



Tofu and Veggie Stir Fry

1 Block Extra Firm Tofu, pressed
1 lb fresh broccoli (with stem)
4 Carrots, Cut on Cone #5 (length of hopper)
1 bunch scallions (green onions)
½ package of sliced mushrooms
Minced garlic
Minced ginger
1tsp soy sauce
1tsp oyster sauce
½ white onion

Add broccoli spears, yellow onions, garlic, ginger, carrots, and mushrooms, and cook on medium heat. Once clicking, mix soy sauce and oyster sauce together, and drizzle over veggies. Toss to coat. Serve with white or brown rice.

Spicy Korean Fish Dish

4-5 Pieces any White Fish
½ Head Cabbage, Cut on Cone #3
3 Carrots, Cut on Cone #5
½ Bunch Cilantro, Fresh and Chopped
1 Cup Korean BBQ Sauce
1 Tbsp. Crushed Red Pepper
1 Jalapeno, Minced on Cone #1

Add all ingredients to wok. Cover and cook over medium heat until the vapo valve clicks. Reduce heat to low and cook 10-15 minutes until fish is cooked through.

Ginger Garlic

Slow Roasted Pork Loin

Two medium sized boneless pork tenderloins
1 yellow onion, cut in half and then into ¼' slices
Large piece of fresh Ginger

Place tenderloins into the wok. Sprinkle with Adobo, salt and pepper.

Mince on cone #1 about ½ cup of ginger into pan. Place onions in pan.

Fill with water almost covering the pork
Cover, cook at medium-low (or ~275 degrees) for 4-6 hours, until meat is tender and pulls apart with a fork.

Kimchi

1 Head Napa Cabbage
¼ Cup Iodine Free Sea Salt
Water
1 Tbsp garlic, cone #1
1 tsp giner
1 tsp granulated sugar
2 Tbsp fish sauce or water
1 to 5 Tbsp Korean Red Pepper Flakes
8 Ounces Daikon Radish, Cone #2 or #3
4 Medium Scallions

Rough chop the cabbage into 2" strips. Place cabbage in large non reactive bowl and sprinkle on the salt. Massage with hands until it begins to soften. Add water to cover the cabbage. Place a plate on top and weigh it down with a jar or can of beans. Let sit for 1-2 hours.

Rinse and drain the cabbage under cold water three times. Drain in colander for 15-20 minutes.

Spice Paste: Combine garlic, ginger, sugar, fish sauce and stir into a smooth paste. Stir in desired amount of red pepper flakes for mild to spicy. Combine with cabbage, radish and scallions. Coat thoroughly. Press into glass jar with 1" remaining at top. Make sure all cabbage is covered with brine. Seal and allow to ferment for 1-5 days at cool room temp.

Taste daily. When ripe, transfer jar to refrigerator. Best taste is when left 1-2 weeks after refrigerating.

Pancit

3 Carrots, Cone #2
1 Yellow Onion, Cone #2
Green Cabbage, Rough Chopped
2 Packages of Rice Sticks
Fried Garlic, Mushroom Seasoning & Soy Sauce to taste
4 Cups Vegetable Broth

Cut carrots and onion into wok. Break noodles to fit inside pan. Top with seasonings, and vegetable broth. Cover and set stove to medium-high to high heat. Uncover and check in about 5-7 minutes. Begin to toss it together and separate the noodles to mix all ingredients. Add cabbage and gently stir in. Cover and cook again for a few minutes.

When making this dish with meat, you'll want to add it raw in the beginning at the bottom of the wok.

Pad Thai

1 Package Pad Thai Noodles
2 Small Jars Pad Thai Sauce
4-6 Eggs
Lime Juice
Peanuts
Scallions
Protein and Veggies of Choice

Cook noodles according to package directions. If cooking a meat or searing tofu, preheat skillet to medium and cook until desired doneness. Then, scramble eggs in same piece. Place noodles, sauce and lime juice in pan and combine. Top with chopped peanuts, green onions prior to serving.

Sinigang Na Salmon Soup (Sour Salmon Soup)

1 White Onion Cut In Big Chunks
2 Tomatoes Cut In Big Chunks
1 Eggplant In Big Chunks
1 Bokchoy Or Napa Cabbage Cut In Big Chunks
A Bag Of Frozen Salmon (Wild Caught)
Tamarind Mix – ½ Pkg

Add all ingredients at once into a 5qt Wok. Cook at medium, click, low until salmon is cooked through and veggies are tender.