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COOKING WITH JAN

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LET'S TRAVEL TO ASIA

NOODLES & PEANUT SAUCE SALAD BOWL

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| 8 OZS UNCOOKED SOBA NOODLES | 2 CUPS FRESH BROCCOLI FLORETS |
| 1 CUP JULIENNE CUT CARROTS | 2 TBLS WATER |
| 1 BELL PEPPER, CUT INTO BITE-SIZE PIECES | 2 TSPS CANOLA OIL |
| 1/4 CUP PEANUT BUTTER | 2 TBLS RICE OR WHITE VINEGAR |
| 2 TBLS SOY SAUCE | 1/2 TSP GROUND GINGER |
| 1/8 TSP CAYENNE PEPPER | 3 TBLS GREEN ONIONS, CHOPPED |

COOK THE NOODLES AS DIRECTED ON PACKAGE, ADDING THE BROCCOLI, CARROTS AND PEPPERS DURING THE LAST MINUTE OF COOKING; DRAIN THE NOODLES & VEGETABLES. RINSE WITH COLD WATER UNTIL THE NOODLES & VEGGIES ARE COOL; DRAIN. IN A SMALL BOWL, GRADUALLY BEAT THE WATER AND OIL INTO THE PEANUT BUTTER WITH A WHISK UNTIL SMOOTH; ADD IN THE VINEGAR, SOY SAUCE, GINGER AND CAYENNE PEPPER AND WHISK UNTIL WELL BLENDED. POUR THE NOODLES & VEGETABLES INTO LARGE SERVING BOWL; ADD THE PEANUT SAUCE AND ONIONS. THIS CAN BE SERVED HOT OR COLD. WHOLE WHEAT LINQUINE PASTA, UNCOOKED & BROKEN IN HALF, MAY BE SUBSTITUTED FOR THE SOBA NOODLES! MAKES 4 SERVINGS!

MONGOLIAN BEEF SKILLET

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| 1 LB FLANK STEAK | BUTTER FLAVOR COOKING SPRAY |
| 1/3 CUP HOISIN SAUCE | 2 TBLS WATER |
| 2 TSPS FINELY CHOPPED GINGER ROOT | 1 TSP ROASTED GARLIC |
| 2 TSPS DARK SESAME OIL | 1/2 TSP RED PEPPER FLAKES |
| 4 GREEN ONIONS, CUT INTO 1" PIECES | |

TRIM THE FAT OFF OF THE STEAK AND CUT INTO THIN SLICES; SPRAY MEAT WITH COOKING SPRAY. HEAT SKILLET TO MEDIUM-HIGH HEAT; ADD MEAT AND COOK 3 MINUTES, STIRRING OCCASIONALLY, UNTIL BROWNED. IN BOWL, MIX THE REMAINING INGREDIENTS **EXCEPT** THE GREEN ONIONS. WHEN STEAK IS BROWNED, ADD SAUCE MIXTURE; COOK 1-2 MINUTES OR UNTIL MEAT IS AT DESIRED DONENESS AND SAUCE IS SLIGHTLY REDUCED. **DO NOT OVERCOOK!** ADD THE GREEN ONIONS, STIR AND COOK ANOTHER 1-2 MINUTES. SERVE IMMEDIATELY WITH A VEGETABLE OR GREEN SALAD. MAKES 4 SERVINGS.

ASIAN MEATBALLS

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| MEATBALLS | 1 LB HAMBURGER | 1/3 CUP PLAIN BREAD CRUMBS |
| | 1/2 CUP FINELY CHOPPED WATER CHESTNUTS | 1/4 CUP SLICED GREEN ONIONS |
| | 1/4 CUP MILK | 1 EGG, SLIGHTLY BEATEN |
| | 1 TBLS SOY SAUCE | 1/2 TSP GARLIC SALT |
| SAUCE | 1/2 CUP BBQ SAUCE | 1/4 CUP PLUM SAUCE |
| | 2 TBLS HOISIN SAUCE | |

PREHEAT OVEN TO 375 DEGREES; SPRAY 15X10" BAKING SHEET WITH COOKING SPRAY. IN LARGE BOWL, COMBINE THE MEATBALL INGREDIENTS; SHAPE INTO 36 MEATBALLS AND PLACE ON BAKING SHEET. BAKE 25 MINUTES OR UNTIL THOROUGHLY COOKED AND NO LONGER PINK IN CENTER. SPRAY A 3-4 QUART SLOW COOKER WITH COOKING SPRAY; PLACE MEATBALLS INTO THE COOKER. IN ANOTHER BOWL, MIX THE SAUCE INGREDIENTS; POUR OVER THE MEATBALLS AND GENTLY STIR TO MIX. COVER; COOK ON LOW HEAT FOR 2-4 HOURS. SERVE WITH GREEN SALAD AND OR FRUIT AS A MEAL OR AS AN APPETIZER. MAKES 18 SERVINGS. THIS ARE QUITE SPICY BUT VERY GOOD!

COCONUT CURRY CHICKEN

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| 12 CHICKEN THIGHS, SKIN REMOVED | 2 TSPS GARLIC SALT |
| 3 TSPS CANOLA OIL | 1 ONION, CUT INTO 1" PIECES |
| 6 CARROTS, CUT INTO 1" PIECES | 3 STALKS CELERY, CUT INTO 1" PIECES |
| 5 CLOVES GARLIC, FINELY CHOPPED | 2 TSPS GRATED LIME PEEL |
| 2 TBLS GINGERROOT, FINELY CHOPPED | 2 TBLS CURRY POWDER |
| 1 TSP SALT | 1 TBLS SRIRACHA SAUCE |
| 1/4 CUP WHIPPING CREAM | 1 TBLS LIME JUICE |
| 1/2 CUP CHOPPED CILANTRO | 13 OZ CAN COCONUT MILK (NOT CREAM |
| 1 1/2 CUPS UNCOOKED LONG GRAIN RICE | OF COCONUT) |

SPRAY SLOW COOKER WITH COOKING SPRAY; SPRINKLE CHICKEN WITH GARLIC SALT. IN SKILLET, HEAT 1 1/2 TSPS OF OIL; ADD 6 OF THE CHICKEN THIGHS AND COOK 6-8 MINUTES, TURNING ONCE. PLACE IN THE SLOW COOKER; REPEAT PROCESS WITH REMAINING THIGHS. ADD ONIONS, CARROTS, CELERY, GARLIC, GINGERROOT, LIME PEEL, CURRY POWDER AND SALT TO SKILLET; COOK 5 MINUTES, STIRRING FREQUENTLY. ADD THE MIXTURE TO THE SLOW COOKER; ADD THE SRIRACHA SAUCE, COCONUT MILK AND WHIPPING CREAM. COVER; COOK ON HIGH FOR 4 HOURS. 15 MINUTES BEFORE SERVING, COOK RICE AS DIRECTED ON PACKAGE; ADD THE LIME JUICE AND CILANTRO INTO THE SLOW COOKER. SERVE THE CHICKEN AND VEGETABLES OVER THE RICE. MAKES 6 SERVINGS! SOOOOO GOOD!