



A TOUCH OF ASIA

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**Orient Express Snack Mix
Veggie Spring Rolls**

Asparagus Salad

**Sesame Chicken
Steamed Basmati Rice**

**Mango Ice Cream
Almond Cookies**

Orient Express Snack Mix

Recipe #124871, www.recipezaar.com

Makes 7 cups

Time: 35 min, 10 min prep

- 3 tablespoons margarine
- 1 tablespoon peanut butter
- 2 tablespoons reduced sodium soy sauce
- 1 teaspoon brown sugar, packed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dry mustard
- 1/2 teaspoon ground ginger
- 5 cups toasted rice cereal
- 1 1/2 cups pretzels
- 1/4 cup sliced almonds or peanuts

- Preheat oven to 250 degrees.
- In microwave safe bowl, melt margarine and peanut butter. Stir in soy sauce, sugar, garlic powder, mustard and ginger. Set aside.
- In large bowl, mix cereal, pretzels and almonds.
- Gradually pour sauce over cereal mixture and stir until all pieces are evenly coated.
- Bake 25 minutes, stirring every 10 minutes.
- Spread on absorbent paper to cool.
- Store in airtight container

Veggie Spring Rolls

Recipe #80469, www.recipezaar.com

Makes 12 servings

Time: 4½ hours, 30 min prep

- 1/2 cup shredded daikon radishes or radishes
- 2 green onions, sliced thin
- 2 tablespoons rice vinegar
- 1 teaspoon Splenda sugar substitute
- 1 small fresh jalapeno or serrano chili, seeded and finely chopped
- 1/2 teaspoon toasted sesame oil
- 1/2 cup shredded carrots
- 1/2 cup short thin strips cucumbers
- 2 tablespoons snipped fresh cilantro
- 1 tablespoon reduced sodium soy sauce
- 6 rice paper sheets (8.5 inch diameter)
- 1 1/2 cups bean sprouts
- cilantro (to garnish)
- shredded carrots (to garnish)

- Combine first 6 ingredients in one bowl, and the next four in another bowl.
- Cover each and refrigerate between 2- 24 hours.
- Stir once and drain.
- Pour 1 cup warm water into a pie plate.
- Carefully dip rice papers into water, one at a time.
- Place papers one at a time on clean kitchen towels (not touching).
- Let soften until pliable.
- Place 1/4 cup bean sprouts on each rice paper near the edge.
- Place one rounded tablespoon of each vegetable mixture on the sprouts.
- Fold in the ends, and tightly roll the rice paper.
- Place seam side down on a plate.
- Cover with a damp towel, and repeat until done.
- Cover and refrigerate for up to 2 hours.
- Cut each roll in half diagonally to make 12 pieces.
- Garnish with carrot and cilantro.

Serve with peanut dipping sauce (Jade Sichuan Peanut Sauce recommended).

Asparagus Salad

Separate asparagus tender ends from tough ends by bending the ends. Asparagus will snap at the beginning of the tender portion.

Parboil or poach asparagus. Dunk in ice water immediately to set the color and to stop the cooking process. Chill overnight. In the AM add dressing and let marinate.

Dressing: mix one half cup of Sesame Oil, 1 quarter cup of soy sauce and one quarter cup of vinegar with 1 tablespoon of fresh squeezed lemon juice. Mix with 1 teaspoon chopped garlic, 1/4 teaspoon dried mustard, salt and pepper. Let asparagus marinate for several hours before serving.

Sesame Chicken

3 - 4 lbs boneless, skinless, chicken tenders (or breasts)

1/4 c sesame seeds (about 1 oz)

3 tbsp salad oil

1/4 c soy sauce

2 tbsp brown sugar

1 1/2 minced fresh ginger or 3/4 tsp ground ginger

1/4 tsp pepper

Cut chicken in 1 inch chunks.

In large frying pan, combine sesame seeds and oil. Cook over med-low heat, stirring occasionally until seeds are golden, about 2 minutes. Let cool.

Stir in soy sauce, sugar, ginger, and pepper. Mix in chicken. Cover & chill 1-4 hours.

Arrange meat with all of marinade in single layer 10x15 pan. Broil 6 inches from heat until golden, about 10 min. Turn pieces over. Broil about 5 min longer until done.

Optional: add garlic and sliced green onions to the marinade.

Adapted from a recipe in the March 1981 issue of Sunset magazine.

Mango Ice Cream

Yields about 6 cups of mango ice cream.

Recipe : About.com/Chinese Cuisine from Rhonda Parkinson
(<http://chinesefood.about.com/od/fruit/r/mangoicecream.htm>)

INGREDIENTS:

- 2 cups fresh mango (2 - 4 mangoes) or 2 cups of Del Monte SunFresh Mango in extra syrup
- 1 cup sugar
- 1 tablespoon lime juice
- 2 cups light cream
- 2 cups whole milk
- 1 teaspoon vanilla extract
- 1 tablespoon triple sec
- 2 - 3 tablespoons of toasted coconut as garnish, optional
- Mint sprigs and/or dried mango and/or toasted coconut and/or edible flower as garnish, optional

PREPARATION:

Cut and score the mango fruit, cutting into bite-sized pieces. Stir in 1/2 cup of sugar. Cover and marinate overnight in the refrigerator.

The next day, in a saucepan over medium-low to low heat, simmer the mango pieces with the sugar syrup. Cook for 5 minutes, then remove and cool.

Puree the mango and sugar syrup mixture in a blender or food processor. Add the lime juice and process again. Cover and chill for an hour.

Bring the cream and milk to a boil. Cool. Combine with the chilled mango, remaining 1/2 cup sugar, and the vanilla extract.

Freeze in an ice cream maker, according to the manufacturer's directions. When frozen, pack the ice cream in a clear plastic container. Let soften slightly in the refrigerator before serving. Garnish with the toasted coconut and mint sprigs if desired.

HOW TO MAKE TOASTED COCONUT:

Preheat the oven to 325 degrees

Lay coconut flakes out flat in a baking tray and heat flakes for about 5 minutes, until they start to turn to a rich brown color or until the desired color. Can be stored in an air tight jar in refrigerator.



HOW TO CUT A MANGO

- ❖ First cut off the stem of the mango.
- ❖ If you look at the mango you will see two flat sides and two more roundish sides. Use a paring knife to slice off the flesh on the flat sides, working around the long flat seed in the middle.
- ❖ You will now have three sections, including the middle section containing the flat seed. Pare away the skin in the middle section, and cut the flesh surrounding the seed into bite-sized pieces.
- ❖ Take one of the other sections and score the fruit into cubes - cutting through it without cutting through the skin.
- ❖ Push inward on the skin, turn inside out and push the fruit out.
- ❖ Repeat with the other section.
- ❖ The skin of the mango is not edible.

Chinese Almond Cookies

Recipe: About.com/Chinese Cuisine from Rhonda Parkinson

(<http://chinesefood.about.com/od/dessertcookies/r/almondcookies.htm>)

Chinese almond cookies are a popular treat at Chinese bakeries.

INGREDIENTS:

- 2 cups flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 1/2 cup butter
- 1/2 cup shortening
- 3/4 cup white sugar (can add up to 2 more tablespoons, if desired)
- 2 eggs
- 2 1/2 teaspoons almond extract
- 1/4 pound whole, blanched almonds (one for each cookie)
- 1 egg, lightly beaten

PREPARATION:

- ❖ Preheat oven to 325 degrees Fahrenheit (162.5 degrees Celsius).
- ❖ In a large bowl, sift the flour, baking powder, baking soda, and salt. In a medium bowl, use an electric mixer to beat the butter or margarine, shortening, and sugar.
- ❖ Add the eggs and almond extract and beat until well blended. Add to the flour mixture and mix well.
- ❖ Note: The dough will be very dry and crumbly at this point, but don't worry - that is what it's supposed to be like.
- ❖ Use your fingers to form the mixture into a dough, and then form the dough into 2 rolls or logs that are 10 to 12 inches long. Wrap and refrigerate for 2 hours (this will make it easier to shape the dough into circles).
- ❖ Take a log and lightly score the dough at 3/4 inch intervals so that you have 15 pieces and cut the dough.
- ❖ Roll each piece into a ball and place on a lightly greased cookie tray, approximately 1 1/2 inches apart.
- ❖ Place an almond in the center of each cookie and press down lightly. Repeat with the remaining dough.
- ❖ Brush each cookie lightly with beaten egg before baking. Bake for 15 minutes to 18 minutes, until golden brown. Cool and store in a sealed container.

Mrs. Field's ALMOND COOKIES

- 1 CUP SHORTENING.
- 1/2 CUP, PLUS 3 TABLESPOONS GRANULATED SUGAR, DIVIDED.
- 1/4 CUP PACKED BROWN SUGAR.
- 1 LARGE EGG.
- 1 TEASPOON ALMOND EXTRACT.
- 2 CUPS ALL PURPOSE FLOUR.
- 1 1/2 TEASPOONS BAKING POWDER.
- 1/8 TEASPOON SALT.
- 3 TABLESPOONS SLICED ALMONDS.

PREPARATION:

- ❖ IN A SMALL MIXING BOWL, CREAM THE SHORTENING, 1/2 CUP SUGAR, AND BROWN SUGAR.
BEAT IN THE EGG, AND EXTRACT.
- ❖ COMBINE THE FLOUR, BAKING POWDER AND SALT.
- ❖ GRADUALLY ADD THIS MIXTURE TO THE CREAMED MIX, AND MIX WELL
- ❖ SHAPE INTO 1 INCH BALLS. ROLL IN REMAINING SUGAR.
- ❖ PLACE 2 INCHES APART ON UNGREASED BAKING SHEETS AND FLATTEN WITH THE BOTTOM OF A GLASS.
- ❖ PRESS 3 ALMOND SLICES INTO CENTER OF EACH COOKIE.
- ❖ BAKE AT 350 DEGREES FOR 9 TO 11 MINUTES OR TILL EDGES ARE LIGHT BROWN.
- ❖ COOL FOR 2 MINUTES BEFORE REMOVING TO WIRE RACKS.