

VIETNAMESE SPRING ROLLS

Serves 12

Dressing

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| Fish sauce | ½ cup (Strict vegetarians substitute Miso) |
| Garlic, minced | 1TBSP |
| Ginger, minced | 1 TBSP |
| Chili sauce | 1 TBSP |
| Sugar | ½ cup |
| Rice vinegar | ½ cup |
| Sesame Oil | 2 TBSP |
| Water | 1/2 cup |

Filling

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| Carrots, peeled, finely julienne | 1 pound |
| Napa Cabbage, julienne | 2 each |
| Red and Green Peppers, julienne | 1 pound total |
| Scallions, julienne | 6 each |
| Rice paper rounds, 6 ½" diameter | 12 each |
| Water, warm | 1 quart |
| Cilantro sprigs | 60 leaves |
| Mint Leaves | 48 leaves |

Method:

1. Combine all dressing ingredients and mix well. Make sauce ahead of time and keep cold.
2. Marinate carrots, cabbage, peppers, and scallions in dressing at least 1 hour. Strain out juice. Place rice paper in water briefly, to soften. Remove rice paper, blot off water, and place 1/2 cup of vegetable filling on each paper, fold and roll up halfway. Put four pieces of mint and five sprigs of cilantro leaves into each roll.
3. Cut each roll in half and place on serving platter.

Note: Chef will demonstrate rolling of spring rolls.

SPANIKOPITA

Yield: 15

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| Scallions, chopped | 1/4 cup |
| Butter | 1 TBSP |
| Chopped Spinach, frozen | 2 ea. 10oz. packages, thawed and squeezed dry |
| Eggs, lightly beaten | 3 |
| Feta, crumbled | 4 oz |
| Cottage Cheese, low-fat | 4 oz |
| Farina | 1 TBSP |
| Flat Leaf Parsley, chopped | 1/4 cup |
| Fresh Dill, Chopped | 1/4 cup |
| Salt and Pepper | to taste |
| Phyllo Dough | 1/2 lbs. |
| Butter | 2 oz., melted |
| Olive Oil | 2oz cup |

Method:

1. Preheat oven to 350°F.
2. Sauté scallions in 1 TBSP butter.
3. Combine spinach, onions, eggs, feta, cottage cheese, farina, parsley, and dill. Add salt and pepper to taste.
4. Follow directions for making triangular pies folding spinach mixture between phyllo sheets layered with butter/oil mixture.

Chef will demo phyllo techniques.

MALAI KOFTA (Stuffed Potato Dumplings)

A dish for special occasions, Malai Kofta is the vegetarian alternative to meatballs.

Serves 50 dumplings

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| Potatoes, peeled, diced and boiled | 6 cups |
| Carrots, ¼ inch dice, cooked | 1 cup |
| Peas, cooked | 1 cup |
| Corn, cooked | 1 cup |
| Paneer | 3 cups |
| Corn Flour | 3 TBSP plus ½ cup, divided |
| Cumin | 1 TBSP |
| Coriander | 1 TBSP |
| Cayenne | 1 ½ tsp |
| Cashews, chopped | 1 ½ cups |
| Raisins | 1 cup |
| Salt | to taste |
| Canola or Enova Oil | for frying |

Method:

1. Mash the potatoes and fold in the vegetables and cheese and 3 TBSP of corn flour.
2. Add spices and mix well.
3. Make the mixture (which should be firm) into bite size balls.
4. Flatten the balls and stuff with nuts and raisins and reform into balls.
5. Dredge dumplings in remaining corn flour. Deep fry until golden brown. Drain and reserve. Serve with sauce.

Sauce for Malai Koffa:

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| Canola or Enova Oil | ½ cup |
| Onion, quartered | 4 each |
| Tomatoes, quartered | 4 each |
| Garlic Paste | 2 TBSP |
| Ginger Paste | 2 TBSP |
| Coriander | 3 TBSP |
| Cumin | 3 TBSP |
| Curry Powder | 2 TBSP |
| Tomato Puree | 2 cups |
| Cream | 1 1/2 cups |
| Vegetable Stock | 2 cups |

Method:

1. Sauté onions in oil until translucent.
2. Add garlic, ginger, tomatoes, tomato paste, seasonings and stock and simmer until stock is totally reduced.
3. Add cream and adjust seasoning.
4. Spoon over potato dumplings and serve.

Indian Style Quesadilla

Yield: 12 servings

Ingredients:

Flour Tortilla 12 each

Sandwich Filling:

Idaho Potato 6 Cups, cooked and mashed (approximately 6 potatoes)
Canola Oil 6 TBSP plus ½ cup
Onions 3 medium size, ¼ inch dice
Ginger Root 3 TBSP, fresh, chopped
Jalapeno 3 TBSP, chopped
Garlic 6 cloves, chopped
Curry Powder 1 ½ tsp.
Cooked Lentils 3 cups
Queso Blanco Cheese 3 cups

Method:

- a. Mash potatoes with 3 TBSP of the oil.
- b. Saute onions, peppers, garlic, ginger, in ½ cup oil; add curry powder.
- c. Combine sautéed mixture with mashed potatoes in a large bowl.
- d. Fold in cooked lentils.
- e. Divide the mixture and spread on ½ of each tortilla.
- f. Sprinkle with cheese; fold over in half.
- g. Brown on a seasoned griddle or sauté pan with 3 TBSP Canola oil.
- h. Cut into quarters and serve with Ginger Miso Sauce.

MISO GINGER TAHINI SAUCE

Miso styles range from the lesser- aged, wild tasting white to the pronounced deep flavor of red and other darker examples. Try other kinds in the sauce for a variation in flavor.

Yield: 3 cups

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| Water | 3 cups |
| Ginger root, minced | 1 TBSP |
| Red miso | 3 TBSP |
| Barley malt syrup | 1 TBSP |
| Cornstarch | 3 TBSP |
| Lemon juice | 3 TBSP |
| Sesame tahini | ¼ cup |
| Salt | To taste |

Method:

1. Combine the water and ginger in a saucepot and bring to a boil.
2. Whisk in the miso and the barley malt syrup. Simmer for 5 minutes.
3. Dissolve the cornstarch in the lemon juice and stir into the simmering liquid until thickened.
4. Remove from heat and whisk in the tahini.
5. Taste and season with salt if desired. (No added salt in calculated value.)

Serve with Indian Style Quesadilla.

STUFFED GRAPE LEAVES

Makes 75 stuffed Leaves

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| Dried Black Currants or Raisins | 12 TBS |
| Vegetable Stock, hot | 2 cups |
| Extra Virgin Olive Oil | 3/½ cups |
| Onion, peeled and minced | 4 each, 2 cups |
| Garlic, chopped | 6 cloves |
| Cinnamon Sticks | 2 |
| Pine nuts, toasted | 1/2 cup |
| Mint, chopped | 2 cups |
| Rice, long grain | 2 cups |
| Vegetable Stock | 7 cups |
| Lemon Juice, fresh | 2 TBS |
| Salt and Pepper | to taste |
| Grape Leaves, rinsed well | 75 |

Method:

1. Rehydrate currants in 1 cup of the hot vegetable stock.
2. Sauté onions and garlic in 4 TBS of olive oil until soft, not brown.
3. Add toasted pine nuts; add rice and stir to coat with oil.
4. Add cinnamon sticks, salt and pepper to taste and 1 cup of the hot vegetable stock.
5. Mix well and cover, cooking over gentle heat for 10 minutes. The rice will soften but will not be fully cooked.
6. Add the currants and set aside covered for 10 minutes.
7. Stuff the grape leaves with the rice mixture and arrange in a wide swallow pan.
8. Add lemon juice and remaining vegetable stock, just to cover the grape leaves and weigh down and cover.
9. Simmer for 30 minutes or until the leaves and rice are cooked.
10. Drizzle with olive oil and serve hot or at room temperature.

CARROT HAZELNUT SPREAD

This spread provides a tasty, low fat and nutritious alternative to serving butter with bread.

Yield 10-12 Servings

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| Carrots, large dice | 2 ½ cups |
| Corn oil | 1 tsp |
| Onions, medium dice | 1 cup |
| Water | ¼ cup |
| Hazelnut Butter | 1 TBSP |
| White Miso | 1 TBSP |
| Salt and Pepper | to taste, as desired |

Garnish

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| Onion, scallion, or chives, minced | as desired |
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Method

1. Sauté' the carrots in oil over medium-high heat for 2 or 3 minutes. Add the onion, lower heat to medium-low and sauté for 5 minutes. Add the water, cover and cook 5 minutes longer, or until the carrots are very tender. Allow the carrots and onions to cool in the pan for a few minutes.
2. Put the sautéed vegetables, hazelnut butter, and white miso into a food processor and process until smooth, scraping down the spread from the side of the bowl as needed. Season to taste. Chill before serving.

GARNISH: Spread can be served in one bowl family-style or in individual servings. Garnish with minced onions, scallions, or chives.

VARIATION: Replace all or some of the carrots with butternut squash, parsnips or sweet potatoes. A teaspoon of minced ginger could be added at the same time as the onions. Other nut butters could be used in place of the hazelnut butter, such as almond butter or peanut butter. Toasted hazelnuts could be used in place of the hazelnut butter by placing them in the food processor first to grind them and then adding the other ingredients.

SERVE WITH: Sesame, Sunflower and Poppy Seed Bread, India-Style Flatbread or other breads.