

Broccoli stir-fry Thai

- 1 head of broccoli
(lightly steamed)

→ saute sesame oil +
4-5 cloves garlic

→ throw in steamed broccoli

→ coat with and heat thru

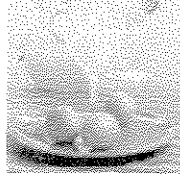
~ fish sauce 1 tblsp.

~ tamarind 1 tblsp.

~ 1/2 tsp sugar

~ squirt of viet ketchup.

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Seared Tuna with Wasabi-Butter Sauce

I've had the seared tuna in nice restaurants, but this is better than all of them. One tablespoon of wasabi sounds like a lot of heat, but somehow this cooking method mellows it to almost nothing, just leaves the flavor. Really really great. Prep Time: approx. 5 Minutes. Cook Time: approx. 35 Minutes. Ready in: approx. 40 Minutes. Makes 6 Servings (6 servings).

Printed from **Allrecipes**, Submitted by **DARLA C.**

2 tablespoons white wine vinegar	1 cup unsalted butter, cubed
10 fluid ounces white wine	salt and black pepper to taste
1/4 cup minced shallots	1 tablespoon olive oil, or as needed
1 tablespoon wasabi paste, or to taste	1 cup chopped cilantro leaves
1 tablespoon soy sauce	6 (6 ounce) fresh tuna steaks, 1 inch thick

Directions

- 1 Combine the white wine vinegar, white wine and shallots in a small saucepan over medium heat. Simmer until the liquid is reduced to about 2 tablespoons. Strain out shallot and discard, return liquid to the pan.
- 2 Stir the wasabi and soy sauce into the reduction in the pan. Over low heat, gradually whisk in butter one cube at a time allowing the mixture to emulsify. Be careful not to let the mixture boil. When all of the butter has been incorporated, stir in cilantro, and remove from heat. Pour into a small bowl, and set aside.
- 3 Heat a large skillet over medium-high heat. Brush tuna steaks with olive oil, and season with salt and pepper. Place in the hot skillet, and sear for 3 to 5 minutes on each side. Be careful not to overcook, this fish should be served still a little pink in the center. Serve with sauce.

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Vietnamese Fresh Spring Rolls

These spring rolls are a refreshing change from the usual fried variety, and have become a family favorite. They are great as a cool summertime appetizer, and are delicious dipped in one or both of the sauces. Prep Time: approx. 45 Minutes. Cook Time: approx. 5 Minutes. Ready in: approx. 50 Minutes. Makes 8 spring rolls (8 servings).

Printed from **Allrecipes**, Submitted by **Paula**

- | | |
|--|-----------------------------------|
| 2 ounces rice vermicelli | 4 teaspoons fish sauce |
| 8 rice wrappers (8.5 inch diameter) | 1/4 cup water |
| 8 large cooked shrimp - peeled, deveined and cut in half | 2 tablespoons fresh lime juice |
| 1 1/3 tablespoons chopped fresh Thai basil | 1 clove garlic, minced |
| 3 tablespoons chopped fresh mint leaves | 2 tablespoons white sugar |
| 3 tablespoons chopped fresh cilantro | 1/2 teaspoon garlic chili sauce |
| 2 leaves lettuce, chopped | 3 tablespoons hoisin sauce |
| | 1 teaspoon finely chopped peanuts |

→ peanut butter

Directions

- 1 Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.
- 2 Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.
- 3 In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce.
- 4 In another small bowl, mix the hoisin sauce and peanuts.
- 5 Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures.

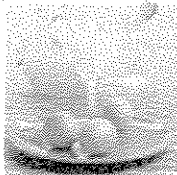
Note:

The fish sauce, rice vermicelli, chili garlic sauce, hoisin

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sauce and rice wrappers can be found at Asian food markets.

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The Best Thai Peanut Sauce

This easy no-cook peanut sauce has a terrific authentic Thai taste. It is spicy and peanutty, and is perfect as a dipping sauce for chicken, shrimp, and beef... or even to use tossed with warm cooked noodles for a quick pasta dish. Prep

Time: approx. 15 Minutes. Ready in: approx. 15 Minutes.

Makes 16 servings.

Printed from Allrecipes, Submitted by **Stephanie M.**

1 1/2 cups creamy peanut butter	1 tablespoon hot sauce
1/2 cup coconut milk	1 tablespoon minced fresh ginger root
3 tablespoons water	3 cloves garlic, minced
3 tablespoons fresh lime juice	1/4 cup chopped fresh cilantro
3 tablespoons soy sauce	
1 tablespoon fish sauce	

Directions

1 In a bowl, mix the peanut butter, coconut milk, water, lime juice, soy sauce, fish sauce, hot sauce, ginger, and garlic. Mix in the cilantro just before serving.

no cilantro

less p.b.

more coco milk + water

good with chicken satay.

White Bean Thai Basil Chicken Chili

Kathleen Showalter, Seattle

Ingredients:

1 medium onion, chopped
2 cloves of garlic, finely chopped
1/4 cup butter
2 cups chicken, cut into half in cubes and boiled
1 32 oz can great northern beans
4 cups chicken broth
1 medium tomato, seeded and chopped
1 tablespoon fresh cilantro, chopped fine
1 tablespoon fresh Thai basil, chopped fine
Juice of 1/2 lime
1-1/2 teaspoon chili powder
1-1/2 teaspoon cumin
1/2 teaspoon oregano
1/2 teaspoon salt
1/4 teaspoon white pepper
1/4 teaspoon red chili flakes
* If Thai basil is not available, regular basil works fine. You'll just lose a bit of the east-meets-southwest flavor.

Directions:

1. In 4 quart pot cook onion and garlic in butter over medium heat until onion is tender.
2. Stir in remaining ingredients, and bring to a boil.
3. Reduce heat, cover, and simmer for 1 hour, stirring occasionally.
4. Serve.

Editor's Notes: Instead of butter or oil, use 2-3 tablespoons bouillon broth or olive oil when sautéing garlic and onion to cut down on fat. Also, you can cut up chicken into small pieces and add it raw when sautéing garlic and onion, instead of adding cooked chicken to simplify the cooking process.

Yield: 8 servings

NUTRITION PER SERVING

CALORIES 250; FAT 8g; PROTEIN 18g; FIBER 7g; CARBOHYDRATES 27g

COST \$1.20/serving