

Pan-Asian Best of Dinner Club

Selections from years past and eastern lands

Saturday August 4, 2012

Lumpiang Shanghai (Filipino Egg Rolls) - Philippines

Barbecued Duck and Mushroom Fresh Spring Rolls - Thailand

Spiced Mushrooms in a Packet - Indonesia

Korean-Style Cucumber Salad - Korea

Lime and Tamarind Chicken - Thailand ***We will make

Sesame Crusted Mahi Mahi with Soy Shiso Ginger Butter Sauce ***We will make

I-Time Kati - (Coconut Ice Cream) - Thailand

We will also have some Jasmine Rice and Iced Green tea

Lumpiang Shanghai (Filipino Egg Rolls)

1 lb ground pork
½ c. scallions, chopped
5 cloves garlic, minced
2 c. green cabbage, shredded
½ c. water chestnuts, chopped
1 c. thinly sliced carrot strips
1 c. thinly sliced green beans
1 tsp. black pepper
1 tsp. salt
2 T. soy sauce
2 eggs, beaten
Egg roll or wonton wrappers
Oil for deep frying

Sauté garlic in small amount of oil in pan. Add ground pork. Cook in its own juices until almost dry. Add water chestnuts, cabbage, beans, and carrots. Add soy sauce. Season to taste with salt and pepper. Cook just until cabbage is wilted. Set aside to cool. Add eggs to cooled vegetable mixture. Mix well to moisten. Spoon into egg roll or wonton wrappers; roll wrap. The rolled, long lumpia should be ½ -- ¾ inch in diameter. Fry until golden brown and crunchy. Serve with sweet and sour sauce or other dipping sauce.

Sweet and sour sauce:

½ c. vinegar
1 T. salt
1 T sugar
1 ½ tsp. cornstarch
1 tsp soy sauce

Blend all ingredients together in saucepan. Cook over moderate heat, stirring continuously until properly thickened.

Barbecued Duck and Mushroom Fresh Spring Rolls

Makes 8 spring rolls.

1 tsp. sugar
2 T. soy sauce
1 T. sesame oil
½ c. chopped cilantro
2 T. chopped fresh ginger
1 c. blanched chopped spinach
1 c. sliced fried mushrooms
1 c. sliced Chinese-style barbecued duck
(if Barbeque duck is not available, Barbeque chicken mixed with a little Anise powder and a teaspoon of honey is a close substitute)

1 long English cucumber
8 8-inch rice paper wraps (we have tons of these)
8 lettuce leaves
1 carrot, grated

Combine the sugar soy sauce, sesame oil, cilantro and ginger in a bowl. Toss the spinach, fried mushrooms and barbecued duck in this mixture and set aside.

Cut 8 strips of cucumber that are 1 inch shorter than the rice wrappers.

Fill a wide shallow pan with hot water and spread a dish towel on a counter. Dip a wrapper in the water for about 10 seconds to soften it and place it on the towel.

Place a lettuce leaf on the rice wrapper. Place a strip of the cucumber, 1/8 of the spinach-duck mixture and 1/8 of the carrot on the lettuce. Roll it up from the bottom, rolling it into a cylinder and tucking in the sides as you go.

Place the rolls, seam side down, on a platter covered with a damp cloth. Serve with Creamy Peanut Sauce

Creamy Peanut Sauce

2 tsp. oil
¼ c. onion, finely diced
1 ½ tsp. garlic, finely diced
1 ½ tsp. minced fresh ginger
¾ c. coconut milk
1 tsp. red curry paste or hot sauce
1 ½ T. palm or brown sugar
1 T. fish sauce
½ c. chunky peanut butter
2 T. chopped cilantro

Place the oil in a saucepan over high heat and sauté the onion, garlic, and ginger until soft, about one minute.

Add the coconut milk, curry paste, brown sugar and fish sauce. Simmer on medium until the coconut milk is warm.

Turn off the heat and whisk in the peanut butter until it is melted. Stir in the cilantro.

Spiced Mushrooms in a Packet

1 large garlic clove
2 T. lime or lemon juice
1-2 fresh hot green or red chilies
½ tsp. shrimp or anchovy paste
½ c. very finely grated fresh coconut or 5 T. dried soaked in 4 T hot water for 30 minutes
1/8 tsp. ground red pepper
¾ tsp. salt
½ lb fresh mushrooms

Peel the garlic and crush it or put it through a press. Add it to the lime juice. Chop the chilies very finely. Combine the garlic-lime juice mixture, chilies, shrimp paste, ground red pepper and salt in a large bowl and mix well.

Preheat the oven to 350 degrees. Wipe the mushrooms with a damp cloth and cut them into ¼ inch thick slices. Put the mushrooms into the bowl with the spices. Toss well. Prepare a large piece of aluminum foil about 18 inches long. Empty the tossed mushrooms and all the spices right in the center of it. Fold the foil over the mushrooms from the top and bottom and then from the sides to make a neat packet. Place the packet in the oven and bake for 30 minutes. Open carefully and empty the mushrooms into a serving bowl.

Korean-Style Cucumber Salad

Yield: 6 servings

3 lb Pickling cucumbers; peeled
1 md Onion; peeled
1 tb Kosher salt; plus...
1 ts Kosher salt
3 1/2 tb Lemon juice
1/4 ts Cayenne pepper (or more)
2 tb Crushed roasted sesame seeds
1 1/2 tb Sesame oil

Cut the cucumbers and onion into very fine slices (a food processor may be used for this). Sprinkle with salt, mix well, and set aside in a bowl for an hour. Drain all the accumulated liquid and discard. Add the lemon juice, cayenne pepper (Koreans like this dish very hot), sesame seeds, and sesame oil. Mix well, cover, and refrigerate. Serve cold or at room temperature.

Lime and Tamarind Chicken

Serves 6.

For the marinade:

½ c coconut milk
1 T. curry powder
2 T white sugar
1 tsp. salt
1 tsp. fish sauce
3 lbs skinless, boneless chicken breasts, sliced

For the spice paste:

4 dried chilies, chopped
1 small onion, chopped
2 cloves garlic
4 stalks lemon grass, thinly sliced
1 tsp. shrimp paste

For the lime and tamarind sauce:

1 T. oil
1 ½ c. coconut milk
2 stalks lemon grass, lightly pounded
¼ c. lime juice
½ c. tamarind water

Mix the coconut milk, curry powder, sugar, salt, and fish sauce together. Add the chicken, cover, and refrigerate for half an hour.

Grind all the spice paste ingredients together in a food processor until smooth.

Heat the oil in a wok over high heat. Add the spice paste and fry for 30 seconds. Add ½ c. of the coconut milk and the lemon grass and bring to a boil.

Add the marinated chicken, lime juice and tamarind water. Stir fry the chicken until cooked, about 5 minutes. Add the rest of the coconut milk and simmer for 5 minutes. Add water if desired to thin the sauce.

Sesame Crusted Mahi Mahi with Soy Shiso Ginger Butter Sauce

- 4 shallots, minced
 - 2-3/4 teaspoons minced fresh ginger root
 - 1-1/3 lemon, juiced
 - 2/3 cup dry white wine
 - 2/3 cup heavy cream
 - 2/3 cup unsalted butter, chilled and cut into small cubes
 - 1/4 cup soy sauce
 - 5-1/4 shiso leaves
 - coarse kosher salt
 - ground white pepper
 - 2 tablespoons and 2 teaspoons canola oil
 - 8 (6 ounce) mahi mahi fillets
 - 1/3 cup sesame seeds
 - 1/3 cup black sesame seeds
1. In a sauce pan over medium heat, combine shallots, ginger, lemon juice, and white wine. Cook until liquid is reduced to approximately 2 tablespoons. Stir in heavy cream, and bring to light boil. Reduce cream by half; do not burn. Stir in soy sauce, then transfer to blender. Blend on low while slowly adding butter, a few cubes at a time, until all of the butter is emulsified. Roughly chop or tear shiso, add to sauce, and blend for about 10 more seconds. Season to taste with kosher salt and pepper. Keep sauce warm.
 2. Preheat oven to 425 degrees F (220 degrees C).
 3. Heat oil in a large saute pan over high heat. Season both sides of the fillets with kosher salt and white pepper. Mix together white and black sesame seeds, and place in a plate or flat dish. Press the TOP side only of each fillet into the mixture, and press seeds into fish so it sticks. Make sure that the crusted sides are evenly crusted with the seeds. When oil is smoking, add fish, sesame seed side down to pan, and be careful of oil splatters. Pan sear fish for about 30 to 45 seconds per side. Place pan into oven, or transfer fish to baking sheet, and cook in oven for about 5 to 6 minutes. Serve sesame crust side up with ginger butter sauce.

I-Time Kati - (Coconut Ice Cream)

- 2 Cups Coconut Milk not “Light” (or coconut cream for a richer version)
- 1 cup water
- 4 eggs
- 1 teaspoon vanilla or rosewater
- pinch of salt
- $\frac{3}{4}$ cup Sugar
- 2 Tbsp. Shredded coconut
- Sprigs of mint for garnish
- 1 Whole Pineapple with Leaves removed

Stir fry coconut until golden (Thai often use a few pieces of corn as well. You decide).

Heat coconut milk and water over medium heat stirring continuously for a couple minutes. DO NOT allow boiling or the milk will curdle.

In a bowl beat two eggs plus two yolks. Add the vanilla, salt, sugar and coconut and beat 2-3 minutes with electric mixer until frothy and thickened.

Transfer mixture to a double boiler over gently boiling water (or place bowl over a pan of simmering water) and slowly blend in the coconut milk, stirring until the mixture thickens to form a continuous slightly sticky coat on the back of a spoon lifted from the mixture. Again, do not allow boiling.

Remove from heat and allow to cool then transfer to a metal ice cream tray or similar container and place in coldest part of freezer for 1-1- $\frac{1}{2}$ hours.

Remove to a blender or food processor and beat slowly until smooth (this incorporates some air into the mixture and prevents it from becoming too hard).

Serve in bowls on slices of pineapple

Garnish with mint leaves.