: grill the beef until med rare and set aside.

To make the marinade and marinate the cooked beef: mix the vinegar, sugar, garlic, Nam Pla, and chillie paste together. Slice the meat thinly pour over the marinade and marinate for 15 mins.

To make the dressing: combine all the dressing ingredients and set aside.

To serve: arrange the lettuce leaves on each plate. Trim the ends from the cucumber and cut in half crosswise. Slice lengthwise into thin strips. Place a small amount of cabbage on the cucumber strips, and roll up. Repeat with the pawpaw, rolling the pawpaw sticks in cucumber strips. Place the sliced marinated beef on top of the lettuce. Surround each serve with 3 cabbage and pawpaw rolls. Spoon the dressing over the beef, lettuce and the rolls. Top the beef with a generous serving of the coriander leaves. By Grand Hyatt Erawan Bangkok

From: Australian Vogue Wine and Food Cookbook 94/95 Typed by Joell Abbott 8/94.

Thai Beef Skewers

Yield: 30

Ingredients

- 1 lb flank round or sirloin steak
- 3 tb chopped fresh coriander or parsley
- 2 tb dry sherry or lime juice
- 1 tb wine vinegar
- 1 tb fish sauce or hoisin sauce
- 1 tb dark sesame oil
- 1 tb liquid honey
- 1 tb soy sauce
- 1 tb minced gingerroot
- 1 lg clove garlic minced
- 1 pn hot pepper flakes

Instructions

Trim fat from beef slice beef across the grain into 1/4 inch thick strips.

In bowl, combine coriander, sherry, vinegar, fish sauce, sesame oil, honey, soy sauce, gingerroot, garlic and hot pepper flakes. Add beef, stirring to coat. Cover and marinate in refrigerator for at least 2 hours or up to 8 hours.

Soak wooden skewers in water for about 15 minutes to prevent scorching.

Thread marinated beef strips onto skewers. Broil for 3 to 5 minutes or until browned.

Makes 30 hors d'oeuvres. Typed in MMFormat by cjhartlin@email.msn.com

Source: The Canadian Living Christmas Book.

Converted by MCBuster.

Per serving: 5 Calories (kcal) trace Total Fat (87% calories from fat) trace Protein trace Carbohydrate 0mg Cholesterol 34mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Beef Strips

Yield: 1 Servings

Ingredients

THAI BEEF STRIPS

- 1/2 c soy sauce
- 1/4 c sugar
- 6 ea cloves garlic, finely chopped
- 2 tb sesame seeds, toasted

1/4 c thinly sliced green onions
1/4 c fresh coriander leaves, finely chopped
1 tb fresh ginger, minced
2 lb boneless lean beef, thinly sliced

DIPPING SAUCE-

1/3 c sugar
2 tb cornstarch
1/3 c soy sauce
3 tb vinegar
3/4 ts crushed dried red pepper

Instructions

Combine first seven ingredients to make a marinade. Then add beef strips, cover, and let stand in refrigerator at least 2 hours before grilling. This marinade can be made ahead of time and stored in refrigerator.

To make the dipping sauce, combine sugar and cornstarch in a saucepan. add the soy sauce, vinegar, and crushed red pepper. Stir all ingredients over low heat. continue stirring and increase heat slightly until mixture begins to bubble and thicken. Place in a shallow bowl and set aside.

Grill beef strips on a barbeque, taking care not to overcook. On a mesquite grill this should take only about 1/2 minute per side of each strip. Serve with sauce.

Source: Mesquite Cookery by John 'Boog' Powell.

Thai Black Bean Salad

Yield: 1 Serving

Ingredients

3 c black beans drained
3 c yellow corn cooked
1/2 green bell pepper chopped
1/2 red bell pepper chopped
1/2 sweet onions chopped
1 garlic to taste (i used 1 large clove finely chopped)
1 ginger (i used about 1 tsp finely chopped and would reduce amt next time)
1/4 c chopped fresh cilantro
1 dressing:
1/4 c rice vinegar
1/4 c lime juice
1/4 c sesame oil
1 hot sauce to taste

Instructions

I used about 1/3 cup lime juice, 1/4 cup + a dash of rice vinegar, and about 1/8 cup sesame oil. i would experiment here. then add hot sauce to taste. I only added about 3/4 tsp, but i was using a very pungent szechuan sauce, and was trying to please a mixed group. toss together, and chill for several hours. it's easy, very pretty, and quite different. i'm eating some today for lunch warm over rice. hope this helps.

Per serving: 2946 Calories (kcal) 69g Total Fat (20% calories from fat) 143g Protein 473g Carbohydrate 0mg Cholesterol 106mg Sodium Food Exchanges: 29 1/2

Grain(Starch) 7 Lean Meat 2 Vegetable 1/2 Fruit 11 Fat 0 Other Carbohydrates

Contributor: Kathie Shinholser

Thai Black Sticky Rice With Mango

Yield: 1

Ingredients

1 1/2 c black glutinous rice
3 c coconut milk
2/3 c palm sugar
1/4 ts salt
2 lg firm mango diced
1 100 milliliter thick fresh cream

Instructions

Place the rice in a large bowl and cover with water. Allow to soak overnight. Drain the rice and add to rapidly boiling water. Simmer for 15 minutes until just tender.

Combine rice, coconut milk and palm sugar in a clean saucepan and simmer for 15 minutes, stirring frequently. When thickened, serve with diced mango and perhaps a little fresh cream.

Converted by MCBuster.

Per serving: 1656 Calories (kcal) 172g Total Fat (87% calories from fat) 16g Protein 40g Carbohydrate 0mg Cholesterol 641mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 2 Fruit 34 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Broccoli And Tofu

Yield: 4 Servings

Ingredients

2 lg crowns broccoli cut into bite-size florets
1 lb firm or extra-firm tofu well-drained and cut into thin strips
3/4 c spicy Thai peanut sauce preferably reduced-fat
Salt to taste

Instructions

4 SERVINGS DAIRY-FREE

Serve with long noodles (such as udon, soba or linguine) seasoned with sesame oil, soy sauce and red bell pepper strips.

Steam broccoli florets in a stir-fry pan or wok with about 1/2 inch of water, covered, until tender-crisp, about 3 minutes.

Gently stir in tofu and peanut sauce. Cook, stirring often, over medium heat until heated through. Season with salt and serve right away.

PER SERVING: 198 CAL. 16G PROT. 8G TOTAL FAT (1G SAT. FAT) 13G CARB. 0 CHOL. 952MG SOD. 2G FIBER

Contributor: Vegetarian Times Magazine, February 1999, page 38

[Thai] Bu Pad Hom Yai (Crab & Onion)

Yield: 5 Servings

Ingredients

1 c Crabmeat (a large crab, broken up or "loose" crabmeat)
2 [duck] eggs
1/2 c Hom yai (white onion), diced
1/2 c Khuen chai (Chinese celery)
1/2 c Ton hom (spring onion), sliced thin

2 tb Kratiem (garlic), chopped

1 ts Nam pla (fish sauce)

Instructions

This is a simple stir fry, that shows that not all Thai dishes are laden with spices and chili!

In Thailand we buy a large crab and a bag of "baby" crabs (about an inch across), still alive, and take them home to make this dish. Since baby crabs are not common in western supermarkets, and most people have an aversion to killing them by dropping them into a hot wok, this version of the recipe may be preferred.

Western celery can be used if Chinese celery (celeriac) is unavailable.

Method:

Whisk the eggs with the fish sauce.

Place a wok or skillet over medium low heat and saute the onion and garlic in a little oil until golden and translucent. Add the crabmeat, and stir fry until nearly cooked through.

Drizzle in the eggs, using the spatula in a brisk chopping motion to break up the cooked eggs into filaments, then add the remaining ingredients.

Alternatively cook the eggs to form a thin omelette, and then roll it up and slice it, adding the slices of egg to the cooking crabmeat when nearly cooked.

Serving & Storage:

This is a "one plate" dish served on its own as a light breakfast, or luncheon dish, or with other items as part of a Thai dinner. Colonel Ian F. Khuntilanont-Philpott

Per serving (excluding unknown items): 0 Calories 0g Fat (0% calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

Thai Burgers With Mint Cucumber Relish

Yield: 4 Servings

Ingredients

BURGERS-

1 lb lean ground beef

1 tb lemon grass, finely chopped

1/4 c fresh chopped cilantro

2 ts thai fish sauce or soy sauce

1 ts brown sugar

1/2 ts grated lime peel

1/2 ts hot oriental chili paste

1/2 ts salt

1/2 c fresh breadcrumbs

RELISH-

1/2 english cucumber (or regular), chopped

1/4 c chopped fresh mint

1 tb thai fish sauce or soy sauce

1 tb rice vinegar

1 tb sugar (use much less, use none actually)

Instructions

Combine burger stuff, shape into 4-6 burgers. Drain chopped cucumber mix in remaining ingredients reserve.

Just before serving, heat grill and brush with oil. Cook burgers and 4 minutes per side, turning once.

Makes 4-6 servings.

(If lemon grass is very dry, soak 20 minutes before using. If you cannot find lemon grass, use 1 tsp. grated lemon peel.)

Thai Carrot Soup

Yield: 6 Servings

Ingredients

1 Tablespoon Oil
1 Whole Onions, Spanish Thinly sliced
2 Whole Garlic, Clove, Raw Minced
1 Ginger root cube (1")
1 3/4 Pounds Carrots, Peeled Thinly sliced
4 Cups Chicken Broth, Canned, Prepared
1/4 Cup Cilantro, Fresh, Chopped
Pepper, Red, Crushed

Instructions

Heat oil in 3-quart saucepan over medium-high heat. Add onion, garlic, ginger, and carrots. Cook, stirring frequently, until hot and fragrant about 4 minutes. Add 3 cups stock. Simmer, covered, until carrots are tender about 25 minutes.

Drain liquid from solids. Reserve liquid. Puree solids with cilantro in blender or processor until smooth. Add as much liquid as container can hold. Puree until even smoother. Transfer to 3-quart bowl. Add remaining liquid, if any, and remainin 1 cup of stock. Season to taste with salt and crushed red pepper. Serve chilled or hot.

NOTE: can be made 2 days ahead and refrigerated, or frozen up to 3 months. Adjust seasonings to taste before serving.

Each serving contains about: 115 calories, 614 mg sodium, 1 mg cholesterol, 4 g fat, 17 g carbohydrates, 5 g protein, 1.55 g fiber.

Contributor: Los Angeles Times

Thai Chicken & Coconut Soup Vmxv03A

Yield: 2 Servings

Ingredients

2 c condensed chicken broth (low-salt)
14 oz unsweetend coconut milk
1/2 c fresh lemongrass (sliced 1/4 thick)
1 lg chicken breast half with skin and ribs
1 tb (or more) lime juice
1/2 jalapeno chili minced
1 fresh cilantro finely chopped

Instructions

Bring first 3 ingredients to boil in heavy medium saucepan. Reduce heat, add chicken and simmer until almost cooked through, turning occasionally, about 12 minutes.

Transfer chicken to plate cool.

Remove chicken skin and bones. Cut meat into 1/2 inch pieces.

Strain soup through sieve into small saucepan. Add 1 T lime juice and jalapeno to soup and simmer until reduced to 2 cups, about 20 minutes. Add chicken and simmer just to heat through. Taste, adding more lime juice if desired. Ladle soup into bowls. Sprinkle with fresh cilantro.

From Bon Appetit, June, 1992. MM format by Mike Kean

Thai Chicken & Coconut Soup

Yield: 4 Servings

Ingredients

2 st lemongrass
6 sl fresh ginger coin size
2 cl garlic
2 hot chili peppers
2 cn chicken broth low salt
1/2 lb boneless skinless chicken breast halve
1/2 c coconut milk ****
3 tb cornstarch
3 tb lime juice
2 ts fish sauce
2 scallion sliced
1/4 c cilantro

Instructions

****note about coconut milk just use 1-2 tablespoons. Freeze the rest.

Trim lemongrass stalks of root ends, outer leaves and grassy tops. Cut into 2" lengths. Crush lemongrass, ginger and garlic. Cut stems off chiles, cut in half lengthwise. Place all above in pot and add chicken broth, bring to a simmer.

Add chicken breasts to broth, simmer until just cooked, 5-8 minute. Remove chicken and thinly slice.

Boil broth 5 more minutes, strain into a saucepan, squeezing solids to get all juices.

***note I wouldn't bother straining, just don't eat the lemongrass or ginger. Add coconut milk and heat.

In small bowl, mix cornstarch, lime juice and fish sauce. ***note I like more fish sauce, about equal to lime juice. Add to soup and stir until simmering and slightly thickened, 2-3 minutes. Add chicken to soup.

Serve garnished with lime slice, scallions and cilantro.

From: Erica

Per serving: 226 Calories (kcal) 9g Total Fat (36% calories from fat) 18g Protein 19g Carbohydrate 33mg Cholesterol 435mg Sodium Food Exchanges: 1/2 Grain(Starch) 2 Lean Meat 1 1/2 Vegetable 0 Fruit 1 1/2 Fat 0 Other Carbohydrates

Contributor: Eating Well magazine

Thai Chicken & Noodle Soup

Yield: 6 Servings

Ingredients

1 lb chicken breast fillets
2 cloves garlic, crushed
3 ts ground cumin
1/2 ts tumeric
6 c water
2 ts chicken stock powder
1 tb sugar
1/2 ts shrimp paste
3 ts sambal oelek
1 piece dried galangal
1 3/4 oz rice vermicelli

1 c bean sprouts
3 lettuce leaves, shredded
2 tb chopped fresh coriander

Instructions

- * Soup can be prepared a day ahead.
- * Storage: Covered, in Fridge.
- * Not suitable for freezing.
- * Microwave: Suitable.

Method : Cut chicken into 2 cm slices. Combine garlic, cumin and tumeric in pan, stir over heat for about 1 minute or until fragrant.

Add chicken, water, stock powder, sugar, paste, sambal oelek and galangal to pan, stir until combined. Bring to boil, simmer, uncovered, for 10 minutes. Add vermicelli to pan, simmer for 10 minutes. Just before serving, stir in bean sprouts, lettuce and coriander.

Thai Chicken 2

Yield: 1 Serving

Ingredients

1 Chicken, med. cut up
3/4 Cup Peanut butter chunky
1/2 Teaspoon Sesame Oil
1 Teaspoon Ginger, minced fresh
1/8 Cup Water warm
1 1/2 Teaspoons Chili paste
1 Teaspoon Honey
3 Scallions chopped
1/8 Cup Soy oil

Instructions

Mix all ingredients except chicken to make sauce. Alternate adding soy oil and water to finish. Brown chicken 10 minutes each side at 400 degrees.

Coat with sauce and make at 350 degrees for 20 minutes.

Per serving (excluding unknown items): 1198 Calories 99g Fat (69% calories from fat) 49g Protein 50g Carbohydrate 0mg Cholesterol 935mg Sodium

Thai Chicken And Coconut Milk Soup (Tom Ka Gai Or Kai Tom)

Yield: 1 Serving

Ingredients

1 Can 12-Oz Coconut Milk
1/4 Lb Chicken Breast Cut into small cubes
Juice And Grated Peel Of 1 Lime
1 Ea 4-In Piece Of Lemon Grass Very thin slices
4 Slices Galanga
Chiles
Cilantro

Instructions

Pour the lime juice on the chicken and let stand while you prepare the rest of the soup. In a medium saucepan, place the coconut milk, lemon grass, grated lime peel, galanga or ginger, and (optionally) chiles.

(The optional part is that if you don't want the whole dish to taste spicy, add the chiles later the earlier you add them, the hotter the resulting dish.) Bring the coconut milk to a simmer.

When the soup is simmering, add the lime-soaked chicken pieces and stir to distribute them. Reduce the heat so the soup stays just below a boil and cook for 12 to 15 minutes, or till the chicken pieces are finished cooking. Remove from heat and serve immediately with fresh cilantro leaves for garnish.

Now, the **best** way I ever had this soup was with pieces of fresh grouper instead of chicken. I also added slices of kumquats instead of the ginger, and used the sweet Fresno chiles instead of Thai birds. We also served it over Vietnamese rice noodles. Was it southeast Asian or Caribbean? Who cares, it was wonderful. If you can't find grouper, it'd be good with any tender, delicate white fish sole, maybe, or a very fresh sea bass, or maybe little chunks of monkfish. I believe I've had this with shrimp as well. (Grouper, BTW, is a type of fish common in the Caribbean and, if I recall, in other warm-water parts of the world the flesh is very white, very tender, and quite delicately flavored. I've seen it in one Asian grocery store in the Bay Area, as well as in the Bahamas, so I'd guess that Gulf Coast netters should be able to find it readily.)

NOTES :

1. Galanga is similar to ginger, an edible rhizome available in most Asian groceries. If not available fresh, you can usually find it frozen. (Well, this is the SF Bay Area if you can't find it at Tin Tin or the New Castro Market, you have to have friends smuggle it in from Bangkok for you... Other parts of the country may vary.)
2. Chile peppers add a lot to the dish I've had it so hot that I could barely eat it, and I've had it completely smooth, sweet and mild. I like it in the middle.
3. Lemon grass adds a lot to the flavor and aroma, but as near as I can tell it isn't edible unless you puree it. (If there's sufficient demand, I'll print my recipe for Vietnamese turkey fajitas.) I just eat around the slices of lemon grass and ginger.

Contributor: megatest!sfisher@uu2.psi.com (Scott Fisher)

Thai Chicken And Coconut Soup

Yield: 4

Ingredients

- 1 lb boneless skinless chicken breasts (about 3), cut into 2 1/2-by-1/4-inch strips
- 3 tb asian fish sauce (nam pla or nuoc mam)
- 1 1/2 tb lime juice
- 1 qt plus 3/4 cup canned low-sodium chicken broth or homemade stock
- 3 stalks lemongrass bottom third only, peeled, smashed, and cut into 2-inch pieces, or three 3-inch-by-1/4-inch
- 1 strips lemon zest
- 1 piece peeled fresh ginger cut into thirds (1-inch)
- 1/2 c long-grain rice
- 1 3/4 c unsweetened coconut milk (15-ounce can)
- 2 fresh red chiles or jalapeno peppers, seeds and ribs removed, cut crosswise into thin slices
- 3 tb chopped cilantro

Instructions

1. In a medium glass dish or stainless-steel pan, combine the chicken strips with the fish sauce and lime juice. Set aside.

2. In a large saucepan, bring the broth, lemongrass, and ginger to a simmer. Add the rice simmer until the rice is almost done, about 15 minutes.
3. Add the coconut milk and bring back to a simmer. Stir in the chicken and marinade and cook until the chicken is just done, about 2 minutes. Stir in the chiles and cilantro.

Quick From Scratch Herbs & Spices

NOTES: Asian fish sauce is available at Asian markets and many supermarkets

Posted to FOODWINE Digest TX Feb 99

Per serving: 86 Calories (kcal) trace Total Fat (1% calories from fat) 2g Protein 19g Carbohydrate 0mg Cholesterol 2mg Sodium Food Exchanges: 1 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Chicken And Crispy Noodles

Yield: 4 Servings

Ingredients

4 Medium Boneless Skinless Chicken Breast Ha
8 Ounces Fresh Or Frozen Peeled And Deveined
6 Dried Mushrooms
2 Dried Wood Ears (optional)
2 Tablespoons Rice Vinegar
1 Tablespoon Sugar
1 Tablespoon Fish Sauce
2 Teaspoons Soy Sauce
1/4 Teaspoon Crushed Red Pepper
1 Tablespoon Cooking Oil
1 Medium Onion chopped
Fried Rice Sticks
1 Tablespoon Snipped Cilantro Or Parsley

Instructions

Rinse chicken and pat dry. Cut into thin bite-size pieces. Set aside.

Thaw shrimp, if frozen. Halve shrimp lengthwise and set aside.

In a mixing bowl soak the mushrooms and, if desired, wood ears for 30 minutes in enough warm water to cover. Rinse well and squeeze to drain thoroughly. Slice thinly, discarding stems. Set aside.

In a small bowl stir together the rice vinegar or white vinegar, sugar, fish sauce, soy sauce, and red pepper, stirring to dissolve sugar. Set aside.

Pour cooking oil into a wok or large skillet. (Add more oil as necessary during cooking). Preheat over medium-high heat. Stir-fry the onion in hot oil for 1 minute. Add the chicken. Stir-fry for 2-3 minutes or till no pink remains. Remove the chicken and onion from wok. Add the shrimp to the wok. Stir-fry for 2-3 minutes or till shrimp turn pink. Stir in the mushrooms, wood ears (if desired), chicken-onion mixture, and vinegar mixture. Cook and stir about 1 minute or till heated through. Stir in half of the fried rice sticks. Sprinkle with cilantro or parsley. Serve immediately over remaining fried rice sticks. Makes 4 servings.

Contributor: Better Homes & Gardens Wok Cuisine

Thai Chicken And Vegetables (Evil Jungle Princess)

Yield: 2 Servings

Ingredients

2 tb yogurt cheese (strained yogurt)
2 tb evaporated skim milk
1/4 c low-sodium chicken broth
1/4 ts coconut extract
1/2 ts cornstarch
1/2 ts chili powder
1 ts peanut oil
2 cl garlic peeled and chopped
2 tb lemon grass finely chopped
2 kaffir lime leaves soften in warm water fin
8 oz skinless boneless chicken breast sliced 2 x 1/4 inc
1 ts sugar
7 fresh mint leaves
1 tb fish sauce
1/2 ts cayenne or to taste
1 tb lime juice freshly squeezed or to 2 c chinese cabbage thinly sliced
2 c red cabbage thinly sliced
1 2/3 c enoki mushrooms

Instructions

Combine the yogurt, milk, chicken stock, coconut extract, cornstarch, and chili powder in a small bowl. Stir until smooth with a wire whisk and set aside.

Heat the oil in a large skillet and cook the garlic, about 1 minutes.

Remove and discard the garlic. Add the lemon grass, lime leaves, chicken, and stir-fry until the chicken turns white and loses its raw look. Add the yogurt mixture and stir-fry until the chicken turns completely white and the sauce has cooked down into a coating, not floating cream.

Stir in the sugar, mint leaves, and fish sauce. Add the cayenne. Pour in the lime juice, to taste. Remove from heat and keep warm.

Cook the cabbage slices and mushrooms in a hot skillet with just enough stock or water to create a little steam. Toss until heated through, about 2 minutes.

To serve: Lay the cabbage on warm dinner plates and spoon the sauced chicken on top. Serve with a small bowl of steaming short-grain white rice on the side.

Per serving: 273 Calories 6g Fat (19% calories from fat) 35g Protein 23g Carbohydrate 68mg Cholesterol 155mg Sodium Food Exchanges: 4 Lean Meat 2 1/2 Vegetable 1/2 Non-Fat Milk 1/2 Fat 1/2 Other Carbohydrates

From Ellen C.

Per serving: 270 Calories (kcal) 6g Total Fat (19% calories from fat) 35g Protein 22g Carbohydrate 68mg Cholesterol 185mg Sodium Food Exchanges: 0 Grain(Starch) 4 Lean Meat 2 Vegetable 0 Fruit 1/2 Fat 1/2 Other Carbohydrates

Contributor: Graham Kerr's Best

Thai Chicken Coconut Soup 2

Yield: 1 Servings

Ingredients

3-4 cans coconut milk (make sure it's the unsweetened kind)

3 tblsp chopped scallions

1-3 tsp lemon grass cilantro (preferably fresh. I sometimes leave this out. Niels says that's defeating the whole point, but I think it still comes out great)

tofu cubed into smallish pieces.

chicken also cubed to bite size.

mushrooms

1 carrot grated

juice from loads of limes (8? i can never put in enough)

serrano chillies (or any other hot chili pepper, again preferably fresh, but powdered will do)

1 tsp galanga powder

Instructions

Heat the coconut milk in a pot. Add everything else. As the lemon grass is inedible, put it in a tea ball and immerse the ball in the soup so you can retrieve it later. Cook until the chicken is done and the soup is hot (30 minutes?). Taste to see if it needs more limes (it always does) or more hot peppers (it's better to start mild and build up to the desired level of spicyness).

From: arielle@taronga.com (Stephanie da Silva) Converted by MMCONV vers. 1.40

Contributor: riacmt@ubvmsb.cc.buffalo.edu (Carol Miller-Tutzauer)

Thai Chicken Curry

Yield: 4

Ingredients

3 tb oil

1 onion chopped

2 cloves garlic crushed

1 tb thai curry paste

1 400 ml can coconut milk

1 stalk fresh lemon grass sliced

6 kaffir lime leaves

3 tb natural yogurt

3 tb double cream

2 tb mango chutney

1 tb plain flour

500 g chicken breast cut into fine strips (1lb)

Instructions

Heat 1 tablespoon of oil in a large saucepan, add the onion, garlic and curry paste.

Cook for 2-3 minutes.

Add the coconut milk, stirring all the time, then the lemon grass, lime leaves, yogurt, cream and chutney. Bring to the boil and simmer for 30 minutes.

Liquidise and sieve. Return the sauce to a clean pan.

Thicken the sauce by mixing the flour with 3 tablespoons cold water. Add to the sauce whilst stirring, and return to the boil.

Heat the remaining oil in a large frying pan and fry the chicken pieces for 2-3 minutes.

Add the cooked chicken pieces to the sauce and heat gently. Serve with rice or noodles.

Converted by MCBuster.

Per serving: 508 Calories (kcal) 44g Total Fat (75% calories from fat) 24g Protein 8g

Carbohydrate 64mg Cholesterol 79mg Sodium Food Exchanges: 0 Grain(Starch) 3

Lean Meat 1/2 Vegetable 1/2 Fruit 7 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Chicken Fettuccine Salad **

Yield: 4 Servings

Ingredients

PATTI VDRJ67A-

1 c Picante sauce
1/4 c Chunky peanut butter
2 tb Honey
2 tb Orange juice
1 ts Soy sauce
1/2 ts Ground ginger
6 oz Fettuccine cook, drain hot
2 tb Vegetable oil
3 boned and skinned chicken breast halve
Lettuce leaves (opt)
1/4 c Cilantro coarse chopped
1/4 c Peanut halves
1/4 c Red pepper thin strips cut in halves

Instructions

Combine picante sauce, peanut butter, honey, orange juice, soy sauce and ginger in a small saucepan. Cook and stir over low heat until blended and smooth.

Reserve 1/4 cup of sauce mix. Place fettuccine in large bowl. Pour remaining sauce over fettuccine toss gently to coat. Cook chicken in oil in skillet over medium-high heat until browned and cooked, about 5 minutes.

Add reserved 1/4 cup picante sauce mix mix well. Arrange fettuccine over lettuce lined platter.

Top with chicken mixture. Sprinkle cilantro, peanut halves and red pepper strips over top. Refrigerate until cooled to room temperature. Serve with additional picante sauce.

Per serving (excluding unknown items): 350 Calories 23g Fat (57% calories from fat)
21g Protein 18g Carbohydrate 40mg Cholesterol 333mg Sodium

Thai Chicken Meatballs With Grilled Vegetables, Pasta And Se

Yield: 4

Ingredients

MEATBALLS1-

1 1/2 lb chicken mince
1 red chilli pepper
1/2 ts ginger chopped
2 cloves garlic finely chopped
1/2 bn coriander chopped
1 seasoning

MEATBALLS 2 QUICK METHOD-

1 1/2 lb chicken mince
4 ts thai seven spice
1/2 bn coriander chopped

GRILLED VEGETABLES-

1 aubergine
2 md courgettes
2 yellow peppers
1 beef tomato
1 olive oil
12 tagliatelle nests
1 mixed lettuce of your choice

SESAME SALSA

4 tb sesame oil
1 tb soy sauce
4 tomatoes chopped and skinned
1 coriander chopped

Instructions

Mix all the meatball ingredients together and form into little balls. Brush with oil and cook in the oven or under the grill. Heat to a core temperature of 80C.

Chop the vegetables into neat shapes, coat with olive oil and grill. Boil the tagliatelle and drain. Toss in the olive oil.

To serve, arrange the grilled vegetables around the plate. Put the tagliatelle in the centre, topped with mixed lettuce. Put the meatballs on top of the lettuce.

Drizzle all over with the sesame salsa and sprinkle with more coriander.

Converted by MCBuster.

Per serving: 168 Calories (kcal) 14g Total Fat (71% calories from fat) 2g Protein 11g Carbohydrate 0mg Cholesterol 270mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 2 Vegetable 0 Fruit 2 ½ Fat 0 Other Carbohydrates

Thai Chicken Pasta With Peanut Sauce By Sharon

Yield: 4 Servings

Ingredients

16 Oz Spaghetti Or Linguine uncooked
2 Whole Chicken Breasts, Boned
1/4 Cup Olive Oil, Premium
1/4 Cup Thai Peanut Marinade, Prepared
1 Tablespoon Garlic Minced
12 Green Onions, Whites Only Sliced
1 Yellow Pepper, Small Seeded And Sliced
1 Red Bell Pepper, Small seeded and sliced
3/4 Cup Snow Pea Pods, Fresh Snipped
1 Tb Dark sesame oil
1 Tb Minced garlic
1/3 Cup Creamy peanut butter
1 Tablespoon Garlic Minced
1/3 Cup Reduced-sodium soy sauce
Cup Olive Oil, Premium
3 Tb Lime juice Freshly Squeezed
1 Tb Brown Sugar
1 Tsp Dried Crushed Red Pepper
1 Tablespoon Chili Oil Or More To Taste
2 Teaspoons Ginger Minced
****Garnish****
1/2 Cucumber Julienned
1 Cup Bamboo Shoots
1/3 Cup Cilantro Coarsely Chopped

Instructions

1. Cook spaghetti according to package directions, omitting salt and fat drain and keep warm.
2. Cut white portion of onions into 2-inch pieces reserve green tops for another use. Remove and discard seeds from bell pepper, and cut peppers into thin strips. Snip ends from snap peas (snow peas).

3. Marinate chicken breasts in either a prepared Thai Peanut Marinade or olive oil and brush on 1 tablespoon of garlic, freshly minced. Grill chicken breasts, remove skin and cut into strips.
4. Pour oil into large skillet place over medium heat until hot. Add garlic and cook, stirring constantly, 1 minute. Add peanut butter, stirring until smooth. Stir in soy sauce and next 5 ingredients.
5. Add vegetables to skillet, and toss gently to coat remove vegetables from skillet with a slotted spoon.
6. Add spaghetti to sauce in skillet, tossing to coat transfer to a serving plate, and top with vegetables. Garnish with cilantro and bamboo shoots. Serve immediately.

Sharon in Los Angeles

Contributor: Sharon Klinger

Thai Chicken Pizza

Yield: 2 Servings

Ingredients

1 spicy peanut sauce:

1/2 c peanut butter

1/2 c hoisin sauce

1 tb honey

2 ts red wine vinegar

2 ts ginger minced

2 tb roasted sesame oil

2 ts soy sauce

1 ts vietnamese chili sauce or dried chili flake

1 tb oyster sauce

2 tb water

1 thai chicken pieces:

1 tb olive oil

10 oz chicken breasts boned and skinned cut into 3/4 cubes

for the pizza:

1 recipe basic pizza dough

1 cornmeal, semolina or flour for handling

2 c mozzarella cheese shredded

4 scallions slivered diagonally

1 oriental style

1/2 c white bean sprouts

1/4 c shredded carrot

2 tb roasted peanuts chopped

2 tb cilantro chopped, fresh

Instructions

To make spicy peanut sauce: Combine sauce ingredients in a small pan over medium heat. Bring the sauce to a boil gently for one minute. Divide into two portions for use on chicken and pizza set aside.

To make Thai chicken: Cook the chicken in olive oil over medium-high heat, stirring, until just cooked 5 to 6 minutes. Do not overcook.

Set aside in the refrigerator until chilled through. Once chilled, coat the chicken with 1/4 cup Spicy Peanut Sauce. Set aside in the refrigerator.

To make the pizza: Place pizza stone in the center of the oven and preheat to 500 degrees F for one hour before cooking the pizzas.

Use a large spoon to spread 1/4 cup spicy peanut sauce evenly over the surface of the prepared dough within the rim. Cover the sauce with 3/4 cup shredded mozzarella.

Distribute half the chicken pieces evenly over the cheese followed by half the green onions, bean sprouts and carrots, respectively.

Sprinkle an additional 1/4 cup shredded mozzarella over the other other toppings and top the pizza with 1 tbs. chopped roasted peanuts.

Transfer the pizza to the oven bake until the crust is crisp and golden and the cheese at the center is bubbly, 9 to 10 minutes. When cooked through, carefully remove the pizza from the oven. Sprinkle 1 tablespoon chopped fresh cilantro over the hot, cheese surface. Slice and serve. Repeat with remaining ingredients for a second pizza.

Recipe By : California Pizza Kitchen Restaurant

From: Hpwalls@woco.Ohio.Gov Date: Mon, 15 Jul 1996 14:00:51 0400 (

Thai Chicken Salad 2

Yield: 1 Servings

Ingredients

3 cups vegetable oil, for frying

20 won ton skins, cut into 1/4 inch strips

8 cups shredded mixed salad greens

4 cups bite-size pieces of barbecued or roast chicken (from a 3 lb bird)

1 cup bean sprouts

1 large yellow bell pepper, cut into thin julienne

1/2 European seedless cucumber (about 8 oz), cut into thin julienne

6 tblsp fresh lime juice

1/4 cup fish sauce (nuoc mam)

1/4 cup (packed) light brown sugar

4 serrano chiles, seeded and minced

1/2 tsp freshly grated nutmeg

1 tblsp finely minced fresh lemon grass (optional)

1 tblsp finely minced fresh ginger

1/4 cup minced fresh mint

3 tblsp minced fresh basil

1/4 cup dry-roasted unsalted peanuts, coarsely chopped

Instructions

In a large skillet, heat the oil over moderately high heat until a strip of won ton bounces across the surface. Add the won ton strips in batches and fry, turning, until crisp and golden, about 1 minute.

Transfer to paper towels drain well.

In a large bowl, combine the mixed greens, chicken, bean sprouts, yellow pepper and cucumber.

In a medium bowl, whisk together the lime juice, fish sauce, brown sugar, chiles, nutmeg, lemon grass, ginger, mint and basil. Add the dressing to the salad and toss well. Gently fold in the crisp won ton strips. Turn out onto a serving platter and sprinkle with the peanuts.

From: clay@panix.com (Clay Irving) Converted by MMCONV vers. 1.40

Thai Chicken Salad

Yield: 6 Servings

Ingredients

3 c cooked rice cooled
1 1/2 c shredded cooked chicken
1 c torn fresh spinach
1 md red pepper julienned
1/2 c sliced fresh mushrooms
1/4 c chopped salted peanuts
2 green onions sliced
1 tb chopped fresh mint*
1 tb chopped fresh cilantro
1/3 c hot water
3 tb rice vinegar
2 tb peanut butter
2 tb low-sodium soy sauce
1 tb dark sesame oil
1 garlic clove minced
1/8 ts ground red pepper**

GARNISH-

1 chopped fresh cilantro
1 chopped unsalted peanuts

Instructions

Combine rice, chicken, spinach, red pepper, mushrooms, peanuts, green onions, mint and cilantro in large bowl. Combine water, rice vinegar, peanut butter, soy sauce, sesame oil, garlic and ground red pepper in small bowl. Just before serving pour dressing over salad toss.

Garnish with cilantro and peanuts.

*1 teaspoon dried mint may be substituted for fresh mint, if desired

**1 Thai Pepper, minced, may be substituted, if desired

Each serving provides: * 229 calories * 14.4 g. protein * 9.2 g. fat * 22.7 g. carbohydrate * 1.7 g. dietary fiber * 24 mg. cholesterol * 219 mg. sodium

Source: The Many Nationalities of Rice Reprinted with permission from USA Rice Council Electronic format courtesy of Karen Mintzias

Thai Chicken Satay With Oriental Cucumber Salad

Yield: 1

Ingredients

MARINADE

1/3 c ketchup manus
1/3 c unsweetened coconut milk
1/2 c ginger grated
2 cloves garlic peeled and minced
1/2 ts ground black pepper
1/2 ts chilli oil
1 lb chicken breast cut into thin strips

THAI PEANUT SAUCE-

4 oz crunchy peanut butter
6 tb unsweetened coconut milk
2 tb tamarind concentrate
1 tb mam pla
2 sm garlic cloves finely chopped

1/4 inch fresh ginger peeled and finely chopped
1 heaped tbsp soft brown sugar
3 lemongrass stalks crushed and finely chopped
1 ts chilli oil
4 tb very hot water

CUCUMBER SALAD-

1/2 cucumber peeled, seeded and 1/4 inch diced
1/2 red onion
1/2 mango peeled, pitted and diced
1 hot chilli seeded and finely diced
1 1 1/2 inch s red pepper finely diced
3 tb thinly shredded mint leaves
1/2 inch ginger peeled and grated
6 tb unsweetened coconut milk
2 tb mam pla
1 tb freshly squeezed lime juice
1/4 ts freshly ground black pepper
1 ts chilli oil

Instructions

Marinade, combine all the ingredients together, except the chicken, in a mixing bowl. Add the chicken to this bowl and marinade for at least 4 hours (preferably overnight). Thread onto pre-soaked skewers and cook over a hot chargrill for 1-2 minutes each side. Remove and serve on a plate.

Thai peanut sauce, mix all the ingredients together, except the tap water, in a non reactive bowl. Add hot water and mix well. Serve with chicken satay.

Cucumber salad, combine all the ingredients together and allow to marinate for at least one hour, then serve.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai Chicken Sate With Spicy Peanut Sauce

Yield: 4 Servings

Ingredients

4 boneless, skinless chicken breast h
2 tb orange juice
2 tb soy sauce
1/4 ts sesame oil
1 lg garlic minced

SPICY PEANUT SAUCE:

2 tb finely chopped fresh cilantro
3 tb warm water
3 tb chunky peanut butter
1 ts brown sugar
1/2 ts crushed red pepper flakes
1/2 ts soy sauce

Instructions

Cut each chicken breast half into 8 cubes. Thread 4 cubes onto each of 8 skewers.

Place in an ungreased shallow dish or 13 x 9-inch baking dish. Combine orange juice, soy sauce, oil and garlic mix well. Pour over chicken let stand at room temperature 15 minutes, turning once.

Combine sauce ingredients and set aside.

Line broiler pan with foil broil chicken 4 6 inches from heat 6 8 minutes or until chicken is no longer pink, turning once. Serve immediately with sauce.

If desired, longer skewers can be used. Alternate chicken with cut up vegetables such as red or green peppers and mushrooms. Marinate and broil as directed above.

Source: <http://www.hugs.org/>

Contributor: Hug's Homehearth-Food Kitchen Pages

Thai Chicken Sat, With Spicy Peanut Sauce (5 Points)

Yield: 4 Servings

Ingredients

16 oz boned and skinned chicken breast ha (4-4 oz

2 tb orange juice

2 tb soy sauce

1/4 ts sesame oil

1 lg garlic minced

Spicy Peanut Sauce

2 tb cilantro fresh chopped

3 tb water warm

3 tb chunky peanut butter room temperature

1 ts brown sugar

1/4 ts red pepper flakes crushed

1/2 ts soy sauce

Instructions

Cut each chicken breast half into 8 cubes. Thread 4 cubes onto each of eight 8-inch metal or bamboo skewers*. Place in ungreased shallow dish or 13x9" (3 quart) baking dish. In small bowl, combine orange juice, 2 tablespoons soy sauce, oil and garlic mix well. Pour over chicken let stand at room temperature 15 minutes, turning once.

Meanwhile, in a small bowl combine all sauce ingredients mix well. Set aside. Line broiler pan with foil place skewers on pan. Broil 4 to 6 inches from heat for 6 to 8 minutes or until chicken is no longer pink, turning once. Serve immediately with sauce.

Serves 4

Nutrition Information as per magazine (1/4 of recipes) Calories 230, Protein 30g, Carbohydrates 5g, Dietary Fibre 1g, Fat 9g, Cholesterol 73mg WW POINTS: 5

* If using bamboo skewers, soak skewers in water while preparing chicken and marinade. If desired longer skewers can be used. Alternate chicken with cut up vegetables such as red or green peppers and mushrooms. Marinate and broil as directed above.

NOTES : MC formatted and WW points added by hdeacey@sympatico.ca

Contributor: Taken from: January/February 1995 Fast and Healthy Maga

Thai Chicken Skewers, Coconut Rice, Hot And Sweet Dipping Sa

Yield: 1

Ingredients

2 chicken breasts

6 bamboo skewers cut in half

3 fl white wine vinegar

8 ounces sugar
2 cloves garlic
1 red chilli
1 lemon grass (soft end crushed)
1 juice and zest of 1 lime
1 oil for frying
120 g thai fragrance rice
100 ml coconut milk and 200ml water (mixed)
1 pin salt

GARNISH-

1 deep fried carrot
1 chopped chives
1 spring onion

Instructions

In a pan put the vinegar, sugar, garlic, chilli, lemon grass, lime zest and juice. Bring to the boil and cook for 5 minutes. Pour into a container and allow to cool. Cut chicken breasts into 1 inch cubes and thread onto skewers, allowing 3 skewers per person.

Place into a dish and cover with half of the dipping sauce.

Allow to marinate while you cook the rice.

Thai rice will benefit from being soaked in cold water for 2-3 hours if you can spare the time. Next strain it off and place in a saucepan along with the coconut mixture.

Bring to the boil, reduce heat and simmer gently for 20-25 minutes stirring occasionally until the rice softens. If you need to add a little water, season with a little salt and keep warm.

Note: If you add rose water this will enhance the flavour of the coconut.

Fry the chicken skewers in a little oil, in a hot pan until they are golden brown and cooked through. Serve with the rice and remainder of the dipping sauce.

Garnish with the spring onion, deep fried carrot and chopped chives.

Converted by MCBuster.

Per serving: 1024 Calories (kcal) 54g Total Fat (48% calories from fat) 122g Protein
8g Carbohydrate 371mg Cholesterol 503mg Sodium Food Exchanges: 0 Grain(Starch)
17 1/2 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Chicken Soup (Gai Dom Kha)

Yield: 6 Servings

Ingredients

2 lemon grass stalks
3 tb ginger, siamese sliced
4 garlic clove
3 peppercorns
7 coriander roots
23 shallots
4 c coconut milk medium-thick
1 lb chicken, breast sliced
5 chilies, red minced
4 tb fish sauce (nam pla)
4 tb lime juice
5 kaffir lime leaves shredded
3 coriander sprigs chopped

Instructions

The red chilies are also known as "prik khee nu". Wash lemon grass and trim root ends and tough layers. Slice bottom 6 inches thinly.

Chop 1 T. of this. Puree chopped lemon grass, 1 T. of sliced ginger garlic, peppercorns, coriander roots and shallots. Bring 1 cup of coconut milk to boil and add lemon grass mixture. While stirring, reduce heat to medium and add chicken, remaining coconut milk, ginger slices and lemon grass. Bring to boil, reduce heat, and simmer uncovered until chicken is tender. Season with chilies, fish sauce and lime juice. Decorate servings with lime leaves and coriander sprigs.

To make coconut milk: Blend 2 cups fresh or frozen grated coconut with water. Strain through double cheesecloth, pressing out all liquid.

This is thick coconut milk. To get thin milk, add warm water to residue from first straining. Let stand 5 minutes, then press as before. For coconut cream, refrigerate first pressing and cream will rise to top. Refrigerate or freeze. Two cups coconut makes 3 cups thick milk, of which 6 tablespoons is cream.

Thai Chicken Stir Fry With Mint Leaves & Chile

Yield: 2 Servings

Ingredients

4 green onions

8 oz boneless and skinless chicken breasts or thighs

4 tb vegetable oil

1 lg onion, halved lengthwise, cut in thin slices, separated in half rings

2 fresh red or green jalapeno or serrano peppers halved lengthwise

4 md garlic cloves, minced

1/2 c chicken stock

2 tb soy sauce

1 c whole fresh mint leaves

Instructions

hot cooked rice, for serving

Chop white and light green parts of green onions. Cut dark green parts in 3-inch pieces. Cut chicken in 3 x 1/4 x 1/4 strips.

Heat 2 tablespoons oil in a large skillet or wok over high heat. Add sliced onion and peppers and saute, stirring, about 7 minutes or until onion browns lightly it may still be a bit crunchy. Transfer to a bowl.

Add 1 tablespoon oil to skillet and heat over high heat. Add chicken and saute until it changes color, about 1 minute. Do not overcook. Add to sliced onions.

Add remaining tablespoon oil to skillet and heat over medium low heat. Add garlic and all the green onions and saute 1/2 minute. Add stock and soy sauce and heat through.

Add chicken, onion slices, peppers, and mint leaves and toss 1/2 minute over low heat.

Taste, and add more soy sauce if needed. Serve over rice.

Makes 2 or 3 servings.

From: FAYE LEVY'S INTERNATIONAL CHICKEN COOKBOOK by Faye Levy, Warner Books, New York. 1992. ISBN 0-446-51569-8. Shared by: Karin Brewer, Cooking Echo, 8/93

Thai Chicken Thighs With Chili Garlic Dip

Yield: 6 Servings

Ingredients

2 1/2 po skinless boneless chicken thighs (12 each)

6 cl garlic
1 te black peppercorns
3 sp cilantro coarsely chopped
1/4 te salt
1 chili garlic dip:
4 dried red chilies or more to taste
2 la garlic cloves
1/4 cu sugar
1/3 cu rice wine vinegar
1 pi salt
1/4 cu boiling water

Instructions

1. Trim the chicken thighs of excess fat and tendons.
2. Place garlic, peppercorns, cilantro leaves and stems, and salt in food processor bowl. Process 20-30 seconds or until the mixture forms a smooth paste. (This can also be done using a mortar and pestle.) Place chicken in shallow nonmetal dish. Spread garlic mixture over chicken. Stand chicken at room temperature 1 hour.
3. To make Chili Garlic Dip: Soak chilies in hot water 20 minutes. Drain chilies and chop finely. Place in a mortar with garlic and sugar. Grind to a smooth paste. Place mixture in a small pan. Add vinegar, salt and water. Bring to boil, reduce heat, simmer 2-3 minutes. Cool.
4. Meanwhile, prepare and heat the barbecue.
5. Barbecue chicken on hot, greased grill or griddle 5 to 10 minutes each side (depending upon thickness), turning once. Serve with Chili Garlic Dip.

Storage: Chicken can be marinated, in refrigerator, 1 day in advance. Dip can be made 3 days in advance.

SALAD IDEA: Serve chicken with a salad of sliced cucumber and shredded carrot and radish marinated in rice wine vinegar, sugar and salt. The sweet-tart flavor of the salad complements the spiciness of the chicken.

Source: Step-By-Step Grilling Cookbook, by Susan Tomnay (Editor) Crescent Books (1994: New York).

Description: "Charbroil on a preheated grill."

Cuisine: "Thai"

From: PatHanneman

Per serving: 185 Calories (kcal) 4g Total Fat (21% calories from fat) 22g Protein 14g Carbohydrate 89mg Cholesterol 209mg Sodium Food Exchanges: 0 Grain(Starch) 3 Lean Meat 1 Vegetable 0 Fruit 0 Fat 1/2 Other Carbohydrates

NOTES : Prep 20 min marinate 1 hr cook 20 mins

Contributor: Step by Step: Grilling Cookbook

Thai Chicken With Basil And Vegetables

Yield: 4 Servings

Ingredients

2 tb Low-sodium chicken broth or water
2 ts Fish sauce
2 ts Sugar
1 ts Reduced-sodium soy sauce
1 lb Boneless skinless chicken breasts all fat removed
1 ts Vegetable oil

2 Cloves garlic cloves minced (or 1 tspn bottled minced garlic)
1 Serrano pepper (optional) seeded, chopped
2 c Broccoli florets (abt 4 oz)
2 Carrots cut very thin strips
4 Green onions cut 1" pieces
1/4 c Fresh basil leaves (firmly packed)
2 c Rice, Jasmin preferred cooked

Instructions

In a small bowl, combine chicken broth, fish sauce, sugar, and soy sauce.
Set aside.

Rinse chicken breasts and pat dry with paper towels. Thinly slice breasts. Set aside.
Heat a wok or large skillet over medium-high heat. Add oil and swirl to cover bottom of wok. Add garlic and serrano pepper. Cook for 10 to 15 seconds. Add chicken and stir-fry for 3 to 4 minutes, or until chicken is no longer pink in the center. Add the broccoli, carrots, and green onions and stir-fry for 2 to 3 minutes, or until vegetables are tender-crisp. Add the reserved sauce mixture and basil leaves. Stir-fry for 1 minute, or until mixture is warmed through. Serve over cooked rice.

This recipe yields 4 servings.

Recipe Source: COOKING LIVE with Sara Moulton

Recipe courtesy of Carol Ritchie, "American Heart Association Low-Fat, Low-Cholesterol Cookbook"

From the TV FOOD NETWORK (Show # CL-9077 broadcast 03-03-1998)

Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpm44a@prodigy.com or MAD-SQUAD@prodigy.net 09-04-1998

Contributor: Carol Ritchie

Thai Chicken With Basil

Yield: 4 Servings

Ingredients

1 to 1 1/2 lb boneless chicken breast (boneless thigh could also be used)
2 tb vegetable oil
1 tb coarsely chopped garlic
1 tb minced fresh kii noo chili or Serrano chili (or Habenero pepper)
2 tb fish sauce (I use a little less)
1 tb water
1 ts soy sauce
1 tb sugar
1 c Thai basil or other basil leaves packed
10 long very thin strips cut from a sweet red pepper or so

Instructions

This recipe is basically from "Real Thai" by Nancie McDermott with adaptations.
Fresh basil is essential, preferably Thai basil, but in any event any basil is generally a lot cheaper in Asian markets than in supermarkets. Thai basil is a larger plant, usually has dull green leaves with purplish stems and is very pungent. The little tiny Thai red kii noo chili peppers are also important, I don't know how serranos would work but I have used habenero pepper as a substitute.

Mince the chicken with a sharp knife or cut it into bite size pieces and set aside Heat a wok or large, deep skillet over medium-high heat. Add the oil and swirl it to coat the

surface. Drop a piece of garlic into the pan. If it sizzles immediately, the oil is ready. Add the garlic and stir briefly.

Add the minced chili and stir until the garlic turns golden, about 30 seconds or so. Add the chicken and stir fry until it changes color, about 1 1/2 minutes depending on what size pieces you are dealing with.

Add the fish sauce, water, and soy sauce and stir-fry to combine well with the meat, about 1 1/2 minutes again. Add the sugar and stir fry for another 30 seconds. Add the basil and the red pepper strips. Toss and stir fry until the basil begins to wilt. Transfer the chicken mixture to a serving platter, garnish with leftover basil leaves, and serve hot with steamed rice.

Dale Hitchcock From Glen Hosey's Recipe Collection Program, hosey@erols.com

Per serving (excluding unknown items): 73 Calories 7g Fat (82% calories from fat) 0g

Protein 3g Carbohydrate 0mg Cholesterol 69mg Sodium

Contributor: INTERNET RECIPES FROM CHILE-HEADS DIGEST

Preparation Time: 0:20

Thai Chicken With Fresh Basil 1

Yield: 1 Servings

Ingredients

3 Tbsp Vegetable Oil

1 lb Chicken breast boned

2 Tbsp Garlic coarsely chopped

3 Tbsp Nuoc Nam (fish sauce)

3/4 Cup Basil thinly sliced

2 Tbsp Sugar

2 Serrano chilies

2 Tbsp Water

Instructions

Skin chicken and cut into 1.25 X 1 in strips. Remove stems from chilies and cut lengthwise into thin strips (discard the seeds). Heat oil in wok or large skillet over high heat. Add garlic and stir until golden brown, about 10 seconds. Add 0.5 cup of basil and the chilies and stir-fry just until basil wilts, about 1 minute. Add chicken and stir-fry about 3 minutes. Add nuoc mam, water and sugar and stir-fry until sauce bubbles and thickens slightly, about 2 minutes. Add remaining 0.25 cup of basil and stir-fry until just wilted, about 5 seconds. Serve immediately with steamed rice...

From: stigle@cs.unca.edu (Sue Stigleman)

Source: The Southeast Asia Cookbook, by Ruth Law Converted by MMCONV vers. 1.40

From: clay@panix.com (Clay Irving)

Thai Chicken With Peanut Sauce

Yield: 1

Ingredients

1 chicken med., cut up

PEANUT SAUCE

3/4 c peanut butter chunky

1/2 ts sesame oil

1 ts ginger minced, fresh

1/8 c water warm

1 1/2 ts chili paste

1 ts honey

3 scallions chopped
1/8 c soy oil

Instructions

Mix all sauce ingredients to make sauce. Alternate adding soy oil and water to finish. Brown chicken 10 minutes each side at 400 degrees. Coat with sauce and bake at 350F for 20 minutes.

Per serving: 4429 Calories (kcal) 335g Total Fat (67% calories from fat) 308g Protein 50g Carbohydrate 1358mg Cholesterol 2001mg Sodium Food Exchanges: 2 1/2 Grain(Starch) 42 Lean Meat 1 Vegetable 0 Fruit 41 Fat 1/2 Other Carbohydrates
Converted by MMBuster v2.0n.

Thai Chicken With Rice

Yield: 4 Servings

Ingredients

2 chicken breasts
2 tb soy sauce
1 ts oil
3/4 c rice, long cooking
1 garlic cloves, crushed
2 c stock, chicken
2 tb peanut butter
2 ds pepper flakes, red
1 c snow peas
1/2 ts ginger, ground
1 bell peppers, red
1 tb peanuts

Instructions

Cut bell pepper into short thin strips. Combine boneless chicken and soy sauce in shallow bowl set aside. Heat oil in skillet over medium heat. Add rice and garlic cook and stir 1 minute. Stir in stock, peanut butter, and pepper flakes. Bring to a boil, stirring until peanut butter is melted. Place chicken over rice mixture, adding soy sauce to skillet reduce heat. Cover and simmer until 5 minutes before end of cooking time on rice package. Stir in snow peas and ginger sprinkle with pepper strips. Remove from heat. Let stand, covered, until all liquid is absorbed, about 5 minutes. Sprinkle with peanuts.

Thai Chicken-Basil Sauce With Linguine (Light)

Yield: 4 Servings

Ingredients

1/2 lb ground chicken
1 carrot cut in 1/4" dice
1 zucchini cut in 1/4" dice
4 shallots minced
1 jalapeno seeded and minced
1 tb grated fresh ginger
2 cloves garlic minced
3/4 c chicken broth
1 tb soy sauce
1 tb fish sauce
1 tb lime juice

1 ts sugar
1/2 c fresh basil chopped
1 lb fresh pasta, linguine

Instructions

Cook ground chicken, carrot, zucchini, shallots, chile, ginger and garlic in nonstick skillet brushed lightly with oil over medium heat until chicken loses its pink color, about 5 minutes. Drain off any liquid. Add stock, soy, fish sauce, lime juice and sugar. Bring to a boil. Reduce heat to low and simmer for 5 minutes. Stir in basil and cook until wilted. Keep warm. Cook pasta, drain well and return to pot. Add sauce and toss well. Serve with additional fresh basil sprinkled over top if desired.

Serves 4.

Calories: 143, Fat: 5 grams per serving.

This recipe found on the web in July 1996 at Low-Fat Lifestyle Forum Home Page
<http://www.wco.com/mardiw/lowfat.htm>

Per serving (excluding unknown items): 189 Calories 6g Fat (30% calories from fat)
21g Protein 12g Carbohydrate 54mg Cholesterol 563mg Sodium

Contributor: Compiled by Low-Fat Lifestyle Forum

Preparation Time: 0:30

Thai Chicken-Basil Sauce With Linguine (Light

Yield: 4 Servings

Ingredients

1/2 lb ground chicken
1 carrot cut in 1/4 dice
1 zucchini cut in 1/4 dice
4 shallots minced
1 jalapeno seeded and minced
1 tb grated fresh ginger
2 cloves garlic minced
3/4 c chicken broth
1 tb soy sauce
1 tb fish sauce
1 tb lime juice
1 ts sugar
1/2 c fresh basil chopped
1 lb fresh pasta, linguine

Instructions

Cook ground chicken, carrot, zucchini, shallots, chile, ginger and garlic in nonstick skillet brushed lightly with oil over medium heat until chicken loses its pink color, about 5 minutes. Drain off any liquid. Add stock, soy, fish sauce, lime juice and sugar. Bring to a boil. Reduce heat to low and simmer for 5 minutes. Stir in basil and cook until wilted. Keep warm. Cook pasta, drain well and return to pot. Add sauce and toss well. Serve with additional fresh basil sprinkled over top if desired.

Serves 4.

Calories: 143, Fat: 5 grams per serving. This recipe found on the web in July 1996 at Low-Fat Lifestyle Forum Home Page <http://www.wco.com/mardiw/lowfat.htm>

Recipe By : Compiled by Low-Fat Lifestyle Forum

From: Hpwalls@woco.Ohio.Gov Date: Mon, 15 Jul 1996 14:00:51 0400 (

Thai Chicken-Really Hot Stuff

Yield: 0 Servings

Ingredients

5 tb fish sauce (Nuoc Man)

1/2 c coconut milk

1/4 c brown sugar

2 tb five-spice powder

2 1/2 tb lime juice

1 tb asian chilis

2 tb soya sauce

2 lg chickens quartered

3 ts curry powder

****Dipping Sauce****

1 1/2 c rice vinegar unseasoned

3 ts chili sauce

3/4 c sugar

2 tb garlic minced

Instructions

Chicken should weigh about 3 pounds each.

Cooking Instructions:

Marinate chicken for two days.

Grill or bake chicken, basting with marinade.

Serve with garnish (tomatoes, cucumbers, & red onion) with dipping sauce on the side.

Posted to EthnicRegMC 6/99 by J Pellegrino

Source: <http://www.gamecoach.com/2grumpyguys/>

Per serving: 7703 Calories (kcal) 507g Total Fat (59% calories from fat) 521g Protein

248g Carbohydrate 2727mg Cholesterol 2132mg Sodium Food Exchanges: 0

Grain(Starch) 72 1/2 Lean Meat 1 Vegetable 1/2 Fruit 56 1/2 Fat 15 Other

Carbohydrates

Serving Ideas : Serve with side of rice and singha beer from Thailand

Contributor: Two Grumpy Guys

Thai Chicken

Yield: 1 Recipe

Ingredients

2 ts olive oil

1 fresh red chili cored, seeded, finely chopped

1 piece fresh ginger (1-inch/ 2 1/2 cm), peeled, grated

1 ts lemon grass paste

250 g (8 oz) chanterelle mushrooms

1 1/2 ts Thai red curry paste

1 c coconut milk

1 tb light soy sauce

350 g (12 oz) skinless boneless chicken breast, cubed

cilantro sprigs chopped cilantro, to garnish

Instructions

Heat oil in a flameproof casserole dish. Add chili, ginger, lemon grass paste and mushrooms and stir-fry 2 or 3 minutes.

Add curry paste and stir-fry 1 minute. Add coconut milk and soy sauce and bring to a boil.

Add chicken and simmer 10 minutes, or until chicken is tender and cooked through.

Garnish with cilantro sprigs and chopped cilantro and serve.

Makes 4 servings.

Note: If lemon grass paste is not available, replace it with 1 teaspoon chopped fresh lemon grass, or .5 teaspoon dried.

from the Chicken-recipes list at Onelist, posted by Mimi Hiller MM-formatted by Petra

Thai Chickpeas

Yield: 4 Servings

Ingredients

1 1/2 cu dried chickpeas picked over and rinsed, soaked overnight in ample cover or speed-soaked

3 cu light coconut milk *

1 te minced garlic

3/4 po sweet potatoes peeled and cut into 1-in

1 i cup (drained) plum tomatoes coarsely chopped

1 ta mild curry powder

1/4 cu minced fresh coriander

1/2 c minced fresh basil

1 tb tamari soy sauce to 2 tbsp

Instructions

* (I used half water to lower calories and fat)

Drain and rinse the chickpeas. In the cooker, combine the chickpeas, coconut milk, garlic, sweet potatoes, tomatoes, curry powder and coriander. Lock the lid in place. Over high heat, bring to high pressure.

Lower the heat just enough to maintain high pressure and cook for 18 minutes. Allow the pressure to come down naturally or use a quick-release method. Remove the lid, tilting it away from you to allow any excess steam to escape. If the chickpeas are not tender, either return to high pressure for a few more minutes or replace (but do not lock) the lid and simmer until the chickpeas are done. Add the basil and soy sauce to taste as you break up the sweet potatoes and stir to create a thick sauce.

serves 4-6

From: Ilene Goldman

Per serving: 449 Calories (kcal) 14g Total Fat (26% calories from fat) 19g Protein 69g

Carbohydrate 0mg Cholesterol 324mg Sodium Food Exchanges: 4 Grain(Starch) 1

Lean Meat 0 Vegetable 1/2 Fruit 2 Fat 0 Other Carbohydrates

NOTES : Here is a good recipe using a pressure cooker.

Nutr. Assoc. : 347 0 0 0 0 0 0 0 0 0 0 0 492 414 0 0 0 0

Contributor: Lorna Sass' Cooking Under Pressure

Thai Chili Fish Sauce Vmxv03A

Yield: 8 Servings

Ingredients

6 tb thai fish sauce

5 tb thinly sliced scallions

3 tb fresh lime or lemon juice

3 tb finely chopped cilantro

1 1/2 tb minced serrano chilies
2 ts roasted chili paste
1/2 ts minced garlic

Instructions

Combine all ingredients in a small bowl and mix well. Will keep in refrigerator for 3 days. Recipe from Tommy Tang, New Yorker Magazine, 5/25/92. MM:MK VMXV03A.

Thai Chocolate Peanut Soup

Yield: 6

Ingredients

2 c plain soy milk
1 stick cinnamon
1 star anise
2 whole cloves
1 pinch allspice
1 1 inch square orange peel pith removed
1/3 c unsalted dry-roasted peanuts
1 1/2 c water
1 tb cocoa powder preferably dutch
1 tb vegetable oil
1 md onion diced
2 ribs celery juice diced
1 clove garlic minced
1 lg ripe tomato seeded & diced
1 roasted red bell pepper diced
1 tb ginger juice (to 2 tbsp)
1 pn cayenne pepper (optional)
2 tb fresh lime juice
1 salt & freshly ground pepper to taste
1 chopped roasted peanuts

Instructions

In a medium saucepan over medium heat, combine soy milk, cinnamon stick, star anise, cloves, allspice, and orange peel. Heat to just below boiling point, then turn off heat, cover and let steep for 30 minutes.

While spices are steeping, place peanuts in a blender and pour in enough of the water to cover. Blend on high for 2 minutes. Add cocoa and remaining water, rinsing down the sides of the blender. Blend on high for another 2 minutes. Strain into a 1-quart measuring cup or bowl. Add steeped soy milk, straining out spices. In a medium skillet over medium-high heat, saute onion and celery in oil until onion becomes translucent, about 4 minutes. Add garlic and tomato and continue cooking until tomato has softened, about 3 minutes. Transfer vegetable mixture and 3/4 of the roasted pepper to the blender. Blend on high until smooth and creamy, adding a little of the soy milk mixture if necessary.

Combine puree and remaining soy milk mixture in the saucepan. Heating over a medium-low flame, stir in ginger juice, cayenne, lime juice, salt, and pepper. Garnish each serving with remaining bell pepper chunks and chopped peanuts, if desired.

By "Karen C. Greenlee" on Mar 21, 1999.

NOTES : To roast peanuts yourself, place them on a cookie sheet and bake at 325 F for 10 to 15 minutes. Peanuts should be aromatic and only slightly golden brown.

Recipe by: Veggie Life, March, 1999
Converted by MMBuster v2.0l.

Thai Chuu-Chii (Red Curry) Of Coffin Bay Scal

Yield: 4 Servings

Ingredients

1 stephen ceideburg
10 white peppercorns
1 mace
1 ts thai shrimp paste
3 to 5 long red dried chillies
4 cloves shallots
1/2 stalk lemon grass
1 ts galangal
1/2 ts kaffir lime zest
1 tb chopped coriander root
1/2 ts salt
250 ml coconut cream
2 tb to 3 tb red curry paste
1 tb fish sauce
1/2 tb palm sugar
24 coffin bay scallops
125 ml coconut milk
5 kaffir lime leaves
1 lg fresh red chilli, julienned
2 tb coriander leaves
1 jasmine rice

Instructions

A colleague who recently visited the Darley Street Thai at its new location in Bayswater Road, Kings Cross, described this dish as "exquisite". Though the recipe may seem dauntingly lengthy, most of it is simply a long list of ingredients for red curry paste, which can be made in quantity and stored in a container in the fridge for 3-4 weeks for further use. Frozen kaffir limes can be bought very cheaply in good Asian stores, where the rest of the ingredients listed should also be available. Grate the limes for zest while they are still frozen.

In a mortar and pestle or spice grinder, grind to a powder 10 white peppercorns and a few sheaves of mace. Roast 1 teaspoon of Thai shrimp paste by zapping it in a microwave oven or putting it on a little piece of foil under the grill.

Put the pepper-mace mixture and the shrimp paste in a blender (David recommends a blender but some of us will have to make do with a food processor or the mortar and pestle) and add 3-5 long red dried chillies, deseeded, washed and chopped, 4 cloves of true shallots, (or substitute the same quantity of Spanish onion), 1/2 stalk of lemon grass, sliced, 1 teaspoon galangal, peeled and chopped, 1/2 teaspoon kaffir lime zest, 1 tablespoon of coriander root, scraped and chopped, 1/2 teaspoon of salt and a little water. Process to a very fine paste. This may take up to 10 minutes. Transfer to a storage jar.

In a medium-size pan, boil 250 mL coconut cream over high heat, stirring constantly, until the oil separates out, about 3-5 minutes.

(If using canned coconut cream, don't shake the can cause the solid mass of coconut at the top of the can, plus as much of the rest as you need to make up 250mL. If it doesn't

separate within 5 minutes, add a tablespoon of oil.) Add 2-3 tablespoons of red curry paste and fry for 5 minutes, stirring, until fragrant. Add 1 tablespoon fish sauce, 1/2 tablespoon palm sugar and fry until colour deepens. Add 24 Coffin Bay scallops (12 if other dishes will be served simultaneously) and 125 mL coconut milk. Check for sweet-sour balance. Throw in 5 kaffir lime leaves, shredded, 1 large fresh red chilli, julienned, and 2 tablespoons of either coriander or basil leaves. Serve with jasmine rice.

From an article by Meryl Constance in The Sydney Morning Herald, 6/15/93. Courtesy Mark Herron.

Thai Coconut Chicken Soup* Jcmj43F

Yield: 4 Servings

Ingredients

1 c boneless chicken breasts, cut into bite size pcs.
1/3 c galangal finely sliced
3 c chicken broth
2 tb white or brown sugar
1 tb fish sauce
2 1/2 tb lemon or lime juice
1/2 c cilantro leaves (for topping)
1/2 tb thai chili paste (pik pou)
1/2 c button mushrooms finely sliced
1 16 oz can of coconut milk

Instructions

*Tom Kah-Kai In a large pot add the chicken broth, coconut milk and galangal. Bring to boil (350F.) stirring for 1 min making sure that the coconut milk and the chicken broth are mixed well. Next add the chicken breasts and stir for 1 more minute. Now add in the remaining ingredients and stir for 1 more minute. Remove the soup from the heat and pour into individual soup bowls and topping with the cilantro leaves. If you want your soup spicier, top with sliced serrano chilies. Posted by Alex Williamson. MM:MK VMXV03A.

Thai Coconut Milk Custard

Yield: 4 Servings

Ingredients

5 lg eggs
1/2 c sugar, brown
1 c coconut milk

Instructions

Preheat oven to 325 degrees. Place rack in center of oven. Beat eggs, sugar, and coconut milk until frothy. Pour mixture into 8" by 8" baking dish or individual c. Place in larger pan filled with hot water. Water should be halfway up the sides of baking dish. Bake 30-45 minutes or until knife inserted in center comes out clean. Be careful not to overbake. If serving hot, spoon into dishes if serving cold, allow mixture to cool before cutting into squares.

VARIATION Add 1/2 c cooked rice to make rice pudding

Thai Coconut Rice

Yield: 1 Recipe

Ingredients

NORMA WRENN-

- 1 c thai kitchen select harvest
- 1 jasmine rice water
- 3/4 c thai kitchen pure coconut
- 1 milk
- 5 sl fresh ginger peeled
- 1 tb salt

Instructions

Bring To Boil Water, Coconut Milk, Ginger Slices, And Salt. Add Rice, Cover And Reduce Heat. Simmer For 20 Minutes. Remove From Heat And Let Stand For An Additional 7 Minutes. Fluff With A Fork. Serves 2-4. MM Norma Wrenn

Copyright: Thai Kitchen & Epicurean International

Thai Cod With Braised Vegetables

Yield: 4

Ingredients

- 675 g cod fillets cut into 4 portions (1 1/2 lb)
- 2 tb honey
- 2 tb light soy sauce
- 1 zest and juice of 1 lime
- 300 ml vegetable stock (1/2 pint)
- 2 ts schwartz thai 7 spice seasoning
- 450 g green cabbage shredded (1 lb)
- 1 bn spring onions sliced
- 100 g beansprouts (4 oz)
- 1 tb cornflour
- 1 ts schwartz coriander leaf

Instructions

Place the cod in a large frying pan. Mix together the honey, soy sauce, zest and juice of the lime, 150 ml (1/4 pint) stock and the Thai 7 Spice Seasoning. Pour over the fish. Bring to the boil and simmer for 10 minutes until the fish is cooked.

Meanwhile, place the cabbage and remaining 150 ml (1/4 pint) stock in a saucepan. Cover, bring to the boil and cook for 2 minutes. Stir in the spring onions and bean sprouts and cook for a further 2 minutes.

Place the cabbage on a serving plate. Remove the fish from the pan and place on top.

Blend the cornflour with 2 tbs water and add to the fish juices along with the Coriander Leaf. Bring to the boil, stirring. Pour over the fish and serve.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai Condiments Nam Prik Ong

Yield: 1 Batch

Ingredients

- 4 garlic cloves, minced
- 2 shallots, minced
- 1 ts kapee or minced dried shrimp soaked in sherry
- 1 ts hot pepper jam or
- 1 ts tabasco mixed with
- 1 ts cayenne

1 can tomatoes

Instructions

Fry all ingredients except tomatoes in oil. Add tomatoes and cook until thick.

Thai Corn Black Bean Salad

Yield: 4 Servings

Ingredients

2 c corn kernels, cooked
2 c black beans, cooked
1/2 c celery, sliced
1/2 c red onion, diced
1/2 c red bell pepper, diced
1/4 c cilantro, chopped
2 ea jalapeno chiles, seeded & minced
2 ea garlic cloves, minced
1 ts ginger, minced
3 tb sesame oil
2 tb rice vinegar
1 tb lime juice
1 salt, to taste

Instructions

In a large bowl, combine corn, beans, celery, onion, pepper, cilantro, chiles, garlic & ginger. Set aside.

In another bowl, whisk together oil, vinegar & lime juice. Pour over the ingredients in the large bowl & mix well. Season with salt & chill until ready to serve.

MARK'S NOTE: I am not sure what makes this "Thai", however the taste is not bad. I especially like using black beans in contrast with other bright colours. I used galangal in place of ginger in this recipe plus a pinch of lemongrass. I replaced the red onion with a couple of large green onions, chopped.

Next time, I'll use red chiles rather than jalapeno chiles. Jalapenos, especially when seeded, do not have much taste. A couple of red chiles, finely minced should go a long way towards perking up an otherwise promising dish. Oh yes, do increase the lime juice. I used as much juice as I could squeeze out of half a large lime & it could have still used more, so 1 tb is not nearly enough. Try garnishing with kaffir lime leaves as well.

"Vegetarian Gourmet" Summer, 1995

Thai Country-Style Steamed Fish In Garlic Lim

Yield: 4 Servings

Ingredients

1 lb whole fish trout sea bass perc
4 fresh green chiles diced
6 cloves garlic chopped
2 tb thai fish sauce (nam pla)
4 tb lime juice
1/2 c chicken stock
2 green onions cut in half lengthwise
2 stalks lemon grass (heart section only)
1 cilantro sprigs for garnish

Instructions

Scale and clean fish, then rinse with cold water. Pat dry with paper towels. Make diagonal slashes (almost to the bone) 2 inches apart on both sides of fish. Set fish on a heat-proof plate that is at least 1 inch smaller in diameter than your wok . Mix together chiles, garlic, fish sauce, lime juice and chicken stock. Adjust for a predominantly sour taste. Pour over fish. Scatter green onions and lemon grass over fish. Fill wok with 2 inches of boiling water. When it comes to a full boil, set fish plate on rack or trivet. Cover tightly. Reduce heat to medium-high and steam for 12 minutes. If meat by the bone is opaque white, fish is done. Garnish fish with cilantro and serve with cooking juices. Accompany with steamed rice. Serves 4 with other entrees.

Recipe By : Joyce Jue

From: Emory!hpc@bis.Cup.Hp.Com!juliar@sdate : Thu, 17 Mar 94 16:11:22 0800

Thai Crab Cakes With Cilantro Peanut Sauce

Yield: 4 Servings

Ingredients

1 1/4 c fresh breadcrumbs
1 c fresh bean sprouts chopped
1/4 c finely chopped green onions
1/4 c coarsely chopped fresh cilantro
2 tb fresh lime juice
1/8 ts ground red pepper
1 lg egg
1 lg egg white lightly beaten
1 lb lump crabmeat shell pieces removed
2 ts olive oil divided
1 cooking spray
1 ***cilantro-peanut sauce***
1/4 c balsamic vinegar
2 1/2 tb granulated sugar
2 tb brown sugar
2 tb low-sodium soy sauce
1/2 ts crushed red pepper
1/8 ts salt
1 garlic clove minced
2 tb creamy peanut butter
1/2 c chopped fresh cilantro
2 tb chopped fresh mint

Instructions

1. Combine the first 9 ingredients in a medium bowl cover and chill 1 hour. Divide mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.
2. Heat 1 teaspoon oil in a large nonstick skillet coated with cooking spray over medium heat until hot. Add 4 patties cook 3 minutes on each side or until lightly browned. Remove patties from skillet, and keep warm. Wipe skillet clean with paper towels recoat with cooking spray. Repeat procedure with 1 teaspoon oil and 4 patties. Serve with Cilantro-Peanut Sauce.

Yield: 4 servings (serving size 2 patties and 3 tablespoons sauce).

CALORIES 315 (30% from fat) FAT 10.5g (sat 1.8g mono 4.7g, poly 2.6g) PROTEIN 30.6g CARB 25.4g FIBER 1.8g CHOL 169mg IRON 3.1mg SODIUM 784mg CALC 169mg.

Cilantro-Peanut Sauce:

1. Combine the first 7 ingredients in a small saucepan, and bring to a boil, stirring frequently. Remove from heat. Add peanut butter, and stir with a whisk until smooth. Cool, and stir in cilantro and mint.

Yield: 3/4 cup.

From aml@skypoint.com

Per serving: 246 Calories (kcal) 5g Total Fat (18% calories from fat) 25g Protein 24g Carbohydrate 135mg Cholesterol 810mg Sodium Food Exchanges: 1/2 Grain(Starch) 3 Lean Meat 1/2 Vegetable 0 Fruit 1/2 Fat 1 Other Carbohydrates

Nutr. Assoc. : 0 96 0 384 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Contributor: Cooking Light, July/August 1998

Thai Crab Rolls

Yield: 4 Servings

Ingredients

- 1 thai dipping sauce:
- 1 c distilled white vinegar
- 1/2 c light brown sugar plus 4 teaspoons
- 1 1/2 tb minced garlic
- 1 tb crushed dried red pepper
- 1/3 c fish sauce *see cook's notes, below
- 1 crabmeat filling:
- 2 tb unsalted butter or olive oil
- 2 ts minced garlic
- 1/3 c onion chopped
- 1/3 c celery chopped
- 1/3 c shredded carrot
- 3 fresh shiitake mushroom caps coarsely chopped
- 1 c lump crabmeat fresh or drained canned,
1 picked over
- 1 tb fish sauce *see cook's notes, or sal
- 1 freshly ground black pepper, to taste
- 10 spring roll wrappers 8 inch square
- 1 tb all-purpose flour mixed with 1 tablespoon c
- 1 vegetable oil, for deep frying

Instructions

PREPARE THE SAUCE:

Combine the vinegar and sugar in a small saucepan and bring the mixture to a boil over moderate heat. Boil just until the sugar is dissolved. Transfer the liquid to a small bowl. Add the garlic, pepper, and fish sauce. Set aside.

MAKE THE FILLING: Melt the butter in a skillet over moderate heat. Add the garlic and onion and cook until the onion is translucent, about 2 minutes. Add the celery, carrot and mushrooms, and saute until the vegetables are soft but not browned, about 2 minutes. Add the crabmeat, fish sauce and black pepper and toss well. Transfer the filling to a bowl and cool completely.

ASSEMBLE THE ROLLS: Stack the spring roll wrappers. Using a sharp knife or scissors, cut the stacked wrappers in half along the diagonal. Work with one triangle at a time, keeping the remaining wrappers covered with a damp kitchen towel to prevent drying. Place a triangle smooth side down on a work surface, with the long edge nearest you. Lightly brush the sheet with the flour paste. Place 2 heaping teaspoons of the filling along the lower edge of the wrapper, [then fold in points at the

side over filling] and then roll up from the bottom to enclose the filling. Place the roll seam side down on a large plate and keep covered with a damp towel while you fill and roll the remaining triangles. Preheat the oven to 250F. Line a baking sheet with paper towels.

COOK THE ROLLS: Heat 2 inches of oil in a wok or deep heavy skillet to 350F. Gently add the rolls in batches and cook, turning occasionally, until golden brown, about 2 minutes. Remove with a slotted spoon to a sieve set over a large bowl to drain. Transfer the rolls to the baking sheet and keep warm in the oven while you cook the remaining rolls. Serve the rolls with the dipping sauce.

VARIATION: Crabmeat Triangles: Cut each spring roll wrapper into 3 strips. Place 2 teaspoons of the filling on a bottom corner of each strip and fold up and over flag-style to form triangles. Brush the end with flour paste before the last fold to seal. Fry and serve with the sauce as above.

If you prefer to bake rather than fry these treats, wrap up the filling flag-style in strips of phyllo pastry to form triangles, spray or brush with butter, and bake in a preheated 375F oven until golden brown, about 15 to 20 minutes. Serve the triangles on their own, without sauce. *Cook's Notes: When buying fish sauce, look for the Squid or Tiparos brand. Once opened, fish sauce lasts up to a year at room temperature. Fish sauce is available in Asian markets and in some well-stocked supermarkets.

Cooked salmon, lobster meat, or chicken may be substituted for the crabmeat.

For additional flavor and texture, wrap the fried rolls in tender lettuce leaves, along with some sprigs of mint and coriander, before dipping into the sauce. Yield: 20 rolls for hors d'oeuvres, or enough for 4 to 6 appetizer servings. Source: Cooking Under Wraps

Thai Crispy Fried Pork* Bhwt68A Mm:Mk

Yield: 5 Servings

Ingredients

- 1 ts salt
- 1 1/3 c rice flour
- 1 c all purpose flour
- 1 1/4 c water
- 1 c oil
- 1/4 ts ground white pepper
- 1 sauce:
 - 2 tb chopped garlic
 - 1 tb or to taste sliced chilies
 - 1/2 c vinegar
 - 3/4 c sugar
 - 1 1/2 ts salt

Instructions

1 1/2 lb pork, 1"x2"x1/4" thick pcs *MOO CHOOP PANG TODD Combine pork and salt and marinate for 15-20 mins. Mix rice flour, all purpose flour, water and white pepper well. Dip pork slices in the batter and fry in oil over medium heat until golden brown. Remove from oil and drain well on a cake rack. Serve immediately with sauce. Makes about 5-6 servings. Sauce: Combine all the ingredients. Cook in a small sauce pan over low heat until the sauce become thick and bubbly. Cool and serve.

From Gail Shimizu. 03/18 05:07 pm Warmest

Regards, Pam

FOOD AND WINE CLUB TOPIC: BUSY COOK TIME: 03/18 9:59 PM

Thai Cucumber Pickles

Yield: 6

Ingredients

PICKLE A

3 c cucumbers thinly sliced

1/3 c onion chopped

1/2 c red wine vinegar

2 ts sugar

1/4 ts salt

4 red chili peppers seeded

1 tb cilantro leaves

PICKLE B

3 c cucumbers sliced thinly

1/2 sm onion sliced thinly

A MIXTURE-

2 red chili peppers seeded

2 ts garlic chopped

2 ts cilantro root chopped

2 ts peppercorns whole or ground

B MIXTURE-

1/2 c vinegar

2 tb soy sauce

1 1/2 ts sugar

1 tb cilantro leaves chopped

1/2 c peanuts crushed

Instructions

PICKLE A: Combine all ingredients & serve. **PICKLE B:** Place cucumber & onion in a bowl & toss. Place **A MIXTURE** in a blender or food processor & blend to make a rough paste. Blend the **B MIXTURE**, then mix together **A & B**. Immediately pour over the cucumbers & sliced onion. Place in a serving dish & sprinkle with the cilantro leaves & crushed peanuts. Serve immediately. To make it hotter add more red pepper or a shake or two of cayenne.

Per serving: 138 Calories (kcal) 6g Total Fat (36% calories from fat) 6g Protein 19g Carbohydrate 0mg Cholesterol 442mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 2 Vegetable 0 Fruit 1 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Cucumber Salad

Yield: 1

Ingredients

2 cucumbers

3 tb round thin red chile sl (with seeds)

3 tb chopped red onions

2 tb dried shrimp powdered*

3 tb fresh lime juice

1 1/2 tb fish sauce

2 tb sugar

1 tb peanut oil

1/4 c crushed roasted or fried peanuts

Instructions

* Heaping tablespoons

Peel cucumbers. Cut off the ends cut them in half lengthwise and scrape out the seeds. Slice them thinly into half moons. Add the cucumbers to a bowl with the chiles and onion. Add the ground shrimp, lime juice, fish sauce, sugar and peanut oil toss well.

Allow to sit or serve immediately sprinkled with the peanuts.

Per serving: 359 Calories (kcal) 18g Total Fat (41% calories from fat) 4g Protein 51g Carbohydrate 3mg Cholesterol 13mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 3 1/2 Vegetable 1/2 Fruit 3 1/2 Fat 2 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Cucumber

Yield: 2 Servings

Ingredients

1 md cucumber firm peeled
1 tb vinegar, white
2 tb sugar
1 ts salt
1/4 ts white pepper
1/2 sm onion
1 red chile pepper garnish
1/2 c peanuts, dry roasted

Instructions

Julienne the cucumber

In a deep bowl stir the vinegar, sugar, salt and white pepper until well blended. Peel onion, slice into lengthwise paper thin slices. Same with seeded red chile pepper. Add the remaining ingredients, except the peanuts, and toss with the marinade. Serve at once or cover and chill **NO LONGER** than 2 hours.

Top with the peanuts (whole or chopped) just before serving. Makes 1 cup

* Personal Note liked sliced cucumber much better.

Variations to try: thin slice onion and cucumber instead of julienne and increase vinegar to 2 tbs.

If regular salted peanuts are used, omit salt in marinade.

Adapted from "The Frugal Gourmet on our Immigrant Ancestors" by Jeff Smith.

Courtesy of Dale & Gail Shipp, Columbia Md. Converted by MMCONV vers. 1.50

Thai Curried Clams

Yield: 4

Ingredients

1 garlic clove minced
1 tb peanut oil
1 one (14-ounce) can unsweetened coconut milk
1/2 c fish stock or 1/4 cup bottled clam juice diluted with 1/4 cup water
2 tb asian fish sauce
1 tb green red or yellow curry paste
1 tb sugar
3 lb small clams scrubbed and rinsed
1/2 c frozen petite peas
2 tb finely chopped basil

1 lime wedges

Instructions

1. In a large deep skillet, cook the garlic in the oil over moderately high heat just until fragrant, about 1 minute. Stir in the coconut milk, fish stock, fish sauce, curry paste and sugar, then cover and bring to a boil.
2. Add the clams to the skillet. Cover and cook over moderately high heat just until the clams open, 3 to 4 minutes. Add the peas and cook until warmed through, about 1 minute. Remove from the heat and sprinkle with the basil.
Serve the clams in bowls with lime wedges.

Jan Newberry

SERVE WITH: Steamed rice

Posted to FOODWINE Digest XT 100

Per serving: 295 Calories (kcal) 6g Total Fat (20% calories from fat) 43g Protein 12g Carbohydrate 116mg Cholesterol 191mg Sodium Food Exchanges: 0 Grain(Starch) 5 1/2 Lean Meat 0 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Curried Meatballs

Yield: 4 Servings

Ingredients

1 cn coconut milk (398 ml)
1 tb Thai green or mild red curry paste
2 carrots diagonally sliced
1 onion sliced lengthwise
1/2 ts salt
1 recipe freezer-friendly meatballs (frozen)
2 c chopped broccoli
1 cn baby corn cobs drained and rinsed (14 oz)
2 tb chopped fresh mint or basil
1 tb lime juice

Instructions

In shallow saucepan, bring coconut milk, curry paste and 1/2 cup water to boil, whisking often. Add carrots, onion and salt reduce heat and simmer, stirring often, for 10 minutes.

Add meatballs simmer, stirring often, for 5 minutes. Add broccoli and corn simmer, stirring often, for 5 minutes or until tender-crisp. Add mint and lime juice. Makes 4 servings.

PER SERVING: about 501 cal, 30g pro, 35 g total fat (238 sat.fat), 228 carb, 4g fibre, 111 mg chol, 1,304 mg sodium. % RDI: 9% calcium, 54% iron, 101% vit A, 78% vit C. 28% folate.

Converted by MCBuster.

Contributor: Canadian Living, May'99

Thai Curried Vegetables With Adzuki Beans (Wok)

Yield: 4

Ingredients

2 ts vegetable oil or more as needed
1 c chayote squash julienned
1 red bell pepper julienned
1 c bok choy with leaves, chopped

1 asian (thai) eggplant, cut into thin strips (or half a small eggplant)
1/2 c sliced mushrooms
1 tb fresh minced ginger or more
1 clove minced garlic optional
1 tb curry sauce such as taste of thai red curry sauce
1/2 c adzuki beans cooked, drained
1 c coconut milk light, canned
2 tb low-sodium soy sauce
1 tb lime juice (half a lime)
1 (or small red chili beans)
1 tb fresh coriander leaves or more
1 freshly ground pepper to taste
1 coconut extract optional
3 c hot cooked rice (jasmine or brown or blend)

Instructions

Prep Have everything cut and measured ready to go into the wok. Cut bell pepper and chayote squash into 'matchsticks. Roughly chop (1-inch pieces) the bok choy. Thinly slice the mushrooms. Thinly slice the eggplant or if using globe, slice to square-up the eggplant (an end-cut and 4 side cuts). Cut the remainder into thin wafers. Measure and mix the curry powder into a paste as instructed on envelop.

Heat the wok, add the oil and swirl to coat pan. Fry the chayote quash and bell pepper: about 4 minutes. Add bok choy and eggplant fry about 2 minutes.

(Add a little more oil only if needed.) Add mushrooms and ginger, and garlic, if using. Cook about 1 minute.

Add the Curry paste and warm through (less than 1 minute. Add coconut milk, soy, lime juice and coriander leaves. Stir just to warm and combine but not to blend flavors (See notes). Taste: adjust flavors with pepper and option coconut extract (1/8 tsp.). Serve at once with hot cooked rice, optional soy and hot sauce (such as Sriracha).

Yield: 4 servings

Cook's Notes: As described by Jay Solomon: "This dish engulfs your palate with rolling aromatic flavors accented with occasional lightning flashes of heat."

In order to maintain crispness and unique flavors (surprises!), halve the cooking time used in Jay's recipe. Acknowledgement: Lean Bean Cuisine (1995) Jay Solomon ISBN 1-55958-438-6.

Per serving: 448 Calories (kcal) 18g Total Fat (34% calories from fat) 12g Protein 64g Carbohydrate trace Cholesterol 344mg Sodium Food Exchanges: 3 1/2 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 3 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Curry And Shrimp Soup

Yield: 6 Servings

Ingredients

1 1/2 lb medium shrimp
1 sm yellow onion quartered
1/2 fresh lemon
1 bay leaf
5 c water
Salt

2 tb Masamam Curry Paste
2 tb vegetable oil
1/4 c onions minced
1 roasted red pepper small diced
1/2 ts garlic chopped
2 tb coconut milk
2 tb fresh Thai basil leaves
chiffonade

Instructions

Peel the shrimp, reserving the heads and shells. Refrigerate the shrimp until ready to use. In a saucepan, over medium heat, combine the reserved heads and shells, onions, lemons, bay leaf and water. Season with salt. Bring the liquid to a boil. Reduce the heat to medium-low and simmer for 30 minutes. Strain and set aside. Season the shrimp with salt. Toss the shrimp with the curry paste. In a saucepan, over medium heat, add the oil. When the oil is hot, add the onions. Season with salt. Saute for 2 minutes. Add the peppers, garlic and seasoned shrimp. Saute for 2 minutes. Add the reserved shrimp stock. Bring the liquid to a boil. Reduce the heat to medium-low and simmer for 5 minutes. Stir in the coconut milk. Adjust the seasonings. Remove from the heat and stir in the basil. Ladle into serving bowls and serve.

Yield: 4 to 6 servings

<http://www.foodtv.com>

Posted to SuzyQ, Mc-Recipe 4/9/99

Contributor: Emeril Lagasse, Emeril Live #EM1C22

Thai Curry Chicken & Vegetables

Yield: 5 Servings

Ingredients

2 tb oil
1 ts five-spice powder
1/2 ts to 1 1/2 ts salt
1/2 ts garlic powder
1/2 ts ginger
1/2 ts pepper
1/2 ts cayenne pepper
1 tb soy sauce
1 1/2 lb chicken breasts, skinned, boned, cut into 1-inch pieces
1 c chicken broth
3 ts curry powder
2 tb rice wine vinegar or vinegar
14 oz coconut milk (not cream of coconut)
16 oz frozen broccoli, carrots, water chestnuts and red pepper
5 c hot cooked rice

Instructions

Heat oil in a large skillet or wok over medium-high heat until hot.

Stir in five-spice powder, garlic powder, ginger, pepper, cayenne, and soy sauce. Blend well. Add chicken cook and stir 5 to 8 minutes or until coated with seasonings, lightly browned and no longer pink.

Add chicken broth, curry, vinegar, and coconut milk stir. Bring to a boil, reduce heat and simmer uncovered 20 to 25 minutes, stirring occasionally. Add veggies to skillet, bring to a boil. Cook 3 to 5 minutes or until veggies are crisp-tender. Serve over rice.

Thai Curry Spice Paste

Yield: 1

Ingredients

5 sm dried red chilies with their seeds crushed or 1 ts cayenne pepper
1 ts ground black pepper
1 tb ground coriander
1 ts ground caraway
1/2 lemon's zest minced
1 2 inch piece ginger root peeled and minced
5 tb garlic peeled and minced
4 shallots peeled and minced
1 ts anchovy paste
6 sprigs coriander finely chopped
1 ts salt
3 tb vegetable oil

Instructions

Grind the whole spices and add any ground ones. Into a food processor, pour the mixture and add the remaining ingredients (except for 1 tablespoon of the oil. Grind as fine as possible. Using a spatula, transfer the paste to a jar and pour in the last tablespoon of oil. Cap tightly and refrigerate until needed. Keeps 2 months in the refrigerator. Makes approximately 8 ounces.

NOTES: Although substitutions for hard-to-find ingredients have been made, this curry paste still carries the true flavor of Thailand. Use it in Thai curries unless otherwise specified. A little added to stir-fry dishes or rubbed into chicken as a marinade before barbecuing or grilling will add a real Thai accent. A teaspoon added to a meatloaf mixture or meat balls, transforms them into something that is rather exotic, and when combined with peanut butter and coconut milk, it makes a tangy and aromatic sauce for Thai-style satays.

Use whole spices whenever possible. Anchovy fillets may be substituted for the anchovy paste. Shallots are preferable to onions if not available, use an equal amount of a red onion.

Recipe: Chuck Ozburn in Pok, New York

Per serving: 564 Calories (kcal) 44g Total Fat (66% calories from fat) 8g Protein 41g Carbohydrate 0mg Cholesterol 2166mg Sodium Food Exchanges: 1/2 Grain(Starch) 0 Lean Meat 7 Vegetable 0 Fruit 8 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Deviled Fish

Yield: 1 Serving

Ingredients

1 po firm fish fillet
3 tb slivered lemon grass
1/4 c sliced onions
1 satay brand thai jungle salsa to taste)
1 a few leaves fresh opal basil (optional)

Instructions

Sautee onions in a skillet until soft. Place them on the bottom of a microwave safe dish. Lightly sear both sides of the fish (1 minute /side) in the same skillet w/ a little oil or pam. Place the lemon grass on top of the onions.

Place the seared fish on the lemon grass/onion mixture. Spread a few tablespoons of the jungle salsa on top of the fish, more if you like it real hot. Top with basil leaves. Cover plate with plastic wrap, microwave on high for 6-8 minutes, turning once. Fish should be flaky when done. Serve with lots of white or brown rice.

Notes: I got this recipe from a local Thai restaurant owner. The Jungle Salsa is a very spicy blend of 6 or 8 different peppers, and is the key to the recipe. It should be available in most specialty stores. If you have a problem finding it, let me know and I will see if they do mail order. Foo recommends catfish, saying that it absorbs the spices best.

Per serving: 11 Calories (kcal) trace Total Fat (3% calories from fat) trace Protein 2g Carbohydrate 0mg Cholesterol 1mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Contributor: Foo Swasdee (Tom Tomazin)

Thai Dinner For 10 (In 30 Minutes)

Instructions

This was still ticking in my mind waiting to prompt an idea for a posting of a recipe, when two of my wife's sisters "dropped in" with their husband's and children, so completely unexpectedly we had 6 adults and 5 children ranging from 3 to 12 years old to feed. Unlike Chef Caprial we don't have a multi-ring cooking hob and a double oven, but nonetheless we forgot the simple meal we'd intended to have that evening and put plan B into effect. The menu would be steamed rice muoi's salad talay (a seafood salad) tom yum koong suki (that is to say a tom yum shrimp soup cooked in a suki pot) chicken stew (well it has a Thai name and is quite traditional, but this makes more sense.) yum moo (a spicy pork dish) pad nuea nam man hoy: spicy stir fried beef Now I've posted a yum nuea (beef) version of the yum dish but this variation was made in a hurry, and is different. Also I've dealt with a tom yum before, but this version is essentially done as a tabletop quickie. A suki pot is the Thai version of the device I've seen referred to in America as a Mongolian Hot Pot or fire pot: a copper vessel with a central chimney that can be heated on the table top. Traditional Thai pots use charcoal, but modern ones use solid fuel or gas (ours is a butane model).

The last three dishes can all be made with beef, but together they should each be made around a different meat for contrast. The stew is relatively bland, by Thai standards, the yum is hot, the stir fried beef in oyster sauce is spicy, rather than hot.

The salad is only a traditional Thai dish in the sense that it is my wife's invention, and she's Thai :-)

This meal took 30 minutes from start to finish to prepare: however the veggies were all ready cleaned and ready to use. We took the meat out of the freezer when the guests arrived and used a microwave to make sure they were defrosted.

Rice

OK: I'm not really going to tell you how to steam rice: 10 cups of washed Thai Jasmine rice was placed in an automatic rice steamer with the appropriate amount of water and placed on the dining table. Fifteen minutes later somebody stirred the rice to fluff it and after thirty minutes it was ready for us to eat.

Muoi's salad talay

('talay' means seafood, and salad is the Thai word for, well, salad, actually :-)

You need two cups of mixed salad veggies, to which you add a cup of fresh bean sprouts, and a cup of chopped onion (we use scallions/green onions, but whatever takes your fancy).

Steam enough clams, mussels and other shellfish to yield 2 cups of cooked fish. 2 cups of parboiled potato. (Using Thai sweet potatoes, I split two large potatoes in half lengthwise, and place them in the microwave for 5 minutes on high, then peel them. The surface of the potato exposed to the air turns white, and is cut off and discarded. The potato is then cut into bite sized chunks). The potato is then deep fried in an electric fryer for a couple of minutes (Thai potato floats when it is cooked, and you scoop it out and place it on paper towels to drain the oil).

Toss the veggies, potato and the shellfish together in a salad bowl and salt and pepper to taste.

The dressing consists of one cup of mayonnaise, half a cup of tomato ketchup, two table spoons of oyster sauce, one tablespoon of Worcestershire sauce and two tablespoons of hot Thai Chile Sauce. If you can't get the Thai chile sauce you could use Tobasco, but it isn't as hot, and is somewhat more salty, so be careful). You then add enough of the dressing to the salad to coat it thoroughly when tossed. The remaining dressing is placed on the table as a dipping sauce, together with a few plates of raw sliced veggies (cucumbers, carrots, etc...)

Tom Yum Koong

Place about a liter (or a quart) of fish stock in the hot pot (if you haven't got one, you could use a small "deep fryer" or a fondue pot as a replacement).

Bring it to a boil and add:-

2 stalks of lemon grass, bruised (this isn't eaten, but is an essential flavorant)

2-3 "kaffir" lime leaves (use lime zest if you can't get it) 2 coriander [cilantro] plants, chopped. 1 tablespoon fresh ground ginger ground chili powder (prok phom) to taste 4 tablespoons red chilies in vinegar (prik dong) 4 tablespoons green chilies in fish sauce (prik nam pla) the juice of 3 or 4 limes 2 or 3 tablespoons of sliced bamboo shoots or coconut shoots 2-3 tablespoons "chilies in oil" (prik nam pao) raw shrimp (about 15 to the pound in size) are placed on the table (in

Thailand we don't bother cleaning them you might want to remove the heads, legs and shells, and devein them), together with fresh mushrooms. The guests then cook these by placing them in small bronze-wire baskets and dipping them in the suki pot. If you are using fondue forks, you might want to add the mushrooms to the soup liquor just before everyone starts to dine.

Chicken Stew

It occasionally gets cold in Thailand (the temperature recently has been below 30 at midday, and has even gone as low as 16 Celsius at night... :-)) and this dish is traditional in the Isan region

Note if done with beef, the meat is simmered slowly, for several hours.

Quite unusual in Thai food. However chicken cooks quite quickly and is tender.

Remember my slogan: you cook it until it is cooked!"

Take the meat from a medium chicken, and cut it into bite sized chunks.

Place it in a large stewpan, and add:- a piece of cinnamon, about a tablespoon of grated galangal, the chopped roots of three coriander plants, about half a cup of fish sauce, 2 tablespoons of dark sweet soy, a tablespoon of Worcestershire sauce a cup of chopped celery (preferably Chinese celery) about two cups of chopped veggies (cabbage, kale, ...) 2 3 tablespoons of fried garlic

Cover with water, and simmer until the meat is cooked. Stir in some rice flour or corn starch to thicken the sauce.

Recipes By: Muoi Khuntilanont

Per serving: 0 Calories (kcal) 0g Total Fat (0% calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Converted by MMBuster v2.0n.

Thai Dipping Sauce

Yield: 1

Ingredients

1/4 c fish sauce
1/4 c lemon juice
2 cloves chopped garlic
2 red chillies
1 coriander (chopped)
1/2 ts sugar

Instructions

Mix all together and pour over grilled fish, chicken, beef, vegies, rice, noodles.

Excellent with Thai fish cakes (recipe to follow).

Converted by MCBuster.

Per serving: 170 Calories (kcal) 9g Total Fat (44% calories from fat) 1g Protein 24g Carbohydrate 9mg Cholesterol 3mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 1/2 Fruit 2 Fat 1 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Dumplings With Dipping Sauce

Yield: 1 Serving

Ingredients

2 tb vegetable oil
2 cloves garlic minced
1 tb grated, peeled fresh gingerroot
1 tb chili paste
3 green onions (white and pale green sliced)
1 lg zucchini diced (4 cups)
1 red bell pepper diced (1 cup)
1 tb fresh lime juice
1/2 c chopped fresh cilantro
1 lb square wonton skins

DIPPING SAUCE

1/4 c tamari
2 tb rice vinegar
1 tb Asian sesame oil
1/2 ts chili paste
1 ts minced green onions

Instructions

MAKES 32 DAIRY-FREE

These refreshing dumplings sport a vegetable filling flavored with lime juice and fresh ginger. Serve with the tangy dipping sauce and a tossed salad for a light meal.

In large skillet, heat oil over high heat. Add garlic, ginger and chili paste. Stir-fry 1 minute. Add green onions and cook 1 minute. Add zucchini and bell pepper and cook, stirring often, until vegetables are just tender, 3 to 4 minutes. Add lime juice and

cilantro. Remove from heat and allow the mixture to cool. Transfer mixture to food processor and coarsely chop.

Dipping sauce: In small bowl, mix all sauce ingredients and set aside.

Line baking sheet with plastic wrap. Working on a clean, flat surface, place 1 tablespoon of filling in center of won ton wrapper. Brush corners with a little water, then gather sides of wrapper and pinch tops to resemble a pouch. Set dumpling on baking sheet. Repeat until filling is used up.

Fill wok or base of tiered bamboo steamer about 1/3 full of water. Cover and bring to a boil over high heat. Lightly oil steamer and place dumplings inside so edges are not touching. Set steamer over boiling water, cover and cook dumplings until tender, 15 minutes. Transfer dumplings to a platter and serve right away with dipping sauce.

PER 4 DUMPLINGS: 208 CAL. 8G PROT. 4G TOTAL FAT (1G SAT. FAT) 360 CARB. 4MG CHOL. 648MG SOD 1G FIBER.

Converted by MCBuster.

Contributor: Vegetarian Times Magazine, September 1998, page 44

Thai Egg Noodles & Pork Soup (Ba Mee Nam)

Yield: 6 Servings

Ingredients

- 1 c bean sprouts
- 8 oz egg noodles, fresh (ba mee)
- 6 md garlic cloves
- 6 c chicken stock
- 4 tb ground pork
- 2 tb dried shrimp
- 2 tb fish sauce (nam pla)
- 3 ea lettuce leaves
- 8 sl pork, cooked, 1-1/2 x 3
- 2 ea green onions, thinly sliced
- 1 tb corriander leaves, chopped
- 1 ts granulated sugar
- 2 tb peanuts, roasted & crushed
- 1 tb dried red chile flakes

Instructions

Blanch the bean sprouts for a minute, then set them aside to drain.

Boil the noodles in plenty of water for five minutes, then drain them. Next, cook the ground pork in a saucepan over medium heat until it begins to brown. Add chicken stock, dried shrimp and fish sauce, stir, and bring the mixture to boil. Meanwhile, chop the garlic and fry it in a tablespoon of vegetable oil until it is crisp. Place the blanched bean sprouts in the bottom of a large serving bowl. Top with the cooked noodles. Pour the fried garlic and its oil over top of the noodles. When the chicken stock mixture boils, tear the lettuce leaves into strips, add them to the stock, immediately remove the stock mixture from the stove, and pour it over the noodles and bean sprouts. Garnish with pork slices, green onions and corriander leaves. Sprinkle in the sugar, peanuts and chile flakes and serve immediately.

Thai Fettuccine Primavera

Yield: 4

Ingredients

- 14 oz thai coconut milk *

2 tb thai red curry paste **
1 lb fettuccine pasta
4 c broccoli florets 1 diameter
1 red yellow, orange peppers

Instructions

* Use A Taste of Thai Coconut Milk. ** Use A Taste of Thai Red Curry Base.

Cut the red, yellow and orange peppers into 1 inch pieces. Combine the coconut milk and curry base in a saucepan. Bring to a boil. Simmer for 4 minutes, stirring often. Set aside. In an 8 quart or larger stockpot, bring 6 quarts of water to a boil. Add pasta and return to a boil for 5 minutes. Stir in all the vegetables. Return to a boil for 2 minutes or until tender. Drain pasta and vegetables. Return to stockpot. Stir in curry sauce.

Serve hot.

Per serving: 0 Calories (kcal) 0g Total Fat (0% calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Fish Cakes

Yield: 8 Servings

Ingredients

1 Pound White fish ground
4 Tablespoons Fish Sauce
1 Pound Shrimp ground
4 Tablespoons Corn Starch
1/4 Cup Fresh Green Beans chopped
1/2 Teaspoon Sugar
2 Garlic Cloves fine chopped
1/2 Teaspoon Black Pepper
2 Eggs
1 1/2 Tablespoons Fresh Cilantro chopped
2 Teaspoons Red Curry Paste

Instructions

Mix all ingredients until thick. Form patties with mixture and fry in approximately 1 inch of peanut oil.

Thai Fish Curry

Yield: 1

Ingredients

1/3 c finely chopped onion
2 tb minced fresh cilantro stems
2 tb minced fresh lemongrass (from bottom 6 inches of stalk)
1 tb turmeric
1 tb minced fresh ginger
1 tb ground cumin
3 lg garlic cloves halved
3/4 ts dried crushed red pepper
1 tb vegetable oil
3/4 lb sea bass fillets cut into 3-inch 1 pieces (1 1/2-inch-thick)
1 c canned unsweetened coconut milk
2/3 c bottled clam juice

1 minced fresh cilantro
1 freshly cooked rice

Instructions

Blend first 8 ingredients in processor to dry paste, stopping frequently to scrape down sides of work bowl. (Paste can be prepared 3 days ahead. Cover and chill.)

Heat oil in medium nonstick skillet over medium-high heat. Add 2 rounded tablespoons spice paste stir 1 minute. Add fish and cook 2 minutes, turning occasionally with tongs. Add coconut milk and clam juice and simmer until fish is cooked through, turning occasionally, about 6 minutes. Transfer fish to plate. Boil liquid until reduced to thick sauce, about 8 minutes. Season with salt. Return fish to sauce and heat through. Sprinkle with cilantro. Serve over rice.

Serves 2.

Bon Appetit June 1992

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai Fishcakes With An Oriental Salad

Yield: 1

Ingredients

1 a bunch of fresh coriander
1 tb grated ginger (trim the skin off first)
1 ts garlic
1 ts red chillies
2 tb coconut cream
225 g cod (1/2lb)
1 chilli paste to taste
1 tb lime juice and rind combined
1 a pinch of salt and pepper
1 a generous pinch of sugar
2 generous pinches of red onion
1 breadcrumbs
1 some sesame and vegetable oil for frying

FOR THE DRESSING

1 tb soya sauce
1 tb sesame oil
1 a pinch of sugar
1 a pinch of salt and pepper
1 a pinch of ginger
1 tb lime juice and zest

FOR THE SALAD-

1 bok choy
1 whole chinese lettuce
1 fennel
1 handful beansprouts
1 few spring onions
1 few coriander leaves

TO FINISH-

1 vinegar
1 white wine

Instructions

Mix in a blender the coriander, grated ginger, garlic, red chillies and coconut cream. Blend until mixed and finely chopped.

Take the cod and ask your fishmonger to skin and pin it for you and add this to your mixture. Next add your chilli paste, as much as you want to taste and blend for 30 seconds.

Once blended put into a large bowl and add the lime juice and rind, salt, pepper, sugar and finely chopped red onion. Finally, add the breadcrumbs gradually while mixing until it becomes more sticky than wet. Pop into the fridge for 20 minutes.

Remove the mixture from the fridge and roll a small handful between the palms of your hand to make a ball then slowly pat it out, you must try not to crack the edges. You will need 3 fishcakes per person.

Put about 1/4 of an inch of sesame oil and half vegetable oil in a frying pan and put on half heat. Shallow fry your fishcakes all the while moving the pan to prevent them sticking to the bottom. Fry for 15 minutes.

Next make your salad dressing. Simply whisk all the ingredients together and leave aside.

For the Oriental Salad Take a whole Chinese lettuce and shred finely.

With your Bok Choi you should only cut away the stalks and add whole to your salad.

Take your fennel, peel it, cut it into quarters, remove the stalk in the centre and slice vertically into fine shavings. Add a handful of washed beansprouts. Take a handful of spring onions, cut the green tops off, tail them as well and finely slice. Finally mix together and add a few coriander leaves.

Finally cover the plate with your salad, drizzle 2 tbsp of your dressing over this and arrange your three fishcakes in the centre of the plate.

For the finishing touch make a dressing of half vinegar and half white wine, drizzle a few tbsp's onto your fishcakes and garnish with a sprig of coriander.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai Fresh Cucumber Salad (Taeng Kwa Brio Wan)

Yield: 6 Servings

Ingredients

3 md cucumbers sliced as thinly as pos

1 salt

1/2 ts dried hot pepper flakes

1 tb sugar dissolved in: hot water

4 tb white vinegar

2 tb minced red onion or minced scallions (

Instructions

*Note: The book says to peel the cucumbers only if they are waxed and even then leave on a few strips. I say to remove all the peel if it's been waxed. Yuck.

In a bowl, generously salt the sliced cucumbers. Allow to sit for at least 30 minutes, stirring occasionally.

Combine the other ingredients.

Squeeze out as much of the cucumber juice as you can, by wringing a handful at a time in a double layer of cheesecloth or a dish towel. Twist until you can extract no more juice.

Combine the squeezed cucumbers and the sauce in a serving bowl and refrigerate until ready to serve.

Source: Sundays at Moosewood Restaurant Typed for you by Karen Mintzias

Thai Fried Bananas

Yield: 2 Servings

Ingredients

2 banana firm

1 tb palm sugar (brown will do if you can)

1 tb butter

1 lime juiced

Instructions

Peel bananas slice lengthwise, then in half. Fry in butter until soft and golden. Add sugar and stir until syrup thickens. Sprinkle with lime juice and serve.

Thai Fried Chicken

Yield: 1 Servings

Ingredients

4 lb whole chicken (fryer only)

3 tb pounded garlic

2 ts white pepper

2 ts salt

1 ts chicken stock powder knorr

5 tb soy sauce

1 md chinese parsley

4 tb white sugar

1 tb fish sauce

1 ts grilled dry red chili

3 tb vinegar

2 c glutinous rice (sticky rice)

Instructions

Chop parsley and set leaves aside. Pound the rest of Parsley including roots with garlic. Set aside 1 table spoon of pounded garlic for dip sauce. Mix 2 table spoons pounded garlic, 1 table spoon sugar, and the rest of white pepper, salt, Knorr, and soy sauce in small bowl. Cut chicken lengthwise along its front and spread flat. Pierce skin with fork. Apply ingredient thoroughly, seal in plastic bag, and put in refrigerator over night. Soak 2 cups of glutinous rice (preferably over night or at least 3 hours).

Sticky rice: Put steaming screen (comes with most rice cookers) into medium size rice cooker. Put water below screen level. Put soaked glutinous rice into cooker and start cooking. Loosen rice with fork thoroughly after 12-18 minutes. Continue cooking until auto-switch turns off.

Sauce: Put chili powder, vinegar, the rest of pounded garlic, fish sauce, and sugar in small bowl. Put ingredients in micro wave for 1.5 minutes to let sugar dissolve and garlic sap soften. Ingredients in sauce pan over range works as well. Let sauce cool down and set for 15 minutes. Put chopped parsley leaves on top.

Chicken: Heat oven to 425 degrees for 10 minutes. Put chicken in tray skin side up and stick it in middle-lower shelf. After 25-30 minutes, drain chicken gravy into bowl and apply on chicken skin thoroughly, using brush or spoon. Reduce heat to 400 and put chicken back in for 15-20 minutes, or until skin turns golden brown (watch carefully at this time). Drain gravy again if need ed. Spread chili sauce on top of chicken before serving with sticky rice. Or cut and dip chicken in sauce if prefer chicken skin crispy.

Nopadon.

Thai Fried Noodles (1)

Yield: 3

Ingredients

1/2 lb fresh rice noodles cut into 1/2-inch slice
1 c fresh bean sprouts
1/3 c oil
1 tb minced garlic
4 tb minced shallots
2 ts shrimp paste (kapee)
1 tb chopped dried shrimp (opt.)
10 md shrimp shelled, deveined or substitute pork
3 tb fish sauce (nam pla)
1 tb rice vinegar
2 tb light brown sugar
2 tb tomato ketchup
1 ts chili powder (optional)
2 eggs lightly beaten

GARNISHES-

1/3 c coarsely ground peanuts (unsalted)
1/2 ts dried red chili flakes (opt)
2 green onions finely sliced
2 tb chopped coriander leaves
2 limes cut into wedges
1 sm cucumber sliced

Instructions

If using dried rice noodles, soak in hot water for 20 minutes before cooking.

Drain. In 4 quarts boiling water, cook fresh rice noodles 2 to 3 minutes or until just tender to the bite, al dente. Drain. Rinse. Drain for 30 minutes or until dry. In boiling water, blanch the bean sprouts for 30 seconds.

Refresh under cold water. Drain.

Heat oil. Fry garlic and shallots until golden. Add the shrimp paste and dried shrimp. Stir. Add the shrimp and stir-fry until done. Add the fish sauce, vinegar, sugar, ketchup, and chili powder. Stir until sugar dissolves. Add the beaten eggs and let them set slightly. Then stir to scramble. Add the noodles and toss for about 2 minutes. Place the Pad Thai on a platter. Sprinkle the noodles with peanuts, chili flakes, green onions, and coriander. Arrange lime wedges around the edge of the platter. Serve with a side dish of fresh bean sprouts and cucumbers.

(Yield: 3-4 serving)

Source: The Southeast Asia Cookbook, by Ruth Law

Per serving: 383 Calories (kcal) 30g Total Fat (68% calories from fat) 10g Protein 22g Carbohydrate 157mg Cholesterol 84mg Sodium Food Exchanges: 0 Grain(Starch) 1 Lean Meat 1 Vegetable 1/2 Fruit 5 1/2 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Fried Noodles (3)

Yield: 4 Servings

Ingredients

3 tb vegetable oil
4 garlic cloves finely crushed

1 tb fish sauce to
4 tb lime juice
1 ts crushed palm sugar
2 eggs beaten
12 oz rice vermicelli soaked in water for 20 minutes, drained
4 oz peeled shrimp
4 oz bean sprouts
4 green onions sliced
TO GARNISH-
2 tb dried shrimp, ground
1 roasted peanuts finely chopped
1 cilantro leaves
1 lime slices

Instructions

Heat oil in a wok, add garlic and cook, stirring occasionally, until golden. Stir in fish sauce, lime juice and sugar until sugar has dissolved. Quickly stir in eggs and cook for a few seconds. Stir in noodles to coat with garlic and egg, then add shrimps, 3/4 of the bean sprouts and half of the green onions.

When noodles are tender, transfer contents of wok to a warmed serving dish. Garnish with remaining bean sprouts and green onions, dried shrimp, peanuts, cilantro leaves and lime slices.

Source: The Book of Thai Cooking, by Hilaire Walden HPBooks, : ISBN 1-55788-038-7

From: stigle@cs.unca.edu (Sue Stigleman)

Thai Fried Noodles (Pad Thai)

Yield: 4 Servings

Ingredients

3 tb oil
2 oz ready-fried beancurd (or more), cut into 1/2 cube
1 egg
4 oz flat noodles cooked
1 tb chi po (preserved turnip) (finely chopped)
2 spring onions in 1 pieces
2 tb chopped roasted peanuts
3 oz beansprouts
1/2 ts chili powder
1 ts sugar
2 ts light soy sauce
1 ts lemon juice
1 lime wedge (for garnish)
1 sprig of fresh coriander (for garnish)

Instructions

In a wok of frying pan, heat oil. Add garlic & fry til golden brown. Add ready-fried beancurd and stir. Break egg into wok, cook for a moment, then stir. Add cooked noodles, stir, then add turnip and spring onions & half of peanuts and half of beansprouts. Stir well add chili powder, sugar, light soy sauce, and lemon juice. Stir well & turn on to a plate. Sprinkle with remaining peanuts and chopped coriander leaf. Arrange remaining beansprouts & lime wedge on side of plate.

(From Thai Vegetarian Cooking, Vatcharin Bhumichitr, Clarkson Potter Pub)

Thai Fried Rice Chao Praya Thai Restaurant

Yield: 4 Servings

Ingredients

****Steamed Rice****

1 c long grain rice

1 1/2 c water

****Fried Rice****

4 c cold steamed rice

3 tb peanut oil

2 md onions finely chopped

1 lg pork chop finely diced

1 c raw prawns, shelled deveined

3/4 c crab meat

3 eggs beaten

2 tb fish sauce

1 tb Tabasco sauce

2 tb tomato paste

1 c spring onions chopped

3 tb fresh cilantro leaves chopped

salt and pepper to taste

chili sauce to taste

Instructions

Heat oil in a wok or large frying pan and saute onions until soft and translucent.

Increase heat to high and add pork and fry for 3 minutes.

Add prawns and crab meat and fry for 3 more minutes.

Season beaten eggs with salt and pepper and pour into center of wok.

Stir until just beginning to set, then add rice and stir well. Continue stirring until rice is heated through.

Sprinkle fish sauce over and mix well. Add chili sauce and tomato paste and toss thoroughly so the rice has a reddish color. Remove from heat, stir spring onions in and place on serving platter. Sprinkle with chopped cilantro leaves.

Recipe from Colorado's Gourmet Gold Cookbook of Recipes from Popular Colorado Eateries No ISBN , First Edition November 1990 Laika Inc Posted to RecipeCafe and EthnicRegMC 8/99 by JoAnn Pellegrino

Contributor: Chao Praya Quebec St Commerce City Colorado

Thai Fried Rice With Vegetables

Yield: 1 Recipe

Ingredients

NORMA WRENN-

1/4 c white onion chopped

1 tb fresh garlic chopped

12 oz fresh or frozen mixed vegetables

3 tb vegetable oil or butter

1/4 ts ground black pepper

1 tb brown sugar (optional)

3 tb oyster sauce or thai kitchen fish sauce

Instructions

Brown Onion And Garlic In Oil Or Butter. Add Remaining Ingredients And Simmer For 10-15 Minutes. Serves 2-4. MM Norma Wrenn
Copyright: Thai Kitchen & Epicurean International

Thai Fried Rice

Yield: 4 Servings

Ingredients

4 tb vegetable oil
2 lop cheung or chinese sausages, thinly sliced
1/2 lb medium shrimp, peeled, deveined and patted dry
2 eggs, beaten
2 serranos, seeded and diced
1 cl garlic, minced
3 scallions, thinly sliced
3 c cold cooked rice
1 thai fish or soy sauce
2 thai red chiles, seeded and diced

Instructions

Heat 2 T of oil in wok over high heat.

Stir-fry sausages until edges are crisp. Transfer to platter with slotted spoon. Stir-fry shrimp just until pink and transfer to platter. Drain liquid from wok, leaving about a spoonful of oil. Pour in eggs, swirling to make a thin, puffy layer. Quickly scramble into bite-sized pieces and transfer to platter.

Return wok to high heat and swirl in remaining oil. Stir-fry serranos, garlic, and scallions less than a minutes. Add rice, stirring and tossing to evenly coat and fry.

Return sausage, shrimp, and egg to wok, drizzle fish or soy suace to taste, and stir and toss less than a minutes. Turn out onto platter and garnish with red chiles.

Source: "Totally Chile Pepper Cookbook", 1994

Thai Fruit & Shrimp Salad (Yam Polamal)

Yield: 4 Servings

Ingredients

2 c assorted fruits *
2 tb oil
1 shallot, thinly sliced
3 garlic cloves, thinly sliced
1 juice of 1 lime
1 ts kosher salt
1 ts sugar, or to taste (optional)
1/4 cooked shrimp
2 tb chopped raw peanuts
1 fresh red chile, seeded, finely shredded

Instructions

* (sliced green apples, pears, tangerine or orange sections, grapefruit or pomelo, halved and seeded grapes, strawberries, firm papaya).

Recipe courtesy of Chalie Amatyakul, director, Thai Cooking School at The Oriental, Bangkok. Reprinted from "Southeast Asian Cooking," by Jay Harlow (Ortho Books, 1987).

Cut the fruit into bite-sized pieces. If using pomelo, peel the individual sections and break them apart into grains about the size of a grape seed. Toss apple or pear slices in a little citrus juice to keep them from oxidizing.

Using a small skillet or saucepan, heat the oil over low heat and gently fry the shallot and garlic in it until lightly browned. Remove and drain on paper towels. Discard the oil or reserve it for another use.

Combine the lime juice, salt and sugar (if used) in a medium bowl and stir to dissolve. Add the fruits, shrimp and half the garlic and shallot: toss to coat evenly with dressing. Taste for seasoning and adjust if necessary. Transfer to a serving dish and garnish with the remaining garlic and shallot, peanuts and chile shreds.

Serves 4.

San Francisco Chronicle, 3/9/88.

Posted by Stephen Ceideberg February 24 1993.

Thai Garlic Chicken (Kai Yang)

Yield: 1 Recipe

Ingredients

1 roasting (3-pound) chicken or 6 chicken breast halves

6 cloves garlic

2 ts salt

2 tb black peppercorns

4 whole plants fresh coriander (cilantro), including roots

2 tb fresh lemon juice

Instructions

This may sound like a lot of garlic and pepper, but the end result is delicious. The coarsely crushed peppercorns are not as hot as the same amount of finely ground pepper.

Cut whole chicken into serving pieces. Crush the garlic with the salt to make a paste. Coarsely crush peppercorns with spice grinder or mortar and pestle. Finely chop the well-washed coriander, roots, stems and leaves.

Combine the garlic, salt, pepper coriander and lemon juice together and rub mixture into the chicken pieces. Place in a sealable plastic bag and let stand for at least 1 hour at room temperature or in the refrigerator overnight.

Preheat broiler to high. Broil 6-inches from heat source and cook, turning chicken every 5 minutes, until chicken juices run clear and skin is crisp or cook over glowing coals on a barbecue grill.

from the Chicken-recipes list at Onelist, posted by Mimi Hiller MM-formatted by Petra

Thai Garlic Prawns

Yield: 4 Servings

Ingredients

1 stephen ceideburg

8 cloves garlic, crushed

2 tb minced coriander root

2 tb fish sauce

1 1/2 tb brown sugar

1/2 ts sugar

1 1/4 lb cleaned prawns

1 oil for frying

Instructions

Spanish garlic prawns are yesterday's fashion, but are still so enjoyable that most of us are prepared to eat them and to hell with friends and colleagues next day. Perhaps the vast quantity of coriander root in this Thai version has magical properties because the after-math doesn't seem to be severe.

Prepare a marinade by mixing together 8 crushed cloves of garlic, 2 tablespoons washed and minced coriander root, 2 table spoons fish sauce, 1.5 tablespoons brown sugar and 1/2 teaspoon pepper. Add 500 g of shelled and cleaned prawns and leave to marinate for 15-30 minutes.

Heat 2 tablespoons oil in a frying pan, add the prawns and their marinade and stir-fry for 3-4 minutes or just until the prawns are pink. Stir in the juice of a lemon and serve immediately with rice and sliced tomatoes and cucumber.

From an article by Meryl Constance in The Sydney Morning Herald, 7/20/93. Courtesy Mark Herron.

Thai Garlic Soup

Yield: 6 Servings

Ingredients

4 tb minced garlic or 5 cloves
2 tb peanut oil
6 c light stock or water
4 ts soy sauce or 5
1 ts salt or less
3 c cabbage coarsely chopped
2 md carrots cut diagonally into 1-in
1 ***options***
1 st celery chopped
1 sliced mushrooms a few
1 red pepper flakes crushed to taste

Instructions

In a deep saucepan, saute the garlic in oil over medium heat until it starts to turn brown. This will take only a few minutes.

Add remaining ingredients and bring to a boil. Lower the heat and simmer, covered, about 10 minutes, or until all the vegetables are tender.

Taste and adjust seasonings. Serve immediately or store for reheating later.

*The soup reheats well.

REF Recipe from STILL LIFE WITH MENU (Revised) by Mollie Katzen, 1988 1995 Ten Speed Press. *Garlic mellows as it cooks. Reprinted in DIET FOR ALL SEASONS, by Elson M. Haas (MD) (Paperback ISBN 0890877327 Celestial Arts 1995)

From: KitPATH

Per serving: 90 Calories (kcal) 5g Total Fat (33% calories from fat) 12g Protein 9g Carbohydrate 0mg Cholesterol 1106mg Sodium Food Exchanges: 0 Grain(Starch) 1 Lean Meat 1 1/2 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Nutr. Assoc. : 0 0 25062 0 0 0 0 0 0 0 0 0

Contributor: A DIET FOR ALL SEASONS (1995) Haas & Manzolini

Thai Glass Noodles (Yam Woon Sen)

Yield: 4

Ingredients

2 oz dried mung bean noodle
1 whole chicken breast boned, skinned, chop
1 salt and pepper to taste
1 fresh red or green chile chopped
3 tb lime juice
2 tb nam pla (thai fish sauce)
1 ts sugar
3 shallots peeled, thinly
1/2 c fresh coriander leaves
6 oz cooked bay shrimp
1 shredded lettuce

Instructions

This recipe comes from the Oriental Hotel in Bangkok, location of the Thai Cooking School. It has been adapted for the American cook. With this recipe it's necessary to use mung bean glass noodles rather than those based on rice flour. Check the ingredients on the package when buying.

Put mung bean noodles in a bowl and pour in lukewarm water to cover. Let soak until soft and pliable (about 15 minutes). Drain. Add noodles to a large pot of boiling water. Reduce to medium heat cook until noodles are plump and glass like (3 to 5 minutes). Drain in a colander rinse with cold water drain again. Cut into 3 or 4 inch lengths.

Chill.

Pour oil into a hot wok or skillet. Add chicken saut, until it loses it's pink color. Break into small morsels. Season with salt and pepper to taste.

Cool.

Mix together chile, lime juice, nam pla, sugar, shallots and coriander pour over noodles and mix thoroughly. Add chicken, shrimp and chilled noodles mix well.

Serve on a bed of shredded lettuce. Garnish with the optional crisp fried shallots.

Serves 4 to 6.

NOTE: Crisp fried shallots are available in Asian grocery stores.

San Francisco Chronicle, 8/29/90.

As far as the crisp fried shallots go, they're easy to make. Just fry some sliced shallots in a little oil until they're browned and crisp. I wouldn't hesitate to substitute dried onion flakes fried in the same way... I add them to a lot of Thai soups for an extra flavor accent.

Per serving: 138 Calories (kcal) 7g Total Fat (44% calories from fat) 15g Protein 3g Carbohydrate 46mg Cholesterol 47mg Sodium Food Exchanges: 0 Grain(Starch) 2

Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Glazed Pork Chops

Yield: 4 Servings

Ingredients

1 tb vegetable oil
4 pork chops, 1/2 thick
1/2 c knorr thai sauce
1/4 c peach or apricot jam
1/2 red pepper, chopped

1 chopped cilantro or parsley

Instructions

In a skillet, heat oil over medium-high heat add pork chops and brown on both sides. In a small bowl combine sauce and jam pour over chops, turning to coat. Stir in red pepper. Reduce heat simmer uncovered 10 minutes or until tender, turning chops occasionally. Serve with rice and garnish with chopped cilantro or parsley.

Thai Green Chicken Curry

Yield: 4 Servings

Ingredients

400 ml coconut milk
100 g bamboo shoots, sliced
70 g thai green curry paste
1 tb fish sauce
200 g chicken thigh fillets
1/2 ts palm sugar (sliced)
1/2 ts green chilli, seeds removed, chopped finely
200 ea kaffir lime leaves
200 ml water
1 tb fresh basil chopped finely

TO SERVE

1 basil leaves
1 red chilli slices

Instructions

Simmer 1 cup of coconut cream and curry paste over moderate heat, stirring until it becomes fragrant and the oil starts to separate from the coconut cream. Add Chicken Fillets and cook over Moderate heat, stirring frequently until the chicken changes colour. Add the remaining coconut cream and sufficient water to cover the chicken. Add Lime Leaves and Bamboo Shoots. Bring to the boil (stirring), reduce heat & simmer until the chicken is tender. Stir in the fish sauce, sugar, green chilli and basil. Simmer for a further 5 minutes.

TO SERVE: Transfer to a fresh serving bowl and scatter with the fresh Basil & Chilli slices.

From: Australian Vogue Wine & Food Cookbook 94/95

Thai Green Chicken With Rice Noodles

Yield: 4

Ingredients

3 c coconut cream
2 tb green curry paste
60 g rice noodles about (2 oz)
1 roast chicken
1 tb asian fish sauce
1/2 c coriander leaves

Instructions

In a no-stick pan bring coconut cream to a simmer, stirring occasionally.

Soak rice noodles in hot water for about 10 minutes.

Meanwhile, using a cleaver, cut chicken into small pieces, keeping it on the bone. Add chicken to coconut cream mixture and reheat on low heat. Stir fish sauce into chicken.

Place noodles in a deep serving dish and top with chicken and sauce.

Sprinkle coriander leaves over chicken and serve.

Converted by MCBuster.

Per serving: 657 Calories (kcal) 63g Total Fat (80% calories from fat) 7g Protein 27g Carbohydrate 0mg Cholesterol 16mg Sodium Food Exchanges: 2 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 12 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Green Curry Chicken With Basil

Yield: 6

Ingredients

3 cn unsweetened coconut milk (do not shake can)

3 pieces galangal (siamese ginger)

2 tb fish sauce (nam pla)

3 tb fresh green curry paste

2 whole chicken breasts boned, skinned, cut into

8 kaffir lime leaves dried or fresh

1 or fresh citrus leaves

3/4 c basil leaves thai basil best

4 green serrano chilies sliver

2 c fresh green peas or 8 sm thai eggplants

1 chicken stock or water

1 hot cooked rice

Instructions

The recipe for green curry paste follows. You can make it as hot as you like by altering the amount of peppers used. THAI GREEN CURRY CHICKEN WITH BASIL Tiny pea-size Thai green eggplants are cooked with this curry. You may substitute fresh garden peas which satisfies the visual appearance.

Allow the coconut milk to stand for one hour or until it separates. Skim about 1 cup thick coconut cream off the top.

Put coconut cream, galangal and fish sauce into a wok or saucepan. Cook, stirring over high heat until it becomes thick and oily. Add green curry paste and cook until it becomes aromatic, about 2 minutes.

Add chicken cook over medium heat for about 2 minutes, stirring frequently.

Add remaining 2 cups of coconut milk, citrus leaves, 1/2 cup of the basil, chilies and peas. Bring to a boil, stirring frequently, and simmer 5 minutes.

Thin sauce with chicken stock or water. Garnish with remaining basil leaves.

Serve hot with rice.

Per serving: 51 Calories (kcal) 1g Total Fat (16% calories from fat) 3g Protein 8g Carbohydrate 1mg Cholesterol 3mg Sodium Food Exchanges: 1/2 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Green Curry Eggplant Stack

Yield: 6

Ingredients

1 c curry paste

CURRY PASTE-

14 oz canned low-fat coconut milk

1 c rice milk or soy milk

1 c green summer squash cubes cooked until soft and drained
1/2 bn thai or italian basil leaves stemmed
1/2 bn fresh cilantro leaves stemmed

1 sea salt to taste

BARLEY SALAD

3 c cooked barley
2 scallions white part only, thinly sliced
1 tomato finely diced
1 sm cucumber peel on, seeded and finely diced
1/4 c fresh lime juice
1 ts sea salt
2 tb chopped fresh mint
2 ts sesame seeds toasted, optional

SAUTEED VEGETABLES-

1 1/2 lb seasonal vegetables (see note) cut into bite-sized pieces
1/4 c beans sprouts
4 shallots sliced thin
2 ts canola oil (optional)
1 tb finely shredded fresh mint leaves
1 tb finely shredded fresh basil leaves
1 red onion peeled and sliced thin

Instructions

Note: broccoli, cauliflower, carrots, zucchini, sliced shiitake and whole oyster mushrooms, green beans, long beans, bok choy and other greens, cubed tomato, peppers, and Japanese eggplant

To make the curry sauce: In a medium saucepan, combine the curry paste, coconut milk, and rice milk and bring to boil. Reduce heat and simmer for 20 minutes. Strain the sauce. Transfer to a blender and add the squash, basil and cilantro. Blend until smooth. Add salt. Set aside.

To make the salad: In a medium bowl, combine all the ingredients and mix well.

Ingredients:

To make the sauteed vegetables: In a large saute pan or skillet, saute the vegetables and shallots in the oil over very high heat about 5 minutes. Or cook them in a dry nonstick pan just until they start to soften. Add the curry sauce, bean sprouts, mint, basil and onion and cook for another 2 or 3 minutes. Ingredients:

To assemble: Put 1/4 cup barley salad in the bottom of shallow soup or pasta bowl. Place 1 eggplant round on top of the salad, place 1 cup sauteed vegetables on the eggplant and top with a second eggplant round. Pour 1/2 cup curry sauce around the plate. Top the eggplant with some sprouts and some basil and mint.

Note: For a lower fat dish, replace the coconut milk with 14 ounces of rice milk, with 1 teaspoon of coconut extract.

<http://www.pbs.org/regina/recipes2> Episode 307 See separate recipe for Mushroom and Hazelnut-Stuffed Artichokes with Saffron-Garlic Sauce which was also presented in Episode 307.

Per serving: 372 Calories (kcal) 24g Total Fat (56% calories from fat) 6g Protein 35g Carbohydrate 7mg Cholesterol 1512mg Sodium Food Exchanges: 1 1/2 Grain(Starch) 1/2 Lean Meat 1 Vegetable 0 Fruit 4 1/2 Fat 0 Other Carbohydrates

Recipe by: Regina's Vegetarian Table: Episode 307

Converted by MMBuster v2.0n.

Thai Green Curry Paste

Yield: 1 Servings

Ingredients

15 green hot chilies
3 tb chopped shallots
1 tb chopped garlic
1 ts chopped galangal
1 tb chopped lemon grass
1/2 ts chopped kaffir lime rind
1 ts chopped coriander root
5 peppercorns
1 tb coriander seeds
1 ts cumin seeds
1 ts salt
1 ts shrimp paste

Instructions

In a wok over low heat, put the coriander seeds, and cumin seeds and dry fry for about 5 minutes, then grind into a powder.

Into a blender, put the rest of the ingredients except the shrimp paste and blend to mix well. Add the coriander-cumin seed mixture and the shrimp paste and blend to obtain 1/2 cup of a fine-textured paste.

This can be stored in a glass jar in the refrigerator for about 3-4 months.

Recipe from: *The Elegant Taste of Thailand*, by Sisamon Kongpan & Pinyo Srisawat.

Thai Green Curry

Yield: 1

Ingredients

3/4 lb dried garbanzo beans (chickpeas) or about 3 cans
4 lg green chilies (anaheim)
1 md onion chopped
1 tb chopped garlic
1/2 c fresh cilantro (coriander)
1 sm lemon peeled, sectioned, chopped
2 ts ground coriander
1 ts ground cumin
1 ts ground turmeric
1/4 ts ground cardamom
1/4 ts ground anise seeds
1 tb tamari (soy sauce)
1 tb worcestershire sauce
1 c apple juice
1 14 oz can evaporated skim milk
1 rice

Instructions

1. Soak garbanzo beans and cook in crock pot until tender.
2. Take next set of ingredients and blend in food processor or blender until they form a paste.
3. Heat a non-stick skillet over medium heat for a few minutes then add paste. Stir and cook for about five minutes. Some of paste may stick and brown but don't

let it burn. Add apple juice and stir to unstick bottom crust. Cook for another 5 minutes stirring.

4. Add cooked garbanzo beans and bring to a low boil. Reduce heat and simmer about 15 minutes.
5. Add evaporated milk and simmer another 15 minutes.
6. Serve over rice.

Per serving: 521 Calories (kcal) 3g Total Fat (4% calories from fat) 33g Protein 94g Carbohydrate 14mg Cholesterol 626mg Sodium Food Exchanges: 1/2 Grain(Starch) 0 Lean Meat 2 Vegetable 1 1/2 Fruit 0 Fat 0 Other Carbohydrates
Converted by MMBuster v2.0n.

Thai Green Papaya Salad

Yield: 1

Ingredients

- 1 green papaya (pawpaw).
- 1 tb dried shrimps.
- 6 snake beans or 12 green beans.
- 1 garlic clove, finely sliced.
- 2 sm red shallots, finely sliced.
- 2 sm chillies, finely sliced.
- 1 tb brown sugar or palm sugar.
- 1 tb fish sauce.
- 2 tb fresh lime juice.
- 1 tb roasted beer nuts.

Instructions

A juicy, chilli-hot but refreshing salad of grated green papaya tossed with garlic, shallots, chilli, fish sauce, lime juice, dried shrimps and peanuts. This is best made the old way, in a mortar and pestle, but you can do some of it in the food processor if you prefer. Peel and seed the papaya and slice as finely as possible. Cut each slice into long, thin shreds. Whiz the dried shrimps in food processor or coffee grinder until ground. Cut beans into short lengths and pound them lightly.

Place garlic, shallots, chillies, and sugar into the mortar and pound them until crushed. You can do this in the food processor, then remove for the next step. Add fish sauce, beans and papaya and pound lightly. Add lime juice, turn into a larger bowl and toss gently.

Pile high on a serving plate and top with dried shrimp powder and beer nuts.

Serves four as a salad.

Broadcast 24 October 1995

Thai Grilled Beef Salad

Yield: 6 Servings

Ingredients

- 2 Garlic cloves minced
- 1 Teaspoon Black peppercorn
- 1 Tablespoon Fresh coriander roots
- 1/2 Teaspoon Salt
- 2 Teaspoons Vegetable oil
- 1 Pound Flank or flatiron steak trimmed
- 3 Sm Firm tomatoes
- 1 Bermuda onion cut into 1/4-in slice

1 Sheet heavy-duty alum. foil (8" x

1 Head red-leaf lettuce

DRESSING-

1 ts Ground Dried Shrimp w/Chiles (optional)

2 Garlic cloves chopped

2 Red serrano chiles sliced

2 Green serrano chiles sliced

1 t Roasted chile sauce(nam prik pao)

3 tb Fish sauce (nam pla)

5 tb Lime juice

2 ts Sugar

1/4 c Coarsely chopped fresh mint

1/4 c Fresh corianderleaves(coarsely chopped)

POUND GARLIC, PEPPERCORN, coriander root and salt into a paste add oil and mix together. Rub the garlic mixture over the beef marinate for 30 minutes. Broil or grill beef until medium rare. Slice into 2-by-1/4-inch strips. Set aside in a large mixing bowl. Quickly char tomatoes under a hot broiler, turning occasionally. Do not overcook. Cool. Cut into wedges and add to the beef. Evenly spread the sliced onions on 1/2 of the sheet of foil. Fold in half, seal the edges to form a flat parcel. Place directly on top of a medium-high stove burner for 1 minute it should make sizzling sounds. Turn over cook for about 30 seconds longer until charred. Remove, unwrap and cool. Add to the beef mixture. Line a platter with the large lettuce leaves. Shred remaining leaves and scatter them on top.

Instructions

TO PREPARE THE DRESSING: In a hot, ungreased skillet, toast optional ground dried shrimp until fragrant, about 10 seconds. Reduce to medium heat. Add garlic, chiles, roasted chile sauce (nam prik pao), fish sauce, lime juice and sugar stir together until dissolved. Cool. Add beef mixture, mint and coriander to wok toss together gently. Pour mixture over lettuce. Serve at room temperature.

Thai Grilled Chicken Midsummer Thai Dinner

Yield: 4 Servings

Ingredients

6 coriander sprigs with stems

1/2 ts chinese chili sauce or chili flakes

3 tb soy sauce

1 tb oyster sauce

2 garlic cloves crushed

1/2 ts sugar

4 ea boneless chicken breasts skin on

1 leaf lettuce

1 coriander

1 mint springs

3 green onions slivered

TART SWEET DIPPING SAUCE

1 c sugar

1/2 c water

1/2 c white vinegar

2 tb garlic chopped

2 tb fish sauce

1 1/2 ts chinese chili sauce
2 tb lime juice
1/4 c carrot shredded

Instructions

If you don't like coriander, use basil or mint instead. For a spicier dish, increase the chili sauce.

In a blender or by hand, combine coriander, chili sauce, soy sauce, oyster sauce, garlic and sugar. Spread on chicken and marinate for 4 hours or overnight.

Preheat broiler or barbecue. Broil chicken skin side down for 4 minutes. Turn and broil 4 minutes longer until skin is crispy and chicken is cooked through. Cut chicken in 1/2-inch strips.

Place lettuce leaves on platter and arrange chicken on top. Garnish with coriander, mint sprigs and green onions.

To eat in the Thai manner, roll chicken in lettuce leaves along with herbs and onions.

Dipp into dipping sauce. Alternatively, serve lettuce, chicken and garnishes together.

Tart Sweet Dipping Sauce This is the traditional Thai dipping sauce used for salad rolls, spring rolls and most everything else.

Combine sugar, water and vinegar. Bring to boil and boil for 5 minutes. Stir in garlic, fish sauce and chili sauce. Simmer for 2 minutes. Cook and add lime juice and shredded carrot.

Thai Grilled Chicken With Cilantro Dipping Sauce

Yield: 4

Ingredients

2 jalapeno peppers seeds and ribs removed
4 cloves garlic 2 smashed, 2 minced
1/2 c lightly packed cilantro leaves and stems, plus 1 t chopped cilantro
2 tb asian fish sauce (nam pla or nuoc 1 mam)
1 tb cooking oil
1 ts asian sesame oil
1/2 ts salt
4 boneless skinless chicken
1 breasts (about 1 1/3 pounds in all)
6 tb rice-wine vinegar
1 tb sugar
1/4 ts dried red-pepper flakes
1 1/2 tb water

Instructions

1. Light the grill or heat the broiler. In a blender or food processor, puree the jalapenos, smashed garlic cloves, the 1/2 cup cilantro leaves and stems, the fish sauce, cooking oil, sesame oil, and 1/4 teaspoon of the salt. Put the chicken in a shallow dish and coat it with the cilantro puree.
2. Grill the chicken over moderately high heat or broil it for 5 minutes. Turn and cook until just done, about 5 minutes longer.
3. Meanwhile, in a small stainless-steel saucepan, bring the vinegar, sugar, and the remaining 1/4 teaspoon salt to a simmer, stirring. Simmer for 2 minutes. Pour the liquid into a small glass or stainless-steel bowl and let cool. Add the minced garlic, the 1 tablespoon chopped cilantro, the red-pepper flakes, and water. Serve each chicken breast with a small bowl of the dipping sauce alongside.

Quick From Scratch Herbs & Spices

NOTES: Asian fish sauce is available at Asian markets and many supermarkets

Posted to FOODWINE Digest TX Feb 99

Per serving: 49 Calories (kcal) 3g Total Fat (61% calories from fat) trace Protein 5g

Carbohydrate 0mg Cholesterol 267mg Sodium Food Exchanges: 0 Grain(Starch) 0

Lean Meat 1/2 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Grilled Chicken

Yield: 4

Ingredients

1 200 gram blo creamed coconut (7oz)

300 ml hot water (1/2 pint)

3 cloves garlic peeled and chopped, up to 4

2 fresh green chillies de-seeded and chopped, up to 3

1 ts ground ginger up to 2

3 tb light soy sauce

1 grated zest and juice of 1-2 limes

2 tb caster sugar

1 pk fresh coriander

4 boneless chicken breasts (skin on)

Instructions

1. Cut the coconut cream into large chunks and place in a bowl. Pour over the hot water over the coconut and stir to dissolve. Place in a blender with all the other ingredients (except the chicken), reserving a little coriander for garnish.
2. Blend the mixture for a few seconds until well mixed and allow to cool slightly.
3. Make 3 diagonal cuts across the chicken breasts, arrange in a dish and pour over half the coconut mixture. Cover and marinate in the fridge for at least 30 minutes.
4. Preheat the grill to a medium setting. Arrange the chicken, skin-side down in a grill pan and spread over the marinade.
5. Grill for 10-15 minutes, turning and basting occasionally. Allow slightly longer to cook the skin side of the chicken.
6. While the chicken is cooking, heat the remaining coconut mixture in a saucepan stirring occasionally and simmer gently for 2 minutes. Do not boil as it may start to separate.
7. Serve the chicken with the sauce and Thai Fragrant Rice, garnished with the reserved coriander.

Converted by MCBuster.

NOTES : This authentic-tasting Thai dish is delicious served with a watercress, cucumber and pine kernal salad. Allow time for the chicken to marinate before cooking.

Converted by MMBuster v2.0l.

Thai Ham & Chicken Salad (Ceideburg)

Yield: 4 Servings

Ingredients

1 stephen ceideburg

DRESSINGS-

1/2 chinese cabbage, shredded
2 carrots, grated
1 capsicum pepper, cut into thin strips
2/3 lb cooked chicken meat, shredded
3 1/2 oz ham, finely sliced
1 birdseye chilli, finely chopped
2 cl garlic crushed
2 tb lime (or lemon), juice
2 tb dark soya sauce
1/2 c flaked almonds, lightly toasted

Instructions

Bring a large pot of water to the boil and have ready a sink full of icy-cold water. Plunge the shredded cabbage into the boiling water for one minute then scoop it out and into the cold water.

Drain and dry the cabbage and arrange it and the other vegetables in sections or concentric rings for maximum decorative value on a large serving dish. Fill the centre of the arrangement with chicken and ham. Decorate the dish with bright red chilli "flowers" (optional). Pass the dressing separately.

From "Raw Materials" by Meryl Constance, Sydney Morning Herald, 12/22/92.

[The chilli "flowers" can be easily made by slitting long, thin, hot chillies lengthwise from near where the stem attaches and then tossing the slit chillies into a bowl of ice water and ice cubes. The "petals" will curl back and make an attractive garnish. Make about eight slits. S.C.]

[Thai] Hoi Tohd (Fried Mussels)

Yield: 6 Servings

Ingredients

1 kg Mussels
1 c Tua phak yao (long beans) cut into 1 inch pieces
1 c Tua ngok (bean sprouts) (optional)
1/2 c Hom daeng (shallots), thinly slice
2 tb Kratiem (garlic), minced
1 tb Nam prik pao (toasted chilis in b
1 tb Prik ki nu daeng (red birdseye chi
1 ts Nan tan sai daeng (brown granulate
1 ts Prikthai (black pepper), freshly ground

Instructions

Just the thing if you're in a hurry: and a tasty party food, or between meal snack as well.

Method

Clean the mussels, carefully removing the beards.

In a wok or skillet over medium heat, saute the shallots and garlic until aromatic. Add the mussels, stir fry on high heat for 1 minute, add the remaining ingredients (except the beans and bean sprouts) and cover the pan, reducing the heat to medium, for a further 5 minutes. Shake the pan occasionally to move the mussels around and ensure even cooking.

Check the cookig: discard any unopened mussels.

If you want a substantial meal, add the beans and stir fry until heated through, then remove from the heat and add the bean sprouts, stirring briefly, then transfer to the serving platter.

Serving & Storage

For a light snack, the mussels are eaten alone, using a convenient half shell as a spoon/knife. For a more substantial meal, the mussels are transferred to a platter, and the beans, bean shoots etc to another, then the veggies can be eaten with rice or noodles, accompanying the mussels.

In many cases the mussels are eaten with the fingers, as this makes it easier to dip them in the chosen, and usually fierily hot, dipping sauce, such as nam prik kapi, nam prik kiga, or nam prik narok. "Col. I.F. Khuntilanont-Philpott"

Per serving (excluding unknown items): 143 Calories 4g Fat (24% calories from fat) 20g Protein 6g Carbohydrate 47mg Cholesterol 477mg Sodium

Thai Honey Chicken

Yield: 4 Servings

Ingredients

4 chicken breasts [1 1/2 lb]

3 garlic cloves, minced

2 tb liquid honey

2 tb soy sauce

2 ts chili paste

Instructions

This dish is similar to Chinese Honey Garlic Chicken but with a little extra spice.

Remove and discard skin from chicken breasts. Place breasts in single layer in shallow dish. Score each a few times on meaty side.

Combine garlic, honey, soy sauce and chili paste spread over chicken.

Cover and refrigerate for at least 6 hours or up to 12 hours.

Place chicken breasts on baking sheet Bake in 375F 190C oven, turning once and basting occasionally with juices, for 30-40 minutes or until no longer pink in centre.

Strain juices through fine sieve serve with chicken breasts.

Serve with "Iron-Rich: Tofu Salad With Fresh Herbs"

Per serving: about 170 calories, 28 g Protein, 2 g fat, 10 g carbohydrate

Source: Canadian Living magazine Apr 95 Presented in article by Ann Lindsay:

"Health & Well-Fare: Thai into the Trend"

[-PAM-] PAMeadows@msn.com

Thai Honey Peanut Dip For Chicken Or Squash

Yield: 12 Servings

Ingredients

1/2 c honey

1/4 c peanut butter

2 tb soy sauce

1 tb chopped fresh cilantro

1/8 ts crushed red pepper

Instructions

Combine honey, peanut butter, soy sauce, cilantro and pepper. Mix until blended.

Makes about 3/4 cup. [76 cal, 3g fat]

SERVING IDEAS

*As sauce with grilled, broiled or sauteed chicken. *Cube grilled chicken coat with some of this sauce. Toss with salad greens and/or cooked noodles. Garnish with steamed pea pods, sliced scallions and sliced carrot.

*TWO CORIANDERS: Mix the sauce but add ground coriander seed about ¼ teaspoon. Set aside and let stand. Microwave a piece of Tahitian or banana squash until almost soft. Brush the pulp side of the squash with the dip bake in a 425F oven for about 10 minutes or until aromatic but no burned. Tested(kitpath@earthlink.net) 8/98

From: Pat Hanneman

Per serving: 76 Calories (kcal) 3g Total Fat (29% calories from fat) 2g Protein 13g Carbohydrate 0mg Cholesterol 197mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit ½ Fat 1 Other Carbohydrates

NOTES : We tested the squash, using leaf and seed coriander. The taste would be good in a noodle salad. The sauce all by itself is around 30% CFF in fact, mastercook says it's about 27% cff. It's a condiment not to be slurped independently.

Contributor: Riverside Farmers' Market July 1998

Preparation Time: 0:05

Thai Hot & Sour Shrimp Soup (Tom Yum Goong)

Yield: 2

Ingredients

1 c shrimp peeled, deveined
3 1/2 c water
4 kaffir lime leaves
2 stalks lemon grass
1/2 c straw mushrooms canned or fresh
2 tb lime juice
3 tb fish sauce (nam pla)
1 ts thai red curry paste
2 ts sliced red & green chilies or to taste
1 tb chopped cilantro leaves

Instructions

Cut the lemon grass into 1: lengths and smash.

In a medium saucepan, bring water to a boil over high heat. Stir in the curry paste, lime leaves and lemon grass. Bring to a boil again and add shrimps and mushrooms. Cook just until the shrimps are done but not overcooked. Stir in fish sauce and remove from heat. Spoon the soup into a serving bowl and add lime juice, stir to mix well. Sprinkle chilies and cilantro leaves before serving. Serve hot with cooked rice. Makes 2 servings.

NOTE: Boneless chicken pieces may be used instead of shrimp. Omit the chilies if desired. Additional fish sauce may also be added to the soup at the table.

Per serving: 187 Calories (kcal) 5g Total Fat (26% calories from fat) 24g Protein 9g Carbohydrate 183mg Cholesterol 239mg Sodium Food Exchanges: 0 Grain(Starch) 3 1/2 Lean Meat 0 Vegetable 0 Fruit ½ Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Hot & Sour Soup

Yield: 4

Ingredients

1 tb oil
1 bn spring onions sliced
6 schwartz bird's eye chillies up to 8
2 schwartz lemon grass stalks light ly bruised
1 ts schwartz ground ginger

1 1/8 l chicken stock (2 pints)
1 tb lemon juice
50 g rice noodles (2 oz)
12 tiger prawns
2 ts schwartz coriander leaf

Instructions

Heat the oil in a large saucepan and fry the spring onions, Chillies, Lemon Grass and Ginger for 1-2 minutes.

Add the stock to the pan with the lemon juice. Bring to the boil, stirring. Add the noodles and prawns and cook for 3-4 minutes. Stir in the Coriander Leaf.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai Hot And Sour Broth

Yield: 1 Serving

Ingredients

1/4 c peeled ginger julienned
1 tb peeled Galangal julienned
1 white onion sliced
3 Thai bird chiles
2 stalks lemongrass white part only
1/4 c 3 crabfish sauce
4 c chicken stock
3/4 c rice wine vinegar
1/2 tb ground white pepper
1/2 c Thai basil leaves
1 pk Enoki mushrooms
1/4 c sliced scallions

Instructions

Saute until soft first four ingredients with a little canola oil. Deglaze with fish sauce and add chicken stock. Simmer and reduce by 15-20 percent. Add vinegar, basil and pepper. Adjust if needed. Strain and keep hot.

Place small mound of Enoki mushrooms in the middle of a soup plate.

Place snapper on top and ladle in broth. Garnish with scallions and chile oil.

Yield: 4 portions

Per serving (excluding unknown items): 193 Calories 6g Fat (26% calories from fat)

20g Protein 17g Carbohydrate 0mg Cholesterol 3106mg Sodium

Contributor: Chef du Jour

Thai Hot Condiments Nam Prik

Yield: 1 Batch

Ingredients

2 tb dried shrimp or kapee (shrimp paste)
6 garlic cloves, chopped
4 dried hot peppers
1 ts sugar
3 tb nam pla (fish sauce)
3 tb lime juice
2 serranos, chopped
3 pea eggplant (optional)

Instructions

Make day before Blend first 4 ingredients. Beat in nam pla and lime juice. Add serranos and pea eggplants.

Thai Iced Coffee

Yield: 0 Servings

Ingredients

50 ml strong French roasted coffee

100 ml boiling water

2 ts sweetened condensed milk

Instructions

1. Mix together all the ingredients and pour over ice.

Author's Notes:

I'd probably use less water and more coffee and milk. (But then I prefer Vietnamese coffee). Jane Bagley-McMaster (jane@sequoia.execu.com) writes:

The french coffee served at the Vietnamese restaurants here in Austin make it with condensed milk, very strong coffee, and the ice. It is brought to the table in small glasses with the condensed milk in the bottom and a small drip coffee maker atop that. Once the coffee has completely dripped down you stir it up and pour it in a glass of ice. The one place where I have had Thai coffee brought to the table it was already mixed but it had the same flavor.

Difficulty : very easy.

Precision : approximate measurements.

Contributor: Jack McBryde mcbryde@karazm.math.uh.edu

Thai Iced Tea (Bigger)

Yield: 4 Servings

Ingredients

8 chinese-style red or black tea bags or: 1/4 c regular black tea

4 c boiling water

1 ground cinnamon

1/2 c evaporated milk

Instructions

Place tea in a teapot pour water over tea. Let steep for 5 minutes. Let cool slightly. Fill four 10 to 12 ounce beverage glasses to the rim with ice cubes then fill two thirds full with tea. Into each glass, stir about 2 tablespoons of evaporated milk add a dash of ground cinnamon and sweeten to taste with sugar. Typed by Syd Bigger. Submitted By ROBERT FOSTER On 30 JUN 95 080700

Thai Iced Tea Cha Thai

Yield: 6 Servings

Ingredients

1 stephen ceideburg

3 tb thai tea (cha thai)

6 oz boiling water

1 sugar or: sweetened condensed milk to taste

1 milk or: 1 half-and-half

Instructions

1. Place tea in a coffee filter in a drip cone. Preheat carafe with boiling water discard water. Pour 6 ounces boiling water per serving into cone and let it drip through. Transfer brew to another container, then pour back through filter. Repeat until tea is deep red in color, a total of 4 to 6 times.
2. Sweeten tea to taste with sugar or condensed milk. Fill tall glasses with ice cubes and add tea to fill glasses halfway. Add milk or half-and-half and stir.

Variation: The tea may be brewed in a teapot, but it will still need to be filtered through a paper filter or a very fine nylon strainer. Preheat pot with boiling water and allow to steep 6 to 8 minutes before straining.

From the California Culinary Academy's "Southeast Asian Cooking", Jay Harlow, published by the Chevron Chemical Company, 1987. ISBN 0-89721-098-0.

Thai Iced Tea

Yield: 4 Servings

Ingredients

6 c Water

1 c Thai tea leaves

3/4 c Sugar or as needed

Crushed ice

1 1/2 c Evaporated milk or half-and-half

Instructions

Bring water to a boil in a saucepan, add the tea leaves and remove pan from the heat. Gently stir the tea leaves to submerge them in the water.

Let the tea steep for 5 minutes, or until it turns a brilliant orange and has a strong taste with no bitterness. Pour the tea through a coffee filter or fine-mesh strainer into a pitcher. Add the sugar to the hot tea and stir well to dissolve completely. Set aside to cool to room temperature, then cover and refrigerate until ready to serve, or for up to 1 week. To serve, fill tall glasses with crushed ice, add tea to fill about 3/4 of each glass, then pour about 1/4 cup of evaporated milk or half-and-half over the ice in each glass. Serve immediately.

This recipe yields 4 to 6 servings.

Recipe Source:

TOO HOT TAMALES WORLD TOUR with Susan Feniger and Mary Sue Milliken
From the TV FOOD NETWORK (Show # WT-1A46 broadcast 12-16-1997)

Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpm44a@prodigy.com
or MAD-SQUAD@prodigy.net 04-10-1998

Contributor: Susan Feniger and Mary Sue Milliken

Thai It! You'LI Like It!

Yield: 4 Servings

Ingredients

12 oz uncooked fettuccine or linguini

2 c sliced sweet red pepper

1 (sliced in thin, long strips)

1 c snow peas, trimmed and halved

1/3 c chopped green onions

1/2 c low-sodium, reduced-fat chicken broth

2 ts sesame oil

2 tb reduced-fat peanut butter

1 1/2 tb reduced-sodium soy sauce
1 tb white or rice vinegar
1 ts grated ginger root
1 cl garlic, minced
1/2 ts crushed red pepper flakes
1 lb cooked shrimp (thaw first if using frozen)

Instructions

Cook pasta according to package directions. Drain and keep warm.

While pasta is cooking, prepare sauce. In a large saucepan, combine all ingredients except shrimp. Mix well. Bring to a boil. Reduce heat to medium. Cook and stir for 3-4 minutes, until vegetables are tender-crisp and sauce is bubbly and slightly thickened. Stir in shrimp and cook just until heated through, 1-2 minutes. Do not overcook or shrimp will be rubbery. Toss hot shrimp sauce with pasta and serve immediately. Hint: If you're not a seafood lover, you can substitute chicken breast for the shrimp in this recipe. Add it to the sauce at the same time you would add the shrimp. Makes 4 servings

Typed in MMFormat by cjhartlin@email.msn.com

Source: Looneyspoons

Thai Jasmine Rice Salad

Yield: 4 Servings

Ingredients

NORMA WRENN-

8 tb thai kitchen fish sauce
1/4 c fresh lime juice
3 tb brown sugar or thai kitchen
1 coconut (palm) sugar
3 tb fresh ginger chopped
1/4 c scallions chopped
1/4 c raisins
1/4 c walnuts toasted
8 oz white chicken meat cooked cube, or cooked sh
1 tofu
4 c jasmine rice cooked
1 cooled fresh cilantro for garnish

Instructions

Excellent As A Side Dish. Twice As Good The Next Day

In A Large Bowl Combine Fish Sauce, Lime Juice And Sugar. Add Remaining Ingredients And Toss With Liquid Mixture. Garnish With Cilantro. Serves 4-6. An excellent side-dish. Twice as good the next day. MM N Wrenn

Copyright: Thai Kitchen & Epicrean International

Thai Kabobs

Yield: 16 Kabobs

Ingredients

1/4 c miracle whip
1/4 c smooth peanut butter
1/4 c chicken broth
2 tb honey
2 tb soya sauce

1/2 ts garlic powder
2 ea or 3 drops hot sauce
1 lb boneless chicken cut into bite size pieces or shrimp, peeled and deveined

Instructions

MIX ALL INGREDIENTS, EXCEPT CHICKEN AND OR SHRIMP, IN A Sm BOWL. POUR INTO SEALABLE PLASTIC BAG ADD CHICKEN AND/OR SHRIMP, PRESS OUT ALL AIR AND SEAL. FOR CHICKEN MARINATE FOR 12 HOURS. FOR SHRIMP MARINATE NOT MORE THAN 1 HOUR. THREAD ABOUT 2 CHICKEN CUBES OR 1 SHRIMP ON EACH SKEWER. PLACE ON BAKING SHEET AND BROIL FOR 4 MINUTES ON EACH SIDE OR UNTIL COOKED. PLACE ON PLATTER AND SERVE WITH DIPPING SAUCE. DIPPING SAUCE 1 JAR (250ML) KRAFT DIPPING SAUCE 1 Tb SMOOTH PEANUT BUTTER MIX WELL AND SERVE WITH KABOBS.

[Thai] Kai Pad Khiaowan (Chicken Stir-Fried With Green Curry

Yield: 4 Servings

Ingredients

2 c Chicken, sliced thinly
1 c Bai manglaek (sweet basil leaves)
4 tb Hua kathi (coconut milk)
3 tb Nam prik khiaowan (green curry pas
3 tb Nam tan paep (palm sugar)
3 tb Nam pla (fish sauce)
3 tb Prik ki nu (green birdseye chilis)

Instructions

Not all curries are of the "stew-variety" as this recipe proves. This is an example of the popular "fried curry" style, that produces a dry result, which blends equally well with rice or noodles.

(chicken stir-fried with green curry paste) Method

In a wok or skillet, over medium heat, warm the coconut milk and add the curry paste, stirring briskly until it becomes aromatic. Discard any oil film that forms on the surface.

Add the chicken and stir fry until it just begins to change color.

Add the remaining ingredients, except the basil, and continue to stir fry until the chicken is almost cooked through. Finally add half the basil and stir briefly then transfer to a serving platter.

Dip half the basil in nam jim wan (sweet dipping sauce), and then fry it in hot oil until crispy, then use to garnish the curry.

Serving & Storage Serve with either rice or noodles."Col. I.F. Khuntilanont-Philpott"

Per serving (excluding unknown items): 0 Calories 0g Fat (0% calories from fat) 0g

Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

[Thai]Kai Pad Prik Haeng (Chicken With Chili & Nuts)

Yield: 6 Servings

Ingredients

1 c Chicken meat, finely sliced
1/2 c Tua fak yao (long beans), cut into
1/4 c Prik haeng (dried red chilies) crumbled
1/4 c peanuts
1/4 c Nam sup (stock)

1 tb Kratiem (garlic), thinly sliced
1 tb Nam pla (fish sauce)
1 tb Si-iew khao (light soy)
1 tb Si-iew dhum (dark soy)
1/4 tb Nam tan paep (palm sugar)

Instructions

One of the cookbooks I cross checked this recipe with described it as "chili hot," which seems a fair description, though their version was a little milder than this one. As always remember that you can reduce the chili if you wish.

This dish offers an excellent example of texture, contrast with the crunchy nuts and the softer meat. Method:

Place a wok or skillet on medium heat and carefully toast the uncooked peanuts until they begin to turn golden, and are just cooked through (test by biting one). In a mortar and pestle or food processor, briefly pound the peanuts to produce a broken consistency (not peanut butter!).

Heat the wok or skillet over high heat, and add a little peanut oil, and when it is hot, saute the garlic until it is golden brown and slightly crispy, then remove it and drain on a kitchen towel.

Saute the chilies briefly, then add the chicken and continue stirring until it begins to change color. Working quickly add the remaining ingredients in turn, stirring to mix, adding the soy sauces and fish sauce, then finally the stock after the dry ingredients, as this will cool the mixture to allow the cooking to finish. Return the garlic to the pan, and cover, leaving for about a minute to complete cooking. Check that the meat is cooked, and taste for seasoning balance.

Serving & Storage:

Serve with white steamed rice, and the usual table condiments. Colonel I.F. K. Philpott
Per serving (excluding unknown items): 34 Calories 3g Fat (73% calories from fat) 2g Protein 1g Carbohydrate 0mg Cholesterol 1mg Sodium

[Thai] Kai Tam (Simple Chicken Soup)

Yield: 6 Servings

Ingredients

1 sm Chicken (about 2 pounds)
4 c Stock
1 c Sapparot (pineapple), cut into chu
1 c Phak thong (pumpkin), cut into chu
3 tb Hom daeng (shallots), thinly slice
2 tb Nam manao (lime juice)
2 tb Nam makham piag (tamarind juice)
1 tb Prik ki nu daeng haeng (dried red)
1 tb Kratiem (garlic), crushed

Instructions

This is the chicken soup my wife calls "mothers all-purpose sickness cure" I guess mothers the world over are the same, and figure that sending a sick child to bed with a bowl of chicken soup cures most things well at least it cures "plumbum pendulensis academica" (being sick of school).

It is made with a small chicken. Alternatively you could make it from a couple of chicken legs and a couple of drumsticks.

(simple chicken soup) Method

Prepare the chicken: wash it carefully, then cut off the drumsticks and the wings, and then with a sharp knife cut down either side of the centre line, and remove the two breasts. The wings are reserved for other dishes, and the bones are set aside to make more stock later.

Bring the stock to a boil and add everything except the chicken, and simmer, covered, for about 10 minutes.

Add the chicken breasts and legs, bring the mixture back to the boil, then remove from the heat, and allow to stand, covered, for 30 minutes.

Serving & Storage

Remove the chicken and place it on a serving platter. Put the soup in a tureen and serve with a selection of dipping sauces, (and with white rice if more sustenance is required). Garnish the soup with coriander leaves.

"Col. I.F. Khuntilanont-Philpott"

Per serving (excluding unknown items): 0 Calories 0g Fat (0% calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

[Thai Kai Tam Mamuang (Chicken And Mango Soup)

Yield: 6 Servings

Ingredients

4 c Stock
3 tb Nam pla (fish sauce)
1 tb Nam tan paep (palm sugar)
2 tb Khing (ginger), julienned finely
1 tb Hom daeng (shallots), chopped
1 ts Prikthai (black pepper), freshly g
1 ts Kapi (fermented fish paste)
1 tb Phak chi (coriander/cilantro) cho
1 c Mamuang (mango), diced small
Bai chi (coriander/cilantro leave
Ton hom (spring onion), sliced thinly for garnish

Instructions

Another simple, chili-less soup (chicken and mango soup)

Method

Bring the stock to a boil, and add the fish sauce and sugar. Add the chicken, half the ginger, the shallots and the pepper, and simmer for 3 minutes, covered (or until the chicken is tender)

Add the remaining ingredients, simmer for a further 10 minutes.

Serving & Storage

Garnish with the coriander leaves and spring onions.

Serves 4 "Col. I.F. Khuntilanont-Philpott"

Per serving (excluding unknown items): 0 Calories 0g Fat (0% calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

[Thai] Khaifu Sai Ahahn Farang Paeng (Omelettes)

Yield: 1 Servings

Ingredients

1 Tin Spam 1 Tin Corned beef
1 T Fish sauce
1 T Sweet soy 1 T Prik phom (powdered red chili)
1 T Garlic

1 T Ginger
1 T Shallots
1 T Red prik chi fa (jalapenas)
1 T Green prik chi fa

For the omelettes:

3 Duck eggs
3 t Fish sauce

Instructions

Take a medium tin of corned beef and break it up with a fork. Take a similar sized tin of Spam, and cut it into small dice. Combine. This should give you about a cup of meat. Add 1 tablespoon of fish sauce, and 1 tablespoon of dark sweet soy, and stir in 1 tablespoon of prik phom (ground red chilies). Leave to marinade for about an hour.

Beat 3 duck eggs, with three teaspoons of fish sauce. Now in a wok saute 1 tablespoon of garlic, 1 tablespoon of ground ginger, and 1 tablespoon of shallots (purple onions). Add the marinated meat, and stir fry until the meat begins to turn brown. Add 1 tablespoon of chopped red and 1 tablespoon of chopped green prik chi fa (Thai jalapenos)

Stir the meat mix, to amalgamate the ingredients and if desired, add freshly cracked black pepper to taste.

In a 10-inch omelette pan, fry half the egg mix. When it is set on the pan side, spoon half the meat mix neatly into the center in a rectangular shape, and fold the edges of the omelette over the meat to form a parcel. Flip it over and fry until sealed and the egg is cooked through. Similarly cook the other half of the mixture.

Cut each omelette in two, and serve with other snack foods (such as pad Thai, pad mi Korat, som tam).

From: "Colonel I. F. K. Philpott" Newsgroups: rec.food.recipes

Note: I assume that that the powdered red chili is powdered dried chili peppers rather than US-style chili powder.

Thai Khanom Pad Ka (White Radish Cake)

Yield: 1 Serving

Ingredients

2 lb white radish
1 1/2 c rice flour
2 tb 'strong' wheat flour
2 tb water.

Instructions

method

trim, peel, and dice the radish, then in a food processor reduce it to a fine puree (you may well have to do this in batches).

Combine with the flour and water, and mix thoroughly.

Turn into a shallow baking tray or heat proof dish, at least 8 inches square to form a thin layer. Place in a steamer, and steam for about 30 minutes.

It is cooked when a knife slipped into the mixture comes out clean.

Allow to cool completely, and then cut into 1" squares.

Colonel Ian F. Khuntlanont-Philpott Systems Engineering, Vongchavalitkul University, Korat 30000, Thailand

Per serving (excluding unknown items): 867 Calories 3g Fat (4% calories from fat)
14g Protein 190g Carbohydrate 0mg Cholesterol 0mg Sodium

NOTES : This is a "collected" recipe, that we picked up from an elderly aunt. The "white radish" in question, known in Thai as phak ka hua or sometimes as hua chai thao, is also known as mooli, or Chinese Radish, and resembles nothing quite so much as an albino carrot! The resultant snacklets can be eaten on their own, or used as a base for prawn or pork 'spread' and fried to form a canope served with prik nam som or other Thai dipping sauce.

Contributor: Colonel Ian F. Khuntilanont-Philpot

[Thai] Khao Tam Kung (Prawn And Rice Soup)

Yield: 4 Servings

Ingredients

2 c nam sup (stock)
1 c Shrimp (about 10 to the pound size)
1 c Cooked rice
1/2 c Kheun chai (chinese celery celer)
2 tb Nam pla (fish sauce)
1 tb Kratiem (garlic), crushed
1 ts Si-iew khao (light soy sauce)
1/2 ts Prikthai (black pepper), freshly g
Bai chi (coriander/ cilantro leave

Instructions

This is the answer to the question "if Thais eat so much hot and spicy food, what do they eat for breakfast?" (But they also eat som tam and curries.)

Khao tam is a fairly bland and innocuous soup, that is always considered a meal in itself (never served with other foods). While it can be made with almost any meat, it is most commonly made with seafood combinations or just plain khao tam.

Method:

Saute the garlic and reserve as a garnish.

In a saucepan, boil the stock, add the celery, soy sauce, pepper and rice, and bring back to a boil.

Add the shrimp and cook until it turns pink.

Serve immediately, garnished with the sauteed garlic and coriander leaves.

Servings & Storage:

Serves 4 Colonel I. F. K. Philpott

Per serving (excluding unknown items): 61 Calories less than one gram Fat (2% calories from fat) 1g Protein 13g Carbohydrate 0mg Cholesterol 1mg Sodium

Thai Lemon Grass And Chile Soup

Yield: 4 Servings

Ingredients

4 c vegetable broth
2 lg lemon grass stalks peeled and cut into 4-inch pieces
3 dried Thai kaffir lime leaves (optional)
1 ts canola or vegetable oil
2 ts minced garlic
1 ts peeled gingerroot minced fresh
2 ts roasted chile paste
1 1/2 c chopped oyster or white mushrooms
2 tb fresh lime juice
2 tb soy sauce

3/4 c finely chopped tomatoes
1 tb minced fresh cilantro
2 sm hot green chilies, up to 3 seeded and halved (optional)

Instructions

4 SERVINGS DAIRY-FREE

You can make this soup quickly once the ingredients have been prepared.

Lemon grass lends a tangy citrus taste.

In medium saucepan, heat vegetable broth to a simmer with lemon grass stalks and dried lime leaves if desired.

In small skillet, heat oil over medium-high heat. Add garlic and ginger and cook, stirring often, about 30 seconds. When broth has simmered for 5 minutes, remove lemon grass and lime leaves and discard. Add cooked garlic and ginger to broth.

Return broth to a boil and stir in chile paste and mushrooms. Cook until mushrooms have wilted, about 30 seconds, then stir in lime juice and soy sauce. Remove from heat and ladle soup into small bowls.

Top each bowl with a few tomatoes, a little cilantro and a small pinch of hot green chilies if desired.

Alternatively, mix tomatoes and chilies together and place in a small serving bowl. Set on the table for people to help themselves.

Per serving: 27 cal. 1g prot. 1g total fat (0 sat. Fat) 3g carb. 0 chol. 518mg sod. 1g fiber

Converted by MCBuster.

Contributor: Vegetarian Times, January 1999, page 55

Thai Lemon Grass Chicken

Yield: 1 Servings

Ingredients

3 lb chicken cleaned and patted dry
1 c water
1 sm onion, minced fine
2 tb red pepper flakes
10 6 pieces of lemon grass stalk
1 salt & pepper to taste
1/2 c heavy cream
1 lb fresh mushrooms, sliced thin

Instructions

Stuff half the lemon grass shoots into the chicken cavity. Put the chicken in the crockpot. Dump the rest in and cook on low for 4 to 6 hours until the chicken is fork tender. Season with salt and black pepper to taste.

Serve with rice and vegetables.

Save the stock for soup. If you prefer a creamier soup you can add sour cream to get the desired consistency or if you like more authenticity, try coconut milk.

Formatted on July 4, 1996 by Jamie Calton.

Thai Lemon Grass Soup With Shrimp

Yield: 1 Servings

Ingredients

1 lb raw shrimp
1/4 c vegetable oil
2 lemon grass
1/3 c thai fish sauce nam pla

1/3 c fresh lime juice
1 c unsweetened coconut milk
4 very hot small red chilies
1 bn scallions, green tops only
1/3 c fresh cilantro

Instructions

Recipe by: SAHolman Peel shrimp, reserve shells and set both aside.

Heat oil in stockpot, add shrimp shells, & fry until they are bright pink. Add 8 cups water and bring to boil and cook for 5 minutes.

Strain and return the broth to the pot discarding the shrimp shells.

Add lemon grass, raw shrimp, Thai fish sauce and lime juice, and reduce the heat to medium. Simmer for 5 minutes and skim off any foam. Just before serving, add the coconut milk, red chilis, green onion and fresh cilantro. Taste and adjust seasoning-you may like more coconut milk or salt. Enjoy.

Thai Lemongrass Chicken

Yield: 6 Servings

Ingredients

1 marinade:

1/2 c oil (olive is okay too)

2 ts thai seasonings (

1 combination of salt, garlic powder, white pepper, black pepper, chili powder, red pepper powder) you could figure out your own

1 stalk lemon grass fine chopped

1 c coconut milk

4 whole chicken breasts

topping:

1 stalk lemon grass coarse chopped

1 several tbs chopped garlic

1 oil to fry

1 chopped peanuts

sauce:

1 1/2 tb oil (olive)

2 tb margarine

1 stalk lemongrass chopped fine

1 tb chopped garlic

2 tb chopped shallots or (red)

1 onion 2 tsp chili paste

2 ts fish sauce

2 tb ground peanuts

3/4 c coconut milk

Instructions

Let the chicken soak in the marinade ingredients several hours or over night. Grill chicken and set aside . Prepare topping: Heat some oil and deep fry lemon grass, then garlic till crispy and set aside with the peanuts. Make sauce. Saute all the ingredients and cook to blend flavors. Put sauce in blender and puree smooth. Adjust seasonings if desired. To serve chicken: slice breasts on the diagonal. Serve with the sauce and sprinkle on the topping. Serves 4 to 8 Source: a Tommy Tang Recipe

Thai Light Five-Vegetable Stir-Fry

Yield: 6 Servings

Ingredients

1 vegetable cooking spray
2 ts vegetable oil
4 md carrots peeled cut diagonally into ¼ slices
1 lg onion cut into 1 pieces
1 lg red bell pepper cut into triangle
3 c broccoli florets
3 c red cabbage sliced
1/2 c low-salt chicken broth
3 tb chopped fresh mint

Instructions

Pre-prepare Make vegetable pieces attractive. Cut florets from stem to bloom into 1/3" slices. Cut onion into 8ths then separate slices.

Carve and sliced carrot into clover leaves. Chiffonade of cabbage, 1/2" strands. Cut red pepper into squares, then diagonally halve the squares. Green onion flower. Spray large nonstick skillet with vegetable oil spray. Heat 1 teaspoon oil in skillet over medium-high heat. Add carrots, onion, and bell pepper. Saute 6 minutes. Add 1 teaspoon oil, broccoli and cabbage. Add broth stir-fry until cabbage wilts and vegetables are crisp-tender, about 8 minutes. Stir in mint. Season with salt and pepper.

Prep: 15 mins. Fry: 15 mins. Per serving: 79 cal (total fat 2 g)

Recipe By : Bon Appetit (August 1996)

Thai Light Orange-Blossom Oranges

Yield: 6 Servings

Ingredients

2 c water
1 c sugar
3 whole star anise
2 ts orange flower water
1 optional
6 lg oranges
1 fresh mint

Instructions

Star anise is used as a flavoring and as a garnish. It's a seed pod, brown and star-shaped. Do not eat it. Orange flower water is available in the liquor sections and in specialty foods sections.

Combine first 3 ingredients in medium saucepan. Stir over medium heat until sugar dissolved. Simmer until liquid is reduced to generous 1 cup, about 15 minutes.

Remove from heat and stir in orange flower water. Cover chill until cold. Discard anise. The above syrup can be made 1 day ahead. Cut peel and pith from oranges with knife. Slice oranges crosswise into 1/3-inch rounds. Set in bowls. Spoon syrup over. Top with mint. Make day before or morning of. 183 cal

Recipe By : Bon Appetit (August 1996)

Thai Light Sea Bass With Curry & Ginger

Yield: 6 Servings

Ingredients

2 c skim milk
3 tb minced ginger root
1 tb thai red curry base
1 tb turmeric
2 ts garlic finely chopped
2 ts fish sauce (nam pla)
1 1/2 ts imitation coconut extract
6 5-oz sea bass fillets
1/2 c bottled clam juice
1 tb arrowroot
3 tb chopped fresh basil
1 tb sugar
3 c cooked jasmine rice or other white rice

Instructions

Combine first 7 ingredients in glass baking dish. Add fish. Refrigerate 2 hours, turning occasionally. Remove fish from curry mixture. Transfer curry mixture to heavy large skillet and bring to simmer over high heat. Sprinkle fish with salt and pepper add fish to skillet. Reduce heat to low cover and simmer 4 minutes. Turn fish, cover and simmer until opaque in center, about 2 minutes longer. Using spatula, transfer fish to plate. Tent with foil to keep warm. Whisk clam juice and arrowroot in small bowl to dissolve arrowroot. Whisk slurry into curry mixture. Boil until slightly thickened, whisking often, about 6 minutes. Stir in basil and sugar. Season with salt (sparingly). Pour any accumulated juices from fish into curry sauce. Place RICE on plates top with fish. Spoon sauce over fish. Garnish with chopped fresh mint (optional).

Marinade Prep Work: 2:15 Rice: 40mins (or 20) Fish: 15 mins. Per Serving: 330 cal (total fat 3 g)

Recipe By : Bon Appetit (August 1996)

Thai Light Spicy Chicken & Vegetable Bundle

Yield: 6 Servings

Ingredients

1/3 c green onions finely chopped
1/4 c chopped fresh cilantro plus 2 tablespoons
1/4 c fresh lime juice
3 lg garlic cloves minced
2 tb jalapenos seeded and minced
2 tb hoisin sauce
14 1/2 oz low-salt chicken broth canned
12 lg green cabbage leaves ribs trimmed
4 oz thin green beans, trimmed thinly sliced
1/2 lb chicken white meat ground

Instructions

"Based on the classic dish called larb, this appetizer is easy to put together." Be generous with the green onion. Combine first 6 ingredients in medium bowl. Set sauce aside. Bring broth to boil in large saucepan. Working in batches, add cabbage leaves. Cover and simmer until leaves are wilted, about 2 minutes. Using slotted spoon, transfer leaves to bowl of cold water. Drain leaves pat dry. Add beans to broth in pan simmer until tender, about 2 minutes. Using slotted spoon, add beans to sauce. Pour off all but 1/4 cup liquid from saucepan. Add chicken stir over medium heat until cooked

through, breaking up meat with spoon, about 3 minutes. Drain chicken add to sauce. Season with salt. Cool. The above can be prepared about 3 hours ahead. Cover the chicken mixture and cabbage leaves separately chill. Bring to room temperature before making bundles. No further cooking is required. Just the final assembly. Place 1 cabbage leaf on work surface. Mound scant 1/4 cup chicken mixture in center of leaf. Fold in 3 sides of leaf roll up to form bundle. Repeat with remaining 11 cabbage leaves and chicken mixture. 2 rolls per serving 184 cal (total fat 5 g)
Recipe By : Bon Appetit (August 1996)

Thai Long Rice Salad

Yield: 1

Ingredients

3 c long rice raw

THREE CUPS TOTAL

1 finely shredded napa cabbage

1 grated carrots

1 slivered chinese pea pods

1 chopped cilantro

1 slivered jalapeno peppers

1 fresh mint chiffonade

1 fresh basil chiffonade

1 bean sprouts

1 red bell pepper slivered

DRESSING

3 tb japanese rice wine vinegar

1 tb thai hot and sour soup paste

1 salt to taste

1 chicken flavored seasoning

Instructions

Break rice off while still inside the package. It tends to get all over the kitchen otherwise.

Boil a pot of water, as for spaghetti. While it's coming to a boil, start shredding the veggies. When water boils, turn off the heat and throw in the long rice to soak. By the time you are done with the veggies, the long rice will have soaked long enough. Drain the long rice in a sieve and then rinse it to cool. Drain well, pressing out all the water. Turn it onto the chopping board, and cut it in a few places to shorten the strands to about two inches.

In a large salad bowl, combine the dressing ingredients, then throw in the long rice and toss to coat. Add the slivered veggies and toss salad well.

This can stay in the fridge for a few days with no ill effects.

Per serving: 0 Calories (kcal) 0g Total Fat (0% calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Mara Van Der Pas

Recipe by Dr. Art Lipski)

Converted by MMBuster v2.0n.

Thai Marinated Mackerel

Yield: 4

Ingredients

750 g mackerel fillets skins left on (1 1/2 lb)

FOR THE MARINADE

175 ml rice wine or dry sherry (6 floz)

4 tb dark soy sauce

75 g soft dark brown sugar (3oz)

1 red chilli thinly sliced

2 salad onions thinly sliced

Instructions

1. Bring a steamer pan of water to the boil. Lay the mackerel fillets on the steamer rack, cover and steam for 3 minutes. Remove and allow to cool.
2. To make the marinade, place the wine or sherry, soy sauce and brown sugar in a small saucepan over a moderate heat, stirring until the sugar has dissolved.
3. Allow to cool, then stir in the sliced chilli and onions. Lay the mackerel fillets in a shallow non-metallic dish, pour over the marinade, cover and chill for 1-2 hours or preferably overnight.
4. Remove the mackerel fillets from the marinade and place skin side up under a preheated hot grill for 4-5 minutes.
5. Pour the marinade into a small saucepan and bring gently to the boil and simmer for 1-2 minutes. Serve with the grilled mackerel.

Converted by MCBuster.

NOTES : This delicious Thai dish should ideally be left to marinate overnight.

Delicious served with a crisp green salad and Thai fragrant rice.

Converted by MMBuster v2.01.

Thai Marinated-Chicken Salad

Yield: 1 Serving

Ingredients

1 Tablespoon vegetable oil

1 Cup quartered mushrooms

1/2 Cup rice vinegar

1/2 Cup low-sodium soy sauce

1/4 Cup pineapple juice

1 Tablespoon chopped fresh mint

1 Teaspoon minced peeled fresh ginger

1 Teaspoon fish sauce

1 Teaspoon dark sesame oil

1/4 Teaspoon chile paste

1 garlic clove minced

4 Cups chopped ready-to-eat roasted skinned, boned chicken breasts (about 4 breasts)

4 Cups thinly sliced napa (Chinese) cabbage

4 Cups thinly sliced romaine lettuce

1/2 Cup thinly sliced red cabbage

1 Cup yellow or red bell pepper strips

1 Package alfalfa sprouts (4-ounce)

Instructions

1. Heat vegetable oil in a nonstick skillet over medium-high heat. Add mushrooms saute' 3 minutes. Combine mushrooms, vinegar, and next 8 ingredients (vinegar though garlic) in a bowl. Add chicken toss to coat. Cover and refrigerate 30 minutes.

2. Combine napa cabbage, romaine, and red cabbage. Divide cabbage mixture evenly among 6 plates top each serving with chicken mixture, bell pepper, and sprouts. Yield: 6 servings (serving size: 1 1/2 cups cabbage mixture, 2/3 cup chicken mixture, about 3 tablespoons bell pepper and 1/2 cup sprouts).

Converted by MCBuster.

Contributor: Cooking Light/April 1999

Thai Masaman

Yield: 0 Servings

Ingredients

3 Tbls masaman curry paste

30 ml vegetable oil

900 g lean beef

1 cn coconut milk

110 ml milk

2 potatoes

3 md carrots

1 onion

2 Tbls cocktail peanuts

15 ml lemon juice

fish sauce

sugar

Instructions

1. Cut the beef into 3 cm square pieces.
2. In a casserole pot, at low heat, stir the curry paste in the oil for about 3-4 minutes. Add 50 ml of coconut milk.
3. Add the beef and stir for 5 min, then pour in the rest of the coconut milk and milk. When it comes to boil, lower the heat and let it simmer for 25 min., occasionally stirring.
4. Cut the potatoes, onion and carrots into chunks, and add them along with the peanuts to the curry when the beef is stewed for 25 min.
5. When the potatoes and carrots are cooked, add lemon juice, some fishsauce, and a little bit of sugar. Fix it to taste and serve. There should be a thin film of red oil floating on top of the curry.

Author's Notes:

I thought there might be some people who are interested in this recipe. Different people use different methods, but there's not that much difference. So, this is how I cook the curry (brown with reddish oil).

Try this one and see how it turns out. This recipe has not been measured precisely, but close enough I just play it by ear when I cook.

Difficulty : moderate.

Precision : measure ingredients.

Contributor: Wilasinee Chunbomrung wila@seas.ucla.edu

Thai Melon Salad

Yield: 4 Servings

Ingredients

1 stephen ceideburg

5 lb melons

2 or 3 serrano chiles

5 oz lime juice
1 oz thai fish sauce (nam pla)
1 1/4 oz palm or coconut sugar (or brown sugar)
3 oz ground peanuts
1/2 oz dried shrimp
1/2 tb crushed lime leaves *
3/4 ts garlic puree
1 cilantro leaves, for garnish

Instructions

* I assume she means "makrut" or Thai lime leaves. S.C.

This recipe, from the City Restaurant and Border Grill in Los Angeles, presents melons in a sweet and savory context. In order to have a contrast of colors and flavors, use portions of several melons. The recipe calls for approximately 2 pounds of prepared melon about half a pound per person. The specialty items may be found in Thai grocery stores.

Cut the melons into small dice or thin ribbons. Arrange on a platter.

Place the chiles, lime juice, fish sauce, palm sugar, pea nuts, dried shrimp, crushed lime leaves and garlic puree in a blender blend until thoroughly mixed. Pour over the salad and garnish with cilantro leaves.

PER SERVING: 165 calories, 5 g protein, 21 g carbohydrate, 7 g fat (1 g saturated), 0 mg cholesterol, 506 mg sodium, 3 g fiber.

Sibella Krause writing in the San Francisco Chronicle, 8/7/91.

Thai Minced Chicken Salad W/S

Yield: 4 Servings

Ingredients

2 1/2 c chicken stock
1 stalk lemongrass sliced In 1" pieces
1 piece fresh ginger root 2" piece peeled and sliced
2 whole boneless skinless chicken breasts cut into 1
4 scallions thinly sliced
1 red bell pepper diced
1 carrot diced
1/4 c fresh lime juice
1/4 c fish sauce
1 tb soy sauce
salt and pepper
3 tb cilantro chopped
4 lg Bibb lettuce leaves
cilantro sprigs

Instructions

Place stock, lemongrass and ginger in a small saucepan and bring to a boil.

Lower heat, cover and simmer 10 minutes.

Add chicken and poach uncovered, stirring until opaque, about 3 minutes.

Remove chicken strain stock and reserve it for another use.

In a bowl, mix together remaining ingredients except cilantro and lettuce.

Add chicken and stir to coat. Stir in the cilantro.

To serve:

Place lettuce leaves on 4 plates. Mound chicken salad in centers. Drizzle with remaining dressing. Garnish with cilantro sprigs.

Serves 4.

Contributor: Williams-Sonoma catalog

Thai Mini Spring Rolls

Yield: 8 Servings

Ingredients

2 Ounces Bean thread noodles (MUNG bean)

1/4 Cup Dried tree ears OR Dried Chinese blk

1/2 Teaspoon Whole black peppercorns

3 Garlic cloves

1 Tablespoon Fresh coriander roots (coarsely ch

3/4 Pound Fresh ground pork

1/4 Pound Shrimp shelled deveined & chopped OR- 1/4 Pound Fresh crab meat flaked

1 Tablespoon Thai fish sauce

2 Teaspoons Sugar

4 Shallots finely chopped

1 Carrot peeled grated

1/4 Pound Bean sprouts tails removed

8 12-inch rice-paper rounds

Peanut oil for deep-frying

Crisp lettuce leaves (as an accomp

Fresh mint leaves (as an accompani

THAI SPRING ROLL DIP

1/4 c Sugar 1/4 c Water 1/2 c Red wine vinegar 2 tb Fish sauce 1/4 ts

Red chile flakes

2 tb Chopped coriander leaves(fresh)

2 tb Chopped peanuts

IN 2 SEPARATE MEDIUM BOWLS, soak bean thread noodles and tree ears in warm water until soft and pliable (about 15 minutes). Drain the noodles and cut into 1-inch lengths set aside. Drain and rinse off sand from tree ears.

Pinch off and discard hard centers coarsely chop and set aside. Pound peppercorns, garlic and coriander roots into a coarse paste, or chopped together in a spice mill.

Combine pork, shrimp or crab, fish sauce, peppercorn mixture, and 1 teaspoon of the sugar. Add shallots, carrots, bean sprouts, and the reserved bean thread noodles and tree ears mix together thoroughly. Dissolve remaining sugar with 1 cup water in a bowl.

With kitchen shears, cut rice paper into quarters. Lay one sheet of rice paper with the curved edge nearest to you, on a flat surface. Brush thoroughly with water. Let it sit until it softens into a thin flexible film (about 1 minute). Mold 1 tablespoon of pork mixture into 1-inch wide by 2-inch long cylinder and put it near the curved edge of rice paper.

Fold bottom of rice paper over filling. Fold left and right sides over each end to enclose filling. Continue rolling until completely sealed. Repeat with remaining filling. Preheat wok until hot. Add enough oil to a depth of 3-inches. Heat to 325F. Add a few rolls and deep-fry for 10 seconds.

Immediately increase to high heat or 375F and deep-fry until crisp and golden brown (about 6 minutes). Remove and drain. Serve wrapped in a lettuce leaf with a mint leaf. Dip into Thai Spring Roll Dip.

Instructions

THAI SPRING ROLL DIP: Combine sugar, water and vinegar in a saucepan over medium-high heat boil until reduced to 3/4 cup of liquid. Remove from heat and stir in the fish sauce and chile flakes. When cooled, transfer to a dipping saucer and mix in coriander and peanuts. Makes about 24 rolls with sauce.

Thai Mixed Salad

Yield: 4

Ingredients

2 tb vegetable oil for stir frying
2 whole chicken breasts boned, skinned, cut in th
1 carrot julienned
1 red bell pepper julienned
1 1/2 qt iceberg lettuce shredded
1 c vegetable oil
1/3 c vinegar
2 tb soy sauce
2 tb peanut butter smooth
4 cloves garlic minced
1 ts red chiles (heat level of your choice), crushed

GARNISH-

1/4 c fresh cilantro chopped
2 tb peanuts chopped
1/4 c baby shrimp

Instructions

Heat 2 tablespoons of oil in wok or large skillet, add chicken. Stir-fry over high heat for 4-5 minutes or until done. Remove chicken with slotted spoon.

Add carrots and red pepper and stir-fry for 4-5 minutes. Return chicken to skillet to keep warm.

Mound lettuce on the serving platter.

In a jar, combine 1 cup oil, vinegar, soy sauce, peanut butter, garlic and red chiles.

Shake well until peanut butter is dissolved.

Place chicken and vegetables on lettuce. Garnish with cilantro, peanuts and shrimp.

Just before serving, pour desired amount of dressing over salad. Save extra dressing for another occasion.

Per serving: 593 Calories (kcal) 61g Total Fat (89% calories from fat) 5g Protein 11g Carbohydrate 0mg Cholesterol 568mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 1 1/2 Vegetable 0 Fruit 12 Fat 0 Other Carbohydrates

Recipe by: Daily Report 1987

Converted by MMBuster v2.0n.

Thai Mixed Vegetable Salad

Yield: 4

Ingredients

1 sm head lettuce diced
1 cucumber peeled, sliced
1 sm green papaya seeded, julienned
2 tomatoes cut into wedges
4 tb green onions chopped
4 tb cilantro chopped
4 tb peanuts roasted, crushed

2 red chilies julienned
1/4 c lime juice
1/8 c soy sauce
2 ts sugar

Instructions

In a large salad bowl, arrange in layers the lettuce, cucumber, papaya, tomatoes, onion & cilantro. In a small bowl, mix together the peanuts, chilies, lime juice & soy sauce. Pour over the salad, toss & serve.

Per serving: 101 Calories (kcal) 5g Total Fat (39% calories from fat) 5g Protein 12g Carbohydrate 0mg Cholesterol 529mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 1 1/2 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Mussel Soup

Yield: 1

Ingredients

1 1/2 lb black mussels
1 tb oil
4 cloves garlic, minced
2 ts minced ginger
2 ts minced lemon grass
2 ts minced shallots
3 c vegetable broth
1/4 c minced green onions
1/3 c whipping cream
1/2 ts red pepper flakes
1/2 ts salt, pepper

Instructions

Scrub mussels with stiff brush and pull off stringy "beard." Set aside.

Warm oil over medium heat in large skillet. Add garlic, ginger, lemon grass and shallots. Cook until fragrant and tender, about 5 minutes. Add broth and bring to boil. Simmer 5 minutes. Add mussels, cover and cook until mussels have fully opened, about 5 minutes. Remove mussels to serving bowls and keep warm. Add onions, cream and red pepper flakes to pan. Cook 3 minutes. Strain soup over cooked mussels. Season with salt and pepper. Serve immediately. 2 to 4 servings.

Preparation Time: 25 mi

[Thai] Nam Phet (Hot Sauce)

Yield: 1 Serving

Ingredients

7 Parts prik ki nu daeng (red birdseye chi)
2 Parts khing (ginger)
1 Part kratiem (garlic)
4 Parts nam makham piag (tamarind juice)
4 Parts nam manao (lime juice)
2 Parts nam pla (fish sauce)

Instructions

Make as much or as little as you like: this is generally used as an additive in cooking, but some people like to pour it over omelettes or burgers...

Method Process to a sauce consistency in a food processor or liquidiser/blender.

Serving & Storage Keeps 3-4 weeks in a refrigerator. "Col. I.F. Khuntilanont-Philpott"
Per serving (excluding unknown items): 0 Calories 0g Fat (0% calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

[Thai] Neua Pad Kimao (Beef Flambe)

Yield: 4 Servings

Ingredients

1 c Beef, sliced thinly, diagonally ac
1 c Maekhong (whiskey), warmed for flamb,
3 tb Prik ki nu daeng (red birdseye chi
1 tb Kratiem (garlic), thinly sliced
1 tb Kha (galangal) thinly sliced
1 tb Hom daeng (shallots), thinly slice
1 tb Nam pla (fish sauce)
1 tb Nam makham piag (tamarind juice)
3 Bai makrut (kaffir lime leaves) torn, or 1 teaspoon lime
1 ts Nam tan paep (palm sugar)

Instructions

This is perhaps one for the adventurous or the outdoor chef? for not only is the meal cooked in very hot oil, but it is deliberately flamed at the end! Because of this I recomend you use a wok, not a skillet, at least 16 inches in diameter and 6 inches deep, or a saut, pan, at least 16" in diameter and 4" deep.

maekhong is the generic name for Thai whiskeys derived from rice liquour. It is also the name of one of the popular (and relatively cheap) brands. However if you prefer, or simply can't get Thai whiskey, you can use any whiskey, whisky, brandy or rum you choose!

Method

Place a wok over very high heat and stir fry the ingredients quickly, stirring or shaking the wok vigorously to prevent the meat burning.

Add 1 cup of warmed maekhong (rice whikey) to the wok and tip it to cause it to ignite. After about 30 seconds if it is still burning place the lid on the wok to kill the flames.

Serving & Storage

Serve with the usual table condiments and white rice.

On a cold night the best "wine" to go with this is whiskey (good sippin' whiskey), warmed in the style of sake. On a hot summer hight, accompany it with a robust, and well chilled beer, such as Singha or Beer Chang (a Thai product of the Carlsberg breweries that is 9% by volume alcohol!) "Col. I.F. Khuntilanont-Philpott"

Per serving (excluding unknown items): 0 Calories 0g Fat (0% calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium

[Thai] Neua Pad Prik (Pepper Steak)

Yield: 4 Servings

Ingredients

1 lb Steak
8 cl Kratiem (garlic), whole
1/4 c Hom daeng (shallots) sliced
1/4 c Prik yuet (sweet green chilis) sliced
1/4 c Prik yuet daeng (sweet red chilis)
3 tb Nam pla (fish sauce)

1 tb Maggi seasoning
2 tb Nam tan paep (palm sugar)
1 tb Prikthai khiaowan (green peppercorn)
1 tb Sesame oil

MARINADE

2 tb Nam pla
1/2 ts Arrowroot powder
1/2 ts Prikthai (freshly ground black pepper)

Instructions

In essence this is a Thai version of the popular western dish "pepper steak", but prepared in a typically Thai way.

If you can't get the Thai sweet chilis (prik yuet) then substitute bell peppers. If you can't find Maggi seasoning sauce, use mushroom soy or dark soy.

Method

Cut the steak diagonally across the grain into thin strips (this may be easier if you chill the steak in the freezer first). Mix the marinade ingredients and combine with the steak, and leave for about an hour.

In a wok or skillet over medium high heat, combine the sesame oil with two tablespoons of peanut oil and then stir fry the garlic and peppercorns until the whole is aromatic and the garlic turns slightly crisp.

Add the beef, onions and sweet chilis, and stir fry for 2-3 minutes (until the beef begins to show signs of being cooked). Add the remaining ingredients, and increase the heat to high and stir fry until the beef is cooked to your taste.

Serve over steamed white rice, and if desired garnish with a fried egg.

Colonel I.F. Khuntlanont-Philpott

Per serving (excluding unknown items): 788 Calories 74g Fat (85% calories from fat)
16g Protein 14g Carbohydrate 63mg Cholesterol 45mg Sodium

Thai Noodle And Vegetable Salad

Yield: 6 Servings

Ingredients

8 oz rice noodles 1/4-inch wide
1 ts toasted sesame oil
1/2 c fresh bean sprouts
1/2 cucumber
1 carrot
1/4 c green onion chopped
1/4 c chopped fresh cilantro or mint leaves
1 red chili peppers, fresh or dried to taste (about 1/2)
1 cl garlic minced
2 tb rice vinegar
3 tb fresh lime juice
2 tb soy sauce or to taste (optional)
2 tb sugar
3 tb chopped dry-roasted unsalted peanut

Instructions

1. Soak the noodles in warm water for 20 minutes and drain. Meanwhile, rinse sprouts. Halve the cucumber lengthwise remove seeds, and cut into 2-inch long julienne. Cut carrot into 2-inch long julienne. Prepare other ingredients as listed.

2. Bring 4 quarts of water to a boil. Add the noodles and stir to separate. When the water returns to a boil, cook until just tender to the bite, 1 to 2 minutes. Drain the noodles. Toss with the oil.
3. Toss the bean sprouts, cucumber, carrot, green onion, and half the fresh cilantro into the noodles. Combine the chilies, garlic, vinegar, lime juice, fish sauce, and sugar in a bowl. Add to the vegetables and toss to combine. Garnish with the remaining cilantro. Sprinkle with peanuts. Serve.

Description: "Delicately flavored rice noodles supply counterpoint for vegetables dressed with a zesty sauce."

Cuisine: "Thailand"

Source: "Princeville Resort, Kauai, Hawaii"

From PatHanneman

Per serving: 201 Calories (kcal) 3g Total Fat (13% calories from fat) 2g Protein 42g Carbohydrate 0mg Cholesterol 353mg Sodium Food Exchanges: 2 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 1/2 Fat 1/2 Other Carbohydrates

NOTES : Filipino-born Lilay Layaoen, specialist chef at the Princeville Resort on Kauai, serves the salad as a side dish for grilled foods. Add chopped grilled foods directly to the salad and serve as a main course. Soy sauce was substituted for the more traditional fish sauce.

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Contributor: Pacific Light Cooking, Ruth Law

Thai Noodle Salad

Yield: 8 Servings

Ingredients

- 1 10 oz pkg Chinese noodles
- 1/3 c rice vinegar
- 3 tb soy sauce
- 3 tb lime juice
- 3 tb sugar
- 1 ts minced fresh garlic
- 1 ts ground fresh chile paste
- 1 ds sesame oil (optional)
- 3/4 c shredded carrot
- 3/4 c chopped fresh cilantro

Instructions

Bring 6 quarts of water to a boil. Drop in the noodles. Cook until tender, about 3 minutes, stirring constantly to separate the noodles. Pour into a colander and rinse with cold water.

Combine the remaining ingredients, except the carrot and cilantro, in a large bowl. Stir to mix and dissolve the sugar. Add the noodles, carrot, and cilantro. Toss to mix. Serve immediately or chill up to 4 hours.

Per serving: 155 Calories (kcal) trace Total Fat (0% calories from fat) 1g Protein 38g Carbohydrate 0mg Cholesterol 394mg Sodium Food Exchanges: 2 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 1/2 Other Carbohydrates

Contributor: The McDougall Quick & Easy Cookbook

Thai Noodles (2)

Yield: 6 Servings

Ingredients

1/2 lb dried rice noodles 1/8 wide warm water
1/2 lb shrimp, chicken or pork or a combination
1/4 c fish sauce
1/4 c granulated sugar plus:
2 tb granulated sugar
1/4 c white vinegar: plus:
2 tb white vinegar
1 ts paprika or tomato paste or ca
4 green onions
1/2 c vegetable oil
1 ts finely chopped garlic
2 eggs
3/4 lb bean sprouts
2 tb ground roasted chilies
3/4 c ground roasted peanuts (unsalted)
1 lime wedges

Instructions

1. Soak the noodles for 20-25 minutes in enough warm water to cover them. They should be flexible and soft, but not so soft that they can be mashed easily with the fingers. Later cooking in liquid will soften them more. Drain them thoroughly in a colander while preparing the other ingredients. Traditionally they are left in full-length strands, but you may cut them into 8-inch lengths if you find it easier to stir-fry them that way.
2. Peel and devein the shrimp, leaving the tails intact, or slice the chicken or pork across the grain into strips not more than 1/8 inch thick and 1 to 2 inches long.
3. Mix the fish sauce, sugar, vinegar, and optional paprika, tomato paste, or catsup in a bowl, and stir until the sugar is dissolved. Set the mixture aside. Slice the green onions, both white and green parts, diagonally into pieces 1 1/2 inches long and 1/4 inch thick. Set aside.
4. Heat a wok, add the oil, and swirl it over the surface of the pan. Add the garlic and stir-fry until light golden. Add the meat and stir-fry until the pink color disappears completely. If you are using shrimp, stir-fry until they turn pink. Add the noodles and toss lightly to coat them with oil and to distribute the meat and garlic.
5. Add the liquid from Step 3 and bring it to a boil rapidly, gently folding the noodles without breaking them. Reduce the heat to medium and boil the mixture, folding frequently, until the noodles have absorbed the liquid.
6. Using a wok scoop or a stiff spatula, lift the noodles gently from one side of the wok. Pour a little oil along the side of the wok, then break 1 egg and slip it into the oil. Break the yolk, and cover the egg with the noodles immediately. Repeat this on the opposite side of the wok with the remaining egg. Allow the eggs to cook undisturbed, over moderate heat, until they are set and almost dry. Additional oil may be added if the eggs or the noodles begin to stick to the wok.
7. When the eggs are set and almost dry, fold them gently but rapidly into the noodles. Try not to break the noodles, which will be soft and fragile at this point. An effective way is to insert the scoop under the eggs, lift it through, and fold the mixture over. Continue the lifting and folding motion until the eggs are broken up and well distributed.

8. Add the bean sprouts and sliced green onions and toss the entire mixture quickly and gently, still avoiding breaking the noodles. Cook for about 2 minutes, or until the bean sprouts and green onions are crisp-tender. Place the mixture on a large warm platter.
9. Sprinkle the ground chilies and peanuts over the top and squeeze lime juice over that, or serve these garnishes separately, for each diner to add according to taste.

Variation: Omit the shrimp, pork, or chicken from the list of ingredients, and ignore any instructions for them. Substitute ½ pound tofu and 1/4 pound dried shrimp. Put the tofu on a triple layer of paper towels, cover it with another triple layer, put a plate on top of that, and put a 2-pound weight, e.g. a can of tomatoes, on top of the plate. Let stand for 20 to 30 minutes to press out the excess water. Put the dried shrimp in a sieve, rinse them quickly under hot running water, and set them aside to drain. After the tofu has been pressed, slice it into 1/4-inch cubes. Add the tofu and shrimp in Step 5 of the instructions and proceed with the main recipe.

Note: in Thailand, dried shrimp are available in a smaller size than is generally available in the United States. If you would like to simulate that, chop the dried shrimp very coarsely after they have been rinsed.

(Yield: 6-8 servings)

Source: Thai Home-Cooking

From: mikejohnston.trwgbr@gmail4.nba.trw.com (Michael L. Johnston)

Thai Noodles (4)

Yield: 1 Servings

Ingredients

3 cups chopped cabbage

1 medium onion, chopped

1.5 t oil 9 oz pasta shapes (shells, bow-ties, etc)

1/4 cup crunchy peanut butter

1 T fresh lime juice

1.5 t brown sugar

1.5 t soy sauce

1.5 t worcestershire sauce (Vegetarian or regular worcestershire sauce, as you prefer.)

1/4 t crushed red pepper

1/2 t curry powder

1/8 t ground cloves

1 clove garlic, minced or mashed

7 oz coconut "milk"

1 T chopped fresh cilantro

1 t chopped fresh basil

Instructions

Saute cabbage and onion in oil til just softened. Set aside in large bowl. Cook pasta till al dente. While pasta cooks, mix next 9 ingredients in a sauce pan. Heat gently, adding coconut milk gradually. Do not boil. Mix cooked pasta with sauce and veggies. Mix in cilantro and basil.

Serve immediately.

4-6 main dish servings. This is a heavy dish serve with a steamed veggie, and/or a light green salad.

From: mikejohnston.trwgbr@gmail4.nba.trw.com (Michael L. Johnston)

Source: Thai Home-Cooking Converted by MMCONV vers. 1.40

Thai Noodles With Chicken And Broccoli

Yield: 4 Servings

Ingredients

1/2 lb spaghetti or thin noodles
4 c broccoli florets
2 carrots julienned
1 tb vegetable oil
1 tb ginger root minced
3 cl garlic minced
3/4 lb boneless skinless chicken breasts
1/4 c fresh coriander
1 ***sauce***
1/2 c chicken stock
3 tb rice vinegar
3 tb soy sauce
3 tb peanut butter
1 tb sugar or honey
1 tb sesame oil
1 1/2 ts hot pepper sauce

Instructions

Cut chicken into strips across the grain.

Whisk together sauce ingredients. Set aside. In large pot of boiling water, cook noodles for 5 minutes. Add broccoli and carrots cook for 3 to 3 minutes or until noodles are tender but firm. Drain and set aside. In large nonstick skillet or wok, heat oil over high heat stir-fry ginger and garlic for 30 seconds. Add chicken stir-fry for 3 to 5 minutes or until no longer pink inside. Stir sauce add to skillet and bring to boil.

Remove from heat toss with noodles and vegetables. Sprinkle with coriander. Serve in large bowls. Makes 4 servings.

506 cal, 34 g protein, 15 g total fat (2 g saturated), 49 mg cholesterol, 631 mg sodium, 790 mg potassium.

fast stir fry

From: KitPATH

per serving: 501 Calories (kcal) 15g Total Fat (27% calories from fat) 33g Protein 58g Carbohydrate 49mg Cholesterol 1235mg Sodium Food Exchanges: 3 Grain(Starch) 3 Lean Meat 2 Vegetable 0 Fruit 2 1/2 Fat 1/2 Other Carbohydrates

NOTES : Here's another recipe from Anne Lindsay the 15 g of fat well if we can use that reduced oil peanut butter and take only 1/3 of the sesame oil, we lose the fat to around 13g. I let this sit for about 5 minutes before serving put it in a heated casserole with lid. Sitting enhances the aromatics.

Nutr. Assoc. : 2053 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Contributor: Anne Lindsay's Light Kitchen

Preparation Time: 0:20

Thai Noodles With Chicken

Yield: 8 Servings

Ingredients

1 lb chinese dried egg noodles or linguine
4 cooked chicken breast halves
1 cilantro sprigs and mint leaves for garnish

Sesame Soy Dressing-

3/4 c soy sauce
3/4 c chicken stock or water
1/2 c coarsely chopped peanuts
1/4 c smooth peanut butter
1/4 c firmly packed brown sugar
1/4 c white wine vinegar
1/4 c asian sesame oil
2 tb vegetable oil
1 1/2 c minced fresh mint
1/2 c minced cilantro
2 cloves garlic minced
2 c shredded carrots
4 green onions minced
1 ts hot-pepper flakes

Instructions

1. In a large saucepan, bring 4 quarts water to a boil. Add noodles, stir to separate, and reduce heat to medium. Cook noodles until tender but still firm (about 18 minutes). Remove from heat and drain.
2. While noodles are cooking, prepare the dressing. Toss warm noodles with dressing to coat thoroughly.
3. Tear each chicken breast half into 8 or 10 medium-sized pieces add to noodles. Stir to coat chicken with dressing and to mix with noodles. Garnish with cilantro sprigs, mint leaves, and chopped pecans, and serve.

Sesame-Soy Dressing: In a large bowl, thoroughly combine all ingredients.

Makes about 2-3/4 cups.

Recipe By : the California Culinary Academy

From: [Emory!hpcbis.Cup.Hp.Com!juliar@sdate](mailto:juliar@sdate) Thu, 17 Mar 94 16:11:22 0800

Thai Noodles With Cilantro

Yield: 4

Ingredients

1/4 c fresh lime juice
2 tb soy sauce
1 tb light brown sugar
1 tb dark molasses
4 c broccoli flowerets in bite-size pieces
1/2 red bell pepper thinly sliced
1/2 lb thin spaghetti broken in half
1 tb canola oil
2 ts minced gingerroot
2 ts minced garlic
1 ts minced jalapeno chile
1 c frozen green peas
1/4 c thinly sliced green onions
2 tb minced fresh cilantro
2 eggs beaten
1/4 c chopped peanuts for garnish
1 cilantro sprigs for garnish

Instructions

Makes 4 servings.

An exotic dish, but one that is easily created in your own kitchen. It is high in protein, low in fat and rich in both flavor and nutrition.

Combine the lime juice, soy sauce, sugar and molasses in a small bowl and set aside. Steam the broccoli over boiling water 2 minutes. Add bell pepper and steam 2 to 3 minutes, until vegetables are crisp-tender. Run under cold water until cooled and set aside.

Bring a large pot of water to a boil and cook the spaghetti 7 to 8 minutes, or just until barely tender. Drain and set aside.

Meanwhile, heat the oil in a nonstick Dutch oven over medium heat. Add the gingerroot, garlic and chile and cook, stirring frequently, about 1 minute.

Add broccoli, bell pepper, peas, green onions and cilantro and stir until heated through. Transfer the broccoli mixture to a large bowl and cover with foil to keep warm.

Pour the beaten eggs into the Dutch oven over medium heat, and as they begin to cook, add cooked spaghetti and lime juice mixture. Using two forks, toss the mixture until the liquid is absorbed. Add broccoli mixture and toss until thoroughly mixed. Serve on a warmed platter or individual plates. Garnish with peanuts and cilantro sprigs.

Education:

Raw eggs carry the risk of salmonella, a food poisoning that can be serious for the very young, the elderly or anyone with a compromised immune system.

In the recipe above, the eggs are completely cooked as the pasta is tossed in the pan over heat. Be careful with egg dishes that do not result in hard cooking of both whites and yolks.

Per serving: 203 Calories (kcal) 10g Total Fat (43% calories from fat) 10g Protein 20g Carbohydrate 94mg Cholesterol 609mg Sodium Food Exchanges: 1/2 Grain(Starch) 1/2 Lean Meat 1 Vegetable 0 Fruit 1 1/2 Fat 1/2 Other Carbohydrates

Recipe by: The No-Tofu Vegetarian Cookbook, page 143

Converted by MMBuster v2.0n.

Thai Noodles With Seafood

Yield: 3

Ingredients

2 lb mixed seafood

1/4 c basil leaves

3 bird's eye chiles chopped

2 tb garlic minced

2 tb oil for frying

1 tb fish sauce

2 tb soy sauce lite

Instructions

This recipe is very simple, very fast and very good. The fresh rice noodles, thick and white, can be found in the refrigerator cabinet of any good Asian grocery store. Don't use frounceen marinara mix++the recipe deserves better.

Any decent fishmonger will be happy to serve you with half a dounceen prawns, a few scallops, some squid, a small fillet of fish, a handful of mussels or any other combination that appeals to you.

Cut the mixed seafood into bite-size pieces, first removing any shells. If you are using mussels, wash and scrape the shells and open them by putting them in a pot with a

little boiling water. Cover and boil for a few minutes, removing each mussel as it opens to prevent overcooking.

Chop a handful of basil leaves and seed and finely slice 3 bird's eye chillies.

In a frying pan or wok, heat 1 tablespoon of oil. Brown 2 tablespoons of crushed garlic and saut, the seafood for a couple of minutes. Drain off the oil and set the garlic seafood mixture aside.

Put another tablespoon of oil in the pan and increase the heat. Add 2 tablespoons of light soya sauce and the noodles and saut, for 2-3 minutes.

Tip the seafood back into the pan and add 3 tablespoons of fish sauce. Stir well.

Add the basil leaves and chillies and cook for 1 minute more, stirring.

Serve, Makes 3 to 4 servings.

Per serving: 20 Calories (kcal) 1g Total Fat (32% calories from fat) trace Protein 3g Carbohydrate 1mg Cholesterol 1mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Nua Yang Nam Tok (Waterfall Beef)

Yield: 1

Ingredients

1 lb steak cut fairly thick.

1/3 c fish sauce

1/3 c lime juice

2 tb chopped shallots

2 tb chopped coriander/cilantro

1 (including the roots if p

2 tb chopped mint leaves

2 tb khao noor

1 tb freshly roasted/fried sesame seeds

2 ts freshly ground dried red chillies.

Instructions

Mix the marinade, coat the steak with it and marinade it for at least 3 hours.

The steak is then grilled, broiled or grilled until on the rare side of medium rare, cut into half inch thick strips and the strips cut into bite sized pieces. The meat can be kept cool until just before you want to eat.

In a wok, bring a little oil to medium high heat, and add the strips of beef, immediately followed by all the remaining ingredients, stir fry until heated through (about a minute).

Serve with Thai sticky rice. (Alternatively I rather like it as part of a meal with pad Thai and a soup such as tom yum ghoong (hot and sour shrimp soup)).

Per serving: 1217 Calories (kcal) 92g Total Fat (68% calories from fat) 66g Protein 30g Carbohydrate 265mg Cholesterol 185mg Sodium Food Exchanges: 0

Grain(Starch) 9 Lean Meat 0 Vegetable 1/2 Fruit 13 1/2 Fat 1 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai One-Pot

Yield: 4

Ingredients

1 tb cooking oil

1 green bell pepper cut into 1/4-inch strips

1 red bell pepper cut into 1/4-inch strips

1/4 lb shiitake mushrooms stems removed, caps cut into 1/4-inch slices
1 ts salt
1 1/4 lb lean ground pork
3/4 c short-grain rice
2 1/2 c canned low-sodium chicken broth or homemade stock
3 tb soy sauce
1/4 ts cayenne
4 scallions including green tops chopped
10 radishes cut into thin slices
5 tb chopped cilantro or fresh parsley
2 tb lime juice (from about 1 lime)

Instructions

1. In a large nonstick frying pan, heat the oil over moderately high heat. Add the bell peppers, shiitakes, and 1/4 teaspoon of the salt and cook, stirring occasionally, until beginning to brown, about 5 minutes. Remove.
2. Add the pork to the pan and cook, stirring, until it is no longer pink, about 3 minutes. Spoon off the fat from the pan. Stir in the bell peppers and shiitakes, the rice, broth, soy sauce, the remaining 3/4 teaspoon salt, and the cayenne. Bring to a simmer. Cover. Reduce the heat to low and simmer, without removing the lid, until the rice is just done, about 20 minutes.
3. Remove the pot from the heat and let stand, covered, for 10 minutes. Stir in the scallions, radishes, cilantro, and lime juice.

Even Quicker

The radishes that are stirred in at the last minute add a pleasant crunch. For a similar effect without the slicing time, substitute one cup of bean sprouts.

Quick From Scratch One-Dish Meals

Posted to FOODWINE Digest TX Apr 99

Per serving: 276 Calories (kcal) 4g Total Fat (12% calories from fat) 6g Protein 57g Carbohydrate 0mg Cholesterol 1312mg Sodium Food Exchanges: 3 1/2 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 1/2 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Orange Chicken Salad

Yield: 6 Servings

Ingredients

2 carrots
2 sweet red peppers
1 ts sesame oil
3 green onions
2 cooked boneless chicken breasts
2 heads boston lettuce
1 1/2 c bean sprouts
3/4 c fresh coriander
2 oranges in sections
1 dressing
2/3 c water
1/2 c smooth peanut butter
1/3 c rice vinegar
1 tb soy sauce
1 1/2 ts sugar

1/2 ts crushed chili flakes

4 cloves garlic crushed

Instructions

Cut carrots and red pepper into very fine strips. Heat oil in skillet, and saut, vegetables for several minutes. Slice green onions lengthwise into thin strips, as well as chicken breasts. In food processor, add all ingredients for dressing and process until smooth. Arrange lettuce leaves on plates (6-8). Top with carrots and red peppers, bean sprouts, chicken, coriander and onions. Garnish with orange sections. Finally, drizzle dressing on top just before serving (or serve on the side.)
Great for chicken leftovers too !

Thai Pasta Salad With Peanut Sauce (Pil)

Yield: 2 Servings

Ingredients

1/4 c evaporated skim milk

4 1/2 ts creamy peanut butter

4 1/2 ts red onion finely chopped

1 ts lemon juice

3/4 ts brown sugar

1/2 ts soy sauce, low sodium

1/8 ts ground red pepper

1/2 ts fresh ginger root grated

1 c whole wheat spaghetti cooked, drained, hot

2 ts green onion finely chopped

Instructions

1. Combine milk, peanut butter, red onion, lemon juice, sugar, soy sauce, and red pepper in medium saucepan. Bring to a boil over high heat, stirring constantly. Boil 2 minutes, stirring constantly. Reduce heat to medium-low. Add ginger blend well. Add spaghetti toss to coat.
2. Top servings evenly with green onion. Serve.

[Calories: 187 26% Cals from fat (6 g total 1 Saturated, 38 mg chol.) 85 mg sodium]

PIL Publications International, Ltd (Illinois)

Recipe By : Pil, Diabetic Cooking (1996:34)

Thai Pasta Salad

Yield: 4 Servings

Ingredients

8 oz linguine

DRESSING

1/4 c bottled teriyaki sauce

3 tb fresh lemon juice

2 tb vegetable oil

1/2 ts grated fresh gingerroot

1/4 ts crushed red pepper

8 oz flaked imitation crabmeat

8 oz green cabbage, coarsely shredded, (4 cups)

1 c shredded carrots

1/3 c sliced scallions

1/3 c cilantro leaves

Instructions

Cook pasta according to package directions. Drain in colander. Rinse under running cold water and drain well. Whisk dressing ingredients in a large serving bowl until blended. Add rinsed and drained pasta, the imitation crabmeat and remaining ingredients. Toss gently to mix and coat.

Per serving: 360 Cal, 15 gm pro., 58 gm carb, 9 gm fat, 9mg chol, 1,201 mg sodium.

Women's Day 3/14/95

Thai Peanut Butter Sauce 2

Yield: 1

Ingredients

1/4 c peanut oil

2 cloves garlic

1 onion blended with the garlic

1/2 ground red chile pepper (your choice of fire)

3 kaffir lime leaves or grated zest of 1 fresh lime.

1/2 ts curry powder

1 tb chopped fresh lemon grass

1 c coconut milk

1/2 c milk

1 ts ground cinnamon

3 bay leaves

2 ts tamarind paste

1 tb fish sauce (purchased at asian markets, amount varied by brand and taste), up to 3

3 tb dark brown sugar

3 tb lemon juice

1 c chunky peanut butter

Instructions

Heat the oil in a skillet to medium-high heat and saut, garlic, onion, chile, lime leaves or zest, curry powder and lemon grass for 2 to 3 minutes. Then stir in coconut milk, milk, cinnamon, bay leaves, tamarind sauce, fish sauce, brown sugar, lemon juice and peanut butter. Mix ingredients well, reduce heat

and cook, stirring frequently, until sauce thickens. This takes about 30 minutes.

Remove bay and lime leaves and serve. Do not let sauce stick and burn to bottom of pan.

Adapted from Keo's Thai Cuisine, Keo Sananikone, Ten Speed Press. 1986

I like to blender the onion and garlic so the sauce is smooth in texture.

You can also mince if you like chunks in your sauce.

Converted by MCBuster.

Per serving: 2886 Calories (kcal) 247g Total Fat (72% calories from fat) 74g Protein

137g Carbohydrate 19mg Cholesterol 1372mg Sodium Food Exchanges: 4

Grain(Starch) 7 Lean Meat 2 Vegetable 1 Fruit 45 Fat 3 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Peanut Dressing

Yield: 4 Servings

Ingredients

1/3 c rice vinegar

1/3 c peanut butter

2/3 c water

2 tb low-sodium soy sauce
4 cl garlic (i use 2)
2 ts sugar
1 ts crushed red pepper (i use just a p

Instructions

Combine all ingredients in blender container and blend until smooth.

Each of four servings contains approximately:

Calories: 310 Cholesterol: 30mg Fat: 12 gm Sodium: 197 mg

From: Barb Rothenberger

Per serving: 148 Calories (kcal) 11g Total Fat (61% calories from fat) 6g Protein 9g

Carbohydrate 0mg Cholesterol 402mg Sodium Food Exchanges: 1/2 Grain(Starch) 1/2

Lean Meat 1/2 Vegetable 0 Fruit 2 Fat 0 Other Carbohydrates

NOTES : When served with the Thai Chicken Salad, the fat per serving is 3.2 grams (18% CFF).

Contributor: Los Angeles Times

Thai Peanut Pasta Salad

Yield: 11 Servings

Ingredients

1 3/4 c whole wheat pasta fusilli (curly pasta) or

1/4 c cider vinegar

2 tb sugar

3 tb creamy peanut butter lowfat

2 tb soy sauce

1 tb fresh ginger root grated

2 cl garlic minced

1 sm cucumber halved lengthwise seeded

2 md carrots coarsely shredded 1c.

4 green onions sliced

1 chili pepper thinly sliced (1-2) re

1 fresh cilantro chopped

Instructions

Cook pasta to desired doneness as directed on pkg. Drain, rinse with cold water.

Meanwhile, in small bowl, combine vinegar, sugar, peanut butter, soy sauce, gingerroot and garlic. Beat with wire whisk until well blended.

In large bowl, combine cooked pasta, cucumber, carrots, onions and chili peppers. Mix gently. Pour vinegar mixture over pasta mixture and toss gently to coat.

MC formatting by Roberta Banghart

Per serving: 83 Calories (kcal) trace Total Fat (3% calories from fat) 3g Protein 19g

Carbohydrate 0mg Cholesterol 195mg Sodium Food Exchanges: 1 Grain(Starch) 0

Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

NOTES : Per serving: 110 calories, 2 g. fat, 3% CFF, 0 mg. cholesterol.

Contributor: Fast and Healthy Magazine, July '95

Thai Peanut Popcorn

Yield: 12 Cups

Ingredients

1/4 c butter or margarine

1 tb soy sauce

1/8 ts dried red pepper flakes

1/2 c chunky style peanut butter
1/8 ts garlic powder
12 c popped corn

Instructions

In a heavy saucepan, melt butter over med. heat. Add remaining ingredients except popcorn. Cook, stirring constantly, until smooth.

Pour over popcorn, tossing to coat evenly. Serve at once.

Source: Theatre Popcorn Popper leaflet

From: Suewoodward

Thai Peanut Sauce (Ceideburg)

Yield: 1 Servings

Ingredients

1 stephen ceideburg
1/2 c creamy peanut butter
2 cloves garlic, minced
3 tb granulated sugar
1/3 c soy sauce
1/3 c rice vinegar
1 1/2 tb hot chili oil
1 1/2 ts minced fresh cilantro
1 pn dried red pepper flakes
1 fresh vegetables for dipping*

Instructions

* such as carrots, broccoli, bell peppers

In a small mixing bowl, cream the peanut butter, garlic and sugar until well-blended. Add the soy sauce, vinegar, chili oil, cilantro and red pepper flakes mix until blended. Chill for 1 to 2 hours or overnight to blend flavors. Serve with an assortment of fresh vegetables for dipping.

Makes 1 1/4 cup.

From Hall Street Bar & Grill, Beaverton.

From the Oregonian FOODday, 1/5/93.

Posted by Stephen Ceideburg

Thai Peanut Sauce 567

Yield: 1

Ingredients

1/2 c peanut oil
1/2 c raw peanuts
2 fresh thai or serrano chiles
1 sl fresh ginger 1/2 inch thick
4 garlic cloves
1/3 c unsweetened coconut milk (canned or fresh)
2 ts dark soy sauce
4 ts fish sauce
1 ts sugar
1 tb fresh lime juice
1 pn salt (add to taste)
1/2 c finely minced cilantro leaves and stems

Instructions

Heat the peanut oil to nearly smoking in a saucepan. Turn off the heat and add the peanuts. The peanuts should cook to a golden brown in 3-5 minutes. If you burn them, throw them out and start all over again or your sauce will be bitter. You may have to turn on the heat again, but stir the peanuts if you do.

Using a slotted spoon, transfer the peanuts to the container of a food processor or blender, along with 1 tablespoon of the peanut oil (reserve the rest) and blend them to a rough paste. Add the chiles, ginger, garlic and continue to blend. Add the remaining ingredients except the cilantro, and blend until smooth. If it is too thick, add more oil. Stir in cilantro, and serve as a dipping sauce with satay or anything else, or thin with oil and serve as a salad dressing.

Per serving: 1055 Calories (kcal) 111g Total Fat (92% calories from fat) 1g Protein 18g Carbohydrate 3mg Cholesterol 139mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 1/2 Vegetable 0 Fruit 22 Fat 1/2 Other Carbohydrates
Converted by MMBuster v2.0n.

Thai Peanut Sauce For Chicken And Pasta

Yield: 1

Ingredients

1 c peanut butter
1/2 c vegetable stock
1 tb tabasco sauce
2 tb garlic powder
1/4 c lime juice
1 tb soy sauce
1 tb ground ginger
1 ts honey

Instructions

Thai Peanut Sauce: In a bowl, mix all ingredients. Add 1 cup water and mix until smooth.

Created by Lucie Costa, CEC, Culinary Arts Instructor.

Per serving: 1736 Calories (kcal) 134g Total Fat (64% calories from fat) 73g Protein 93g Carbohydrate 1mg Cholesterol 3120mg Sodium Food Exchanges: 5 Grain(Starch) 7 1/2 Lean Meat 1/2 Vegetable 1/2 Fruit 22 Fat 1/2 Other Carbohydrates
Converted by MMBuster v2.0n.

Thai Peanut Sauce 52

Yield: 1

Ingredients

1/2 c peanut oil
1/2 c raw peanuts
2 fresh thai or serrano chiles
1 sl fresh ginger 1/2 inch thick
4 garlic cloves
1/3 c unsweetened coconut milk (canned or fresh)
2 ts dark soy sauce
4 teapsoons fish sauce
1 ts sugar
1 tb fresh lime juice
1 pn salt (add to taste, as fish sauce can be very salty)
1/2 c finely minced cilantro leaves and stems

Instructions

Heat the peanut oil to nearly smoking in a saucepan. Turn off the heat and add the peanuts. The peanuts should cook to a golden brown in 3-5 minutes. If you burn them, throw them out and start all over again or your sauce will be bitter. You may have to turn on the heat again, but stir the peanuts if you do.

Using a slotted spoon, transfer the peanuts to the container of a food processor or blender, along with 1 tablespoon of the peanut oil (reserve the rest) and blend them to a rough paste. Add the chiles, ginger, garlic and continue to blend. Add the remaining ingredients except the cilantro, and blend until smooth. If it is too thick, add more oil. Stir in cilantro, and serve as a dipping sauce with satay or anything else, or thin with oil and serve as a salad dressing.

Per serving: 1009 Calories (kcal) 108g Total Fat (94% calories from fat) 1g Protein 13g Carbohydrate 0mg Cholesterol 139mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 1/2 Vegetable 0 Fruit 21 1/2 Fat 1/2 Other Carbohydrates
Converted by MMBuster v2.0n.

Thai Peanut Sauce

Yield: 6 Servings

Ingredients

2/3 c smooth peanut butter
2 tb water
2 ts soy sauce
2 ts cider vinegar
2 ts sugar
2 tb seasoned rice vinegar
1 ts oriental sesame oil

Instructions

Combine water, soy sauce, cider vinegar, and sugar. Add this to peanut butter, rice vinegar, and sesame oil.

Thai Peanut Slaw

Yield: 8 Servings

Ingredients

1 head nappa cabbage, shredded
1 cucumber, chopped
1 bn green onions, sliced
1/4 c salted peanuts, chopped
1 tb sesame seeds
2 c bean sprouts

DRESSING

1/2 c salted peanuts very finely ground
1 1/2 ts sugar
1 tb red pepper flakes
1 ts fresh garlic finely chop
1 tb peanut oil
3 tb rice vinegar or vinegar
1 tb soy sauce

Instructions

In large bowl combine all salad ingredients. In small bowl stir together all dressing ingredients. Just before serving, pour dressing over salad toss to coat. Yield: 8 servings.

(1 serving): Calories 120, Protein 3g Carbohydrate 6g Fat 10g Cholesterol 0mg Sodium 220mg.

Thai Phraram Long Song (Meat In Peanut Sauce)

Yield: 1

Ingredients

1 c pork cut into small bite sized pieces

1 c phak bung (swamp cabbage), shredded*

FOR THE SAUCE-

1 tb garlic very finely chopped

1 tb massaman curry paste

1 c coconut milk

1 c pork stock

1 tb sugar

1 pn salt

1 tb lime juice

1/2 c raw peanuts crushed

Instructions

*Note that phak bung is very common almost a weed in Thailand. In the West where it is probably unobtainable, use spinach or kale.

To flavor the oil:

Garlic, ginger, prik ki nu daeng (red birdseye chilies), and phom kari (mild curry powder). According to the method. If Thai curry powder isn't available, use a mild Indian curry.

There are a number of possible translations of the title of this dish, which is from the milder "Royal Thai" tradition. Phraram is the name given in Thai to the God Rama, or the title of the King. The title can be translated by those of a poetic nature to mean food so good it makes the king cry.

Because this is a mild, Royal Thai, dish, I give two methods, which differ slightly in that one is mild and has complex flavors, the other is more in line with the country tradition of not throwing away anything that can be eaten, and is a little more potent, as suits the provincial palate.

This dish can be made with pork, beef, chicken or shrimp. Shrimp require less cooking and beef rather more. This version is made with pork

Heat a wok, and add three tablespoons of peanut oil, add one teaspoon of slivered garlic, and saute until the garlic is just changing color. Remove and discard the garlic. Add 4 'coins' of ginger, 1" in diameter, an eighth of an inch thick, and saute for 1 minute, remove and discard. Take 4 red chilies and destalk them, cut them in half and tap them on the counter to remove loose seeds, saute for 1 minute, remove and discard. Now add 1 teaspoon of curry powder and stir until absorbed into the flavored oil.

For the provincial version, to the hot oil add 1 tablespoon of slivered garlic, 1 tablespoon of slivered ginger, and 1 tablespoon of very thinly sliced chilies, including the seeds, then remove the flavoring, add 1 tablespoon of curry powder, and blend into the oil. The garlic, ginger, and chili is then blended to a fine paste and retained to be added later.

Now stir fry the meat for about 1 minute, and remove it from the oil while you prepare the sauce.

Fry the peanuts for about 5 minutes in the oil, then remove them and blend them to a fine paste, and return the paste to the oil, adding the curry paste and stirring until aromatic (if you can't find curry paste use a further tablespoon of curry powder), now slowly add the coconut milk, stirring constantly to blend, and then add the remaining sauce ingredients, then bring to a gentle simmer.

If preparing the provincial version, return the oil flavoring to the mix at this time.

Add the meat, and return to the simmer, cover and simmer, stirring occasionally for about 20 minutes, until the meat is tender.

Add the vegetables, turn the heat up and boil vigorously for 1 minute.

Serve with jasmine rice.

Converted by MCBuster.

Per serving: 1132 Calories (kcal) 95g Total Fat (73% calories from fat) 47g Protein

30g Carbohydrate 156mg Cholesterol 293mg Sodium Food Exchanges: 0

Grain(Starch) 5 1/2 Lean Meat 1/2 Vegetable 1 Fruit 15 1/2 Fat 1 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Pie

Yield: 8 Servings

Ingredients

1 lb prepared puff pastry

1 lb lean beef, thinly sliced

2 tb peanut oil

2 small red chiles, (piquins o

2 cl garlic finely chopped

1 onion finely sliced

1 pn ginger 1-inch, peeled and f

1 tb sugar

2 tb lemon or lime juice

1 tb fish sauce

1 tb soy sauce

1 c bean sprouts

1 c cooked rice

Instructions

Recipe by: Sally Hammond Preheat oven to 400 F.

Roll out the pastry and cut to line individual pie tins and to cover the pies.

Heat the oil in a wok or large fry pan over high heat and stir-fry the beef for 1 minute.

Add the chiles, garlic, onion, and ginger and stir-fry quickly until fragrant, an additional minute. Add the sugar, lemon or lime juice, fish sauce, and soy sauce and mix well.

Immediately stir in bean sprouts, stir-frying for one more minute.

Add the rice and mix well. Remo from the heat.

Place heaping spoonfuls into each pastry-lined pie tin, brush the edges wit water and top with the pastry cover, pressing down well to seal. Cut a slas in the lid.

Bake for 30 minutes or until golden. Serve with salad.

Thai Pineapple Fried Rice

Yield: 1 Servings

Ingredients

1 tb garlic chopped

1/2 c oil

1/2 c pork, thinly sliced

1/2 c chicken, thinly sliced
2/3 lb shrimps, peeled and devained
4 lg eggs
12 c cooked rice, cooled
1 1/4 c diced pineapple
2 tb sugar
6 tb fish sauce (nam pla)
1 c green onions, cut 1 pieces
6 fresh pickles or
2 cucumbers, sliced
1 tb chili peppers or to taste
1/2 c cilantro chopped
2 ts ground white peppers

Instructions

Fry garlic in oil until golden brown over medium heat.

Increase heat to medium high and add chicken, pork and shrimps. Cook until meats are almost done, add eggs and scramble. Cook half way through, add rice and pineapple and mix quickly. Sprinkle sugar, white peppers, fish sauce, green onions and mix well, cook about 2 minutes longer, stirring constantly, then remove from heat. Serve hot with sliced pickles and chili peppers with chopped cilantro sprinkled on top. Makes 12 servings.

NOTE: cook rice with a little less water than you normally would because rice will absorb juice from the meats, therefore, it won't be soggy. Formatted by Elaine Radis BGMB90B October, 1993

Thai Pineapple Rice

Yield: 2 Servings

Ingredients

1 fresh pineapple
2 c cooked rice cold
1/4 c baby shrimp
1 cooked chicken breast half
1/4 c diced cooked ham
2 green onions
1/4 c peas
1 ds rice wine

Instructions

Cut chicken into bite size pieces. Cut stem from pineapple. Cut pineapple in half. Hollow top and bottom portions of pineapple, set aside. Dice pineapple meat. Reserve 1/4 cup of pineapple meat, save remainder for another dish or dessert. Heat 2 teaspoons of oil in wok, add rice and stir-fry a minute or two. Add shrimp, chicken and ham, stir-fry another minute or two. Add peas, sliced green onions (use tops) and pineapple. Stir-fry another minute or two or until all is hot and well blended. Shake in a little rice wine. While ingredients are being stir-fried, put pineapple, cut side down, over range burner to heat through. Serve rice mixture in pineapple.

Thai Pomelo And Chicken Salad

Yield: 6 Servings

Ingredients

1 Pomelo OR Grapefruit (sweet

1 Whole cooked chicken breast hand-s
1 Teaspoon Chopped red chili (or to taste)
1 Tablespoon Fish sauce (nam pla)
1 Teaspoon Sugar
1 sm Lime juiced
1 Head of leaf lettuce (for garnish)
1 Tablespoon Chopped fresh coriander
2 Tablespoons Crisp Fried Shallot Flakes (Instru
1/4 Cup Chopped roasted peanuts

CRISP FRIED SHALLOT FLAKES-

6 Shallots thinly sliced

1 c Vegetable oil

Pomelo looks like a thick-skinned, oversized grapefruit, and it is sweeter than the normal grapefruit.

Instructions

PEEL AND SEPARATE pomelo segments. Remove and discard membranes. Gently flake the flesh. If using grapefruit, drain excess juice. Chill. In large bowl, combine pomelo and shredded chicken. Mix together the chopped red chili with fish sauce, sugar and lime juice toss with chicken mixture. Arrange on a bed of lettuce, garnish with coriander leaves, peanuts, and 2 teaspoons of the Crisp Fried Shallot Flakes.

CRISP FRIED SHALLOT FLAKES: Slice shallots into thin slices. Be sure they are all the same thinness to ensure even cooking. Heat a pan with the vegetable oil over medium heat. Add shallots and fry slowly until browned and crisp, about 5 to 10 minutes. The moisture in the shallots should be completely cooked out. Drain on paper towel. Stored in an air-tight container, the shallots will keep several weeks.

Thai Pork And Sweet Potato Stew

Yield: 1 Serving

Ingredients

1 tb peanut oil

1 pork tenderloin 12 ounces cut in 3/4-inch cubes

1 md onion diced

1 stalk lemon grass finely minced outside layer discarded

1 pk frozen candied sweet potatoes (12 ounces) thawed see note

1/2 c reduced-sodium chicken broth or more as needed

1 tb Thai fish sauce

2 ts Thai green curry paste (2 to 3)

1/4 c coconut milk

Thai Ogremolata O see recipe

Instructions

Preparation time: 15 minutes

Cooking time: 10 minutes

Yield: 4 servings

1. Heat oil in large skillet over medium-high heat. Add pork. Brown about 2 minutes. Stir in onion and lemon grass. Cook, stirring, until pork is no longer pink, about 4 to 5 minutes.
2. Add sweet potatoes, broth, fish sauce and curry paste. Heat to simmer cook several minutes to blend flavors. Add additional broth if mixture becomes too dry. Stir in coconut milk cook 1 minute. Remove from heat sprinkle with Thai OgremolataO if desired.

Note: Do not use the seasoning packet in the package of frozen candied sweet potatoes.
Nutrition information per serving: Calories 240 Fat 7 g Sat. fat 1.9 g % cal. from fat 26
Chol. 50 mg Sodium 435 mg Carb. 24 g Protein 21 g Fiber 3 g
Per serving (excluding unknown items): 314 Calories 28g Fat (77% calories from fat)
3g Protein 16g Carbohydrate 0mg Cholesterol 13mg Sodium
Contributor: January 13, 1999 Chicago Tribune

Thai Pork Burritos

Yield: 4 Servings

Ingredients

1 lb lean ground pork
2 tb grated fresh ginger root
1 clove garlic, crushed
1 sm onion, thinly sliced
2 c cole slaw mix w/carrots
1 ts sesame oil
3 tb soy sauce
2 tb lime juice
1 tb honey
2 ts ground coriander
1/2 ts crushed red pepper
4 lg flour tortillas, warmed
1 fresh cilantro, chopped

Instructions

Heat large nonstick skillet over high heat. Add pork, cook, crumble and stir until pork is no longer pink, about 3 to 4 minutes. Add ginger, garlic, onion and cole slaw mix and stir-fry with pork for 2 minutes, until vegetables are wilted. Combine all remaining ingredients except tortillas in small bowl and add to skillet. Stir constantly to blend all ingredients well, about one minute. Spoon equal portions of mixture onto warm flour tortillas, roll up to encase filling and serve.

From The Austin American Statesman typed by jessann :)

Thai Pork Dumpling Soup

Yield: 10 Servings

Ingredients

1 oz Cellophane noodles or bean threads
1/4 lb Fresh black fungus (wood ear) mushroom (or 2 oz dried wood ear mushrooms)
10 oz Ground pork (or substitute chicken, turkey or shrimp)
1 tb Fish sauce
1 ts Pureed garlic
1 tb Cornstarch
10 c Chicken stock or canned broth
Freshly ground black pepper to taste
Fish sauce to taste
1 bn Scallions, white and green parts thinly sliced
1/2 bn Cilantro leaves only
CILANTRO PASTE
1/2 bn Fresh cilantro stems removed
1/2 tb Palm sugar or brown sugar
1/2 tb Freshly-grated ginger

1 ts Cracked black pepper
1 ts Pureed garlic
1 tb Fish sauce

Instructions

To make cilantro paste, puree all ingredients in a mortar and pestle, or blender, until a fine paste is formed. You can also do this by hand by first chopping all ingredients, except fish sauce, together on a board to form a paste. Then mix with fish sauce in a small bowl. Set aside. Follow directions on packages for reconstituting cellophane noodles and dried mushrooms, if necessary. Noodles usually need to soak in warm water for about 15 minutes mushrooms about 30 minutes. While ingredients are soaking, make dumplings by combining ground pork, fish sauce, garlic, and cornstarch in a bowl. With your hands, form small meatballs, about the size of hazelnuts. Set aside.

When noodles and mushrooms are finished soaking, drain. Remove and discard the tough stems and slice mushrooms into julienne strips. Cut noodles into 2 by 3-inch lengths. Place all ingredients near stove and bring chicken stock to a boil in a large stockpot. Reduce heat to a simmer and add pork balls, mushrooms, and noodles. Cook, uncovered, until pork is done, about 10 minutes. Stir in cilantro paste and adjust seasonings with pepper and fish sauce. Ladle into serving bowls, sprinkle with sliced scallions and cilantro leaves, and serve immediately.

This recipe yields 10 servings.

Recipe Source: TOO HOT TAMALES WORLD TOUR with Susan Feniger and Mary Sue Milliken From the TV FOOD NETWORK (Show # WT-1A07 broadcast 09-23-1997) Downloaded from their Web-Site <http://www.foodtv.com> Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com or MAD-SQUAD@prodigy.net 10-21-1997

Contributor: Susan Feniger and Mary Sue Milliken

Thai Pork Satay

Yield: 1 Serving

Ingredients

1 tb Curry powder
1 ts Turmeric
1 tb Palm sugar or brown sugar
2 tb Fish sauce (nam pla)
2 tb Lime juice
1 tb Vegetable oil
1 lb Boneless pork loin cut into 3" lon
24 8 in bamboo skewers soaked in water for
1/2 c Thick coconut cream (RECIPE Follow
COCONUT MILK AND CREAM-
1 cn Unsweetened coconut milk

Instructions

COMBINE CURRY POWDER, turmeric, palm sugar, fish sauce, lime juice and oil. Toss pork strips with marinade. Thread 3 or 4 pork strips onto the skewers, weaving in-and-out, sideways, in a ribbon fashion. Marinate for 30 minutes or longer. Preheat grill. Brush strips with thick coconut cream. Place (brushed side down) over hot coals for 1 to 2 minutes or until charred and cooked. Turn over, brush with coconut cream and grill until cooked. Serve with Spicy Peanut Sauce (See RECIPE).

TO PREPARE COCONUT MILK AND CREAM: Pour 1 can unsweetened coconut milk into a tall glass. Allow to sit for at least 1 hour so the thick cream rises to the top. Skim off top (cream) and set aside. The rest is thin coconut milk.

Per serving (excluding unknown items): 157 Calories 15g Fat (79% calories from fat) 1g Protein 8g Carbohydrate 0mg Cholesterol 4mg Sodium

Thai Pork With Basil

Yield: 4 Servings

Ingredients

1 lb pork tenderloin, trimmed of all fat and sinew
1 bn basil (2 cups leaves) (theirs has minty clove f
4 scallions
3 tb peanut oil
2 cloves garlic
2 3 hot red or green chiles, thinly sliced
2 ts fish sauce
2 ts soy sauce
1 ts sugar
1/4 c chicken stock or water

Instructions

Thinly slice the pork across the grain. Wash, dry and stem the basil.

Mince the white part of the scallion. Cut the green part into 1 inch pieces.

Heat the wok over a high flame. Swirl in the oil and heat almost to smoking. Add the garlic, chilies and white part of scallions and cook for 10 seconds. Add the pork and stir fry for 1 minute. Add the fish sauce, soy sauce, sugar, stock and green part of scallions and bring mixture to a boil. Stir in the basil and cook for 20 seconds or until the leaves are wilted and the pork is cooked. The dish is supposed to be soupy. Serve at once with rice or noodles.

Fragrant dish noe of the glories of Thai street food.

Thai Pork With Spicy Peanut Sauce

Yield: 4 Servings

Ingredients

1 c chicken broth reduced sodium
1/4 c peanut butter, reduced-fat chunky
2 tb soy sauce, low sodium
2 tb ginger peeled & chopped
1 tb fresh lime juice
1/2 ts chili powder
1 clove garlic crushed
2 ts vegetable oil
4 ea boneless pork center rib trimmed
1/4 c scallions thinly sliced
2 tb fresh cilantro chopped

Instructions

*Pound boneless pork chops to 1/4" thickness.

1. In food processor or blender process chicken broth, peanut butter, soy sauce, ginger, lime juice, and chili paste until smooth set aside.

2. In 12" nonstick skillet over medium heat, heat oil add pounded cutlets cook about 2 minutes on each side until lightly browned. Using slotted spoon, remove cutlets to plate.
3. To droppings in skillet add reserved peanut butter mixture bring to boil. Stir in half of scallions and all of cilantro reduce heat to low. Return cutlets to skillet simmer, covered, 3 to 4 minutes until pork is cooked through and sauce is slightly thickened.
4. Serve pork sprinkled with remaining scallions.

Serving Ideas : Serve on of jasmine, Texmati or regular long-grain rice.

NOTES : If available, chili paste can be substituted for chili powder & crushed garlic.

Contributor: Redbook February, 1995

Thai Potato Curry

Yield: 4 Servings

Ingredients

2 ts vegetable oil

1 lg onion chopped (about 1 1/2 cups)

2 1/2 ts Thai Green Curry Paste prepared or homemade (see separate recipe)

1 lb red-skin potatoes cut into 1/2-inch cubes

1/3 c coconut milk

1/2 c vegetable broth

1 c canned whole tomatoes plus juice

1 tb fresh lime juice

1 tb chopped fresh basil

3 c hot cooked rice

Commercially prepared sambal oelek optional

Instructions

4 SERVINGS DAIRY-FREE

Curries in Thailand are light and soupy, unlike the rich, thick curries of India. They are always served as part of a selection of dishes in a main meal and rarely on their own.

IN LARGE WOK or skillet, heat oil over medium-high heat. Add onion and stir-fry until golden, 5 minutes. Add curry paste and stir-fry 1 minute.

Add potatoes and toss well to coat. Stir in coconut milk and broth.

Using your hands, lightly crush tomatoes add tomatoes and juice to wok.

Cover and simmer until potatoes are tender, 15 to 20 minutes. Stir in lime juice and basil. Serve over rice with sambal oelek if desired.

Per serving: 421 cal. 9g prot. 7g total fat (4g sat. Fat) 80g carb. 0 chol. 235mg sod. 5g fiber

Converted by MCBuster. schuller@ix.netcom.com

I bet you could just add a little garlic to this...

Contributor: Vegetarian Times, January 1999, page 52

Thai Prawn & Vegetable Curry

Yield: 4

Ingredients

1 tb oil

2 carrots sliced

225 g frozen leaf spinach defrosted (8oz)

225 g mushrooms quartered (8oz)

1 tb schwartz hot thai curry blend

75 g creamed coconut (3oz)
300 ml milk (1/2 pint)
1 vegetable stock cube
1 ts thai fish sauce
3 schwartz lemon grass stalks
100 g frozen peas defrosted (4oz)
350 g cooked peeled prawns (12oz)

Instructions

Heat the oil in a large frying pan or wok and fry the carrots for 2-3 minutes until softened. Squeeze the excess liquid out of the spinach and add to the pan with the mushrooms and Hot Thai Curry Blend. Fry for 1-2 minutes.

Add the coconut, milk, stock cube, fish sauce and Lemon Grass. Bring to the boil and simmer gently for 10 minutes. Stir in the peas and prawns and heat through. Serve with rice.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai Red Chicken Curry

Yield: 1 Servings

Ingredients

28 oz cans coconut milk
2 green onion stalks, chopped into small sections.
3 jalapeno peppers, cut into thin strips
1/4 c fish sauce
3 c chopped zucchini
1 lb chicken breast, cut bite size
2 tb red curry paste.
1 bn basil

Instructions

Heat 3/4 cup of coconut milk till boiling. Add the curry paste, stir it in until evenly blended. Add the chicken, heat at medium heat until the chicken is thoroughly cooked. Add the remaining ingredients and heat over low heat until boiling. Remove from heat and serve over rice. This one reheats nicely

Thai Red Curry Paste.

Yield: 10 Servings

Ingredients

9 dry red chili peppers.
1/2 c shallots, peeled and sliced
1/4 c garlicks, chopped.
2 tb galanga root, cut to strips.
1/4 c lemon grass, sliced.
1 tb kaffir lime rind, cut fine.
2 tb coriander seeds.
1 tb fennel seeds.
1 tb kapi (shrimp/fish paste).
2 ts salt.
2 ts peppers.

Instructions

Cut open dry red chili pods. Discard seeds, and soak in water for a few minutes. Put all ingredients in a mortar and pound till mixed finely.

Thai Ribbons (Satay)

Yield: 30

Ingredients

1 lb round or flank steak
3 tb soy sauce
3 tb rice wine or sherry
3 cloves garlic finely
2 tb finely chopped ginger
1/2 ts dried hot chili pepper

Instructions

Cut steak across the grain into 1/4 inch slices. In a shallow casserole, mix together remaining ingredients. Add meat, cover and refrigerate for at least 4 hours, overnight if possible.

Soak bamboo skewers in water for 30 minutes before threading with meat. This prevents them from burning.

Remove meat and reserve marinade. Thread each slice lengthwise onto a bamboo skewer, in an interlacing fashion. Keep ribbons of meat flat for uniform cooking do not bunch up the meat. Grill ribbons or grill over hot coals for 3-4 minutes per side, basting with reserved marinade. Makes about 30 ribbons or 15 appetizer servings.

Per serving: 1 Calories (kcal) trace Total Fat (1% calories from fat) trace Protein trace Carbohydrate 0mg Cholesterol 103mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Converted by MMBuster v2.0n.

Thai Ribbons

Yield: 30 Servings

Ingredients

1 lb round or flank steak
3 tb soy sauce
3 tb rice wine or sherry
3 cloves garlic, finely chopped
2 tb finely chopped ginger
1/2 ts dried hot chili pepper

Instructions

Cut steak across the grain into 1/4 inch slices. In a shallow casserole, mix together remaining ingredients. Add meat, cover and refrigerate for at least 4 hours, overnight if possible. Soak bamboo skewers in water for 30 minutes before threading with meat. This prevents them from burning. Remove meat and reserve marinade. Thread each slice lengthwise onto a bamboo skewer, in an interlacing fashion. Broil ribbons or grill on a hot barbecue for 3-4 minutes per side, basting with reserved marinade. Makes about 30 ribbons or 15 appetizer servings.

Origin: Beef Ad, Canadian Living, November 1989. Shared by: Sharon Stevens.

Thai Rice Noodles

Yield: 4 Servings

Ingredients

3 c water
7 oz thin rice noodles
2 tb vegetable oil
1 ea garlic clove, minced
1 ts ginger, minced
2 c cabbage, shredded
1 c mung bean sprouts
2 ea scallions, finely chopped
2 ts tamari
1 pn black pepper
15 ea sweet basil leaves
1/4 c roasted peanuts, chopped
1 ea lime, cut into wedges

Instructions

Bring water to a boil, add noodles & cook until soft, about 4 to 5 minutes. Drain & set aside. In a wok, heat oil for 1 minute over medium-high heat. Add garlic & ginger & stir fry for 1 minute. Add cabbage & stir fry until tender crisp. Add noodles, bean sprouts, scallions, tamari & pepper. Stir fry until heated through. Mix in basil leaves. Garnish with peanuts & lime wedges & serve hot.

Thai Rice With Mushroom & Egg

Yield: 2 Servings

Ingredients

3/8 lb thai jasmine rice
1/2 tb sunflower oil
1 beaten eggs
1/8 oz porcini or cap mushrooms
2 spring onions
1/2 garlic clove
4 oz flat mushrooms
1 1/2 tb dry sherry
1 1/2 tb japanese soy sauce
1/2 tb sugar
3 3/4 cm piece of cucumber

Instructions

Preparation: beat the eggs. Slice the spring onions. Soak the porcini or cap mushrooms in warm water for 30 mins. Crush the garlic cloves. Slice the flat mushrooms. Cut the cucumber into matchsticks.

Notes: There is a lot of sauce with this recipe don't worry! If you can't find dried porcini or cap mushrooms then use 1/2 pound of shittake mushrooms (to serve 4) for all the mushrooms in the dish.

1. Rinse the rice under running water and drain. Place in a heavy-based pan with 600ml (to serve 4) of water and bring to the boil. Simmer for about 10 minutes, or until the surface water has been absorbed and there are craters over the top of the rice. Turn off the heat, cover the pan tightly and leave to stand.
2. Heat a teaspoon of the oil in a wok or frying pan and add the beaten eggs. Cook on one side to make a thin omelette. Slide on to a plate, roll up, cut into strips and set aside.

3. Drain the dried mushrooms, reserving the liquid, and chop roughly. Heat the remaining oil in the wok, add the spring onions, garlic and mushrooms. Stir fry for 3 minutes, then add the sherry, soy sauce, sugar and six tablespoons of the mushroom liquor. Bring to the boil and simmer for two minutes.
4. Transfer rice to a shallow serving dish, spoon over the mushrooms and their sauce and garnish with omelette, cucumber matchsticks and spring onion curls.

NB: the eggs can be omitted from this dish, with no problem.

Thai Roast Pork With Sticky Rice Moo Yang K

Yield: 7 Servings

Ingredients

- 3 c uncooked sticky rice
- 6 c very warm (almost hot) water
- 4 tb oil
- 1 1/2 lb pork roast
- 2 tb oyster sauce
- 5 tb sugar
- 1 tb thai dark sweet soy sauce
- 2 1/2 tb light soy sauce
- 3 tb whiskey (optional)
- 1/4 c chopped cilantro leaves
- 1/2 c chopped green onions
- 3 md cucumbers sliced
- 2 lg tomatoes sliced
- 1 sliced fresh chilies to taste

Instructions

Wash and pat dry the pork. Slice into large pieces about 1" thick.

Poke both sides of each piece with a fork or skewer and place in a flat bottom container with lid. Blend oyster sauce, sugar, the two soys and whiskey well. Pour over the pork and mix. Cover and marinate in the refrigerator at least 1 hour. Overnight for best result. Soak sticky rice in water for 30 mins and drain well. Pour rice in a wet-paper towel lined steamer and steam over high heat for 40-45 minutes. Place cooked rice in a container and mix with the oil to coat well. Cover and set aside. Charcoal grill the pork over medium heat until well done. Drizzle some of the marinating liquid on each side halfway through the cooking time. In a small sauce pan, bring the rest of marinating liquid to a boil and pour into a gravy bowl.

Slice pork into 1" X 1 1/2" pieces and about 1/4" thick. Spread the rice onto a platter. Cover with the pork pieces and pour the marinating liquid over the pork. Sprinkle cilantro, green onions and chilies. Garnish with sliced cucumbers and tomatoes.

Shared by Gail Shimizu

Thai Salad Dressing *** (Hkrt62B)

Yield: 4 Servings

Ingredients

- 1/4 c lemon juice
- 1/4 ts chopped garlic
- 2 tb fish sauce
- 3 tb ground roasted peanuts
- 1/4 c sugar
- 1/4 c water-

1 dash cayenne pepper
1 ts chopped coriander leaves

Instructions

1-2 ea fresh red chilis-sliced 2-3 T chopped white onion *In a small sauce pan, cook sugar in water over med heat until it turns into a light syrup. Add all remaining ingredients, stir well. Let cool. Serve over salad.

FROM: SOPIT MERRELL (HKRT62B)

Thai Salad Dressing

Yield: 4

Ingredients

1/4 c lemon juice
1/4 ts chopped garlic
2 tb fish sauce
3 tb ground roasted peanuts
1/4 c sugar
1/4 c water-
1 ds cayenne pepper
1 ts chopped coriander leaves
2 fresh red chilies sliced
2 tb white onion chopped

Instructions

In a small sauce pan, cook sugar in water over med heat until it turns into a light syrup. Add all remaining ingredients, stir well. Let cool. Serve over salad.

Per serving: 70 Calories (kcal) 1g Total Fat (13% calories from fat) trace Protein 16g Carbohydrate 1mg Cholesterol 1mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 1 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Salad Rolls (Caterer'S Recipe)

Yield: 40

Ingredients

4 oz rice noodles (see note)
3 carrots peeled and shredded
1/2 sm head red cabbage quartered and shredded
3 celery ribs finely diced
1 c bean sprouts (4 oz.)
1 bn cilantro chopped
1/2 c oriental (dark) sesame oil
1/4 c rice vinegar
3 cloves garlic
2 serrano chilies (optional see note)
1 ts ground ginger
1 or 1 tablespoon grated fresh ginger
1 tb hoisin sauce
1/4 c chunky peanut butter
1/4 c soy sauce
1 pk round rice papers (see note)
1 salt and pepper (optional)

Instructions

Makes about 40 rolls

Prepare noodles according to package directions. Drain and rinse with cold water until noodles are completely cooled let noodles sit in strainer until well-drained.

In a mixing bowl, combine carrots, cabbage, celery, bean sprouts, cilantro and cooled noodles.

In a blender or food processor, combine sesame oil, vinegar, garlic, chilies (if desired), ginger, hoisin sauce, peanut butter and soy sauce. Blend until the sauce is emulsified. Taste and add salt or pepper if necessary. The sauce should be very flavorful.

Pour sauce over the mixed vegetables and toss well to coat. Refrigerate 30 minutes.

Place a clean, dry dish towel on flat surface. Fill a mixing bowl with lukewarm water.

Put a rice paper in the water and gently move it around until it softens. There should be no more crispness left in the paper.

Lay the softened rice paper on the dish towel. Place a heaping tablespoon of the vegetable mixture in the center of the rice paper. Fold the sides of the paper over the mixture toward the center. The sides should overlap.

Roll up rice paper starting from the bottom. The rice paper should be sticky enough to glue itself together at the end.

Repeat this procedure until all the salad mixture is gone. Refrigerate rolls until serving. The salad rolls are best enjoyed the day they are made.

Note: Wear gloves when handling fresh chilies the oils can cause a burning sensation on your skin.

Note: Rice noodles and round rice papers are available at Asian grocery stores and other markets specializing in Asian foods, and in some supermarkets.

from Margot Leonard, Armadillo Caterers, Portland, Oregon. Published in Oregonian FoodDay 3/23/99 (and in 1993).

Recipe by: Armadillo Caterers in Portland, Oregon

Converted by MMBuster v2.0l.

Thai Salad With Usa Pears

Yield: 4

Ingredients

2 usa bosc pears sliced and unpeeled

1 lemon juice

12 md sized cooked shrimp shelled and deveined

1 md cucumber seeded and julienne cut

1 md carrot peeled and julienne cut

1 tb chopped parsley or cilantro

2 c various greens torn to bite size

1 pieces (romaine butter lettuce, endive, etc.)

HOT PEANUT DRESSING-

1/4 c peanut butter

2 tb soy sauce

1 tb sesame oil

1 tb vinegar

1 tb honey

1 clove garlic minced

3/4 ts bottled hot pepper sauce

1/4 ts cayenne pepper

Instructions

Dip pear slices in diluted lemon juice to prevent browning. Toss together shrimp, cucumber, carrot, and cilantro or parsley. On individual salad plates, mound shrimp mixture on bed of greens. Arrange pear slices at edge of plates.

Serve with 3/4 cup Hot Peanut Dressing.

Hot Thai Peanut Dressing:

Combine all ingredients. (Cayenne may be omitted, to taste.) Mix well.

Makes about 3/4 cup. Makes 6 servings.

Always be sure to use ripe pears.

Per serving: 165 Calories (kcal) 12g Total Fat (60% calories from fat) 5g Protein 12g

Carbohydrate 0mg Cholesterol 598mg Sodium Food Exchanges: 0 Grain(Starch) 1/2

Lean Meat 1 Vegetable 0 Fruit 2 Fat 1/2 Other Carbohydrates

Recipe by: <http://www.usapears.com/>

Converted by MMBuster v2.0n.

Thai Salad

Yield: 4 Servings

Ingredients

SALAD-

1 lg head lettuce, torn

2 md tomatoes, quartered

1 sm red onion, thinly sliced

1 md carrot, thinly sliced

1 ea cucumber, peeled & sliced

1 ea tofu block, cubed

1 c mung bean sprouts

1 sm bag potato chips or potato sticks, optional

PEANUTCOCONUT MILK DRESSING-

1 1/2 c coconut milk

1 tb red curry paste, see recipe

2 c unsalted chunky peanut butter

1/2 c white vinegar

1 1/2 tb soy sauce

Instructions

SALAD: Arrange the lettuce, tomatoes, onion, carrot & cucumber in a salad bowl & lightly toss. Add the bean curd & sprouts. Top with the peanut coconut milk dressing & garnish with potato chips.

DRESSING: In saucepan over medium heat, stir the coconut milk & red curry paste together until the mixture turns to a pale amber & a thin coat of oil appears on the surface. Add the remaining ingredients & stir over a low heat for 7 to 10 minutes, or until all the ingredients are thoroughly mixed. The colour will be a pale cocoa brown.

Let cool to room temperature for 1 hour before serving with the salad. The dressing will keep in the refrigerator for a month, but it does have

a tendency to thicken. To bring it back to its correct consistency, add 1/2 ts to 1 tb white vinegar & stir vigorously.

Thai Salmon Fish Cakes

Yield: 4

Ingredients

8 oz mashed potatoes (225g)

1 7 ounces tin salmon drained bones and skin removed and flaked (215g)

2 ts lemon juice
1/4 ts schwartz garlic granules
1 tb schwartz coriander leaf
1/2 ts schwartz ground ginger
1 good pinch schwartz cayenne pepper
1/2 oz creamed coconut dissolved in 2 tsp (15g) boiling water
1 salt
1 schwartz coarse ground black pepper
1 egg size 3 beaten
3 oz fresh breadcrumbs (75g)
3 tb cooking oil up to 4

Instructions

Mix together the mashed potato, salmon, lemon juice, Garlic Granules, Coriander Leaf, Ginger, Cayenne Pepper, creamed coconut, salt and Pepper. Form the mixture into eight cakes. Dip in beaten egg and then breadcrumbs. Fry in hot oil until brown and crispy.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai Salmon Parcels

Yield: 2 Servings

Ingredients

2 4-5oz salmon fillets
4 sheets filo pastry
1 oz butter
1 ts grated ginger
1 garlic clove pressed
1 spring onion finely chopped
1 tb fresh coriander (finely chopped)
1 lime zest & juice
1 salt & pepper

Instructions

Mix together lime zest and juice, garlic, spring onion, ginger and coriander.

Melt butter. Lay out 1 sheet of filo, and brush with butter. Lay second sheet on top, brush with more butter. Lay a salmon fillet about 2-3 inches from short side of pastry, season to taste and put half of lime mixture on top. Fold short end of pastry over salmon, then fold in the 2 long sides. Fold the salmon over twice more, and cut off the remaining pastry. Do the same with the other fillet.

Put the parcels on a well-greased baking sheet, and just before baking brush with the remaining butter. Cook at gas mark 5 for 20-25 mins, until brown and crispy.

Source: Delia Smith's summer collection

From: kv@aifh.ed.ac.uk (Karen Valley)

Thai Salmon Steaks In Panang Curry Sauce

Yield: 2 Servings

Ingredients

2 8 ounce salmon steaks
2 ts thai panang curry base *
1/2 c chicken broth (skim fat)
4 ts white wine

1/2 c thai coconut milk **

Instructions

* Use A Taste of Thai Panang Curry Base. ** Use A Taste of Thai Coconut Milk.

Thai Salsa

Yield: 4 Servings

Ingredients

2 md cucumbers

1 ts salt

1/4 c basil, fresh leaves chopped or 2 tb dried

3 tb peanuts, dry roasted

1 jalapeno pepper, fresh

2 tb vinegar, white

2 tb honey

2 tb sesame oil

Instructions

Peel, seed and coarsely chop cucumbers. Combine the cucumber and salt and let sit for 30 mins, then drain. Remove seeds and membrane from jalapeno pepper, chop.

Peanuts can be coarsely chopped or left whole.

Combine cucumber with the remaining ingredients, chill until ready to serve.

This salsa can be stored tightly covered in refrigerator for 3-5 days.

Makes about 2 cups

From Wash. Post "Recipes from an American Herb Garden" by Maggie Oster

Courtesy of Dale & Gail Shipp, Columbia Md. Converted by MMCONV vers. 1.50

Thai Satay Cucumber Salad

Yield: 1

Ingredients

1/2 c cucumbers quarter lengthwise, then slice 1/8 inch thick, crosswise

2 md chilies sliced thin

3/4 c vinegar

1/4 c red onions sliced thin

10 tb sugar

1 ts salt

Instructions

Combine vinegar, sugar, and salt in a small saucepan. Cook over low heat until sugar and salt is dissolved. Remove from heat and cool. Stir in chilies, onions, and cucumbers. Blend thoroughly if desired. Serve with meat satay and peanut sauce.

Per serving: 531 Calories (kcal) trace Total Fat (0% calories from fat) 1g Protein 140g

Carbohydrate 0mg Cholesterol 2137mg Sodium Food Exchanges: 0 Grain(Starch) 0

Lean Meat 1 Vegetable 0 Fruit 0 Fat 9 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Satay With Spicy Peanut Sauce

Yield: 8 Servings

Ingredients

2 lb pork or chicken sliced into strips 1 x 4

3/4 c thick coconut milk for basting meat while co

40 bamboo skewers (soak in water before use)

FOR FOR MARINADE

1 1/2 tb lemon grass thinly sliced (use only t
1 tb galanga (kha) minced
2 tb red onions minced
1 1/2 tb garlic minced
2 tb ground coriander seeds
1 tb indian yellow curry powder
1 tb kaffir lime leaves finely chopped
2 1/2 tb sugar
1/2 ts salt

FOR PEANUT SAUCE

7 medium seeded dried chilies soaked in warm water unti
1 1/2 ts galanga (kha) minced
2 tb cilantro roots minced
1 1/2 tb lemon grass finely chopped
2 1/2 tb garlic minced
3 1/2 tb red onions chopped
1 ts ground coriander seeds
1 1/2 ts thai shrimp paste
5 c medium consistency coconut milk
1/3 c creamy peanut butter (do not use peter pan)
1/4 c sugar
3 1/2 ts salt

Instructions

In a blender or food processor, grind the listed ingredients, from lemon grass to salt, finely. Mix with the meat (wear latex gloves to do this, it stains) and marinate for 1 hour. Place meat strips on BGMB90B Reply 77 of Note 1

BOARD: FOOD AND WINE BB TOPIC: FOOD SOFTWARE SUBJECT: R-MM
THAI AND VIET R

TO: BGMB90B ELAINE RADIS DATE: 07/16 FROM: BGMB90B ELAINE RADIS
TIME: 1:48 PM

Thai Satay

Yield: 0 Servings

Ingredients

1 lb boneless chicken meat (breast is be skin removed)
1 1/2 tb curry powder
1/2 ts salt
1 tb sugar
1/2 c coconut milk
1 tb rice vinegar (or other mild vinegar)
1/2 c coconut milk
20 bamboo skewers (about 5 inches long)

Instructions

Skin the chicken, wash it, and pat it dry. Cut the meat into 1/8 by 1 x 4-inch pieces. Cut the skin into 1-inch squares (I don't bother with the skin). Mix the curry powder, salt, and sugar. Add this to the chicken strips and chicken skin and marinate for 5 minutes. Add the first 1/2 c of coconut milk and mix thoroughly. (Use your hands.) Add the vinegar and marinate the chicken for at least 1 hour at room temperature (or in refrigerator for several hours).

Thread the skewers using first a piece of chicken meat and then a piece of chicken skin. Broil over a hot charcoal fire until cooked through turning only once. After turning, sprinkle some of the second 1/2 c of coconut milk on the meat.

Serve at once with cucumber pickle and satay sauce.

Contributor: Carol Miller-Tutzauer (riacmt@ubvms)

Thai Satays

Yield: 8 Servings

Ingredients

1 kg beef fillet steak trimmed

MARINADE

1 c coconut milk

1 ts turmeric

1 ts curry powder

2 ts nam pla (fish sauce)

SAUCE

2 tb curry paste

1 c thick coconut milk

3 tb crunchy peanut butter

Instructions

STEP ONE: PREPARE MEAT

Cut beef fillet in slices, then cut slices into thin strips and thread onto bamboo skewers.

STEP TWO: PREPARE MARINADE

Mix marinade ingredients together, pour into a shallow tray and place satays in marinade. Marinade for at least 2 hours, turning from time to time so they are coated with the marinade on all sides.

STEP THREE: TO MAKE SAUCE

Fry curry paste in a frying pan for a few minutes, add coconut cream and heat well.

Add peanut butter and stir until all ingredients are well combined.

STEP FOUR: TO COOK SATAYS

Cook satays on barbecue, turning once. They should only take a few minutes.

Serve with sauce.

Per serving (excluding unknown items): 457 Calories 39g Fat (76% calories from fat)

24g Protein 3g Carbohydrate 88mg Cholesterol 94mg Sodium

Serving Ideas : Serve with Sauce.

Contributor: Vogue Cookbook 1989

Thai Sauce And Noodle Salad

Yield: 1 Serving

Ingredients

1 spaghetti broken in thirds

1 shredded carrots

1 frozen green peas

1 cooked chicken breast

1 chopped green onions

1 thai sauce:

2 tb soy sauce

2 tb rice wine vinegar

1 ts sesame oil

1 tb fresh ginger root minced

1 tb minced garlic
1 ts hot chili paste
1 ts sugar

Instructions

I wish I could give you more accurate measurements, but this was really a last-minute inspiration and I wasn't paying much attention to quantities. I cooked some spaghetti noodles, broken in thirds. Just before they were done, I threw a couple of handfuls of packaged shredded carrots into the pot just to tenderize the carrots. When the pasta was done, I threw in some frozen green peas as I was draining the pot (just so the peas weren't rock-hard). I rinsed the pasta/veggie mix in cold water until it was quite cold drained it and added some leftover chicken breast meat which I had shredded. Toss with as much sauce as you like, add a few chopped green onions for garnish and enjoy, enjoy, enjoy!!

Per serving: 96 Calories (kcal) 5g Total Fat (40% calories from fat) 2g protein 13g Carbohydrate 0mg Cholesterol 2060mg Sodium food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 1/2 Vegetable 0 Fruit 1 Fat 1/2 Other Carbohydrates

NOTES : This recipe was originally posted by Lyn Belisle. She recommends heating it (which I'm sure is great, too), but I used it as a dressing for a thrown-together cold pasta salad and my husband and I thought we died and went to heaven.

Thanks, Lyn, for a wonderful, EASY new recipe!

Contributor: BunnyMama@aol.com

Thai Sauce For Noodles

Yield: 1 Serving

Ingredients

2 tb low-sodium soy sauce
2 tb rice wine or rice wine vinegar
1 ts sesame oil
1 tb ginger root minced
1 tb garlic minced
1 ts hot chili paste you can omit if yo
1 sauce but i do
1 ts sugar

Instructions

You can mix a double or triple batch of this and keep it in a jar in the refrigerator. Drain the noodles, put them back in the pan, pour about 1/4 cup of sauce over them, then heat them through and let the sauce reduce a little bit.

Per serving: 132 Calories (kcal) 5g Total Fat (41% calories from fat) 3g Protein 12g Carbohydrate 0mg Cholesterol 1203mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 1/2 Vegetable 0 Fruit 1 Fat 1/2 Other Carbohydrates

Contributor: Lyn Belisle

Thai Sausage-Chiang Mai Style Bwht68A

Yield: 5 Servings

Ingredients

1 (sai grog chiang mai)
4 lg dried chilies, soak in water until soft
1/2 ts salt
1 tb minced lemon grass

1 ts minced cilantro roots
1 ts kaffir lime zest/lime zest
1/2 ts minced galanga
2 ts minced garlic
1 tb minced red onions
2 c ground pork (80-85% lean)
1 tb minced kaffir lime leaves
1/4 c chopped cilantro leaves
2 tb fish sauce
1 long sausage casing, 25
1/4 c salt

Instructions

Turn the casing inside out and rub with 1/4 cup salt and a little water gently but very well. Rinse again and again until it become odorless. Then turn it right side out and squeeze out the excess water. Combine softened dried chilies, 1/2 tsp salt, lemon grass, cilantro roots, Kaffir lime zest, galanga, garlic and onions in a blender and grind to a paste. Mix the chili paste, pork, Kaffir lime leaves, cilantro leaves and fish sauce well. Tie a knot a one end of the casing and stuff with the pork mixture. Tie another knot to close. Poke a few holes with a clean needles where the bubbles are present inside. Charbroil or fry over medium-low heat until golden brown and fully cooked. Poke a few holes while cooking to prevent rupturing. Slice into 1/2" thick pieces. Serve with cooked sticky rice and raw vegetables.

Makes about 5 servings.

From Gail Shimizu.

Thai Scallops With Green Beans

Yield: 4 Servings

Ingredients

1/2 lb scallops or use thinly sliced beef pork or chicken
1 defatted chicken broth
1 ts red curry paste to 1 tablespoon
2 garlic cloves minced
1 c green beans steamed
1/2 onion julienned
3 kaffir lime leaves or zest of one lime
1 ts sugar
1 cn evaporated skim milk (12 ounce)
1 ts coconut extract
1 red bell pepper julienned
1 ts cornstarch mixed with 2 ts water
10 basil leaves chopped
1 tb fish sauce
1 chopped red chili peppers to taste

Instructions

Rinse the scallops. In a large nonstick skillet, heat curry paste and garlic on high until the paste bubbles. Add green beans, onions, lime leaves, sugar, milk and coconut extract. Stir well and cook about 5 minutes. Add the scallops, red pepper and cornstarch and cook 5 minutes longer or until scallops are cooked and the sauce has thickened. Stir in the basil leaves, fish sauce and chili peppers. Served with steamed rice.

Nutritional Information per serving: 185 Calories, 2.1 grams of fat

Courtesy of Melanie Peskott-North, Good Square Meals, Dallas

From: "Tina D. Bell"

Per serving: 139 Calories (kcal) 1g Total Fat (7% calories from fat) 15g Protein 17g

Carbohydrate 22mg Cholesterol 168mg Sodium Food Exchanges: 0 Grain(Starch) 1

1/2 Lean Meat 1 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Contributor: RECIPE FOR HEALTH SHOW #RHE307

Thai Seafood Casserole With Basil

Yield: 4 Servings

Ingredients

4 Ounces Dried bean thread noodles
1 Sm Dungeness crab (preferably live)
1/2 Pound Large shrimp shelled and deveined
1/2 Pound Large cleaned squid cut crosswise i
1 Pound Fresh fish fillets cut into 1-inch
1/2 Teaspoon Black peppercorns
1 Tablespoon Chopped fresh coriander root
4 Garlic cloves
1 Teaspoon Sugar
1 Tablespoon Golden Mountain Sauce OR Dark so
1 Tablespoon Light soy sauce OR Thai fish sauce
2 Teaspoons Oyster sauce
1 Tablespoon Rice wine or dry sherry
1 Teaspoon Sesame oil
2 Tablespoons Vegetable oil
3 sl Ginger (quarter-sized) crushed
4 Red chiles chopped into 1/2-in piece
4 Green onions cut into 2-in lengths
1 1/2 Cups Water or more if needed
1/2 Cup Thai sweet basil leaves

Instructions

Additional Ingredients:

Fresh coriander sprigs

1 Sandy clay pot casserole (2 quart size) OR Dutch oven

Golden Mountain Sauce is prepared with Thai style-soy sauce, which may be found in Southeast Asian markets.

IN A BOWL, COVER MUNG BEAN noodles with warm water soak until soft and pliable, about 10 minutes. Drain. Set aside. Clean and prepare the live crab according to the following instructions (if using cooked crab, follow the instructions after the steaming step). Shell and devein the shrimp pat dry. Clean squid according to the instructions below. Cut the body crosswise into 1-inch rings set aside the rings and cleaned tentacles. In a mortar or spice mill, pound or grind the peppercorns, coriander root and garlic into a paste. In a bowl, mix together the sugar, Golden Mountain Sauce, soy sauce, oyster sauce, rice wine and sesame oil. Add oil to clay pot or Dutch oven. Set over medium heat. Add reserved coriander-garlic-pepper paste to the oil saute lightly. Increase to high heat. Add ginger, chiles and the crab pieces (add cooked crab later) toss and brown for a minute. Add shrimp and green onions to crab mixture stir-fry for 30 seconds. Pour in the soy sauce mixture and mung bean noodles toss and mix together. Stir in water, cover pot, reduce to medium heat and simmer for 8 minutes,

stirring occasionally. If noodles seem dry, add more water. Increase to medium-high heat, add fish, squid and cooked crab, mix with the noodles, top with the basil leaves. Cover. Cook 3 to 5 minutes longer. Check for doneness. Bring the clay pot to the table and serve hot with rice and vegetables.

TO CLEAN AND PREPARE THE CRAB: Scrub the underside and in between claws and legs to loosen sand and grit. Rinse well with cold water. Plunge crab into boiling water for a minute to kill it immediately. Remove and cool. To disjoint and crack the crab, hold shell portion of the crab in one hand.

With the other hand, gather the legs and claws on one side and gently pull and tug until the body and legs loosen and free themselves as a whole section from the shell. On both sides of the body are feathery gills.

Pull off and discard these gills. The tail piece, a triangular flap, is located on the underside of the body. With tip of knife lift up the flap, grasp it, twist off and discard. Scrub exposed area clean. Now remove the legs and claws by gently pulling and bending them backward against their natural bend, and twist to free them. You now have the chest-body section where the tomalley liver is embedded in the cavity. Spoon it out and reserve it for those who appreciate it. The chest body should be chopped in half down the middle with a heavy cleaver. Chop each section crosswise into 3 equal pieces. With a light hammer or metal nut cracker, crack the mid section and joint of each leg and claw set aside the pieces. (When eating, use the tip of the leg as a pick to dig out the meat.)

Thai Seared Tofu

Yield: 4 Servings

Ingredients

1/2 cu chopped fresh basil
1/2 cu chopped fresh cilantro
1/2 cu low-sodium soy sauce
1/2 cu fresh lime juice
1/4 cu chopped fresh mint
1 ta minced ginger
2 ta molasses
1 ta vegetable oil
2 te curry powder
1/2 te crushed red pepper
4 garlic cloves minced
21 ou reduced-fat firm tofu drained
1 vegetable cooking spray
6 cu cooked vermicelli
1 basil leaves optional

Instructions

Combine first 11 ingredients in a medium bowl, and stir with a whisk until blended. Cut tofu cake crosswise into 4 slices. Place tofu in soy sauce mixture, and marinate in refrigerator at least 2 hours. Place a large nonstick skillet coated with cooking spray over medium high heat until hot. Remove tofu slices from marinade, reserving marinade. Add tofu slices to skillet, and cook 2 minutes on each side or until browned. Remove from skillet set aside, and keep warm. Add reserved marinade to skillet, and bring to a simmer over medium high heat. Spoon noodles onto each of 4 plates, and top with tofu slices.

Drizzle warm marinade over tofu and noodles. Garnish with flowering basil, if desired.

From Sherilyn

Per serving: 507 Calories (kcal) 12g Total Fat (21% calories from fat) 25g Protein 78g Carbohydrate 0mg Cholesterol 1221mg Sodium Food Exchanges: 4 Grain(Starch) 1 1/2 Lean Meat 1 Vegetable 0 Fruit 1 1/2 Fat 1/2 Other Carbohydrates
Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 5290 0 2836 0
Contributor: Cooking Light

Thai Shrimp And Spinach Curry

Yield: 1

Ingredients

1 a (14-ounce) can unsweetened coconut milk, chilled (available at asian markets)
1 1/2 ts thai green or red curry paste (available at asian markets), up to 2
1 lb medium shrimp (about 24), shelled and, if desired, deveined
2 tb naam pla (thai fish sauce, 1 available at asian markets)
2 carrots sliced thin 1 crosswise
1 red bell pepper sliced thin
3/4 lb spinach (about 1 bunch), coarse stems discarded and the leaves washed well and spun dry
3 tb chopped fresh coriander
1 cooked rice as an accompaniment

Instructions

Spoon about 1/3 cup of the thick coconut cream from the top of the coconut milk and in a large heavy skillet cook the cream over moderate heat, stirring, for 2 to 3 minutes, or until it is thickened slightly. Add the curry paste and cook the mixture, whisking, for 1 minute. Add the shrimp and saute the mixture over moderately high heat, stirring, for 1 to 2 minutes, or until the shrimp turn pink. Add the coconut milk and the naam pla and simmer the mixture, uncovered, stirring occasionally, for 1 minute, or until the shrimp are just cooked through. Transfer the shrimp with a slotted spoon to a bowl, to the skillet add the carrots and the bell pepper, and simmer the mixture for 5 minutes. Add the spinach in batches, stirring until each batch is wilted, return the shrimp to the skillet, and simmer the mixture, stirring occasionally, for 1 minute. Sprinkle the dish with the coriander and serve it with the rice.

Serves 4.

Gourmet May 1993

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai Shrimp *Jb

Yield: 4 Servings

Ingredients

1 onion, minced
2 ts minced fresh ginger
1 ts minced garlic
1 ts asian fish sauce (nuoc mam or nam pla)
1/4 ts salt
2 thai chiles, chopped
1 lb medium shrimp, peeled and deveined
2 ts vegetable oil
1 c unsweetened coconut milk
1/4 c chopped fresh cilantro

1 cooked rice

Instructions

1. Combine onion, ginger, garlic, fish sauce, salt, chiles and shrimp in medium bowl. Let stand 20 minutes.
2. Heat oil in large skillet over high heat. Add shrimp mixture stir-fry until opaque. Stir in coconut milk cook 2 minutes. Sprinkle with cilantro and serve with cooked rice. Makes 4 servings.

PER SERVING WITHOUT RICE: Calories 250, Total Fat 16 g, Saturated Fat 11.5 g, Cholesterol 140 mg, Sodium 338 mg, Carbohydrates 7 g, Protein 21 g, Calcium 70 mg, Fiber 1 g

Thai Shrimp Salad

Yield: 4 Servings

Ingredients

1 lb large fresh shrimp
1 celery stalk, thinly sliced on the bias
1 1/2 tb thai fish sauce (nam pla)
1 1/2 tb fresh lime juice
1 ts sugar
1 ts chili oil
2 ts good quality peanut oil
2 tiny fresh thai bird
1 chiles (red or green),
1 chopped, seeds
3 c cloves, minced
10 ts leaves, chopped
2 tb fresh coriander leaves
1 cucumber, peeled, seeded, sliced
1 pinch of salt

Instructions

Contributed to the echo by: Stephen Ceideburg This is a nice, light but spicy salad, typical of a lot of Thai dishes. THAI SHRIMP SALAD Shell and devein the shrimp, and cut in half lengthwise. Parboil the shrimp and celery slices for 20 seconds. Drain, and rinse under cold water to stop the cooking set aside on paper towels to drain. Combine the fish sauce, lime juice, sugar and salt in a small bowl. Stir in the oils, chile peppers and garlic and set aside. Set aside the scallions, mint leaves and coriander.

Arrange the cucumber slices on a small platter. Toss the shrimp and celery with the sauce, and stir in the scallions, mint and coriander.

Allow to set for 5 to 10 minutes, toss again, arrange over the cucumber slices and serve.

Thai Shrimp Soup With Lemon And Jalapenos

Yield: 1

Ingredients

1 lb uncooked large shrimp
3 c water
2 c bottled clam juice
1 onion sliced
8 sl fresh ginger (quarter-size)

6 tb fresh lemon juice
2 jalapeno chilies split lengthwise
2 bay leaves
1 tb grated lemon peel
1/2 ts whole black peppercorns
1 c canned unsweetened coconut milk
1/2 lb boneless pork loin chops cut into thin strips (wafer-thin)
1 skinless boneless chicken breast half, cut crosswise thin strips
1 tb nam pla (fish sauce)
2 ts garlic chili sauce
3 c hot cooked white rice
1/4 c chopped green onions
1/4 c chopped fresh cilantro

Instructions

Peel and devein shrimp, reserving shells. Cut shrimp in half lengthwise. Cover and chill shrimp. Combine shrimp shells, water and next 8 ingredients in heavy large saucepan. Cover simmer 30 minutes. Strain broth return to saucepan. Add coconut milk to broth. Bring to simmer. Add pork cook 3 minutes. Add chicken and shrimp. Simmer until pork, chicken and shrimp are cooked through, about 3 minutes. Stir in fish sauce and garlic chili sauce. Season to taste with salt and pepper. Divide rice and soup among 4 bowls. Sprinkle with onions and cilantro.

Serves 4.

Bon Appetit January 1996

Converted by MCBuster.

Per serving: 580 Calories (kcal) 4g Total Fat (6% calories from fat) 36g Protein 104g Carbohydrate 68mg Cholesterol 1884mg Sodium Food Exchanges: 0 Grain(Starch) 4 Lean Meat 7 1/2 Vegetable 1/2 Fruit 0 Fat 3 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Shrimp With Asparagus

Yield: 4 Servings

Ingredients

3/4 lb large shrimp
1 ts salt
1 lb fresh asparagus
1/2 c whole straw mushrooms fresh or canned
4 green onions
2 tb vegetable or peanut oil
3 garlic cloves chopped
1 ts sugar
1/2 ts ground black pepper
1 tb thai fish sauce (nam pla)
1 tb oyster sauce
1/4 c chicken stock

Instructions

SHELL AND DEVEIN the shrimp. In a bowl toss the shrimp with salt let sit for 5 minutes. Rinse thoroughly with cold water, drain and pat dry set aside. Cut the asparagus diagonally into 2-inch lengths.

Bring a large pot of water to a boil. Drop the asparagus into the water and blanch for a few seconds or until it turns bright green. Remove and shower with cold water to stop

the cooking. If using canned mushrooms, drain and rinse them with cold water set aside.

Cut the green onions, including part of the green tops, into 1 1/2-inch lengths. Heat a wok over medium-high heat. When hot add the oil and garlic toss until lightly brown. Turn the heat to high and add the green onions and shrimp to the wok stir-fry together until the shrimp turn bright orange and feel firm to the touch, about 30 seconds to a minute. Add the asparagus, mushrooms, sugar, pepper, fish sauce, oyster sauce and chicken stock stir-fry together until the mixture is heated through and sauce has a light cream consistency. This should take no more than a few seconds.

Thai Shrimp-And-Pasta Salad

Yield: 2 Servings

Ingredients

- 2 oz uncooked linguine
- 1/2 c shredded carrot
- 8 oz medium shrimp, cooked and peeled
- 1 c thinly sliced boston lettuce leaves
- 1/4 c fresh cilantro leaves
- 2 tb chopped unsalted, dry-roasted peanuts
- 1/4 c fresh lime juice
- 2 tb fish sauce
- 2 tb chopped fresh cilantro
- 1 tb chopped green onions
- 2 1/2 ts sugar
- 2 ts vegetable oil
- 1 ts grated peeled fresh ginger
- 2 garlic cloves, minced

Instructions

Store the shrimp-pasta mixture and vinaigrette separately in the refrigerator toss just before serving. Fish sauce is a salty condiment that accounts for the high sodium content of this salad. It comes bottled and is sometimes labeled nam pla in Asian markets or your supermarket's ethnic-food section.

1. Cook pasta in boiling water 9-1/2 minutes. Add carrot cook an additional 30 seconds. Drain, and cool. Combine pasta mixture, shrimp, lettuce, cilantro leaves, and peanuts in a large bowl toss well.
2. Combine lime juice and remaining ingredients in a jar. Cover tightly, and shake vigorously. Pour over pasta mixture, tossing gently to coat. Yield: 2 servings (serving size: 2 cups).

CALORIES 367 (28% from fat) FAT 10.6g (sat 2g, mono 3.8g, poly 4.8g) PROTEIN 26.2g CARB 37.4g FIBER 3.2g CHOL 166mg IRON 4.9mg SODIUM 1,512mg CALC 80mg

Reprinted from Cooking Light Magazine website:

http://www.pathfinder.com/@XiujOAYAB*DCvcaP/cl/food/focus/latest.html

Thai Shrimp-Chicken Soup

Yield: 6 Servings

Ingredients

- 2 whole chicken breasts, halved
- 6 c water
- 1 small onion, peeled & chopped

1 small bay leaf
2 sprigs parsley
1/2 ts thyme
1 ts salt
1/8 ts pepper
1 garlic clove, crushed
2 ts ground coriander
1 1/2 ts chili powder
1 tb soy sauce
1/2 lb raw small, shelled shrimp *
2 c sliced mushrooms
6 scallions, with tops, sliced
3 c hot cooked rice
1/3 c chopped fresh coriander **

Instructions

* Deveined ** or use Parsley

Remove skin from chicken breasts. Carefully cut meat from bones and pull out the pieces of cartilage. Cut meat into strips and set aside. Put bones in large saucepan. Add water, onion, bay leaf, parsley, thyme, salt, and pepper. Bring to a boil. Lower heat and cook slowly, covered, 1 hour.

Strain broth into a saucepan. Combine garlic, coriander, chili powder, and soy sauce. Stir into broth. Bring to a boil. Add chicken, shrimp, and mushrooms. Cook slowly, covered, about 5 minutes, until the shrimp turns pink, and the chicken is tender. Stir in scallions and fresh coriander or parsley. Remove and discard bay leaf.

Serve in bowls over or with rice. Serves 6.

Thai Simmered Chicken

Yield: 1 Servings

Ingredients

1 chicken (4 to 5 pounds)
1 salt
2 qt water
3 stalks fresh lemon grass
8 sl fresh galangal (or fresh ginger)
6 garlic cloves, smashed
6 fresh thai bird chiles *
8 shallots, sliced
6 fresh kaffir lime leaves (optional)
1/4 c thai fish sauce (nam pla)
1/2 ts sugar
1/4 c fresh lime juice
1/2 c tightly packed fresh coriander leaves
1/4 c fresh thai basil leaves, cut into thin strips
1 ts black pepper

Instructions

* (or 4 Serranos), cut into coarse strips, seeds and all.

Salt the chicken inside and out and let stand for 30 minutes to an hour.

In a pot the chicken will fit in snugly, bring water to a boil. Add the chicken and when the water returns to a boil, skim the foam. Cut off the bottom 1/3 of the lemon grass stalk, discarding the rest. Cut the bottom on the bias into oval slices and add to the pot

along with the galangal, garlic, chiles, shallots and kaffir lime leaves (if you can find them).

Turn the heat to medium-low, partially cover the pot, and simmer for 30 minutes. Then add the fish sauce, sugar and up to 2 teaspoons of salt (or to taste). Simmer until the skin near the wing starts to split, about 30 more minutes, then remove the chicken to a large, round serving bowl leaving the stock in the pot. Cover the chicken to keep warm.

Add the lime juice to the broth as well as the coriander and basil leaves. Pour the broth over the chicken, sprinkle with the black pepper and serve.

The chicken should pull off the bone easily it's best eaten from bowls with some of the broth and herbs poured over.

Bruce Cost, San Francisco Chronicle, 9/14/88.

Posted by Stephen Ceideberg November 4 1992.

Thai Soup For MartyHkrt62B***

Yield: 4 Servings

Ingredients

1 1/2 c cubed chicken breast
1/2 c chinese straw mushroom
4 ea to-5 c water
1 ea stalk of lemon grass-cut in
1 pn dry galanga
1 ea green onion-cut into 1 pcs
1 ea small fresh tomato cut up
2 ea to-3 coriander leaves cut u
1 ea fresh green chili pepper-sl
2 ts fresh lemon juice
1 fish sauce or to taste
1/4 ts ground red cayenne pepper
7 ea to-8 fresh mint leaves

Instructions

Directions: In a med sauce pan, cook chicken in boiling water for 10 minutes. Add lemon grass and galanga and cook 7-8 minutes longer. Add remaining ingredients EXCEPT for the mint leaves and lemon juice, and simmer on low heat about 15 20 minutes. Remove from heat. Stir in lemon juice. Sprinkle with mints. Serve hot with rice.

Thai Soy Bean Fritters

Yield: 6 Servings

Ingredients

5 large thai dried chilies *
1/2 ts chopped coriander roots **
1 ts minced galanga (kha) or ging
1 ts kaffir lime peel or lime zes
2 tb minced garlic
2 tb minced red onions
1 tb thai shrimp paste
1 3/4 c cooked and pureed soy beans
2 eggs
1 tb rice flour

3 tb fish sauce (nam pla)
1 ts finely chopped kaffir lime l
2 ts cilantro leaves
1/2 c oil for frying
DIPPING SAUCE-

2 medium chilies minced
2 ts salt
4 tb sugar
4 tb vinegar

Instructions

* Soak in hot water until soft ** Omit if not available ***

Squeeze out all the water DIRECTIONS: Using a mortar and pestle or a blender. Puree chilies, coriander roots, Galanga, lime peel, garlic, onions and shrimp paste. Add soy beans and rice flour and blend well. Transfer the soy bean mixture to a bowl and add eggs, Kaffir lime leaves, cilantro leaves and fish sauce and stir vigorously with a wooden spoon until well blended. Heat oil in a large flat bottom fry pan over medium heat. Meanwhile, dip hands in water and form the soy bean mixture into patties, about 1-1/2 inch in diameter each. Fry until well done and golden brown. Drain the oil on paper towels.

Serve hot with dipping sauce. Dipping Sauce Heat salt, sugar and vinegar in a small saucepan over low heat until the salt and sugar is dissolved. Cool a bit, add chilies and stir to mix well.

NOTE: The mixture must be on the dry side. If the mixture is too soggy it won't be crispy when fried. The solution would be to lay the patties out on a cookie sheet to air dry about 15 minutes or so before frying.

Thai Spice Rub

Yield: 1 Serving

Ingredients

2 tb chopped fresh lemongrass
1 tb grated fresh ginger
2 cl garlic minced
1/8 ts ground red pepper

Instructions

Makes about 3 1/2 tablespoons.

From: MOMnAaron

Per serving: 9 Calories (kcal) trace Total Fat (1% calories from fat) trace Protein 2g Carbohydrate 0mg Cholesterol 1mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

NOTES : Here is a wonderfully tasty and healthy ways to spice up your leans meats. Using fresh herbs in place of fats, will definitely add flavor and lower your fat intake.

Thai Spiced Mussel Soup With Leeks And Carrot Spaghetti

Yield: 1 Serving

Ingredients

1 onion sliced
4 ginger slices
2 fresh serrano chiles or fresh Thai bird chilies de-stemmed, sliced
4 Stalks lemon grass white part sliced
4 kaffir lime leaves

2 Tablespoons Fish Sauce, 3-Crab Brand
8 Cups chicken stock
1 Pound Prince Edward Island Mussels cleaned and prepped
2 Large leeks white part julienned
1 carrot fine julienne
Salt and white pepper to taste
Canola oil to cook

Instructions

In a hot wok coated with oil saute, onions until caramelized. Add ginger, chilies, lemon grass and leaves. Deglaze with fish sauce. Add chicken stock and slowly simmer to a 20 percent reduction. Strain and keep hot. Check for seasoning. In a very hot wok coated with oil stir fry mussels until they start to open. Add leeks and carrots. Season. Check again for flavor. Serve immediately.

PLATING

Pour in bowl, enjoy.

Yield: 4 servings

Wine Suggestion: Clos Saint Imer Gewurtztraminer 1996

Formatted by suechef@sover.net

NOTES : MUSSELS TWO WAYS-CHINESE AND THAI

Contributor: EAST MEETS WEST #MT1B01

Thai Spicy Barbecued Chicken

Yield: 8 Servings

Ingredients

1 1/2 c coconut milk
1/2 c minced garlic
1/4 c minced ginger
1/4 c olive oil
2 tb thai fish sauce
2 tb curry powder
1 tb black pepper
1 tb white pepper
1 tb honey
1 ts turmeric
2 3 lb chickens, quartered
8 slices fresh pineapple
1 sweet chili sauce (recipe separate)

Instructions

Combine all ingredients except chicken, pineapple & chili sauce in a large bowl. Gently prick chicken skin all over with a fork. Add chicken to bowl and rub with marinade mixture. Cover bowl with plastic wrap and refrigerate overnight. Preheat oven to 350 degrees. Remove chicken from marinade and bake until cooked, about 45 minutes, basting with marinade every 15 minutes. (Alternatively, bake chicken in oven for 25 minutes, then cook on a charcoal grill for about 10 minutes on each side.) Garnish chicken with pineapple slices and serve with sweet chili sauce.

Recipe by Tommy Tang, New Yorker Magazine, 5/25/92. MM:MK VMXV03A.

Thai Spicy Noodles

Yield: 4 Servings

Ingredients

8 oz thai rice noodles (banh pho)
4 tb fish sauce (or soya sauce)
4 tb lime juice (lemon juice)
4 tb tomato puree
4 tb sugar
1 tb hot red pepper flakes
1/2 c ground peanuts
1/2 c vegetable oil
4 ea cloves of garlic minced
1 lb chicken cut in small pieces
1 ea large tofu cut in chunks
8 ea very large tiger shrimp
4 ea eggs lightly beaten
4 c bean sprouts
4 ea scallions, cut 1/2 in pieces

Instructions

Ground peanuts for garnish, lemon wedges, cucumber slices and chopped coriander. Soak rice noodles in cold water for two to three hours and drain just before use (or partially cook any other type of thin noodles and allow to cool. Mix together fish sauce, lime juice, tomato puree, sugar and red pepper flakes set aside. Grind peanuts in food processor (at least half-cup, plus some extra for garnish). Prepare and assemble all other ingredients. In large wok over high heat, brown the garlic in oil. Add chicken, tofu and shrimp, and saute until lightly browned. Add eggs and continue to stir fry. Add drained rice noodles and dish sauce mixture, continue to stir fry for about 3 minutes. Add peanuts, bean sprouts and scallions, and continue to stir fry for another 2 minutes. Sprinkle with more ground peanuts. Serve immediately with lemon wedges, cucumber slices and coriander.

Thai Spicy Pork Chops

Yield: 8 Servings

Ingredients

1/4 c olive oil
1/4 c honey
1/4 c minced garlic
3 tb thai sweet black bean sauce
2 tb thai fish sauce
2 tb finely chopped cilantro
1 tb garlic powder
2 ts minced serrano chilies
2 ts black pepper
2 ts ground coriander
2 ts white pepper
8 3/4 in thick pork chops
1 thai chili fish sauce (recipe separate)

Instructions

In a large bowl, combine all ingredients except pork chops and Thai chili fish sauce, and whisk to blend well. Add pork chops and rub gently to coat. Cover bowl with plastic wrap and refrigerate for at least 6 hrs, preferably overnight. On a charcoal grill, cook pork chops for about 7 minutes on each side. (Or bake in a preheated 375 degree oven for 12 to 14 minutes.) Serve with Thai chili fish sauce.

Recipe by Tommy Tang, New Yorker Magazine, 5/25/92. MM:MK VMXV03A.

Thai Spicy Sausage (Sai Grog) Hkrt62B

Yield: 10 Servings

Ingredients

3 c ground pork
1 tb thai red curry paste
1/4 ts msg-optional
1/2 ts coriander seeds-finely crush
1/2 ts fish sauce
1 ts chpd coriander roots or lvs
1 tb chpd fresh lemon grass(base)
1 green onion-finely chopped
1 ts fnly chopd kaffir lime leave
1 sausage casings
1 thread or string to close en

Instructions

*** Mix all ingredients in a large bowl, set aside.

Fill pork mixture into casing using a teaspoon. Close ends tie every 5" along the filled casing. Before grilling, make a small pinhole on either side of the sausage. This is to ensure that the sausage doesn't burst when being cooked. Grill on the bar-b-que grill outside on in an oven broiler. Cook until brown and juicy. Serve hot with cooked sticky rice or warm cooked rice.

From Sopit Merrill.

Thai Spiked Pumpkin Soup

Yield: 1

Ingredients

1 lg brown onion
2 tb olive oil
4 cloves garlic
1/2 bn coriander
1 sm red birdseye chilli
1/2 ts chilli paste
1 ts ground cumin
1 ts turmeric
500 g queensland blue pumpkin
500 g butternut pumpkin
500 g jap pumpkin
1 1/2 l chicken stock
400 ml farmhouse milk
3 tb dessicated coconut

Instructions

Heat the olive oil in a large saucepan and add the onion and garlic and cook for 10 minutes to caramelize gently. Add the chilli and coriander stems (finely chopped) and stir until fragrant.

Add the remaining spices and heat until toasted. Add all the pumpkin pieces and stir to coat with spice mixture. Cover with a lid and cook over a low heat for 30 minutes until the pumpkin is beginning to soften and turn brown. Add just enough stock to cover and stir well.

Simmer for 1 hour, then add the milk and coconut and simmer for a further 15 minutes. Puree then serve, garnished with extra chillies and coriander.

Converted by MCBuster.

Per serving: 412 Calories (kcal) 29g Total Fat (77% calories from fat) 7g Protein 12g Carbohydrate 0mg Cholesterol 13620mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 5 ½ Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Spring Roll Dip

Yield: 1 Serving

Ingredients

1/4 c sugar
1/4 c water
1/2 c red wine vinegar
2 tb fish sauce
1/4 ts red pepper flakes
2 tb coriander leaves chopped
2 tb peanuts chopped

Instructions

THAI SPRING ROLL DIP: Combine sugar, water and vinegar in a saucepan over medium-high heat boil until reduced to 3/4 cup of liquid. Remove from heat and stir in the fish sauce and chile flakes. When cooled, transfer to a dipping saucer and mix in coriander and peanuts. Makes about 24 rolls with sauce.

Per serving: 393 Calories (kcal) 14g Total Fat (28% calories from fat) 6g Protein 69g Carbohydrate 4mg Cholesterol 15mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 1/2 Vegetable 0 Fruit 2 1/2 Fat 4 1/2 Other Carbohydrates

Contributor: Stephen Ceideburg (Paul Carreno)

Thai Spring Roll Dipping Sauce

Yield: 1

Ingredients

1/4 c sugar
1/2 c water
1/2 c red wine vinegar
2 tb fish sauce or
1 tb soy sauce
2 ts red chili peppers ground
1/2 carrot shredded
1/4 c peanuts coarsely chopped

Instructions

In a small saucepan combine the sugar and water. Then bring to a boil. Reduce heat and simmer for 10 minutes until sugar is dissolved. Remove from heat And add the red wine vinegar, fish sauce and red chile pepper. Mix well. Pour sauce in serving bowl, chill and top with carrots and peanuts just before serving.

Makes one cup.

Per serving: 445 Calories (kcal) 18g Total Fat (33% calories from fat) 11g Protein 69g Carbohydrate 0mg Cholesterol 1054mg Sodium Food Exchanges: 1/2 Grain(Starch) 1 Lean Meat 1 Vegetable 0 Fruit 3 Fat 4 Other Carbohydrates

Recipe by: Keo Sananikone in "Keo's thai Cuisine"

Converted by MMBuster v2.0n.

Thai Spring Rolls

Yield: 1 Serving

Ingredients

1 head cabbage
1 oz chicken breast minced
1 md carrot
2 stalks celery
2 oz mushroom sliced
1 tb oyster sauce
1/2 ts salt
1 pn black pepper
4 oz tempura powder mixed with water
24 spring roll packets

Instructions

Begin by shredding the cabbage, carrots and celery. In a large wok over low heat add the vegetables. Mixed several times until the cabbage begins to soften. Add the other ingredients and toss well. When the vegetables have become wilted, place the mixture in a strainer. Place the strainer in a refrigerator. Allow to sit for 2 hours or until the mixture is cool to the touch.

Begin making the spring rolls by placing 2 oz. of the stuffing on a corner end of the spring roll skin. Fold the bottom forward and over the top. Roll 1 full turn. Tuck the sides in, while continuing to roll forward. Place a dab of the tempura mix on the tip of the skin. Roll over the tempura mix to seal it closed.

To cook, pre-heat vegetable oil to 350 degrees. Place several rolls in at a time. Fry until golden brown (2-3 min.) Serve with your favorite sauces.

Per serving (excluding unknown items): 281 Calories 4g Fat (11% calories from fat) 17g Protein 54g Carbohydrate 15mg Cholesterol 1924mg Sodium

Thai Squid Salad

Yield: 6 Servings

Ingredients

1 3/4 lb squid
1 lime juice of
2 tb fish sauce
1 red chili, chop fine
1 lg garlic clove, crush
1 gingerroot, 1 piece, grate
2 lemon grass stalk, slice thin
6 scallion, slice thin
2 tb cilantro, chop coarse
10 mint leaves, chop coarse
7 oz salad greens
1 chili rings

Instructions

Clean squid & rinse thoroughly. Slit open body pouch & score inside surface in criss cross pattern. Cut into 2x1/2" pieces. Bring saucepan of water to boil. Add squid & simmer 1min, til opaque.

Drain. Mix w/lime juice, fish sauce, chili, garlic, gingerroot, lemon grass & scallion. Cover & marinate 1Hr or longer if refrigerated.

Just before serving, stir in cilantro & mint. Arrange greens on plate, top w/squid, garnish w/chili rings & serve.

Source: Book of First Courses, pp102

Thai Steak Salad

Yield: 4 Servings

Ingredients

12 oz boneless top round beef steak, 1 in. thick trimmed of fat
8 c loosely packed mixed salad greens
1 c cucumber thinly sliced
1 c radishes thinly sliced
1/2 c scallions thinly sliced
1/2 c cilantro chopped
1 lime dressing:
1/2 c fat-free, reduced-sodium chicken broth
2 tb fresh lime juice
1 pc ginger, 1 1/2x1 inch peeled and chopped
1 ts vegetable oil
1 lg garlic clove peeled
1 ts sugar
1 ts salt
1/2 ts hot pepper sauce

Instructions

Heat broiler and broiler-pan rack or BBQ grill. Broil or grill steak 4-6 inches from heat source, 5-7 minutes per side for rare, 7-9 minutes per side for medium and 9-11 minutes per side for well done.

Remove to cutting board let stand about 5 minutes.

Meanwhile place lettuce, cucumber, radishes, scallions and cilantro in large bowl, and put Dressing ingredients in a blender or food processor and process until smooth. Cut steak in thin slices across the grain add to bowl. Pour dressing over salad. Toss to mix and coat.

Recipe By : Woman's Day

From: Metroman12@aol.com Date: Mon, 22 Jul 1996 11:20:14 0400

Thai Steamed Fish With Basil (Pla Nung Horapa)

Yield: 6

Ingredients

2 lb whole red snapper or white fish
1 ts galanga finely chopped
1/2 tb lemon grass *
6 md fresh red chilies
2 tb red onions chopped
1 tb preserved soy beans (tao geo kao)
1 tb fish sauce (nam pla)
1 ts kaffir lime leaves thinly sliced
1/2 c basil leaves (thai basil)

Instructions

* Sliced thinly-crosswise (use the base only, about 2 or 3 inches from the root)

Chop coarsely the Galanga, lemon grass, onions, chilies and soy beans in a blender or food processor (add a tbs. of water if necessary). Wash, clean and

pat dry the fish well. Cut 3-4

Per serving: 7 Calories (kcal) trace Total Fat (44% calories from fat) trace Protein 1g
Carbohydrate trace Cholesterol trace Sodium Food Exchanges: 0 Grain(Starch) 0 Lean
Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Converted by MMBuster v2.0n.

Thai Steamed Herbed Mussels

Yield: 1 Serving

Ingredients

2 Kg Mussels

1 Cup Basil Leaves

4 Green Onions

Dipping Sauce-

1/2 Cup Lemon Juice

Lemon Grass optional

2 Tablespoons Fish Sauce

1 Teaspoon Sugar

2 Coriander Leaves chopped

3 Cloves Garlic

1 Teaspoon Red Pepper Flakes

Instructions

Open the mussels by steaming them along with the basil and green onions.

Blend the ingredients for the sauce with enough warm water to make a dipping sauce
and serve with the mussels.

Contributor: "Michael E. Kinneer"

Thai Stuffed Crab

Yield: 4 Servings

Ingredients

2 c crab meat

1/2 c ground pork

1 c chopped shrimps

2/3 tb chopped garlic

1 ts ground white pepper

1/2 tb chpd cilantro roots (subst. 2 tsp chopped stems)

3 tb golden mount or maggi sauce

1 jumbo egg

8 clnd and dried crab shells

1/4 c chopped cilantro leaves

2 tb red chilies slivered

oil for frying

Instructions

*Poo Jah DIRECTIONS: Combine crab meat, pork, shrimps, garlic, pepper, cilantro
roots, and Golden Mount sauce well. Stuff in each crab shell and pack tightly. Sprinkle
cilantro leaves and red chilies. Smooth the surface and press down securely. Bring a lot
of water to a rapid boil in a steamer.

Arrange in the stuffed crab shells. Place several layers of paper towels on top of the
steamer, NOT the food and replace the cover. Steam for 20 minutes and remove from
heat. Cool. Beat the egg in a small bowl. In a large wok, heat lots of oil over medium-
high heat. Dip the stuffed crab in the egg and fry meat side down until golden brown.

Remove from oil and drain well. Cool slightly and serve immediately. Serve with Thai Sriracha chili sauce as an appetizer. Makes 4 servings.

NOTE: Do not fry the crab too long as the stuffing will shrink and fall out of the shell.

Thai Stuffed Fish

Yield: 4 Servings

Ingredients

4 lg fish fillets 1-2 thick

2 c soy sauce

1 c rice vinegar

1 ts sesame oil

STUFFING

1 ts black peppercorns

2 tb peanut oil

1 lb raw small shrimp, shelled, deveined & chopped

2 tb fish sauce (nam pla)

6 tb corn oil

8 well beaten eggs

36 chopped cilantro leaves

6 serrano or jalapeno peppers seeded & slivered

4 limes, cut into wedges

1 sprigs mint or cilantro

Instructions

Make a deep slice in one edge side of each filet, thus, forming a deep pocket in each filet. Mix the soy sauce, rice vinegar, & sesame oil. Pour this over the filets. Cover & let stand in therefrigerator for 4-6 hours. *NOTE(you may add the juice of 1 lime to the marinade if you wish) Take a pinch of the chopped coriander leaves and the peppercorns & pound them into a paste with a mortar. Heat the peanut oil in your wok. Fry the paste for 1 minute. Add the shrimp and stir fry for 45 seconds. Stir in the fish sauce the remove the mixture to cool. Wipe out your wok, pour in the corn oil and bring to medium heat. Drop the egg a spoonful at a time into the heated oil along with the pepper slivers. Cook until the egg is done. Drain and mix this with the shrimp mixture and sprinkle with the chopped coriander leaves. Spoon this into the pocket of each filet. Pin the pockets shut on each filet with a bamboo skewer. Grill the filets or broil them until you know that they are done. Serve garnished with the coriander sprigs and the lime wedges.

*NOTE: You may also garnish with a spoonful of chopped peanuts as well.

Origin: Suri Thanipatsombat, owner Thai Empire Restraunt circa 1982

Thai Stuffed Tomatoes

Yield: 5 Servings

Ingredients

1 text only

Instructions

Is there a cuisine which doesn't have a version of stuffed tomatoes?

The filled vegetables are always good but this Thai interpretation is quite different.

Cut the tops off 10 tomatoes and set them aside to be used later as lids. Scoop out the seeds and internal flesh of the tomatoes, leaving the fleshy shell. Lightly salt the interiors and stand the tomatoes upside down in a rack to drain.

Pound in a mortar or process together the well-washed roots of a bunch of coriander, 4 cloves of garlic, 1/2 onion and 10 peppercorns (better use coarsely ground pepper if processing). Remove this mixture to a bowl and add 250 g minced pork, 250 g cooked crab meat (tinned can be used if necessary), 1 teaspoon sugar, 2 tablespoons fish sauce and 1 egg. Mix well rinse out and dry the tomato cases, stuff with the mixture and replace the lids. Bake in a preheated

180C oven for half an hour.

Makes 5 servings.

From "Raw Materials" by Meryl Constance, Sydney Morning Herald, 1/19/93.

Posted by Stephen Ceideberg February 18 1993.

Thai Style Basil Chicken

Yield: 6 Servings

Ingredients

1/2 lb chicken cutlets skinless boneless breast
1 thinly sliced onion
2 ribs celery slant sliced
1/2 c cold water
3/4 c tomato juice
1 diced red bell pepper
1 sm minced hot chili pepper
1 minced clove garlic
2 tb chopped fresh basil
1 tb light soy sauce
1 ts cumin seeds
1/4 ts cinnamon
1/4 ts ground ginger

Instructions

Cut chicken into bite-size chunks. Spray large nonstick skillet with cooking spray. Brown chicken with no fat added, turning to brown evenly. Remove chicken and set aside. Combine onion, celery and water in skillet cook and stir for two minutes. Add tomato juice, bell pepper, chili pepper, garlic, basil, soy sauce, and spices simmer uncovered for 2 minutes. Uncover and simmer until sauce is thick about five minutes. Return chicken to skillet cook and stir until heated through.

Thai Style Basil Dipping Sauce

Yield: 1 Servings

Ingredients

1/2 c rice wine vinegar
1/4 c white wine vinegar
1/2 c light corn syrup
2 1/2 TB fish sauce (Nuoe Mam)
6 md garlic cloves peeled
2 serrano or jalapeno chilis seeded and chopped
2 TB sugar
1 c fresh basil leaves lightly packed chopped

Instructions

In a non-aluminum saucepan, combine the vinegars, corn syrup, fish sauce along with four tablespoons of water. Bring to a boil and stir. Remove from heat and let mixture cool to room temperature. In a food processor, combine the garlic, chilis and sugar and

quickly puree. Add the cooled syrup and process in one or two bursts just to combine. Add basil and briefly process until basil is minced. Store in a covered container in the refrigerator for up to one week.

Yield: 3 cups

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Recipe By : COOKING RIGHT SHOW#CR9658

Date: Mon, 30 Sep 1996 05:07:22 0400 (

Thai Style Beef (Smoker)

Yield: 12 Servings

Ingredients

1/2 c firmly packed brown sugar
1/2 c chopped green onions
1/2 c low-sodium soy sauce
2 tb white wine vinegar
1 ts crushed red pepper
1/2 ts ground ginger
12 cl garlic halved
3 lb boneless beef eye of round roast
1 ts sesame seeds
1 vegetable cooking spray

Instructions

Soak mesquite wood chips in water for 1-24 hours. Drain well. Combine brown sugar and next 6 ingredients in a large zip-top heavy duty plastic bag.

Add roast seal bag and marinate in refrigerator 8 hours, turning bag occasionally.

Remove roast from bag, reserving marinade. Sprinkle sesame seeds over roast and set aside. Prepare charcoal fire in meat smoker let burn 15-20 minutes. Place mesquite chips on top of coals. Place water pan in smoker add reserved marinade. Add hot tap water to fill pan. Coat grill rack with cooking spray place rack in smoker.

Place roast on rack insert meat thermometer into thickest portion of roast. Cover with smoke lid, and cook for 2 hours and 10 minutes, or until meat thermometer registers 140 F. for rare. Remove roast from smoker place on a platter, and let stand 10 minutes. Cut into thin slices.

Yield: 12 (3 ounce) servings.

Per serving: 179 calories, 5.7 grams fat, 59 mg. cholesterol, 25.1 grams protein, 5.2 grams carbohydrate, 255 mg. Sodium

MC formatting by bobbi744@sojourn.com

Per serving: 260 Calories (kcal) 8g Total Fat (30% calories from fat) 33g Protein 11g Carbohydrate 79mg Cholesterol 474mg Sodium Food Exchanges: 0 Grain(Starch) 4 1/2 Lean Meat 1/2 Vegetable 0 Fruit 0 Fat 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 13882 0 0

Contributor: Cooking Light Recipe Card

Thai Style Beef Salad

Yield: 4 Servings

Ingredients

1 c Mung bean sprouts
1 sm Kohlrabi peeled, julienned
2 Carrots peeled, julienned

1 lb Fresh, raw spinach leaves well washed, and stems discarded
1 pt Cherry tomatoes cut in half
2 tb Tamarind paste
4 tb Sugar
3 tb Rice wine
3 tb Peanut oil
1 lb Beef flank steak cut 1/4"-thick strips, sliced against the grain
Salt to taste
Freshly-ground black pepper to taste
2 tb Grated ginger
2 tb Roasted and ground cumin seed
6 Basil leaves (6 to 8) finely shredded
3 tb Thai fish sauce (nam pla)

Instructions

Prepare the salad by combining all the vegetables in a large bowl.

Combine the tamarind with the sugar and rice wine and toss with the vegetables to marinate while the beef is cooking.

Cook the beef in two batches so that each batch is well seared and serve medium-rare. Heat half the peanut oil in a wok or large skillet until hot. Add half the beef, season with salt and pepper and cook quickly over high heat. As the beef sears well but before it overcooks, remove from the pan and briefly set aside while you repeat the procedure with the remaining beef. When the second batch is similarly cooked, return the first batch of beef to the pan and quickly heat all together.

Add the ginger, cumin, basil and fish sauce. Cook for 1 to 2 minutes more before serving by pouring over and wilting the marinated vegetable salad. Serve with glutinous rice that has soaked raw overnight and then steamed for 30 minutes.

This recipe yields 4 servings

Recipe Source: MICHAEL'S PLACE with Michael Lomonaco

From the TV FOOD NETWORK (Show # ML-1A39 broadcast 04-26-1997)

Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by Joe Comiskey, aka MR MAD jpmd44a@prodigy.com
or MAD-SQUAD@prodigy.net 05-01-1997

Contributor: Michael Lomonaco

Thai Style Gemfish With Beans & Mushrooms

Yield: 6 Servings

Ingredients

1 stephen ceideburg
1 1/2 lb gemfish
4 oz green beans
4 oz button mushrooms
2 tb fish sauce
1 tb sugar
1 tb flour
1 c peanuts
3 bird's eye chilis
1 capsicum (bell pepper)
1 spring onions
1 tb lemon grass
4 cloves garlic

2 ts pepper

1 pn salt

Instructions

Cut 1 1/2 lb of gemfish into bite sized pieces. Top tail and slice about 4 oz of green beans, and slice 4 oz of button mushrooms.

In a cup or small bowl, mix 2 T of fish sauce, one T of sugar and 1 T of flour with a little water. For garnishing have ready a cup of crushed peanuts, three birdseye chillies chopped (these are the small fiercely hot chillies), a handful of both fine strips of capsicum and spring onions. Pound together or process 1 T of lemon grass pieces, 4 cloves of garlic, 2 t of pepper and a pinch of salt.

In a wok or frypan heat some sesame oil and brown the processed paste over medium heat for a few minutes. Turn up the heat, add beans mushrooms and fish, and stir fry gently for about 3 minutes. Add the fish sauce mixture and stir for a minute or two until the liquid thickens. Serve, sprinkled with above garnish and plain rice.

From : Meryl Constance. Sydney Morning Herald. 15 th September 1992.

Thai Style Ginger Lime Dressing

Yield: 4 Servings

Ingredients

3 tb lime juice

2 tb rice wine vinegar

3 tb peanuts

1 piece ginger grated

1 sm red chiles minced

2 tb soy sauce

1 tb brown sugar

1 tb coriander or mint

2 tb water

Instructions

Place all ingredients in a blender or food processor and process until thoroughly smooth.

Per serving: 71 Calories 4g Fat (40% calories from fat) 3g Protein 9g Carbohydrate 0mg Cholesterol 519mg Sodium Food Exchanges: 1/2 Vegetable 1/2 Fat 1/2 Other Carbohydrat

Contributor: <http://www.tamaraskitchen.com.au>

Thai Style Pasta Salad

Yield: 6

Ingredients

DRESSING

1/4 c natural peanut butter

3 tb water

2 tb vegetable oil

1 tb fresh lime juice

1 tb distilled white vinegar

1 tb asian (dark) sesame oil

1 tb low-sodium soy sauce

1 ts sugar

1/2 ts salt

1/2 ts crushed red pepper flakes

REMAINING INGREDIENTS-

4 oz snow peas strings removed
1/4 lb chinese rice noodles
1 pk coleslaw (8 oz.)
5 radishes
1 trimmed and thinly sliced
2 tomatoes cut into wedges
1 sm cucumber
1 peeled and cut into thin strips
1 c mung bean sprouts
1/3 c thinly sliced red onion

Instructions

6 SERVINGS DAIRY-FREE

The intense peanut flavor of the dressing makes this salad extremely satisfying. You can make a triple batch of the dressing and keep it in the refrigerator in a glass jar.

Shake well before using.

Dressing: In medium bowl, whisk together all ingredients. Set aside.

Bring large saucepan of lightly salted water to a boil. Add snow peas and cook for 1 minute. Using slotted spoon, remove to colander. Rinse under cold water and drain. Add noodles to boiling water and cook according to package directions. Drain, reserving about 1/2 cup of cooking liquid.

Pat snow peas dry with paper towels. Cut into thirds on diagonal.

In large serving bowl, combine noodles and enough reserved cooking liquid to moisten. Add snow peas, 1/2 cup of dressing, coleslaw, radishes, tomatoes, cucumber, sprouts and onion. Serve remaining dressing on the side.

PER SERVING: 246 CAL. 3G PROT. 7G TOTAL FAT (1G SAT. FAT) 42G CARB.
0 CHOL. 101MG SOD. 30 FIBER

Converted by MCBuster.

By Kathleen on Apr 05, 1999.

Recipe by: Vegetarian Times Magazine, April 1999, page 30

Converted by MMBuster v2.0l.

Thai Style Risotto

Yield: 6 Servings

Ingredients

2 c thai style jasmine rice
1 tb sliced garlic
1 tb ground ginger
1 tb chopped shallots (purple
1 onions)
1 tb red prik ki nu (birdseye or dynamite chilis) sliced
1 tb green prik ki nu, sliced

Instructions

A quantity of good chicken stock equal to the volume of water specified by the rice cooker to cook two cups of rice plus two tablespoons. Method: Place the rice in the cooker. Stir fry the other ingredients (except the stock of course :-). Add the ingredients to the cooker, and switch on. When the cooking time is finished, the dish is ready to serve. If you wish you can add a pinch of saffron or turmeric to colour the rice yellow.

Thai Style Soup

Yield: 6 Servings

Ingredients

1 1/2 litres water
4 chicken thigh fillets, sliced
1 ts chicken stock powder
60 g button mushrooms, sliced
85 g pack of chicken flavour
2 minute noodles
2 spring onions, sliced
1 tb fish sauce
1 tb chopped fresh coriander
1 red chili, hot, sliced (garnish)

Instructions

Combine water, stock powder, flavour sachet from noodles and fish sauce in a micro-safe bowl.

Cook uncovered on high for 12 minutes, stirring occasionally. Add chicken, cook on high for 5 minutes, stirring occasionally. Stir in mushrooms and noodles.

Cook uncovered on high for 3 minutes, or until noodles are tender, stirring halfway through cooking time. Stir in sliced onions and coriander. Serve garnished with red chilli.

Thai Style Tomato Soup With Shrimp And Cellophane Noodles

Yield: 6 Servings

Ingredients

2 Two-ounce packets of cellophane or bean thread noodles
8 c Rich chicken stock
2 tb Thai or Vietnamese fish sauce
3 c Diced, seeded ripe tomatoes (drained if using canned)
1/2 c Green onions sliced diagonally
2 ts Hot pepper sesame oil or to taste
1/2 c Loosely packed cilantro leaves
3 tb Finely slivered garlic Crisply fried in vegetable oil
1 lb Cooked large shrimp

Instructions

Place the bean thread noodles in a bowl and cover with warm water and soak until softened, 20 to 25 minutes. Drain the noodles and pile in a tangle on a cutting board and cut through crosswise and lengthwise to form roughly 3 to 4-inch lengths.

In a soup pot, bring the stock to a boil. Stir in the fish sauce, tomatoes, green onions and hot sesame oil.

To serve: Place 2 shrimp in each warmed bowl. Ladle hot stock over and garnish with cilantro leaves and fried garlic slivers. Serve immediately. This recipe yields 6 to 8 servings.

Recipe Source: COOKING RIGHT with John Ash From the TV FOOD NETWORK (Show # CR-9632 broadcast 07-31-1996)

Downloaded from their Web-Site <http://www.foodtv.com>

Formatted for MasterCook by MR MAD, aka Joe Comiskey jpmd44a@prodigy.com

08-09-1996

Contributor: John Ash

Thai Style Topping For Pan Fried Fish

Yield: 4 Servings

Ingredients

4 fried fish fillets,
5 oriental mushrooms, julienne strips
2 tb fish sauce (nuoc mam)
2 ts sugar
1/2 c water
1 ts freshly ground white pepper
2 ts vegetable oil
2 ts minced garlic
2 ts minced fresh ginger
1/4 lb ground pork
1 fresh coriander sprigs for garnish

Instructions

1. Soak the mushrooms in warm water for about 30 minutes, until they are soft. Discard the stems and cut them into julienne strips.
2. Mix the mushrooms with the fish sauce, sugar, water and pepper.
3. Heat the oil in a medium skillet and add the garlic and ginger. Cook, stirring until lightly browned. Add the pork and cook, mashing and turning, until no pink remains. Add the mushroom mixture and heat through. Pour sauce over the fried fish and garnish with coriander sprigs. serves 4

Source The Brooklyn Cookbook by Lyn Stallworth and Rod Kennedy, Jr. Published by Knopf.

Thai Sweet And Hot Garlic Sauce

Yield: 1 Recipe

Ingredients

1/2 c water
1/2 c demerara turbinado, (or granulated) sugar
1/2 c rice or distilled white vinegar
6 lg cloves garlic lightly crushed and peeled
1 ts prepared Thai chili paste(available at Asian markets)
Salt

Instructions

In a blender or food processor fitted with a steel blade, combine cup water with the sugar, vinegar, garlic, chili paste and a large pinch of salt. Cover and process until smooth. Transfer to a saucepan and place over medium heat. Bring it slowly to a boil and simmer until sauce is reduced by half and lightly thickened. It will thicken more as it cools, so if it is too thick when cooled, thin it with a little water. Serve at room temperature. Will keep in refrigerator up to two months.

Makes 1 cup.

SOURCE: The Charlotte Observer, January 28, 1999

Winging it / By KATHLEEN PURVIS MM-format by Petra

Thai Sweet Chili Sauce Vmxv03A

Yield: 8 Servings

Ingredients

1/2 c rice vinegar

1/4 c sugar
2 tb plum sauce
1 tb thai fish sauce
1 tb fresh lime or lemon juice
2 ts tomato paste
1 ts minced garlic
1/2 ts minced serrano chili
1/2 ts ground red chili paste
1/2 ts sweet paprika
1/2 ts salt
1/2 ts all-purpose flour, mixed with 1 t c old water

Instructions

Combine all ingredients and 1/2 c water in a small saucepan, and bring to a boil. Reduce heat and simmer for 4 minutes. Let cool. Will keep in refrigerator for 3 days.

Thai Sweet Potato Stew

Yield: 4

Ingredients

3 md clove garlic minced
1 tb minced fresh lemongrass
1 tb minced fresh ginger
1 ts thai chile paste
1 tb asian sesame oil
1 md onion chopped (1 cup)
1 lb sweet potatoes peeled and cubed (3 cups)
1 c vegetable broth
14 oz canned light coconut milk
1 ts salt
1/4 c dry-roasted peanuts chopped

Instructions

4 SERVINGS DAIRY-FREE

Basmati rice is the ideal accompaniment to this spicy dish and its incredible sauce.

Thai chile paste and lemon grass are readily available at Asian markets.

In mini food processor, spice blender or mortar with pestle, mash garlic, lemongrass, ginger and chile paste until paste forms (or finely mince with knife). In large saucepan, heat sesame oil over medium heat. Add onion and cook until golden, stirring occasionally, about 7 minutes. Add paste mixture (or minced ingredients) and stir until fragrant, about 30 seconds.

Add sweet potatoes, broth and coconut milk and bring to a boil. Reduce heat to low and simmer until potatoes are very tender, about 20 minutes.

Stir in salt and garnish with peanuts.

PER SERVING: 366 CAL. 8G PROT. 14G TOTAL FAT (4G SAT. FAT) 59G
CARB. 0 CHOL. 749MG SOD. 4G FIBER

Converted by MCBuster.

By Kathleen on Apr 05, 1999.

Recipe by: Vegetarian Times Magazine, April 1999, page 48

Converted by MMBuster v2.0l.

Thai Sweet Rice With Mangoes

Yield: 1 Servings

Ingredients

2 c glutinous rice (see notes)

3 1/2 c coconut milk (see notes)

1/2 c sugar

1 ts salt

6 mangoes-ripe, peeled & sliced (actually 4 to 6 depending on the size)

Instructions

GLUTINOUS RICE: Glutinous or sweet rice is a white, short-grained rice that has a sticky consistency when cooked. It can be found in Asian markets and many markets with asian specialty sections.

CANNED COCONUT MILK: Canned coconut milk also is sold in Asian markets and some supermarkets with Asian specialty sections. Do not confuse this product with the water inside the coconut. **SHORTCUT:** A Japanese rice cooker can make short work of cooking the glutinous rice. Rather than soaking the rice, rinse it 3 times in cold water and drain. Cook rice according to manufacturer's directions.

PROCEDURE: Cover rice with water and soak at least 6 hours or overnight (see shortcut). A couple of hours or so before serving, drain rice and spread on a cheesecloth-lined section of a steamer steam for 45 minutes. During the steaming, sprinkle the rice 2 times with 1/4 cup water. Meanwhile, over medium heat using a Dutch oven or large saucepan, simmer the coconut milk on medium-low heat until it is reduced by one-third in volume. Use caution toward the end of simmering, because the coconut milk can send spouts of liquid 2 or 3 inches above the pan toward the end of the simmering time if it is too hot. Remove from heat and stir in sugar and salt. When rice is finished steaming and has rested for 10 minutes, blend it with the warm, sweetened coconut milk allow to stand for 10 minutes. Immediately arrange rice on platter and place mango on top. Serve.

Thai Tea

Yield: 6 Servings

Ingredients

8 c water

6 tb thai tea

1 sugar

1 ice cubes

1 half and half or sweetened condens

Instructions

Bring water to boil. Add tea and steep 5 minutes. Strain and season to taste with sugar. Cool, then chill in refrigerator. When ready to serve, place ice cubes in each of 6 tall glasses. Pour tea over ice, leaving room to add half and half to taste.

Created by: Krung Tep Thai, Tarzana, Calif. Karen Mintzias

Thai Tofu Curry

Yield: 4 Servings

Ingredients

14 oz tofu cubed

2 tb light soy sauce

2 ts peanut oil may be tripled

1 paste
1 sm onion chopped
2 green chiles seeded and chopped
2 cl garlic chopped
1 ts grated ginger root fresh or 1-tbs. fresh ga
1 ts grated lime rind
2 ts ground coriander
2 ts cumin seed crush
3 tb chopped fresh cilantro
1 lime juiced or small lemon
1 ts sugar
1 oz creamed coconut dissolved in 2/3 c boiling water or 2/3-cup coconut m
1 accompaniments
1 th fresh red chili
1 th half-slices lime
1 fresh cilantro
3 c cooked jasmine rice

Instructions

1. Toss the tofu cubes in soy sauce and leave to marinate for 15 minutes or so.
2. Meanwhile prepare the paste. Put all the paste ingredients in a food processor and grind until smooth.
3. To cook, heat wok, add oil. Drain the tofu cubes and stir-fry at a high temperature until well browned on all sides and just firm. Drain on paper towels.
4. Wipe the wok clean. Pour in the paste and stir well. Return the tofu to the wok and mix it into the paste, reheating the ingredients as you stir.
5. Serve this dish with rice. Garnish.

Description: "A mixture of Chinese and Indiana cuisines."

Cuisine: "Thailand"

Source: "Ingram, Denny and Richmond"

S(Collection of): "kitpath@earthlink.net 6/99"

Copyright: "1997 Anness Publishing Limited"

From PatHanneman

Per serving: 174 Calories (kcal) 10g Total Fat (47% calories from fat) 11g Protein 14g Carbohydrate 0mg Cholesterol 420mg Sodium Food Exchanges: 0 Grain(Starch) 1 Lean Meat 1 1/2 Vegetable 0 Fruit 1 1/2 Fat 0 Other Carbohydrates

NOTES : This recipe is intended for extra-firm tofu (not silken). Extra firm is drier and fries well. Cut tofu block into bite-sized pieces (about 3/4-inch cubes).

Nutr. Assoc. : 0 0 20118 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 4702 3950 0

Contributor: Complete Encyclopedia of Vegetables and Vegetarian Cook

Thai Tomato Fish Soup

Yield: 6 Servings

Ingredients

2 15 oz cans stewed tomatoes
5 oz white flesh fish cooked
3 c coconut milk
1/2 ts red curry paste
2 tb fish soy
1 tb lemon juice

2 tb fresh coriander chopped or green onion chopped

Instructions

Puree the tomatoes in a food processor. Set aside. Then puree the fish with the coconut milk. Put tomatoes, blended fish and coconut milk, curry paste, fish soy, and lemon juice in a soup pot. Bring to a boil over medium heat, reduce heat to low, and simmer for 10 minutes. Sprinkle with fresh coriander leaves or chopped green onion tops before serving.

Thai Tomyum Gung (Shrimp) / Gai (Chicken)

Yield: 1 Servings

Ingredients

3 stalks of lemon grass
2 lb tiger shrimps or boneless chicken meat to
6 lime leaves (kaffir)
1 lemon juice & fish sauce to
3 sm red/green chili peppers
1 cn straw mushrooms
1 1/2 tb thai chili paste *
1 cilantro/parsley

Instructions

* with soya beans oil (dark redish-brown color), which comes in a jar that can be bought at any Thai grocery

Instructions: Boil some water (half of the pot) in a 1.5qt sauce pan. Put in lemon grass, and the chili paste. Put in the shrimps and the mushrooms. Let it boil for 10 minutes.

Put in the "lime" leaves and sliced chili peppers (1 min). It's done!!

Now you can mix it in a serving bowl with some lemon juice and fish sauce. Garnish with cilantro and serve hot with Thai Jasmine rice.

From: nat@megatek.com

Thai Turkey Bites

Yield: 25

Ingredients

1/4 c boiling water
3 tb brown sugar
3 tb lime or lemon juice
1 md cucumber cut in half and cut, into
1/2 sm onion thinly sliced,
1 red or green chili pepper chopped fine
1 lb ground turkey
4 ts fish or soy sauce
1 tb red curry paste or
1 ts chili powder and oil

Instructions

For sauce: In a mixing bowl combined water, brown sugar, and lime juice.

Stir till brown sugar dissolves. Add cucumber slices, onion, and chili pepper.

Mix well. Cover and chill up to 3 days. In a mixing bowl, combine ground turkey, fish or soy sauce, and red curry paste. mix well. Shape turkey mixture into 1-inch meatballs flatten slightly. Arrange meatballs in a microwave safe 8x8x2 inch baking dish. Cover dish loosely with waxed paper. Micro-cook on 100% power for 5 to 7 minutes or till done, turning meatballs over and rotating dish a half-turn once. To serve, place

meatballs in a chafing dish over burner. Transfer sauce to serving bowl. With a toothpick spear a cucumber slice, then a meatball. Dip in sauce. Makes 25 to 30 meatballs. Meatballs maybe frozen.

Per serving: 32 Calories (kcal) 2g Total Fat (43% calories from fat) 3g Protein 1g Carbohydrate 14mg Cholesterol 18mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Turkey Bundles

Yield: 6

Ingredients

1/4 c lemon juice
3 tb fish sauce
1 tb snipped fresh cilantro
2 ts sugar
1 ts soy sauce
1/4 ts crushed red pepperto 1/8 teaspoon
1/2 ts toasted sesame oil
1 beaten egg
1/2 c coarsely chopped water chestnuts
1/3 c firm dry bread crumbs
1 great onion finely chopped
1 tb soy sauce
1 tb lemon juice
2 ts grated gingerroot
1/2 ts sugar
1/4 ts chill oilor a dash ground red pepper
1 1/2 lb ground raw turkey
12 sm savoy cabbage leaves or small leaf lettuce leaves

Instructions

For dipping sauce, stir together lemon juice, fish sauce, cilantro, the 2 teaspoons sugar, the 1 teaspoon soy sauce, crushed red pepper, and sesame oil in a small mixing bowl. Set aside.

Combine egg, water chestnuts, bread crumbs, green onion, the 1 tablespoon soy sauce, lemon juice, gingerroot, the 1/2 teaspoon sugar, chili oil or ground red pepper, and 1/4 teaspoon salt in a large mixing bowl. Add ground turkey and mix well. Shape the mixture into twelve 4x1-1/2x3/4-inch loaves.

Cook loaves on the rack of an uncovered grill directly over medium coals for 14 to 18 minutes or till juices run clear, turning carefully once halfway through grilling time.

To serve, wrap each loaf in a savoy cabbage leaf or lettuce leaf. Serve with dipping sauce.

Makes 6 servings.

Nutrition facts per serving: 210 cal., 10 g total fat (3 g sat. fat), 78 mg cholesterol, 876 mg sodium, 11 g carbo., 1 g dietary fiber, 18 g pro. Daily Values: 19% Wt. C, 14% iron.

Busted by Gail Shermeyer

Notes: These east Asian burgers are light, pleasingly crunchy, and exceedingly flavorful.

By Gail Shermeyer on Jul 05, 1998.

Per serving: 30 Calories (kcal) 1g Total Fat (31% calories from fat) trace Protein 5g Carbohydrate 1mg Cholesterol 229mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates
Recipe by: Simply Perfect Hot & Spicy, 1998, BH&G
Converted by MMBuster v2.0n.

Thai Turkey Platter

Yield: 6 Servings

Ingredients

2 tb orange juice
1 tb lite soy sauce
1 tb peanut oil
1 tb sesame oil
1 tb rice wine vinegar
1 tb honey
1/4 ts crushed red pepper flakes
1/2 c bulgar cracked wheat
2 sliced scallions pared and cut into julienne strips carrot
1/4 c dry roasted unsalted peanuts
1 lb fully cooked sliced turkey breast
1 peach pitted and sliced thin divided

Instructions

Place Bulgur in 8 inch square glass baking dish. Pour 1/2 cup very hot tap water over bulgar. Cover dish with foil. Let stand 2 hours until water is absorbed and bulgar is tender. For dressing, in small bowl, whisk together orange juice, soy sauce, peanut oil, sesame oil, vinegar, honey and pepper flakes cover and chill. For salad, arrange turkey on serving platter with the peach slices. Toss remaining peach, scallions, carrot, peanuts and dressing with bulgar. Place on platter.

Thai Turkey Roll-Up

Yield: 1

Ingredients

1/2 lb roasted turkey breast
1 cut into 1/4-inch strips
1 soft lavosh loaf *
1/4 ts red pepper flakes
1 ts garlic minced
1 ts fresh ginger root minced
1 tb brown sugar
1 tb minced cilantro
2 tb crunchy peanut butter
2 tb green onion minced
2 tb reduced-sodium soy sauce
1 lime (juice with pulp)
1/2 ts lime rind grated

Instructions

1. In medium bowl, combine lime juice, soy sauce, green onions, cilantro, peanut butter, brown sugar, ginger root, garlic, lime rind, pepper flakes and turkey strips. Cover and refrigerate for at least 1 hour.

2. Unfold lavosh drain turkey mixture, if necessary, and spread evenly along lower quarter of bread.
3. Roll up tightly and cut into four equal portions.

* Lavosh is a round, thin bread that comes in both soft and crisp versions it's available in Middle Eastern markets and in most supermarkets. jmerrill@prodigy.com

MasterCook formatted by Martha Hicks using MCBuster.

By "M. Hicks" on Feb 13, 1998

Per serving: 668 Calories (kcal) 32g Total Fat (42% calories from fat) 71g Protein 28g Carbohydrate 155mg Cholesterol 1496mg Sodium Food Exchanges: 1/2 Grain(Starch) 9 1/2 Lean Meat 1 Vegetable 1/2 Fruit 2 1/2 Fat 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Turkey Stir-Fry With Fragrant Rice

Yield: 4

Ingredients

1 tb oil

350 g turkey breast cut into strips (12 oz)

2 sticks celery cut into matchsticks

1 yellow pepper sliced

175 g red cabbage finely shredded (6 oz)

2 ts schwartz thai 7 spice seasoning

1 ts cornflour

2 tb light soy sauce

1 tb honey

1 lemon juice of

FRAGRANT RICE-

1 175 gram lon grain rice (6 oz)

1/4 ts schwartz thai 7 spice seasoning

2 schwartz cardamom pods lightly crushed

450 ml chicken stock (3/4 pint)

1 tb schwartz coriander leaf

Instructions

Heat the oil in a large frying pan and fry the turkey for 2-3 minutes.

Add the vegetables and Thai 7 Spice and stir-fry for a further 2-3 minutes. Blend the cornflour with the soy sauce, honey and lemon juice and add to the pan. Bring to the boil, stir and cook for 1 minute.

Meanwhile, place all the fragrant rice ingredients in a pan. Bring to the boil. Cover and simmer for 15 minutes until the rice is tender and the liquid is absorbed.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai Turkey

Yield: 4 Servings

Ingredients

3/4 lb leftover turkey-breast meat, about 3 cups

3 green onions

1 medium-size red pepper

1 garlic clove, minced

2 tb soy sauce

1 tb chopped cilantro or

1 ts dried cilantro leaves
1 tb honey
1 1/2 ts curry powder
1 ts oriental sesame oil
1/2 ts cornstarch
1/4 ts crushed red pepper
1 tb salad oil
1 cilantro sprigs for garnish, 1 optional

Instructions

Coarsely shred turkey-breast meat. Thinly slice green onions cut red pepper into 2-inch-long, matchstick-thin strips. In small bowl, mix garlic, soy sauce, cilantro, honey, curry powder, sesame oil, cornstarch, crushed red pepper, and 1/3 cup water until well blended.

In 10-inch skillet over high heat, in hot salad oil, cook green onions and pepper, stirring frequently, until vegetables are tender and golden. Stir in liquid mixture and shredded turkey meat and cook, stirring to coat turkey well, until heated through. Garnish with cilantro sprigs.

Thai Veal Potstickers

Yield: 4 Servings

Ingredients

2 sm green onion minced
1 TB fresh ginger finely minced
1 lb ground veal
2 TB oyster sauce
1 TB Chinese rice wine
1/2 ts Asian chili sauce
40 round gyoza or wonton wrappers
1/4 c cornstarch
3 TB flavorless cooking oil

Sauce:

1 TB fresh basil leaves minced
1 TB cilantro chopped
1 sm green onion minced
1/2 c unsweetened coconut milk
1/4 c Chinese rice wine
1 TB oyster sauce
1 ts Asian chili sauce
1/2 ts curry powder
1/2 ts sugar

Instructions

Advance preparation: In a bowl, combine the green onions, ginger, veal, oyster sauce, rice wine and chile sauce. Mix thoroughly. Place 2 teaspoons filling in the center of a wrapper. (If using square wonton wrappers, trim them into circles.) Bring edges of wrapper up around filling and encircle the dumpling "waist" with your index finger and thumb. Squeeze the waist gently with that same index finger, while also pressing the top and the bottom of the dumpling with your other index finger and thumb. Line a baking sheet with parchment paper, dust paper heavily with cornstarch, place dumplings on the baking sheet, and refrigerate uncovered. Set aside the cooking oil. Combine all sauce ingredients and mix well. All advance preparation steps may be

completed up to 8 hours before you begin the final cooking steps. Final cooking steps: Place a 12-inch nonstick saute pan over high heat. Add cooking oil and immediately add dumplings bottom side down. Fry dumplings until bottoms become dark golden, about 2 minutes. Pour in sauce. Immediately cover pan, reduce heat to medium, and steam dumplings until they are firm to the touch, about 2 minutes. Shake the pan so that the dumplings "capsize" and are glazed all over with the sauce. Tip out onto a heated serving platter or 4 heated dinner plates. Serve at once. Suggested accompaniments: Roasted baby beets, a Cobb salad, and raspberries with Grand Marnier truffles. Serves 6 to 10 as an appetizer or 4 as the main entree.

Recipe By : Hot Pasta, by Hugh Carpenter and Teri Sandison

Thai Vegetable Curry

Yield: 4

Ingredients

- 1 1/2 tb cooking oil
- 1 onion sliced thin
- 1 1/2 teaspoon thai green curry paste up to 1
- 1 2/3 c canned unsweetened coconut milk (one 15-ounce can)
- 1 c canned low-sodium chicken broth or homemade stock
- 1 1/2 tb soy sauce
- 1 ts brown sugar
- 1 ts salt
- 1/3 c drained canned bamboo shoots halved
- 1 lb boiling potatoes (about 2), peeled and cut into 1-inch cubes
- 1 lb broccoli thick stems removed, tops cut1 into small florets (1 quart)
- 1 tomato chopped
- 1 1/2 ts lime juice
- 1/3 c thin-sliced basil leaves

Instructions

1. In a Dutch oven, heat the oil over moderate heat. Add the onion and cook, stirring occasionally, until starting to soften, about 3 minutes. Stir in the curry paste and fry, stirring, for 1 minute.
2. Add the coconut milk and broth and bring to a boil. Stir in the soy sauce, brown sugar, salt, bamboo shoots, potatoes, and broccoli. Reduce the heat and simmer, partially covered, until the vegetables are tender, about 10 minutes.
3. Stir in the tomato and heat through, about 2 minutes. Remove from the heat and add the lime juice and basil.

Variations:

Other vegetables that would taste good in place of the broccoli include carrots, eggplant, cauliflower, snow peas, cabbage, green beans, and canned baby corn. Try your favorite, or use a combination of vegetables.

Quick from Scratch Vegetable Main Dishes

Posted to FOODWINE Digest TX Feb 99

Per serving: 178 Calories (kcal) 6g Total Fat (26% calories from fat) 5g Protein 29g Carbohydrate 0mg Cholesterol 948mg Sodium Food Exchanges: 1 1/2 Grain(Starch) 0 Lean Meat 1 1/2 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai Vegetable Salad

Yield: 6 Servings

Ingredients

1 1/2 c shredded cabbage
1 c bok choy shredded
1 c mung bean sprouts
1 shredded carrots scrubbed
1 zucchini julienned
3 scallions chopped
thai dressing
1/2 c water
3 tb white wine vinegar
1 tb soy sauce, low sodium see pantry
2 ts honey
1 1/2 ts cornstarch
1 tb peanut butter natural
1 tb chopped fresh cilantro
1 cl garlic crushed
1/4 ts crushed red pepper flakes, optional

Instructions

Make the dressing and allow to cool. Combine all of the vegetables in a large bowl. Pour the dressing over and toss gently to mix well. Cover and chill for an hour or two before serving. Serves 6:

Per Serving with Dressing: 60 cal, 1.5 g fat (0 mg chol) 96 mg sodium. Exchanges: 2 vegetables.

DRESSING combine water, vinegar, soy sauce, honey and cornstarch in a saucepan. Bring to a boil and cook, stirring constantly, until the mixture thickens. Remove from heat. Stir in the peanut butter until smooth. Add the remaining ingredients and stir until well combined. Makes 2.3 cup.

A Hearth Healthy Food Sponsored by the Loma Linda International Heart Institute.

Pantry: Angostura Brand makes a low sodium soy sauce.

Recipe source: Adapted from *The New McDougall Cookbook*

From: KitPATH

Per serving: 52 Calories (kcal) 2g Total Fat (23% calories from fat) 2g Protein 9g Carbohydrate 0mg Cholesterol 131mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Contributor: Loma Linda Newsletter, August 1997

Thai Vegetarian Noodles

Yield: 8 Servings

Ingredients

10 oz pad thai noodles
1/4 c olive oil
2 ts minced garlic
1 c broccoli florets
3/4 c sliced onions
2/3 c sliced snow peas
1/2 c diced celery
1/4 c julienned carrots
1/4 c diced red bell pepper
1/4 c diced mushrooms
3 tb crushed unsalted peanuts

2 tb thai fish sauce
2 tb thai sweet black bean sauce
1 tb rice vinegar
2 ts soy sauce
1 ts white pepper
2 tb chopped mint leaves, plus
1 1 sprig mint
1 c fresh bean sprouts
2 tb thinly sliced leeks

Instructions

Soak noodles in 8 cups cold water for 45 minutes. Drain in a colander and set aside. Heat olive oil in a large skillet over high heat. Add garlic and saute, stirring, until lightly browned, about 1 minute.

Add broccoli, onions, snow peas, celery, carrots, bell pepper & mushrooms, and stirfry for 1 minute. Add peanuts, fish sauce, black bean sauce, vinegar, soy sauce, white pepper & noodles, and cook, stirring continuously, until heated through and well mixed, about 2 minutes. Stir in chopped mint. Transfer to a platter, sprinkle with bean sprout & leeks and garnish with mint sprig. Recipe from Tommy Tang, New Yorker Magazine, 5/25/92.

Thai Yam Yai Siamese Princess Salad "I Love T

Yield: 6 Servings

Ingredients

MEAT INGREDIENTS

1/4 lb chicken breasts, boneless
1/4 lb pork diced lean
1/4 lb shrimp, small peeled deveined & rinsed
2 sausages, chinese cooked

SALAD DRESSING-

4 limes peeled
1 c vinegar, white
4 tb nam pla (fish sauce)
1 ts salt
4 tb sugar, brown
1/2 bn cilantro
3 chilies, serrano
3 garlic, thai pickled
1 ts oil, olive (optional)

Instructions

In a large pot add all of the meat ingredients and bring it to a boil. Boil for about 20 minutes or until the pork is thoroughly cooked. Drain the water and set the meats aside. Place all of the salad dressing ingredients into a food processor or blender. Blend until ingredients become liquid. Using your choice of salad greens, place the cooked meats on top of the greens and top with the salad dressing.

source: "I love Thai food" by Victor Sodsook, published by Spice Market Studio, printed in Bangkok, Thailand, ISBN 0-9625181-07, 1989. Victor Sodsook owns the "Siamese Princess" restaurant in Los Angeles, CA. typed by Dorothy Hair, 7/10/94

Thai `Gremolatao

Yield: 1 Serving

Ingredients

1 sm hot chili such as serrano or Thai chili
6 each: large fresh basil leaves
1 lg fresh mint leaves
1 sl fresh ginger about size of a quarter
2 strips lime zest
1/4 c cilantro leaves

Instructions

Preparation time: 10 minutes

Yield: About 3 tablespoons

This versatile flavoring mix can be used to perk up many simple preparations.

Modeled after Italian gremolata, it uses lime zest, garlic and lemon grass.

Place ingredients in food processor container with metal blade process until finely minced but not pureed.

Nutrition information per tablespoon: Calories 11 Fat 0.2 g Saturated fat 0 g % calories from fat 13 Cholesterol 0 mg Sodium 2 mg Carbohydrates 2.3 g Protein 0.4 g Fiber 0.3 g

Per serving (excluding unknown items): 16 Calories less than one gram Fat (7% calories from fat) 1g Protein 5g Carbohydrate 0mg Cholesterol 4mg Sodium

Contributor: January 13, 1999 Chicago Tribune

Thai-Inspired Red Bean And Sweet Potato Stew

Yield: 4

Ingredients

1 1/2 c water
1 tb instant vegetable stock powder
1 stalk lemon grass outer leaves removed lower part only chopped into 2-inch pieces (discard grassy top)
1 ts thai red curry paste
1 1/2 lb sweet potatoes peeled, quartered and chopped
1 3/4 c cooked red kidney beans or 1 5-oz. can red kidney beans drained (rinsed if nonorganic)
1 salt to taste

Instructions

4 SERVINGS VEGAN

Fortunately, many Southeast Asian ingredients formerly considered exotic are now regularly stocked on supermarket shelves. You'll need Thai curry paste and a stalk of lemon grass to get the great taste that this quick recipe delivers. If your supermarket doesn't carry them, try an Asian market. It's worth the effort to have these ingredients on hand. Serve this memorable stew on its own or over jasmine or basmati rice.

In large saucepan, combine water, stock powder, lemon grass and curry paste. Bring to a boil. Add sweet potatoes, cover and cook over medium heat for 7 minutes. Stir in beans and salt to taste. Cover and cook until sweet potatoes are tender, about 3 minutes more. Add a bit more water if mixture becomes too dry. Remove pieces of lemon grass before serving.

PER SERVING: 278 CAL. 10G PROT. 1G TOTAL FAT (0 SAT. FAT) 590 CARB. 0 CHOL. 164MG 500. 11G FIBER.

Recipe by: Vegetarian Times Magazine, February 1998, page 42

Converted by MMBuster v2.0l.

Thai-Like Green Curry

Yield: 1

Ingredients

3/4 lb dried garbanzo beans
4 lg green chilis (anneheim)
1 md onion chopped
1 tb chopped garlic
1/2 c fresh cilantro
3/4 lemon rind of
2 ts ground coriander
1 ts ground cumin
1 ts ground turmeric
1/4 ts ground cardomon
1/4 ts ground anise seeds
1 tb tamari (soy sauce)
1 tb vegetarian worcestershire sauce
1 c apple juice
1 cn evaporated skim milk (14 oz)
1 rice

Instructions

1. Soak garbanzo beans and cook according to package directions (I used a crock pot).
2. Take next set of ingredients and blend in food processor or blender until they form a paste.
3. Heat a non-stick skillet over medium heat for a few minutes then add paste. Stir and cook for about five minutes. Some of paste may stick and brown but don't let it burn. Add apple juice and stir to unstick bottom crust. Cook for another 5 minutes stirring.
4. Add cooked garbanzo beans and bring to a low boil. Reduce heat and simmer about 15 minutes.
5. Add evaporated milk and simmer another 15 minutes.
6. Serve over rice.

Per serving: 406 Calories (kcal) 2g Total Fat (4% calories from fat) 23g Protein 79g Carbohydrate 9mg Cholesterol 318mg Sodium Food Exchanges: 1/2 Grain(Starch) 0 Lean Meat 2 Vegetable 2 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: Maureen O'halloran

Recipe by Dr. Art Lipski)

Converted by MMBuster v2.0n.

Thai-Seared Tofu

Yield: 4 Servings

Ingredients

1/2 c fresh basil chopped
1/2 c fresh cilantro chopped
1/2 c low-sodium soy sauce
1/2 c fresh lime juice
1/4 c fresh mint chopped
2 tb molasses
1 tb fresh ginger minced peeled

1 tb vegetable oil
2 ts curry powder
1/2 ts crushed red pepper
4 garlic cloves minced
2 10.5-ounce packages reduced-fat firm tofu drain
cooking spray
6 c vermicelli hot cooked (about 12 ounces uncooked pasta)

Instructions

Combine first 11 ingredients in a medium bowl stir with a whisk until blended.
Cut each tofu cake crosswise into 4 slices. Place tofu slices in soy sauce mixture cover and marinate in refrigerator at least 2 hours.
Coat a large nonstick skillet with cooking spray place over medium-high heat until hot. Remove tofu slices from marinade, reserving marinade. Add tofu slices to skillet cook 2 minutes on each side or until browned. Remove from skillet. Set aside keep warm.
Add reserved marinade to skillet bring to a simmer over medium-high heat.
Spoon noodles onto plates top with tofu slices. Drizzle warm marinade over tofu and noodles.

Yield: 4 servings (serving size: 1-1/2 cups noodles, 2 tofu slices, and 1/2 cup sauce).

serves: 1-1/2 cups noodles, 2 tofu slices, and 1/2 cup sauce

Source: "Cooking Light Store"

S(Formatted by): "Peggy on 09 Mai 2000"

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Per serving: 657 Calories (kcal) 4g Total Fat (5% calories from fat) 16g Protein 139g

Carbohydrate 0mg Cholesterol 1208mg Sodium Food Exchanges: 8 Grain(Starch) 0

Lean Meat 1 Vegetable 0 Fruit 1/2 Fat 1/2 Other Carbohydrates

Thai-Spiced Pork Tenderloin With Orange Curry Sauce *Jb

Yield: 4 Servings

Ingredients

SAUCE-

3 c orange juice
1 carrot, chopped
2 tb chopped fresh cilantro
2 tb grated peeled fresh ginger
2 lg garlic cloves, sliced
1 jalapeno chili, seeded, minced
1 tb ground cumin
1 tb thai red curry base

PORK

1/2 c molasses
1/2 c reduced-sodium soy sauce
1/4 c thai red curry base
1 tb grated peeled fresh ginger
1 1/2 lb pork tenderloin, trimmed
1 tb vegetable oil
6 tb (3/4 stick) chilled butter, cut into pieces

Instructions

For Sauce: Combine orange juice, carrot, cilantro, grated fresh ginger, garlic, minced jalapeno, ground cumin and Thai red curry base in heavy medium saucepan over

medium-high heat. Boil mixture until carrot is very tender and liquid is reduced by half, stirring occasionally, about 12 minutes. Puree sauce in blender or processor in batches until smooth. Strain sauce and return to same saucepan. (Can be prepared 1 day ahead. Cover and refrigerate.)

For Pork: Stir molasses, soy sauce, curry base and ginger in large glass baking dish. Add pork tenderloin and turn to coat. Cover and refrigerate at least 1 hour and up to 4 hours.

Preheat oven to 350F. Remove pork from marinade discard marinade. Heat oil in heavy large ovenproof skillet over medium-high heat. Add pork and cook until golden brown, about 3 minutes per side. Transfer skillet to oven and cook pork until thermometer inserted into thickest part registers 160F, about 25 minutes. Transfer pork to platter. Tent with foil to keep warm.

Bring sauce to simmer. Remove from heat. Gradually add 6 tablespoons butter, whisking just until melted. Season to taste with salt and pepper.

Cut pork into 1-inch-thick slices. Serve with sauce.

Bon App E9tit April 1996 Elizabeth Truesdell: Milwaukee, Wisconsin

Thai-Style Asparagus W Chiles, Garlic & Basil

Yield: 4 Servings

Ingredients

cook's illustrated 5/6 93-

1 tb vegetable oil

1 tb garlic minced

1 tb serrano or jalapeno chile minced

1 1/2 lb asparagus snapped steamed slightly undercooked

2 tb soy or fish sauce

1 ts dark soy sauce (opt'l)

1 tb water

1 tb sugar

1 c basil chopped

3 lg chiles of your choice slice diagonal into thin ovals or

9 thin strips cut red pepper

Instructions

1. Heat a wok or large, deep skillet over high heat. Add oil and swirl to coat surface.
2. Add garlic and minced chile toss until garlic begins to turn golden, about 15 seconds.
3. Add the asparagus stir-fry until coated with oil, about 15 seconds.
4. Add soy sauces and 1 tablespoon water stir-fry until basil wilts. Serve hot or at room temperature.

Note: Adapted from a recipe by Nancie McDermott (author of Real Thai, Chronicle Books, 1992), this Asian-style dish needs only simple grilled chicken or fish and steamed rice to round out its full flavors.

Cindy-Recipe Researcher <http://communities.msn.com/cooking>

From cjhartlin@email.msn.com Mon Jan 11 23:08:11 1999

Thai-Style Beef Salad Over Angel-Hair Pasta

Yield: 4

Ingredients

1/2 lb angel hair or other thin pasta

2 tb cooking oil
3 tb asian sesame oil
1/2 c sliced almonds
1 jalapeno pepper seeds and ribs removed, minced
1 ts minced fresh ginger
1 1/2 lb ground beef
1 ts salt
1/4 c asian fish sauce (nam pla or nuoc mam)*
4 scallions including green tops chopped
1 c coarsely chopped fresh mint
1/4 c lime juice (from about 2 limes), plus 1 lime, cut into wedges, for serving

Instructions

1. In a large pot of boiling, salted water, cook the pasta until just done, about 5 minutes. Drain, rinse with cold water, and drain thoroughly. Toss the pasta with 1 tablespoon of the cooking oil and 2 tablespoons of the sesame oil.
2. In a large frying pan, toast the almonds over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast the nuts in a 350 degrees oven for 5 to 10 minutes. Remove the nuts from the pan and chop them.
3. In a large frying pan, heat the remaining tablespoon of cooking oil over moderately high heat. Add half the jalapeno, the ginger, beef, and salt. Cook the meat, stirring frequently, until brown and cooked through, about 10 minutes. Remove the pan from the heat and stir in the remaining tablespoon sesame oil, the fish sauce, scallions, mint, and lime juice.
4. Put the pasta on plates and top with the beef salad. Sprinkle with the remaining minced jalapeno and the chopped almonds and serve with the lime wedges.

Quick from Scratch Soups & Salads

NOTES: Asian fish sauce available at Asian markets and most supermarkets

Posted to FOODWINE Digest TX Jan 99

Per serving: 699 Calories (kcal) 62g Total Fat (78% calories from fat) 32g Protein 5g Carbohydrate 145mg Cholesterol 651mg Sodium Food Exchanges: 0 Grain(Starch) 4 1/2 Lean Meat 0 Vegetable 0 Fruit 10 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai-Style Broiled Chicken Wings With Hot-And-Sour Sauce

Yield: 1

Ingredients

2 lb chicken wings (about 10)
2 garlic cloves minced and mashed to a paste with 1 teaspoon salt
1 tb vegetable oil
1 ts dried hot red pepper flakes
1/3 c light corn syrup
1/2 c distilled white vinegar

Instructions

Cut off the wings tips, reserving them for another use such as stock if desired, and halve the wings at the joint. In a heavy-duty resealable plastic bag toss the wings with the garlic paste and the oil to coat them well and let them marinate, chilled, for at least 6 hours or overnight. Drain the wings and pat them dry. Arrange the wings, skin side up, on the oiled rack of a broiler pan, sprinkle them with salt and pepper to taste, and broil them under a preheated broiler about 4 inches from the heat for 8 to 10 minutes,

or until they are golden brown. Turn the wings, sprinkle them with salt and pepper to taste, and broil them for 5 to 8 minutes more, or until they are golden. While the wings are broiling, in a saucepan stir together the red pepper flakes, the corn syrup, and the vinegar, bring the liquid to a boil, stirring, and transfer it to a bowl.

Serve the wings with the sauce.

Serves 4 to 6.

Gourmet March 1993

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai-Style Cabbage Salad Gourmet

Yield: 2 Servings

Ingredients

1 tb fresh lemon juice

1 ts sugar

3/4 ts salt

3 c cabbage finely shredded

1/2 sm red onion sliced thin (about 1/3 cup)

1/3 c carrot grated

2 tb fresh mint leaves finely chopped or 3/4 teaspoon crumbled dried

2 tb fresh coriander chopped

1 tb vegetable oil

Instructions

In a bowl stir together the lemon juice, the sugar, and the salt until the sugar and salt are dissolved, add the cabbage, the onion, the carrot, the mint, the coriander, and the oil, and toss the salad well.

Serves 2.

Gourmet October 1990

Contributor: Gourmet October 1990

Thai-Style Carrot & Peanut Soup

Yield: 4 Servings

Ingredients

1 lb baby carrots, coarsely chopped

1 1/2 c vegetable stock

1/4 c cilantro, chopped

1/4 c unsalted peanuts, coarsely chopped

1/4 c dry sherry or apple juice

1 ts olive oil

3 tb white flour

1 1/2 c soy milk

1 soy sauce

Instructions

Combine the carrots and the stock in a heavy 3 or 4-quart saucepan.

Cook covered, over medium heat until the carrots are soft, about 10 minutes. Strain, reserving the stock. Puree the carrots in a blender, using small amounts of stock, if needed. Add 1/4 cup cilantro and 3 Tbsp of peanuts. Process again to puree. Set aside.

Heat the sherry and the oil in the same type of pan over medium heat.

When hot, add the flour and cook, stirring, 1 minute. Add the milk and whisk until well blended. Add the pureed carrot mixture and reserved stock and stir well. Cover

and chill 1 hour. Season to taste with soy sauce or salt. Serve garnished with remaining peanuts and some extra cilantro.

"Washington Times" Posted by Paul MacGregor

Thai-Style Chicken In Coconut Sauce

Yield: 1

Ingredients

2 tb vegetable oil
6 whole chicken legs (about 3 pounds), cut into drumstick and thigh sections
2 ts minced peeled fresh gingerroot
2 ts finely chopped garlic
1 1/2 tb all-purpose flour
1/2 ts curry powder
2 tb dry sherry
1 an 8 1/2-ounce can cream of coconut
1 1/2 c chicken broth
1/2 ts black pepper
1/4 c finely chopped fresh coriander plus if desired, coriander sprigs for garnish
1/4 c soy sauce
2 1/2 ts minced seeded fresh jalapeno pepper or to taste (wear rubber gloves)
2 red bell peppers chopped
1 tb fresh lime juice or to taste
1 cooked rice as an accompaniment

Instructions

In a large kettle heat the oil over moderately high heat until it is hot but not smoking and in it brown the chicken, patted dry, in batches, transferring it as it is browned to a plate. To the kettle add the gingerroot and the garlic and cook the mixture for 1 minute. Add the flour and the curry powder and cook the mixture, stirring, for 1 minute. Whisk in the Sherry, the coconut cream, and the broth and bring the mixture to a boil, whisking. Add the black pepper, the chopped coriander, the soy sauce, the jalapeno, the chicken, and any juices that have accumulated on the plate and simmer the mixture, covered, for 10 minutes. Add the bell peppers and simmer the mixture, covered, for 20 to 25 minutes, or until the chicken is cooked through. Transfer the chicken with a slotted spoon to a serving dish and keep it warm. Boil the liquid until it is thickened and reduced to about 2 cups, skim off the fat, and season the sauce with salt and pepper and the lime juice. Nap the chicken with some of the sauce, garnish it with the coriander sprigs, and serve it with the rice.

Serves 6.

Gourmet June 1991

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai-Style Chicken Salad On Cumin Quick Bread

Yield: 1

Ingredients

FOR CHICKEN SALAD-
1/4 c fresh lime juice
1 ts salt
1/2 ts chili powder
1/4 c finely chopped fresh coriander

1/4 c finely chopped fresh mint leaves
1 a pinch of sugar
2 poached whole skinless boneless chicken, (about 1 breasts, pounds), minces (about 3 cups)
1/3 c finely chopped shallot
1/3 c thinly sliced scallion
1/4 c mayonnaise or to taste
1 loaf of cumin quick bread
1/2 c mayonnaise for garnish about
1 finely chopped fresh parsley leaves for garnish

Instructions

Make chicken salad:

In a large bowl whisk together the lime juice, the salt, the chili powder, the coriander, the mint, and the sugar, stir in the chicken, the shallot, and the scallion, and stir in the mayonnaise. (The chicken salad may be made 1 day in advance and kept covered and chilled.)

Cut the bread into 1/3-inch-thick slices, spread each of half the slices with a scant 2 tablespoons of the chicken salad, and top the chicken salad with the remaining slices. Cut each sandwich in half. Spread a thin layer of the mayonnaise on one of the edges of each sandwich and dip it in the parsley.

Makes about 34 sandwiches.

Gourmet June 1990

Converted by MCBuster.

Converted by MMBuster v2.0l.

Thai-Style Chicken-Coconut Milk Soup

Yield: 6 Servings

Ingredients

14 fl chicken broth
14 fl coconut milk
2 chicken breast half skinned, boned, & cut into
2 chicken thigh skinned, boned, & cut into
3 scallion sliced
1/2 md onion, yellow chopped
3 sl ginger, fresh
2 lemon grass, stalk sliced or 1/2 ts lemon peel, dried
1/2 ts red pepper flakes, dried
2 tb cilantro coarsely chopped
10 oz straw mushrooms, canned drained
1 zest of one lemon
1 1/2 c milk
3 tb nam pla
1 cilantro sprigs garnish

Instructions

In a large saucepan, whisk together the chicken broth and coconut milk. Add the chicken strips, scallions, yellow onion, and ginger and heat to just below boiling. Lower the heat and simmer 15 to 20 minutes until the chicken is opaque and tender. Add the lemon grass, pepper flakes, cilantro, mushrooms, and zest. Cook five minutes more. Add the milk and cook 10 minutes more until heated through. Stir in the fish sauce, garnish with cilantro, and serve.

Thai-Style Dumplings With Coriander Dipping Sauce

Yield: 1 Serving

Ingredients

For the filling

1/4 c minced scallion

1 lb ground pork

2 ts minced peeled fresh gingerroot

1 red bell pepper minced (about 1/2 cup)

2/3 c minced cabbage

1 garlic clove minced

1/4 ts Oriental sesame oil

1 1/2 tb soy sauce

2 tb finely chopped fresh coriander

1 lg egg beaten lightly

60 shao mai wrappers (round won ton wraps available at Oriental and Southeast Asian market specialty foods shops, and many supermarkets), thawed if frozen

cornstarch for dusting the baking s

For the sauce:

1 tb naam pla (fish sauce)

3 tb fresh lime juice

1 tb white-wine vinegar

1 ts sugar or to taste

2 ts minced peeled fresh gingerroot

1 tb shredded fresh mint leaves

1 tb finely chopped fresh coriander

2 tb vegetable oil

coriander sprigs for garnish

Instructions

Make the filling:

In a bowl combine well the scallion, the pork, the gingerroot, the bell pepper, the cabbage, the garlic, the oil, the soy sauce, the coriander, the egg, and salt and pepper to taste and chill the filling for at least 1 hour or overnight.

Put about 1 heaping teaspoon of the filling in the center of 1 of the wrappers and moisten the edge of the wrapper. Gather the edge of the wrapper up and around the filling and form a waist with the wrapper, pushing the dumpling from the bottom and keeping the filling level with the top of the wrapper. (The filling should not be enclosed.) Continue to make dumplings with the remaining wrappers and filling in the same manner and arrange them in one layer on a baking sheet lined with wax paper dusted lightly with the cornstarch. (The dumplings may be prepared up to this point 8 hours in advance and kept uncovered and chilled or 1 month in advance and kept covered tightly and frozen. If the dumplings are frozen, do not thaw them in advance.)

Make the sauce:

In a bowl whisk together the naam pla, the lime juice, the vinegar, the sugar, the gingerroot, the mint, the coriander, salt and pepper to taste.

In a large non-stick skillet heat 1 tablespoon of the oil over high heat until it is hot but not smoking and in it fry half the dumplings, flat sides down, over moderately high heat for 1 minute, or until the undersides are golden. Add 1/2 cup water and steam the dumplings, covered, over moderate heat for 3 minutes, or until the pork is cooked through. (If using frozen dumplings, fry them, frozen, for 1 minute, or until the undersides are golden, and steam them, adding 3/4 cup water per batch, covered, for 8

to 10 minutes, or until the pork is cooked through.) Add the remaining 1 tablespoon oil to the skillet and cook the remaining dumplings in the same manner. Garnish the dumplings with the coriander sprigs and serve them with the sauce.

Makes 60 dumplings.

Gourmet September 1991

Per serving (excluding unknown items): 1731 Calories 127g Fat (67% calories from fat) 125g Protein 17g Carbohydrate 639mg Cholesterol 1940mg Sodium

Food Exchanges: 17 1/2 Lean Meat 1 1/2 Vegetable 1/2 Fruit 15 Fat 1/2 Other

Carbohydrates

NOTES : Epicurious

Thai-Style Marinade

Yield: 1

Ingredients

1 peel of 1 lemon
1 peel of 1 orange
1/2 c soy sauce
1/2 c oyster sauce
1/2 ts ginger root chopped
2 garlic cloves
1 tb fresh cilantro chopped
1/4 ts freshly ground pepper
1 sm bay leaf
2 tb honey

Instructions

Combine all ingredients in a bowl. Makes about 1-1/4 cups. Use on poultry and pork.

Per serving: 233 Calories (kcal) trace Total Fat (0% calories from fat) 8g Protein 53g

Carbohydrate 0mg Cholesterol 9108mg Sodium Food Exchanges: 0 Grain(Starch) 0

Lean Meat 3 1/2 Vegetable 0 Fruit 0 Fat 2 1/2 Other Carbohydrates

Converted by MMBuster v2.0n.

Thai-Style Spirals

Yield: 6 Servings

Ingredients

2 tb sesame oil
1 red bell pepper seeded & diced
2 ts garlic minced
1/2 c scallions thinly sliced
1 ts minced fresh ginger
1 cucumber, peeled seeded & diced
1/2 ts Thai chili paste
2 tb minced fresh basil
2 tb minced fresh cilantro
1 tb minced fresh mint
1/2 c dry roasted peanuts finely chopped
salt & pepper to taste
16 oz spiral pasta cooked
1/4 c freshly squeezed lime juice
1 tb lime zest
1 tb toasted sesame oil

tamari or soy sauce to taste

Instructions

In a large saute pan or wok, heat the sesame oil. Add the pepper, garlic, and scallions, and cook over high heat for 2 minutes, stirring frequently. Add the ginger, cucumber, and chili paste and cook for 2 additional minutes. Remove from heat, and stir in basil, cilantro, mint, and peanuts. Season to taste with salt and pepper. Toss in the cooked pasta, lime juice, lime zest, and toasted sesame oil. Add tamari or soy sauce to taste. Serve warm or at room temperature.

Thai-Style Stir-Fry

Yield: 4 Servings

Ingredients

3 tb peanut or vegetable oil
1 lg or 2 medium leeks, rinsed well and into 1/2" dice
1 sm red or green bell pepper, seeded cut into strips
3 cloves garlic minced
1/4 lb mushrooms thinly sliced
3 ts red chile paste or 4-6 fresh hot chili minced
3 tb hot water
1 1/2 tb yellow bean paste
4 tb soy sauce
1 1/2 tb rice wine vinegar
1 1/2 ts sugar
salt
3 tb coarsely chopped cilantro
cilantro sprigs for garnish
rice or noodles

Instructions

Heat the oil in a large skillet or wok over medium heat and saute leeks for a minute. Add the eggplant and cook for 3 minutes, stirring well. Add the bell pepper and garlic and stir for a few minutes more. Add the mushrooms, stir, and saute for about 2 minutes. Cover the pan, reduce the heat to medium low, and let cook for a few minutes. Meanwhile, combine the red chile paste or chiles with the hot water and stir with a fork until the paste is dissolved. Stir in the bean paste, 3 tablespoons soy sauce, vinegar, and sugar. Add this sauce to the pan and toss well to distribute evenly. Cover for a minute or two, then add the cilantro, stir, and cover for 1 minute more. Taste and add salt, soy sauce, or vinegar to taste if necessary. Serve over rice or noodles.

Thai-Style Tempe W/ Carrots & Basil

Yield: 1 Servings

Ingredients

1/2 lb tempe, sliced into 1 x 1/2 1/2 pieces
3 carrots, peeled & bias cut into about the same size as tempe
2 ts crushed garlic
3 4 fresh hot chili peppers (thai, seranno, or jalapeno), crushed
2 tb oyster sauce*
1 2 teaspoons sugar
1 fresh basil leaves (thai or oly basil is best, italian or sweet is ok)

Instructions

Saute the tempe cubes in oil until golden but not burned. Remove & drain on paper towels.

Stir fry carrots in 1 tablespoon oil for 3-4 minutes, until slightly soft. Add the garlic & chilis for 30 seconds, stir, then add tempe & mix it all up.

Add oyster sauce & sugar. Stir fry for 2 minutes.

Mix in basil & serve with a mound of steamed rice.

*Oyster sauce is not usually vegan, but I think there are brands with no oyster extract, only caramel & soy.

From: LP1268A@american.edu (Leigh V. Panlilio). rfv Digest V94 Issue #177 Aug. 22, 1994. Formatted by Sue Smith, S.Smith34, XFT40A@Prodigy.com using MMCONV.

Thai-Style, Spicy Eggplant-Mushroom Sauce

Yield: 1 Servings

Ingredients

1/2 lb mushrooms

1 md shallot

2 md garlic cloves

1/2 ts hunan style red chili paste

1 1/2 c rice milk or milk substitute

1 lb eggplant

1 md red bell pepper

1/2 c chopped asparagus stems (originally this was peas)

1/2 c fresh basil leaves

2 ts sugar

1/2 ts plum sauce

1/2 ts ginger

1/4 c veggie stock

2-3 drops toasted sesame oil

2 ts tapioca flour (see note)

Instructions

Mince garlic and shallot quarter mushrooms, dice eggplant into 1-inch cubes and slice red bell pepper into long strips.

In a large frying pan, on medium heat add stock and mushrooms. Simmer for 5 minutes or until mushrooms are tender and brown. Remove mushrooms and set aside.

In remaining stock add shallot and garlic, sautee for 1-2 minutes. Add chili paste and milk. Bring mixture to a boil then reduce heat and simmer on low for 5 minutes,

stirring often. Add sugar, plum sauce and sesame oil (only a few drops! It's amazing the flavor it adds). Add eggplant, asparagus stems and red bell pepper. Bring mixture back up to a boil. Cover and simmer for 15 minutes stirring occasionally until eggplant and asparagus are tender. In the last 5 minutes add mushrooms and fresh basil leaves.

Serve over grilled polenta (recipe follows) or rice and the steamed asparagus tips.

Note: When I made this recipe I felt that the sauce was too thin. The original recipe called for coconut milk and olive oil as the sauce's base. How I remedied this problem was as follows: I removed all the vegetables from the pan using a slotted spoon and turned the heat down to the lowest setting. I placed them in the serving bowl and set aside. In a measuring cup I added 1/3 cup cold water and 2 heaping teaspoons of tapioca flour (not pearls). Once this was thoroughly mixed I poured it into the sauce while stirring with the slotted spoon. In less than a minute the sauce had thickened very nicely. I then poured the sauce into the bowl over the vegetables and served. It

was pleasantly spicy (go light on the red chili paste if you dislike REALLY hot foods) and filling.

Note2: if you wanted to be more authentic you could try adding some coconut extract...

From: J. Ari Kornfeld . Fatfree Digest [Volume 8 Issue 54] June 15, 1994. Formatted by Sue Smith, S.Smith34, TXFT40A@Prodigy.com using MMCONV

Thailaendische Hackpfanne (Ground Beef Pan Thai Style)

Yield: 4 Servings

Ingredients

2 paprika red
2 stalks leek
2 cloves garlic
2 bananas
7/8 lb ground beef
2 tb soy sauce
1 tb tomato paste
cayenne pepper
curry powder
1 1/16 c beef stock
some oil

Instructions

Cut the paprika in slices, leek into rings. Fry the ground beef in hot oil until brown. Add the prepared vegetables and the garlic. Flavour with spices, soy sauce and tomato paste.

Add the beef stock and cook for 2 minutes. Lay the halved bananas on the dish, cover with a lid and cook for another 3 minutes.

Per Serving (excluding unknown items): 405 Calories 27g Fat (59.5% calories from fat) 19g Protein 22g Carbohydrate 2g Dietary Fiber 84mg Cholesterol 1188mg Sodium. Exchanges: 2 1/2 Lean Meat 1 1/2 Vegetable 1 Fruit 4 Fat.

Contributor: Monika Eckert

Thailand Beef Curry #1

Yield: 6 Servings

Ingredients

2 tb salad oil or peanut oil
1/2 c minced onion
2 sm clov garlic
1/2 ts coriander seed crushed
1 Small hot chili peppers (1 to 2)
1/2 ts powdered ginger
1/2 ts grated lemon rind
1 lb round steak cut into 1" cubes
1 Fresh coconut
3 c hot water
Salt to taste

Instructions

In a blender container place onion, garlic, coriander seeds, chili peppers, ginger and lemon rind. Blend until a paste is formed.

Heat oil in skillet, add paste and cook until oil blends into paste. Add meat and brown well.

Meanwhile, crack shell of coconut with hammer. Pry out meat with blunt knife. Cut meat into 1/2" chunks. Combine half the coconut meat and 1 1/2 cups of the hot water in blender. When paste has formed, strain through cloth into a bowl or 4 cup measure. Repeat with remaining coconut and water. Stir in enough water to make 4 cups. (OR YOU CAN BUY CANS OF COCONUT MILK TO MAKE 4 CUPS OF COCONUT MILK).

Stir in coconut milk to meat mixture, bring to a boil being careful not to boil over. When foaming ceases, turn to simmer. Cook until mixture has been reduced to half its volume.

Add salt to taste.

Serve over hot rice, and raisin chutney or coconut chutney.

Possum Kingdom Lake Cookbook

MC Formatted using MC Buster 2.0d & SNT on 4/10/98

Thailand Beef Curry #2

Yield: 1 Serving

Ingredients

1/2 c minced onion

1 lb round steak cut in 1" cubes

2 tb butter or oil

2 1/2 ts curry powder

4 c coconut milk

1 sm hot dried chili pepper

1 Bouillon cube crushed

Salt to taste

Instructions

Make coconut milk by cracking shell of coconut with hammer. Pry out meat with blunt knife. Cut meat into 1/2" chunks. Combine half the coconut meat and 1 1/2 cups of the hot water in blender. When paste has formed, strain through cloth into a bowl or 4 cup measure. Repeat with remaining coconut and water. Stir in enough water to make 4 cups. (OR YOU CAN BUY CANS OF COCONUT MILK TO MAKE 4 CUPS OF COCONUT MILK).

Saute onion and meat in butter.

Stir in curry powder and remaining ingredients except salt.

Bring to a boil being careful not to boil over. When foaming ceases, turn to simmer.

Cook until mixture has been reduced to half its volume.

Add salt to taste.

Serve over hot rice, and raisin chutney or coconut chutney.

Possum Kingdom Lake Cookbook

MC Formatted using MC Buster 2.0d & SNT on 4/10/98

The Champagne Cocktail

Yield: 1

Ingredients

1 angostura bitters

1 sugar lump

25 ml brandy

1 dry champagne

Instructions

In a champagne glass, place the sugar at the bottom, coat it with the angostura bitters and pour the brandy on top. Top up with the champagne.

Converted by MCBuster.

Converted by MMBuster v2.0l.

The Liver Cocktail

Yield: 1 Info

Ingredients

1 no ingredients

Instructions

I have found a juice recommended for the health of livers... this comes from About Raw Juices by John B. Lust. (He also wrote a very good herb book.)

The Liver Cocktail

The liver is probably one of the most abused organs of the whole body, as the blood must constantly be strained through it, and the average person's blood is full of toxic materials resulting from a devitalized and synthetic diet.

Put one-half of an onion and three or four radishes either red, white or black variety through the vegetable juice extractor. Then add pineapple juice.

This health cocktail is rich in organic sulphur and will give the overworked liver a good renovation.

John B. Lust

The Old Fashioned Cocktail

Yield: 1

Ingredients

75 ml bourbon (minimum 8 years old)

1 liquid sugar

1 angostura bitters

1 2 inch strip orange rind

Instructions

In a whisky glass add a few splashes of bitters. Add one ice cube and a splash of the sugar. Stir, using the muddler end of the bar spoon. Add two more ice cubes. Stir. Add some more ice. Stir. Add half the Bourbon measure and some more ice. Stir.

Add some more ice and the rest of the Bourbon. Stir again. Over the top of the glass, squeeze the oil out of the orange rind. Place the orange rind in the glass.

Converted by MCBuster.

Converted by MMBuster v2.0l.

The Prize-Winning Chinese Yorkshire Pudding

Yield: 6 Servings

Ingredients

10 fl milk

4 eggs

1/2 ts salt (just under)

1 ds pepper

1/2 ts tai luk *

1/2 lb plain flour sifted

1 beef dripping

Instructions

NB * available from oriental stores (I've no idea what this is IMH)

Mix all ingredients except the flour, beating them well together. Let them stand for 15 minutes, then whisk in the flour. Heat a roasting pan and some dripping from the meat in the oven, which should be at mark 8 450F, then pour in the batter and leave for 20 minutes 52.2 seconds."

"Several years ago, six chefs competed at Leeds in the "Great Yorkshire Pudding Contest". To the chagrin of native cooks, the winner was Mr Tin Sung Chan from Hong Kong, who ran the Chopsticks Restaurant. 'His methods were unorthodox,' wrote the 'Guardian' reporter, 'his ingredients oddly arranged, but his pudding swelled to the height of a coronation crown and its taste, according to one of the judges, was superb'.
Recipe Jane Grigson "English food"
from Ian Hoare

The Real Chinese Chicken Salad

Yield: 8 Servings

Ingredients

Dressing:

2 oz chunk of fresh ginger root

1/3 c sugar

1/3 c vinegar (rice vinegar)

1 tb sesame oil

1 tb soy sauce

1 tb hoisin sauce or plum sauce

2 tb water

few sprinkles white pepper

2 tb crushed peanuts or walnuts or almonds

Salad:

1 head iceberg lettuce

2 c chicken chunks stir fried, baked, roasted, or broiled

Crispy fried wonton strips See directions

Fruits such as pineapple, raisins, mandarin orange slices, pear, etc.

Instructions

For the dressing:

Peel the ginger, then mince it as finely as you can. You should have about 1/4 cup it doesn't have to be exact. Put the vinegar and sugar in a small pot. Bring to a boil, uncovered and boil one minute. Add the ginger and boil 1 minute more. Take off the heat. Pour into a mixing bowl. Add the rest of the dressing ingredients. You'll have about 3/4 cup.

Wash the lettuce, tear into bite-size squares and spin it dry in a salad spinner. Toss the lettuce thoroughly with the dressing. Mound the lettuce on individual salad plates or in a big salad bowl. Top with handfuls of chicken, wontons and fruit

Crispy Wonton Strips:

People can't get enough of fried wontons. Canned crispy noodles are a barely acceptable artifice. Real fried wontons are 1/4 inch thick and 2 inches long, a fine fried mouthful. Put extras in a bowl on the table.

10 wonton skins.

Vegetable oil

Cut the stack of wonton skins into strips 1/4 inch wide. Pour 2 to 3 inches of vegetable oil into a wok or medium-sized pot. Turn the heat to medium-high and heat

the oil until it's very hot (375 degrees on a candy thermometer). Have ready a cookie sheet lined with paper towels, for draining the strips.

Add the wonton strips to the oil in batches. Leave room for them to bob around. The strips will curl. After a minute or less, they'll be golden. As they become done, take them out of the oil with a slotted spoon or tongs, and drain in batches on paper towels. You might have to turn down the heat to medium if the oil is frying the wontons too fast.

You can use 4 tablespoons white (not red) pickled ginger and omit heating with vinegar and sugar.

NOTES : I added a little hot chili oil to the dressing to give it a little more taste. It's pretty mild without the chili oil.

Contributor: Elaine Corn

The West: Anglo-Indian Curry Sauce

Yield: 2 Servings

Ingredients

- 1 stephen ceideburg
- 2 tb mild vegetable oil
- 1 c coarsely chopped onion
- 1 one-inch piece fresh ginger, peeled
- 1 1/2 lb red-ripe tomatoes, cored, quartered
- 1/4 c chopped cilantro
- 1/2 ts cayenne pepper
- 1 ts salt
- 1 1/4 ts garam masala or curry powder

Instructions

Heat oil in a heavy, medium-sized skillet over medium heat. Add onions and stir-fry until onions turn caramel brown, about 12 to 15 minutes. Remove from heat. Place in a blender with the ginger, tomatoes, cilantro, cayenne and salt puree until smooth.

Transfer to a medium-size saucepan. Stir in garam masala or curry powder, cover, and cook over medium heat until tomatoes lose their raw aroma, 15 to 18 minutes.

Makes about 2 cups.

PER TABLESPOON: 15 calories, 0 g protein, 1 g carbohydrate, 1 g fat (0 g saturated), 0 mg cholesterol, 69 mg sodium, 0 g fiber.

Laxmi Hiremath writing in the San Francisco Chronicle, 6/24/92.

Toam Yum Gai (Thai Soup)

Yield: 1

Ingredients

CHICKEN BROTH-

- 2 tb olive oil
- 1 ts sesame oil
- 3 whole cloves
- 2 bay leaves
- 1 sprig fresh thyme *
- 1 md onion cut into pieces
- 2 lg carrots cut into pieces
- 1 chicken cut into pieces **
- 6 c water

EVERYTHING ELSE-

1 mushrooms ***
1 shrimp if you want ***
1 stalk lemon grass cut into 2 inch
2 sl galanga root (more if you like chewing on them.)
4 kaffir lime leaves
1 cilantro leaves as desired
1 ts chili sauce
2 tb fish sauce
1 1/2 tb lemon juice

OPTIONAL

1 sliced hot peppers

Instructions

* About 1 tsp. or 1 tbs of powdered thyme.

** Some boneless skinless chicken pieces, thighs with the bones bashed once with the back of a knife.

*** As many as you like, cut any way.

Instructions:

Use a large covered stockpot. Heat olive and sesame oil on high heat. Add cloves, bay leaves, thyme, (these should be pounded a bit first to crack the fibers and release more flavor) and onion, carrots. Cover 2 minutes, stir.

Add chicken on top, and pour ONE cup of water over the tops of the chicken.

Cover. Cook 5 minutes on high.

Add remainder of water, cover, continue heating till it starts to boil, then turn heat down and simmer covered 30 minutes. Skim off foam occasionally.

Remove chicken, debone, and cut into bite sized pieces. Strain soup, avoid getting the sediment at the bottom. (What you do with the leftover veggies after making a stock is up to you. I think they end up in Minnesotan hot dishes....) Take 4 cups of the stock, heat until it begins to boil, turn down the heat till it is just simmering. Add galanga, lemon grass, Kaffir lime leaves (bash them a bit to break the fibersit allows them to release more flavor).

Add mushrooms, chicken, (shrimp if you must). Stir in the fish sauce, chili paste.

Cover, cook for another 5 minutes. Serve.

Add lemon juice (just have slices of lemon or lime that you can squeeze) cilantro, and thinly sliced jalapenos or other hot peppers at the table.

Fresh basil also adds a nice touch.

Per serving: 3673 Calories (kcal) 270g Total Fat (67% calories from fat) 261g Protein

35g Carbohydrate 1362mg Cholesterol 1140mg Sodium Food Exchanges: 0

Grain(Starch) 36 Lean Meat 4 1/2 Vegetable 0 Fruit 31 1/2 Fat 1/2 Other

Carbohydrates

Converted by MMBuster v2.0n.

Tod Man (Thai Fish Cake)

Yield: 6 Servings

Ingredients

FISH

2 lb minced fish

1 ts salt

1/2 c red curry paste

1 ea egg

1 tb nam pla

1 c finely chopped green bean
2 ea basil leaves, finely chopped
1 vegetable oil

CUCUMBER SALAD-

1 c english cucumber, cut in fourths & sliced
3 ea shallots, sliced thinly
1 ea red hot chile pepper, sliced
2 tb sugar
1 tb vinegar
1 ts salt
1/2 c hot water

Instructions

Fish: in food processor mix to a past the fish, salt, curry paste, egg and nam pla. Form paste into balls with hand. Fold in green bean and basil. Flatten each piece into 2 inch circles. Heat oil over medium heat. Fry fish until light golden in color. Dry on paper towel. Serve with cucumber salad. Salad: in a serving bowl, arrange cucumber, shallot and chile in layers. Mix sugar, vinegar and salt. Add hot water stir until sugar dissolves. Pour over cucumber mixture.

Tofu And Mushroom Szechwan Style

Yield: 4 Servings

Ingredients

200 g tofu
200 g mushrooms
1 c szechwan sauce (240 ml)
FOR THE BATTER
1/2 c cornflour (100 g)
1/2 c flour (100 g)
salt to taste

1 egg

FOR THE FILLING

3 potatoes boiled and grated (150 g)
1/2 ts chopped green chillies (2 g)
4 tb chopped carrot (60 g)
1 tb chopped cabbage (15 g)
a pinch of ajinomoto
1/2 ts white pepper powder (2 g)
salt to taste

Instructions

CUT the tofu into medium sized cubes and scoop out the centre portion. Trim the mushrooms and scoop out the caps.

To prepare the batter: Mix cornflour, flour and salt. Beat in the egg. Add enough water to mix to a smooth and thick batter.

To prepare the filling: Mix the grated potato, chopped green chillies, carrot, cabbage and the seasoning. Put a little of the prepared filling in the tofu cubes and mushrooms caps.

Dip the stuffed tofu and mushroom in the prepared batter and deep fry in hot oil till golden brown.

Put the fried tofu and mushrooms in the szechwan sauce and simmer for five minutes. Serve hot on the hot sizzler tawa with the vegetables and noodles.

Converted by MCBuster.

NOTES : Stuffed tofu cubes and mushroom caps deep fried and served with Szechwan sauce

Preparation Time: 0:35

Tofu Steak With Japanese Mushroom Sauce

Yield: 4 Servings

Ingredients

4 firm tofu
1 c fresh shiitake mushroom
1 c fresh enoki mushroom
1 pk regular white mushrooms
1/2 green onions
2 cloves garlic
2 tb sake (japanese rice wine)
4 tb soy sauce
2/3 c dashi (japanese fish stock)
2 ts cornstarch
1 salt
4 tb vegetable oil

Instructions

Here is a recipe for an authentic Tofu steak from the best seller recipe magazine in Japan. Enjoy!

1. Place a clean cloth towel in a shallow plate (something like brownie pan would be good) and put Tofu on it for 30 minutes to drain water. Wipe the surface of Tofu with paper towels and sprinkle some salt (to make the surface of the steak crisp and brown when done.)
2. Cut off the stem of mushrooms and slice them. divide Enoki into small bunch. Cut green onions in 2 inches long. Finely chop garlic.
3. Put 2 Tbsp of vegetable oil in a frying pan and fry both sides of Tofu in medium-high heat, until Tofu turn golden brown. Put them on serving plates.
4. Wipe the frying pan with paper towel and add another 2 Tbsp of vegetable oil. Saute garlic and the mushrooms in medium heat quickly. Add Sake, soy sauce and Dashi stock and bring it to boil. Add green onions. Dissolve cornstarch in 2Tbsp of water and add to the sauce. Stir from the bottom of the pan and pour it over the cooked Tofu. Serve while hot! (4 servings)

NOTE: Dashi is the basic soup stock used in most Japanese dishes such as Miso Soup and Udon. You can get the powdered stock called 'Hondashi' in any Oriental stores. Substitute it with chicken stock if you like. Shiitake and Enoki are very expensive in the U.S., but they are very flavorful. Try not to cook them too long.

KMINALAF@AOL.COM (K MINA LAFOUNTAIN)

REC.FOOD.RECIPES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Tom Yam Goong (Thai Hot & Sour Soup)

Yield: 4 Servings

Ingredients

1 qt water
2 stalks lemon grass, cut into 1/2 lengths

4 kaffir lime leaves, each torn off center spine
1 lg shallot, peeled, sliced
6 sm thai chiles or
2 serrano chiles, sliced lengthwise
1/2 lb medium shrimp, peeled and deveined, tails left on
1/2 c canned straw mushrooms
3 tb lime juice
3 tb fish sauce
1/2 ts salt
1 sm firm tomato, cut into wedges
1 c cilantro leaves
1 tb chopped pak chee farang

Instructions

Some Asian markets now carry bags of pak chee farang leaves. If you can't get them, omit, or add a little more cilantro. In some markets they are labeled with their Vietnamese name, ngo gal.

Place water in 3-quart saucepan. Add lemon grass, lime leaves and shallot and bring to boil. Add chiles and shrimp. Cook 2 minutes. Add straw mushrooms, lime juice, fish sauce and salt. Add tomato and cook just until heated, not soft.

Turn unstrained soup into serving bowl. (Do not eat lemon grass and lime leaves.) Top with pak chee farang and cilantro leaves.

Each serving contains about: 91 calories 892 milligrams sodium 86 milligrams cholesterol 1 gram fat 8 grams carbohydrates 13 grams protein 0.77 grams fiber.

Tom Yum Goong Thai Shrimp Soup

Yield: 6 Servings

Ingredients

16 lg shrimp
1 shells from the shrimp, including heads, if avail
5 c water
2 stems fresh lemongrass (bottom 1/3 of stalk)
1/2 inch piece siamese ginger (galanga) , sliced in sliver
3 sm hot red chilies, seeds and ribs removed
2 coriander roots
1 salt to taste
6 sm fresh kaffir lime leaves
4 tb nam pla (fish sauce)
4 tb to 5 tb lemon juice
1 tb lime juice
1 cn straw mushrooms, drained
2 stems fresh coriander leaves for garnish

Instructions

Shell and devein shrimp, reserving heads and shells. Place shells and heads in a large saucepan. Add water, lemongrass and Siamese ginger. Using a mortar and pestle, pound two of the chilies with the coriander roots and add to pan. Add the salt and five of the lime leaves, shredded into little pieces.

Bring the soup to a boil and simmer uncovered 20 to 25 minutes. Strain stock into a clean pan. Don't panic if it doesn't taste wonderful at this point because the seasoning adjustments will make a big difference.

A few minutes before serving, bring the stock to a boil, add the shrimp and cook 2 to 3 minutes. Add the Nam Pla, lemon and lime juices and the straw mushrooms. Adjust seasoning. The flavor should be tangy.

Serve in bowls garnished with strips of remaining chili, shredded lime leaf and coriander leaves.

SOURCE: Flower and Garden Magazine Feb/Mar 92 SHARED BY: Jim Bodle 6/92

Tomato Juice Cocktail

Yield: 1

Ingredients

1/2 bushel tomatoes
3 stalks celery (leaves and all)
3 lg onions
6 md carrots
3 green peppers
a little water
1 c sugar
2 tbsp. salt

Instructions

This thick, flavorful drink has become an additional reason for raising tomatoes. The fruit is a staple in the Amish diet, in many forms sliced fresh, stewed, made into multiple baked dishes, and cooked into soup.

This basic recipe is itself healthily versatile. It can be drunk as an appetizer or snack it can form the basis of a well spiced soup.

Cut raw vegetables into 1" pieces. Put all together into large stockpot. Add water to a depth of 1 inch. Cook slowly until soft, then put through food press.

To pureed mixture add sugar and salt. Bring to a boil. Pour into jars and seal.

Ton-Yuk-Kui (Korean Pork Or Beef) *** Xpst31A

Yield: 4 Servings

Ingredients

12 ts pork tenderloin, slices
1 marinade:
1/2 c soy sauce,
1/4 c water,
3 tb sugar,
2 ea green onion scallions, c
2 c garlic crushed
2 pn ginger chopped,
1 salt & pepper.

Instructions

Preparation: Combine the meat with the marinade and allow the mixture to soak for about 2 hours at room temperature, Stir occasionally to make sure all of the meat gets well coated. Then take the meat from the marinade and dry on paper towels. Be sure to save the marinade. Coat the sides and bottom of a baking dish with 2 or 3 Tbs. of Sesame oil and arrange to pork in the dish so there is only one layer of the meat.

Bake in a pre heated oven (375 F) for 50 minutes until the meat is tender. While the meat is bak ing take the marinade and in a sauce pan bring to a boil.

When boiling reduce the heat to low and cook for approx 15 minutes. The amount should be a little reduced. When the meat is finished baking pour its cooking juices into the reduced marinade and bring the liquid to a boil again. Put the meat on a serving dish and pour some of the hot liquid over the pork. The remainder of the hot liquid can be served separately for those who wish to have more liquid on their meat or as a gravy on their rice.

Bul-ko-kee: Almost the Korean National dish. Very popular in Hawaii and Korean cafes on the US west Coast.. THEODORE SEDGWICK (XPST31A)

Tony's Fried Chicken And Ox Tails

Yield: 1

Ingredients

1 chicken

1 ox tails

1 tenderizer

1 accent

1 salt and pepper

1 flour

1 mazola corn oil

1 onions

1 vinegar

Instructions

Combine tenderizer, Accent, and salt and pepper marinate chicken and ox tails overnight. Cover chicken with flour: brown in corn oil. Boil onions in water with ox tails for 1 1/2 hours. Pour in vinegar simmer for 1 hour. Serve with rice and beans.

Per serving: 0 Calories (kcal) 0g Total Fat (0% calories from fat) 0g Protein 0g Carbohydrate 0mg Cholesterol 0mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 0 Vegetable 0 Fruit 0 Fat 0 Other Carbohydrates

Recipe by: 1992 Dallas Cowboys Wives' Cookbook

Converted by MMBuster v2.0n.

Toriniku Tatsuta-Age (Japanese Fried Chicken)

Yield: 1

Ingredients

2 tb soy sauce

2 tb sake

1 tb grated fresh ginger root

1 ts dark sesame oil

1 lb boneless skinless chicken

1 thighs cut into bite-sized piece

1 lg clove garlic lightly crushed

1/3 c katakuri-ko (japanese potato starch)

1 potato starch

1 peanut or vegetable oil for frying

Instructions

Serves 4

In large glass or stainless-steel bowl, stir together soy sauce, sake, ginger, sesame oil, chicken and garlic. Cover and refrigerate at least 1 hour or overnight.

Sprinkle potato starch over chicken and toss until mixture forms smooth batter. Fill deep-fat fryer or a Dutch oven with oil at least 2 inches deep, but no more than

halfway up sides. Set wire rack over baking sheet. Over medium-high heat, bring oil to 375 degrees (hot but not smoking). Stir chicken again to coat it evenly and, wearing heat-proof gloves, carefully transfer it, a few pieces at a time, to hot oil. Fry until chicken is light gold, about 2 minutes, and drain on wire rack.

Let oil return to 375 degrees. Return all chicken to oil and fry until crisp and golden, about 1 minute. Transfer to rack to drain thoroughly. Serve hot or at room temperature.

From ``Fried Chicken" by Damon Lee Fowler (Broadway).

Per serving: 64 Calories (kcal) 5g Total Fat (62% calories from fat) 2g Protein 4g Carbohydrate 0mg Cholesterol 2058mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean Meat 1 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Tostones (Fried Green Plantains)

Yield: 1

Ingredients

3 green (unripe) plantains (available at hispanic markets and some specialty produce markets)

1 vegetable oil for deep-frying

1 sauce chien as an accompaniment

1 caribbean spicy dipping sauce.

FOR THE SAUCE CHIEN-

1 sm onion minced

3 scallions minced

1/3 c minced red bell pepper

2 garlic cloves minced

1 scotch bonnet or habanero chili seeded and minced (wear rubber gloves), or teaspoons scotch bonnet pepper sauce*

1 ts salt

1/4 ts dried thyme crumbled

7/8 c water

2 tb white-wine vinegar

1/4 c fresh lime juice

2 tb vegetable oil

2 tb chopped fresh coriander or to or to taste, plus a coriander sprig for garnish if desired

Instructions

To make the tostones:

With a small sharp knife cut the ends from each plantain and cut a lengthwise slit through the skin along the inside curve. Beginning in the center of the slit, pry the skin from the plantain and cut the flesh crosswise into 1-inch-thick pieces. In a deep fryer or large deep skillet heat 1 1/2 inches of the oil to 375F. on a deep-fat thermometer, in it fry a batch of the plantain pieces for 1 1/2 to 2 minutes, or until they are pale golden, and transfer them with a slotted spoon to paper towels to

drain briefly. Working quickly, using a tortilla press or the flat bottom of a glass or bottle, flatten each piece, a cut side up, between sheets of wax paper to a thickness of no less than 1/4 to 1/3 inch. Refry the flattened pieces in the 375F. oil, turning them occasionally, for 2 to 3 minutes, or until they are golden, transfer them with a slotted spoon to paper towels to drain, and season them with salt. (The tostones should be crisp on the outside and chewy on the inside.) Fry the remaining plantain pieces in

batches in the same manner. The tostones are best served immediately, but they may be made 1 day in advance, wrapped well in plastic bags, and reheated on a rack in a shallow baking pan in a preheated 450F. oven for 3 to 5 minutes, or until they are heated through. Serve the tostones with the sauce.

To make the sauce:

In a heatproof bowl combine the onion, the scallions, the bell pepper, the garlic, the chili, the salt, and the thyme. In a small saucepan bring the water to a boil with the vinegar, pour the vinegar mixture over the vegetable mixture, and let the mixture cool. Stir in the lime juice and the oil. The sauce may be made 2 days in advance and kept covered and chilled. Let the sauce come to room temperature, stir in the chopped coriander, and garnish the sauce with the coriander sprigs. Makes about 2 cups.

Makes about 24 tostones.

Gourmet February 1993

Converted by MCBuster.

Converted by MMBuster v2.0l.

Tostones (Green Plantain Chips)

Yield: 1

Ingredients

2 lg green plantains

2 ts garlic powder

1 ts kosher salt

1 c peanut oil

Instructions

Cut the tips off the plantains. Score the plantains lengthwise on both sides and place in a bowl. Cover with boiling water. Let sit for 10 minutes.

Peel, using a small sharp knife, and slice into 1/2inch slices.

Heat the oil to rippling in a large frying pan over medium heat. Cook the plantains for 10 minutes. Remove the plantain slices from the oil (reserving the oil) and place in one layer on a tea towel or several layers of absorbent paper on a counter top. Turn to remove excess oil. Using bunched up absorbent paper or another tea towel, press down on each slice. Heat the reserved oil to 375 degrees and fry the plantains until crisp and golden. Season with garlic powder and salt.

Converted by MCBuster.

Per serving: 1928 Calories (kcal) 216g Total Fat (98% calories from fat) 1g Protein 4g

Carbohydrate 0mg Cholesterol 1882mg Sodium Food Exchanges: 1/2 Grain(Starch) 0

Lean Meat 0 Vegetable 0 Fruit 43 Fat 0 Other Carbohydrates

Recipe by: IN FOOD TODAY SHOW #INB059

Converted by MMBuster v2.0n.

Traditional Japanese Salad Dressing

Yield: 1 Servings

Ingredients

1 tb toasted sesame seeds

1 tb shoyu (much better than chinese & american soy sauce)

1 tb lemon juice

1/2 tb water

1 ts juice from grated ginger

Instructions Try this on green beans, carrots, parboiled greens (spinach, collards, bok choy, chard, etc.), or anything else that appeals. It's GREAT. (From

CookingwithJapaneseFoods by Jan and John Belleme)

Just mix it all together.

Other ingredients to play mix and match with include sake, rice wine vinegar, sherry, mirin, garlic and sugar.

Posted to fatfree digest V96 #279

From: zorro@netdepot.com (David Marcus & Peggy Lamberson)

Date: Wed, 09 Oct 1996 20:15:150400

Traditional Masala Dosa (South Indian)

Yield: 1 Servings

Ingredients

3 cups rice (not basmati!), soaked overnight, room temp. water.

1 cup urad dal (a specific type of lentils avail. at Indian grocery stores no substitution other dals will not work like this) Soaked separately overnight room temp. water

Instructions

Traditionally, stone grinders (huge mortars) and rolling pestles are used to grind the rice and the urad dal and motorized versions of those are now available at Indian electronic stores in D.C. A mixie or a blender cuts the grains into fine pieces, but does not "mash" them like the stone grinders do. So there is a good deal of difference taste when you use a blender. But still, it is not bad at all if you make sure that you grind the rice really fine. Cover the rice with water just 1/2 "above the rice line in the blender. Grind till Smooth. Grind the dal separately, with water that barely covers it. Grind a long time (be patient!), stirring once in a while and grinding again. When the dal is ground very well, and small air bubbles appear once you stop running the blender, it is enough. Add more water if necessary, But this should be very thick. Mix the rice and the urad dal pastes, with 1/2 tsp salt. Add one tablespoon beaten yogurt, and mix well. Keep covered to let it ferment for at least 5 to 8 hrs or more. (Keep it close to a heater or in any warm place). Once it has risen, stir briefly, and keep it in the fridge. You have the batter now. Grease a griddle with plain sesame oil or peanut oil if you care about max. flavor if not use veg. oil. The heat should be medium or slightly higher. When hot (a few drops of water will sizzle gently and disappear), using a metal ladle, pour one ladleful over the griddle with quick and even and gentle strokes, spread the batter out with the ladle as if you are drawing concentric circles on the batter. Do it either clockwise OR anticlockwise else you get lumps. It takes a few tries believe me, and some of us who are trained well in this mess up occasionally. drizzle oil around edges, and on top. Once the bottom is cooked, turn it over, and cook the top. Be careful when using your spatula (metal preferred) to take it out to flip it. This can be served with chilli-dal-spice powder and oil or ghee, coconut chutney, cilantro or mint chutney, onion chutney, or red garlic chutney, and/or saambar. (If you want their recipes, email me) This is standard breakfast or supper fare for us, growing up in the south.

Else, as in your restaurant, make a filling as follows:

1. Take 2 large boiled potatoes, peel and mash coarsely.
2. Thinly slice one large red onion, 2 cloves of arlic (optional) : and 3 or 4 green chillies. 3. Grate a 1" piece of ginger.
3. Cut up a tomato if you want.
4. Take a sprig of curry leaves and chop them coarsely.
5. Heat some veg. oil, add some fennel seeds, and cummin seeds (1/2 : tsp. each)
6. Add 1/2 tsp of black mustard seeds.

7. When they crackle, add the green chillies, ginger, garlic (if : used), and onions and fry them with a little salt for a while : till onions are transparent. Add curry leaves.
8. Next add ½ pkt of frozen peas, tomatoes (if you choose), and : fry for 5 minutes.
9. Add the potatoes, and more salt if desired. stir well till blended
10. Add some chopped cilantro if you want.

When making the dosai, spread the batter out as mentioned earlier, drizzle oil, and keep the skillet or griddle covered (any cover will do as long as the dosai area is covered just be sure the cover does not touch the dosai). In less than a minute, the dosai will be cooked with oil on the bottom, and its top will be cooked by the steam that is generated when you cover it. The color is now not the white of the batter but kinda dull you'll know) Turn the heat down, place the cooled filling across the center along the diagonal, and fold both sides overlappingly over it to form a cylindrical shape. Increase the heat slightly, drizzle more oil, and cook both sides till golden. Else, place the filling in the center, and fold from three sides, forming a triangle, overlapping and covering the filling. Cook as above.

IF YOU HAVE LEFT OVER BATTER & REALLY FERMENTED, MAKE

"OOTHAPPAM": Chop some onions, green chillies, and cilantro really well, mix with salt. Soon as you spread out the pancake, sprinkle the chopped stuff on top. Drizzle oil on top, flip it over carefully when the bottom is cooked, and cook the other side. Serve with coconut chutney. If you are into a health-diet, do not drizzle oil over and around pancake. Just grease the griddle lightly with a paper towel in this case, cook just one side of the dosai on the greased surface, covering the dosai to let the steam cook the top. This dosa is very soft and tasty. Back home, we add some fenugreek seeds to the urad dal, soak and grind them together for a superior texture, flavor, and color. Hope that helps! I have babbled too much, but really, it is very easy to make once you have the batter.

From: av9y@poe.acc.Virginia.EDU (Aruna Viswadoss) From: Jj Judkins Date: 09-25-96 Cooking

From: Dale Shipp Date: 16 Jun 97 National Cooking Echo Ž

Traditonal Japanese Teriyaki Marinade

Yield: 1 Servings

Ingredients

3/4 c soy sauce

1/2 c water

1 sugar to taste start with 1 tbsp (up to)

4 cloves garlic peeled and crushed

Instructions

From: rbparker@henning.cfa.org (Ron Parker)

Date: Sun, 14 Jul 1996 15:59:360600

Andrea and Marjorie have entered their soy-sauce meat marinades in the milleu. Here are two much simpler ones that I use. Both with marinate at 2 pound steak to serve 4-6 depending on how carnivorous the eaters are. I use flank steak for these, but any steak or pieces of tender meat for skewering can be used.

For either marinade: Score both sides of steak in a diamond pattern with a sharp knife. Mix ingredients with the steak in a ziplock freezer bag. Press to expel air and let meat marinate from 2-24 hours. Preferably cook on a grill over coals or electric heat, turning once, to the desired degree of doneness. I don't baste the meat with the marinade

because it is already pretty salty, but that is a taste thing. Slice in thin (1/8-1/4 inch) slices across the grain. This is just as good room temp as hot a consideration for shabbat?

JEWISH-FOOD digest 257

From the Jewish Food recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Tropical Chicken Cocktail

Yield: 6

Ingredients

- 1/2 sm honeydew or galia melon
- 300 g cooked chicken skin discarded, cut into small pieces (10oz)
- 75 g baby button mushrooms (3oz)
- 1 grapefruit peeled and segmented
- 1 200 gram car virtually fat-free fromage, (7oz)
- 1 fraise
- 1 grated zest of 1 lime
- 1 ts chopped fresh mint

Instructions

Cut the melon into small pieces or use a melon baller to make it into balls.

Place the chicken, melon, mushrooms and grapefruit segments in a bowl. Add the fromage fraise, lime zest and mint and toss together until evenly mixed.

Divide between 6 individual serving dishes and chill well before serving.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Tropical Fruit Cocktail

Yield: 1

Ingredients

- 2 fresh mangos peeled & diced 3/4
- 3 fresh peaches diced 3/4
- 4 fresh kiwi fruit peeled & sliced 1/4 thick
- 1/2 box nilla wafers
- 3/4 c melted margarine
- 2 tb granulated sugar
- 1 whipped cream for garnishing

Instructions

In a medium mixing bowl, combine all fruit and mix well. Place in refrigerator to chill.

In a food processor or blender, pulverize Nilla Wafers to fine crumbs. In a bowl, mix margarine, Nilla Wafer crumbs and sugar. Mix well. Using a spoon, place 3 heaping tablespoons of crumb mixture into each of 4 bowls or tart tins and shape into a crust around the bowls. Place in the freezer for 30 minutes to chill and firm.

When ready to serve, fill each with chilled fruit mixture and top with whipped cream.

Serve immediately.

Converted by MCBuster.

Converted by MMBuster v2.0l.

Trout Stuffed Japanese Style

Yield: 4 Servings

Ingredients

1/4 lb mushrooms, sliced
2 tb vegetable oil
1 c seeded, sliced in 1/4
4 eggs, lightly beaten
1 strips, red or green pepper
2 ts soy sauce
4 trout, 8-10 oz. boned with
1 skin, head and tail
3 scallions, cut in 1/2 including greens
8 strips of bacon
1 c bean sprouts
2 ribs celery, sliced

Instructions

Mix the vegetables together. In a large skillet or wok heat oil, then toss in the vegetables and stir fry for 2 minutes. Add the eggs and soy sauce and continue to toss and cook for another minute until eggs begin to coagulate. Stuff each of the 4 trout with one-fourth of the vegetable mixture the filling will expand the opening by about an inch. Wrap 2 slices of bacon around each trout, tucking the ends under the trout. Bake in a large baking dish so trout are not touching in preheated 500 degree oven about 15 minutes, until skin is crisp and the fish is opaque to the bone. Test after 12 minutes. Vegetables will remain crisp.

Tsr's Version Of Applebee's Oriental Chicken Salad

Yield: 1 Serving

Ingredients

Oriental Dressing

3 tb honey
1 1/2 tb rice wine vinegar
1/4 c mayonnaise
1 ts dijon mustard
1/8 ts sesame oil

Salad

1 egg
1/2 c milk
1/2 c flour
1/2 c corn flake crumbs
1 ts salt
1/4 ts pepper
1 boned and skinned chicken breasts
2 c vegetable oil for frying
3 c romaine lettuce chopped
1 c red cabbage
1 c Napa cabbage
1/2 carrot shredded
1 green onion chopped
1 tb sliced almonds
1/3 c chow mein noodles

Instructions

Preheat oil in deep fryer or deep pan over medium heat. You want the temperature of the oil to be around 350 degrees. Blend together all ingredients for dressing in a small bowl with an electric mixer. Put dressing in refrigerator to chill while preparing the salad. In a small, shallow bowl beat egg add milk and mix well. In another bowl, combine flour with corn flake crumbs, salt and pepper. Cut chicken breast into 4 or 5 long strips. Dip each strip first into the egg mixture, then into the flour mixture, coating each piece completely. Fry each chicken finger for 5 minutes or until coating has darkened to brown.

Prepare salad by tossing the romaine with the red cabbage, Napa cabbage, and carrots. Sprinkle sliced green onion on top of the lettuce. Sprinkle almonds over top, then the chow mein noodles. Cut the chicken into small bite-sized chunks. Place the chicken onto the salad, forming a pile in the middle.

Serve with salad dressing on the side.

NOTES : One of the BEST copycat recipes I've found! I used saltine cracker crumbs instead of the cornflakes. I also tossed the dressing into the salad before serving, to make it more like the Applebee's way. I doubled the recipe for the whole thing, but didn't use more than 2/3 of the dressing. EXCELLENT. And the good thing about making this one at home is I can use less dressing, or add extra almonds. :) I also didn't use NEARLY that much oil. Don't panic when you see the calorie count on this thing that's thinking that you intake all the oil, egg, etc. :)

Contributor: Top Secret Recipes

Tui's Kalbi (Korean Barbecue)

Yield: 4

Ingredients

3 lb beef short ribs
3/4 c soy sauce
3/4 c sugar or honey
3/4 c water
1 piece sliced fresh ginger (3-inch)
1 clove garlic minced
1 tb sesame oil

Instructions

Blend all ingredients together and marinate ribs for 4 hours (or longer). Broil or barbecue.

Serves 4 people.

Per serving: 1526 Calories (kcal) 127g Total Fat (75% calories from fat) 52g Protein
42g Carbohydrate 259mg Cholesterol 3255mg Sodium Food Exchanges: 0

Grain(Starch) 7 Lean Meat 1 Vegetable 0 Fruit 17 1/2 Fat 2 1/2 Other Carbohydrates

Recipe by: 1991 Dallas Cowboys Wives' Cookbook

Converted by MMBuster v2.0n.

Tuna Cocktail

Yield: 1

Ingredients

1 lb ripe plum tomatoes peeled and chopped (4)
2 tb sugar
3/4 c red wine vinegar
1 garlic clove minced
1 cinnamon stick

1 salt and freshly ground black pepper
1 lb tuna steak
1/4 c mayonnaise
2 ripe haas avocados
1/4 c lemon juice
2 tb olive oil
1/2 c finely chopped fresh cilantro
8 red pepper strips 2 inches long and 1/4-inch wide
8 thin slices unpeeled apple for garnish

Instructions

TO MAKE THE TOMATO MARMALADE: In a non-reactive 9-inch skillet bring the tomatoes, sugar, red wine vinegar, garlic, and cinnamon stick to a hard boil.

Reduce the heat to medium and simmer for about 15 to 20 minutes or until almost all the liquid has evaporated. About 1/2 cup will remain and the mixture will look syrupy. Discard the cinnamon stick, season to taste with salt and pepper and cool to room temperature.

TO MAKE THE TUNA: In a broiler or stove-top grill, over high heat, cook the tuna for 3 to 5 minutes per side or until charred on both sides, depending on the thickness of the tuna and the degree of doneness you prefer. Remove and cool completely. When completely cool, cut into 1/4-inch dice, combine with the mayonnaise and season with salt and pepper to taste.

TO MAKE THE AVOCADO LAYER: Right before serving, peel, pit, and cut the avocados into 1/4-inch dice. Combine the dice with the lemon juice, olive oil, cilantro and season with salt and pepper to taste.

TO ASSEMBLE THE COCKTAIL: Layer the ingredients in eight martini or 6-ounce wine glasses beginning with the tuna layer in the bottom of the glass, followed by 1 tablespoon of the tomato marmalade and topped with the avocado on top. In each glass stick a thin strip of red pepper in the center of the cocktail. Take a very thin apple slice, core the side of the slice, make a small incision in the center and place the slice on the edge of the glass for garnish.

Converted by MCBuster.

Per serving: 1464 Calories (kcal) 96g Total Fat (57% calories from fat) 107g Protein
53g Carbohydrate 192mg Cholesterol 496mg Sodium Food Exchanges: 1/2
Grain(Starch) 14 1/2 Lean Meat 0 Vegetable 1/2 Fruit 9 1/2 Fat 2 1/2 Other
Carbohydrates

Converted by MMBuster v2.0n.

Tuna Oriental Casserole

Yield: 8 Servings

Ingredients

2 c macaroni cooked
2 tb soy sauce
14 oz tuna
2 tb pimiento
1 c celery chopped
2/3 c milk
1 cn cream of celery soup
3 oz chow mein noodles
1/2 c water chestnuts sliced

Instructions

Combine all ingredients except Chow Mein Noodles in a 2 qt casserole dish. Top with the noodles. Bake at 350 degrees for 25 minutes. From Laura Dishongh Beckham, formatted by Mary Dishongh Bowles.

Recipe By :

From: Victorjheintz.Wbst128@xerox Comdate: Fri, 6 Jan 1995 08:46:13 Pst

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

Tuna With Avocado And Wasabi Compote And Chinese Taro Potat

Yield: 2

Ingredients

1/2 lb ruby red big eyed tuna
2 avocados diced
1 shallot bulb finely diced
1/2 lemon juiced
1 tb creme fraiche or mayonnaise
1 ts wasabi paste (japanese store)
1 pn salt
2 tb soy sauce
2 tb olive oil
1 taro root peeled, julienned
1 peanut oil for frying taro

Instructions

Slice tuna in 3/8-inch thick rounds. Place between plastic wrap and pound until 1/8-inch thick. Mix avocado, shallots, lemon juice, creme fraiche and wasabi. Lift off one side of plastic wrap from tuna and place a small amount of avocado mixture in center. Fold over tuna to enclose. Remove plastic wrap. Place on serving dish and drizzle with soy and olive oil. Heat peanut oil until very hot but not smoking and deep fry Taro until crisp. Drain on paper towels and place on top of tuna and serve. This recipe yields 2 servings.

Source: "CHEF DU JOUR (Show # DJ-9171) from the TV FOOD NETWORK"

S(Formatted for MC5): "07-21-1999 by Joe Comiskey joecomiskey@netzero.net"

Recipe by: Chef Susur Lee

Converted by MMBuster v2.0l.

Tuna With Avocado Wasabi Compote Chinese Taro Potato Crisp

Yield: 1

Ingredients

1/2 lb ruby red big eyed tuna
2 avocados diced
1 shallot bulb finely diced
1/2 lemon juiced
1 tb creme fraiche or mayonnaise
1 ts wasabi paste (japanese store)
1 pn salt
2 tb soy sauce
2 tb olive oil

1 taro root peeled and
1 julienned
1 peanut oil for frying taro

Instructions

Slice tuna in 3/8 inch thick rounds. Place between plastic wrap and pound until 1/8 inch thick. Mix avocado, shallots, lemon juice, creme fraiche and wasabi. Lift off one side of plastic wrap from tuna and place a small amount of avocado mixture in center. Fold over tuna to enclose. Remove plastic wrap. Place on serving dish and drizzle with soy and olive oil.

Heat peanut oil until very hot but not smoking and deep fry Taro until crisp. Drain on paper towels and place on top of tuna and serve.

Converted by MCBuster.

Recipe by: CHEF DU JOUR SHOW #DJ9171

Converted by MMBuster v2.0l.

Turkey Patties Oriental (Low-Cal)

Yield: 4

Ingredients

1 1/4 lb ground turkey
1/3 c dry bread crumbs
1 egg
3/4 ts garlic salt
1 tb cooking oil
2 stalks celery cut diagonal
1 onion cut in thin rings
1 green pepper cut 3/4pieces
2 tomatoes med., cut in 1/8's
1 oriental sauce
1 c chicken broth
1 tb soy sauce
2 ts cornstarch
1 ts sugar
1 ts vinegar
1 dash white pepper

Instructions

Mix first 4 ingredients. Form into 4-6 patties, each about 3/4-thick.

Heat oil in large skillet over medium-high heat. Saute burgers 3 mediums each side, until browned. Mix Oriental Sauce and pour over burgers bring to a boil, stirring occasionally. Reduce heat add celery, onion and pepper. Simmer, covered, 6 minutes. Salt and pepper to taste. Add tomato simmer 2 to 3 minutes, until meat is no longer pink.

By "Mega-bytes" on Jun 29, 1998.

Per serving: 350 Calories (kcal) 17g Total Fat (45% calories from fat) 30g Protein 18g Carbohydrate 159mg Cholesterol 1082mg Sodium Food Exchanges: 1/2 Grain(Starch) 3 1/2 Lean Meat 1 1/2 Vegetable 0 Fruit 1 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Turnip-Water Kimchi (Korean Dong Chimi)

Yield: 4 Servings

Ingredients

1 lb chinese turnip
1 scallion
1 tb fresh ginger
2 c water
2 tb salt
2 cloves garlic
1 ts sugar

Instructions

1. Slice the turnip into finger-shaped pieces, 1 1/2 inches long and 1/2 inch wide. Cut the scallion into 1 1/2-inch lengths, then slice fine lengthwise. Repeat the same process for the ginger and garlic. Place these ingredients in a bowl, sprinkle with 1 tablespoon of the salt, mix well and leave, covered, overnight.
2. Mix 2 cups water with 1 tablespoon of the salt and the sugar in a separate bowl. Let this mixture stand overnight, then pour it over the kimchi. Keep at room temperature for 24 hours. Transfer to jars and refrigerate. It will keep for at least 1 week.

From: The Korean Cookbook, By Judy Hyun.

Turtle Crossing's Thai Chicken Fancy Wrap

Yield: 2 Servings

Ingredients

1 whole chicken breast
MANGO SALSA-
1 mango sliced
2 jalapeno chiles fine diced
2 limes juice only
1/2 red onion diced
1/2 red bell pepper cored/ seeded/diced
2 tb olive oil
2 ts chipotle pepper sauce
1/4 c fresh cilantro chopped
1 salt & pepper to taste

THAI SAUCE-

1/4 c peanut butter
1/4 c barbecue sauce
2 tb soy sauce
2 tb chipotle pepper sauce

TO ASSEMBLE & SERVE-

2 lg handfuls spinach
2 lg flour tortillas
1 c cooked jasmine rice flavored w/turmeric, cumin & chili
1 c black beans
1 sour cream

Instructions

1. Grill chicken breast until cooked through, then coarsely chop.
2. Place mango salsa ingredients in a bowl mix thoroughly.
3. Place Thai sauce ingredients in a bowl mix thoroughly.
4. In a skillet, saute spinach over high heat for 1 minute.
5. On a grill or in a large skillet, heat flour tortillas until pliable.

6. Set a tortilla on the counter. Place half of the chicken, spinach, rice, black beans, mango salsa, Thai sauce and sour cream on the half of the tortilla closest to you. Wrap, tucking in the sides on the first roll, then finish rolling. Repeat with the second tortilla and remaining ingredients.

Source: Turtle Creek restaurant, East Hampton, New York (printed in the Chicago Sun Times, January 15, 1997)

Typical Chinese/Taiwanese Breakfast Foods

Yield: 1 Servings

Ingredients

1 info file

Instructions

Congee ("jook" in Cantonese and "zhou" in Mandarin) is not only a breakfast food. It's poached rice made into a thick soup, sometimes cooked with small pieces of vegetable or sausage. It can be made in a rice cooker, but is just as easy to cook on the stovetop. Purists say perfect congee demands hours of slow cooking, but I have tasted fine stuff that has cooked for no more than an hour. A lot of people pour soy sauce over it when served. There is also "zi mi zhou" or purple-rice congee on the mainland in Sichuan, eaten at any time, especially at "xiao chi" (fast-food) joints.

In Hong Kong, bread sticks (C. "yao tiu" or M. "you tiao," oil sticks) are virtually identical to Mexican churros lengths of bread dough, slightly twisted, and deep-fried. They are frequently served with congee, along with steamed flat rice noodles (C. "cheung fun" or M. "chang fen," broad noodles), which are sometimes filled with sausage or shrimp and atop which soy sauce usually goes.

In Hong Kong and parts of Guangdong, "yam cha" ("drink tea") is the classic weekend breakfast for families to meet and eat, analogous to Sunday brunch or a pancake breakfast. It's usually just dim sam in a dim sam house. In the north, breakfast is often just congee or even cold rice, with perhaps some sausage on the side or a thousand-year-old egg, and possibly other small tidbits of preserved fruit and vegetable. In other parts of the country, noodle soups, dumplings, and steamed buns are natural breakfasts. For everyday meals, there is not always so much difference between breakfast, lunch, and dinner in China as we see in the West, though dinner out or dinner parties are usually richer in meat and hot dishes.

Peter Zelchenko

Oriental Recipes - U

Ullundhu Vadai - A South Indian Snack

Yield: 1 Servings

Ingredients

- 1 c ullundhu (urad daal)
- 5 green chillies(chopped)
- 1/2 inch ginger (grated/chopped)
- 1 c water
- 1 ts salt
- 1 1/2 c oil (for frying)
- 1 md onion (chopped)(optional)
- 1/2 sm head cabbage (chopped) (optional)

Instructions

Soak uLLundhu for about 3 to 5 hours.

Drain the water completely and grind till the uLLundhu is just about broken in small pieces (maAvu should NOT be too fine) the uLLundhu in the blender or food processor with very little water as possible, to do this grind 1/2 cup of uLLundhu at a time [or else the blender will be on fire ;-)].

Mix chillies, ginger, salt and the vegetables(optional) to the uLLundhu. You can just use onion or both onion and cabbage.

Add the oil to heated wok (vaANali) and heat the oil on medium-high heat for about 3 to 5 minutes.

Wet the palm of one of your hands. Put the maAvu on the wet palm and shape it like a doughnut and drop it slowly into the oil and fry till golden brown. If the shape doesn't matter to you, then take the maAvu and drop into the oil using a table-spoon (slightly oil the spoon before taking the maAvu so it won't stick to the spoon).

You can add 2 or 3 at a time depending on how much oil you have in the vaANali.

Variations: To the same maAvu, add about 1 tsp. whole black pepper (crushed), 1/2 cup of chopped fresh coconut, 1/2" ginger grated and salt (omit chillies, onion and cabbage). Drop the maAvu into the oil in round shapes, to make Madras Bonda and fry till golden brown.

CONTRIBUTOR Geetha Anandraj anandraj@tis.enet.dec.com

Unusual Chinese Grilled Shortribs

Yield: 4 Servings

Ingredients

- 4 ea large, meaty shortribs
- 1/3 c oriental toasted sesame oil
- 4 1/2 tb peanut butter
- 4 tb brown sugar
- 2 1/4 tb curry powder
- 3/4 c soy sauce
- 1/2 tb black pepper (fresh cracked)
- 1/2 c rice sherry wine
- 1/2 ea fresh ginger root
- 2 ea large garlic cloves (minced)
- 10 ea green onions

Instructions

Make shortribs into short, flat strips. Begin by placing rib fat-side-up on cutting board and cut 1/4" high layer almost (but not through) the bottom-most section of the rib. Turn meat over and continue to make 1/4" layers until the rib is completely layered and is now one long strip. Using the edge of a Chinese knife or otehr flat surface, pound meat until it is off an even thickness.

NOTE: Chill the meat well. This cutting method will not work well on room temperature ribs.

MARINADE: (Curry Based Blender Sauce) Blend all liquid ingredients in a blender for about 15 seconds at "Blend" speed. Grate the fresh ginger root and combine with the minced garlic. Mince the white (only) portion of the green onions. Add all ingredients to blender mixture and operate on "low" for about 45 seconds. Rub suace onto butterflied ribs and refridgerate for 2 or more hours.

NOTE: This sauce is excellent for chicken, too. Place ribs on grill, basting often with sauce until done, about 30 minutes depending on heat of grill. Watch carefully to determine when done.

Uppama (A South Indian Dish)

Yield: 1 Serving

Ingredients

1 sm onion
1 tb vegetable oil
1 ts mustard seeds
1 tb broken cashews
1 ts ground coriander
1/2 ts ground cumin
1 ts turmeric
1/8 ts chili powder (more to taste)
1 sm carrot
3 oz broccoli florets
1 ts raisins
1 1/3 c water
1 sea salt; to taste
1/2 c whole wheat farina to 2 ts vegan margarine

Instructions

Chop the onion and saute it in the oil in a saucepan for 2-3 minutes.

Add the mustard seeds and cashews and cook for a further 2 minutes.

Add the coriander, cumin, termeric and chili powder and cook for another minute.

Chop the carrot and broccoli quite finely. Add to the saucepan along with the raisins and stir well. Pour in the water, bring to the boil, lower heat, cover pan and cook for 3-4 minutes. Season to taste.

Pour in the farina very slowly, stirring all the time. As soon as it is all in the pan and well thickened, serve it, with the margarine spread over the top so that it melts into the mixture.

Source: The Single Vegan - by Leah Leneman Typed for you by: Karen Mintzias

Using The Chinese Cleaver

Yield: 1 Info

Ingredients

1 no ingredients

Instructions

With a little practice, any beginning wok cook can master the use of the Chinese cleaver. As mentioned earlier, a Chinese cleaver must be honed very sharply before use and one should have a suitable cutting board on hand.

The Styles of cutting foods for Chinese cooking include slicing, dicing, shredding and mincing. It cannot be stressed enough that students must exercise safety in the use of the Chinese cleaver. A dull cleaver or knife will cause accidents as the cook will have to work too hard at slicing anything. A sharp knife will also cause accidents, if not held properly.

To hold a cleaver properly for cutting, one should take his right hand (or left hand, if left handed) and get a firm comfortable grip on his cleaver. The other hand should be free to hold or move the food as it is being cut. If a food, such as a potato, is round, it is best to hold it firm on the cutting board and with your free hand cut the potato directly in half. Lay the flat side down on the cutting board and continue slicing. By creating a flat surface, a round food is prevented from rolling, thereby lessening the chances of an accident.

There are two types of slicing styles in Chinese cooking. The first is straight slicing and the other is diagonal slicing. There should be a rhythm of motion involved in slicing foods and this may be achieved by the novice cook with practice. For slicing, insert the forward blade of the cleaver into the food. Your free hand should hold the food onto the cutting board. Press down toward the back part of the blade, slice. The motion should be forward to back. Use your free hand to push food up to the knife blade, keeping the fingers tucked in. The blade should be kept as close to the cutting board as possible. Repeat slicing motion until all food is cut. This slicing motion is done with ease. Great pressure need not be exerted on the knife. If you are using great pressure on your knife then you are cutting with unnecessary effort or else the knife is dull. Usually the novice cook does quite well until he gets to slicing the end piece of the food, then it is better to go slower to finish off the job.

The main point that must be emphasized for wok cookery is that the food should be sliced as uniformly as possible. This is to allow like foods to be cooked at the same time. If some slices of a like food are thick while others are medium or thin, then the thin slices will be undercooked. So strive for uniformity in cutting.

Meats, especially beef, should be sliced across the grain of the meat. This is to prevent the meat from becoming "tough" when it is cooked. The most difficult type of meat for novice cooks to cut is beef. It also is the easiest to overcook and render "tough." For anyone who has difficulty in learning to cut beef, it might be better to use a thin sharp blade knife (like the 1 1/2" cleaver). Lay the beef flat with the muscular or long fibers perpendicular to the cutting board. Insert the forward blade of the knife across the grain of the beef. Take your free hand and lay the fingers over the slice of beef that you wish to cut. Slice slowly towards yourself. You can feel the thickness of your beef slice. Try to slice your beef about 2x1/2" in length and breadth, and about 1/8" to 1/4" thick. Some beginning wok cooks are afraid of holding the beef with their free fingers. This is incorrect as it will cause either accidents or result in coarsely, uneven cut beef. If you are initially afraid of the knife, do the cutting very slowly until you gain more confidence. The finished cooked dish will be the reward for your patience.

Diagonal slicing is usually performed on cylindrical or semi-cylindrical vegetables such as celery, bok choy, beans, carrots, etc. It can also be performed on other vegetables or meats to give a more attractive effect to the finished cooked dish.

Diagonal sliced vegetables have a larger cut surface area to be exposed for rapid cooking in the wok. By having this advantage, vegetables can be thoroughly cooked in

a minimum of time and yet retain its bright natural colouration. Vegetables are also more nutritious cooked this way as a minimum of vitamins and minerals are lost in the cooking process.

The only difference between diagonal cutting and straight cutting is that the knife is held in the hand so that it can cut the food at a 45' angle. The same motion as in straight cutting is employed. Most beginning wok cooks do not hold their foods so that the knife can cut it at a 45' angle. They have a tendency to hold it as for straight cutting because they are afraid of the knife. Again it must be emphasized that one should practice this cutting technique slowly at first. Speed will come as one gains experience. Dicing food means that it must be cut into cubes of uniform size. Decide on what size you wish your cubes to be. If you are stir-frying food in a wok, the maximum suggested size that a cube should be is about 3/4". This is so that the cubes can be cooked through without prolonged heating.

In dicing foods, it is best to cut strips or slices, depending upon the shape of the food, the desired width of the cube. Slice these strips or slices into square strips. Lastly cut these strips or slices into cubes.

Shredded food means that it has been cut into the shape of sticks. Depending upon the food, one may shred it into very fine sticks or coarse sticks. If a food requires lengthy cooking time, it is well to shred it finely. The less cooking time required for the food, the coarser the sticks may be.

In shredding foods, one first straight slices the food. Stack several of the slices on top of one another. Straight slight through the stack in the same width as the slice.

Mincing foods is a requirement that all Chinese cooks must know since so many native Chinese dishes require mincing. Raw meat is perhaps the most difficult food to mince finely.

Before mincing meat, remove and discard all tough connective tissues from it.

Coarsely dice the meat into 3/4" cubes. Add cubes of onions or whatever that is to be minced with it. Take your 4" Chinese cleaver or your heavy duty Chinese mincing cleaver and chop the cubes with a straight rhythmic up and down motion. Use the blade of the cleaver from time to time to consolidate the mass of meat together as you are mincing it. When the meat forms a mass, it is minced. Examine it to see if it is as finely minced as desired. If not, continue chopping until it meets your requirements.

There are some other practical uses for you Chinese cleaver. The blade of it can be used for transporting cut foods either into a plate or directly into the wok from the cutting board. The Chinese cleaver can be turned sideways so that the blade can act as a mallet for pounding meats flat or for crushing cloves of garlic or ginger. The handle of it can be used for grinding or pulverizing salted beans or peppercorns. Like the wok, the Chinese cleaver is a multi-use implement.

Oriental RecipesV

Vaguely-Thai Scallops

Yield: 0 Servings

Ingredients

500 g scallops preferably the large (sea)

250 g snow peas

125 ml white wine

50 ml nam pla (Thai fish sauce)

3 garlic cloves chopped

40 g fresh ginger chopped

50 g butter

15 ml lime juice

freshly ground pepper

Instructions

1. Start some rice cooking, so it will be done when the scallops are done.
2. If you're using large (sea) scallops, slice them into strips about 5 mm thick. If you're using small (bay) scallops, don't bother slicing them.
3. Rinse and drain the snow peas and remove the strings. Cut the pods into 2-cm lengths.
4. Heat a small saucepan or skillet, then put in a little butter. Add the ginger and saute for 30 seconds, then add the garlic and saute for another 30 seconds.
5. Add the wine and fish sauce, and reduce the mixture by half, stirring often. Keep this hot during the next few steps, but stir it so that it doesn't burn.
6. Heat a skillet large enough to hold the scallops in one layer, and melt the rest of the butter. Over moderately high heat, add the scallops and pepper to taste. Add the snow peas and stir-fry until the peas have change color and the scallops have turned opaque, about 2 minutes. Don't overcook the scallops, just cook them until they've lost their translucent look.
7. Add the sauce and lime juice to the skillet and stir everything for a few seconds, until well-mixed.
8. Serve immediately.

Author's Notes:

This is something I invented with what I had around after I bought some scallops on impulse. It's inspired partly by a recipe of Madeline Kamman's and partly by Thai and Chinese recipes, although scallop recipes are rare in my Asian cookbooks. It's not spicy and probably has very little to do with real Thai cooking, but the taste of Nam Pla (Thai fish sauce) is an interesting complement to the scallops. Serve it with rice. is available in asian markets or some supermarkets. Substitute soy sauce if you cannot find it. Do not add salt the is salty enough.

Difficulty : easy.

Precision : Experiment with the proportions.

Contributor: Jeffrey Mogul DEC Western Research Lab, Palo Alto, Cali

Valentine Stained Glass Hearts

Yield: 1

Ingredients

3/4 c butter or margarine softened

2 eggs
1 ts baking powder
1 frosting optional
3/4 c sugar
1 ts vanilla extract
3 c all-purpose flour
1/3 c red hot candies crushed

Instructions

In mixing bowl cream together butter and sugar. Beat in eggs and vanilla.

Stir together flour and baking powder.

Gradually stir in flour mixture until dough is very stiff. Cover and chill about 3 hours.

Preheat oven to 375 degrees.

Roll out dough to 1/8-inch thickness on a lightly floured surface. Cut out cookies using a large heart-shape cookie cutter or use a sharp knife and cut around a heart pattern.

Transfer cookies to a foil-lined baking sheet.

Using a small heart-shaped cookie cutter, cut out and remove heart design from center of each cookie. Fill the cut out sections with crushed candy.

Bake 7 to 8 minutes or until cookies are lightly browned and the candy has melted.

Slide foil off baking sheets.

When cool, carefully loosen cookies from foil. If desired, pipe decorative borders along edges.

Makes about 2 1/2 dozen cookies.

Jeannine P. Wendel

Per serving: 3311 Calories (kcal) 150g Total Fat (40% calories from fat) 51g Protein
439g Carbohydrate 747mg Cholesterol 2012mg Sodium Food Exchanges: 18 1/2
Grain(Starch) 1 1/2 Lean Meat 0 Vegetable 0 Fruit 28 1/2 Fat 10 Other Carbohydrates
Recipe by: Cooking With St' Mary's Church Jeannine P. Wendel
Converted by MMBuster v2.0n.

Vegetable & Herb Rice Oriental Soup

Yield: 1 Recipe

Ingredients

1 box quick brown rice (vegetable and herb)
5 c water
4 tb tamari soy sauce
1 tb olive oil
1 ts lemon juice
1 1/2 c mung bean sprouts

Instructions

Cook contents of box according to package directions. Add the soy sauce, oil, and lemon juice. Stir and let simmer 5 minutes more. Add the sprouts and just heat through. More tamari soy sauce may be added to taste.

Source: Arrowhead Mills "Quick Brown Rice" tri-fold Copyright 1987 Arrowhead Mills, Inc. (Reprinted with permission) Electronic format courtesy of: Karen Mintzias

Vegetable Stir Fry : Yachae Bokum (Korean)

Yield: 4

Ingredients

1 ts vegetable oil for frying
1 plus more as needed

1 sm chinese or napa cabbage shredded
2 carrots shredded
4 green onions trimmed leaving some greens chopped
1 red bell pepper cut into matchsticks
1 md zucchini cut into matchsticks
8 oz firm tofu approximately rinsed and drained cut into cubes
2 tb low sodium soy sauce
1 ts rice vinegar
1 red pepper oil optional few drops to taste
1/2 ts toasted sesame seeds
-ACCOMPANIMENTS-
1 korean or daikon radish finely shredded
1 rice or noodles cooked and drained

Instructions

1. Heat oil in large wok over high heat. Add the cabbage and stirfry for 2 minutes. Add remaining vegetables and tofu, and fry 2 minutes more.
2. Combine the soy sauce, rice vinegar and pepper oil (if using). Add to the wok and cook until the moisture is absorbed, about 1 minute. Transfer to a serving platter.
3. Sprinkle with the toasted sesame seeds. Garnish with finely shredded (threads) of radish (if using). Serve with steamed rice or your choice of hot cooked noodle.

PER SERVING: 210 cal, 7g fat (27% cff) without accompaniments. With soba noodle (2 ounces each serving) 400 cal, 8g fat (16% cff)

Adapted from SOURCE: Flavors of Korea: Delicious vegetarian cuisine / Deborah Coultrip-Davis, Young Sook Ramsay (1998 Book Publishing Co) Original suggests up to 1+1/2 tablespoons oil hot pepper not specifically mentioned. Shredded radish is my idea.

NOTES : Briefly stir fried red bell pepper, spring onions and mild cabbage offer crunch beside the soft texture of tofu and rice or noodle. Vary vegetables by season. Wheat noodles (chow mein), buckwheat (Japanese "soba") and sweet potato (often called "Korean Vermicelli") would go well with this dish. Medium-grain white rice is popular.

Recipe by: Flavors of Korea: Vegetarian Cuisine 1998

Converted by MMBuster v2.0l.

Vegetable Tempura Japanese

Yield: 1 Serving

Ingredients

2 c all-purpose flour sifted
1 ts salt
1/8 ts baking soda
1 egg yolk
2 c ice water
vegetable oil for frying
2 md zucchini sliced thin
1 green pepper cut into strips
1 lg onion sliced
1/2 lb button mushrooms
1 c broccoli flowerets

Instructions

Separate the onion into rings

Steam the broccoli 5 minutes. (or microwave a few minutes) In an electric blender combine the flour, salt, baking soda, egg yolk, and water.

Blend to mix. Let stand 15 minutes.

Heat 34 inches of oil in a deep heavy kettle, deep-fat fryer, or electric wok until it registers 375 degrees on a deep-fat thermometer.

Test batter consistency by dipping one piece of vegetable and letting excess drip off. There should be a light coating left on.

Dip and fry, a few at a time, in the hot oil until golden.

Drain on paper towels and keep warm in the oven heated to 250 degrees until all are cooked.

Per serving: 1157 Calories 9g Fat (7% calories from fat) 41g Protein 231g

Carbohydrate 213mg Cholesterol 2352mg Sodium

Contributor: Jean Hewitt's International Meatless Cookbook

Vegetarian Pad Thai Noodles

Yield: 3

Ingredients

21 oz firm low-fat tofu or 2 pk tofu each-10.5oz

1 nonstick cooking spray

1 salt

1/3 c fish sauce or vegetarian soy sauce

1/3 c sugar

2 ts rice vinegar

2 ts lime juice

1 tb paprika

1 red pepper flakes

5 oz thai rice noodles

1/2 onion cut into strips

3 cloves garlic minced

1 c shredded red cabbage

1 c shredded nappa cabbage

3/4 c shredded carrot

1/2 c nonfat egg substitute

2 1/2 c bean sprouts

2 tb chopped peanuts

1 lime wedges

Instructions

Drain tofu well, pat dry with paper towels and cut into 1-inch cubes.

Spray wok or heavy skillet with nonstick cooking spray and heat until hot.

Add tofu cubes and fry, turning until browned on all sides, 5 to 7 minutes. Sprinkle lightly with salt to taste and remove from wok.

Combine fish sauce, sugar, vinegar, lime juice, paprika and red pepper flakes to taste in small bowl and set aside. Add noodles to boiling water in large saucepan and cook 1 minute. Drain and rinse under cold water.

Let stand in bowl of cold water until ready to use, then drain again.

Spray wok or heavy skillet with nonstick cooking spray and heat until sizzling hot.

Add onion and stir-fry until golden brown, about 2 minutes.

Add garlic and stir-fry 1 minute more. Stir in red cabbage, nappa cabbage and 1/2 cup shredded carrots. Stir until vegetables are limp, 1 to 2 minutes. Add fish sauce mixture. Heat and stir until ingredients are mixed. Stir in tofu cubes and heat until hot through, about 1 minute.

Stir in drained noodles.

Push ingredients to one side and add egg substitute. Let stand until egg sets, then stir to break up egg and mix into noodle mixture. Stir in 2 cups bean sprouts and heat until hot through, 1 to 2 minutes (crisp-tender!). Spoon onto serving platter and sprinkle with chopped peanuts. Top with remaining 1/2 cup bean sprouts and 1/4 cup carrots. Serve with lime wedges. 3 servings.

Each serving: 485 calories 1,654 mg sodium 0 cholesterol 6 grams fat 86 grams carbohydrates 24 grams protein 2.30 grams fiber.

NOTES : With a little egg substitute and a little low-fat tofu, you can have a lighter pad Thai. Rice noodles are about the width of linguine and cook quickly. They should be cooked until limp about 1 minute. Letting them rest in a bowl of cold water after cooking prevents them from sticking together.

Recipe by: LA Times, Low-Fat Kitchen, Donna Deanne

Converted by MMBuster v2.01.

Vegetarian Thai Spring Rolls

Yield: 30 Rolls

Ingredients

12 oz tofu

5 ea dried shiitake mushrooms, soaked & trimmed

1/4 lb green beans

1 ea celery stalk

1/2 md carrot

2 ea green onions

3 tb vegetable oil

1 tb garlic, chopped

1/2 ts pepper

2 tb red curry paste

2 tb soy sauce

30 ea spring roll wrappers

3 c vegetable oil, for deep frying

Instructions

Cut the tofu, mushrooms, beans, celery & carrot into large julienne slices. Chop the green onions. Set aside.

Put the 3 tb vegetable oil into a wok over medium heat. When the oil is hot, stir-fry the garlic until it begins to brown. Add the soy sauce, tofu & all the vegetables except the green onions. Stir-fry for 10 minutes. Turn the heat off & add the green onions.

Separate the roll wrappers. Place the wrapper with the narrow side facing you. Place a scant 1/4 c filling about 1/3 of the way over from the closest edge. Fold the closest edge to you over the filling, fold over the left & right edges & then roll. Seal the end using just a touch of water. Place the finished roll seam side down on a baking sheet until all the rolls have been filled in this way.

Heat the oil for deep frying in a wok until hot. Deep-fry the rolls on each side until golden. Drain & serve hot with cucumber pickle.

Puangkram C. Schmitz & Michael J. Worman, "Practical Thai Cooking"

Vitamin Cocktail People Food

Yield: 1 Servings

Ingredients

1 c skim milk
1/2 banana
2 strawberries (or other fresh berries)
1 egg yolk
1 tb wheat germ
1 ts honey
1 ts brewer's yeast
1 ts liquid vitamin c
1/2 ts liquid vitamin e
1 liquid from 1 vitamin a & d capsule

Instructions

Blend all ingredients in a blender. This drink is loaded with energy.

Recipe By : Spoonbread & Strawberry Wine ISBN 0-385-47270-6

From: Dan Klepach Date: 04-28 Cooking Ž

Volcano Cocktail

Yield: 1

Ingredients

1/2 c grapes
1/2 apple sliced
2 sl canned pineapple
6 oz canned pineapple juice
1 c strawberry sorbet (or ice cream)
1 c ice
2 oz pisang liqueur
2 oz banana liqueur

Instructions

Blend all the ingredients until smooth. Pour into a coconut shell, and garnish with an umbrella and several straws.

Converted by MCBuster.

Per serving: 404 Calories (kcal) 1g Total Fat (1% calories from fat) 2g Protein 82g
Carbohydrate 0mg Cholesterol 13mg Sodium Food Exchanges: 0 Grain(Starch) 0 Lean
Meat 0 Vegetable 3 1/2 Fruit 0 Fat 0 Other Carbohydrates

Converted by MMBuster v2.0n.

Oriental RecipesW

Warm Broccoli And Tofu Salad With Grilled Chinese Sausage..

Yield: 1

Ingredients

2 tb sesame oil
6 oz chinese sausage or smoked sausage cut into 1/2-inch rounds, up to 8
2 tb chopped garlic
1 head broccoli cut into florets and stems sliced on a bias
3 pieces firm tofu cut into 1/2-inch cubes, up to 4
1 tb grated fresh ginger
1 tb chili oil (recipe follows)
2 tb chopped garlic
3 tb soy sauce
1 tb mirin
2 tb miso paste
2 tb rice wine vinegar

Instructions

Heat a wok or large saute pan on high flame, add sesame oil, sausage and garlic and cook for 2 to 3 minutes. Add broccoli, cook additional 2 to 3 minutes and remove to a bowl.

In same pan or wok add tofu, ginger and toss quickly for 30 seconds.

Remove to bowl with sausage and broccoli.

Reduce heat and add chili oil, garlic and soy sauce and whisk in mirin, miso, rice vinegar and season to taste. If heat is too high you may need more oil for consistency. Plate broccoli, tofu and sausage mixture on plate and drizzle warm vinaigrette on top. Garnish with scallion or chives.

Converted by MC_Buster.

Recipe by: CHEF DU JOUR SHOW #DJ9410DEB STANTON

Converted by MM_Buster v2.01.

Warm Cocktail Of Deep Fried Eggs With Sweet And Sour Sauce

Yield: 4

Ingredients

75 g caster sugar
5 tb fish sauce
6 tb tamarind juice
6 shallots finely sliced
6 garlic cloves finely sliced
4 red chillies finely sliced
6 hard boiled eggs
25 g coriander
1 lime juice of
1 tb sesame oil
1 oil for deep frying

Instructions

Combine the sugar, fish sauce, tamarind juice in a pan and dissolve the sugar.

Reduce the liquid by half. Taste and adjust. It should be sweet, salty and slightly sour. Warm a little sesame oil in a frying pan and sweat off the shallots, garlic and chillies until golden brown.

Deep fry the eggs in the hot fat for 3-5 minutes and drain.

Pour the sauce into a pan and roll the eggs in it. Cut into quarters, drizzle with the sauce, sprinkle with coriander and lime juice and serve.

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Converted by MM_Buster v2.0l.

Warm Indian Rice Pudding

Yield: 1

Ingredients

1 c short-grain indian or italian(arborio) rice*
1 1/2 c water
2 c milkup to 3
1/2 c sugaror to taste
1/4 c golden raisins
1/4 c raw cashews or shelled pistachioschopped fine
seeds from 4 cardamom pods
ground cinnamon to taste

Instructions

In a saucepan combine the rice and water, bring to a boil, stirring, and simmer, stirring occasionally, for 15 minutes. Add 2 cups of the milk, the sugar, raisins, cashews or pistachios, cardamom seeds, and cinnamon, and simmer, stirring often, for 10 to 15 minutes more, or until rice is tender and mixture creamy. Add additional milk, if necessary. Pudding may also be served chilled.

Yield: 4 to 6 Servings

*Arborio or Indian short-grain rice is available at specialty food shops.

Converted by MC_Buster.

Per serving: 811 Calories (kcal)16g Total Fat(17% calories from fat)17g Protein155g Carbohydrate66mg Cholesterol256mg Sodium Food Exchanges: 0 Grain(Starch)0 Lean Meat0 Vegetable2 Fruit3 Fat6 1/2 Other Carbohydrates

Recipe by: IN FOOD TODAY SHOW# INF159

Converted by MM_Buster v2.0n.

Warm Oriental Duck & Noodle Salad

Yield: 2

Ingredients

1 pk 2 waitrose farmhouse duckling boneless breasts
75 ml sharwood's hoisin sauce(5tbsp)
30 ml sharwood's plum sauce(2tbsp)
5 ml sesame oil(1tsp)
15 ml mitsukan rice wine vinegar(1tbsp)
1/2 250 g box waitrose fresh sesame noodles
100 g broccoli floretsblanched (3 1/2oz)
75 g mangetoutblanched (2 3/4oz)
1 salt and freshly ground black pepper
2 salad onionthinly sliced

Instructions

Brush the duck breasts with 60ml (4tbsp) hoisin sauce. Arrange on a rack in a roasting tin and place in a preheated oven 200°C, 400°F, gas mark 6, for 35-40 minutes or until thoroughly cooked and the juices run clear.

Meanwhile make a dressing by mixing together the remaining hoisin sauce, the plum sauce, sesame oil and rice wine vinegar, then leave to one side.

When the duck is almost ready, place the noodles in a pan of boiling water and simmer gently for 3-4 minutes. Drain thoroughly and place in a large bowl.

Cut the duck breasts into thin slices and add to the noodles.

To serve, add the broccoli, mangetout and dressing to the duck and noodles and toss gently. Season with salt and freshly ground black pepper.

Garnish with the sliced salad onions.

Converted by MC_Buster.

NOTES : A warm salad really brings out the flavour of the ingredients.

Serve this salad as an easy supper for two, or with a selection of other Chinese dishes for more people.

Converted by MM_Buster v2.0l.

Warm Oriental Salad

Yield: 3 Servings

Ingredients

1 lb chicken breasts in strips

1/2 c snow peas

1/2 c water chestnuts

1/2 c bamboo shoots

1/2 c baby corn ears

1 1/4 c sliced carrots

crushed red pepper to taste

Marinade:

1/2 c peanut or sesame oil

3 tb chopped garlic

1 ts chopped green onions

1/2 ts ginger

Instructions

Mix together marinade ingredients and heat in skillet. Add chicken and saute until golden. Toss in vegetables and stir until everything is coated.

Serve warm with Sesame Breton crackers.

(May also be refrigerated and served chilled Serves 2-3)

MC formatting by bobbi744@acd.net ICQ# 12099532

Contributor: Beton Sesame Cracker box

Warm Polenta And Oxtail Cakes On Fennel Salad

Yield: 4

Ingredients

2 c leftover polenta (to 3 cups) see * note

1/2 c grated asiago cheese

1 c minced leftover oxtail meat see * note

1/4 c sliced green scallions

1 salt to taste

1 freshly-ground black pepper to taste

1 === fennel salad ===

3 c shaved fennel
1 juice of 1 lemon
1/4 c extra-virgin olive oil
1 ts coarse-ground coriander seed
1 salt to taste
1 freshly-ground black pepper to taste
1 ==== dark vinegar syrup ====
2 c balsamic vinegar
1/2 c chinese vinegar

Instructions

* Note: See the "Aromatic Braised Oxtail With Preserved Lemon Polenta" recipe which is included in this collection.

Reheat polenta. Mix in cheese, oxtail and scallions. Check for seasoning. Mold in baking dish so polenta is at least 1-inch thick. Refrigerate overnight.

Cut squares or circles and grill until hot. Can also saute in nonstick pan.

Serve warm on top of Fennel Salad. Garnish with Dark Vinegar Syrup and fennel sprigs.

For the Fennel Salad: Mix all in large bowl. Check for seasoning.

For the Dark Vinegar Syrup: In a stainless steel pan, slowly reduce vinegars by 80 percent until a syrup consistency is achieved.

This recipe yields 4 servings.

Source: "EAST MEETS WEST with Ming Tsai(Show # MT-1A29)from the TV FOOD NETWORK"

S(Formatted for MC5): "10-27-1999 by Joe Comiskeyjcomiskey@krypto.net"

Per serving: 138 Calories (kcal)14g Total Fat(79% calories from fat) 0g Protein8g Carbohydrate0mg Cholesterol1mg Sodium Food Exchanges: 0 Grain(Starch)0 Lean Meat0 Vegetable1/2 Fruit2 1/2 Fat0 Other Carbohydrates

Recipe by: Ming Tsai

Converted by MM_Buster v2.0n.

Warm Thai Mussel Salad With Mint

Yield: 1

Ingredients

2 tb peanut oil.
2 garlic cloves.
1 c white wine.
6 black peppercorns.
4 coriander stems.
1.5 kg small black mussels.
2 tb thai fish sauce.
2 tb juice of 1 lime or lemon.
5 tb coconut milk.
1 tb sugar.
1 garlic clove, crushed.
1 ts grated fresh ginger.
1 fresh red chilli, finely sliced.
1 fresh freshly ground pepper.
2 tb fresh mint leaves.

Instructions

An easy play on Thai flavourings that you can either serve warm with steamed jasmine rice, or leave to cool and serve as a tangy, spicy salad at room temperature.

Soak mussels in a bucket of cold water for 3 or 4 hours, changing water in that time.

Throw out any with broken shells, and which float, or any which do not close. Scrub shells clean under cold running water, and yank the little beards from the mussels.

Heat peanut oil in a lidded frypan, and cook garlic cloves until they colour. Add white wine, black peppercorns and coriander stems and bring to the boil. Add mussels, cover with a tight-fitting lid, and turn up the heat. Shake the pan with all your might after a minute or two of cooking use tongs to remove any shells that have opened.

Cover and return to the heat for another thirty seconds, then shake and check for more opened shells, repeat process, discarding any shells that don't open at all. Strain the cooking juices through a fine strainer or muslin cloth.

Reheat the cooking juices in a small saucepan. Add sugar, lime juice, fish sauce, coconut milk, garlic, ginger, chilli, and pepper and heat gently, stirring until sugar is dissolved. Place opened mussel shells in a big bowl, pour on the dressing, add mint leaves and toss. Serve with jasmine rice.

Serves three or four.

Wei-Chuan's Chinese Roast (Barbecued) Pork

Yield: 4 Servings

Ingredients

- 1 1/3 lb pork shoulder (no bones)
- 1 tb dry sherry
- 2 tb sugar
- 1/2 tb salt
- 1 tb soy sauce
- 1 tb hoisin sauce
- 1 red food coloring (optional)

Instructions

Cut meat into strips. Mix remaining ingredients and marinate meat at least 1 hr. Bake 20 min in preheated 500 oven. Pieces should be brownish-red (or red if you use food coloring) with a few singed areas.

Serving suggestions:

1. Dice and use in roast pork buns (recipe follows).
2. Slice and serve as is, as an appetizer.
3. Slice and stir-fry with bok choy, adding salt and broth and cornstarch-water to thicken. Serve with rice as a main dish.
4. Slice and stir-fry with tofu, adding soy and cornstarch-water to flavor and thicken. Serve with rice as a main dish. Chopped scallion should be strewn over this dish just before serving.

From: Michael Loo Date: 17 Nov 97

West Anglo Indian Curry Sauce

Yield: 2 Servings

Ingredients

- 2 tb mild vegetable oil
- 1 c coarsely chopped onion
- 1 one-inch piece fresh ginger peeled
- 1 1/2 lb red-ripe tomato scored, quartered
- 1/4 c chopped cilantro

1/2 ts cayenne pepper
1 ts salt
1 1/4 ts garam masala or curry powder

Instructions

Heat oil in a heavy, medium-sized skillet over medium heat. Add onions and stir-fry until onions turn caramel brown, about 12 to 15 minutes. Remove from heat. Place in a blender with the ginger, tomatoes, cilantro, cayenne and salt puree until smooth. Transfer to a medium-size saucepan. Stir in garam masala or curry powder, cover, and cook over medium heat until tomatoes lose their raw aroma, 15 to 18 minutes.

Makes about 2 cups.

PER TABLESPOON: 15 calories, 0 g protein, 1 g carbohydrate, 1 g fat (0 g saturated), 0 mg cholesterol, 69 mg sodium, 0 g fiber.

Recipe by: Laxmi Hiremath in the San Francisco Chronicle, 6/24/92

Posted to recipelu-digest by Sharon Raghavachary on Feb 05, 1998

West Indian Bread Pudding

Yield: 10 Pounds (4.5)

Ingredients

5 cups. french bread cubes, about 6 ozs.
1/3 c golden raisins
1 c mashed very ripe banana, about 2 large
1/4 c plus 2 tbsp. honey
1 1/4 cups. skim milk
1 c egg substitute
1/4 tsp. ground nutmeg
1 tsp. vanilla extract

Instructions

(Low-Fat)

Combine the bread cubes and raisins. In a separate bowl, combine the remaining ingredients, and pour over the bread cubes. Stir gently to mix, and let the mixture sit for 10 minutes.

Coat a 1 1/2 quart casserole dish with nonstick cooking spray. Spread the bread mixture evenly in the dish, and bake at 350 degrees for 50 to 60 minutes, or until a sharp knife inserted in the center comes out clean.

Let stand for 10 minutes. Serve warm, and refrigerate any leftovers.

Makes 9 servings.

Calories: 182 Fat: 0.8 g Sodium: 185 mg Fiber: 1.2 g

West Indian Curry Powder

Yield: 1 Servings

Ingredients

25 g (1 oz) coriander seeds
1 tb aniseed, whole
1 tb cumin, whole
1 tb black mustard, whole
1 tb fenugreek, whole
1 tb black pepper, whole
1 a piece of cinnamon
2 tb ground ginger
2 tb ground turmeric

Instructions

Hindus who migrated to the West Indies in the 19th century introduced their spice blends to the islands, and curries are now found throughout the region.

Dry roast all the whole spices for about 5 minutes. Cool, then grind and blend with the ginger and turmeric. In an airtight jar, the powder will keep for 3-4 months.

Source: Jill Norman "The Complete Book of Spices" Viking Studio Books, 1991 ISBN 0-670-83437-8 The book is lavishly illustrated with full color photographs of the herbs and spices whole, mixed, ground.

Recipe by: Jill Norman * Web File 4/97 Posted to MC-Recipe Digest V1 #619 by "Mary Spyridakis" on May 23, 97

West Indian Curry

Yield: 1 Servings

Ingredients

- 1/4 c onion, minced
- 3 tb butter or marg.
- 3 tb flour
- 1 1/4 ts curry powder
- 3/4 ts salt
- 1/4 ts powdered ginger
- 3/4 ts sugar
- 1 bouillon cube
- 1/2 c boiling water
- 1 c milk
- 2 c shrimp meat or chicken cooked
- 1 ts lemon juice

Instructions

I got this recipe from a Monastery Cookbook I bought when I stayed at a Monastery a couple of weeks ago. The cookbook is one of those "fund-raiser" type cookbooks with recipes contributed by several people....it's really a fantastic book actually, well worth the \$7 I paid for it. The recipe calls for shrimp as the seafood, or chicken could be substituted, which is what I did when I made it....shrimp is too expensive, and my husband doesn't appreciate it anyway. I suppose you could add more curry if you wanted to this recipe. Betty Mellen from Corning, NY contributed the recipe in the book.

Saute, onion in butter in top of a double boiler. Stir in flour, all the seasonings and sugar. Add bouillon, dissolved in the boiling water. Add milk. cook over boiling water, stirring until smooth and thick. Add cubed meat or shrimp and lemon juice. Heat.

Notes: When I made this, I didn't cook over boiling water, just watched and stirred in my skillet. I also added a little chopped up apple. Posted to TNTProdigy's Recipe Exchange Newsletter by "Lilia Prescod" on Apr 16, 1997

West Indian Fruit Pie

Yield: 6 Servings

Ingredients

- 4 tb fresh pineapple, cubed
- 2 fresh pears, peeled, quartered and cored
- 2 bananas, thinly sliced
- 4 dried figs, chopped (up to 5)
- 4 oz brown sugar

1/4 ts salt
1/2 oz flour
1 lemon, juice and grated rind of (or 2 limes)
1 unbaked pastry for a 2-crust, 9-inch pie

RUM SAUCE-

2 tb sugar
2 ts cornstarch
1/4 ts powdered cinnamon
2 tb water
3 tb rum

Instructions

Put pineapple into a bowl, add pears, bananas and figs. Stir in sugar, salt, flour, lemon or lime. Stir all together well. Line 9" pie plate with pastry crust and turn mixture in. Cover with pastry top crust and bake for 15 minutes in preheated 425 F oven. Reduce heat to 350 F and cook for 45 minutes. Serve hot. May be served with rum sauce if desired.

Rum Sauce: Mix sugar, cornstarch and cinnamon and stir in water and rum, blending well. Cook over low heat until sauce thickens, stirring all the time. Serve hot with fruit pie.

Recipes are from *_Cooking the Caribbean Way_* by Mary Slater. Posted to EAT-L Digest 12 Mar 97 by Felicia Pickering on Mar 12, 1997

West Indian Marinade

Yield: 2 1/2 Cups

Ingredients

1 white onion, finely chopped
1 green pepper, seeded and finely chopped
1 scotch bonnet pepper, seeded and finely chopped
2 cloves garlic, minced
1 ts salt
1 ts freshly ground black pepper
1/2 c chicken stock
1/2 c white wine vinegar
1 juice of one lime
1 ts sweet paprika
1 ts dried oregano
2 sprigs fresh coriander, finely chopped
2 sprigs fresh parsley, finely chopped

Instructions

In a large bowl, combine all the ingredients to form a paste. Cover and refrigerate.

From Sugar Reef Caribbean Cookbook.

Typed by Syd Bigger.

West Indian Masala

Yield: 1/2 Cup

Ingredients

6 tb coriander seeds
1 ts fenugreek seeds
2 ts fennel seeds
1 ts black mustard seeds

1 1/2 ts cumin seeds
2 ts turmeric (opt)
1 ts ground jamaican allspice (optional)

Instructions

Roast all the seeds in a large pan in a 350oF oven until they begin popping. Place a cookie sheet on top of the pan and roast for an additional 8 minutes, taking care not to burn the seeds. Cool the seeds and grind them together in a spice mill to a fine powder. Add the turmeric and allspice, if using, and mix well.

The lack of chilies is typical of the eastern Caribbean where hot sauces rather than curry powder is expected to provide the heat.

A World of Curries by Dave DeWitt and Arthur Pais ISBN 0-316-18224-9 pg 211

West Indian Pepper Pot Soup

Yield: 6 Servings

Ingredients

1 Link Italian Hot Sausage
1/4 Lb. Corned Beef in one piece
1 Large Onion chopped
4 Scallions chopped
1 Bay Leaf
2 Sprigs Fresh Thyme
1/2 Scotch Bonnet Pepper* see note
Red Pepper Flakes Or Cayenne Pepper to taste
1 1/2 T. Whole Allspice
1/2 T. Whole Black Peppercorns
6 C. Beef Stock
2 C. Shredded Callaloo, Spinach, Mustard or other 1 Med. Carrot peeled and diced
1/2 Lb. Yucapeeled and diced
3/4 C. Chayote Or Yellow Squash diced
Salt To Taste

Instructions

* or other small hot chili, seeded and minced, or hot

1. Dice the sausage, place it in a 3-4 quart saucepan and cook over med. heat until lightly browned. Dice the corned beef. add it and continue to cook a few minutes. Add the onion, scallions, bay leaf and thyme and continue to cook until the onion is tender. Stir in the hot chili or pepper.
2. In a mortar or spice grinder, crush the allspice and peppercorns and add them to the pot. Stir, then add the stock. Bring to a simmer, and add the greens. Cook for 20 minutes.
3. Add the carrot, yuca and squash and cook about 10 minutes longer. Taste, adjust the amount of pepper if necessary and season with salt. Remove the bay leaf and thyme before serving

Contributor: Brenda Pittsley

Preparation Time: 0:45

West Indian Pepper Sauce

Yield: 1 Servings

Ingredients

1 mango or papaya
1 md yellow onion coarsely chopped

1 md garlic clove
5 scotch bonnets or habs, stemmed not seeded
1 inch piece of ginger root
1/2 ts turmeric
1 tb dry mustard
1 pn cumin
1 pn coriander
1/2 tb honey
1/2 c cider vinegar
1/2 c water
1 ts salt

Instructions

Puree first 10 ingredients in blender. Transfer mixture to bowl. In non reactive saucepan, bring vinegar, water, and salt to boil. Pour over mango mixture and stir well. Allow to cool before bottling. Refrigerated, sauce will keep approx 6 weeks.

Recipe By : Hot Licks-Jennifer Trainer Thompson

Posted to bbq-digest V4 #50

Date: Fri, 22 Nov 1996 10:51:18 -0500

From: Kit Anderson

West Indian Pumpkin Rice And Red Beans (Solomon)

Yield: 8 Servings

Ingredients

1 tb canola oil
1 md yellow onion chopped
2 lg clove garlic minced
2 c pumpkin cubes*see note
2 ts curry powder
1/2 ts black pepper
1/2 ts salt
1/4 ts ground cloves
1 1/2 c basmati rice or white rice-*see tip
1 c coarsely chopped kale or spinach
15 oz cooked red kidney beans drained and rinsed

Instructions

In a large saucepan heat the oil over medium heat. Add the onion and garlic and cook, stirring, for 5 minutes until the onion is translucent. Stir in the pumpkin, curry, pepper, salt, and clove and cook for 1 minute more.

Add 3 cups water and the rice, cover, and bring to a simmer. Cook over medium-low heat for about 15 minutes. Stir in the kale and beans and cook for about 5 minutes more. Fluff the rice and turn off the heat. Let stand for 10 to 15 minutes before serving.

VARIATION: Serve rice and beans with small amounts of chicken or fish.

TIP *For a taste of island heat, add a whole Scotch bonnet pepper (pierced once with a fork) to the rice while it simmers. Remove it before serving and cut into thin strips, discarding the seeds, serve on the side. see source #2.

Recipe from #1) SEVEN PILLARS OF HEALTH: Nutritional Secrets for Good Health and Long Life, by Jay Solomon, 1996, Prima Publishing from #2) THE GLOBAL VEGETARIAN, Jay Solomon, 1995, Contemporary Books. MC editing by Pat Hanneman (Kitpath) <http://wizard.ucr.edu/phannema> Mc-PER SERVING: 226 cal, 2.3gfat (9% cff)14% cf-Protein.

Notes: This festive dish is traditionally made with West Indian pumpkin, a huge squash with a vibrant, sweet potato-like flesh. Butternut, hubbard, red kuri, sugar pie pumpking, or other similar winter squash can be substituted. PREP: peel seed and dice the squash.

YIELD: 4 TO 6 SERVINGS Generously.

Recipe by: Seven Pillars of Health by Jay Solomon

Posted to MC-Recipe Digest by KitPATH on Mar 03, 1998

West Indian Pumpkin Soup

Yield: 1 Servings

Ingredients

1 tb olive oil

1 onion, chopped

2 stalks celery, chopped

1 carrot, chopped

3 cloves garlic, finely chopped

1/2 scotch bonnet chile, seeded

1 and finely chopped

5 c defatted reduced-sodium

1 chicken stock

1 1/2 lb calabaza or butternut squash peeled, seeded and cut into pieces

1/4 c finely chopped fresh parsley

2 bay leaves

2 sprigs fresh thyme or ts dried thyme leaves

1 tb brown sugar, plus more to taste

1/2 c reduced-fat sour cream, plus 3 tb for garnish

1 salt & freshly ground black pepper

1 chopped chives or scallions for garnish

1/4 ts ground red pepper (cayenne) for garnish

Instructions

Heat oil in a Dutch oven or soup pot over medium heat. Add onions, celery, and carrots cook until soft but not brown, 3-4 minutes. Add garlic and chiles and cook for 1 minute more. Stir in stock, squash, parsley, bay leaves, thyme, and sugar. Bring to a boil, then reduce heat to medium-low and simmer until the vegetables are very soft, 25-30 minutes. Discard the bay leaves and thyme sprigs.

Puree the soup in a blender or food processor, in batches if necessary, until very smooth. Add a little water if the soup is too thick. (The soup can be made ahead to this point and kept covered in the refrigerator for up to 2 days.)

Return the soup to the pot and stir in 1/2 cup sour cream. Simmer the soup for 3 minutes. Adjust seasonings, adding brown sugar, salt, and pepper to taste.

To serve, ladle the soup into bowls. Garnish each portion with a 1/2 tb. dollop of sour cream, some chives or scallions, and a dusting of red pepper. Serve at once. Makes about 7 cups. Serves 6.

Christi Craig From the Chile-Heads Recipe Collection URL:

<http://chile.ucdmc.ucdavis.edu:8000/www/recipe.html>

West Indian Rice & Peas With Tempeh

Yield: 6 Servings

Ingredients

2 c brown rice uncooked

1/2 c unsweetened grated coconut
2 1/2 tb vegetable oil
4 c water
1 c dried black eyed peas (soaked for at least 5 hr
3 bay leaves
1 md onion chopped
3 garlic cloves minced
1/4 c vegetable oil
1 sm chile sliced
1/2 red or green bell pepper
8 oz tempeh cubed
1 pn fennel (generous pinch)
1 salt & pepper to taste
2 scallions chopped

Instructions

Saute rice & coconut in the 2 1/2 tablespoons oil for 2-3 minutes, stirring constantly. Add the water & cinnamon stick. Cover the pot & bring it to a rapid boil. Do not peek at the rice, but when the steam starts escaping, turn the heat down. Simmer for 40 minutes.

Meanwhile, cook the black eyed peas with the bay leaf in salted, boiling water till tender (only takes about 20-25 minutes). Drain them & remove the bay leaves. Keep warm till the rice & tempeh are ready.

Saute the garlic & onion with the 1/4 cup of oil till the onions soften. Stir in chile & bell pepper. Saute for 2 minutes. Add fennel, tempeh, salt & pepper. Lower heat, but stir frequently till tempeh is crisp & golden.

Combine everything, mixing together well.

Posted by Mark Satterly in Fidonet Intercook

West Indian Shrimp

Yield: 6 Servings

Ingredients

1 1/2 lb shrimp, cooked drained and peeled
2 tb olive oil
1 tb Angostura bitters
1 ts dried chervil
1/2 ts marjoram
1/2 ts thyme
1/2 ts cumin seed
1/4 ts saffron
1/2 c grated Parmesan cheese

Instructions

In an oven-safe skillet, heat olive oil until it smokes. Quickly saute shrimp. Stir in bitters and herbs. Sprinkle with Parmesan cheese and broil until lightly browned.

Serving Ideas : Serve with rice.

Nutr. Assoc. : 1373 0 0 0 0 0 0 0 0

Contributor: Elizabeth Powell

Preparation Time: 0:30

White Russian Cocktail

Yield: 1

Ingredients

- 1 shot vodka
- 1 shot kahlua
- 1 ds cream

Instructions

Fill a shaker with ice and add the vodka and kahlua, then shake well.

Pour into a glass then add the cream.

Converted by MC_Buster.

Converted by MM_Buster v2.0l.

Wild Chinese Salad

Yield: 1 Servings

Ingredients

- 3/4 c wild rice
- 1 ts salt
- 10 ea snow peas
- 1 pk enoki mushrooms
- 3 c water
- 1/2 lg red bell pepper
- 1/2 lg yellow bell pepper
- 2 oz smoked turkey
- 1/2 c fresh coriander sprigs

DRESSING

- 1/4 c safflower oil
- 2 tb seasoned rice vinegar
- 1 tb fine minced ginger
- 1 salt to taste

Instructions

Bring 3 cups water to a boil with 1 tsp. salt. Stir in wild rice, cover and simmer until liquid disappears, about 45 minutes. Fluff with fork, and refrigerate. Snap stems off snow peas, pulling strings off top ridge. Quickly blanch peas in boiling water. When they turn bright green, transfer them into ice water bath to retain color. Pat them dry on a clean towel, and cut lengthwise into thin strips. Cover and set aside. Cut off and discard dirty ends of mushrooms. Separate mushroom threads. Stem and seed pepper halves, and cut into thin strips. Cut turkey into strips. Set aside. Combine dressing ingredients in a jar, shake vigorously. In a large bowl, toss turkey with wild rice. Add vegetables and coriander, tossing until desired proportions of rice to vegetables is reached. WILD CHINESE SALAD

Wild Salmon With Beurre Blanc Nantais

Yield: 4

Ingredients

- 4 wild salmon fillets each weighing approximately 150g (5 1/2 oz)
 - 30 ml president unsalted normandy butter melted (2tbsp)
 - 1 salt and white pepper
- THE BEURRE BLANC
- 2 lg shallots finely sliced

30 ml white wine vinegar(2tbsp)
90 ml muscadet (6tbsp)
30 ml waitrose double cream (2tbsp)
150 g president unsalted normandy butter diced (5 1/2 oz)
1 lemon juice
1 salt and freshly ground black pepper

Instructions

To make the beurre blanc, place the shallots, vinegar and wine in a pan and reduce until there is almost no liquid left.

Add the cream and heat gently. Whisk in the butter a little at a time, never allowing the sauce to boil. Season with lemon juice and a little salt and black pepper.

Brush each salmon fillet with melted butter and season with salt and white pepper.

Place under a preheated grill for 5-6 minutes. Allow to rest for 2 minutes.

Serve with the beurre blanc and freshly steamed new potatoes.

Converted by MC_Buster.

NOTES : This classic salmon dish comes from Nantes. Served simply with new potatoes and a green salad, this is a real summer treat.

Converted by MM_Buster v2.0l.

Wildflower Honey Cake With Indian Summer Berry Compote

Yield: 8 Servings

Ingredients

1/2 c butter
1 c wildflower honey
1/2 c whole milk yogurt
1/2 c sour cream
4 tb lemon juice
1 c all-purpose flour
1 c rye flour
1/2 ts salt
1/2 ts baking soda
1/8 ts clove
2/3 c walnutschopped
1 pt raspberries
1 pt strawberriesquartered
1 pt blueberries
1 pt raspberry sauce
1 tb mintchopped

Instructions

Cream butter and whisk in honey, yogurt, sour cream, and one-fourth of the lemon juice. Mix flours, salt, soda, clove, and walnuts. Combine ingredients softly.

Do not whip or beat. Butter 8-inch square pan. Pour batter into pan and bake at 350 degrees F for 45 minutes until skewer comes out clean. Cool and unmold onto cake rack. Cut into 1inch by 1inch squares. Prepare the Indian Summer Berry Compote by combining mint, and remaining lemon juice with raspberry sauce.

Serve cake topped with compote.

Rec.food.recipes is moderated only recipes and recipe requests are accepted for posting. Please read the FAQ posted on Mondays. Recipes/requests go to recipes@rt66.com questions/comments to tfdpress@acpub.duke.edu.

Please allow several days for your submission to appear.

From BrigitteJ@NOSPAMcsi.com Sat Jan 09 22:03:22 1999
Contributor: Richard Chamberlain, Restaurant at the Little Nell, Asp
Preparation Time: 1:00

Windows On The World's Millennium Cocktail

Yield:1

Ingredients

2 oz courvoisier millennium 2000
2 oz pineapple juice
1/2 oz orange curaçao
2 ds angostura bitters

Instructions

Combine ingredients in a shaker filled with ice. Shake vigorously for 10 seconds, then strain into a chilled martini glass. Garnish with a sprinkle of nutmeg.

Converted by MC_Buster.

Per serving: 32 Calories (kcal)trace Total Fat(1% calories from fat) trace Protein8g
Carbohydrate0mg Cholesterol1mg Sodium Food Exchanges: 0 Grain(Starch)0 Lean
Meat0 Vegetable1/2 Fruit0 Fat0 Other Carbohydrates

Converted by MM_Buster v2.0n.

Winter Squash And Chicken Stew With Indian Spices

Yield: 1

Ingredients

2 ts olive oil
6 chicken thighs skin removed
1 1/3 c chopped onion
3 garlic clovesminced
1 1/2 ts curry powder
1 1/2 ts ground cumin
1 ts ground cinnamon
4 c peeled butternut or acorn squash(1-inch pieces)
2 c peeled russet potatoes (1-inch pieces)
1 c canned low-salt chicken broth
1 cn diced tomatoes with liquid (14 1/2 to 16-ounce)
2 tb chopped fresh cilantro

Instructions

Heat 1 teaspoon oil in Dutch oven over medium-high heat. Season chicken with salt and pepper. Add to Dutch oven saute until brown on all sides, about 8 minutes.

Transfer to plate.

Heat remaining 1 teaspoon oil in same pot over medium-high heat. Add onion and garlic saute until golden, about 5 minutes. Add curry powder, cumin, and cinnamon stir 1 minute. Return chicken to pot. Add squash, potatoes, broth and tomatoes. Cover and simmer 15 minutes. Uncover and simmer until chicken and potatoes are cooked through and liquid is slightly reduced, about 8 minutes. Season with salt and pepper.

Sprinkle with cilantro.

Serves 6.

Bon Appetit November 1995

Converted by MC_Buster.

Per serving: 1392 Calories (kcal)97g Total Fat(62% calories from fat) 101g Protein26g
Carbohydrate474mg Cholesterol1445mg Sodium Food Exchanges: 1/2 Grain(Starch)13
1/2 Lean Meat4 Vegetable0 Fruit 11 Fat0 Other Carbohydrates
Converted by MM_Buster v2.0n.

Winter Squash With Indian Flavors

Yield: 1 Servings

Ingredients

2 tb unsalted butter
1 c cubed sweet onion
1 tb minced ginger
1 clove garlic
1 cut into slivers
1/2 ts cumin, ground
1 cn (14 1/2 oz) plum tomatoes
1 md acorn squash pared and seeded cut into 1 inch cubes
1 c frozen lima beans
1 c carrot slices 1/4 inch thick
1/2 ts salt
1/4 c unsweetened coconut
1/2 c heavy cream
1/4 c finely chopped
1 dry roasted cashews, preferably unsalted

Instructions

1. Heat butter in large heavy saucepan over medium heat. Stir in onion, ginger and garlic. Cover pan and reduce heat to low. Cook onion until very soft but not brown, about 10 minutes. Stir in curry and cumin and cook 1 minute.
2. Add tomatoes with liquid and break up tomatoes with wooden spoon. Stir in squash, lima beans, and carrots, season with salt. Cook covered stirring occasionally over low heat until veggies are tender, bout 20 minutes. Finely chop coconut in food processor. Pour in cream and process just until blended about 2 seconds. Let veggies cool slightly to keep cream from curdling, then stir in cream mixture. Sprinkle with cashews and serve.

From: Diane Lazarus

Wontons (Cha Yun T'Uns)Chinese

Yield: 1 Servings

Ingredients

1/2 lb ground chicken or pork
1/4 lb raw shrimp peeled and deveined, fine
1/2 c finely shredded and chopped cabbage
8 water chestnuts finely chopped
2 green onions finely chopped
1 tb lite soy sauce
2 ts cornstarch
1 ts sesame oil and rice vinegar
1/4 ts hot oriental chili paste
1 pn salt and white pepper
1 egg white
24 wonton wrappers

Instructions

In bowl, combine chicken, shrimp, cabbage, water chestnuts, green onions, soy sauce, cornstarch, sesame oil, vinegar, chili paste, salt, and pepper until well mixed. Stir in egg white until well blended. Chill for 10 minutes. Arrange wonton wrappers on work surface. Place spoonful of filling on each. Brush edges with bit of water. Fold dough over into triangle pinch edges to seal. Press little pleats into the sealed edge for decoration. Place on nonstick baking sheet lightly dusted with cornstarch.

Cover with dry kitchen towel. Lightly oil bottom of steamer basket with sesame oil.

Arrange dumplings in basket, about 12 at a time. Place over boiling water. Steam for 4 minutes or until shiny and filling is no longer pink.

Exchanges: Starch Exchange 1 & 1/2 Very Lean Meat Exchange 1

Calories 162 Total Fat 2g Saturated Fat 1g Cholesterol 63mg Sodium 110mg

Potassium 173mg Carbohydrate 21g Protein 14g

Recipe for Monday, 3/9/98 This week's recipes are from the cookbook World-Class Diabetic Cooking, featuring more than 200 great-tasting, exotic dishes from around the globe that are low in fat and calories. You can order a copy of this and many other cookbooks from our online bookstore or call 1-800-ADA-ORDER (1-800-232-6733).

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MC Formatted & Busted by Barb at Possum Kingdom on 3/26/98

NOTES : 8 servings/Serving size: 1/8 recipe All sorts of dumplings or little packages similar to these turn up in Chinese cooking and are an integral part of dim sum. Like pyrolys, they are also similar to Italian ravioli. To turn them into pot stickers, brown the bottoms in a nonstick skillet before steaming.

Recipe by: <http://www.diabetes.org/ada/rcptoday.html>

Posted to MC-Recipe Digest by abprice@wf.net on Mar 26, 1998

Ww Oriental Chicken

Yield: 4 Servings

Ingredients

- 1 lb chicken breasts deboned
- 1 pk frozen oriental vegetables
- 1/4 c soya sauce
- 1 tb wine
- 1 ts cornstarch
- 2 c rice cooked
- 2 tb oil

Instructions

Marinate chicken in wine, soya sauce and cornstarch. Stir fry vegetables in 1 tbsp. oil 8 to 10 min. Remove veg. Add other tbsp. Of oil and stir fry chicken for 5 to 7 min. Add vegetables and rice.

Makes 4 servings.

3 oz. Protein 1 serving vegetable 1 1/4 serving fat 1 1/2 extra

Oriental Recipes X

X.Y.Z. Cocktail

Yield: 1 Serving

Ingredients

1 oz Light rum

1/2 oz Triple sec

1 tb Lemon juice

Instructions

Shake all ingredients with ice, strain into a cocktail glass, and serve.

Recipe Source: THE ALL DRINKS LIST compiled by Andy Premaza

Formatted for MasterCook by Joe Comiskey, aka MR MAD - jpmd44a@prodigy.com

-or MAD-SQUAD@prodigy.net 06-17-1998

Oriental Recipes Y

Yakitori Japanese Broiled Chicken

Yield: 1 Servings

Ingredients

3 whole chicken breasts skinned
1 bn green onions
1/2 lb chicken livers
2/3 c soy sauce
1/3 c dry sherry
2 ts fresh ginger root minced
1/4 c water
1 ts sugar

Instructions

Remove any bone from the chicken. Cut into 1 inch cubes. Cut green onions into 3/4 inch lengths Cut the livers in half (optional)

Alternate the chicken cubes, scallions, and chicken livers on individual skewers (soaked in water, if bamboo). In a flat shallow glass or ceramic dish combine the remaining ingredients. Set the skewers in the soy mixture. Turn to coat all sides and let marinate 20 minutes, turning often or basting with the marinade. Grill the skewers 4-5 inches from hot coals or preheated broiler 8 minutes, turning often, until lightly brown and cooked through. Brush with marinade at least twice during cooking. Dip in toasted sesame seeds, if you wish.

NOTES : 1/4 teaspoon ground ginger can replace fresh ginger as many recipes vary with as many cooks, I'm sure the substitution of a little vinegar for the sherry would be all right. perhaps a small onion cut in crescent shapes could substitute for the green onions. Recipe by: Jean Hewitt's International Meatless Cookbook

Posted to recipelu-digest by gpgb@attica.net (Michael Bauman) on Mar 27, 1998

Yam Gai (Thai Broiled Chicken Salad)

Yield: 6 Servings

Ingredients

3 1/2 Ounces Wun Sen (cellophane noodles)
1 1/2 Teaspoons Sugar
4 Garlic cloves chopped
3 Tablespoons Fresh lime juice
2 Teaspoons Whole black peppercorns
1 Leaf lettuce
1/4 Cup Fresh corriander
4 Tomatoes
1/4 Cup Soy sauce
3 Scallions
2 Tablespoons Nam pla (fish sauce)
1 European cucumber
1 1/4 Pounds Boneless chicken breast
1 Tablespoon Roasted peanuts chopped
4 Cups Chicken stock
1 Lime thinly sliced

Instructions

Soften the noodles in hot water for 30 minutes. In a food processor, combine garlic, peppercorns, and 2 T coriander. Blend to a paste. Scrape the sides, and add 0.25 c soy sauce, and 2 T nam pla. Pour the marinade into a shallow pan and add the chicken (cut into 1 in cubes). Preheat the broiler. In a medium saucepan, bring the chicken stock to a boil. Drain the noodles and add to the stock for about 5 min. Drain well, and cut into 4 pieces. Remove chicken from the marinade, and broil for 4 to 7 min. until browned. In a small bowl, stir together sugar, lime juice, 1 T soy sauce, and 1 T nam pla. Line a large platter with lettuce leaves. Spread the noodles over the lettuce, and top with tomato wedges, chopped scallions, and diced cucumber.

Arrange the chicken, and pour the dressing over. Sprinkle with remaining coriander and peanuts. Garnish with lime slices.

Per serving (excluding unknown items): 74 Calories 1g Fat (16% calories from fat) 6g Protein 11g Carbohydrate 0mg Cholesterol 1086mg Sodium

Yam Neua (Thai Beef Salad)

Yield: 6 Servings

Ingredients

- 1 1/2 Pounds Beef tenderloin room temp.
- 1/4 Cup Fresh lime juice
- 1/4 Cup Fresh coriander chopped
- 1 Leaf lettuce head
- 2 Tablespoons Fresh mint chopped
- 2 Tomato thinly sliced
- 1 Jalapeno pepper minced
- 1 Small red onion thin sliced
- 3 Garlic cloves crushed
- 1 Small cucumber
- 2 Tablespoons Nam Pla (fish sauce)
- Fresh ground black pepper
- 2 Tablespoons Palm (brown) sugar
- 1 Lime thin wedges

Instructions

Preheat oven to 500F. Set beef in small baking dish and roast for 20 min. until rare. Let cool for 30 min, then refrigerate until cold, approx. 2 hr Slice against grain into 0.25 in. by 0.25 in pieces. In a large bowl, combine meat strips, coriander, mint, jalapeno and toss. In a small bowl, combine garlic, nam pla, palm sugar, and lime juice mix well. Pour this dressing over the meat and toss to coat. Cover a large platter with lettuce leaves. Arrange the tomatoes around the outside, overlapping the slices, as necessary. Arrange cucumber slices inside the tomatoes, then the onion slices inside those.

Remove the meat from the dressing and mound in the center of the platter. Pour any dressing that remains over the meat. Cover with a damp towel and refrigerate until chilled, at least 1 hr and up to 4 hrs. Before serving, sprinkle with black pepper, and garnish with lime wedges.

Yam Som-O (Thai Pomelo-Chicken Salad)

Yield: 4 Servings

Ingredients

- 1 Pomelo or ruby red grapefruit

1 sm Whole cooked chicken breast
1 c Cooked shrimp
1 ts Chopped red chile
1 1/2 tb Thai fish sauce
1 1/2 ts Sugar
Juice from 1 large lime
1 1/2 tb Chopped fresh coriander
1 sm Head red leaf lettuce for garnish
1/4 c Roasted peanuts chopped
Fresh red chile julienned garnish

-----CRISPY FRIED SHALLOT FLAKES-----

6 Shallots thinly sliced
1 c Vegetable oil

Instructions

It's almost Chinese New Year and the stores are all stocking up on fresh fruits which are a traditional Chinese gift for the season.

Pomelos are a big citrus fruit much like grapefruit, but somewhat drier and sweeter. This Thai recipe makes use of them and you should be able to find them this time of year. If not grapefruit will do.

This is from an article in the San Francisco Chronicle, 1/30/91, by Joyce Jue.

Peel and separate pomelo or grapefruit into segments. Remove the membranes. Seed. Gently flake the flesh apart into a bowl. Chill. Hand shred the chicken. Add chicken and shrimp to pomelo.

In a small bowl mix together the chopped red chile with fish sauce, sugar, lime juice and coriander toss with pomelo chicken mixture.

Arrange the lettuce on a serving platter. Put the fruit mixture over the lettuce. Top with peanuts and 2 tablespoons of Crisp Fried Shallot Flakes, and garnish with red chile slivers.

Serves 4 to 6 as a salad entree.

CRISP FRIED SHALLOT FLAKES: Slice shallots into thin slices. Be sure they are all of the same thinness to ensure even cooking. Heat a pan with the vegetable oil over medium heat. Add shallots and fry slowly until browned and crisp, 5 to 10 minutes.

The moisture in the shallots should be completely cooked out. Drain on paper towel.

Store in an air-tight container. Will keep several weeks.

Posted by Stephen Ceideburg January 31 1991.

Yellow Curry Paste (Thai)

Yield: 4 Servings

Ingredients

1 ts cumin seeds
1 ts coriander seeds
8 dried chilies
1/2 ts ground cinnamon
1 ts salt
1/2 ts ground cloves
1 tb chopped lemon grass
2 tb chopped shallots
1 tb chopped garlic
1 tb yellow curry powder

Instructions

Contributed to the echo by: Stephen Ceideburg Originally from: "Discover Thai Cooking". Pierre Chaslin, Piyatep Canungmai, Luca Invernizzi Tettoni, Times Editions, Singapore, 1987 Here's the recipe for the paste if you want to go to the effort: Yellow Curry Paste Place the cumin and coriander seeds in a pan without adding any oil. Dry fry them, stirring, over medium heat for 1 to 2 minutes until they are slightly browned, and give off a roasted aroma.

Coarsely chop the chilies and soak in water for 10 minutes. Drain. Pound all the ingredients together to produce a fine paste which goes well with beef and pork. You can work out your frustrations pounding the spice mix in a mortar and pestle or you can use a food processor if you're feeling particularly harmonious... Make a lot of the paste and save it for use in other curries.

Your Pad Thai Or Mine

Yield: 4 Servings

Ingredients

3/4 lb flat rice noodles (dried) width of fettuccine

1/4 c lime juice or more, to taste

1 ts salt

2 tb brown sugar

1 ts hot chile paste

3 tb canola oil or corn oil

2 eggs beaten

3 cloves garlic minced

1 ts fresh ginger minced

1 carrot peeled, julienned

8 scallions, halved lengthwise cut in 2" lengths

1 c mung bean sprouts

1/4 c dry-roasted peanuts unsalted

1/4 c cilantro chopped

1 lime sliced 1/8" rounds

Instructions

Soak the noodles in 3 quarts hot water for 30 minutes, then drain them.

(At this point you can store them, covered, for up to 24hours in the refrigerator.) In a small bowl, combine the lime juice, salt, sugar, chile sauce, and 1 tbsp water.

Pour 1 tbsp oil into a large nonstick skillet, and cook the eggs over low heat, stirring with a wooden spoon. Once the eggs are barely cooked, transfer them to a plate.

In the same skillet (rinsed if necessary), add the remaining 2 tbsp oil.

Over medium heat, add the garlic and ginger. Saute for about 30 seconds, then add the carrot and scallions. Saute for 1 minute more, stirring frequently. Add the lime juice mixture, then the drained noodles. Cook the noodles, stirring constantly, until they are tender but still chewy. about 1 minute. Add a bit more lime juice if you'd like a perkier Pad Thai, and add the sprouts and scrambled eggs, stirring well. Quickly divide the mixture among plates, sprinkle with the peanuts and cilantro, garnish with the lime slices, if you like, and serve.

Book note: DO NOT try to reheat this dish in the microwave. A friend of mine did, and it became a large and scary gelatinous glob of noodles that was absolutely inedible.

Risa's note (and very important): DO NOT soak these noodles for 30 minutes. Only 15 minutes. If you soak them more than 15 minutes they cook up very gloppy and you don't want that. You want the noodles separate and shiny. If you soak them for 30

minutes they will get stuck together when you cook them and they will be too soft to eat (THIS FROM EXPERIENCE).

Per serving: 227 Calories (kcal) 17g Total Fat (64% calories from fat) 7g Protein 15g Carbohydrate 94mg Cholesterol 649mg Sodium Food Exchanges: 0 Grain(Starch) 1/2 Lean Meat 1 Vegetable 0 Fruit 3 Fat 1/2 Other Carbohydrates
Contributor: Vegetarian Planet by Didi Emmons

Yu Sang (Chinese New Year Salad)

Yield: 1 Servings

Ingredients

1/2 pound fresh sashimi-grade tuna or striped bass fillet (about 6 x 2 x 1/2-inch piece)
2 cups peeled, finely shredded Chinese white radish (daikon)
2 cups peeled, finely shredded carrot
6 thin quarter-sized slices of fresh young ginger, finely shredded
1/3 cup finely shredded sweet preserved pickled ginger (see note)
1/4 cup finely shredded pickled scallions (see note)
6 fresh or frozen kaffir lime leaves, finely shredded (optional) (see note)
1 large red jalapeno chile, seeded and finely shredded
1/2 bunch green onions, finely shredded
1/2 bunch cilantro, leaves only
1/4 cup chopped peanuts
Toasted sesame seeds, for garnish
1 lime or lemon, cut in half and seeded
Crisp fried shrimp chips or fried rice stick noodles, for garnish

MARINADE:

1/2 tablespoon vegetable oil
1/2 tablespoon Asian sesame oil
1/4 teaspoon sugar
1/4 teaspoon salt
1/8 teaspoon white pepper
1/8 teaspoon five-spice powder Juice of 1 lemon

Instructions

Chill fish until firm. Cut into paper-thin, 2-inch-long slices against the grain set aside. In separate bowls, cover radishes and carrots with cold water set aside until ready to assemble salad. Then rinse and squeeze out excess water.

To assemble: Toss fish slices with marinade ingredients. Place fish in center of a platter. Arrange daikon and carrot shreds around fish. Scatter fresh and pickled ginger, the pickled scallions, lime leaves, chiles, green onions and cilantro over fish. Sprinkle with peanuts and sesame seeds.

Just before serving, squeeze the lime or lemon juice over all.

It is customary for everyone to join in and toss the salad. Using chopsticks, each diner digs from the bottom of the salad and lifts the ingredients to mix together.

When the salad is fully tossed, taste for seasoning. Adjust with more sesame oil, lime juice, salt and/or some of the juices from the pickled vegetables.

Garnish with shrimp chips or fried rice stick noodles.

Serves 4 to 6.

NOTE: Bottled pickled ginger and pickled scallions may be found in Chinese markets. Kaffir lime leaves may be found in Thai grocery stores. If kaffir leaves are not available, omit or substitute domestic lime leaves.

PER SERVING: 195 calories, 13 g protein, 15 g carbohydrate, 11 g g fat (9 g saturated), 17 mg cholesterol, 205 mg sodium, 3 g fiber.

San Francisco Chronicle, 2/3/93.

Posted by Stephen Ceideberg February 5 1993.

Yukkae Jang Kuk (Korean) Beef Stew

Yield: 6 Servings

Ingredients

1 kg skirt or flank steak

2 ts salt

1/2 ts ground black pepper

24 spring onions, sliced

1 ts sugar

125 g rice vermicelli

2 tb sesame oil

2 ts chilli powder(or to taste)

2 eggs, lightly beaten

Instructions

Put whole piece of steak into saucepan with salt, pepper and just enough water to cover. Bring to the boil, cover and simmer until steak is very tender. Allow to cool, then shred with fingers into fibres. Return to the pot, add spring onions and sugar and simmer for 10 minutes. While simmering, soak rice vermicelli in hot water for 10 minutes, then drain.

Add to simmering pot. Mix sesame oil and chilli powder together and add to stew. The rich red oil will float on top. Drizzle the beaten eggs into the bubbling stew, stirring so that it cooks in shreds. Serve with hot white rice.

Imran C. Gold Coast-Australia :) Posted to EAT-L Digest 14 November 96

Date: Fri, 15 Nov 1996 21:44:06 +1000

From: "I. Chaudhary"

Yum Chai Talay (Thai Hot And Sour Seafood Salad)

Yield: 5 Servings

Ingredients

1/2 c squids cleaned gutted, purple s

1/2 c white fish fillets cut into square pieces

1/2 c shrimps peeled & deveined

1/2 c fresh mussels cleaned

1/2 c celery leaves

1/4 c peppermint leaves

1 ts cilantro roots minced

1/4 c chilies cut into 1 pieces or to taste

1 ts sugar

4 tb lime juice

1 ts salt

2 tb garlic minced

Instructions

Pound cilantro roots, garlic and chilies in a mortar or blender coarsely.

Add sugar, lime juice, salt and blend well, set aside. Bring a pot of water to a boil over high heat. Put squids in a strainer, lower the strainer into the water and boil briefly just until the squids are cooked (DO NOT overcook). Lift the strainer up and drain well.

Pour the squids into a mixing bowl and set aside. Bring the water to a boil again and repeat the boiling steps with the fish fillets and mussels. Combine the squids, fish, mussels and the dressing well. Add mints and celery leaves and mix briefly. Serve immediately, alone or with cooked rice (goes well with alcoholic beverages).

Posted to MC-Recipe Digest V1 #754 by Nancy Berry on Aug 21, 1997

Yum Hoi Mang-Pu Thai Mussel Salad.

Yield: 4 Servings

Ingredients

1 c mussels, raw, shelled, clean
2 tb frsh lemongrass, sliced fine
1/4 c shallots, sliced.
10 hot fresh thai chili peppers
1 leaf lettuce.
1 fresh mint leaves.
2 tb fish sauce.
2 tb lime/lemon juice.
1 large mild red chili pepper.

Instructions

Select only good quality, plump, fresh mussels, shelled and debearded. Put the raw mussels into a strainer and drain well.

Wash the lemongrass stalk, trim off the leaves and woody top portion and discard. Slice the stalks into fine rings till you have the required quantity. If possible, use only the tender lower portions of the stalk. Peel the shallots, and also slice fine. Wash the mint leaves, and use the leaves whole.

Wash the hot fresh Thai chili peppers (substitute milder chili if desired), and lightly crush with a heavy object or the flat of a knife.

Bring a pot of water to a boil and blanch the mussels, using the strainer, quickly in the boiling water. Put the mussels into a bowl, let cool then add lime/lemon juice and fish sauce and mix well. Add the sliced lemongrass, sliced shallots, crushed chili peppers, mixed together. Add mint leaves, and lightly toss together.

Serve on a platter lined with leaves from the lettuce, and garnish with some extra mint leaves and slices of the mild red chili pepper. Serve the remaining lettuce leaves on the side as an accompaniment.

Translated by Padej Gajajiva from "Homemaker Book 2" by Pensee Gajajiva.

Yum Pra-Hmik (Thai Squid "Salad")

Yield: 6 Servings

Ingredients

1 lb fresh squids.
1 tb fresh ginger root, julienne.
1 tb lemongrass, sliced fine.
2 tb onion, chopped.
3 tb lime or lemon juice.
3 tb fish sauce.
1 tb scallions, chopped.
1 tb cilantro, chopped.
1/2 c mint leaves.
10 crushed hot chili peppers.

Instructions

Clean and wash the fresh squids, removing all inner matters and skin. Cut through the side so that the meat is in a single "sheet". Cut the meat into strips about 3/4" to 1" wide and 2" long. If desired, slash one side in a close criss-cross patterns, and the strip will curl into a roll upon cooking. Place the squid pieces into a wire strainer with long handle.

Boil a pot of water, and immerse the strainer with the squid meat into the boiling water to cook. For very fresh squid, cook until the meat had turned opaque and heated through. For frozen, or "not so fresh" squid, it is advisable to cook a little longer. Lift the squid out of the boiling water and let drain in the strainer. Place the well drained squid meat into a bowl and add fish sauce and lime or lemon juice. Adjust tastes by adding more of either ingredients. The tastes should be tangy sour with sufficient salty tastes. Add lemongrass, ginger roots (very finely julienne), and chopped onions, and mix well. (Optionally, you may add dry ground hot chilli pepper to taste). Place on a serving platter (lined with lettuce leaves) and topped with chopped scallions, cilantro, mint leaves, and crushed hot chilli peppers. Translated by Padej Gajajiva from a Thai cookbook, "Thai Cuisine" by Chantr Tasanont, Manee Suwanpong, and Srisamon Kongpun.

Oriental Recipes Z

Zarda (Indian Rice Pudding)

Yield: 1 Serving

Ingredients

2 1/3 c raw long grained rice

water

ts salt

1/4 ts powdered saffron

2 c sugar

1 1/2 c butter

2 whole cardamom seeds shelled

5 whole cloves

juice of one lemon

1/4 c light or dark raisins

1/4 c unroasted pistachios

1/4 c blanched almonds sliced and roasted

1/4 c unsalted cashews Brazil nuts or filberts, sliced and toasted

1 c heavy cream whipped.

Instructions

Cook the rice in six cups of boiling water with the salt and saffron until half done, about ten minutes. Use enough saffron to give a rich yellow color. Drain. Boil the sugar with 3 3/4 cup water for one minute, stirring until the sugar has dissolved. In the bottom of a heavy four quart Dutch oven or other large kettle, heat the butter. Add the cardamom and cloves and cook over low heat ten minutes. Add all but one half cup of the syrup and boil a minute or so. Add the rice to the mixture and cook, stirring gently until the butter is absorbed or about ten minutes. Add the lemon juice, raisins and nuts and cook over fairly high heat five minutes. Reduce heat to barely simmering and cook over low heat until the rice is tender. If the rice is not quite tender when the liquid has been absorbed, add the reserved liquid and continue to cook until rice is dry and soft. Remove from heat and let stand, covered for ten minutes. Serve warm with whipped cream.

Per serving (excluding unknown items): 5096 Calories 386g Fat (66% calories from fat) 17g Protein 434g Carbohydrate 1062mg Cholesterol 2955mg Sodium

Zesty Indian Chicken

Yield: 4 Servings

Ingredients

4 boneless chicken breasts

1 * non-stick cooking spray

2 ts indian spice mixture (recipe follows)

Instructions

* Non-fat sour cream

Spray the chicken breasts lightly with cooking spray and coat each with 1/2 tsp of the Indian Spice Mixture. Broil the chicken for 15-20 minutes or until done. Place a dollop (about 2 tbs) of nonfat sour cream on each.

Zesty Szechwan Salmon

Yield: 6 Servings

Ingredients

2 ts cornstarch
2 tb dry sherry
1 tb peanut oil
2 tb fermented black beans
1 ts minced fresh ginger
1 ts minced garlic
2/3 c chicken broth
1 tb oyster sauce
2 ts dark soy sauce
6 (4-oz) salmon steaks 1 thick
1/4 c vegetable oil
1/4 c thinly sliced green onions include some tops

Instructions

Combine cornstarch and sherry add peanut oil, black beans, ginger, garlic, broth, oyster sauce and soy sauce. Stir until well blended (or process in blender or food processor until blended). Set aside. Prepare a bed of hot coals or preheat broiler. Adjust barbecue grill 4-5 inches above coals position oven rack so fish will be 4-5 inches below heat source. Lightly grease grill or rack. Cook about 3 minutes, then rotate 1/4 turn and cook 2-3 minutes longer to create a crisscross pattern. Turn fish over, cook other side same way (total cooking time is 10-12 minutes). To check doneness, pierce center of salmon with a fork if flesh is opaque and flakes readily, fish is done. Don't overcook! Place fish on warmed plates and top with a few spoonfuls of sauce, letting it run over edges. Garnish with green onions. Makes 6 servings.

From the , by Jane Butel, ISBN 0-89586-646-3 (0-89586-542-4 paperback).

Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

Zuni Indian Bread

Yield: 1 Serving

Ingredients

pnewton vkbb14a
3 tb dry buttermilk or 7/8 c buttermilk
7/8 c water if you use dry buttermilk
1 egg (i use just a white)
1 ts powdered lecithin optional
1 2/3 c whole wheat flour
1 c bread flour
1/3 c cornmeal
1 1/2 ts salt
1 1/2 tb applesauce (butter)
3 tb molasses
1/3 c dry roasted sunflower seeds
1/4 ts baking soda (omit if using powder buttermilk)
3 ts yeast

Instructions

Use light setting