

Lemon Grass and Chicken Summer Rolls

Ingredients

- 2 pounds skinless, boneless chicken breast
- 2 tablespoons minced fresh ginger root
- 2 tablespoons minced fresh jalapeno chile
- 1/2 cup peeled and thinly-julienned seedless cucumber
- 1/4 cup minced fresh Thai basil leaves
- 1/4 cup minced fresh mint leaves
- 1/4 cup minced fresh cilantro
- 1 1/2 tablespoons minced lemon grass
- 1/2 cup ground peanuts
- 1/4 cup fish sauce
- 3 tablespoons lime juice
- 2 teaspoons white sugar
- 1 tablespoon sesame oil
- 1 tablespoon peanut oil
- 16 rice paper wrappers
- 16 leaves red leaf lettuce

Directions

1. Bring a large pot of lightly-salted water to a boil. Season the chicken with salt and cook in the boiling water until no longer pink in the center, 7 to 10 minutes. Transfer to a large platter and allow to cool completely in refrigerator. Shred into small pieces once cooled.
2. Combine the shredded chicken, ginger, jalapeno pepper, cucumber, basil, mint, cilantro, lemon grass, and peanuts in a large mixing bowl; toss until evenly distributed. Whisk together the fish sauce, lime juice, sugar, sesame oil, and peanut oil in a small bowl; add to the chicken mixture and mix with your hands until evenly coated.
3. Fill a shallow pan with hot water. Dip the rice paper wrappers in the hot water until soft one at a time. Spread the rice paper onto a clean, flat surface. Place 1 leaf of lettuce into the center of a sheet of rice paper; spread about 1/3 cup of the chicken mixture onto the lettuce leaf. Fold the bottom end of the rice paper over the top of the mixture and then roll into a cylinder. Repeat until all ingredients are used. Cut into halves to serve.

Indonesia Sate (Meat Kabobs)

Ingredients

- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 tablespoons kecap manis
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon sambal oelek
- 1/2 cup red wine
- 1 1/2 tablespoons water
- 1 lemon grass, bruised, and cut into 1 inch pieces
- 1 pound sirloin steak, cut into 1-inch cubes

Directions

1. Place onion, garlic, kecap manis, coriander, cumin, sambal oelek, red wine and water in a food processor and blend to a smooth paste. Pour marinade into a large glass or ceramic bowl. Stir in the lemon grass. Add the beef and toss to evenly coat. Cover the bowl with plastic wrap, and

- marinate in the refrigerator for at least 2 hours. Thread beef onto metal or soaked wooden skewers, about 4 cubes per skewer.
2. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
 3. Grill skewers until beef reaches desired doneness, about 5 minutes for medium.

Sauteed Callaloo

Ingredients

- 2 pounds callaloo, washed, stemmed and coarsely chopped
- 1 large onion, sliced
- 6 garlic cloves, chopped
- ½ teaspoon Scotch Bonnet peppers, chopped
- olive oil
- salt and fresh pepper to taste

Directions

1. Heat a large skillet over high heat. When the skillet starts to smoke add oil and onions.
2. Season with salt and pepper. Add the garlic and Scotch Bonnets. Cook for 2 minutes more.
3. Add the callaloo in batches until it has completely collapsed.
4. Add water if too dry and continue to cook for 15 minutes more.
5. Season to taste again, if necessary.

Callaloo (Trinidad)

Ingredients

- 2 tablespoons vegetable oil
- 1 medium onion
- 4 garlic cloves, minced
- 2 tablespoons chopped celery
- 1/4 cup fresh thyme
- 1/2 cup chopped chives
- 15 okra, sliced
- 1/2 cup chopped west indian pumpkin (substitute butternut squash or pumpkin)
- 15-20 callaloo leaves, washed and coarsely chopped
- 1 cup coconut milk
- 1 maggi seasoning, cube plus
- 4 cups water or chicken stock
- 2 live blue crabs, cleaned and washed in lime juice (or 5-6 pieces salted beef or salted pigtail)
- 1 whole scotch bonnet pepper (Congo pepper)
- 2 tablespoons golden ray cooking margarine
- 1 teaspoon salt (if using maggi cube taste first before adding salt or the soup will be too salty.)

Directions

1. Put salted pork pieces in a pot and cover with water. Bring to a boil. Drain off this water. Repeat this process to draw off the excess salt from the salted meat.
2. Heat the oil in a large pot and add the onion, garlic, celery and fresh herbs. Sauté until fragrant, about 2 minutes. Add okras, pumpkin and dasheen leaves and sauté for another minute or so. Add the coconut milk and stock or water, crab and hot pepper.
3. Keep an eye on that hot pepper use one that is not bruised. You DO NOT want that pepper to burst while cooking. The heat from the burst pepper will overpower the other flavours.
4. Bring to a boil and reduce heat to a simmer. Cook uncovered for about 35 minutes.

5. Taste and add salt if needed.
6. Remove hot pepper and crab or meat, and swizzle the callaloo, or put in a blender or you can use an immersion type blender, and beat until smooth. Return the crab or meat pieces to the soup. Add the cooking margarine or butter. Simmer for 5 more minutes. Stir well.
Serve hot as a soup on it's own or as a side dish.

Grilled Eggplant

Grilled eggplant slices topped with feta cheese, fresh oregano, red wine vinegar and olive oil; seasoned with salt and pepper.

Ingredients

- 1 large eggplant, cut into 8 individual ½” slices
- 2 red Bell peppers, cut into wedges, stems and seeds removed
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon fresh oregano
- ½ cup crumbled Feta cheese

Directions

1. Preheat grill to medium heat.
2. Oil grill grate and make sure grate hot.
3. Rub eggplant slices with olive oil. Grill eggplant slices for several minutes, turn and grill opposite sides.
4. Remove eggplant from grill to serving platter.
5. Drizzle eggplant with olive oil and red wine vinegar.
6. Combine fresh oregano and crumbled feta cheese.
7. Season cheese mixture with salt and pepper.
8. Sprinkle cheese mixture over eggplant slices.

Baba Ghanoush

Baba Ghanoush - also known as Baba Ghanouj and Baba Ganoush - is a dip or spread made of roasted eggplant and tahini. Simply roast the eggplant, scoop out the softened pulp, and then puree with tahini and seasonings. The seasonings used in this recipe for Baba Ghanoush are garlic, lemon juice, parsley and salt. Dip fresh pita bread or cut vegetables into the Baba Ghanoush for a healthy snack.

Ingredients

- 1 large eggplant
- 2 cloves garlic, minced
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. lemon juice
- 2 Tbsp. Tahini
- 1 Tbsp. fresh parsley
- 1/2 tsp. salt

Directions

1. Preheat oven to 400° Fahrenheit (200° C).
2. Prick the eggplant with a fork. Then place on a cookie sheet and put into the hot oven.
3. Roast the eggplant for about 40 minutes or until very soft inside.
4. Cool completely.
5. Scoop out the eggplant's pulp and place in a food processor. Add remaining ingredients into the food processor. Pulse until pureed, but still has some texture.

6. Refrigerate. Serve chilled with fresh pita bread.

Orecchiette with Potatoes and Radishes

Ingredients

- 1 (8-ounce) bunch radishes with tops
- 8 ounces uncooked orecchiette ("little ears" pasta)
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 pound red potatoes, cut into 1-inch cubes (about 3 cups)
- 3/4 cup vegetable broth
- 2 cups (1-inch) diagonally sliced asparagus
- 1/2 teaspoon salt
- 2 tablespoons (1/2 ounce) grated fresh Parmesan cheese

Preparation

1. Wash radishes and green tops thoroughly. Cut radishes into thin slices to equal 1/2 cup; chop radish tops to equal 1/3 cup.
2. Cook pasta according to package directions, omitting salt and fat; keep warm.
3. Heat oil in a large nonstick skillet over medium-high heat. Add radishes, radish tops, and garlic; sauté 5 minutes, stirring frequently. Add potatoes and broth; bring to a boil. Cover, reduce heat, and simmer 7 minutes or until potatoes are tender. Add asparagus; cook 3 minutes. Add salt. Combine potato mixture and pasta; toss well. Sprinkle with cheese

Spring Radish Salad

adapted from *Verdura Vegetables Italian Style* by Viana La Place

Ingredients

- 1 bunch fresh radishes
- 2-3 very sweet carrots
- 2 bunches arugula
- 2 tablespoons freshly grated Parmesan cheese
- salt and pepper to taste
- extra virgin olive oil
- lemon wedges

Preparation

1. Trim the radishes and slice them thinly. Peel the carrots and cut them on the diagonal into very thin slices. Snap off the tough stems from the arugula. Gather the arugula into a bunch and cut it crosswise into strips.
2. Arrange the arugula on a platter. Scatter the sliced radishes and carrots over the arugula. Season with salt and pepper to taste. Drizzle with enough olive oil to lightly moisten the vegetables. Sprinkle the Parmesan over the top. Serve with lemon wedges to squeeze over the salad.

RADISH SLAW

This could also be good without the cabbage.

Ingredients

- 1/2 lb. radishes, trimmed and grated coarse (about 2 cups)
- 3 cups finely shredded cabbage
- 1 cups grated carrots

- ½ cup thinly sliced red onion
- 2 tablespoons fresh lemon juice
- ½ teaspoon sugar
- 2 tablespoons olive oil
- 2 tablespoons finely chopped fresh cilantro, mint or parsley leaves

Preparation

1. In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the herbs, and salt and pepper to taste.

Radish Top Soup

Don't throw out your radish greens. Believe it or not, those fuzzy leaves can be transformed into a smooth green soup, with a hint of watercress flavor.

Ingredients

- 6 tablespoons butter
- 1 cup chopped onions or leeks
- 8 cups loosely packed radish leaves
- 2 cups diced peeled potatoes
- 6 cups liquids (water, vegetable stock)
- ½ cup cream (optional)
- salt and fresh pepper to taste

Preparation

1. Melt 4 tablespoons butter in a large saucepan, add onions or leeks, and cook until golden, approximately 5 minutes. Stir in radish tops, cover pan, and cook over low heat until wilted, 8-10 minutes.
2. Meanwhile, cook potatoes until soft in liquid along with 1 teaspoon salt. Combine with radish tops and broth, and cook, covered, for 5 minutes to mingle flavors. Puree finely in a food processor. Add cream if desired. Season to taste with butter, salt and pepper.

Grilled Corn

Ingredients

- 4 large ears fresh yellow sweet corn, with husks
- ¼ cup unsalted butter, melted
- 1 garlic clove, minced fine
- 1 teaspoon Tabasco sauce
- 1 teaspoon sea salt
- 3 grinds fresh black pepper
- 1 tablespoon fresh basil, minced (or 1 tsp dried, crushed)
- ½ teaspoon sugar

Directions

1. Carefully strip husks and cornsilk from ears, discarding silk but keeping the husks as intact as possible. Rinse and put between 2 layers of paper towels to dry, pressing flat with a weight (heavy cookbook, iron pot) Meanwhile, put the ears in a pot of boiling water and boil for about 10-15 minutes. Drain and cool until easily handled. Mix all seasonings with the melted butter. (You can really add anything---I think mixed Italian herbs would be nice, or even a dash of curry to go with an Indian meal. Or heavy on the Cajun spices and more Tabasco for the stouthearted.).

2. Carefully wrap the ears back in the husks, and bind the covering with thin strips of the husk, tamale-style, tying securely. Place on tinfoil that has been pinched at the corners to form a basin, and pour the butter, etc., over all everything. Wrap in more foil to seal tightly, and place on the grill while any meats are cooking.
3. When meats are done, remove the foil and let the corn grill on the rack above the hot coals. The extra butter will drip down and cause a little conflagration, which will set the husks on fire (fun to watch!) and char the corn slightly. Remove almost instantly, get rid of the burned husks, grab the salt shaker, and enter Paradise!

Fragrant Puree of Corn Soup

This soup is all about corn, intensely so. If your corn isn't sweet, the soup will be dull, so make sure it's good before you begin. Use the cobs for the stock and the kernels for the soup. The soup should be velvety smooth -- don't skip the straining step -- and very fragrant.

Ingredients

For the stock:

- The cobs from 3 large ears corn
- 1 small onion, quartered
- 1/2 pound carrots, sliced
- 1 garlic clove, peeled and crushed
- 2 quarts water
- Salt to taste

For the soup:

- 1 tablespoon canola oil
- 1 small or 1/2 medium sweet onion, chopped
- Salt, preferably kosher salt, to taste
- Kernels from 3 ears corn

For garnish:

- Cooked kernels from 1 ear of corn

Directions

1. Make the stock: Combine the corn cobs, quartered onion, carrots, garlic and water in a large soup pot, and bring to a boil. Season with a small amount of salt (you will be reducing this broth, so don't salt fully at this point). Reduce the heat, cover and simmer one hour. Strain and return to the pot. Bring to a boil, and reduce to 5 cups. Taste and adjust seasoning.
2. Heat the oil in a heavy soup pot, and add the onion and 1/2 teaspoon salt. Cook, stirring, until tender, about five minutes, and add the corn kernels. Cook gently for about three minutes, stirring, and add the stock. Bring to a simmer, cover and simmer over low heat for 30 minutes.
3. Transfer to a blender in 1 to 1 1/2-cup batches, taking care to cover the top with a towel to avoid hot splashes, and blend the soup until smooth. Put through a medium strainer, pressing the soup through with the bottom of a ladle or with a spatula, and return to the pot. Heat through, taste and adjust seasonings. Place a generous spoonful of corn in each bowl, ladle in the soup, and serve.
Yield: Serves four.