

Thai Shrimp Fritters with Sweet Orange-Chili Sauce

makes 12-14 fritters

for the fritters

1 lb raw shrimp, peeled and cleaned
2 large egg whites
1 tsp grated fresh ginger
2 tbl chopped cilantro
1 tsp salt
1/2 tsp ground black pepper
3 tablespoons flour, plus more as needed
vegetable oil, for frying

for the sauce

3/4 cup Asian sweet chili sauce
1/4 cup chopped peanuts
1 lime, zested and juiced

***** Preparation ******

For the fritters:

Pat the shrimp dry and chop into about 1/4-inch pieces. In a large bowl, whisk the egg whites until frothy. Add the chopped shrimp, ginger, cilantro, salt, pepper and flour. Stir together. The shrimp should be well coated with the egg white and flour -- add more flour if mixture is too wet.

Add about 1/2-inch of oil to a shallow pan. Place over high heat until oil is hot. Reduce heat to medium-high. Add heaping tablespoons of the batter to the oil. Cook until golden on one side; turn and cook until golden on the other. Remove and drain on a paper towel. Taste a fritter and season them lightly with more salt if needed.

For the sauce:

In a small bowl, stir together the chili sauce, peanuts and lime juice and zest.

Serve the fritters hot with the chili dipping sauce.

Ginger-Soy Braised Chicken with Scallions

serves 6

6 boneless chicken thighs, cut into 3 pieces each

1/2 cup flour

salt and pepper

vegetable oil

1/4 cup chopped fresh ginger

6 scallions, chopped, whites & greens divided

6 garlic cloves, sliced

2 cups chicken stock

1/4 cup soy sauce

1/4 cup hoisin sauce

***** Preparation ******

Toss the cut-up chicken with flour and season with salt and pepper.

Heat a saute-pan over medium-high heat. Add oil to lightly coat the bottom of the pan. When hot, add the chicken and cook on both sides until browned. Add the ginger, whites from the scallions (reserve the greens for later) and garlic. Stir, cooking until fragrant. Stir in the stock, soy sauce and hoisin sauce. Cover and reduce heat -- simmer for 20 minutes or until chicken is very tender.

Still in scallions greens just before serving.

Peanut-Lime Rice Noodles

serves 6

1 lb dry rice noodles, (sometimes called "rice sticks")

vegetable oil

1 cup chopped peanuts

4 scallions, chopped (whites and greens)

1 jalapeno, thinly sliced

1/4 cup soy sauce

1/4 cup fresh lime juice

1/2 cup chopped cilantro

1/2 cup chopped mint

salt, as needed

***** Preparation ******

Bring a large pot of water to a rolling boil. Add the rice noodles and cook 5 minutes (or until just tender). Drain and rinse lightly with cold water.

Heat a large saute pan or wok over high heat. Add vegetable oil to lightly coat the bottom of the pan. Add the peanuts, scallions and jalapeno. When fragrant and peanuts begin to toast, add in the noodles. Add the soy sauce and lime juice and toss. Cook just until noodles are hot. Remove from heat and toss in cilantro and mint. Taste and add more soy sauce or salt and needed.

Sesame Roasted Broccoli

serves 6

2 heads broccoli, cut into long florets
2 tbl sesame oil
2 tbl vegetable oil
1/4 cup sesame seeds
1 tsp salt

***** Preparation ******

Preheat oven to 400 degrees.

In a large bowl, whisk together the sesame oil, vegetable oil, sesame seeds and salt. Add the broccoli and toss to coat. Spread out onto a baking sheet in a single layer. Roast for about 15 minutes or until broccoli is tender.

Remove from oven and taste -- add more salt as needed. Serve hot.