

Chad & Emily's Cookbook

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Main Courses

Chinese

Hoisin Chicken and Broccoli Stir-Fri

1 tablespoon vegetable oil
Cooking spray
1/3 cup fat-free, less-sodium chicken broth
3 tablespoons hoisin sauce
2 tablespoons dry sherry
2 tablespoons orange juice
1 teaspoon cornstarch
2 teaspoons bottled minced garlic
2 teaspoons bottled minced fresh ginger
1/2 teaspoon sesame oil
1 pound chicken breast tenders
3 cups bagged broccoli florets
1 (8-ounce) can whole water chestnuts, drained

Heat vegetable oil in a large nonstick skillet coated with cooking spray over medium-high heat. Combine broth and the next 7 ingredients (broth through sesame oil). Add chicken to pan, and sauté 2 minutes. Add broccoli, and sauté 5 minutes. Add chestnuts, and sauté 2 minutes. Add broth mixture, and cook 1 1/2 minutes or until sauce is slightly thick, stirring constantly.

Yield: 4 servings (serving size: 1 cup)

CALORIES 246 (22% from fat); FAT 6g (satisfat 1g, monofat 1.5g, polyfat 2.7g); PROTEIN 28.7g; CARBOHYDRATE 17.3g; FIBER 4.6g; CHOLESTEROL 66mg; IRON 1.2mg; SODIUM 324mg; CALCIUM 21mg;

Kung Pao Chicken

1 1/2 lb chicken meat, cut into bite size pieces
1/2 t salt
1 egg white
1 T cornstarch
4 T peanut oil, divided
1/2 c skinless roasted peanuts
5-10 whole dried red chili peppers
4 green onions, cut into 1/2 inch lengths
2 cloves garlic, minced
1/2 c diced water chestnuts (optional)

Sauce:

1 T chili paste with garlic
2 T soy sauce
1 T sherry
1 t rice vinegar
1 t sugar
½ c chicken broth
1 t cornstarch
1 t sesame oil

Combine chicken, salt, egg white, and cornstarch. Mix well by hand and set aside. In a small bowl, blend all sauce ingredients. Set aside. Add 2 T oil to same wok. Toss peanuts and chili peppers in the wok and stir fry until peppers turn dark red. Remove from wok and add to chicken. Lower heat. If necessary, add more oil. Stir fry green onions and garlic for several seconds. (Do not let garlic burn.) Return chicken, peanuts and peppers to wok and stir fry a few seconds to combine. Add water chestnuts and combined sauce ingredients and stir fry until heated through and thickened (less than a minute). Serve over rice.

Indian

Aloo Chaat

- 1 pound new potatoes or small Yukon Gold potatoes, scrubbed
 - Kosher salt
 - ½ small onion, chopped
 - 1 serrano chile, seeds removed if desired, chopped
 - 1 1-inch piece ginger, peeled, chopped
 - ½ cup chopped fresh cilantro, plus more for serving
 - ¼ cup vegetable oil
 - 1 15.5-ounce can chickpeas, rinsed, patted dry
 - Freshly ground black pepper
 - 2 teaspoons chaat masala
 - 2 tablespoons prepared tamarind chutney, divided
 - pinch of sugar
 - ¾ cup plain whole-milk Greek yogurt
 - 2 tablespoons melted ghee or clarified butter
 - ¼ cup sev (optional)
1. Place potatoes in a large pot and add water to cover. Bring to a boil, season water with salt, and cook until fork-tender, 12–15 minutes. Drain; set potatoes aside.
 2. Meanwhile, pulse onion, chile, ginger, and ½ cup cilantro in a food processor to a coarse paste; set aside.
 3. Using the palm of your hand, lightly crush potatoes (it's okay if the skins split). Heat oil in a large skillet over medium-high and add potatoes and chickpeas. Season with salt and

pepper and toss to coat. Cook, shaking pan occasionally, until potatoes and chickpeas are both very browned and crisp, 12–15 minutes.

4. Add masala, reserved cilantro mixture, and 1 Tbsp. tamarind chutney and toss to coat. Cook until spices are fragrant and tamarind chutney is thickened, about 2 minutes. Transfer to a platter.
5. Stir sugar into yogurt in a small bowl; season with salt. Drizzle over potatoes along with ghee and remaining 1 Tbsp. tamarind chutney. Top with more cilantro and sev, if using.

Aloo Gobi

- 1/4 cup vegetable oil
- 1 large onion, peeled and cut into small pieces
- 1 bunch fresh coriander, separated into stalks and leaves and roughly chopped
- 1 small green chili, chopped into small pieces (or one teaspoon chili powder)
- 1 large cauliflower, leaves removed and cut evenly into eighths
- large potatoes, peeled and cut into even pieces
- (8 ounce) cans diced tomatoes
- fresh ginger, peeled and grated
- fresh garlic, chopped
- 1 teaspoon cumin seed
- teaspoons turmeric
- 1 teaspoon salt
- 2 teaspoons garam masala

Directions

6. Heat vegetable oil in a large saucepan.
7. Add the chopped onion and one teaspoon of cumin seeds to the oil.
8. Stir together and cook until onions become creamy, golden, and translucent.
9. Add chopped coriander stalks, two teaspoons of turmeric, and one teaspoon of salt.
10. Add chopped chillis (according to taste) Stir tomatoes into onion mixture.
11. Add ginger and garlic; mix thoroughly.
12. Add potatoes and cauliflower to the sauce plus a few tablespoons of water (ensuring that the mixture doesn't stick to the saucepan).
13. Ensure that the potatoes and cauliflower are coated with the curry sauce.
14. Cover and allow to simmer for twenty minutes (or until potatoes are cooked).
15. Add two teaspoons of Garam Masala and stir.
16. Sprinkle chopped coriander leaves on top of the curry.
17. Turn off the heat, cover, and leave for as long as possible before serving.

Chapatis

- 3 cups Fine whole meal flour or roti flour
- 1 1/2 teaspoon Salt or to taste

1 cup Lukewarm water

Method :

- Put flour in mixing bowl, reserving about half cup for rolling chapatis.
- Mix salt through the flour in the bowl, then rub in ghee or oil, if used.
- Add water all at once and mix to a firm but not stiff dough.
- Knead dough for at least 10 minutes (the more it is kneaded, the lighter the bread will be).
- Form dough into a ball, cover with clear plastic wrap and stand for 1 hour or longer (if left overnight, the chapatis will be very light and tender).
- Shape dough into balls about the size of a large walnut.
- Roll out each one on a lightly floured board (using reserved flour) to a circular shape as thin as a French crepe.
- After rolling out chapatis, heat a griddle plate or heavy-based frying pan until very hot, and cook the chapatis, starting with those that were rolled first.
- Put chapati on griddle and leave for about 1 minute.
- Turn and cook other side a further minute, pressing lightly around the edges of the chapati with a folded tea towel or an egg slice.
- This encourages bubble to form and make the chapatis light.
- As each one is cooked, wrap in a clean tea towel until all are read.
- Serve immediately with butter, dry curries or vegetable dishes.
- Note : In India, the chapatis are cooked on the tawa or griddle and are held for a moment or two right over the fire. This makes them puff up like balloons.

Chholar Dal

Festive Chana Dal with Coconut and Whole Spices

This heavenly dish is often served after a puja, a worship ceremony in honor of a particular god or goddess. Raisins gently sweeten the sauce and combine surprisingly well with the dal. A touch of coconut gives this dish an extra special flavor.

Ingredients:

cup chana dal, soaked overnight in 5 cups of water

1/4 tsp. turmeric

1 whole fresh green chili

1/2 tsp. salt

2 tsp. ground cumin

2 Tbs. raisins

1 1/2 Tbs vegetable oil (mustard oil preferred)

1 bay leaf

1 whole dried red chili

5 whole cardamom pods

2-inch cinnamon stick

2 whole cloves

1/4 tsp. kalonji seeds

1 Tbs. seeded, chopped fresh green chili (or to taste)

½ cup dried flaked or shredded sweetened coconut
1/2 tsp. garam masala²
A sprinkling of ghee (optional)

Preparation:

Bring chana dal and the soaking water to boil in a large pan over medium heat. Add turmeric and whole chili. Simmer, covered, 1 hour or until the dal is very tender and breaks easily when pressed between thumb and index finger. During this period, uncover and stir often, adding 1 to 2 tablespoons of hot water if the dal starts to stick to the bottom. Discard whole chili. Add salt and cumin. Remove from heat.

Purée 1 cup of the dal mixture in a blender, adding a little water if necessary. Return to the pan.

Add raisins. Bring to simmer, then keep warm.

Heat oil in a 6-inch pan over medium low heat. Fry bay leaf and red chili until the chili darkens.

Fry cardamom, cinnamon, and cloves for 5 seconds. Add kalonji and fry another few seconds.

Turn heat to low. Add chopped green chili and coconut and cook for a few seconds, stirring constantly. Remove from heat. Add this spice mixture to the dal. Simmer 2 to 3 more minutes.

Remove dal from heat. Blend in garam masala. Garnish with lemon wedges, sprinkle with whole cilantro leaves and ghee, and serve.

Serving Suggestions:

Serves 4 to 5. Entertain your guests with this savory chana dal served over a bed of one-half rice and one-half barley. Top with chutney.

Coconut Chana Masala

- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 jalapeno, chopped
- 1 green chile, chopped
- Two 15- to 16-ounce cans chickpeas, drained and rinsed
- 2 teaspoons garam masala or good-quality curry powder
- 1/2 teaspoon turmeric
- teaspoons grated fresh or jarred ginger
- 2 large tomatoes, diced or 1 can diced tomatoes
- 1 tablespoon lemon juice
- ½ cup unsweetened coconut

1. Heat the oil in a wide skillet. Add the onion and sauté until translucent. Add the garlic and continue to sauté, then add the chili and jalapeno and saute until the onion is golden.

2. Add the chickpeas, garam masala, turmeric, ginger, tomatoes, lemon juice, and about 1/4 cup water (this isn't needed if you use canned tomatoes). Bring to a simmer, then cook over medium-low heat for 10 minutes, stirring frequently. This should be moist and stewlike, but not soupy; add a little more water, if needed.
 - a. If you have time, let sit so the flavors meld
3. Brown the coconut in a frying pan
4. Stir in the coconut and season with salt (if needed).
5. Simmer for 10 minutes
6. Serve on its own in shallow bowls or over a hot cooked grain

Curried Couscous with Broccoli and Feta

Using bagged broccoli florets and preshredded carrots all but eliminates the prep with this vegetarian entrée. If you want to add meat, use chopped chicken or thin strips of flank steak.

1 3/4 cups water
 1 cup uncooked couscous
 1 1/2 cups small broccoli florets
 1/2 cup finely chopped red onion
 1/3 cup shredded carrot
 1/4 cup raisins
 1/4 cup dry-roasted cashews, chopped
 2 tablespoons white wine vinegar
 1 1/2 tablespoons olive oil
 1 tablespoon sugar
 1 1/2 teaspoons curry powder
 1 teaspoon bottled minced fresh ginger
 3/4 teaspoon salt
 1 (15-ounce) can chickpeas (garbanzo beans), drained and rinsed
 3/4 cup (3 ounces) crumbled feta cheese

Bring 1 3/4 cups water to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork.

While couscous stands, steam broccoli florets, covered, for 3 minutes or until tender.

Combine couscous, broccoli, onion, and next 10 ingredients (onion through chickpeas), tossing gently. Sprinkle with cheese.

Yield: 5 servings (serving size: about 1 1/4 cups)

CALORIES 402 (27% from fat); FAT 12.2g (satfat 3.8g, monofat 5.8g, polyfat 1.6g); PROTEIN 13.4g; CARBOHYDRATE 61.4g; FIBER 7.4g; CHOLESTEROL 15mg; IRON 2.7mg; SODIUM 827mg; CALCIUM 145mg;

Indian Shrimp Curry

2 tablespoons canola or peanut oil
1 onion—chopped
2 cloves garlic—finely chopped
1 teaspoon finely grated ginger
2 teaspoons cumin
1½ teaspoons turmeric
1 teaspoon paprika
½ teaspoon chili powder
1 cup canned tomatoes—chopped
1 cup coconut milk
1 teaspoon salt
1 cup basmati rice
16 large uncooked shrimp (prawns)—peeled
2 tablespoons chopped fresh cilantro (coriander)
2 tablespoons lemon juice

HEAT the oil in a large saucepan over a medium heat and cook the onion for 8 minutes, stirring occasionally. ADD the garlic, ginger, cumin, turmeric, paprika and chili powder and cook, stirring, for a minute. ADD the tomatoes, coconut milk and salt and bring to the boil. REDUCE the heat to medium and simmer, uncovered, for 8 minutes. WHILE the curry simmers, cook the rice (see [Cooking rice](#)). ADD the shrimp and cilantro to the curry, cover with a lid, and simmer for another 4 minutes, then stir in the lemon juice. SERVE on a bed of rice.

Malai Kofta

Koftas

2 cups grated paneer
3 potatoes boiled and mashed
1 cup green peas chopped in large pieces
1 small carrot boiled and grated
1 tsp garam masala
1 ½ tsp kitchen king masala
3-4 tbsp flour
2 tbsp cashew halves
3-4 tbsp raisins
½ tsp turmeric
1 tbsp lemon juice
Oil
Salt

Mix carrot, peas, potatoes, and paneer in a large bowl. Add garam masala, kitchen king masala, salt, lemon juice, turmeric, and flour and mix well using your hands. Remove any necessary liquid to form a thick mixture.

Make small egg shaped balls and deep fry them in batches in hot oil at low to medium flame until they turn golden brown. Transfer to paper towels to remove excess oil. If the koftas break while frying, lightly coat them in flour or bread crumbs prior to frying.

Gravy

1/3 cup finely chopped onion
1/2 cup chopped tomatoes
1/4 cup finely chopped cashews
1 tbsp ginger-garlic paste (2 tsp ginger paste + 1 tsp garlic paste)
3 tsp garam masala
3 tsp cumin
1 tsp coriander powder
1 tbsp red chili powder
1-2 tsp turmeric powder
3/4 cup yogurt
1/4 cup cream
1+ tbsp tandoori masala
1 tbsp oil
Salt
Corn starch

Blend tomatoes, cashews, garam masala, cumin, coriander, chili powder, and turmeric to form a smooth paste.

Heat oil in pan, add mushrooms and cook until they are golden in color. Add ginger-garlic paste and tomato-cashew paste. Cook until simmering. Add yogurt and cream. Add salt to taste. Cook for 15 minutes of low flame. Thicken with corn starch if needed. Serve over the koftas.

Naan

14 ounces (about 2 3/4 cups) all-purpose flour, plus more for dusting
1/2 teaspoon salt
1 teaspoon baking powder
2 teaspoons sugar
2 teaspoons instant yeast
1 egg
1/2 cup plain lowfat yogurt
1/2 cup milk

In the bowl of a stand mixer (or in a large bowl by hand), stir together the flour, salt, baking powder, sugar, and yeast.

In a small bowl, mix together the egg, yogurt, and milk. Pour the egg mixture into the dry ingredients and stir for about 1 minute, until the dry ingredients are completely incorporated into the wet ingredients. Increase machine speed to 2 (or by hand) and knead the dough until it is smooth and shiny.

Remove the bowl from the mixer and cover with a towel. Leave in a warm place to rise until the dough doubles in size, about an hour.

Put a baking stone or heavy baking sheet on the lowest rack of your oven. Preheat the oven to 475 degrees for at least 30 minutes prior to baking.

Divide the dough into eight pieces and form into teardrop (mine were more like oval) shapes with your hands, about 6 to 8 inches across.

Cook two or three pieces at a time. Drop the dough onto the hot stone and shut the oven door, watching until they are just starting to turn brown in places, about 3 to 5 minutes.

Remove the naan and lay on a board. You can lightly brush with melted butter or garlic butter, or just enjoy them plain.

Rogan Josh

2.2 lbs diced lamb from shoulder or leg
2 cups plain yoghurt
2 Tbs Rogan Josh spice mix
1/2 cup tomato puree
Salt to taste
1/3 cup vegetable oil
4-6 onions, about 1 Kg
6-8 cloves garlic, crushed
2 Tbs fresh chopped coriander leaves

Combine lamb and 1/2 of Rogan Josh spice in a bowl and let sit 4-8 hours.

Combine yoghurt and the rest of the Rogan Josh spice in a bowl and leave to stand for 10-15 minutes.

In a heavy-based ovenproof pan or casserole dish, heat oil and cook onions over medium heat for 20-25 minutes until golden. Add garlic, then add lamb and spiced yoghurt, stirring to combine. Add tomato puree and salt to taste and bring to a simmer. Cover the dish, remove to a pre-heated 212 degree F oven or a very low heat burner and cook for 1.5-2 hours or until meat is tender.

Sprinkle with coriander leaves before serving with steamed rice

Saag Paneer

Ingredients:

1 onion (puree)
½ bunch spinach (boil and puree)

4 tomatoes (puree)
2 garlic cloves (puree)
1 bay leaf
½ t ginger (puree)
½ t salt
3 green chilis (puree)
Pepper
½ t cumin seeds
½ t garam masala
paneer

Cut paneer in small cubes and fry it in a frying pan until golden.

Put a one tablespoon of oil and cumin seeds in a pan and heat for ~5 seconds. Add the onions, bay leaf, garlic and black pepper. Cook until the onions are a golden brown. Add the tomatoes, garlic, ginger, and green chilis. Cook for ~ 5 minutes. Add garam masala and spinach. Stir and add ¼ cup of water and salt to taste. Simmer on low heat for 20-30 minutes. Add fried paneer and let it set for 5 minutes.

Thai

Coconut-Curry Chicken Fingers with Cashews

2 pounds boneless, skinless chicken breasts, rinsed and patted dry
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 1/4 cups light coconut milk
1 cup skim milk
3 1/2 tablespoons red curry paste
3/4 cup roasted, salted cashews
3/4 cup unsweetened coconut flakes
3/4 cup cornflakes
1 10-ounce bag baby spinach

Preheat the oven to 400 degrees. Lightly grease a large baking sheet.

Cut the chicken into 3-by-1/2-inch strips; season with salt and pepper.

In a wide, shallow bowl, whisk together one cup of the coconut milk, the skim milk, and 1 1/2 tablespoons curry paste.

In a food processor, pulse together the cashews and coconut until finely chopped. Add the cornflakes and pulse until coarse. Transfer the mixture to a wide, shallow bowl.

One by one, dip the chicken strips in the coconut milk mixture, letting the excess drip back into the bowl. Place the chicken in the cashew mixture and turn to coat evenly. Transfer each chicken finger to the prepared baking sheet.

Bake the chicken fingers in the oven, turning once halfway through, until they are golden all over, about 10 minutes.

While the chicken cooks, whisk together the remaining 1/4 cup coconut milk and remaining 2 tablespoons curry paste. Divide the spinach on plates and top with the chicken fingers. Drizzle the chicken fingers and spinach with the sauce and serve.

Hot Thai Cabbage Salad

- 1/4 cup fresh lime juice
- 2 tablespoons fish sauce
- 2 tablespoons chili paste with garlic
- 1 teaspoon sugar
- 1 teaspoon sesame oil
- 1 teaspoon peeled minced fresh ginger
- 2 minced garlic cloves
- 2 cups very thinly sliced green cabbage
- 1 cup red bell pepper, cut in strips
- 1 1/3 cups peeled shredded carrots
- 1 1/2 cups bean sprouts
- 1/4 cup chopped fresh cilantro

Options: For a meal, add tofu or chicken. Substitute other vegetables like zucchini as desired

- 1) Combine the first four ingredients in a small bowl; stir well and set aside.
- 2) Heat sesame oil in a wok on medium high heat.
- 3) Add ginger and garlic; saute for 1 minute.
- 4) Add cabbage, bell pepper, and carrot; saute for 2 minutes.
- 5) Add lime juice mixture and bean sprouts; saute for an additional 2 1/2 minutes or until cabbage is tender.
- 6) Remove from heat and sprinkle with chopped cilantro.

Makes 2 dinner servings or 4 side servings

Swimming Rama (Chicken in Peanut Sauce with Spinach)

4 servings

Ingredients

1 can Coconut Milk
3 quarter size slices of ginger root
1 & 1/2 lbs chicken or tofu, sliced across grain, into 1/4 inch pieces
1 cup [Thai peanut sauce](#)
1/2 tsp crushed red pepper
Chopped hot chili peppers
2 Tbsp fresh lime juice
1 Tbsp brown sugar
Salt to taste
2 - 9 oz packages baby spinach leaves
1 small tomato, chopped
1/4 cup chopped peanuts
Optional garnish:
Cooked Thai Jasmine Rice

Directions

1. Put a large soup pot of salted water (about 4 inches water) on to boil.
2. In a medium sauce pan add Coconut Milk and ginger slices. Bring to a boil and add chicken. Turn down to a simmer. Stirring occasionally, simmer 5-7 minutes, or until chicken is just cooked through (not pink) but still tender.
3. With a slotted spoon, immediately remove just chicken to a bowl, draining any accumulated Coconut Milk back into saucepan. Cover bowl tightly with plastic wrap or foil
4. Add Peanut Sauce, chopped chilis, and crushed red pepper to Coconut Milk. Bring back to a boil. Turn down to a simmer and simmer 3-4 minutes. Add chicken, lime juice, sugar and salt to taste. Simmer 2-3 minutes more. Remove ginger.
5. Add spinach to pot of boiling water and stir for 10-20 seconds, just until leaves wilt. Immediately drain into strainer. With a fork or tongs, arrange spinach on plate.
6. Pour hot chicken (with sauce) in middle of spinach. Top with chopped tomatoes and peanuts. For those who like it hot, pass a small bowl of hot chopped chilies to sprinkle on Rama. Serve with sides of rice.

Spicy Garlic Shrimp with Asparagus or Green Beans

Ingredients:

1-2 Tbsp Thai Garlic Chili Pepper Sauce
1 Tbsp minced garlic
1/2 Tbsp dark brown sugar
1 Tbsp fresh lime juice
3 tsp Thai Fish Sauce, divided
1 lb large shrimp, peeled and deveined
1 lb thin *asparagus or green beans
1 Tbsp oil
Fresh cracked pepper

Jasmine Rice (optional)
Cilantro (optional)

In a medium size bowl add Garlic Chili Pepper Sauce, garlic, sugar, lime juice and 2 teaspoons of the Fish Sauce. Mix well. Add shrimp and mix until covered with sauce. Set aside to season.

Diagonally trim asparagus into one inch pieces. *If thicker asparagus is used, boil in salted water 2-3 minutes. Drain, and immediately cool down in ice water. Drain well.

Heat oil in a large skillet over a high heat. Add asparagus, remaining teaspoon of Fish Sauce, and fresh cracked pepper. Stir-fry 3-5 minutes, or until asparagus is tender-crisp.

Add shrimp mixture to skillet. Stir-fry until shrimp turns opaque (pink) and sauce is well mixed with ingredients. Serve immediately. If desired, sprinkle with cilantro and serve with hot Jasmine Rice.

Thai Beef and Pumpkin Curry

Yield

4 servings

Ingredients

1/2 small sugar pumpkin*
3 tablespoons oil
2 cups red onion chopped
2 tablespoons Fish Sauce
1 tablespoon minced ginger
1 tablespoon and 1 teaspoon Red Curry Paste
1-13.5 oz can Coconut Milk
1 1/4 lbs beef tenderloin tips, sliced thinly
1 tablespoon lime juice
1/4 cup chopped cilantro

* When sugar pumpkins are unavailable, butternut squash is a good year round substitute.

1. Using a sharp knife, cut pumpkin in half and seed. Cut into one-inch wedges and peel. Slice wedges into thin pieces and measure 4 cups.
2. Heat oil in large skillet and add pumpkin, onion, Fish Sauce and ginger. Stir-fry on high heat until pumpkin starts to soften.
3. Add Red Curry Paste and 1/2 can Coconut Milk. Stir until curry is dissolved.
4. Add remaining coconut milk and beef. Stirring, bring to a boil and cook until beef is just tender. Mix in lime juice. Sprinkle with cilantro and serve.

Thai Beef Stew with Lemongrass and Noodles

- 4 lemongrass stalks, trimmed, tough outer layers removed, thinly sliced
- 4 cloves garlic chopped

- 4 kaffir lime leaves, chopped
- 2 tablespoons chopped peeled ginger
- 2 red Thai chiles, with seeds, sliced
- 3 pounds boneless beef chuck, cut into 2” pieces
- Kosher salt and freshly ground black pepper
- 2 tablespoons vegetable oil
- 2 whole star anise pods
- 1 cinnamon stick
- ½ cup reduced-sodium soy sauce
- 1 tablespoon fish sauce (such as nam pla or nuoc nam)
- ¼ cup (packed) light brown sugar
- 1 cup unsweetened coconut flakes
- 4 medium shallots, quartered
- 1 pound carrots, peeled, cut into 2” lengths, halved if large
- 4 scallions, cut into 1” lengths, plus more for serving
- 8 oz. wide rice noodles
- Lime wedges (for serving)

Directions

- Process lemongrass, garlic, kaffir lime leaves, ginger, and 2 chiles in a food processor until a fine paste forms.
- Season beef with salt and pepper. Heat oil in a large Dutch oven over medium-high heat. Working in batches, cook beef, turning occasionally, until browned, 10–15 minutes; transfer to a plate.
- Cook lemongrass paste in same pot, stirring often, until lemongrass is beginning to soften, 5–8 minutes. Add star anise, cinnamon, soy sauce, fish sauce, brown sugar, beef with any juices, and 10 cups water. Bring to a boil, reduce heat, and simmer, partially covered, skimming occasionally, until beef is tender and liquid is slightly thickened, 2½–3 hours.
- Meanwhile, preheat oven to 350°. Toast coconut flakes on a rimmed baking sheet, tossing occasionally, until golden around the edges, about 4 minutes; set aside.
- Add shallots and carrots to stew and cook, partially covered, until vegetables are soft and beef is falling apart, 35–45 minutes. Mix in scallions (they should wilt slightly).
- Meanwhile, cook noodles according to package directions.
- Divide noodles among bowls and ladle stew over; top with toasted coconut and more scallions. Serve with lime wedges.

DO AHEAD: Stew (without noodles) can be made 3 days ahead. Let cool; cover and chill.

Thai mustard green wraps

- Mustard or other green leaves
- Shrimp
- Scallion
- Roasted coconut
- Finely sliced fresh chills
- Drizzle fish sauce on top

Cook shrimp. Roast coconut in a pan. Put all ingredients together on a leaf and drizzle with fish oil.

Thai Peanut Sauce

1 T oil
2-3 t chilli flakes
½ c finely sliced shallots
1 T red curry paste
2 kaffir lime leaves
1 – 1 ½ c coconut milk
2/3 c crunchy peanut butter
2 T palm sugar
2 T tamarind liquid
2-3 T lime juice

Heat oil and carefully fry the dried chilli flakes on low heat. Add shallots, red curry paste and lime leaves and cook until fragrant. Stir in 1 c coconut milk, peanut butter, palm sugar, and tamarind liquid. Bring to a boil, stirring, and add the lime juice. Thin to pouring consistence with extra coconut milk or water. This will make 2 cups.

Vietnamese

Crispy Hoi An Pancakes

Batter

- 1 cup rice flour
- ½ teaspoon ground turmeric
- ½ teaspoon kosher salt

Assembly

- 5 tablespoons (or more) vegetable oil, divided
- 4 oz. small shrimp, peeled, deveined
- Kosher salt and freshly ground black pepper
- 6 scallions, thinly sliced
- 4 oz. mung bean or other sprouts (about 1 cup)
- Large green-leaf or Bibb lettuce leaves and mixed tender herbs (such as mint, cilantro, and Thai basil; for serving)
- Nuoc Cham

Batter

- Whisk flour, turmeric, salt, and 1½ cups water in a large bowl until smooth. Cover and let sit at room temperature 1 hour (this allows the rice flour to hydrate; the batter will get creamier as it sits).

Assembly

- Heat 1 Tbsp. oil in a medium nonstick skillet over medium-high heat. Add shrimp and scallions, season with salt and pepper, and cook, tossing often, until cooked through, about 3 minutes. Transfer to a plate.
- Wipe out skillet and return to medium-high heat. Add remaining 4 Tbsp. oil. Mix batter to reincorporate rice flour, pour ½-cupful into skillet, and swirl pan to evenly spread out batter. (Be careful: Batter will splatter.) Cook pancake, shaking pan occasionally, until almost cooked and edges begin to curl, about 4 minutes. Top with one-fourth of shrimp and scallions, one-fourth of bean sprouts, and cook until pancake is golden brown and crisp, about 1 minute. Using a spatula, fold pancake in half, forming a half-moon. Transfer to paper towels to drain. Repeat with remaining batter (mixing before adding to pan), scallions, bean sprouts, and shrimp to make 3 more pancakes, adding more oil to skillet as needed.
- Cut pancakes into wedges. To eat, tuck each wedge inside a lettuce leaf along with some herbs and dip in Nuoc Cham.

Nuoc Cham Dipping Sauce

- 1 (or more) Thai chile, with seeds, thinly sliced
- 2 cloves garlic, finely chopped
- 2 teaspoons grated peeled ginger
- 2½ teaspoons sugar
- ⅓ cup fresh lime juice
- ¼ cup fish sauce (such as nam pla or nuoc nam)

Combine chile, garlic, ginger, sugar, lime juice, and fish sauce in a small bowl. Season with more chile and sugar, if desired, or add water by the tablespoon if needed to soften flavors.

Udon Noodles with Zucchini, Grilled Kale, and Peanut Sauce

1 cup super-chunky peanut butter
1/3 cup (or more) water
1/4 cup packed golden brown sugar
2 tablespoons plus 2 teaspoons unseasoned rice vinegar
2 tablespoons soy sauce
2 tablespoons toasted sesame seeds
2 tablespoons chopped peeled fresh ginger
3 garlic cloves, peeled
2 teaspoons hot chili sauce
1 12-oz package dried chow mein udon noodles
4 large zucchini, cut crosswise into 1/4 inch thick slices
8 ounces green curly kale, thick stems removed
olive oil (for brushing)
1 bunch green onions, thinly sliced
1 cup chopped fresh cilantro
Optional – prepare chicken breast or grilled tofu to server on noodles

Blend peanut butter, 1/3 cup water, brown sugar, rice vinegar, soy sauce, sesame seeds, ginger, garlic, and chili sauce in blender until smooth, adding more water by tablespoonfuls if too thick. Can be made 1 day ahead; cover and chill.

Cook udon noodles according to package directions. Drain, Run under cold water to cool. Drain again.

Prepare barbecue (medium-high heat). Brush zucchini and kale with oil, sprinkle with salt and pepper. Grill zucchini until tender and slightly charred, about 3 minutes per side. Grill kale until brown around edges, about 1 minute per side.

Toss udon noodles, green onions, and cilantro with peanut sauce in large bowl. Divide noodle mixture among 6 bowls. Top noodle mixture with zucchini and kale and serve.

Mexican

Bean Lasagna

1 can fat free refried beans
1-12 oz. bottle mild taco sauce
2 cans stewed tomatoes, one drained, one not
1 c. fat free cottage cheese
1 c. corn kernels, frozen is o.k.
10-12 lasagne noodles, uncooked (or corn tortillas then cook for 30 minutes)
¼ c. black olives, sliced
1 can diced green chilis
1 medium onion, chopped
1 jalapeno, chopped
Cumin
Cayenne
Pepper
Salt
Garlic
Chili Powder

Cook the onions and jalapenos. In a bowl mix beans, onions, jalapenos, and chilis with about half the juice from one can of tomatoes and a couple of tablespoons of taco sauce. Add the rest of the spices. You want the beans to be almost but not quite pourable. Mix the rest of the taco sauce and tomato juice and set aside

Put about a quarter of the taco sauce mixture in the bottom of a 9x13" lasagna pan. Cover sauce with a layer of noodles. Layer, in any order you want, the beans, corn, cheese, drained tomatoes, sauce, and noodles being sure to end up with enough beans to cover the top with no noodles showing. The resulting mess should be pretty wet

Cover tightly with foil. Bake at 350° for about an hour, until the noodles are tender. Check every 5-10 minutes after 45 minutes of cooking to see how the noodles are doing. Remove foil, sprinkle with olives, and bake another couple minutes. Let sit for ~5 minutes before serving.

Carne Asada

2 - 4" thick pieces of filet mignon or eye or round steak
1 lime
Salt
Pepper
Garlic powder

Cut meat into ½” thick strips (keep knife parallel to cutting board to maintain thickness). Squeeze lime generously over meat (piece with fork if needed to allow it to soak in). Season with salt, pepper, and garlic powder. Let marinate for 30 minutes or more. Grill over medium, indirect heat until medium rare (about 3 minutes/side).

Serve with [guacamole](#), refried beans, and tortillas
Chiles Rellano below makes a great side.

Carnitas (Masitas de Cerdo)

1 1/2 pounds boneless pork loin, cut into 1-inch cubes
6 garlic cloves, crushed
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon oregano
1/2 cup sour orange juice (or use 1/4 cup orange juice and 1/4 cup lime juice)
1/4 cup olive oil
2-4 diced jalapeños
Cayenne pepper

1. Place pork cubes in a self-sealing plastic bag; mix together remaining ingredients and pour over pork cubes; seal bag and refrigerate overnight.
2. Remove pork from marinade, discarding marinade, and place pork cubes in a shallow baking pan.
3. Roast in a 350 degrees F. oven for 25 to 30 minutes, until pork is tender. Remove to serving platter and serve hot.

Serves 6.

Nutrition Facts
Calories 174 calories
Protein 24 grams
Fat 7 grams
Sodium 416 milligrams
Cholesterol 66 milligrams

Carnitas – Slow Cooked

Makes 4 servings

2 pounds boneless country-style pork ribs or pork shoulder (Boston butt), cut into 1 1/2-inch pieces

1 can diced chilis
2 teaspoons salt
2 teaspoons ground black pepper
2 teaspoons dried oregano (preferably Mexican)
1/2 large onion, cut into 4 pieces
1 avocado, halved, pitted, sliced
Fresh cilantro sprigs
Sliced red bell peppers (optional)
Corn tortillas

[Roasted Tomatillo Salsa](#)

Toss pork in bowl of slow cooker with chilis, salt, black pepper, and dried oregano to coat. Place onion pieces atop pork. Cover slow cooker and cook pork on low setting until meat is very tender and falling apart, about 6 hours.

Using slotted spoon, transfer pork to cutting board. Discard onion pieces. Using fingers, shred pork; transfer carnitas to platter. Place avocado slices, cilantro sprigs, and sliced red bell peppers, if desired, alongside. Wrap corn tortillas in damp kitchen towel; microwave until warm, about 1 minute. Serve carnitas with warm tortillas and tomatillo salsa.

Chiles Rellenos

8 Poblano chiles (or other large chile)
1 cup finely chopped red bell pepper
1½ cup corn (frozen works well)
1/3 cup crumbled queso fresco (or other cheese)
½ cup finely chopped onion
2 tbsp toasted pine nuts
4 minced garlic cloves
2 tbsp chopped cilantro
½ tsp salt
¼ tsp ground red pepper
1 15oz can black or refried beans (drained if needed)

Broil chiles (or cook on grill) to char outside (4-8 minutes/side). Remove and place in plastic bag for 15 minutes. Peel skins. Cut chiles and remove seeds leaving stems intact.

Toast pine nuts. In a medium skillet or sauce pan, cook onion and garlic until soft, add in red pepper and cook until soft. Stir in corn, nuts, and beans. Cook until warm. Stir in cheese, cilantro, salt, red pepper (add other spices to taste if necessary). Spoon mixture into each chili and fold edges of chile over (may need to secure with toothpick). Place chiles in a pan and cook on grill or at 350F for 20 minutes or until warm).

A fantastic side with Carne Asada

Chiles Rellenos Casserole

1/2 pound ground chicken
1 cup chopped onion
1 3/4 teaspoons ground cumin
1 1/2 teaspoons dried oregano
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon pepper
1 (16-ounce) can fat-free refried beans
2 (4-ounce) cans whole green chiles, drained and cut lengthwise into quarters
1 cup (4 ounces) preshredded Colby-Jack cheese
1 cup frozen whole kernel corn, thawed and drained
1/3 cup all-purpose flour
1/4 teaspoon salt
1 1/3 cups skim milk
1/8 teaspoon hot sauce
2 eggs, lightly beaten
2 egg whites

Cook chicken and onion in a nonstick skillet over medium-high heat until browned, stirring to crumble. Combine chicken mixture, cumin, and next 5 ingredients in a bowl. Stir well, and set aside.

Arrange half of green chili strips in an 11 x 7-inch baking dish; top with half of cheese. Spoon mounds of bean mixture onto cheese, and spread gently, leaving a 1/4-inch border around edge of dish; top with corn. Arrange remaining chili strips over corn; top with remaining cheese. Set aside.

Combine flour and salt in a bowl; gradually add milk and hot sauce, stirring with a wire whisk until blended. Stir in eggs and egg whites; pour over casserole. Bake at 350° for 1 hour and 5 minutes or until set; let stand 5 minutes.

Yield: 6 servings (serving size: 1 (3 1/2-inch) square)

CALORIES 292 (29% from fat); FAT 9.5g (satfat 4.6g, monofat 2.9g, polyfat 1g); PROTEIN 23.3g; CARBOHYDRATE 29.3g; FIBER 5.2g; CHOLESTEROL 118mg; IRON 3.7mg; SODIUM 640mg; CALCIUM 242mg;

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Enchilada Casserole con Crockpot (serves 6)

6 boneless, skinless chicken breasts, cooked and chopped
2 small onions, chopped
2 cloves garlic, pressed
2 tsp. cumin
12 corn tortillas
1 (28 oz.) can green enchilada sauce
12 ounces low fat cheddar cheese

In a skillet, saute 1/2 the onion in about a tablespoon of oil. Cook for 2 minutes and add garlic. Cook another 2 minutes and add chicken and cumin. Mix well, set aside.

In a blender, add the rest of the onion and the can of enchilada sauce. Blend like made.

In a crockpot insert, pour about 1/2 cup sauce on the bottom of the pan and begin building your casserole. Start with sauce (already said that) tortillas, chicken mixture, little cheese and repeat this pattern till finished. Pour the rest of the sauce evenly over the top and cook on low for 7 hours (but check it often--newer crockpots sometimes cook faster). Reserve a little cheese to sprinkle on the top just before serving.

Per serving: 490 Calories; 8g fat (15.9% calories from fat); 72g protein; 29g carbohydrate; 4g dietary fiber; 149mg cholesterol; 583mg sodium.
Exchanges: 1 1/2 Grain(Starch); 9 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

Matt's Tortilla Hotdish

2-3 chicken breasts
onion
2 jalapenos
1 large can of green chilis
tortillas – 5 small or 4 large
2 cans of cream of chicken soup
1 cup pepper jack cheese

Brown chicken with onion and jalapenos. Stir in green chilis. Alternate tortillas, chicken, and cream of chicken soup.

Bake for 40 minutes at 350° C.

Tamale Pie

Use a fork or pastry blender to crumble the firm polenta.

1 1/2 (16-ounce) tubes of polenta, crumbled
Cooking spray
2 (15-ounce) cans low-fat turkey chili
1 can chopped jalapeños
1/2 onion sautéed
1 cup (4 ounces) preshredded sharp cheddar cheese
6 tablespoons bottled salsa
6 tablespoons reduced-fat sour cream

Preheat oven to 475°.

Place crumbled polenta in an 11 x 7-inch baking dish coated with cooking spray. Top with chili and cheddar cheese. Bake at 475° for 13 minutes or until bubbly. Top each serving with 1 tablespoon salsa and 1 tablespoon reduced-fat sour cream.

Yield: 6 servings

CALORIES 324 (27% from fat); FAT 9.7g (satfat 5.5g, monofat 2.5g, polyfat 1g); PROTEIN 18.8g; CARBOHYDRATE 40.6g; FIBER 6.6g; CHOLESTEROL 46mg; IRON 2.8mg; SODIUM 881mg; CALCIUM 223mg;

Cooking Light, JANUARY 2004

Tequila-Lime Mahimahi Tacos

- Mild mahimahi takes on the flavors of our zesty marinade.
- 4 tablespoons fresh lime juice, divided
- 3 tablespoons tequila
- 3 tablespoons roughly chopped fresh cilantro, divided
- 1 teaspoon finely chopped garlic
- 1 teaspoon ground cumin
- 1 lb mahimahi
- 3 tablespoons rice wine vinegar
- 1 teaspoon canola oil
- 3/4 teaspoons honey, divided
- 1 1/2 teaspoons kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 3 cups thinly sliced red cabbage
- 3/4 cup reduced-fat sour cream

- 3 tablespoons 2 percent milk
- 1 1/2 teaspoons finely grated lime zest
- 8 corn tortillas (6 inches each)
- 1/2 firm-ripe avocado, thinly sliced
- 2 limes, quartered

In a resealable plastic bag, combine 3 tablespoons lime juice, tequila, 1 tablespoons cilantro, garlic and cumin. Add fish, seal bag and turn to coat; refrigerate, turning once, 1 hour. In a bowl, combine vinegar, oil, 2 teaspoons honey, 1/4 teaspoon salt and 1/4 teaspoon pepper. Add cabbage; toss well. In another bowl, combine sour cream, milk, zest, remaining 1 tbsp juice, remaining 3/4 teaspoon honey and 1/2 teaspoon salt. Heat grill. Remove fish from marinade; season with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Grill, turning once, until just cooked through and lightly charred, 4 minutes per side. Transfer to a cutting board; coarsely chop. Stir remaining 2 tablespoons cilantro into slaw. Grill tortillas, turning once, 30 seconds per side. To assemble, spoon 1 tablespoon sour cream mixture in center of each tortilla. Divide fish, slaw and avocado among tortillas. Garnish with lime wedges.