

## *Salad Nicoise*

### **Ingredients:**

#### *Salad:*

- 1 1/2 cups torn mixed greens or fresh spinach leaves
- 1 6 ounce can tuna packed in water
- 4 ounces fresh green beans, cooked until just done
- 4 cooked new potatoes, quartered
- 2 ripe roma tomatoes, cut into wedges
- 2 hard boiled eggs, halved
- 1/4 cup black olives
- small tin of anchovies in oil
- 1 teaspoon capers, drained and rinsed, optional



#### *Dressing:*

- 9 tablespoons extra virgin olive oil
- 3 tablespoons white wine vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon garlic, smashed with salt until paste
- ground black pepper to taste

### **Preparation:**

In a large serving bowl, place the mixed greens. Drain the tuna and flake onto the greens. Add the green beans, potatoes, tomatoes, eggs, black olives, anchovies and capers if using.

Place all the dressing ingredients into a bowl and whisk until well incorporated. Pour over the salad and serve immediately.

## *Baby Spinach, Crab, Tomato and Creme Fraiche Salad*

### **Ingredients:**

4 ounces baby spinach  
4 ounces white crab meat  
3 plum tomatoes  
juice of 2 lemons  
2 ounces creme fraiche  
1 tablespoons chives, chopped  
salt and fresh ground pepper to taste

### **Preparation:**

Pick crab of all the white meat. Wash the baby spinach well. Remove skin and seeds from the tomatoes and coarsely chop. Mix the lemon juice into the creme fraiche.

Mix all the ingredients together with the chives and season with salt and pepper. Serve immediately.

## *Chicken and Melon Salad*

### **Ingredients:**

#### *Salad:*

3 chicken breasts, whole, boneless  
1/2 cantaloupe  
1/2 pound black grapes  
1/2 pound asparagus  
1 cup chicken stock  
1/2 cup dry white wine  
1 garlic clove, crushed  
3 tablespoons capers  
3 tablespoons Parmesan cheese, coarsely  
grated



#### *Dressing:*

1/4 cup lemon juice  
1/4 cup extra virgin olive oil  
1/4 cup dry white wine  
1 garlic clove, crushed  
salt and freshly ground black pepper to taste

### **Preparation:**

#### *Salad:*

Cut cantaloupe into chunks. Halve and seed grapes. Trim asparagus, steam or microwave until just tender. Cut asparagus into 2 inch lengths.

Combine stock, wine and garlic in a pan, add chicken; bring to a boil. Reduce heat and simmer for 5 minutes on each side, or until tender. Drain chicken, cool, and shred finely. Combine chicken, melon, grapes, asparagus and capers with dressing. Serve with Parmesan cheese.

#### *Dressing:*

Combine all ingredients in a jar and shake well. Keep chilled until needed.

## *Chicken Ginger Salad*

### **Ingredients:**

4 cups cooked chicken, diced  
1 15 ounce can of artichoke hearts  
1 7 ounce can baby corn  
1 tablespoon fresh ginger, julienned  
sesame oil  
1 tablespoon soy sauce  
mayonnaise, enough to moisten  
salt and pepper to taste  
lemon juice  
1 tablespoon shredded fresh basil  
1 head Bibb lettuce  
2 roma tomatoes cut into wedges



### **Preparation:**

Drain and rinse artichoke hearts and corn. Quarter artichoke hearts and cut the corn into smaller pieces. Set aside. Peel ginger and julienne into matchstick size pieces. Put ginger in a small dish and toss with a little sesame oil.

Toss chicken, artichoke hearts, corn, ginger, mayonnaise and soy sauce together with salt and pepper. Test for taste and add a squeeze of lemon juice and garnish with basil. Serve over a platter of lettuce and place tomatoes around the edges.

## *Curried Chicken and Mango Salad*

### **Ingredients:**

2 quarts water  
4 boneless, skinless chicken  
breasts  
3/4 cup plain yogurt  
1 tablespoon lime juice  
1 tablespoon honey  
1 teaspoon curry powder  
1/8 teaspoon salt  
1/2 teaspoon pepper  
1 cup peeled cubed mango  
4 lettuce leaves



### **Preparation:**

Bring water to a boil in a medium saucepan. Add chicken, reduce heat and simmer 15 minutes or until chicken is tender. Remove chicken and let cool. Cut into 1/2 inch pieces and set aside.

Combine yogurt, lime juice, honey, curry powder, salt and pepper in a medium bowl. Mix well. Add mango and reserved chicken. Toss well. Spoon salad onto lettuce lined individual serving plates.

**Note:** Papaya or pineapple may be substituted for the mango.

## *Gingered Chicken Salad*

### **Ingredients:**

2 cups cooked chicken breast, cubed  
1/2 cup sliced scallions  
1 cup snow peas, julienned  
1 cup bean sprouts  
1 cup thinly sliced mushrooms  
2 tablespoons soy sauce  
2 tablespoons finely minced ginger  
1 tablespoon extra virgin olive oil  
1/2 teaspoon oriental sesame oil, optional  
1/3 cup lemon juice  
1 clove garlic finely minced  
1 bunch watercress, for garnish



### **Preparation:**

Place the chicken, scallions, peas, bean sprouts and mushrooms in a large bowl. Combine the soy sauce, ginger, olive oil, sesame oil, lemon juice and garlic and toss with the chicken mixture. If desired, transfer to a bed of lettuce on a serving platter and arrange watercress around it.

## *San Antonio Chicken Salad*

### **Ingredients:**

2 large whole chicken breasts, split, boned and skinned  
1/2 cup salsa  
1/2 teaspoon ground cumin  
1/4 teaspoon salt  
1/4 cup sour cream  
2 tablespoons mayonnaise  
1 ripe avocado  
1 cup sliced celery  
Bibb or leaf lettuce leaves  
4 crisply cooked bacon slices, crumbled



### **Preparation:**

Cut chicken into 1/2 inch cubes. Combine salsa, cumin and salt in 10-inch skillet. Cook chicken in salsa mixture, stirring frequently, until cooked through, about 4 minutes. Transfer contents of skillet to mixing bowl; cover and chill thoroughly.

To serve, combine chicken mixture, sour cream and mayonnaise. Mix well. Peel, seed and coarsely chop avocado. Add avocado and celery to chicken mixture. Mix lightly. Spoon onto lettuce-lined salad plates; sprinkle with bacon. Serve with additional salsa on the side.

## *Drunken Chicken*

### **INGREDIENTS:**

1 1/3 lb. chicken

Lee Kum Kee Drunken Chicken Marinade

### **PREPARATION:**

Put chicken in boiling water. Cover and cook for 10 minutes or until done. Soak chicken in cold boiled water until cool. Drain and cut chicken into 4 pieces. Soak chicken in 1 bottle of Lee Kum Kee Drunken Chicken Marinade for 3 hours. Cut into pieces and serve.



## *Chinese Broccoli with Oyster Sauce*

### **INGREDIENTS:**

2/3 lb. Chinese broccoli  
2 tbsp. oyster sauce  
1/3 cup broth  
1 tsp soy sauce  
1 tsp sugar  
1/4 tsp salt  
1 tsp water  
1/2 tsp cornstarch



### **PREPARATION:**

Wash Chinese broccoli and remove the tough fibers. Bring 5 cups of water to a boil, add 1 tsp. oil. Parboil Chinese broccoli in boiling water briefly. Remove and rinse under cold water to cool; drain. Arrange Chinese broccoli on a plate.

Heat a wok, add 1 tbsp. oil and heat. Stir fry oyster sauce slightly and add mixture of broth, soy sauce, sugar, and salt; bring to a boil. Thicken with water and cornstarch mixture; pour over Chinese broccoli. Serve.

## *Curry Salmon with Rice*

### **INGREDIENTS:**

100g Salmon  
Chinese parsley  
¼ Green and red bell peppers  
2 Eggs  
100g Rice  
½ Onion  
15g Butter  
1/3 tbsp Curry powder  
5g Flour  
Salt



### **PREPARATION:**

Fry rice with eggs and set aside. Dice salmon, onion, and bell peppers. Melt butter in wok and stir fry salmon pieces, add onion pieces and bell peppers. Add curry powder and salt. Create a flour/water mixture, pour over salmon. Empty wok onto rice. Cut parsley and place on top.

## *Honey Walnut Prawns*

### **INGREDIENTS:**

1 lb of large or medium shrimp, peeled and deveined  
1/2 cup walnuts  
5 cups water  
1 cup sugar  
2 cups oil  
1/2 cup cornstarch  
1/2 cup egg whites  
2 Tbsp honey  
3 Tbsp mayonnaise  
1 Tbsp fresh lemon juice  
1/2 Tbsp condensed milk  
1/2 cup oil



### **PREPARATION:**

Rinse walnuts, then boil in 5 cups water, continually changing water until clear. When clear, boil with sugar until sugar dissolves. Heat 2 cups oil until almost smoking, deep fry walnuts until they're shiny and brown and no longer golden. Place walnuts on cookie sheet, let cool. Mix cornstarch and egg whites together to form a thick, sticky texture and mix well with Shrimp.

Set aside. Mix honey, mayonnaise, lemon juice, and condensed milk in a medium bowl until smooth. Heat oil until boiling and deep fry the shrimp until golden brown. Drain, and fold in honey mayonnaise mixture. Mix well, sprinkle with walnuts, and arrange on platter.

## *Chicken Adobo (Filipino Version)*

### **INGREDIENTS:**

1 whole chicken (cut into eighths)  
1 whole garlic (chopped)  
olive oil or vegetable/corn oil  
1 tsp ground black pepper  
4 whole black pepper cloves  
3 dried bay leaves  
1 cup soy sauce  
1 cup vinegar  
\*\*7up/sprite  
\*\*1 whole lemon (cut into 4)



### **PREPARATION:**

Remember to wash your chicken very well. We recommend using the lemon (in ingredients) to scrub all over the chicken parts and rub some salt into it as well.

Heat oil and add all of the garlic, and cook until garlic is lightly browned. Add chicken and saute until the chicken is beginning to tenderize.

Add ground black pepper, whole black pepper cloves, soy sauce, and vinegar, and let simmer for 25-35 minutes or until chicken is done.

Make sure to add more vinegar or soy sauce until it suits your taste (should be a bit tangy). When chicken is tender, add some 7 up if you want a sweeter taste, and let simmer for 5 more minutes. Serve over rice.

## *Vietnamese Spring Rolls*

### **INGREDIENTS:**

#### **FILLING**

- 2 oz Cellophane noodles, soaked in warm water for 20 minutes, then drained and cut into 1 inch lengths
- 1 lb. Ground pork
- 1 Onion, finely chopped
- 2 tbsp. Tree ears, soaked in warm water for 30 minutes, then drained and finely chopped
- 3 Cloves garlic, finely chopped
- 3 Shallots or white part of 3 scallions, finely chopped
- 7 oz. crabmeat, cartilage removed and meat flaked with fingers
- 1/2 ts Freshly ground black pepper

#### **PREPARATIONS FOR ASSEMBLING**

- 20 Sheets dried rice papers (banh trang)
- 4 Eggs, well beaten
- 2 cups Peanut oil

#### **ACCOMPANIMENTS FOR SERVING Basic Vegetable Platter**

- Carrot Salad
- Double recipe of Nuoc Cham

### **PREPARATION:**

Combine the filling ingredients in a bowl and set aside. Cut a round rice paper sheet into quarters. Place the cut rice paper on a flat surface. With a pastry brush, paint the beaten egg over the entire surface of each of the pieces. Before filling, wait for the egg mixture to take effect, softening the wrappers; this takes about 2 minutes. When you become adept at this, you can work on several wrappers at a time.

When the wrapper looks soft and transparent, place about 1 teaspoon of filling near the curved side, in the shape of a rectangle. Fold the sides over to enclose the filling and continue to roll.

After filling all the wrappers, pour the oil into a large frying pan, put the spring rolls into the cold oil, turn the heat to moderate, and fry for 20 to 30 minutes, until a lovely golden brown. (This is Bach's special method of keeping spring rolls crisp).

To serve the spring rolls, proceed as follows:

Arrange the ingredients for the vegetable platter (lettuce, mint leaves, coriander, and the cucumber slices) according to the directions preceding. Have ready the carrot salad and a bowl of nuoc cham. Each person has a bowl into which he places a bit of lettuce, 2 or 3 mint leaves, some coriander, and 2 cucumber slices. Each person then adds 1 or 2 spring rolls to his bowl, sprinkles

with the nuoc cham, and eats the spring rolls and vegetables together, using chopsticks or a fork.

Additional carrot salad may be added to taste.

Another very popular serving method calls for placing the vegetables on a lettuce leaf, adding the spring roll, and rolling it into a cylinder. Holding the cylinder with his fingers, each diner then dips it into his own small bowl of nuoc cham.

NOTE: We have found that frying the spring rolls in peanut oil keeps them crisper than frying in any other oil.



## *Katayakisoba*

### **INGREDIENTS:**

2 packages steamed/boiled plain yakisoba noodles or Chinese egg noodles

¼ lb. thinly sliced beef or pork

4 shiitake mushrooms

¼ large carrot

1 block fresh ginger

½ onion

½ lb. Chinese cabbage

¼ lb. bean sprouts

\*For sauce: 1 2/3 cup water, 1 tsp soup bouillon, 1/4 tsp salt, 2 tbsps soy sauce, 1  
tbsp sake rice wine, 1 tsp sugar

\*For thickening sauce: 1 1/2 tbsp katakuriko starch and 1 1/2 tbsp water

\* For topping: 1 tsp sesame oil, karashi mustard and vinegar

\*\*vegetable oil for frying

### **PREPARATION:**

Slice shiitake mushrooms, carrots and fresh ginger into thin stripes. Cut Chinese cabbage, onion, and meat into bite-sized pieces. Wash bean sprouts and drain. Mix water, soup bouillon, sake, soysauce, salt, and sugar in a bowl. Heat oil in a deep frying pan to 340F. Deep fry yakisoba noodles until they are crisp. Remove noodles and drain. Put some vegetable oil in a pan and heat. Add ginger in the pan and stir-fry. Saute meat in the pan. When meat is cooked, add carrot, shiitake, and onion in the pan.

Saute well. Further, add bean sprouts and Chinese cabbage and saute quickly. Pour soup over the vegetables and bring to boil. Mixture of water and katakuriko over the soup and stir quickly. Pour sesame oil over the sauce at last. Serve fried noodles in a dish and pour vegetable sauce over the yakisoba. Pour some vinegar and karashi mixture as you eat.



## *Bulgogi Sangchussam*

### **INGREDIENTS:**

1 ½ lb beef tenderloin  
5 bunches of leaf lettuce  
1 bunch of ssukgat (garland chrysanthemum)  
8 fresh sesame leaves  
Boiled rice

Seasonings: 4 Tbsp. soy sauce; 3 Tbsp. sugar; 1 Tbsp. minced garlic; 5 Tbsp. minced green onion; 2 Tbsp. sesame seeds; 2 Tbsp. sesame oil; 2 Tbsp. rice wine; ¼ Tsp. black pepper.

Seasoned Soybean Paste: 2 oz finely chopped beef; ½ T sugar; 1 T finely sliced green onion; ½ t minced garlic; 1 T sesame seeds; ½ T sesame oil; 4 oz of soybean paste; 1 T red pepper paste; 1 T chopped onion; 1 T finely sliced green peppers; ½ C water.

### **PREPARATION:**

1. Slice the tenderloin super-thin.
2. Mix meat with seasonings. Let it stand for one hour.
3. Wash lettuce, garland chrysanthemum and sesame leaves well. Let them drain well. Pat dry gently.
4. Prepare seasoned soybean paste: mix all ingredients of seasoned soybean paste together. Bring quickly to a boil and let it cool.
5. Immediately before the meal, broil the beef mixture over a charcoal fire in a slotted broiler pan, or stir-fry quickly in a regular frying pan on a stove burner until browned.
6. The diner places boiled rice on a lettuce or sesame leaf with the chopsticks, along with a dab of soybean paste and a piece of bulgogi (meat), maybe a slice of raw garlic (or grilled with the meat) and a little piece of kimchi (if available), and wraps it all into a large morsel. The Korean way is to eat the whole bundle in a single bite. Other possible ingredients to include in the bundle might be sliced grilled mushrooms, or if there is room, small pieces of whatever other side dishes are on the table.



## *Tongbaechu Kimchi*

### **INGREDIENTS:**

5 head of Chinese cabbage  
2 white radishes  
1 bunch of minari (watercress)  
2 green onions  
2 C hot red pepper powder  
4 T salt  
4 T sugar  
5 cloves of garlic  
1 root of fresh ginger  
1 C tiny salted shrimp



### **PREPARATION:**

1. Carefully cut cabbage in half lengthwise. If the cabbage is unusually large, cut in half again, making 4 lengthwise quarters.
2. Wilt the cabbage by sprinkling liberally with coarse salt and letting it sit for four hours.
3. Julienne the radishes and cut minari into 5-cm pieces. Fine-chop the green onions and mince or crush the garlic and ginger.
4. Mix the salted shrimp juice into the red pepper powder. (To take out some of the kimchi fire, reduce the amount of red pepper powder). Add radish strips and knead well with hands. Add the remaining ingredients and mix thoroughly – use your hands because the next step is done by hand anyway.
5. Rinse the cabbage thoroughly in clean water and drain well. Pack the seasoned mixture between each leaf of the wilted cabbage.

Fold over stuffed cabbage sections to hold in the seasonings, and fasten loosely by wrapping the out leaf around the section. Pack the bundles in a crock or kimchi jar. Keep at room temperature a day or two, then refrigerate. Cut to bite sized pieces.

## *Chinese Almond Pudding*

### **Ingredients:**

3 cups water  
3/4 cup sugar  
3 envelopes Knox gelatin  
1-12 ounce can evaporated skim milk  
2 tablespoons almond extract  
1 teaspoon vanilla extract  
1 can fruit cocktail or fresh seasonal fruits

### **Preparation:**

Combine Knox gelatin with sugar and mix thoroughly. In a 2-quart pot, boil 3 cups of water. Add gelatin mixture to the water and stir until all gelatin is dissolved. Stir constantly. Remove from heat and add milk. Add almond and vanilla extracts. Mix thoroughly.

Pour into a 9" square pan and chill for about 2 hours or until it becomes firm. Cut into 1" squares and server topped with drained canned fruits or season fresh fruits such as manadrin orange slices, strawberries, or kiwis.

## *Vanilla Tapioca Pudding*

### **INGREDIENTS:**

One 14-ounce can unsweetened coconut milk  
1 vanilla bean split  
2 ½ cups milk  
½ cup sugar  
¼ cup quick cooking tapioca  
¼ teaspoon kosher salt  
2 large eggs

### **PREPARATION:**

Put the can of coconut milk in the refrigerator until well-chilled, about 30 minutes. In a medium saucepan, cook the vanilla bean in the milk over moderate heat, stirring, until hot, about 5 minutes. Stir in the sugar, tapioca and salt. Cover and remove from the heat. Let stand for 5 minutes. Uncover and bring to a boil over moderate heat, stirring frequently.

Meanwhile, in a medium bowl, whisk the eggs. Whisk in 1 cup of the hot milk. Pour the egg mixture into the saucepan and bring to a simmer, whisking constantly. Pour the pudding into a medium heatproof bowl and let stand, stirring, until slightly cooled, about 10 minutes. Remove the vanilla bean, scraping the seeds from each half into the pudding; stir to incorporate. Rinse the vanilla bean and save for another use.

Open the can of chilled coconut milk and, without stirring it, spoon off 1/2 cup of the thick cream that has risen to the top; save the remaining coconut milk for another use. Stir the coconut cream into the pudding until thoroughly incorporated. Spoon the pudding into six 1/2-cup ramekins, cups or glasses. Refrigerate over-night; if desired, cover with plastic wrap to prevent a skin from forming.

## *Mango Pudding*

### **INGREDIENTS:**

2 envelopes unflavored gelatin  
¾ cup (175 mL) sugar  
1 cup (250 mL) hot water  
3 cups (750 mL) pureed fresh mangoes  
1 cup (250 mL) 2 percent evaporated milk  
8 ice cubes  
lime wedges, optional  
fresh mango slices for garnish, optional



香芒凍布甸  
*Mango Pudding*

### **PREPARATION:**

Add gelatin and sugar to hot water and mix until dissolved and smooth. In large bowl, mix mango puree, evaporated milk and ice cubes. Pour gelatin mixture into mango mixture and stir until ice cubes are melted. Pour mixture into jelly mould and chill until set, at least 3 hours. To serve, dip jelly mould briefly in hot water then turn pudding out onto platter.

Squeeze on some lime juice, garnish with mango slices if desired and serve. (Best eaten within a day). Serves 8.