

Chicken with Walnuts and Broccoli

4 whole chicken breasts (about 3#) (firm tofu or tempeh can also be used).

cornstarch

½ tsp Five-spice powder

½ tsp salt

Peanut oil <http://www.spectrumorganics.com/product/organic-peanut-oil/>

1 cup walnuts toasted

1 bunch broccoli (about 1 ½ pounds)

1 tablespoon grated fresh ginger root

1 clove garlic crushed

¼ cup dry sherry (dry vermouth works)

3 tablespoons soy sauce

1 teaspoon sugar

¼ cup water (or chicken broth)

Cut breast meat into ¾ inch cubes.

You can start with fresh or frozen chicken. If starting with fresh, remove meat from bone and place in the freezer until partially frozen and then slice. If frozen, thaw in cold water until sliceable.

Toss chicken pieces with five-spice powder, salt and 1 tablespoon cornstarch. Let stand 10 minutes.

Toast walnuts in the oven until brown and fragrant.

Cut broccoli into florets. You can also peel and slice the stems and use the

In a small bowl combine sherry, soy sauce, sugar, 2 teaspoons cornstarch and ½ cup water or broth. Mix with a whisk until smooth.

Heat 2 tablespoons oil in a wok or large skillet until just smoking. Add chicken and stir-fry until just firm and no longer pink. Allow chicken to take on some color. Last minute add ginger and garlic. (If the garlic is added too soon, it will burn). Place in a large serving bowl.

Again, heat 2 tablespoons of oil in the wok until just smoking and add the broccoli. Quickly stir fry allowing brown spots to appear. Add 2 tablespoons water to wok and quickly cover allowing the broccoli to steam and turn bright green (2-3 minutes). Remove from wok and add to chicken

Stir cornstarch mixture and heat in wok stirring continuously until thick. (you may add more water or stock if necessary at this point but remember there are juices in the chicken broccoli mixture).

Put chicken and broccoli back into the wok with the hot sauce. Mix quickly. Add the walnuts. Mix quickly. Serve.

Makes 8 servings.

Variations: **“Clean the Refrigerator Stir Fry.”**

Omit the five-spice powder from the chicken. Frozen raw shrimp or tofu can be substituted for the chicken. Use any other combination of vegetables such as zucchini, cauliflower, carrots, celery, red or green peppers. Raw peanuts can be substituted for the walnuts. Remember: Each vegetable should be stir-fried individually to allow for variable cooking times.

Asian Cucumber Salad

4 cucumbers
1 teaspoon salt
2 tablespoons soy sauce
2 teaspoon toasted sesame oil
2 tablespoons rice vinegar
2 teaspoons mirin.

Peel cucumbers. Slice lengthwise. With a pointed spoon (a grapefruit spoon works well) seed cucumbers. Sprinkle cucumbers with salt and place cut side town onto two thickness paper towels. Allow to drain for about ½ hour. The salt pulls the water from the cucumbers.

Combine the soy sauce, sesame oil, rice vinegar, sugar and mirin.

Slice the cucumbers ½ inch thick..

Toss with the dressing and serve immediately.

Garnish with toasted sesame seeds or gomashio.

Gemashio

2 cups raw sesame seeds
¼ cup sea salt

Preheat the oven to 350 degrees. Place seeds onto an oven pan. Roast in the oven until the seeds are brown for about 20 minutes. Do not over bake. Add sea salt and pulse in the food

processor until about ½ the seeds are processed. Do not over process or you will have sesame butter. Place in a shaker jar and use as condiment. Note: nuts and seeds become rancid quickly so best to keep extra in the refrigerator.

Asian Spinach Salad (Oshatashi)

2 boxes of frozen spinach cut leaf or whole leaf (not chopped) or one large bag of fresh spinach.
2 tablespoons soy sauce
2 teaspoons sesame oil
2 tablespoons rice vinegar
2 teaspoons mirin.

Place frozen spinach in a colander and defrost by running cold water over it. Or, quickly steam fresh spinach and allow it to cool. If using frozen spinach, squeeze excess water before adding dressing.

Combine the soy sauce, sesame oil, rice vinegar, sugar and mirin.

Toss spinach with the dressing and serve.

Garnish with toasted sesame seeds or gomashio.

Fried Rice

4 cups cold rice
3 eggs
1 package frozen peas thawed and drained
4 scallions chopped bulb and part of stems
3 stalks celery chopped into ¼ inch pieces
½ cup toasted peanuts
3 tablespoons peanut oil
¼ cup soy sauce
2 tablespoons toasted sesame oil

Beat eggs in a small bowl. Heat wok or frying pan and add 2 tsp oil. Spread evenly. Pour eggs into the pan and tip to spread evenly making a thin pancake. Continue to cook by lifting the sides to let the egg run underneath to cook. When able, flip over quickly until cooked and flip out onto a plate or cutting board to allow to cool. When cool, cut into ½ inch squares and set aside.

Heat remaining oil in the wok. Stir-fry scallions and celery until crisp.

Add the rice with your hands breaking up the clumps as you add. Stir fry allowing some of the rice to become brown. When the rice is heated through add the soy sauce and sesame oil tossing until completely coated.

Add drained peas and eggs and continue to toss. Place in a serving bowl and sprinkle peanuts on top. Serve immediately.

Variations: Additional vegetables could include, red or green peppers, small florets of broccoli and or chopped broccoli stems
Small florets of cauliflower.

Stock Items in Your Kitchen

Frozen Chicken Breasts

Cornstarch

Five-spice powder

Sea salt

Peanut oil

Whole raw almonds

Fresh ginger root

Fresh garlic

Dry vermouth

Soy sauce
Sugar
Raw peanuts
Toasted sesame oil
Rice vinegar
Mirin
Raw sesame seeds
Frozen spinach
Long grained rice
Eggs
Frozen peas
Extra firm tofu
Frozen raw shrimp
Long grain white rice
Jamine Rice
Optional: Asian hot sauce for those with this appreciation!

Equipment to have on hand

Sharp knives

Ginger grater
Garlic press
Food processor
Wok or large non-stick skillet
Paper towels
Rice cooker
Cutting board (wood is actually healthier!)
Bowls from very large to very small
Measuring cups and spoons.
Wooden spoons and spatulas
Large wire mesh strainer
Potato peeler

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