


vegetable stir-fried rice w/crispy pea pods & bamboo shoots

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| ½ cup broccoli florets, chopped small | ¼ cup celery, diced small |
| ¼ cup carrot, diced small | ¼ cup peas, frozen |
| ¼ cup sweet soy sauce | ¼ cup soy sauce |
| ¼ cup vegetable or peanut oil | 2 tsp toasted sesame oil |
| 2 tsp rice wine vinegar or Mirin | 2 eggs, beaten |
| 1 can young bamboo shoots | |
| ¼ lb pea pods, string removed | |
| (sugar snap peas add great taste) | |
| 3 cups day old rice | |
| (white works best but brown can also be used) | |
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Fry all veggies in peanut oil or vegetable oil, starting with carrot and celery, add beaten eggs. After 2-3 minutes add rice, soy sauce, sesame oil, and remaining ingredients. Thoroughly stir and serve.

African Creamy Peanut Soup

1 ½ tablespoon olive oil

1 large onion, chopped

1 ½ red bell pepper, chopped

2 cloves garlic, minced

2 16oz cans, crushed tomatoes, with liquid

5 cups vegetable stock

¼ teaspoon chili powder

¼ teaspoon black pepper

½ cup extra crunchy peanut butter

1/3 cup uncooked brown rice



Heat oil in a large stock pot over medium heat. Sautee onions and bell peppers until lightly browned and tender, stirring in the garlic when the peppers and onions are almost done. When onions, peppers, and garlic are done, stir in tomatoes, vegetable stock, black pepper and chili powder. Reduce heat to low and simmer, uncovered, for approx. 30 minutes. After 30 minutes, stir in rice, cover and simmer another 15 minutes or until rice is tender. Once rice is tender, stir in peanut butter until well blended and serve with crusty bread.

Combine juice from 1 orange and lemon (s) and whisk vigorously while adding olive oil in a thin stream. Add salt to taste and reserved currant liquid, along with dry mustard and red pepper flakes. Toss with carrots and remaining ingredients. Let stand for 1/2 hour or more for flavors to develop.

SMOKED CHICKEN ENCIMAÑAS WITH GREEN CHILI SAUCE

18-20 yellow corn tortillas /1 cup vegetable oil

Mix together:

2 whole chickens, smoked,
w/meat pulled off bone
1 onion, diced small, sauté until soft
¼ cup feta cheese (or queso fresco)
½ cup shredded white cheese
(Monterey jack, pepperjack, fontina, etc.)
2 chicken bouillon cubes
1/8 cup cilantro, chopped

Blend together for sauce:

4 small cans green chilies
1 can chicken broth
4 small cans diced green
chilies
2 cloves garlic
1 can roasted tomatillo
harina de masa, to thicken



Dip tortillas in warm oil (approximately 200 degrees) for approximately 6 seconds. Stuff with filling and roll. Place in sprayed pan or oven safe dish. Cover with additional cheese and sauce. Bake 12-15 minutes.

Vegetable Enchiladas w/ poblano red sauce & cheddar cheese

1 jicama sliced and julienned
2 yellow squash, julienned
3 onions, julienned
3 zucchini, julienned
1 cup cheddar cheese, shredded
2 cloves garlic
2 tb chili powder
18- 20 yellow corn tortillas
2 cups vegetable oil, heated to approximately 200 degrees
Salt and pepper, to taste

To make sauce:

1 package poblano dried peppers
1 package California dried peppers
2 cups vegetable broth



Combine all veggies, sauté 4 minutes in small amount of oil. Cool, add cheese, chili powder, salt and pepper to taste, and mix. Toast peppers in oven for 6 minutes at 350 degrees. Add to veggie broth blend until smooth. Roll tortillas with vegetable mix and cheese. Cover with sauce. Bake 9 minutes. Cover with additional cheese and sliced black olives.

Combine heavy cream and cream cheese; add Mascarpone cheese.
Blend well in mixer. Add Marsala wine, continue blending

Separately, add liqueur and coffee to sauce pan. Heat carefully to burn off alcohol, set aside to cool. When cooled, dip ladyfingers in coffee mixture. Alternate in serving vessel: cream mix, coco, ladyfingers, cream mix, and coco to dust top.