

Annie's Organic Buying Club

making organics affordable for everyone!



I hope you enjoy your share as much as I will; this week our boxes will allow us to create Asian-inspired meals with Bok Choy, Red Peppers, Cilantro, Mango, Corn, Jalapenos, Ginger, Garlic, Scallions, Brown Beech Mushrooms, Broccoli, and more.

Tips: Peel the Ginger when you get it home and then put it in a bag in your freezer. Then whenever you need it simply use a rasp to grate it into your dishes.

Chard is very similar to spinach and can be used in any recipe that calls for spinach. The stalks can be used but need a little more time in cooking so always add those first and the leaves at the last minute. You can also try using the stalks to replace celery in recipes.

Bok Choy, also called Chinese Chard, it is mild, tender and crisp.

This is a cruciferous vegetable like broccoli, so a super-food, and a member of the cabbage family. Rich in Vitamin C and fiber (both linked to lowering the risks of cancers), and a good source of folate with more beta-carotene and calcium than other cabbages! You can juice or cook both the stalks and leaves (cook the stalks first and then add the leaves.) Braise, sauté, steam or stir fry.

Chop and add it to your stir fry or soups (at the end because it doesn't need much time to cook.) Sauté the stalks first, add garlic, add the leaves, a little sesame oil and soy sauce and serve.

Bok Choy pairs well with fish so we'll include a couple recipes to serve this by itself, in a stir-fry, with beef and chicken, and with fish.

Cilantro has a wonderful flavor, great for salsas and sauces. We've included some sauces that use cilantro that you can use as a topping to fish, chicken, beef, or as a dip for veggies.

Brown Beech Mushrooms can be used anywhere shitake or other gourmet mushrooms are called for in a recipe. They are respected as the most gourmet of the oyster mushrooms. Most prefer them cooked, either whole or chopped, where their mildy sweet and nutty flavor is wonderful added to frittatas, stir-fries, soups, tossed in pastas, and simmered in sauces.

Steamed Fish with Bok Choy inspired by a recipe by Wolfgang Puck

- 1 quart water
- 1 cup white wine
- 2 tablespoons olive oil
- Small handful of cilantro, no need to chop
- 2-3 scallions, chopped thin on a diagonal
- 1 small piece ginger, grated after freezing
- 1 small piece jalapeno, chopped
- ½ lemon, zested and juice
- Fish of your choice
- Sea salt and black pepper
- 1 bok choy, cleaned and chopped but save a whole leaf for each piece of fish
- ½ container brown beech mushrooms or shitake mushrooms
- ½ onion sliced (optional)
- 2 garlic clove chopped

Steam the fish (add water to a pan and bring to a simmer, add wine, oil, 2/3 of the cilantro leaves, ½ the scallions, ginger, almost all the chopped jalapeno, lemon zest, lemon juice, heck toss in the half a lemon for good measure! Cover and let that steep for 10 minutes before adding the fish, seasoned first with salt and pepper before steaming) gently for 1-5 minutes laying each on a bok choy leaf in the steamer mix until done. Uncover and remove fish. Reserve liquid to make the sauce.

Add oil, chopped bok choy, brown beech mushrooms, sliced onions, and garlic. Allow to caramelize before stirring, if you stir too much it will just steam. Add the rest of the jalapeno and sauté another minute or two. Once tender and slightly browned add this mixture to the pan:

- ½ cup reserved cooking liquid
- a couple grates of frozen ginger
- ¼ cup nonGMO (organic) tamari or soy sauce
- 1 tablespoon sucanat or brown sugar
- 1 tablespoon mirin rice wine vinegar
- Squeeze of lemon juice
- 1 teaspoon nonGMO (organic) corn starch

Until it comes to a boil and thickens about 2 minutes. Serve sauce over fish over rice and top with freshly chopped cilantro and the rest of the beautiful scallions cut on a diagonal.

Wilted Bok Choy with Soy Sauce and Cashews by Robin Miller

- 1 tablespoon sesame oil
- 1 bunch bok choy, sliced crosswise into 1/2-inch thick slices
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon crushed red pepper flakes
- Salt and ground black pepper
- 1/2 cup cashews

Heat oil in a large skillet over medium heat. Add bok choy and saute 3 minutes. Add soy sauce and red pepper flakes and cook 2 more minutes, until bok choy stalks are tender-crisp and leaves are wilted. Season, to taste, with salt and black pepper. Arrange bok choy on plates and top with cashews just before serving

Cashew-Crusted Salmon with Bok Choy by Robin Miller

- 2 tablespoons olive oil, divided
- 6 salmon fillets
- 1/3 cup honey mustard
- 2 tablespoons onion flakes
- Freshly ground black pepper
- 1/2 cup finely chopped dry-roasted cashews
- 2 cloves garlic, minced
- 1 bunch bok choy, rinsed well and chopped

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Brush honey mustard all over salmon. Season both sides of salmon with onion flakes and black pepper. Place cashews in a shallow dish, add four of the salmon fillets and turn to coat.

Place all salmon fillets in hot skillet and cook 3 minutes per side, until fork-tender.

Heat remaining olive oil in separate large skillet over medium heat. Add garlic and cook 1 minute. Add bok choy and cook 2 minutes, until greens wilt but stalks are still crisp-tender. Season, to taste, with salt and pepper.

Serve the cashew-crusted salmon with this meal and reserve 2 uncrusted fillets for another meal.

Creamed Bok Choy & Swiss Chard

- 1 onion, sliced
- 1-2 garlic cloves, chopped
- Olive oil
- 1 bok choy, chopped
- 1 bunch chard, chopped
- 1/4 -1/2 cup non-rBGH cream (or milk but then use a rue to thicken)
- Sea salt & black pepper

Saute onion with garlic in olive oil. Add stalks of bok choy and chard and sauté for several minutes until crisp tender. (if using milk now add a teaspoon of flour and a tablespoon of butter to make a rue. Cook for one minute.) Add bok choy and chard leaves and (milk or) heavy cream. Bring to a boil and cook, stirring, until thickened. Season with salt and pepper

Stir-Fried Bok Choy with Ginger and Garlic by Robin Miller

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 8 cups chopped fresh bok choy
- 2 tablespoons reduced-sodium soy sauce
- Salt and ground black pepper

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add bok choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Season, to taste, with salt and black pepper.

Cilantro Fish on Bok Choy Salad with Asian Honey Vinaigrette

Marinate fish for a couple hours in a mixture of:

- 2 tablespoons olive oil
- 1 handful cilantro, chopped
- Sea salt & freshly ground black pepper

Grill the fish and serve over bok choy salad. Whisk vinaigrette together for bok choy salad:

- 1 lemon juiced
- 2 teaspoons honey
- 1 tablespoon rice wine vinegar
- 1 tablespoon nonGMO organic Tamari sauce
- 3 tablespoons toasted sesame oil
- ¼ cup olive oil
- 3 scallions chopped
- Sea salt and freshly ground black pepper

Pour over 1 head of bok choy, sliced thin like a slaw. You can enjoy this raw or allow to marinate, and then pour the whole thing in a pan and cooking until tender. Top with (optional) a couple tablespoons (toasted) sesame seeds.

Broccoli Chicken Bok Choy Mushroom Stir-Fry by Tyler Florence

- 2 tablespoons dark sesame oil, divided
- 2 garlic cloves, finely minced
- 2 pounds chicken breasts, skinless and boneless
- 1 head broccoli, stems removed
- Mushrooms, sliced
- 3 carrots, peeled and julienned
- 1 head bok choy, chopped

Heat 1 tablespoon oil in a saute pan over medium heat. Add garlic and stir. Place the chicken in the pan and brown 4 minutes on each side. Remove from pan, slice into strips, set aside. Heat remaining tablespoon of oil in a wok over high heat. Add the vegetables and teriyaki sauce. Stir-fry quickly until the vegetables begin to soften. Add the chicken strips, combine well and continue to cook for 2-3 minutes. Serve immediately.

Bok Choy, Onions, Cilantro, Broccoli, and Cashews

- ¼ cup cashews, toasted or raw
- 1 tsp red pepper flakes
- 2 garlic cloves
- 1 onion chopped or 3 scallions sliced (reserve 1 scallion chopped as topping)
- 1 bunch of bok choy, washed and chopped in larger pieces
- ¼ red pepper, sliced same size strips as the bok choy
- ½ package brown beech or shitake mushroom, sliced
- Olive oil
- 1 tablespoon Ginger, grated after freezing
- 2 tablespoons nonGMO organic tamari or soy sauce
- 1 teaspoon nonGMO organic cornstarch
- 3 tablespoon water
- handful cilantro, chopped
- Lemon
- Sea salt & freshly ground black pepper

Heat oil gently in a big pan. Add garlic, red pepper flakes, ginger, and onions. Stir fry a moment. Add bok choy, mushrooms, and red peppers, sauté until tender, about 2-3 minutes. Add the rest of the ingredients to the pan and bring to a boil to make the creamy sauce. Top with scallions, squeeze of fresh lemon juice, and nuts and serve over rice.

Not Grandma's Chicken Soup – with Lemon, Cilantro and Ginger!

- 1 chicken
- Ginger
- 3 garlic cloves
- 1 small piece jalapeno
- 1 onion
- 1 lemon
- 2 carrots
- 1 bok choy chopped thinly
- 2 tablespoons nonGMO organic tamari or soy sauce
- Handful cilantro chopped
- 2 scallions sliced on a diagonal

Add chicken to pot with a nub of smashed (about ¼ inch) ginger, 3 smashed garlic cloves, a small piece of jalapeno, an onion cut in ½ and tossed in, and a lemon squeezed and just the whole thing added to the pot, carrots roughly chopped. Cover this chicken soup mixture with filtered water. Bring to a simmer and cook for 45 minutes covered until the chicken falls off the bone.

Take out chicken and reserve for later. You can shred and use in this soup or use it in another dish.

Strain the soup and dump the solids. Return soup to heat and add bok choy, cilantro, tamari or soy sauce, shredded and deboned chicken (if desired) and heat until bok choy is tender, about 3 minutes. Top with freshly chopped scallions. You can add a dollop of rice to the bowl before serving.

Chicken Noodle Soup - Asian Style by Michele Urvater

- 1-ounce dried Shiitake mushrooms, soaked in hot water for 30 minutes, drained, trimmed and sliced (or 4oz fresh shitake or brown beech mushrooms)
- 1 tablespoon vegetable oil
- 1 cup minced onion
- 2 cloves garlic, minced
- 2 teaspoons minced fresh ginger
- 1 cup sliced carrot
- 1 1/2 cups sliced Napa Cabbage or Bok Choy
- 6 cups chicken stock or broth
- 1/2 package dried Asian egg noodles
- 1 cup broccoli florets
- 1 cup cooked sliced chicken
- 1 tablespoon soy sauce
- 2 tablespoons rice vinegar
- Sesame oil to taste
- Minced whole scallion for garnish

In a large saucepan set over moderate heat, heat the oil until it is hot. Add the onion, garlic, and ginger, and cook, stirring occasionally, 3 minutes. Add the carrot and cabbage and toss to combine. Add the broth, reserved mushrooms and salt to taste and simmer 10 minutes. In a saucepan of boiling salted water cook the pasta until al dente, drain and transfer to stock. Add the broccoli, chicken and seasonings and simmer stirring occasionally, for 3 minutes, or until broccoli is just cooked and chicken heated through. Add sesame oil. Ladle the soup into bowls and garnish with the scallion.

Simple Spicy Oriental Soup

- 6 cups chicken, vegetable, beef or pork stock
- 1-2 carrots, diced
- 1 onion, chopped
- 2 stalks celery, diced
- 2 cloves garlic, chopped
- ¼ inch ginger, chopped or grated
- 1 Bok Choy, chopped
- 1/2 Jalapeno, finely chopped
- Salt and pepper to taste

Simmer everything until vegetables are tender.

Chicken, Bok Choy and Shiitake Chow Mein by Ming Tsi

- 2 tablespoons cornstarch
- 1/4 cup shaoxing wine
- 1/2 cup oyster sauce
- 1 tablespoon minced ginger
- 1/4 cup sliced scallion whites, save green for garnish
- 1 teaspoon black pepper
- 1 tablespoon sambal oelek
- 1 pound skinless chicken meat. I prefer the leg/thigh meat, but breast may be substituted
- Canola oil to cook
- 6 cloves garlic sliced thin
- 2 cups shiitake mushrooms, quartered
- 1 cup chicken stock
- 4 heads baby bok choy, core out, sliced
- 1 pound blanched and refreshed lo mein noodles
- Salt and pepper to taste

In a large bowl, dissolve the cornstarch in the shaoxing. Mix in the oyster sauce, ginger scallions, pepper and sambal. Mix in the chicken and marinate for at least 2-hours, preferably overnight. In a hot wok coated with oil, add the garlic and shiitakes and stir-fry for 4 minutes until the mushrooms are soft. Set mushrooms aside and in the same wok, add the chicken and cook for 6 to 8 minutes. Add the stock and season with salt and pepper. Add the bok choy and cook another 3 minutes. Add back the shiitakes and the noodles. Completely coat and heat the noodles. Check for seasoning.

Spicy Shrimp and Bok Choy Noodle Bowl by Rachel Ray

- 3 tablespoons vegetable oil, 3 turns of the pan
- 2 teaspoons crushed red pepper flakes
- 4 cloves garlic, chopped
- 2 inches ginger root, peeled and cut into very thin matchsticks or grated
- 1/2 pound shiitake mushroom caps, sliced, a couple of cups
- 1 medium bok choy, trimmed and cut into 3-inch pieces, then cut sticks lengthwise
- Salt and pepper
- 1 quart chicken broth
- 1 cup seafood stock, available on soup aisle or, 1 cup clam juice
- 1 1/2 pounds medium peeled and deveined shrimp
- 1/2 pound vermicelli (thin spaghetti)
- 4 scallions, cut into 3 inch pieces, then shredded lengthwise into thin sticks

Heat a medium soup pot over medium-high heat. Add vegetable oil, 3 turns of the pan, crushed red pepper flakes, garlic, ginger, mushrooms, and bok choy, then season with salt and pepper. Add chicken broth and seafood stock or clam juice. Put a lid on the pot and bring soup to a boil.

Add shrimp and noodles and cook 3 minutes. Add in scallions and cook 2 minutes, then turn off soup and let it sit 2 to 3 minutes more. Adjust salt and serve.

Jalapeno Lemon Chicken or Fish with Cilantro Butter

- Chicken Breast, skinless boneless or Fish Fillets
- ½ lemon
- ¼ cup olive oil
- 1-2 garlic cloves, chopped fine
- ¼ Jalapeno, chopped fine
- Sea salt & freshly ground black pepper
- Handful of cilantro, chopped
- 1 tablespoon butter

Marinate chicken or Fish with lemon juice, olive oil, jalapeno, cilantro (reserve some for sauce), salt & pepper for several hours or overnight. (Fish only needs a few hours to marinate, overnight is too much.) Then grill chicken or fish on medium high heat until done.

Melt butter in a pan and add cilantro. Top chicken with cilantro butter and serve.

Lemon-Cilantro Mexican Rice

- 3 cups cooked rice (white or brown)
- 2 tablespoons olive oil
- 1 garlic clove, chopped
- 1 jalapeno, seeded and chopped (optional)
- 1 corn off the cob
- ½ red bell pepper chopped
- 1 handful cilantro, chopped
- zest and juice of 1 lemon
- 1 tomato chopped
- 2 scallions, chopped
- sea salt, black pepper (to taste)

Cook rice as per directions with some sea salt. Sauté jalapeno and garlic in olive oil. Add corn and red pepper and sauté another minute. Mix in rice. Add lemon zest, freshly chopped cilantro, chopped fresh tomatoes, squeeze of lemon juice, chopped scallions, and season to taste.

Lemon Cilantro Quinoa or Rice

- 1 cup quinoa or rice, rinsed and prepared as per box
- 1/4 cup fresh lemon juice
- 1/2 cup chopped fresh cilantro

Prepare quinoa according to package instructions. When cooked, stir in lemon juice and fresh cilantro. Makes a flavorful side dish for chicken or fish. Be sure to rinse the quinoa before cooking. This rids it of its bitter coating.

Cilantro-Jalapeño Swirl Dollop

- 1 handful cilantro
- ¼ cup sour cream
- 1 tablespoon whole milk
- ¼ piece jalapeno (optinal)

Puree everything together with some salt. This is perfect added to the center of a southwestern soup or used as a dip or spread for sandwiches or with crabcakes or a topping for fish or chicken. We love it in a roasted red pepper soup.

Lemon Cilantro Mayonnaise

- 1/3 cup mayonnaise (homemade preferably)
- Handful cilantro
- ½ lemon squeezed
- Sea salt & black pepper

Combine the mayo, cilantro, lemon juice, sea salt, and black pepper. Great served over fish or in fish burger sandwiches.

Sesame Red Curry Chicken with Bok Choy and Sweet Coconut Rice by Robin Miller

- 4 cups chopped bok choy
- 1 red bell pepper, seeded and sliced
- 1 pound skinless boneless chicken breast halves, 4 (4-ounce) halves
- Salt and ground black pepper
- 1/2 cup reduced-sodium chicken broth
- 1/2 cup sake (rice wine)
- 2 teaspoons sesame oil
- 1 tablespoon minced fresh ginger
- 1 tablespoon red curry paste
- 1/4 cup flaked coconut
- 2 cups quick cooking jasmine rice
- 2 (14-ounce) can light coconut milk
- 1/4 cup freshly chopped cilantro leaves, for garnish

Arrange bok choy and red pepper in bottom of slow cooker. Season 4 chicken breast halves all over with salt and black pepper and place on top of bok choy.

In a small bowl, whisk together broth, sake, sesame oil, ginger, and curry paste. Pour mixture over chicken. Cover and cook on LOW for 6 to 8 hours or HIGH for 3 to 4 hours.

In a small skillet toast flaked coconut on low heat until lightly toasted, about 5 to 8 minutes. To a medium saucepan, add rice and coconut milk and set pan over medium-high heat, bring to a simmer for 5 minutes. Remove from heat and let stand 5 minutes. Stir in toasted coconut. Set aside 1 1/2 cups for another recipe.

Spoon rice onto a serving platter. Top with chicken, bok choy, bell peppers and sauce from slow cooker. Garnish with cilantro.

Stir-Fried Chicken with Broccoli, Water Chestnuts and Peppers by Emeril Lagasse

- 3 tablespoons peanut oil
- 2 teaspoons minced garlic
- 2 teaspoons minced ginger
- 2 teaspoons minced green onion bottoms
- 1 1/2 pounds boneless, skinless chicken breasts, diced into 1-inch cubes
- 1 cup julienned red bell peppers
- 1/2 cup water chestnuts
- 3 cups blanched broccoli florets
- 1/4 cup soy sauce
- 2 teaspoons toasted sesame oil
- 3/4 cup chicken stock
- 4 teaspoons cornstarch slurry
- Salt and pepper
- Steamed rice, for serving

Set a wok over high heat and add the peanut oil. Be sure to swirl the wok to get the oil to coat most of the pan. Once the oil smokes, quickly add the garlic, ginger, green onions and chicken to the wok. Saute, stirring continuously until the chicken is lightly browned, about 2 to 3 minutes. Add the red peppers and saute for another 1 minute. Add the water chestnuts and broccoli and saute for another minute. Add the soy sauce and sesame oil and reduce for 30 seconds. Add the chicken stock, slurry and season with salt and pepper. Use a paddle to toss the ingredients and be sure that the stock comes to a boil. Cook at a boil for 2 to 3 minutes, before serving over steamed rice.

Moroccan-Style Tilapia with Cumin, Mango and Cilantro by Robin Miller

- 4 (5-ounce) tilapia fillets
- Salt and ground black pepper
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 tablespoon olive oil
- 1 ripe mango, diced
- 1/4 cup chopped fresh cilantro leaves

Season both sides of tilapia fillets with salt and black pepper. Rub cumin and coriander all over both sides of fillets. Heat oil in a large skillet over medium heat. Add tilapia fillets and cook 3 to 5 minutes per side, until fish is fork-tender. Meanwhile, in a small bowl, combine mango and cilantro. Top tilapia with mango mixture just before serving.

Roasted Corn on the Cob with Cilantro Lime Butter by Dan Smith and Steve McDonagh

Cilantro Lime Butter:

- 2 sticks unsalted butter, at room temperature
- 1/4 cup chopped cilantro leaves
- 1 lime, zested and juiced
- 2 teaspoons salt
- 3/4 teaspoon cayenne pepper

Put the butter in a mixing bowl and, using a rubber spatula, mix in the cilantro, lime zest, lime juice, salt and cayenne. Use immediately or refrigerate.

- 6 ears corn, shucked
- Cilantro Lime Butter, recipe follows

Preheat oven to 400 degrees F.

Coat each ear of corn in 2 tablespoons of the cilantro lime butter and wrap individually in foil. Roast until hot and steaming, about 25 minutes. Serve with extra butter on the side.

Grilled Corn with Chipotle Cilantro Butter by Bobby Flay

- 6 ears fresh corn, silks removed, husks left on, soaked in cold water for 5 minutes
- 2 sticks unsalted butter, at room temperature
- 2 to 4 chipotle chiles in adobo, pureed, 2 tablespoons total
- 2 cloves garlic, chopped
- 1/4 cup freshly chopped cilantro leaves, plus more for garnish
- Salt and freshly ground black pepper
- Honey, to taste
- Special equipment: 6-inch wooden skewers, soaked in water for 30 minutes

Heat grill over high heat.

Place the corn on the grill, close the cover and grill for 15 to 20 minutes, turning every 5 minutes, or until kernels are tender. Remove from the grill, let cool slightly, remove husks and cut into 1-inch rounds.

Combine the butter, chipotle, garlic, cilantro, salt, pepper and honey in a food processor until smooth.

Skewer the corn onto 1 skewer (so the corn lays flat), and season with salt and pepper. Grill for 2 to 3 minutes per side until slightly charred. Remove and immediately brush with the butter and garnish with chopped cilantro.

Jalapeno Corn Cakes

Melt in a small skillet:

- 2 Tsp butter
- 1/4 cup finely minced red pepper
- 2 cups fresh corn off the cob
- 1/2 cup mince scallions
- 1 minced Jalapeno Peppers

Combine in a bowl:

- 1/2 cup corn meal
- 1/2 cup flour
- 1 tsp baking powder
- 1/2 tsp baking soda

Beat together until frothy:

- 2 large eggs
- 1 cup buttermilk

Mix into the flour mixture along with sauteed vegetables. Lightly grease a hot skillet with oil and fry over medium low heat about 2 minutes per side. Serve with Guacaomole or salsa.

Jalapeno Corn Cakes with Red Pepper Salsa by Gourmet Magazine

- 1 1/2 cups chicken broth
- 3 tablespoons corn oil
- 1 cup yellow corn meal, preferably stone ground
- 2 teaspoons baking powder
- 2 tablespoons finely minced jalapeno pepper
- 2 tablespoons finely minced fresh cilantro
- 3 large eggs, beaten
- 4 drops Tabasco sauce, or more to taste
- 1 teaspoon salt, or more to taste
- 3/4 teaspoon freshly ground black pepper
- 1 cup corn kernels (cut from 1 to 2 ears of corn or thawed frozen)
- Red pepper salsa, recipe follows

Bring the chicken broth and corn oil to a boil in a medium saucepan. Reduce the heat to medium and gradually add the cornmeal, whisking all the while. Still whisking, cook the cornmeal for 2 minutes. The cornmeal will absorb the liquid and thicken like polenta. Remove the pan from the heat and let cool for about 5 minutes. Whisk the baking powder, jalapeno, cilantro, eggs, Tabasco, salt and pepper into the cornmeal until well blended. Fold in the corn kernels with a rubber spatula. If necessary, lightly butter, oil, or spray your griddle or skillet. Preheat over medium heat or if using an electric griddle set to 350 degrees F. If you want to hold the pancakes until serving time preheat your oven to 200 degrees F. Spoon 1/4 cup of batter onto griddle for

each pancake, allowing space for spreading, and use a spatula or the back of your spoon to lightly press the batter into rounds. When the underside of the pancake are golden and the tops are speckled with bubbles that pop and stay open, flip over with a wide spatula and cook on the other side until light brown. Serve immediately or place in oven while you make the rest of the batch.

RED PEPPER SALSA

- 2 red bell peppers, cored, seeded, deveined and cut into small dice
- 1 small red onion, small dice
- 1 jalapeno, seeded, deveined and finely chopped
- 1/4 cup fresh cilantro leaves
- Juice of two limes
- 1/2 teaspoon of honey
- Tabasco sauce to taste
- Salt and black pepper to taste

Mix all the ingredients together in a medium bowl. The salsa is ready to eat as soon as it is prepared or can be stored covered tightly and refrigerated for about an hour.

Asian Beef Salad with Cilantro, Scallions and Sesame Seeds by Robin Miller

- 1 tablespoon sesame seeds
- 4 cups chopped Romaine lettuce
- 2 cups cooked shredded beef
- 1/2 cup shredded carrots
- 2 scallions, chopped
- 1/4 cup chopped fresh cilantro leaves
- 1/2 cup reduced-sodium chicken broth
- 1 tablespoon rice wine vinegar
- 2 teaspoons sesame oil
- Salt and pepper

Place sesame seeds in a small skillet and set pan over medium-low heat. Cook 1 to 3 minutes, until just golden brown, shaking the pan frequently to prevent burning. Remove from heat and set aside.

Place lettuce in a large bowl (or divide onto individual dishes). Top lettuce with beef, carrots, scallions and cilantro.

In a small bowl, whisk together broth, vinegar and sesame oil. Season with salt and pepper, to taste. Pour mixture over salad, and top with toasted sesame seeds. Serve immediately.

Sauteed Bok Choy and Shiitake Mushrooms with Seared Sesame-Crusted Scallops and Ginger Butter Sauce by Emeril Lagasse

- 2 large egg whites
- 1/2 cup all purpose flour
- 1/3 cup black sesame seeds
- 1/3 cup white sesame seeds
- 1 pound sea scallops, wiped dry
- 1/4 cup vegetable oil
- 3 tablespoons chopped shallots
- 2 teaspoons chopped garlic
- 1 teaspoon chopped fresh ginger
- 3 bunches baby bok choy, stalks and leaves separated, well rinsed and drained, sliced 1/4-inch thick
- 6 ounces shiitake mushrooms, stems removed, wiped clean, and sliced
- 1/2 cup vegetable stock or water
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Ginger butter sauce, recipe follows
- Chives, garnish

In a bowl, beat the egg whites until smooth. In another bowl, place the flour, and in a third bowl, combine the seeds.

Lightly dredge the scallops first in flour, then in the egg whites, then in the seeds, turning to coat on both sides. Refrigerate until ready to cook.

In a large saute pan, heat 1 tablespoon of the vegetable oil over medium-high heat. Add the shallots, garlic and ginger and saute until fragrant, 30 seconds to 1 minute. Add the bok choy stems and mushrooms and cook until soft, about 3 minutes. Add the bok choy leaves, stock and salt and pepper and cook, stirring, until wilted and the liquid is nearly evaporated, 1 to 2 minutes. Remove from the heat and cover to keep warm.

In a large clean saute pan or skillet, heat the remaining 3 tablespoons oil over medium-high heat. Add the coated scallops in batches and sear on the first side for about 2 minutes, then turn and cook for about 1 minute on the second side.

Arrange the bok choy mixture in the center of 4 plates. Arrange the scallops on top and drizzle with the ginger butter sauce. Garnish with chives and serve immediately.

Ginger Butter Sauce:

- 2 tablespoons minced shallots
- 4 teaspoons minced fresh ginger
- 1/4 cup dry white wine
- 2 tablespoons fresh lemon juice
- 2 sticks cold unsalted butter, cut into pieces
- 1/4 teaspoon salt
- Pinch cayenne

In a medium saute pan, combine the shallots, ginger, wine and lemon juice and bring to a boil. Reduce the heat to medium-low and simmer until reduced in by 1/2, about 2 minutes.

Whisk in the butter, 1 tablespoon at a time, adding each piece before the previous piece has been completely incorporated. Continue until all the butter is incorporated and the sauce coats the back of a spoon, removing the pan from the heat periodically to prevent the sauce from getting too hot and breaking. Whisk in the salt, and cayenne and strain through a fine mesh strainer into a clean pan. Cover to keep warm while cooking the scallops.

Linguine with Shrimp, Bok Choy and Coconut Cream by Tamas Estates winery, Kimball Jones, Corporate Chef

- 1 1/2 pounds shrimp
- 2 tablespoon olive oil
- 4 cups chicken broth
- 1/4 cup calvados
- 1 1/2 cups white wine
- 2 tablespoons each sliced and minced ginger
- 2 tablespoons each sliced and minced garlic
- 1 bunch opal basil
- 1 can coconut milk
- 1 cup heavy cream
- 2 leeks, white only, finely julienne
- 2 to 3 jalapeno peppers
- 1 red bell pepper, ribs and seeds removed and cut into julienne
- 1/4 teaspoon cayenne pepper
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- 1 pound linguine

Peel and devein the shrimp, reserving the shells. Heat 1 tablespoon of the olive oil in a heavy bottomed pot over high heat. Add the shells and cook, stirring often, until golden. Remove from the flame, add the calvados, and return to the flame. Tilt the pan and point it away from you. It should ignite, burning the alcohol off. Cook until the flames are gone. Add the white wine, chicken stock, sliced ginger and sliced garlic. Add half of the opal basil. Bring to a simmer and cook at a rapid simmer for 1/2 an hour.

In the meantime heat the other tablespoon of olive oil in a non corrosive heavy bottomed pot over medium heat. Add the leeks, jalapeno and red pepper. Cover and lower the heat to low. Cook about 20 minutes, stirring occasionally, until soft. Add the minced ginger and garlic and cook stirring for a minute. Add the coconut milk and heavy cream. Bring to a simmer. Strain the chicken broth into the coconut cream. Bring to a simmer and cook until thickened, about 20 minutes.

Pick the remaining basil leaves off of the stem.

Bring a large pot of water to a boil. Trim the ends off of the bok choy and cut lengthwise into quarters. Cook the bok choy in the water for about 2 minutes. Remove with a slotted spoon. Add the pasta to the water and cook until al dente, about 7 minutes. Drain. Return the coconut cream to the heat and bring to a boil. Add the shrimp and cook until done, about 5 minutes. Add the pasta to the sauce and combine with the lemon and lime juice. Cut the remaining basil into julienne and toss with the pasta. Divide among 4 bowls and serve immediately.

Mango Salsa

- 1 avocado, cut into chunks
- 1 handful of cilantro chopped
- 1 mango, cut into chunks
- 1-2 ripe tomatoes, cut into chunks
- 1/4 - 1/2 jalapeno, chopped fine (remove seeds and ribs for less heat,)
- 1-2 scallions chopped
- all the fresh juice of 1 lime or lemon

Combine all ingredients in a medium bowl. Great topping for fish! See more:
<http://hiporganicmama.blogspot.com/2009/05/mango-salsa-wild-white-pacific-salmon.html>

Spicy Swiss Chard by Aaron McCargo Jr

- 2 tablespoons extra-virgin olive oil
- Pinch red pepper flakes
- 2 cloves garlic, minced
- 1 bunch Swiss chard, stems removed and leaves chopped into thin strips
- Splash white wine
- 1 tablespoon sugar
- Salt

In a large skillet over high heat, add oil, red pepper flakes and garlic and toast the garlic until golden brown. Add chard and toss quickly. Stir in a splash of white wine. Cook and toss until liquid evaporates and chard is wilted. Add the sugar, season with salt and serve

Chard, Red Pepper Frittata

- 1 bunch chard, chopped
- 1 onion, sliced
- 1 garlic clove, chopped
- ½ red pepper, chopped
- 1 package 8-10oz ricotta cheese
- 8 eggs
- Sea salt & black pepper
- Goat cheese, 4oz (optional or some other cheese)
- 1 tomato, chopped

Preheat oven to 375F. Sauté the chard stems and onions until almost tender with garlic. Mix ricotta with eggs and season with salt and pepper. Add chopped chard leaves and chopped red peppers to pan and sauté.

Add egg mixture to chard pepper mixture in pan and add pieces of goat cheese around the frittata. Cook for one minute on stove top until it begins to set then transfer to the oven. Cook until golden and puffed and done in the center, 10-20 minutes. Serve with chopped tomatoes and side salad.

Spicy Corn Frittata with Tomatoes and Scallions by Peter Berley

- 1/4 cup extra-virgin olive oil
- 2 large ripe tomatoes, cored, seeded, and chopped (about 2 cups)
- 2 large (or 3 medium) ears sweet corn, kernels scraped off the cob (about 2 cups)
- 1 cup chopped fresh cilantro
- 1 bunch (6 to 8) scallions, trimmed and sliced
- 2 garlic cloves, finely chopped
- 1 jalapeno pepper, seeded and finely chopped
- Coarse sea salt or kosher salt
- Freshly ground black pepper
- 8 large eggs
- 1 tablespoon cold unsalted butter, cut into small pieces

Set a rack on the top shelf of the oven and preheat to 450 degrees F. In a large ovenproof skillet over high heat, warm 2 tablespoons of the oil. Add the tomatoes and saute for 2 minutes. Add the corn, cilantro, scallions, garlic, and jalapeno and saute for 2 more minutes or until the garlic is fragrant and the mixture thickens. Transfer the vegetables to a plate and let cool for several minutes. Season with salt and pepper, to taste.

In a large bowl, season the eggs with salt and pepper. Beat them lightly with a fork, only enough to mix the whites and the yolks. Add the cooled vegetables and cold butter and stir to combine.

Wipe out the skillet with a paper towel and put it over medium heat. Add the remaining 2 tablespoons oil, swirling it all around and up the sides of the pan. Add the egg and vegetable mixture and stir gently with the back of a fork without touching the bottoms and sides of the pan. Cover the pan, lower the heat, and cook for 1 to 2 minutes, or until the bottom of the frittata begins to set. Remove the cover and transfer the pan to the top shelf of the oven and bake until golden brown and puffed, about 15 minutes.

Slide the frittata onto a serving platter, cut it into wedges, and serve immediately or cool and serve at room temperature.

Jalapeno-Cilantro Hummus by VanillaBean Café Blogspot.com

- 1 can (190z) chickpeas or navy beans, drained and rinsed
- 1/4 cup cilantro
- 1 jalapeno, seeded
- 1/4 cup water
- 1T olive oil
- juice of 1 lime
- 2/3 tsp coriander
- 1/4 tsp cumin
- pepper to taste

Place all ingredients in a food processor and pulse until smooth. Add more water if required to make it smooth and adjust flavoring to your desire.