

REAL FOOD WEEKLY

October 27, 2012

"JUST A LITTLE ASIAN INSPIRATION"

ISSUE 54

These are some of my favorite Asian-inspired recipes, and the whole family loves them all. Asian food, especially in America, usually means a lot of sugar, salt and/or mono-sodium glutamate (MSG). But Asian food made more traditionally is actually exceptionally healthy. This week I've tried to approach classic "American Asian" food with whole, nourishing ingredients and food combinations. The Thai Coconut Soup should be a staple in your home! Enjoy!



EASY EGG DROP SOUP



TERIYAKI KEBABS WITH COCONUT
VEGGIE STIR-FRY



ORANGE CHICKEN AND VEGGIES



THAI COCONUT SOUP



SOY GLAZED SALMON WITH VEGETABLE
RICE SAUTÉ

MY EXTRA MEALS THIS WEEK:

WHAT'S FOR DINNER

- Soy glazed Salmon with veggie rice sauté
- Orange Chicken and Veggies
- Teriyaki Kebobs with Coconut Veggie Stir Fry
- Thai Coconut Soup

EXTRAS

- Easy Egg Drop Soup
- *Salad Dressing* ~ Sesame Peanut Dressing

NOURISHING ADDITIONS (Recipe Review)

- Fish Sauce

SUGGESTED EXTRAS

(Recipes and shopping list items not included.)

- Make additional recipes using the bamboo skewers, especially if you are feeding kids, because they love food on sticks!
- Chicken stock is needed this week and homemade is always best! Use chicken meat from making Chicken Stock to make easy chicken salads, omelets, sandwiches, etc.

PLANNING NOTES

- Teriyaki Kebobs can be marinated overnight for extra flavor.
- Vegetable Rice Sauté Requires brown rice, so either buy pre-cooked brown rice or soak rice overnight before cooking to save on cooking time.
- This week requires Chicken Stock as a Base Recipe. Make a large batch of this and store in the refrigerator or freezer for this week's recipes and future recipes. You can find a recipe at www.RealFoodFamily.com.
- Fish Sauce takes many weeks to finish, so you won't be using it this week.

My NOTES:

EGGS AND DAIRY:

Eggs- 2, plus 4 for extra recipe "Easy Egg Drop Soup"

Butter

Whey, yogurt, or buttermilk

***Consider extra milk, yogurt, eggs, cheeses, etc., for drinks, snacks and additional recipes**

PANTRY:

Extra virgin olive oil

Frying fat, such as lard or coconut oil

Toasted sesame oil

Blackstrap molasses

Soy sauce

Rice vinegar

Honey

Maple Syrup

Garlic powder

Cayenne pepper

Coconut milk (*whole-fat*)- 2 cans

Sesame seeds

Brown Rice (*pre-cooked organic brown rice may be used*

to reduce cook times)

Chicken stock- 8-12 cups needed this week.

Homemade chicken stock is always best!

FOR SESAME PEANUT DRESSING:

Creamy peanut butter

FOR EXTRA RECIPE, "FERMENTED FISH SAUCE":

Peppercorns

Bay leaves

***Consider extra items for breakfast, lunches, snacks, and additional recipes such as tortillas for tacos, etc.**

SPECIALTY:

Bamboo skewers

(Lemongrass- also in produce section)

Red curry paste

FOR EXTRA RECIPE, "FERMENTED FISH SAUCE":

2 tablespoon tamarind paste (*available in African markets*), optional

***Most health food stores or ethnic food sections of markets will offer these options**

SOY GLAZED SALMON WITH VEGETABLE RICE SAUTÉ

Total Time: 45 minutes, plus soak rice overnight*

*Soaking brown rice overnight reduces cooking time of up to 3 hours to only 45 minutes. The other option is to purchase pre-cooked organic brown rice which drastically reduces cooking time at home. Make sure pre-cooked options do not have added ingredients.

Ingredients:

2 cups brown rice, soaked at room temperature for 7-12 hours

in 4 cups of water plus 2-4 tablespoons whey, yogurt, or buttermilk

2-4 cups chicken stock (optional)

salt and pepper

butter

2 large salmon steak filets (or as much as needed for desired servings)

¼ cup soy sauce

1 tablespoon maple syrup

1 garlic clove, minced

1 onion, chopped

1 bell pepper, chopped

¾ cup carrots, grated

½ cup green onions, scallions, or chives, minced

Bring soaked brown rice plus 2 teaspoons salt, to a boil with 4 cups soaking liquid **OR** chicken stock in a medium saucepan, then cover and reduce to a simmer until rice is soft and cooked.

Preheat oven to 450°F.

Grease a baking dish with butter, and place salmon filets skin-side down in the pan. Whisk soy sauce, maple syrup, and garlic in a small bowl until smooth. Pour sauce evenly over salmon. Place in oven and bake for 10-15 minutes until salmon is just cooked through. (*Overcooked fish will be very light pink and dry.*)

While salmon is cooking, heat ¼ cup butter in a large saucepan and sauté onion for 5 minutes. Add bell pepper and carrots and sauté for 8 more minutes. Season vegetables with salt and pepper, then stir in cooked brown rice and half of the green onions.

Serve salmon over vegetable and rice sauté, then garnish with remaining green onions.

ORANGE CHICKEN AND VEGGIES

Total Time: 30-45 minutes

Ingredients:

2 pounds boneless chicken meat, cut into cubes (such as thigh or breast meat)

salt and pepper

2 eggs, beaten

½-1 cup arrowroot powder

½ cup frying fat, such as lard or olive oil

1 onion, sliced

2 cups broccoli florets, roughly chopped

1 bell pepper, roughly chopped

1 garlic clove, minced

½ cup carrots, shredded or grated

FOR SAUCE:

Juice of 2 oranges, plus zest of one orange

1 tablespoon arrowroot powder

2 teaspoons honey

2 tablespoons soy sauce

1 teaspoon freshly grated ginger (powdered ginger may be substituted)

Warm frying fat in a large skillet or saucepan until very hot. Prepare chicken while heating fat. Place chicken in a large bowl and season liberally with salt and pepper, then toss with eggs to coat well. Place arrowroot in a second large bowl or in a large ziplock bag. Toss chicken cubes in powder until well coated. Fry chicken pieces until golden brown (this may take a few batches) then set aside on a plate or serving dish.

Heat a few tablespoons of the frying fat (or olive oil) in a large saucepan. Sauté onion for 5 minutes, then add remaining vegetables and sauté for 8 minutes, until vegetables are softened. Season vegetables lightly with salt and pepper. While vegetables are cooking, prepare sauce. For sauce, dissolve arrowroot powder with a tablespoon of hot water in a small bowl. Whisk in remaining sauce ingredients until smooth.

Once vegetables are cooked, move vegetables to the side of the pan and stir sauce into the center of the pan to cook for 1 minute. Gently stir vegetables, sauce, and fried chicken cubes until incorporated and well coated with sauce, then serve.

TERIYAKI KEBOBS WITH COCONUT VEGGIE STIR-FRY

Prep Time: 20 minutes (optional overnight marinade)

Cook Time: 30 minutes

Ingredients:

2-3 pounds beef, cut into cubes (*sirloin steak works well*)

***Bamboo cooking skewers, soaked in water**

For Teriyaki sauce:

1 tablespoon garlic powder

2 tablespoons soy sauce

2 teaspoons sesame oil

2 teaspoons blackstrap molasses

2 teaspoons rice vinegar

¼ cup olive oil

1 tablespoon honey

pinch of cayenne pepper (*optional*)

2 teaspoons sesame seeds

1 teaspoon freshly grated ginger root (*or powdered ginger if fresh is unavailable*)

FOR STIR FRY:

¼ cup cooking fat, such as lard, coconut oil, or olive oil

1 onion, chopped

1 bell pepper, chopped

2 garlic cloves, minced

1 cup cabbage, shredded

½ cup carrots, finely chopped

1-2 cups broccoli florets, chopped

½ cup coconut milk

1 tablespoon soy sauce

2 teaspoons sesame oil

salt and pepper

Whisk sauce ingredients in a large bowl until smooth. Mix beef cubes into sauce and marinate for 20 minutes, or overnight (12-24 hours). (Soak skewers while marinating beef.)

Preheat outdoor grill, or heat indoor grill right before cooking. Place 5-6 beef cubes on each skewer. Grill kebobs for 4 minutes per side, brushing extra marinade over beef while grilling.

Right before cooking beef, prepare veggie stir-fry. Heat fat/oil in a large skillet until very hot. Sauté onions for 5 minutes, then add remaining vegetables and sauté until soft and cooked, about 12 minutes. Stir in coconut milk, soy sauce, and sesame oil, then season with salt and pepper, to taste. Continue to sauté for a few minutes, until sauce reduces slightly. Keep warm, then serve with beef kebobs.

THAI COCONUT SOUP

Total Time: 20 minutes

**Lemongrass and red curry paste are typically available in health food or specialty stores.*

Ingredients:

- 2 tablespoons butter**
- 2 garlic cloves, minced**
- 2 tablespoons lemongrass, finely chopped (if available)**
- 2 teaspoons red curry paste (an Indian food product, use if available)**
- 2 cups boneless chicken (cooked or raw, directions follow)**
- 1 cup cabbage, roughly chopped**
- 1 cup coconut milk**
- 3-4 cups chicken stock**
- salt and pepper**

Heat butter in a large stockpot, and sauté garlic, lemongrass, and curry paste for 3 minutes. Add chicken: if raw, sauté for 5-8 minutes until cooked; if cooked, add chicken and continue recipe immediately. Add cabbage and sauté for 3 minutes, then stir in coconut milk and chicken stock and bring to a simmer over medium heat for 10 minutes. Season with salt and pepper as needed, and serve.

EASY EGG DROP SOUP

Total Time: 10 minutes

Ingredients

- 4 cups chicken stock**
- 1 tablespoon soy sauce**
- 3-4 eggs**
- ¼ cup green onions, scallions, or chives, finely chopped**

Bring stock to a boil in a large stockpot, then turn heat off. Beat eggs with soy sauce in a medium bowl, then slowly pour a steady stream of egg mixture into stock, while stirring. Eggs will cook as they enter the stock. Serve soup topped with finely chopped green onions.

SESAME PEANUT DRESSING

Ingredients:

- 1 teaspoon garlic powder**
- pinch of cayenne pepper**
- 1 teaspoon sesame seeds**
- 1 teaspoon soy sauce**
- 1 teaspoon sesame oil**
- 1 teaspoon rice vinegar**
- 1 tablespoon coconut milk (use the thick, creamy part)**
- 1 tablespoon creamy peanut butter**
- ¼ cup extra virgin olive oil**

Whisk ingredients in a bowl until smooth and blended. Serve immediately or store refrigerated for up to 2 weeks.

FERMENTED FISH SAUCE

Fish sauce is a staple of traditional Asian cuisine. It is a potently nourishing food and can be used in soups and sauces in place of salt. It takes several weeks to make but can be stored for a very long time.

**Recipe is from page 157 of Sally Fallon's Nourishing Traditions cookbook.*

Ingredients:

1 ½ pounds small fish, including heads, cut up
3 tablespoons sea salt
2 cups filtered water
2 cloves garlic, mashed
2 bay leaves, crumbled
1 teaspoon peppercorns
several pieces lemon rind
2 tablespoon tamarind paste
(available in African markets), optional
2 tablespoons whey (made from raw milk or yogurt)

Toss fish pieces in salt and place in a wide-mouth, quart-sized mason jar. Press down with a wooden pounder or meat hammer. Mix remaining ingredients and pour over fish. Add additional water to cover fish thoroughly. The top of the liquid should be at least 1 inch below the top of the jar. Cover tightly and leave at room temperature for about 3 days. Transfer to refrigerator for several weeks. Drain liquid through a strainer and store fish sauce in the refrigerator.