



## Asian Pacific Islander Inspired Cuisine

To me, Asian Pacific Islander inspired cuisine is among the most diverse food to be put into a single category covering Chinese, Hawaiian, Japanese, Okinawan, Korean, Thai, Pilipino, Indonesian food and more. I love, love, love this food. Italian is my favorite, but this comes close to Mexican food on my list. Here are my favorite recipes.

### Chinese 中国宴会

#### Alison's Broccoli Beef 球花甘蓝牛肉 艾利森

Preparation Time: 5 Minutes  
Cook Time: 15 Minutes

Makes 4 servings

1/4 cup all-purpose flour  
1 (10.5 ounce) can beef broth  
2 tablespoons white sugar  
2 tablespoons soy sauce  
1 pound boneless round steak, cut into bite size pieces  
1/4 teaspoon chopped fresh ginger root  
1 clove garlic, minced  
4 cups chopped fresh broccoli

In a medium bowl, combine flour, broth, sugar and soy sauce and stir until sugar and

flour are dissolved. In a large skillet or wok over high heat, stir and cook steak until browned, 2 to 4 minutes. Stir in broth mixture, ginger, garlic and broccoli. Bring to a boil, then reduce heat and simmer until sauce thickens, 5 to 10 minutes. Serve immediately. Good with steamed rice.

### Alison's Crab Rangoon 螃蟹 艾利森

This is best done as a group effort which makes it fun for parties. Have one person who doesn't mind their hands in goo, another you trust to fry these little darlings to a golden color, and a third who will be a human assembly line.

Preparation Time: variable  
Cook Time: 5 minutes

Makes 90 – 100 pieces

1 pound fresh shredded crab meat  
16 ounces cream cheese  
3 tablespoons minced garlic  
2 packages of wonton wrappers  
1 cup of water  
Vegetable oil

Combine crab, garlic, and cream cheese in a large bowl.

Lay out wonton wrappers. Put a quarter size ball of the crab and cream cheese mixture into the middle of each wonton wrapper. Fold the wonton wrapper by pinching the centers of each of the sides together, up and into the middle over the cream cheese ball. Wet fingers will aid in the pinching process.

Heat oil about 2 to 3 inches of oil in a deep frying pan or wok until bubbles form around the handle of an inserted wooden spoon. Place three or four stuffed wonton wrappers

in the oil. Fry about 5 minutes, remove from oil and place on a paper towel to drain.



**Alternate:** Instead of frying, use a mini-muffin pan and bake. Be sure to grease the pan, I prefer peanut oil.

These are best served with Isaac's Sweet & Sour Sauce or Szechwan Sauce.

### Alison's Pineapple Chicken

甜和脾气坏的小鸡 艾利森



This is my take on what some people would call sweet & sour chicken, yet my sauce isn't that bright pink stuff you get from a Chinese food restaurant or from the supermarket shelf. Also, my recipe has no MSG. My family thinks this should be under Hawaiian, but it is a takeoff of the Cantonese dish.

Preparation Time: 5 Minutes

Cook Time: 15 Minutes

Makes 4 servings

- 3 chicken breasts
- 1 can crushed pineapple
- 1 medium white onion – chopped in large chunky pieces
- 1 green bell pepper – chopped in large chunky pieces
- 1 large carrot, sliced into thin round slivers
- 2 tablespoons cornstarch
- ½ cup sugar
- ¼ cup white vinegar
- 2 teaspoons soy sauce
- ¼ cup water

Put the chicken breast to the wok whole (if frozen) or chopped into bite size chunks if raw. If frozen, chop chicken up while it cooks in the wok.

Open the can of crushed pineapple, straining ¼ cup of the juice into a Pyrex measuring cup, reserving this for later. Strain the remaining juice into the wok with the chicken.

Add the chopped vegetables to the wok and stir fry until the chicken is just about done. Add the crushed pineapple to the wok, stir, lower heat and cover.

In a small saucepan, combine remaining ingredients along with the reserved pineapple juice. Simmer gently for 5 minutes. Remove both wok and saucepan from heat. Pour sauce into wok and stir, coating chicken mixture thoroughly. Serve immediately with steamed or fried rice and a mixture of Asian cuisine appropriate vegetables.

## Alison's Spring Rolls



斯普林滚动 艾利森

This is another recipe that works best as a group effort, which makes this another fun party activity.

Preparation Time: variable

Cook Time: 5 minutes

Makes 15 - 25 pieces

1 head napa cabbage shredded  
4 bok choy leaves (not ribs) shredded  
2 cups shredded carrots  
2 bunches green onion chopped  
1 can diced water chestnuts  
2 tablespoons diced garlic  
2 tablespoons diced ginger  
2 tablespoons garlic rice wine vinegar  
2 tablespoons roasted sesame seeds  
2 packages egg roll wrappers

Mix all ingredients in a large bowl, thoroughly coating everything with the sesame seeds and vinegar. Toss ingredients into a strainer and removed excess moisture.

Lay egg roll wrappers out and place a small handful of cabbage mixture in the middle of the egg roll wrapper. Fold two corners in towards the middle, then roll up like a burrito. Use the liquid from the ingredients to seal the spring rolls.

Heat oil about 2 to 3 inches of oil in a deep frying pan or wok until bubbles form around

the handle of an inserted wooden spoon. Place three or four stuffed egg roll wrappers in the oil. Fry about 5 minutes, remove from oil and place on a paper towel to drain.

**Variation:** You can add meat to these rolls if you'd like, such as ground chicken, turkey, or spicy sausage. If you do this, you should sauté the meat until it is slightly cooked, enough to be somewhat firm and easy to handle. Place two quarter size balls in the middle of each handful of cabbage mixture prior to folding the wrapper. Fry as stated above. Either is best when served with Isaac's Sweet & Sour Sauce or Szechwan Sauce. Try them with soy sauce and a bit of hot mustard.

## Emily's Won Tons



One of the sweetest and genuinely nice people to ever walk the planet is my dear friend Emily Kariya (shown above at our graduation in June 1990). Not long after my return from England, Emily and our best friend, the woman who made our terrible trio complete - Kim Kennedy, visited me at my mother's condominium in Redondo Beach, CA. That night we had Emily's Won Tons, and from that moment on, I have been using her recipe and honestly, it is the best I

have ever had. Who'd ever think a wonderful Japanese woman would make exquisite Chinese food!

Preparation Time: variable  
Cook Time: 5 minutes

Approximately 50 pieces

1 pound lean pork or beef, finely ground  
1 ½ teaspoons finely minced garlic  
3 green onions diced  
8 finely diced water chestnuts  
1 package wonton wrappers  
1 cup of water

Combine all ingredients, in a large bowl.

Lay out wonton wrappers. Put a ¾ inch ball of the meat mixture into the middle of each wonton wrapper. Wet fingers and spread water on the edge of two connecting sides of the wrapper. Fold the wonton wrappers into triangles, being sure to squeeze out all the air.

Heat oil about 2 to 3 inches of oil in a deep frying pan or wok until bubbles form around the handle of an inserted wooden spoon. Place three or four stuffed wonton wrappers in the oil. Fry about 5 minutes, remove from oil and place on a paper towel to drain. These are best when served with Isaac's Sweet & Sour Sauce or Szechwan Sauce. Try them with soy sauce and a bit of hot mustard.

### Pearl Balls

茶怱怱

Another assembly line recipe for a party! I stole this recipe from a famous jailbird Martha and took out the pretentious and expensive Chinese mushrooms which I found not many of my American 'white bread' friends enjoy. It also makes the recipe much less expensive. I also found that my

way of assembling them is easier and tastes just as good if not better.

Preparation Time: variable  
Cook Time: 20 minutes

Approximately 36 meatballs

¾ cup sweet or glutinous rice  
1 pound lean pork, finely ground  
1 egg, lightly beaten  
1 tablespoon soy sauce  
½ teaspoon sugar  
1 ½ teaspoons finely minced ginger root  
8 finely diced water chestnuts

Mix together all ingredients, except rice, until well blended using your hands.

Roll pork mixture into small meatballs about 1 inch in diameter. Drop these meatballs into the rice, roll around and completely cover. Pluck from rice and place in a steamer.

When the steamer is filled with a layer of rice covered meatballs, place over water, bring water to a boil, and steam for 20 minutes. Serve hot with Isaac's Sweet & Sour Sauce, Szechwan Sauce or try them with soy sauce and a bit of hot mustard.

## Hawaiian

### Coconut Shrimp

Do your best to procure Unsweetened coconut. If you get sweetened it isn't THAT big of a deal, you'll just have a sweeter tasting end result. This recipe is dedicated to my father-in-law Ed, a true lover of the coconut!

### **Battered Recipe:**

Preparation: 10 minutes  
Cook time: 4 - 6 minutes

12 Tiger prawns / Jumbo shrimp

(10 shrimp to the pound), de-veined and peeled  
2 cups unsweetened shredded coconut  
1 cup plain breadcrumbs  
2 egg yolks, whipped

Combine coconut and bread crumbs in a shallow dish with eggs. Mix together with fingers until a sticky clumpy batter forms. Put shrimp one at a time into the mixture, coating well. You should press it together so the shrimp is completely battered, except for the tail.

Place shrimp, no more than three at a time, into oil that has been brought to 350 degrees in a frying pan. To test if the oil is hot enough, use a wooden spoon handle. Dip the handle into the pan, if bubbles form around the handle tip, the oil is hot enough.

When shrimp begin to turn a golden color, about 4 minutes, remove from pan and drain on a paper towel. They go fast, so have a helper ready battering the shrimp and two woks or pans filled with oil if you have 8 or more people. Servings: 6 (two shrimp per person as an appetizer). Recipe is easily doubled.

### **Non-battered Recipe:**



Preparation: One day marinating  
Cooking time: 4 – 6 minutes

12 Tiger prawns / Jumbo shrimp  
(10 shrimp to the pound), de-veined and peeled  
1 bottle coconut extract  
1 can crushed pineapple  
½ cup chopped cilantro  
Corn starch

Put the ingredients (except corn starch) into a large Ziploc freezer bag and marinate overnight. When you're ready to eat, pull the shrimp out of the bag and skewer on bamboo. Grill or broil for 4-6 minutes.

Put bag liquid in a sauce pan and gradually heat, and dusting corn starch in the mixture as it heats, until it achieves a thickness you desire. Put skewers over coconut rice and top with glaze/sauce.

### **Fried Swordfish Poke**



This has to be one of my family's favorite Hawaiian dishes that I make. Matt and Deanna almost ate the whole dish I prepared at the luau summer of 2004 without letting Debbie or Ed taste any!

7 oz swordfish cut into 1/2 inch cubes  
½ cup medium diced white onions  
½ cup sliced green onions  
½ cup rinsed and chopped ogo seaweed  
1 ½ tablespoons soy sauce  
½ teaspoon Hawaiian salt (substitute Kosher Salt)  
3 drops sesame oil  
1 Can any Budweiser like beer (optional)



Heat wok to medium-high. Combine all ingredients, except beer, in a bowl and mix well. Quickly fry poke in wok and set aside.

Fish cooks fast! Don't let it get dried out by treating it like hamburger. Get the cubes to a mildly firm state, kind of like warm fudge cubes that have been left in the sun sort of firmness. Overcooked fish is the main reason why most people I know who don't like fish don't like it. The texture has been messed up with too much cooking.

Marinate with beer to taste, if desired.

### **Kaluha Pig (or Turkey)**

This dish is best served with fresh poi. Poi is available online from various sources. Under no circumstances should you deal with the flakes at Alohagoodies.com. They messed with my order several times, never delivering anything that I ordered. I feel they lessened the overall effect of my luau I had planned with their shenanigans.

This recipe takes hardly any prep, and the cooking time is worth it. The house ends up smelling so good, many of the guest come wandering into the kitchen, where I promptly put them to work cleaning shrimp or slicing fruit!

Preparation Time: 15 minutes

Cook Time: 3 hours

6lbs boneless pork butt or turkey roast  
2 tablespoons Hawaiian salt or Kosher salt  
3 whole bananas  
2 tablespoons liquid smoke  
heavy duty aluminum foil

Line a baking pan with the heavy duty aluminum foil leaving enough hanging over the edges to wrap over the pork butt, surrounding it like a domed tent.

Trim excess fat off of the roast. Place pork in the aluminum lined pan. Make deep slashes in the pork. Pour liquid smoke over pork. Rub salt into cuts. Slice bananas length wise and lay them, sliced side facing the pork on top of the pork. Close the aluminum foil like a tent

There are two ways to proceed. You can refrigerate overnight to marinate this or not. Cook at 500F for 1 hour, lower heat to 400F and cook 2 hours. Shred with a fork. Serve with poi.

### **Lomi Lomi Salmon**

8 ounces salted salmon fillet  
4 fresh tomatoes  
1 medium red onion  
3 sliced green onions

Wash your hands thoroughly. Shred the salmon into small pieces with your hands. Add onions and tomatoes. Massage this mixture with your hands until all ingredients are broken up and thoroughly mixed. Chill. You can actually add 6-8 ice cubes and chill.

If you can only find fresh unsalted salmon, rub the salmon with kosher salt and let stand overnight. Rinse thoroughly and soak in cold water for at least one hour, changing the water several times. Also, lox can be substituted for fresh salmon if you cannot locate a salted salmon filet or do not wish to salt your own.

Variation: Add the juice of one lemon, and 2 tablespoons of pineapple juice.

Note: Lomi means massage in Hawaiian, thus the name of this recipe. Also, in case your guests wonder if the salmon is raw, it's not. The salt cooks the salmon, as will the lemon juice, and pineapple juice.

Serve with warm flat bread or garlic toast.

## Japanese and Okinawan

When most people think of Japanese food, they think of teriyaki, tempura, or sushi, yet Japanese food is so much more than those stereotypes. Okinawan cuisine has been lumped in with Japanese food, but like so many other generalizations, it isn't 'true' Japanese food. Why should I care about the differences between the two?

I was born in Naha, Okinawa on October 23 1972 while my father was in the Air Force. I don't remember it, although my mother has given me plenty of home movies. Mom and Dad enjoyed their time in Okinawa, as best they could under the circumstances. I pried information out of them about what it was like the best I could. Researching my birthplace has brought about many interesting tidbits, and I thought I'd share.

After World War II, in 1951 to be exact, the San Francisco Peace Treaty put Okinawa under American administration. A huge base was built on the island and so my destiny was set. Vietnam and the draft came calling to my Dad, and he was shipped off to Kadena Air Force base, in the Naha area. When I was 18, I found out that in 1969 Japan and the U.S. had issued a joint declaration that, by mutual consent, Okinawa would be reverted to Japan on May 15, 1972. That meant I was truly a Japanese citizen, seeing how I was born five months later!

My parents often spoke of the loveliness of the beaches in Okinawa. The sea surrounding the islands of Okinawa is renowned for its spectacular beauty. Its lucent aquamarine presents a variety of aspects under the illumination of the sun's rays. The sea has exerted a constant

influence on the life and culture of Okinawa. The climate is similar to Hawaii, providing for good crops, something the big island of Japan does not share.

Okinawan cuisine includes many dishes from the Japanese repertoire, yet it remains separate and distinct. Okinawa, one of 80 small islands in the Ryukyu archipelago stretching south from Kyushu, Japan, to Taiwan, has been a prefecture of Japan since 1879. But the Ryukyu Islands were once an independent kingdom that traded with China, Korea and Southeast Asia as much as with Japan. As a result, clothing and ceramics are influenced by Korea and dance by Thailand.

The cookery of the Shuri court of Okinawa was heavily influenced by both China and Japan – China, especially, from the beginning of the 15th century and Japan from the 17th century, when Ryukyu came under the domain of feudal Japan. Court cookery of course, is not everyday food. Around the port city of Naha, center of international trade, people developed their own dishes based on the ingredients available in this island nation.

People depended on dofu (Okinawan tofu) and sweet potatoes as the main staples in Okinawan cuisine which include pork and fresh vegetables in a dominant role as compared with Japanese cookery. Seasoning in Okinawan cookery is more subtle than Japanese cookery. Soy sauce, miso and salt are the key flavorings but they are employed lightly.

Okinawans take great pride in their culture. In history, the Ryukyuan kingdom showed its prestige not by military might, but by showcasing their art. Several centuries ago the kingdom of Ryukyu attained a measure of wealth and prosperity as the agent of

entrepot trade between China, Southeast Asia and Japan. In the course of the absorption of cultural influences from these nations, an aristocratic Ryukyuan court culture rooted in a distinctively Okinawan aesthetic and sensibility emerged to take its place alongside the great cultures of the world. The traditional performing arts epitomize this culture. I long for the day when I can visit this land of my birth.

### **Black –Sesame Salmon Balls**



1 ½ pounds skinless salmon fillet, cut into 1-inch cubes  
 ½ cup plus 2 tablespoons finely chopped water chestnuts  
 1 large egg white  
 2 tablespoons cornstarch  
 1 teaspoon wasabi powder  
 4 small scallions, white and light green parts only, thinly sliced  
 2 ½ teaspoons finely grated ginger  
 Kosher salt and freshly ground pepper  
 ½ cup black sesame seeds  
 2 tablespoons unseasoned rice vinegar  
 ¼ cup low-sodium soy sauce  
 ½ teaspoon Asian sesame oil

Spread the salmon cubes on a plate and freeze for 15 minutes. Transfer the salmon to a food processor. Add the water chestnuts, egg white, cornstarch, wasabi powder, three-fourths of the scallions, 1 ½

teaspoons of the ginger, 2 teaspoons of kosher salt and a pinch of pepper. Pulse 4 or 5 times, until the salmon is chopped and the mixture just comes together. Transfer to a bowl.

Spread the sesame seeds on a plate. Scoop the salmon mixture into mounds of 2 tablespoons each and roll into 24 balls. Roll the balls in the seeds and transfer to 2 glass pie plates. Set one of the plates in a large steamer. Steam the salmon balls over boiling water until firm, about six minutes. Repeat with the remaining salmon balls.



Meanwhile, in a bowl, combine the vinegar, soy sauce, and sesame oil with the remaining scallions and ginger. Serve the salmon balls with the dipping sauce and pickled ginger.

Makes two dozen salmon balls.





## Alison's Easy Sushi



**What is Sushi?** It is not surprising that most people mistaken or associate the word sushi to raw fish. It may be because some of the most popular

sushi varieties are prepared using some type fish or raw fish. But actually, sashimi means "raw fish". Sushi is the marriage of vinegar to rice.

Sushi is available in so many varieties including many that have no raw fish. For example, there are sushi with a variety of different vegetables (ie: cucumber, carrots, mushrooms), sushi with seafood (ie: crab, shrimp, abalone, etc.) and sushi with egg and vegetables.

There are four basic categories of sushi: nigiri sushi (finger or oval shaped sushi rice), maki sushi (rolled sushi rice), oshi sushi (pressed sushi rice) and chirashi sushi (scattered sushi rice).

### **Basic Sushi Recipe Ingredients:**

Bamboo mat (maki-su) - to make sushi rolls  
Rice Paddle or large flat plastic spoon

3 ¼ cups of uncooked rice – use only a high quality medium grain white calrose rice (ie: Nishiki or Kohaku)

3 ¾ cups water

5 tablespoons rice vinegar (I prefer roasted garlic rice vinegar)

1 tablespoon roasted sesame seeds

1 teaspoon salt

1 package sushi nori  
soy sauce & wasabi

### **Sushi rolls filling ingredients:**

1 cucumber (peeled, seeded and sliced into strips)

1 red or yellow pepper (seeded and sliced into strips)

1 carrot (peeled and sliced into strips)

1 smoked salmon fillet or:

◇ smoked fish of your choice

◇ cooked, peeled, de-veined shrimp

◇ cooked scallops

◇ cooked teriyaki chicken

◇ golden caviar (tobiko)

2 tablespoons thinly sliced red ginger in red brine liquid (sold in jars, pre-sliced) – *optional*

1 omelet (sliced into strips) - *optional*

**Cook rice** If you don't have a rice maker try this or follow directions on your rice bag: Use a heavy bottom medium size pot , add rice and water. Cover and heat over medium boil for 2 minutes, turn down the heat to medium and boil for 5 minutes. Reduce heat to very low and cook for 15 minutes or till water is absorbed. Turn off the heat and let stand on burner, with pot lid wrapped in a kitchen towel for 10-15 minutes.

**Vinegar sushi dressing:** Toss the rice with a rice paddle by spreading a thin layer in a wide shallow plastic or wooden cutting board. Do not use any metal because the vinegar reacts with it causing a disturbing taste. Toss with horizontal, cutting strokes. While tossing, slightly sprinkle vinegar dressing over the rice. You may not have to use all the vinegar. Don't add too much or it will get mushy. Add roasted sesame seeds. At the same time use a hand fan or paper to cool the rice. To keep the vinegar rice from drying out, place it in a container and cover it with a damp cloth. Vinegared rice should be eaten the same day it is made!

Meanwhile remove the outer cucumber skin and seeds (by running your thumb down the

middle). Slice the cucumber into rectangular strips. Place the cucumber strips in a bowl, lightly sprinkle with salt, squeeze and toss to distribute salt throughout. Peel and slice carrot and red or yellow peppers. Place all the strips of ingredients on a plate or cutting board.

Lay your bamboo mat on a cutting board with bamboo strips going horizontally from you. Toast the nori sheets by passing the shiny side over your stove burner (it will turn color - takes only a few seconds).



Place one sheet of nori on the bamboo mat. Spread 2-3 TBS of rice on 3/4 of the nori - leaving 1-2" with no rice at the ends. In the center of the spread rice place all the strips of the filling ingredients. Lift the bamboo mat and roll once to make a long sushi log - slightly squeeze along entire roll. Slightly lift the bamboo mat and roll again till you get to the end of the nori sheet. The roll should be nice and tight with ingredients directly in the center. Using a sharp knife slice the sushi log into 1 1/2" rolls, place flat on a plate. Serve with dipping sauce - soy sauce and wasabi.

## California Rolls



- 4 cups sushi rice (rice & sweet vinegar mixture)
- 4 sheets of nori (dried seaweed)
- 1 avocado (ripe)
- 3/4 cup crab meat
- 1 tablespoon Japanese mayonnaise or cream cheese
- 1/2 teaspoon Kosher salt

Peel an avocado and mash it. Mix mayonnaise (or cream cheese) and the crab meat. Salt the avocado and the crab meat. Put a nori sheet on top of a plastic wrap on top of a bamboo mat (makisu). If you don't have a makisu, use just the plastic wrap. Spread the sushi rice on top of the nori sheet. Place the avocado and crab meat lengthwise on the rice. Roll up the bamboo mat, pressing forward to shape the sushi into a cylinder. Press the bamboo mat firmly and remove it from the sushi. If you decide to make an inside out roll be sure to put plastic wrap down on the bamboo first. If you are making an inside out roll, before you cut the log, roll it in sesame seeds or tobiko (golden caviar). Cut the rolled sushi into bite-sized pieces, or large (as pictured) which is known as Futo Maki

## Hanashinsu No Suimono

Okinawan egg flower soup

¼ lb ground pork  
½ teaspoon salt  
½ teaspoon cornstarch  
1/2 tsp. ginger juice

### **Egg Batter:**

3 eggs  
dash salt  
½ teaspoon. cornstarch  
6 pieces shiitake mushrooms  
¼ lb. mustard cabbage, spinach, or watercress  
6 cups dashi (6 cups water plus 2 tsp. hondashi – Japanese fish soup stock)  
1 tsp. salt  
2 teaspoons shoyu (soy sauce) or tamari

### Making the dashi –

16 – 20 square inches of Kombu – dried kelp sold in Asian markets

½ cup loosely packed Katsuobushi – wispy thin fish flakes

I grew up within walking distance of awesome Asian markets the first two decades of my life, so I am used to having these things handy. Dashi is simple to make:

Soak the kombu in 4 cups of water in a saucepan for 15 minutes. Put the pot with the kombu and cook it until just before the water starts to boil, then take it off the heat and add your katsuobushi and let all of it sit and steep for 3 or 4 minutes. Put a coffee filter in a mesh strainer and place that over a bowl, then pour the contents of the saucepan through the coffee filter.

Grind pork in suribachi (grooved earthenware bowl for grinding food or food processor), mix well, and combine with salt,

cornstarch, and ginger juice. Mix thoroughly -- make into 12 small balls. Beat egg batter ingredients (dissolve cornstarch with small amounts of water) and mix well with chopstick. Make twelve thin crepes about 4 inches in diameter. Place cover to prevent crepes from curling after finishing frying. Place pork hash balls into center of each crepe and pinch edges together to form a flower, like shumai. Place into steamer on ti leaf and steam for 20 minutes. Cut soaked shiitake mushrooms, remove stems, and cut into halves. Season with little shoyu in saute pan. Parboil cabbage. Do not overcook. Cut into 2 inch lengths. Combine soup stocks, add 1 teaspoon salt, 2 teaspoons shoyu, and bring to boil. Arrange 2 egg flowers, 2 shiitake, and greens into a bowl and pour hot soup stock over.

## Oyako-don

(Japanese chicken and egg rice bowl)

4 cup short grain white rice  
4 medium chicken thighs or 2 large chicken breasts  
1 onion  
2 cups soup stock (dashi)  
10 tbsp soy sauce  
5 tbsp mirin  
5 tbsp sugar  
4 eggs

Cook rice following directions on bag. Cut chicken into small chunks and slice onion. Put the soup stock in a pan on medium heat. Add soy sauce, mirin, and sugar in the pan. Put chicken chunks in the pan and simmer on low heat for a few minutes. Add onion to the pan and simmer a few more minutes. Wisk eggs in a bowl. Bring the soup to a boil, then pour the eggs over chicken and onion.

Turn the heat down to low and put on a lid. After one minute, turn off the heat, remove from the burner and set aside.

To serve, first put cooked rice in a deep bowl, and then place the chicken mixture on top of the rice. \*Makes 4 servings

### **Sangwachi Gwashi**

(Girls Day Confection)

This recipe is one that is made when a daughter turns 13 years old. Okinawan families in traditional times celebrated Girl's Day by making *sangwachi gwashi*. Often they placed the sweets and other special foods in a *jubako* (lacquerware), and went to the beach. After 13, the girl is considered an adult and eligible to be engaged.

4 eggs, slightly beaten  
 1 ¼ cups sugar  
 3 Tbsp. melted butter or margarine  
 ¼ cup toasted sesame seed

¼ cup chopped roasted peanuts  
 4 ½ cups flour  
 2 ½ tsp. baking powder  
 deep fat for frying

In a large mixing bowl, combine eggs, sugar, butter, sesame seed and peanuts. Sift flour with baking powder and stir into egg mixture to make a stiff dough. Heat oil to 375 degrees F. On lightly-floured board, knead dough until smooth. Divide dough in half, and roll each half into a 9 inch square. Using a sharp knife, cut dough in to 3 strips, 3 inches wide. Score strips crosswise, ¼ inch apart, and cut into 1 inch bars. Drop, scored side down, in hot fat. Fry until golden brown, turning once. (4 ½ dozen)

### **Japanese Tempura**



Tempura was actually introduced into Japan by Spanish and Portuguese missionaries in the late 16th century. The classic "batter fried" food is probably Japan's most celebrated example of "agemono" or deep frying. The goal of good tempura is to achieve a lacy golden effect. Although tempura remains an exclusive domain of specialty tempura restaurants, it is easy enough to make at home, makes a wonderful appetizer and you can find all the ingredients at your local grocery store.

The key to good tempura is fresh ingredients, lumpy batter and a constant oil temperature. Make the batter just before deep frying and do not over-mix it.

#### **Tempura batter recipe:**

1 cup sifted flour (I prefer rice flour)  
 1 egg yolk  
 1 cup ice water

Oil for deep frying, 1 cup of flour, soy sauce for dipping

**Assortment of fresh vegetables & seafood - choose several or try them all!**

green beans - ends trimmed leave whole (my favorite - must try! very good!)

carrots - sliced diagonally about ¼ " thick

sweet potato - peeled, sliced about ¼ " thick

zucchini - sliced about ¼ " thick

white button mushrooms caps - halve if caps are large

onion - sliced in half lengthwise then slice ¼ " thick (run a toothpick through the layers to hold half rings together.)

### Seafood

shrimp - shell and de-vein but leave tails attached (lay shrimp flat and slightly make 3-4 scores across the belly to prevent it from curling when frying)

white fresh fish fillet - remove any bones, cut fillets crosswise into bite-sized pieces

Prepare vegetables and fish and thoroughly dry with paper towel. Heat oil in a thick pot or deep fryer 350 degrees. In a mixing bowl, lightly beat egg yolk and pour in ice water, slightly mix. Add the flour all at once, stroke a few times with a fork, just till ingredients are loosely combined. The batter should be lumpy not smooth. If you over-mix till smooth the coating will become heavy and turn out oily.



Place 1 cup of flour on a plate, dip vegetables in the flour, shake off excess. Then dip in batter and lay in the hot oil and deep fry till golden brown and place on a

plate with paper towels to allow excess oil to drain off. Skim the surface of the oil occasionally to keep it clean. After frying vegetables, do the same with the seafood.

Serve with soy sauce for dipping.

### Yakisoba

(Japanese Style Noodles with Sauce)



Oyster sauce is readily available in the oriental cuisine aisle at your local supermarket. Don't be afraid of it, unless you're not into getting addicted to this wonderful stuff!

1-2 lbs. thinly sliced beef  
4 pkg. Japanese style noodles (chow mein) with sauce  
3 carrots, thinly sliced  
1 cup sliced mushrooms  
½ head cabbage, chopped  
2 yellow onions, sliced  
2 tablespoons oil  
3 tablespoons sugar  
6 tablespoons oyster sauce  
Salt and pepper to taste

In a wok, heat oil and brown meat. Add all the vegetables and stir-fry until vegetables become tender. Add oyster sauce, sugar, salt and pepper to taste. Set them aside. Cook Japanese style chow mien as directed on the package with sauce. Add vegetables and meat to the chow mien and mix them or heat. Serves 4 to 6 people.



## Korean

### Barbeque Chicken (Dak Go Gi)

Prep Time: 20 minutes

Cooking Time 20 minutes

1-cup white sushi rice  
 2 tablespoons rice wine vinegar  
 5 cloves sliced garlic  
 3 boneless skinless chicken breasts (raw)  
 1 head romaine or green leaf lettuce  
 6 oz brown/red miso  
 2 teaspoons dry mustard  
 4 cloves garlic, minced fine  
 2 teaspoons onion powder  
 2 tablespoons of honey  
 1 teaspoon crushed red pepper

Prepare white rice per package directions, usually 1 cup of rice to three cups of water. Boil for 20 minutes. Do not let it burn or completely dry out. Rice should be sticky and moist. Add rice wine vinegar after rice has completed cooking. Stir.

Slice chicken breasts into finger thick strips and place on an aluminum covered barbeque grill. Top with sliced garlic. Cook.

While the rice and chicken are cooking, place the miso into a saucepan over medium heat. Add mustard, garlic, honey, onion powder and crushed red pepper. Stir often until mixture is thick and bubbly.

Wash lettuce keeping whole leaves intact!

Korean barbeque is eaten in the following manner:

Holding entire lettuce leave in had, dollop a tablespoon or so of white rice onto the center of the leaf, on the rib of the romaine.

Place a strip of barbequed chicken on top of the rice and a slice or two of the grilled garlic. Lightly spread the miso mixture over the chicken. A little bit goes a LONG way with Korean ‘catsup’ as some call it. Wrap lettuce around the food like a taco/burrito and chomp away.

If you have a Korean market in your area, I highly recommend seeking out the true sauce for this recipe, as my replacement does not do it justice. It is VERY spicy but extremely worth it. It is known as hot red bean paste by some, and barbeque sauce by others. It is common in Korean cooking and they put it on many dishes, like American’s use catsup.

Bul Go Gi (pronounced Bull Go Gee – like geese) is commonly known and if you bring it up to someone at the market, they should send you to the right sauce. It usually comes in a wide mouth jar with a yellow lid. A common importer and maker of the sauce is Assi. It should cost you about \$3.99 for a large jar containing more than you’ll need for several barbeques. There is a great market in Albuquerque, New Mexico of all places, that Arla and I discovered in 2001, and I stop by there about once a year to pick up my supply.

### Dumplings (Mandu Tuikim)

Approximately 70 pieces

½ lb cabbage  
 ½ medium white onion  
 ½ lb lean ground beef or pork  
 1 egg  
 1 tablespoon flour  
 1 tablespoon soy sauce  
 1 dash salt and pepper  
 1 package wonton skins or wrappers  
 1 egg white  
 ¼ cup vegetable oil

Boil cabbage and onion until cooked. Grind finely. Put the cooked cabbage and onion in a cheese cloth, and squeeze to remove moisture. I have also used a coffee filter, and it works just as well. Mix cabbage and onions with remaining ingredients, up to wonton skins.

Open wonton package, taking one at a time, so they won't dry out, wet two edges with egg white and drop filling mixture onto center. Fold into triangle and seal, making sure there is no air left inside.

Once your triangles are all made, drop into boiling water until they float. Leave them in the boiling water for 1 minute and then remove them immediately. Let them dry on a tray until the skin is no longer sticky to the touch. Dry on both sides. A fan may speed up the process.

Panfry the triangles in the ¼ cup vegetable oil until brown and crisp. Serve hot with dipping sauce.

Dipping Sauce:

1 ounce soy sauce  
1/2 ounce vinegar  
1 tsp. sake

Mix all the ingredients together.

## Thai

### Roberta D's Thai Peanut Salad

Roberta Duggan has to be the most optimistic, outgoing, fun loving, and genuinely caring person I met in Humboldt County, California. This recipe isn't exactly hers, but she was the one who introduced me to Thai Peanut Salad, and Chinese Chicken Salad. Thanks to Roberta and her generous

contributions to the Lenten Dinners each spring, I learned to enjoy many new dishes. I dedicate this one to her!

1 head shredded napa cabbage  
1 head chopped bok choy  
½ head thinly sliced red cabbage  
2 cups shredded romaine lettuce  
2 cups shredded carrots  
1 cup fresh baby spinach  
2 bunches chopped green onions  
2 heaping handfuls snow peas  
½ bag of chow mien noodles

Salad Dressing:

2 cups chunky peanut butter  
2 tablespoons minced garlic  
2 tablespoons fresh minced ginger  
½ cup soy sauce  
1 teaspoon crushed/roasted red pepper  
Fresh chopped tarragon or chives  
Fresh chopped lemon balm  
Fresh chopped basil (preferably Thai)

Prepare all fresh ingredients and toss into a large bowl. Use as much or as little for the fresh herbs as you like.

Combine all salad dressing ingredients in a sauce pan. Bring to a bubbling mass, stirring the entire time. It will burn if you aren't careful. Remove from heat and allow cooling until you can easily put your finger into the mixture. Don't let it become hard.

Pour into the fresh salad ingredients, toss, and serve immediately topped with chow mien noodles. For variety, you can add cooked chicken to the salad dressing while it melts together.

### Thai Chicken Angel Hair Pasta

Takes more time than many of the recipes in this book, but it is worth it. Most of the time

is marinating. Have a drink or two while it is soaking up the flavor. Perfect for a party!

Prep Time: 25 minutes  
 Marinating Time: 2 hours  
 Cooking Time: 20 minutes

1 tablespoon peanut butter  
 1 cup peanut oil  
 1 tablespoon sesame oil  
 ½ cup rice wine vinegar  
 3 tablespoons soy sauce  
 2 tablespoons chopped fresh cilantro  
 2 jalapeno peppers, seeded and chopped  
 3 to 4 green onions, thinly sliced  
 4 cloves garlic, peeled and minced  
 Juice of 2 limes  
 1 teaspoon red pepper flakes  
 ¼ teaspoon hot pepper sauce  
 ½ teaspoon white pepper  
 1 ½ pounds boneless skinless chicken  
 1 teaspoon salt  
 1 pound angel hair pasta  
 ½ pounds fresh snow peas, strings removed  
 2 carrots, peeled and diced  
 ½ cup salted peanuts

In a large stainless steel bowl, combine the peanut butter, peanut oil, sesame oil, vinegar, soy sauce, cilantro, jalapeno peppers, green onions, garlic, lime juice, red pepper flakes, hot pepper sauce, and white pepper. Rub the chicken with the salt and slice into thin strips. Add to marinade; set aside for 2 hours. Drain chicken; pat dry and reserve marinade. Grill or pan-fry chicken strips until cooked through.

Meanwhile, cook pasta according to package directions until al dente; drain. In a large sauté pan, bring reserved marinade to a boil, add snow peas and carrots; cook and stir for 2 minutes. Combine with the chicken strips and pasta; sprinkle with peanuts. Garnish with cilantro and serve. Serves 4 to 6. Recipe easily doubles.

## Indonesian

### Satay

2 cloves garlic  
 1 inch cube fresh ginger root, peeled  
 ¼ cup boiling water  
 2 tablespoons soy sauce  
 2 tablespoons peanut butter  
 2 teaspoons honey  
 ½ teaspoon ground coriander  
 ½ teaspoon lemon juice  
 8 teaspoon cayenne  
 1 pound firm tofu  
 1 tablespoon oil

Chop garlic and ginger root in a food processor. Add boiling water, soy sauce, peanut butter, honey, coriander, lemon juice and cayenne to the food processor and mix until smooth.

Cut tofu into ½” slice and press between paper towels to remove excess water.

Pour the sauce from food processor onto an oiled baking pan, then arrange the slice of tofu in a single layer. Pour over the rest of the sauce. Let sit to marinate a least one hour then bake at 375° for 20-25 minutes. Serve with rice and stir-fried vegetables.