

Appetizer Dinner

Recipes at <http://wokonthewildside.org>

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Scallion Pancakes with Ginger Dipping Sauce

Ingredients:

2 cups all purpose flour
½ tsp baking soda
¼ tsp salt
1 cup boiling water
1/2 cup sliced scallions
1 tablespoon sesame oil
Toasted sesame seed
1/4 cup canola oil
Salt and black pepper to taste
1/2 cup ginger dipping sauce, recipe to follow

Directions:

In a bowl, sift flour, baking soda and salt. Slowly add water in a steady stream while mixing with a wooden spoon. Keep adding water until a ball is formed. With the same procedure, one can use a food processor with a metal blade. Let ball of dough relax for about 30 minutes and cover with damp cloth. On a floured surface, roll out dough into a thin rectangle. Brush on oil mixture, cover with scallion and season with salt, pepper and sesame seeds. Carefully roll dough like a sponge cake. Cut into 4 pieces. Take one piece and twist 3 times. Make a spiral out of this and roll again and flatten to achieve a 5 to 6 inch pancake. In a hot non-stick pan, coat with canola oil and pan sear both sides until golden brown. Cut into wedges and serve immediately with dipping sauce.

Ginger Dipping Sauce

1/4 cup thin soy sauce
1/4 cup Chinese chinkiang vinegar
1/4 cup sliced scallions
1 teaspoon minced ginger
1 teaspoon red pepper flakes
1 teaspoon sugar
Combine all ingredients.
Modification of Ming Tasi Recipe

Mussels In Saffron And White Wine Broth

Ingredients

1 teaspoons butter
1 garlic cloves, chopped
1/3 cup dry white wine
1 tablespoon half and half

1 teaspoon saffron threads
1/2 tsp cornstarch
1/3 cup clam juice
1 scallions, thinly sliced
1 tomato, seeded, and chopped
1 tablespoons lemon juice
2 pounds mussels, scrubbed and debearded
1 tablespoons chives or green onions, chopped

Preparation

Melt the butter in a large pot, then add the garlic. Saute until the garlic is fragrant, about 1 minute. Add the wine, half and half, and saffron; simmer for 5 minutes. Add the clam juice, scallions, tomato, and lemon juice, scallions, tomato, and lemon juice; simmer for 5 minutes.

Add the mussels, cover, and steam until they are open, about 5-7 minutes. Shake the pot, holding down the lid with a kitchen towel, to redistribute the mussels. Discard any mussels that do not open. Divide the mussels into eight bowls; distribute the broth equally among the bowls, and top each with fresh chives.

Focus on: Cleaning Mussels

Hold the mussel under cold running water. Use a brush with stiff bristles to thoroughly scrub the mussel and remove grit, sand, and mud from the shell's exterior. Mussels—especially non-farmed ones—often have a dark, shaggy beard extending from each shell. Remove them for a neater appearance in the finished dish. After scrubbing a mussel, pull the beard away from the shell until taut, and then pull the beard down sharply toward the dark hinge. It will snap away easily. Removing its beard will kill the mussel, so perform this step just before cooking.

Source Information

From *Gourmet Meals in Minutes* by The Culinary Institute of America, (C) 2004 Lebharr-Friedman Books

Santa Barbara Pot Stickers

You can either make your own using the recipe below, or purchase Wiechuan brand frozen dumplings.

Pot Stickers:

1 bunch watercress
4 dried black mushrooms
½ lb raw shrimp, shelled, de-veined and very finely minced.
½ lb ground chicken, turkey or veal
6 water chestnuts, finely minced
2 green onions, finely chopped
1 tbs light soy sauce
2 tsp dry sherry
1 tsp sesame oil
2 tsp finely minced fresh ginger
pinch of sugar
½ tsp salt

1 egg white
3 tbs peanut oil
60 round won ton skins

Sauce:

½ cup chicken stock
1 tbs oyster sauce
½ tsp chili paste with Garlic (hot, be careful)
2 tbs dry sherry
2 tsp finely minced orange or tangerine skin
¼ tsp sugar
1 tsp hoisin sauce

Garnish:

toasted sesame seeds
minced cilantro
minced green onion

Drop watercress into rapidly boiling water. Blanch 10 seconds. Dump into colander, rinse under cold water. Press out all water with your hands and mince finely. Soak black mushrooms in warm water for 1/2 hour. When mushroom soften, discard stems and mince finely. Combine and mix all filling ingredients thoroughly.

Combine sauce and set aside.

Place 1 tbs filling in the center of won ton. Moisten edges with egg white. Fold skin over filling. Press edges together, with a crimping pattern. Place on wax paper dusted with corn starch. Refrigerate or freeze (up to six months) until ready to use.

Heat oil in a 12 inch pan. Add dumplings. When dumplings are brown on bottom, add water, cover and steam until dumpling begin to turn translucent. Add sauce, cover and continue cooking 2 minutes.

Remove cover and continue cooking, gently stirring dumplings, until sauce glazes dumplings. Place on platter. Sprinkle with sesame seeds, cilantro, and green onions. Serve.

Shrimp in Romesco Sauce**Romesco Sauce:**

2 medium ripe tomatoes
8 cloves garlic, peeled
1 dried (New Mexico) large sweet red pepper seeded
1 dried red chili
1/2 cup water
2 tbs red wine vinegar
1/4 cup Aguardiente or Grappa (Spanish liqueur or its Italian equivalent)
3/4 cup extra virgin olive oil
2 slices of French style bread, about 1/4 inch thick
12 blanched whole almonds
salt & pepper to taste

Shrimp:

1 1/2 lbs large shrimp shelled, de-veined and wiped dry (reserve shells)
3 large cloves garlic, sliced
2 tbs extra virgin olive oil
2 tbs chopped Italian parsley
salt and pepper

Prepare Romesco Sauce:

Preheat oven to 350°. Roast tomatoes and garlic 30 min.

Combine water, dried pepper, chile and vinegar in a sauce pan and bring to a boil. Lower heat and simmer 5 minutes.

Heat 2 tbs oil in in frying pan, sauté bread slices until golden, remove from pan. Sauté almonds until golden, cool.

In food processor, process almonds and bread, then add tomato, garlic and chile pepper mixture. Pour in Grappa. Then add remaining olive oil through feeder tube in a thin stream while processor is running. Salt and pepper to taste.

Makes About 1 1/3 cups sauce.

Prepare Shrimp:

In large sauté pan over medium-high heat, heat olive oil and garlic until slightly colored. Add shrimp, stirring constantly until pink and just cooked. Salt and Perrerr to taste. Arrange shrimp around a bowl filled with romesco sauce. Sprinkle with parsley.

Serves 10.

Crab Salad in Crisp Wonton Cups**Ingredients**

Cooking spray

24 siu mai wrappers, thawed (if frozen) Note: siu mai wrappers are thinner than round gyoza or wonton wrappers

2 teaspoons canola oil

1/4 teaspoon salt For the dressing:

1 teaspoon lime zest ‘

2 tablespoons fresh lime juice

1/4 teaspoons salt

1/8 teaspoon black pepper

1/2 teaspoon dried hot red pepper flakes

2 tablespoons olive oil

For the salad:

1/2 pound lump crabmeat, picked over

1 stalk celery, finely diced

1/2 cup finely diced mango

1/4 cup thinly sliced scallions

2 tablespoons coarsely chopped fresh cilantro leaves

Directions

Preheat the oven to 375 degrees F. Spray 2 mini-muffin tins with cooking spray.

Brush the wonton wrappers with oil, and place each wrapper into a section of a mini-muffin tin. Gently press each wrapper into the tin and arrange so that it forms a cup shape. The wrapper will overlap itself and stick up out of the cup. Sprinkle with salt and bake for 8 to 10 minutes, until browned and crisp.

Remove from the tin and allow wrappers to cool.

Meanwhile whisk together the zest, lime juice, salt, pepper, and pepper flakes. Add the oil and whisk until well combined.

In a medium bowl, toss together the crabmeat, celery, mango, scallion and cilantro. Add dressing and toss to combine. Fill each cup with the crab salad and serve.

Green Bean, Roasted Pepper and Goat Cheese Salad

1/2 recipe Hunan Roasted Peppers
1/2 lb green beans (long or Blue Lake)
1/4 cup sesame seeds
7 oz cylinder goat cheese

Dressing

1 1/2 tbs balsamic vinegar
1/2 tsp salt
1 tsp dijon mustard
1 tsp minced garlic
3 tbs corn oil
1 1/2 tbs olive oil
Freshly ground black pepper (10 turns of the mill)
Special Equipment
Un-waxed dental floss or fine sting

Preparation:

Make the Hunan Roasted Pepper ahead of time.

Make the dressing by mixing together the vinegar, salt, and mustard. Stir until the salt is dissolved, then add the garlic, corn oil, olive oil and black pepper. Continue to mix until the dressing has thickened slightly.

Cut stem ends from green beans. Steam or microwave until they have softened, but still have some crunch (steam: 3-4 min, microwave: 2-3 min). Place the beans in ice cold water for about a minute until they cool. Drain in colander and set aside.

Heat a small skillet on low. Place sesame seeds in the skillet and heat for about 5 minutes until they brown. Empty the seeds on a flat plate.

Using the string or dental floss, cut the goat cheese into 4 or 6 disks. Dip the rounds in the sesame seeds, coating on both sides.

Select a flat serving dish. Arrange the beans to form a border. Scatter the roasted peppers on top of the beans. Place the sesame-coated cheese rounds in an overlapping pattern in the center of the serving dish. Spoon the dressing over the beans and peppers. Serve at room temperature.

Serves 4 to 5

From Nouvelle Chinese Cooking by Karen Lee

Hunan Roasted Peppers

1 1/2 lb sweet red, green, and yellow peppers (about 4 full cups cut)
1 tsp salt
1 tbs peanut oil

Seasoning Sauce

1 tbs light soy sauce
1 tsp chili sauce or paste with garlic (very hot)
2 tsp balsamic vinegar or chinese black vinegar

1/2 tsp sugar

Cut peppers in 1 inch triangles or squares. Sprinkle with 1 tsp salt and drain well in a colander for about 2 hours. Peppers should be as dry as possible.

Mix the seasoning sauce ingredients together in a small bowl.

Heat wok until hot. Add peanut oil, then the peppers. Stir-fry to cover the peppers with oil, then let the peppers sit in the bottom of the wok for about 1 minute. Stir-fry and repeat until peppers are charred. Add the seasoning sauce and stir until all liquid is absorbed. Empty into serving dish. Serve at room temperature as an hors d'oeuvre. This dish can also be used in other dishes, such as stir-fry shrimp, pasta or sandwiches.

Cajun Crabmeat Mold

16 oz Cream cheese, softened

2 tb Dairy sour cream

1/2 ts Salt

1/2 ts Paprika (if possible 1/4 smoked, 1/4 Reg)

1/2 ts Ground red pepper

1 clove fresh garlic, minced

1/4 ts Ground thyme

1/2 lb Cooked crabmeat

1/4 c Finely chopped green pepper

Rye crackers

Beat all ingredients except crabmeat, green pepper and crackers in 2.5-quart bowl on medium speed until well blended, about 1 minute. Stir in crabmeat and green pepper. Line a deep 1.5-pint bowl with plastic wrap; press mixture in bowl. Cover and refrigerate until firm, about 3 hours.

Unmold on serving plate; remove plastic wrap. Garnish with chili peppers if desired. Serve with crackers.

3 cups spread (2 ts spread per cracker per serving); 60 calories per serving.

Source: Betty Crocker's Cookbook, 6th Edition

Coconut Shrimp Lettuce Wraps

To butterfly a shrimp, carefully slice it down the center of the back without cutting all the way through.

The two sides then can be Spread open and flattened as called for in this recipe.

CRISPY COCONUT SHRIMP LETTUCE WRAPS WITH SPICY PEANUT DIPPING SAUCE

Makes 8 servings

For the peanut dipping sauce:

1/4 cup sesame oil toasted if possible

1 teaspoon grated fresh ginger

1 clove garlic dove, minced

1/2 cup peanut butter

1 tablespoon Sriracha hot sauce

2 tablespoons brown sugar

2 tablespoons reduced-sodium soy sauce

1/4 cup rice wine vinegar

1/3 cup hot water

For the shrimp

1 pound extra-large shrimp, peeled , deveined, tails removed and butter flied

1 cup all-purpose flour
1 teaspoon kosher salt, divided
1/2 teaspoon ground black pepper, divided
2 eggs
3 cups (8-ounce bag) unsweetened shredded coconut
Vegetable oil, for deep-frying
1 head bibb lettuce
1 English cucumber, cut into sticks
2 limes cut into wedges
1 bunch snow pea shoots or other types of shoots

1. To make the peanut sauce, in a small saucepan over low, heat the sesame oil. Add the ginger and garlic, then cook for 2 minutes, or until fragrant.

2. In a blender, combine the remaining sauce ingredients. Blend until smooth. Add the warmed sesame oil mixture and blend until light and creamy, adding additional hot water if necessary, to achieve a smooth dipping consistency. Set aside.

To make the shrimp, arrange the butter-fried shrimp flat on a cutting board. Place the flat side of the chef's knife on the shrimp and gently pound to flatten. Set aside.

4. In a large, shallow bowl, whisk together the flour, 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. In a second bowl, gently beat the eggs. Place the coconut on a large shallow plate and season with the remaining salt and pepper.

5. Coat the shrimp in flour, shaking off the excess, then dip them in the egg then the coconut coating both sides. Place on a baking tray and set aside in the refrigerator for 15 minutes to allow the coating to set before frying.

5. Meanwhile, in a large, heavy pot, heat about 3 inches of oil to 375 degrees.

7. Working in batches, place the shrimp in the hot oil and fry for 2 to 3 minutes, or until golden and crispy. Remove with tongs and set on a paper towel-lined plate to drain.

8. To serve, arrange bibb lettuce leaves, cucumber sticks, lime wedges and snow pea shoots on a large plate. Serve with coconut shrimp and dipping sauce so wraps can be assembled as desired.

Recipe by Tyler Florence

Fiery Crab Dip

2 serrano or jalapeno chilies, seeded and minced
3 tablespoons mayonnaise
2 tablespoons fresh lime juice
2 teaspoons vegetable oil
2 tablespoons minced cilantro
1/2 medium onion, peeled and finely chopped
1/2 teaspoon ground cumin
1/2 teaspoon paprika (smoked if possible)
2 medium cloves garlic, peeled and minced
1 stalk celery, minced
1/2 pound crab meat
1 (8oz) package cream cheese, softened

1. Wear rubber gloves to prepare the chilies. In a medium skillet heat the oil

over medium heat. Add the onion and garlic; sauté 5 minutes.

2. Combine the softened cream cheese, mayonnaise, lime juice, cilantro, cumin and paprika in a food processor. Add the cooked onion-garlic mixture, chilies, celery and crab meat. Process or work together until blended.

3. Transfer to a bowl, cover and refrigerate. (Use the dip within 24 hours.) Serve with tortilla chips.

Note: To quickly take the chill off of the dip, put into a microwave oven for about 30-60 seconds at 50 percent power.

Creamy White Bean Dip with Garlic and Rosemary

Makes 3 cups

1 (15-ounce) cans white beans, drained well (see Chefs Notes)

4 cloves fresh garlic, peeled

1/8 teaspoon red chili flakes

1 teaspoons finely minced lemon zest

1 tablespoons fresh lemon juice

1 Tablespoon finely minced fresh rosemary

1/4 teaspoon kosher salt

1/4 cup olive oil

Garnish: fresh rosemary sprig

1. Drain beans well, then combine in a food processor with the garlic cloves. Process for about 1 minute, then scrape down sides of food processor work bowl, and add the chili flakes, lemon juice and zest, rosemary and salt.

2. With motor running, add the olive oil through the feed tube in a slow stream. Process until smooth.

Taste for salt and adjust if desired. This dip will keep refrigerated for up to 3 days.

3. Serve in a bowl; drizzle dip with a tiny bit of olive oil and garnish with a fresh rosemary sprig if desired.

Chefs notes:

I used 1/4 pound dried white beans, soaked, drained and cooked.

I like to serve this dip with crostini, grilled flat breads or fresh veggies, such as pieces of fennel, red peppers, blanched green beans or grilled vegetables. For a variation, stir in chopped Kalamata olives.

Chicken Curry Dumplings

You can either make your own using the recipe below, or purchase Wiechuan brand frozen dumplings.

Filling:

1 12-ounce bunch spinach, stemmed

6 water chestnuts or 5-ounces jicama

2 green onions, finely chopped

1 lb ground chicken, turkey or veal

2 tsp finely minced fresh ginger

1 tbs light soy sauce

1/2 tsp Chinese chile sauce/paste

1 egg, beaten

1 egg white

2 tbs peanut oil

30 round wonton skins

Sauce:

1/3 cup unsweetened coconut milk

1/3 cup chicken broth

2 tbs dry sherry

2 tsp oyster sauce

1 tbs curry powder

1/2 tsp sugar

Garnish: minced cilantro minced green onion

Drop spinach into rapidly boiling water. Blanch 10 seconds. Dump into colander, rinse under cold water. Press out all water with your hands. Mince finely. Peel water chestnuts or jicama. Mince water chestnut or jicama finely. Combine and mix all filling ingredients thoroughly. Combine sauce ingredients and set aside. Place 1 tbs filling in the center of won ton. Moisten edges with egg white. Fold skin over filling. Press edges together, with a crimping pattern. Place on non-stick cookie sheet. Refrigerate or freeze.

Heat oil in a 12 inch pan. Add dumplings. When dumplings are brown on bottom, add water, cover and steam until dumpling begin to turn translucent. Add sauce, cover and continue cooking 2 minutes. Remove cover. Continue cooking, gently stirring dumplings, until sauce glazes dumplings. Place on platter. Sprinkle with cilantro and green onions. Serve.

Note: Pre-made dumplings from Chinese market work very well in this dish. The sauce is very flavorful.