

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 green 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.

Vietnamese-Style Chicken Curry Soup

Ingredients

- 2 tablespoons vegetable oil
- 1 (3 pound) whole chicken, skin removed and cut into pieces
- 1 onion, cut into chunks
- 2 shallots, thinly sliced
- 2 cloves garlic, chopped
- 1/8 cup thinly sliced fresh ginger root
- 1 stalk lemon grass, cut into 2 inch pieces
- 4 tablespoons curry powder
- 1 green bell pepper, cut into 1 inch pieces
- 2 carrots, sliced diagonally
- 1 quart chicken broth
- 1 quart water
- 2 tablespoons fish sauce
- 2 kaffir lime leaves
- 1 bay leaf
- 2 teaspoons red pepper flakes
- 8 small potatoes, quartered
- 1 (14 ounce) can coconut milk
- 1 bunch fresh cilantro

Directions

1. Heat oil in a large stock pot over medium heat. Cook chicken and onions in oil until onions are soft and translucent; remove onions and chicken from pot and set aside.
2. Saute shallots in pot for about 1 minute, then stir in garlic, ginger, lemon grass and curry powder. Continue to cook for about 5 minutes, then stir in bell pepper and carrots. Return chicken and onion to pot and stir in chicken broth, water and fish sauce. Season with lime leaves, bay leaf and red pepper flakes.
3. Bring to a boil and introduce potatoes. Return to a boil and pour in coconut milk. Reduce heat and simmer 40 to 60 minutes, until potatoes and chicken are tender. Garnish each dish with a sprig of fresh cilantro.

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 1/2" 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
- 1/2 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.

Smoked Mozzarella Eggplant Rolls

Grilled eggplant topped with smoked mozzarella, pesto, and tomato. Eggplant slices are rolled, secured and palced back on the grill until cheese begins to melt. Eggplant rolls are served with hot marinara for dipping.

Ingredients

- 1 large Eggplant, cut into 10 thin slices, salted, placed in colander 20 minutes, rinsed in cold water
- 8 slices Smoked Mozzarella
- 2 Plum Tomatoes, cut into 8 thick slices
- 3 tablespoons Pesto
- Balsamic Vinegar and Olive Oil, for drizzling (optional)
- Marinara Sauce, warmed

Directions

1. Preheat grill to medium heat. Spray grill grate liberally with oil.
2. Pat dry eggplant with paper towels.

3. Grill eggplant slices 8-10 minutes, turning once after 5 minutes.
4. Remove from grill to plate. Place mozzarella slice in center of each slice.
5. Top mozzarella with dollop of pesto and place tomato slice on pesto.
6. Fold eggplant in to roll. Place back on grill, seam side down.
7. Heat until mozzarella begins to melt.
8. Remove from grill to serving platter. Drizzle with balsamic vinegar.
9. Serve hot with marinara sauce.

Grilled Corn

Ingredients

- 4 large ears fresh yellow sweet corn, with husks
- 1/4 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)
- 1/2 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.

Pasta with Arugula and Goat Cheese Sauce

Ingredients

- 1 bunch fresh arugula
- 4 sprigs fresh parsley
- 1 8 ounce container low-fat yogurt or sour cream
- 1/3 cup goat cheese, crumbled
- 1 pound fusilli noodles
- salt and fresh pepper to taste
- grated Parmesan cheese, for garnish

Directions

1. Before preparing sauce, fill a large casserole with water, and bring the water to a boil.
2. Wash and clean well the arugula and parsley. Dry thoroughly. Trim and chop both the arugula and the parsley.
3. Place the arugula and the parsley in a food processor. Add the yogurt or sour cream, goat cheese, salt, and pepper. Blend the ingredients thoroughly. Keep the sauce at room temperature until ready to use.
4. Add a pinch of salt to the boiling water, and cook the fusilli noodles following the instructions on the package. When the noodles are cooked, drain them, and place them in four serving dishes. Pour the sauce evenly over the top of each serving and add some cheese to each dish. Serve immediately.