

Laguna Farm Goes to the Far East

Broccoli & Spinach Stir Fry

3 ½ oz spinach (or cabbage, or kale)
6-7 oz broccoli
4 + oz mushrooms
2 cloves garlic
6 oz firm tofu (optional)
1 tablespoon vegetable oil
3 tablespoons tamari or soy sauce
1 teaspoon barley miso paste (optional)
1 tablespoon sesame seeds

1. Wash the spinach and the broccoli. Dry well.
2. Slice the spinach roughly and chop the broccoli into medium-sized chunks.
3. Peel & crush the garlic. Wipe any mud off the mushroom and chop it roughly.
4. Heat the oil in a wok until hot. Add the garlic and the mushrooms. Stir well and cook for 5 minutes, until the mushrooms are lightly browned and their juice has evaporated.
5. Chop the tofu into cubes (if using). Add to the pan and cook on a high heat for 3 minutes, stirring regularly, until it starts to brown.
6. Add the broccoli. Stir and cover for 3 minutes.
7. Add the spinach. Cover for 2 minutes, until it starts to wilt. Remove the wok from the heat.
8. Mix the sesame seeds with the tamari (or soy sauce) and miso paste, if using. Add to the pan. Mix well. Serve immediately.

Option: use any stir fry sauce you like to change the flavor or reduce the preparation time.
Delicious as it is, as a lunch, or with noodles for a supper dish. Serves 4

Ginger And Garlic Pak Choi

1 small pak choi (boy choy)
1 ½ inch fresh ginger root
2 cloves garlic
1 tablespoon sesame oil (or olive oil)

1. Separate the pak choi leaves and cut off the chunky stalks.
 2. Slice the stalks finely. Roughly chop the leaves.
 3. Peel and grate the ginger. Peel and crush the garlic.
 4. Heat the oil in a wok until almost smoking. Add the garlic and ginger. Cook for 1 minute, stirring often.
 5. Add the pak choi stalks. Mix well. Cover and cook for 2 minutes.
 6. Add the pak choi leaves. Stir and then cook for 1-2 minutes, until they are just wilted. Serves 4
- Optional:

Add a glug of oyster sauce towards the end and serve with sticky rice.

A quick and easy recipe. Try it with a splash of soy sauce and a drizzle of honey. Yum

Free Chinese Cooking Lessons

For those who learn visually, here's a website with free videos on simple preparation of Chinese dishes.

Example: Quick Chinese Beef and Shallots
http://www.chow.com/video_2298463_preparing-shallots-beef-chinese-stirfry.html

Example: Chinese Fried Rice with Onion & Carrots
http://www.chow.com/video_2340713_chop-onions-carrots-fried-rice.html

Bean Sprout and Spinach Salad

- 1 lb spinach, washed
- 1/2 lb bean sprouts
- 1 tablespoon sugar
- 4 teaspoons vinegar
- 1 tablespoon soy sauce
- 1 teaspoon sesame seed, toasted

Pour boiling water over spinach in colander. Rinse immediately with cold water. Drain thoroughly and place in medium serving bowl. Repeat process with bean sprouts and place in same bowl. Combine sugar, vinegar, soy sauce and sesame seeds. Pour over veggies and toss to combine. Cover and refrigerate at least 1 hour before serving.

Japanese Carrot Dressing

Source: Moosewood Cookbook, pg. 346; Makes 2/3 c

- 1 small carrot, shredded
- 2 TB mirin (Japanese sweet cooking wine)
- 2 TB rice vinegar or cider vinegar
- 1 TB soy sauce
- ½ teasp dark sesame oil
- 1 TB prepared mustard
- 1 TB grated fresh ginger root (optional)

Whirl all ingredients in a blender until smooth. Well covered, it keeps in the refrigerator for about a week.