

Gourmet Group
March-April 2020
A Taste of South East Asian Cuisine

Cocktails and Drinks

Singapore Sling

Thai Iced Tea with Star Anise

Appetizers

Chicken Satay with Peanut Sauce

Fresh Spring Rolls

Soup and Salad

Tom Kha Gai Soup

Thai Chicken Lettuce Wraps

Main Course

Shrimp with Green Curry Sauce

Veggie dish

Dessert

Thai Mango Sticky Rice

Cocktails and Drinks

Singapore Sling

Ingredients:

- 1 dash Angostura bitters
- 2 oz Dom Benedictine
- 2 oz Cointreau
- 3oz Grenadine
- 5oz Cherry Brandy
- 5oz Lime juice
- 1oz Gin
- 4oz Pineapple juice
- Cocktail cherry and pineapple slices for garnish

Instructions:

The cocktail is prepared by shaking gin with cherry liqueur, Cointreau, grenadine, Bénédictine herbal liqueur, pineapple juice, freshly squeezed lime juice, and Angostura bitters. Singapore Sling is typically served straight up in a hurricane glass garnished with a Maraschino cherry and a pineapple wedge.

Thai Iced Tea with Star Anise

Ingredients:

- 8 star anise pods, finely crushed
- 1 teaspoon orange blossom water
- 1 vanilla pod (or 1 tablespoon vanilla extract)
- 1 pinch ground cloves
- 1 pinch ground cinnamon
- ½ cup loose chinese black tea leaves
- 1 cup granulated sugar

Instructions:

Bring 1/2 gallon of cold water to a boil. Add 8 finely crushed star anise pods, 1 teaspoon orange blossom water, the scrapings of 1 vanilla pod or 1 tablespoon vanilla extract, a pinch each of ground cloves and ground cinnamon, and 1/2 cup Chinese black tea leaves. Boil for 3 to 5 minutes, stirring occasionally. Remove from the heat and stir in 1 cup sugar and a few drops of red food coloring (optional, though traditional). Cover, steeping until tepid. Strain & place in the refrigerator for a few hours to really chill. Pour the tea over plenty of crushed ice. Top with half-and-half or sweetened condensed milk, or lactose free whipping cream.

Appetizers

Chicken Satay with Peanut Sauce and Sweet Thai Pickle Sauce

Serves 8

Ingredients:

- 2 lbs skinless boneless chicken breasts, sliced in small pieces
- 20 wooden skewers, soaked in water for 30 minutes
- 1/2 cucumber, sliced

Marinade:

- 2 tablespoons fish sauce
- 1.5 tablespoons minced garlic
- 2.5 teaspoons sweet soy sauce
- 2.5 teaspoons sugar
- 1/4 teaspoon white pepper
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cayenne pepper
- 2 teaspoons Masaman curry paste
- 1/3 cup coconut milk

Peanut Sauce:

- 1 teaspoon massaman curry paste
- 2 tablespoons fish sauce
- 3 tablespoons tamarind juice
- 3 tablespoons creamy peanut butter
- 1.5 tablespoons sugar
- 1 teaspoon paprika powder
- 1/2 teaspoons garlic powder
- 2 cups coconut milk
- 1/2 cup crushed peanuts

Sweet Thai Pickle Sauce:

- Water
- Vinegar
- Sugar
- Mild chili

- Cucumber
- shallots/small red onion

Instructions:

1. Slice the chicken breast across grain with at least 1 inch wide each piece. Mix in the Marinade and make sure all pieces are well coated. Marinate the meat for at least 30 minutes in the refrigerator.
2. Prepare the peanut sauce by adding all the Peanut Sauce ingredients in a 2 quart sauce pan. Mix well and cook on medium heat. Stir the sauce while cooking. Turn off the heat when the sauce is slightly thickened. It takes about 10-15 minutes.
3. Prepare the sweet Thai pickle sauce by heating together the water, vinegar and sugar, stirring until dissolved. Slice the cucumber, chili (mild not spicy) and shallots into fairly thin slices. Allow the sweet vinegar to cool and add in the sliced cucumber, chili and shallots. This is a great palate cleanser after the slightly sticky peanut sauce.
4. Take out the marinated chicken from the refrigerator. Insert the wooden skewers through the meat lengthwise. Grill for 4 minutes on each side or until desired tenderness.
5. Serve the Chicken with the Peanut Sauce and the Sweet Thai Pickle Sauce.

Fresh Spring Rolls

Serves 10

Ingredients:

- 1 package spring roll rice wrappers, found in the Asian foods section at the grocery store
- 1 package vermicelli rice noodles, found in the Asian foods section at the grocery store
- 2 mangos, peeled and sliced into thin strips
- 1 large carrot, peeled and shredded or sliced into thin strips
- 1 large English cucumber, peeled and thinly sliced
- 1 pound small, cooked shrimp, deveined, tails removed
- 1 bunch fresh mint leaves
- 1 bunch fresh basil leaves

For the peanut sauce:

- 3/4 cup sweet chili sauce
- 1/3 cup peanut butter, smooth or crunchy
- 1/2 teaspoon low-sodium soy sauce
- 1/2 teaspoon hoisin sauce

Instructions:

1. Cook vermicelli noodles in boiling water, for just a few minutes, according to package instructions. Drain and rinse with cold water.
2. Gather all topping ingredients together, including chopped veggies, herbs, cooked shrimp.
3. Add about 1 inch of water to a large, deep dish, or pie pan. Place one rice wrapper into the water and let soak for just 10-15 seconds. It should still feel pretty firm as you remove it and lay it on your counter or plate.
4. (It will soften up as you add the filling ingredients, but if you let it soak for too long it will get too soft and will tear when you roll it up.)
5. Layer 1-2 slices of each veggie, a few shrimp, a few leaves of each herb and a pinch of noodles on the 1/3 of the spring roll that is closest to you.
6. Fold the sides of the spring roll in over the ingredients. Then pull the side closest to you up and over the ingredients, sealing everything together tightly, and rolling it up like a burrito.

For the peanut sauce:

Add all ingredients to a food processor or blender and pulse until smooth.

Other Filling Ideas:

1. Add all ingredients to a food processor or blender and pulse until smooth.
 - bean sprouts
 - sliced avocado
 - cooked, chopped chicken
 - romaine lettuce leaf
 - sliced bell peppers

Storing: The rolls taste best the day they are made, but they can be stored in the refrigerator for 2-3 days. Wrap each roll individually in plastic wrap (to keep the wrapper soft and to keep them from sticking together) and store in an air-tight container in the fridge.

Soup and Salad

Tom Kha Gai Soup

Serves 6

Ingredients:

- 1 Tbsp. coconut oil
- 1/2 onion sliced
- 2 garlic cloves chopped
- 1/2 red jalapeno pepper sliced, or a couple Thai chiles, halved
- 3 quarter-inch slices slices galangal or ginger
- 1 lemongrass stalk pounded, cut into 2-inch long pieces
- 2 teaspoons red Thai curry paste
- 4 cups chicken broth
- 4 cups canned coconut cream or coconut milk
- 2 medium chicken breasts cut into bite-sized pieces (or tofu or shrimp)
- 8 oz. white mushroom caps sliced
- 1-2 Tbsp. coconut aminos
- 1 1/2 - 2 Tbsp. fish sauce plus more to taste,
- 2-3 Tbsp. fresh lime juice
- 2-3 green onions sliced thin
- fresh Thai basil chopped, for garnish

Instructions:

1. In a medium pot, heat the coconut oil over medium heat. Add the onion, garlic, chile, galangal or ginger, lemongrass, and red curry paste and cook, stirring frequently, for 5 minutes, or until onions are softened.
2. Add chicken broth and bring to a boil. Reduce heat and simmer uncovered for 30 minutes.
3. Strain out the aromatics (the garlic, onions, lemongrass, etc.). Add in coconut cream or milk, chicken breast (or tofu or shrimp), and mushrooms. Simmer until chicken breast pieces are just cooked through, then add fish sauce, coconut aminos, and lime juice, plus more of each to taste.
4. Cook 2 minutes, then ladle into serving bowls and top with sliced green onions and fresh Thai basil.

To make this tom kha soup vegan, Use vegetable broth instead of chicken broth. Substitute soy sauce for the fish sauce. Add a 1-pound block of tofu, cubed into bite-sized pieces, instead of chicken.

Thai Chicken Lettuce Wraps

Serves 4

Ingredients:

- 2 teaspoons olive oil
- 1/2 pound boneless skinless chicken breasts (or tenders), chopped into very small pieces*
- 4 cloves garlic , minced
- 1/2 cup yellow onion , chopped
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 carrot , shredded
- 1/2 cup cabbage , finely shredded (red, green, or napa)
- 3 green onions , chopped

For the sauce:

- 1/3 cup sweet chili sauce
- 1 heaping Tablespoon peanut butter , smooth or crunchy
- 1/2 teaspoon freshly grated ginger (or 1/4 teaspoon ground ginger)
- 2 teaspoons low-sodium soy sauce
- 1/4 cup fresh parsley , chopped
- crushed red pepper flakes to taste
- 1 head Boston Bib lettuce (or romaine)

Instructions:

- Heat oil in a large skillet over medium.
- Add chicken, garlic, onions, salt and pepper and cook, tossing occasionally, until chicken is cooked through.
- Add the carrots, cabbage, and green onions, and cook for 2 more minutes.
- In a small bowl combine the sweet chili sauce, ginger, peanut butter, soy sauce, and crushed red pepper. Stir until smooth.
- Add sauce to the pan. Toss everything until combined.
- Spoon mixture into individual lettuce cups. Should fill about 8 lettuce cups.

Notes:

*You could substitute 1/2 pound ground chicken or turkey. You can substitute chicken for Tofu, mushrooms, soy curls or jackfruit for various vegetarian options.

Main Course

Shrimp with Green Curry Sauce

Serves 4

Ingredients:

- 2 cloves of garlic, minced
- 1 bunch of spring onions, chopped
- 1tbsp coconut oil
- 2 Thai chili peppers, cut in half
- 1 tbsp fresh ginger, grated
- 1 can coconut milk
- 1 whole jar of green curry paste
- 1 tbsp fish sauce
- 1 tsp brown sugar
- 1 cup diced red bell peppers
- 1lb large shrimp with tails
- 1 cup frozen peas, thawed
- ½ cup torn Thai basil leaves
- 2 Kaffir lime leaves
- Lime wedges
- Jasmine Rice

Instructions:

1. Sauté the garlic and spring onions in coconut oil.
2. Stir in the grated ginger.
3. Add the cream on top of the coconut milk and stir until bubbles form.
4. Add the curry paste and cook for a few minutes.
5. Add remaining coconut milk liquid and the Thai chili peppers. Stir and bring to a boil.
6. Season with fish sauce, Kaffir leaves and sugar.
7. Add the bell peppers and the shrimp (with tails)*
8. Cook gently until the shrimp are cooked through.
9. Add peas and Thai basil.
10. Garnish with lime wedges and serve over Jasmine rice

* It is up to you if you want to remove the tail of the shrimp or not. I always leave the tails on because the dish looks prettier. The tails of the shrimp also serve like a fish stock making the dish more flavorful.

Butternut Squash Red Curry

Serves 4-5

Ingredients:

- 1 tablespoons coconut oil
- 1 large shallots, chopped (or 2 small)
- 2-2 ½ cups diced butternut squash (about 1.5 pounds)
- 1 tablespoon grated ginger
- 2-3 tablespoons red curry paste
- ½ tablespoon yellow curry powder
- 1 (15 ounce) can coconut milk
- ¾ cup vegetable broth
- 2 teaspoons soy sauce or coconut aminos
- 2 teaspoons sugar
- 3-4 cups fresh baby spinach
- basmati rice, crushed cashews/ peanuts, Thai basil, lime wedges for serving

Instructions:

1. Heat the oil in a large, deep skillet over medium high heat. Add the shallots and saute them for 5-6 minutes or until they just begin to get golden. Add the butternut squash and grated ginger, stir to coat with the oil.
2. Add the red curry paste, yellow curry powder and stir until all the butternut squash is nicely coated. Continue to cook the curry paste for 2-3 minutes or until it's fragrant. Add the broth, coconut milk, soy sauce, and sugar. Let the sauce come to a simmer before covering. Lower the heat and allow the squash to cook all the way through, about 12-18 minutes. You'll know it's done when you can easily pierce the butternut squash with the tip of a knife. Stir in the baby spinach and allow it to wilt.
3. Serve with basmati rice topped with crushed nuts, Thai basil, and lime wedges.

Cook's notes:

Kale can be used in place of the spinach in this recipe but keep in mind you'll need to add it in earlier so that it has enough time to wilt.

Dessert

Serves 4

Recipe from Marion's Kitchen

Ingredients:

- 1 cup glutinous sticky rice
- 3 mangos, cut into cheeks and sliced

Rice soak:

- ½ cup coconut milk
- 1 tbsp white sugar
- ½ tsp salt

Salted coconut sauce:

- 1 cup coconut milk
- 4 tbsp sugar
- 1 tsp sea salt
- 2 tbsp rice flour

Instructions:

1. Place the glutinous sticky rice in a bowl, cover with plenty of water and set aside to soak overnight.
2. To cook the sticky rice, fill a wok about one-quarter full with water and bring to a simmer. Line the base of a large bamboo steamer with cheesecloth. Drain the sticky rice and pile it onto the cheesecloth and cover with edges of cheesecloth. Cover with bamboo steamer lid. Steam for 20 minutes.
3. In a separate large bowl, make the rice soak. Whisk the coconut milk, sugar and salt.
4. Once the sticky rice is cooked, place it immediately into the rice soak mixture (while the rice is still hot). Stir until well combined. Cover and rest for at least 45 minutes.
5. For the salted coconut sauce, combine coconut milk, sugar and salt in a saucepan. Place rice flour in a small bowl and add a little of the coconut milk mixture and stir to avoid lumps. Add into the remaining coconut milk. Cook over medium heat for 3-4 minutes until thickened slightly.
6. To serve, place a mound of sticky rice on serving plates. Top with mango slices and drizzle with the salted coconut sauce.

Wine

Wine of your own choice can be served with this meal.

Notes:

It has been my pleasure putting this menu together. I did a lot of research and watched a few YouTube videos which I recommend if you have never prepared Asian food before. I have cooked most of the dishes for my family however, I did not try the cocktail nor the tea.

A lot of the ingredients can be found at the Asian Food Market or Hy-vee.

You can totally make everything vegetarian by substituting the meat or fish for tofu, Jackfruit (Trader Joe's, Hy-vee) or Soy Curls (Co-op). Instead of fish sauce, you can use soy sauce, Tamari (gluten free soy sauce) or coconut aminos.

Asian noodles are usually rice noodles which are naturally gluten free.