

Menu Du Jour

06 Jan 2004

Thai Spring Rolls with Sweet-Hot Garlic Sauce

Thai Cucumber Salad

Spicy Sichuan Beef Stir Fry

Oriental Rice

(Recipe serves two with leftovers)

Spicy Sichuan Beef Stir Fry

1 pound Top Round steak, sliced very thin
2 teaspoons chili oil
1/2 cup chopped celery
1/2 cup broccoli flowerets
1/2 cup carrot ribbons
1 red bell pepper, seeded and coarsely chopped
8 dried hot chile peppers, crumbled
1 teaspoon sesame oil
1/2 teaspoon ground Sichuan pepper

For the marinade:

4 tablespoons dark soy sauce
2 tablespoons sake
1 teaspoon granulated sugar
1 teaspoon freshly grated ginger

In a medium mixing bowl, combine marinade ingredients and mix thoroughly. Keep marinade at room temperature for 30 minutes. Add the sliced beef, stirring to completely mix, and marinate at room temperature for 30 to 45 minutes. Drain beef, reserving marinade.

Over high heat, heat wok and chili oil until oil begins to smoke slightly. Add celery and broccoli. Stir-fry three minutes. Add carrot ribbons and bell pepper; cook an additional minute. Remove vegetables and reserve. In the same wok, add drained beef and stir-fry three to four minutes. Return vegetables to wok with the reserved marinade. Add dried chili peppers, sesame oil, and Sichuan pepper. Stir to combine and cook until liquid is mostly evaporated, about three to four minutes. Keep warm over low heat and covered until service.

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Thai Cucumber Salad

1 large English cucumber, peeled
3 tablespoons thinly sliced red onion
Juice of one lime (3 tablespoons)
1 1/2 teaspoons granulated sugar
2 tablespoons reduced sodium soy sauce
1 fresh red chile pepper, thinly sliced
1 fresh red chile pepper, thinly sliced
1/2 teaspoon fresh cilantro
Kosher salt and black pepper

Cut cucumber in half lengthwise and then into one-half inch pieces. Place in a medium mixing bowl and add red onion. In a separate bowl, combine lime juice, sugar, soy sauce, chile peppers, and cilantro. Mix well to combine.

Add marinade to cucumbers and red onion. Season to taste with salt and black pepper. Allow to marinate at least two hours before service. Serve cold or at room temperature.

Oriental Rice

2 cups cooked brown rice
1 teaspoon peanut oil
1 egg
1/2 cup chopped celery
1/4 cup chopped green onion
1/2 cup chopped green pepper
1 small can mushrooms, drained
1 tablespoon reduced sodium soy sauce
1/2 teaspoon crushed red pepper flakes
Salt and pepper
Chopped fresh parsley for garnish

Cook rice according to package directions using beef stock instead of water for a richer flavor, if desired.

Heat wok over medium heat; add one teaspoon of peanut oil and scramble egg until cooked. Remove egg from wok and reserve.

Using a bamboo steamer, steam celery, green onion, green pepper, and mushrooms for about five minutes or until crisp-tender. Thoroughly combine rice, egg, cooked vegetables, soy sauce, and crushed red pepper flakes in a preheated wok and cook until thoroughly heated. Season to taste with salt and black pepper and keep warm until service.

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Thai Spring Rolls

1/2 pound ground pork
1/2 pound shrimp
2 (2-ounce) packages bean thread noodles
1 tablespoon chopped Shiitake mushroom
2 eggs, lightly beaten
2 tablespoons fish sauce
1 teaspoon black pepper
1 teaspoon granulated sugar
1 tablespoon coarsely chopped garlic
1/4 cup finely chopped shallots
1 package spring roll wrappers
Mint leaves

Place the bean thread noodles in a large bowl, cover with warm water and soak until softened, about 30 minutes. Peel and coarsely chop shrimp.

Coat a small skillet with a little oil and warm over medium heat. Pour in one fourth of the eggs, tipping pan to create a thin sheet, and cook until opaque. Repeat with remaining eggs in three batches. When sheets are cool, stack and slice into long shreds.

Drain the bean noodles and shape into a log. Cut into two-inch lengths. Add the noodles to the egg shreds.

Combine fish sauce, pepper, and sugar in a small bowl. Heat a wok over medium heat, add one tablespoon of oil. When hot, add the garlic and stir-fry 15 seconds. Add the shallot and stir fry until wilted. Add the pork and cook until no longer pink, about two minutes. Add the shrimp and cook until opaque. Add the fish sauce mixture and mix well. Chill in refrigerator at least 30 minutes.

Place a heaping tablespoon of filling the center of a spring roll wrapper and add two or three mint leaves. Roll wrapper tightly and seal with water. Continue rolling until all the filling is used. (Rolls may be prepared one day ahead and held, refrigerated and covered.)

Pour cooking oil into a wok to a depth of three inches. Heat over medium heat to 375° F. Cook three spring rolls at a time, turning occasionally, and frying until golden brown, about three to four minutes. Remove and drain well. Garnish with mint leaves and serve with sweet-hot garlic sauce. (This recipe makes 12 to 14 rolls that may be frozen for future use.)

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Sweet-Hot Garlic Sauce

- 1 cup granulated sugar
- 1/2 cup water
- 1/2 cup distilled white vinegar
- 2 tablespoons minced garlic
- 1 teaspoon kosher salt
- 1 tablespoon chili-garlic sauce or
1 tablespoon crushed red pepper flakes

Combine the sugar, water, vinegar, garlic, and salt in a small saucepan. Bring to a rolling boil over medium heat and stir to dissolve sugar and salt. Reduce heat to low. Simmer until liquid reduces and thickens into a light syrup, about 20 minutes. Remove from heat and add chili-garlic sauce or dried red chiles. Cool to room temperature. Serve with Thai Spring Rolls.
