

Fusion Cooking Recipes by Paradigm-Web E-Books V1.1

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Fusion Cooking Recipes

What is Fusion Cooking?

Here are some definitions:

Fusion Cooking is taking the locally available ingredients & adjust it to their ethnic taste.

Fusion cooking is a culinary method that integrates various regional cooking styles in order to create innovative new tastes.

Fusion cooking is the art of mixing ingredients and preparation styles from different countries and cultures into a unique dish of flavour.

Fusion cuisine is when you combine particular ethnic cuisines and fuse them into one.

There are many definitions of Fusion Cooking, but the one that I think describes it best is:

Fusion Cooking is about experimentation. Pushing the boundaries of cooking styles by combining ethnic ingredients and techniques. It's about having fun with your food and the enjoyment you get from the taste of your food.

This E-Book is not a cookery course, or any great authority concerning culinary skills.

In fact I know very little about cooking except for what I do in my own kitchen.

Yes, I have followed the recipes to the letter like everyone else and sometimes it comes out like the picture in the book, but most of the time I am disappointed with the comparison.

Fusion is your own food looking how you want it to look, It might be a snack, a sweet, party food or a full blown diner. But it's yours and you like it. Hopefully if you are entertaining guests they too will enjoy what you have created.

This E-Book is a collection of Fusion recipes to get you started on your own journey of Fusion Food discovery. Some of the dishes are very simple whilst others are complex. You will find snacks and sweets along with full blow dinner party or ideal BBQ recipes.

Hopefully these recipes will give you ideas of your own to try. Or you can just use these recipes and discover which ones you like the best.

There are few serving suggestions and you will need to adjust ingredient amounts for your own needs. Remember that these are dishes from all over the world so some ingredients may be unfamiliar to you.

Don't let this put you off trying the dish. Find your local equivalent or why not just replace those ingredients with something else.

Be prepared to have some disasters in the kitchen, BUT also be prepared to discover some wonderfully tasty dishes that will be unique to yourself.

Hopefully this E-Book will provide you with some ideas to change some of the foods you cook normally and change them by experimenting with the tastes you enjoy most.

Here's an example to get your mind thinking about what you can do.

How about taking a traditional German dish and adding the flavours of India or take a typical Italian dish and create flavours of the Orient.

Some people say you need to be careful of interchanging flavours in foods, BUT if it tastes good go for it.

Remember there are no rules to creating your own dishes just let your imagination go wild. Imagine what it was like to be a 5 year old trying to help your mother in the kitchen.

What would you have cooked!!!!

The Recipes:

Baby Corn and Kale Angoor

Ingredients:

12-16 Baby corn
100 gm Seedless black grapes
2 Apple peeled and chopped finely
1/2 cup Yoghurt
1 tbsp Ginger paste
1 tbsp Garlic paste
1 tsp Green chillies chopped
1/2 cup Mawa grated
2 tbsp Fresh cream
2 tsp Turmeric powder
1 tbsp Dhania powder
1 tsp Jeera powder
1 tbsp Kashmiri red chilli powder
Salt - to taste
1 tbsp Oil
1/2 cup Boiled onion paste
1/2 cup Tomato puree
1 tsp Garam masala powder

Preparation:

Cut baby corn into small pieces. If using fresh baby corn, boil them until soft.
Heat oil in a pan, add ginger paste and chopped green chillies, cook on medium heat briefly.
Add boiled onion paste.
Cook on high heat stirring continuously until oil starts separating.
Add grated mawa, cook till mawa is mixed with the onion past thoroughly.
Add tomato puree, beaten yoghurt, Kashmiri chilli powder, Dhania powder, Jeera powder and turmeric powder, continue stirring while cooking the masala.
Add finely chopped apples and half a cup of water.
Cook covered on medium heat, stirring occasionally till apples are mashed thoroughly.
Add baby corn and seedless grapes, mix well and add salt.
Stir in fresh cream, mix well.
Mix in Garam masala powder and serve garnished with black grapes

Apple Crepe with Cinnamon Ice Cream

Ingredients

Pancake:

100g flour
250ml milk
2 eggs
1 egg yolk
A dash of salt
A dash of sugar

Cinnamon Ice Cream:

100ml vanilla ice cream
2g cinnamon powder

Apple filling:

2 green apples
20g custard powder
1 lime, extract juice
1g cinnamon powder
50g sugar

Preparation:

To make the pancake: Whisk the ingredients to form a smooth batter. Make thin pancakes on a non-stick pan.

To make the cinnamon ice cream: Let the ice cream softened a little before whisking in the cinnamon powder. Stick the ice cream back in the freezer for a while before serving.

To make the apple filling: Peel, core and dice apples. Put in a pot and sauté in its own juice until soft. Add in a bit of water, then lime juice and sugar. Thicken with custard powder diluted in water and add the cinnamon powder. Mix well before removing from heat.

To assemble, spoon some apple filling onto a pancake and roll it up. Place on a plate and top with a scoop of the cinnamon ice cream.

Quinoa Applesauce Cake

Ingredients:

Dry

1 3/4 cup quinoa flour
1 cup currants or other dried fruit
1/2 cup chopped pecans or macnuts
1/2 tsp baking powder
1/2 tsp salt
1/2 tsp cinnamon
1/2 tsp ground clove

Wet

1/2 cup safflower oil
1 cup Sucanat
2 cups unsweetened applesauce

Preheat oven to 350

Mix together dry in large mixing bowl

Mix together wet in small mixing bowl

Add wet to dry. Combine well

Spoon batter into 8x8 inch baking pan and bake for 40-45 minutes or until toothpick comes out clean.

Wilted Beet Greens Bruschetta

Ingredients:

Beet greens Chopped
3 Tbsp Oil
1 Crushed. Garlic clove
1/2 tsp Crushed. Red pepper flakes
Salt
2 tsp Lemon Juice
1/4 Cup Onion thinly sliced
Asiago Cheese
1 No. Baguette sliced

Method:

Heat oil, add onions & cook till soft.
Add garlic, pepper flakes & greens.
Cook till greens are thoroughly wilted. Sprinkle Lemon juice.
Place warm greens on top of Baguette slice, top with Asiago cheese.

Baguette

Ingredients:

Baguette or French bread sliced
Salt & Pepper as sprinkle.
Oil to coat the slices.

Method:

Pre-heat the Oven to 350°F.
Arrange the slices on a cookie sheet.
Brush Oil on both the sides.
Sprinkle salt & Pepper.
Bake it in the oven for 8 - 10 minutes.
Turn them once while baking.
Cool on a wire rack before enjoying them.

Pear & Jalapeno Turkey Burgers

Ingredients:

1 pound lean, ground turkey
1/2 cup pureed canned pears
1 jalapeno pepper, seeded and finely chopped
2 tbsp shallots, finely chopped
1 tsp cayenne pepper
1/2 cup plain bread crumbs
Vegetable oil spray
4 Bays English Muffins
Heat grill to medium-hot.

Preparation:

Combine ground turkey, pureed pears, jalapeno and shallots, cayenne pepper and bread crumbs.

Shape into 4 round patties.

Place patties on a vegetable sprayed grill rack. Cook 18 to 20 minutes, turning once, or until cooked through.

During the last few minutes of cooking, split the English Muffins, and place split side down on the outer edges of the grill until lightly toasted.

Spread about a tsp of Parmesan-Butter on the split side of grilled muffins. Top four muffins with burgers and cover with Bacon Tomato & Blue Cheese Salsa. Cover with muffin tops.

Bacon Tomato and Blue Cheese Salsa

Ingredients:

Parmesan-Butter

4 tbsp butter softened
1-1/2 tbsp grated parmesan cheese

Combine softened butter and parmesan cheese in a small bowl and set aside.

Bacon Tomato & Blue Cheese Salsa

4 slices crisply cooked bacon, crumbled
2 medium, ripe, plum tomatoes, coarsely chopped
1/2 cup mayonnaise (or reduced fat mayonnaise)
1 tbsp milk (or reduced fat milk)

1-1/2 ounce crumbled blue cheese

Combine crumbled bacon, tomatoes and mayonnaise in a medium sized bowl. Stir in milk and blue cheese. Cover and refrigerate until ready to use.

Thai Burritos

Ingredients:

4 pieces Large Chicken breast, boned
2 med Onions
2 lg. Green or Red Bell Peppers
2 lg. Carrots
2 pieces. Ginger root, peeled and sliced thin; or 2 tsp ground ginger
2 cups Bean Sprouts
1/2 bunch. Broccoli
2 sm. Zucchini
Flour
6 Tbsp Butter (1 stick)
Salt
Pepper
1/2 tsp Turmeric, ground
1/2 tsp Cumin, ground
1/4 tsp Cayenne, ground
1/4 tsp Cloves, ground
1/2 tsp Cinnamon, ground
1 cup Peanuts, unsalted
2 cups Chicken stock
Flour Tortillas, Burrito size
Rice
Golden Raisins
Shredded coconut
Thai chutney

Preparation:

Remove bone and skin from chicken; cut into thin slices (1/4").
Lightly coat with flour.
Chop vegetables into bite-sized strips or chunks.
In a small bowl, prepare spice blend by combining turmeric, cumin, cayenne, cloves and cinnamon.
Make chicken stock, then set aside.
Heat 1 Tbsp butter in skillet and cook chicken slices over medium heat for 2 mins. They should be only just cooked.
Remove chicken and set aside to cool; sprinkle lightly with salt and pepper.
Add remaining butter to skillet and stir in spice blend.
Let cook over low heat for one min.
Add onions and peanuts and sauté until onion is transparent, about 3 mins.
Start boiling water for rice.
Add remaining vegetables (except sprouts), and sauté for 1-2 mins. Longer.

Stir in chicken stock and ginger; cover and simmer for 10 mins.

Stirring occasionally.

Start cooking rice.

While simmering vegetables, flake chicken with two forks, or chop in food processor.

After 10 mins.

Add chicken and sprouts to vegetables, to warm up chicken, about 2-3 mins.

Serving Suggestions: In a warm flour tortilla, mix rice with vegetables. Add in Golden raisins or shredded coconut, to taste. Serve with Thai chutney, again to taste.

Bombay Burrito

Ingredients:

½ cup Bell pepper (sliced)
¼ cup Carrot (julienne)
2 tsp Black Pepper
1 tsp Jerk Sauce
½ tsp Dill
2 tbsp Sour Cream
2 tbsp Butter
3 tbsp Cheese (cheddar)
2 tbsp Ginger
1 tbsp Spring Onion (chopped)
1 tbsp Coriander leaves
2 pieces Chicken (thigh)
1 small Onion
2 button Mushrooms
3 Tortillas
3 tbsp Mustard oil

Preparation:

Wash and cut the chicken in strips, keep aside.

Grind onions (1/2 cup), ginger and black pepper into paste.

Heat a pan, put oil, chicken and paste, fry for about 5 minutes in high heat.

Add bell peppers, carrots, and fry 2 to 3 minutes.

Then add onions and mushrooms slices and fry again 2 to 3 minutes.

Add jerk sauce, spring onions and coriander leaves, stir 1 to 2 minutes, set aside.

Heat grill and put tortilla on top of the grill, spray oil both side of tortilla, let it warm and remove from the grill.

For folding in a tortilla, First lay tortilla on top of the board and put cooked vegetable about 1/3 of that in side and spread cheese (1 tbsp) on top of the vegetable , fold first from left and right side and then start folding from top to bottom tightly. Grill burrito on top of a griddle (or grill) with butter. Mix dill in to the sour cream. Keep burrito on top of the lettuce bed with cucumber and tomato slices and put sour cream on top of the burrito for attractive garnishing. Serve hot with green chilli or tomato sauce.

Open Roquefort Burger.

Ingredients

1/2 cup Roquefort cheese crumbled
1 cup unsalted butter softened
2 tbsp chive diced
1 wax paper 1 Piece -10 x 10 inches

Burger

1 3/4 lbs ground beef coarsely ground & well chilled
1 onion diced
1 tsp Dijon mustard
1 tsp Worcestershire sauce
2 egg yolk
1 garlic clove diced
1/2 tsp salt
1/4 tsp black pepper
1/4 cup vegetable oil
1 baguette sliced into 4 x 5 inch slices
2 tomatos sliced
1 cup arugula
1/4 cup

Preparation:

In a bowl mix together the cheese with the butter and diced chives.

Cut a sheet of wax paper approximately 10 x 10 inches.

Mould the prepared butter in a strip about 1 1/2 inches wide along the front edge of the paper then roll up tightly , twisting the ends to form a fat bonbon shape.

Place in the freezer overnight.

In a large bowl, mix the remaining ingredients, then divide the hamburger mix into 8 evenly sized patties.

Remove the cheese roll from the freezer, allow softening slightly and cutting into 4 equal slices.

Place a slice of cheese roll on 4 of the patties and use the remaining 4 patties as lids; with your fingertips, pinch the edges together to seal in the cheese filling.

Brush the burgers with a little oil.

Heat the grill and, when smoking hot, cook the burgers for 4-5 minutes on each side.

To serve, top each section of the baguette with a sliced tomato, then a grilled burger, and top with some dressed salad leaves, and serve.

Red-Bean Burger.

Ingredients:

Burger

1 tbsp olive oil
1 onion diced
1 garlic clove diced
1 tsp cumin
1 tsp coriander - dry
1/4 tsp turmeric
1 1/2 cups Portobello mushroom diced
1 3/4 cups kidney beans - canned
2 tbsp cilantro
2 cups tortilla chips crushed - spicy
1 3/4 cups bread crumbs white
1 tbsp Tabasco Sauce
1/2 tsp salt
1/4 tsp pepper
1/2 cup all-purpose flour for dusting
2 tbsp vegetable oil

Three-onion Ceviche

1 lime juiced
2 tbsp peanut oil
1/2 garlic clove crushed
1 tbsp cilantro chopped
4 scallion cut into 2 inch lengths & shredded
1 red onion halved & thinly sliced
2 tbsp chive cut into 2 inch lengths

Green Chilli Mayo

3 egg yolk
1 tsp Dijon mustard
1 tsp white wine vinegar
1/2 tsp salt
1/4 tsp white pepper
1 cup vegetable oil
2 tsp lemon juice
1 tsp jalapeno chilli deseeded and diced

Preparation:

Heat the olive oil in a frying pan, add the onion and garlic, and cook until softened.

Add the spices mix well, and cook for a further 2 minutes.

Add the mushrooms, and cook over a low heat until they are soft by dry.

Place the beans in a bowl and mash lightly with a fork; add to the mushrooms along with the cilantro and hot pepper sauce.

Add the bread crumbs and crushed tortilla chips a 1/4 cup at a time. The mixture needs to stay rather wet so patties may be formed. Not all of the bread crumbs and crushed tortilla chips may be necessary.

Season with salt and pepper to taste.

Using floured hands, form the mixture into 4 evenly sized burgers (if the mix is a little too wet, add more bread crumbs).

Brush the burgers with a little oil.

Heat a thin film of the oil in a large non-stick frying pan and, when hot, add the burgers. Cook for 2-3 minutes on each side until golden and crispy.

To make the Three-onion Ceviche:

In a bowl, whisk together the lime juice, peanut oil, and garlic, and add the cilantro.

Leave to marinate for 30 minutes.

Just before serving, add the scallions, onion, and chives, and toss gently together. Season with salt and pepper to taste.

To make the Green Chilli Mayo:

Place the egg yolks, mustard, and vinegar in a bowl; add a little salt and pepper.

Slowly, whisk in the oil, pouring it in a fine steady stream from a jug or ladle.

Whisk continuously until the mayonnaise will be thick in texture.

Add the lemon juice.

Add the diced jalapeno and mix well.

Adjust the seasoning to personal taste.

Marinated Tenderloin of Beef with Water Chestnut and Sesame Seed in Ginger-Mirin Sauce

Ingredients:

1.4kg beef tenderloin, trimmed
20g rosemary
20g thyme
150ml olive oil
2 tbsp black peppercorns, freshly grounded
100g shallots, sliced
35g Mixed seasoning
10 serving's sautéed vegetables
150g sesame seeds, roasted

Ginger-Mirin Sauce

50g unsalted butter
40g ginger, grated
50ml light Soya sauce
30g dark sweet Soya sauce
150ml mirin
500ml double boiled beef consommé
5g sesame oil
20g coriander leaves (Chinese parsley), chopped
5g salt and freshly grounded peppercorns

Stuffing

500g chicken farce, prepared
100g water chestnuts, pureed
100g pistachio nuts, diced

Preparation:

Marinate beef tenderloin with rosemary, thyme, shallots, black peppercorns, olive oil and mixed seasoning for 6-8 hours in the refrigerator

Stuffing

Mix all the ingredients together.

Coat it over marinated tenderloin of beef.

Sprinkle roasted sesame seeds over tenderloin.

Use cling film to wrap followed with aluminium foil and roll it up like a spring roll.

Bake at 180°C for 20 minutes or until the water chestnut stuffing is cooked. Keep warm.

Ginger-Soya-Mirin Sauce

Lightly melt the butter.

Sauté grated ginger and coriander leaves.

Pour in the rest of the ingredients.

Bring to a boil and simmer for 5 minutes. Add salt and pepper to taste.

Sauté vegetables and place on serving plates.

Kava Brownies

Ingredients:

Dry:

2 Cup Sucanat
2 Cup Spelt flour
1 1/3 Cup Chocolate chips
2/3 Cup Cocoa powder
1 1/2 tbsp Arrowroot powder
1/2 tsp Baking soda
1/4 tsp Sea salt, or to taste

Wet

1/2 Cup Hot water
3 tbsp Applesauce, sugar-free
3 tbsp Raisins
2 tsp Flax seeds, ground
2 tsp Vanilla extract, alcohol free

Kava Tea:

2 tsp Kava
1/3 Cup Filtered water, hot

Preparation:

Preheat oven to 350°. Steep kava in filtered water for 20 minutes.

Strain and save liquid.

Place Dry ingredients in a large mixing bowl and mix well.

Place Wet ingredients in a blender and blend until smooth.

Combine all ingredients including Kava Tea and mix well.

Place batter into a parchment paper-lined 9"x13" baking pan, bake until top is slightly crispy and a toothpick comes out of the centre dry, approximately 40-45 minutes.

Allow to cool and top with shredded toasted coconut before serving.

Tropical Brownies

Ingredients:

1 stick plus 2 TB unsalted organic butter
1 cup organic unbleached sugar
3/4 cup plus 2 TB organic unsweetened cocoa powders
1/4 tsp sea salt
1/41 tsp vanilla extract
1/2 tsp ground cardamom powder
2 large eggs
1/2 cup unbleached white flour
1/4 cup roasted macadamia nuts, chopped
1/4 cup dried mango, finely chopped
1/4 cup crystallized ginger, finely chopped

Preparation:

Preheat oven to 325°F.

Spray an 8-inch baking pan with canola or olive oil spray.

In a medium saucepan, combine the butter with the sugar, cocoa and salt.

Over very low heat, melt the ingredients together stirring constantly until both chocolate and sugar are just melted.

Remove from heat and allow to cool until warm.

Stir in the vanilla and cardamom and then add the eggs, beating vigorously with a wire whisk, one at a time.

Continue to beat until batter is thick and shiny, about another minute.

Add the flour and gently stir to combine then beat vigorously for another minute.

Fold in the nuts, mango and ginger.

Spread the mixture evenly into prepared pan.

Bake for 25 to 30 minutes or until a toothpick inserted into the middle comes out with a small amount of moist batter on it.

Let cool to warm or room temperature before serving.

Carrot Soup.

Ingredients:

4 cups vegetable stock
1 medium, peeled, and chopped potato
1 medium and chopped onion
6 medium peeled and chopped carrots
2 large and chopped garlic clove
1 deseeded and chopped Serrano chilli
12 inch pieced - peeled and chopped gingerroot
1 tsp juiced lemon
2 tbsp olive oil
1 tsp garam masala
1 tsp Chinese five-spice powder
1 tsp sesame oil
2 tsp salt
1 tsp black pepper
2 tbsp chopped cilantro

Preparation:

In a stock pot bring the vegetable stock to a boil over high heat.
Add the potato, onion, carrots, and garlic.
Bring to a boil then lower to a simmer over low heat and cook covered for 20 minutes.
In a frying pan heat the olive oil over medium heat.
Add the Serrano chilli and gingerroot.
Sauté for about 1 minute.
Add the garam masala, Chinese five-spice powder, and lemon juice.
Sauté for another minute.
Add the sesame oil and continue to stir until the sauce thickens.
Remove the pan from the heat and set aside.
When the vegetables in the broth are tender add the sauce from the frying pan.
Using a blender puree the soup.
Heat and serve.

Burrito Chicken Wraps

Ingredients:

3 cups cooked rice
2 cups cooked chicken breast, cut in- to strips
1 cup mild salsa with garden vegetables
1 can black beans, rinsed and drained
4 tbsp soy sauce
8-burrito-sized flour tortillas
Sour cream, lettuce and extra salsa for garnish, optional

Preparation:

Combine first five ingredients in large skillet, heat through.
Warm tortillas in microwave.
Put lettuce leaf on tortilla, spoon on generous serving of filling, dab with sour cream and extra salsa if desired.

Roll up and serve.

Couscous with ginger & fresh Vegetable

Ingredients:

1 Cup Plain Couscous
1 chopped lengthwise Onion
10 chopped lengthwise Green Beans
1 chopped lengthwise Potato
1 Julienne Carrot
1/4 cup Peas
2 " inch piece finely chopped Ginger
1 finely chopped Serrano chilli
Salt
1 tbsp. Oil
2 Cups Water
1 tbsp. Lemon juice

Preparation:

Add Couscous to 2 Cups of boiling water & set aside.

Heat a pan with Oil, add Onions & fry till translucent.

Add Ginger, Serrano's & stir for a moment & then add vegetables One by One.

Add salt. Stir, cover & cook at lower heat till the veggies are done.

Keep stirring in between.

This will take roughly about 10-15 minutes.

Fluff the Couscous with a fork & add the veggies, lemon juice & mix.

Adjust the seasoning & serve Garnished with Parsley.

White Bean Chili

Ingredients:

2 Tbsp Olive Oil
2 Chopped Onions
3 15oz Cans Cannelloni (white) Beans,
1 14.5 oz Vegetable stock
1 Tbsp Chopped Fresh cilantro
2 cloves Garlic, minced
2 finely diced Jalapeno peppers

Preparation:

Dain, puree 1-1/2 beans in a food processor
Heat olive oil in large pot, Add onion, garlic & peppers; cook 1 min longer.
Add mashed and whole beans to pot along with broth.
Bring mixture to boil; reduce heat to LOW and let simmer 15 min. Stir in cilantro.

Chicken and Mushroom Quiche

Ingredients:

255g plain flour, sifted
150g butter, diced
1 egg yolk
2 tbsp iced water, approximately

Filling

100g chicken fillet, shredded
100g button mushrooms, sliced
50g straw mushrooms, sliced
2 tbsp butter or margarine
1/2 tsp chopped garlic
2 tbsp diced green capsicum

Custard filling

120ml UHT milk
2 eggs, lightly beaten
1/4 tsp pepper
1/4 tsp salt or to taste

Preparation:

To make the pastry, put sifted flour into a mixing bowl and rub in butter (or process flour and butter until mixture resembles breadcrumbs).
Add egg yolk and enough water to make ingredients cling together (or process until ingredients just come together).
Press the dough into a ball and knead lightly on a floured surface until smooth.
Wrap in plastic and refrigerate for 30 minutes.
Roll out the pastry dough between 2 sheets of baking paper until large enough to line a lightly greased loose base flan tin.
Trim the edges and refrigerate for 30 minutes.
Cover pastry with baking paper and fill with dried beans or rice.
Bake in preheated oven at 200°C for 10 minutes.
Remove beans or rice and paper; bake further for 10 minutes or until lightly browned. Cool.

To prepare the filling, heat butter or margarine, add garlic and fry until fragrant.
Add chicken and button mushrooms and fry until cooked through.

Dish out and mix with straw mushrooms and capsicum.
Drain on a colander and leave aside to cool.

Spread this mixture onto the pastry case.

For the custard filling:

Combine egg, milk, pepper and salt well together.

Pour into the pastry case to cover the mushroom filling.

Bake in preheated oven at 180°C for about 25–30 minutes or until mixture is set and cooked.

Serve quiche hot.

Durian Cheese Pie

Ingredients

Pastry dough:

100g butter
50g icing sugar
1 egg
1 tsp lemon juice
180g plain flour, sifted
15g milk powder

Filling:

175g cream cheese, at room temperature
90g icing sugar
75g durian flesh, mashed
1 egg, lightly beaten
1 tsp lemon juice

Preparation:

Beat butter and icing sugar.
Add lemon juice and beat until fluffy.
Add in egg and mix well. Fold in flour and milk powder.
Mix to form smooth dough.
Roll out pastry dough on a flat surface.
Line a lightly-greased 20cm pie tin with the pastry.
Bake blind in preheated oven at 170 °C for 15 minutes or until half cooked.
Remove and set aside.

For the filling:

Beat cream cheese and icing sugar until light and fluffy.
Add egg and mix well.
Stir in durian flesh, then add lemon juice to mix.
Pour mixture into pie shell.
Bake in a preheated oven at 170 °C for 45 to 50 minutes or until golden and set.
Remove from oven to cool.

Wasabi Crab Dip

Ingredients:

2 8-oz. packages Cream Cheese, cubed
¼ Cup. Fresh lemon juice
1 tsp. Granulated Sugar
3 tbsp Wasabi Sauce
1 clove Garlic, minced
2 cups Crab Meat, rinsed
Dash or two of Tabasco Sauce
Crusty French bread for dipping, torn into small pieces

Preparation:

Cut the cream cheese into 1-inch cubes for easier softening, and place in a saucepan over low heat.
Add the lemon juice and sugar to the softening cream cheese and remove from the heat to blend well.
Stir in the Wasabi Sauce and minced garlic.
Gently blend in the crabmeat as you mix well.
Spoon the warm dip into a shallow baking dish and add a dash of tobacco sauce, to your taste.
Broil for 5 to 8 minutes or until browned.
Serve immediately with crusty French bread pieces for dipping.

Cuttlefish Sashimi with Squid Ink Noodles

Ingredients:

180g freshest possible cuttlefish
300g fine flat squid ink noodles or Japanese buckwheat noodles (soba or chasoba), cooked, drained and chilled
3 tbsp sunflower seed oil
4 tsp balsamic vinegar
4 tsp light Soya sauce
4 tsp mirin
2 tsp sesame oil
2 tsp oyster sauce
Freshly ground black pepper to taste

Preparation:

Clean fresh cuttlefish thoroughly with a damp cloth, making sure there is no ink on it.

Turn the cuttlefish so that the inside faces upwards and shave off the finest possible slices, using a sharp knife.

Gather together to make the shape of six roses.

Cover and refrigerate until ready to serve.

Put the cooked noodles in a bowl.

Combine all other ingredients in a small bowl, mixing well, then pour over the noodles and toss to mix thoroughly.

Divide the noodles into small portions and top each with raw cuttlefish.

Halibut in Thai Curry Sauce over Fresh Corn Polenta

Ingredients:

Fresh Corn Polenta

4 cups water

3/4 tsp salt

1 cup polenta

2 ears corn, kernels removed (2 TB reserved for curry below)

2 TB butter

Coconut Red Curry Sauce:

1 to 3 tsp red curry paste, or to taste

1 can (15 oz) coconut milk

1/4 cup fresh basil, chopped

3 tbsp fish sauce

2 tbsp brown sugar

2/3 cup chicken or vegetable stock

2 TB fresh lime juice

2 medium zucchini, chopped

2 medium red bell pepper, chopped

8 oz cremini mushrooms

2 TB corn kernels, (reserved from above)

1 1/4 lb halibut, skinned and cut into 4 pieces

Preparation:

In a heavy medium saucepan, bring four cups salted water to a boil.

Slowly add polenta and whisk continuously for one minute.

Reduce heat to low, cover and simmer 20 minutes, stirring periodically.

Add corn kernels to polenta and cook 5 more minutes.

Remove from heat, add butter, and mix well.

While polenta cooks, combine curry paste with coconut milk in a large heavy skillet and simmer on medium low heat for 5 minutes.

Add basil, fish sauce, brown sugar, stock, lime juice, reserved corn kernels and chopped vegetables.

Simmer for 4 more minutes.

Add halibut and simmer, covered, for 10 more minutes or until halibut is opaque and cooked through, flipping once.

Set aside and keep warm.

Serve halibut over polenta with curry sauce ladled on top.

Thai Chicken Quesadillas with Spicy Peanut Sauce and Mango Salsa

Ingredients:

Spicy Peanut Sauce

4 chicken breasts, poached, roasted, or grilled
8 ounces jack cheese, shredded
8 ounces gouda cheese, shredded
1 cup scallions, finely chopped
2 red onions, sliced thin
1 tbsp butter
1 tbsp olive oil
1/2 cup fresh cilantro, chopped
8 flour tortillas
Canola oil

Preparation:

Prepare Spicy Peanut Sauce

Ingredients:

3 cloves garlic
1 Tb ginger, sliced thin
1 tsp red pepper flakes
3 tbsp Hoisin sauce
1 tbsp brown sugar
1 tbsp rice vinegar
2 tbsp soy sauce
1 tsp nam pla (Thai fish sauce can be omitted)
2 tbsp sesame oil
3 tbsp canola oil
2 tbsp water

Preparation:

Combine garlic and ginger in the small bowl of a food processor, and pulse until chopped fine.

Add the remaining ingredients and process until creamy.

Check seasonings and readjust per your taste.

For a thinner sauce, add water by the tsp until the desired consistency is reached.

Caramelize Onions:

Melt butter in a large sauté pan in a large, heavy skillet over medium-high heat. Add onions and cook until golden brown, approximately 20 minutes. Mix in scallions and set aside.

Shred chicken breasts and place in medium sized bowl. Add enough peanut sauce to coat. Add cilantro and mix lightly.

Prepare quesadillas:

In a large, heavy skillet, heat 1 Tbsp of oil over medium heat until hot. Add one tortilla and immediately mound 2 ounces jack cheese, 1/4 portion of chicken mixture and 1/4 portion of caramelised onions. Add 2 ounces of Gouda cheese and top with second tortilla. With a spatula, check the bottom tortilla and when crisp and golden brown, flip carefully. Remove from pan when cheese has melted. Keep warm in 200-degree oven on a large baking sheet until the last quesadilla is finished. Serve with Mango Salsa and a crisp green salad with a simple vinaigrette.

For your Mango Salsa:

Ingredients:

2 ripe mangos, diced
1/2 red onion, diced
1 ripe tomato, seeded and diced
1/4 cup fresh coriander, finely chopped
2 tbsp lime juice
1 tbsp sugar
1 tsp salt
1 tsp freshly ground pepper

Preparation:

Combine all ingredients gently in a bowl. Taste and adjust seasonings. Refrigerate at least 3 hours prior to serving, or overnight.

Ginger Chicken

Ingredients:

1 tsp. Black Pepper
¼ tsp. Turmeric Powder
¼ tsp. Mustard seeds (black)
½ tsp. Fennel Seeds
10 tbsp. Ginger (paste)
4 tbsp. Vegetable Oil
½ tbsp. Red Chilli Powder
2 pieces Cinnamon
5 cloves Garlic
1¼ lb. Chicken (skinless, boneless)
2 Red Chillies
1 Onion
1 Tomato
Cilantro for garnishing

Preparation:

Put the chicken pieces into a bowl and add the turmeric and 1 tsp salt.
Chop the ginger finely and put into a blender along with about 2 tbsp water.
Blend to a paste. Squeeze the juice through a strainer over the chicken, discarding the pulp.
Mix well.
Cover and refrigerate for at least four hours but preferably overnight.
Heat the oil in a wok over a medium heat.
When hot add the chillies, mustard seeds, urad dal, fennel and cinnamon.
Stir for a few seconds until the mustard seeds pop.
Add the garlic and stir, then add the onion and stir and sauté until soft and just starting to brown.
Add the tomatoes and fry for 2-3 minutes.
Add the chicken and its marinade, cayenne pepper and the remaining salt.
Stir and fry on a high heat for about 6 minutes until browned.
Cover, turn heat to low and cook for 10-12 minutes, stirring occasionally.
Remove the cover and sprinkle in the black pepper.
If there is any liquid left turn up the heat and dry off before serving.
Sprinkle with freshly chopped coriander.

Deep-fried Chicken Wings with Mango Avocado Salsa

Ingredients

450g chicken wings, chopped into smaller pieces
Oil for deep-frying

Intense Marinade (combined)

1½ tbsp lime juice
1/2 tsp salt
1 tsp light soy sauce
1 tsp sugar
1/8 tsp pepper
1/2 tbsp chilli both
1/2 tbsp olive oil

Preparation:

Clean chicken wings; chop off the wing tips and cut each into smaller pieces.
Season chicken with the combined marinade.
Leave to marinate for at least 2–3 hours.

Heat oil for deep-frying and fry the marinated chicken for about 3–4 minutes until they are golden brown and crispy.
Drain well and serve with the mango avocado salsa.

Baked Chicken In Coconut Sauce

Ingredients

3 whole chickens
450g onions
15g garlic
3 bay leaves
1/2 lemon
4 dl coconut milk
2 boiled eggs
10g turmeric powder
100g butter
900g potatoes
10g grated coconut
1/2 chourico (Portuguese sausage) or 1 boiled egg
Salt and pepper

Preparation:

Cut chicken into small pieces and marinate with garlic, bay leaves, salt and pepper.

Put butter in a pot and sauté the onions.

Add turmeric powder, sliced lemon, chicken pieces and diced potatoes.

Stew everything until cooked; add coconut milk.

Correct seasoning and check consistency; sprinkle with grated coconut and gratinate under the grill until light brown.

Finally, garnish with slices of boiled egg or chourico and black olives. Serve with rice.

Thai Chicken

Ingredients:

10 skinless, boneless chicken breast halves
4 green chilli peppers, chopped
5 green onions, chopped
1 tbsp grated lime zest
2 limes, juiced
3/4 cup chopped fresh cilantro
3 tbsp fish sauce
1 lemon grass
1 tsp salt
2 tsp white sugar
1 tbsp prepared Dijon-style mustard
1 cup dry bread crumbs
1 tbsp grated Parmesan cheese
1 tbsp toasted sesame seeds
Salt and pepper to taste

Preparation:

In a food processor, combine chilli peppers, green onions, lime zest and juice, 1/2 of the cilantro, fish sauce, lemon grass, salt, sugar and mustard. Blend until smooth.

Rinse chicken and cut to appropriate serving size.

Place in a bowl with blended ingredients and refrigerate for 1 to 4 hours.

Preheat oven to 350 degrees F (175 degrees C).

In a shallow dish or bowl mix together the bread crumbs, cilantro, cheese, sesame seeds and salt and pepper to taste.

Remove chicken from marinade (disposing of any remaining marinade) and roll in crumb mixture until well coated on both sides.

Place coated chicken in a lightly greased 9x13 inch baking dish (if desired, dab with olive oil on top for a crisp finish) and bake at 350 degrees F (175 degrees F) for 20 minutes or until chicken is cooked through and juices run clear.

You can make a dipping sauce by blending 2 green chilli peppers with some fish sauce and sugar and topping the blend with some sesame seeds.

Cajun Blackened Crawfish Tacos

Ingredients:

Cajun Seasoning:

2 tsp garlic powder
2 tsp ground red pepper (cayenne)
2 tsp black pepper
2 tsp dried sweet basil leaves
2 tsp salt
1 tsp dried oregano leaves
1 tsp ground white pepper
1 tsp onion powder

Combine all ingredients and store in a tightly sealed container.

Cerveza Salsa:

2-3 Large tomatoes
2 Serrano chillies minced
1/2 a red onion diced
2 cloves garlic minced
1/4 Cup cilantro chopped
3 tbsp beer (drink the rest)
1/2 tsp balsamic vinegar
1 tsp white wine vinegar
1 tsp olive oil

Preparation:

Combine all ingredients, toss and serve with chips

Asian Chicken Salad

Ingredients:

3 1/2 lbs chicken
4 cups Water
1 onion chopped
8 black peppercorn
1 bay leaf
2 fresh - sprigs thyme
1/2 cup mayonnaise
1 tbsp sesame oil
2 tbsp cilantro diced
2 tbsp chive diced
3 green onion diced

Preparation:

In a large pot add the chicken and cover with water.
Add the onion, black peppercorns, bay leaf, and thyme.
Cover and bring to a boil over high heat.
Uncover lower the heat to a simmer and cook for 1 hour.
Remove the chicken from the pot and allow to cool.
When the chicken is cool enough to handle remove the skin and bones.
Shred the meat and refrigerate.
In a bowl combine the mayonnaise and sesame oil.
Add the cilantro, chives, and green onions.
Add the chicken and mix well.
Add salt and pepper to taste.

Slow Cooker Chicken with Garlic Mashed Potatoes

Ingredients:

1 whole chicken
2 Yukon gold potatoes
10 new potatoes
Several pinches of kosher salt
Several grinds of black pepper
1/2 tsp dried thyme
1/2 tsp dried basil
1 tbsp lemon pepper
1 large handful of rosemary

Wash and trim the chicken of any extra fat and remove (and discard) all the innards.

Pull back the skin.

Cut the Yukon gold potatoes in half and arrange all potatoes on the bottom of the slow cooker.

Set the chicken on top of them and stuff with the rosemary.

Sprinkle salt, pepper, thyme and basil and replace the skin.

Sprinkle with the lemon pepper.

Cover and cook on low, 6 hours.

When cooked, remove chicken to an oven-proof container.

Remove potatoes to another container, and drain all the liquid into a third container.

Place everything in the refrigerator overnight.

The next day you'll need:

2 tbsp butter, divided
1 tbsp all-purpose flour
1 tbsp whipping cream
1 cup canned low sodium chicken broth
1 cup of the chicken stock from the previous night (skim the fat off of the top and discard)
1 tsp kosher salt
1 tsp white pepper
1 tsp garlic powder

Place the chicken in the oven and turn it on to 350 degrees for the chicken to warm up while you prepare the potatoes.

Cut all the new potatoes in half and roughly mash them up and leave the skins on, or peel them all and roughly mash them up.

Heat them in the microwave for three minutes, stirring every minute.

In a pan on the stove, heat the other tbsp of butter and four over medium-low heat until it has a light golden colour.
Remove from heat and add cream.
Stir until it a smooth paste again.
Slowly whisk in the chicken stock, then the broth.
Remove potatoes from the microwave and sprinkle with salt, pepper and garlic powder and stir.
Add one cup of the broth mixture and stir.
Add another 1/2 cup or cup, depending on the potatoes and stir.
Remove the chicken from oven.

For More Great Slow Cooker Recipes:

Visit:

http://www.paradigm-web.co.uk/slow_cooker_recipes_ebook.htm

Fusion Chicken

Ingredients:

4 cups water
2 chicken bouillon cubes
1 cup cornmeal
1 tbsp olive oil
1 tbsp butter
2 boneless chicken breast, cubed
2 carrots, minced
2 leeks, sliced thin
1/3 cup soy sauce
1/2 tsp thyme

Combine 1-1/2 cups of the water with the cornmeal.

Heat the other 2-1/2 cup in a medium saucepan.

Bring water to boil adding bouillon along the way.

Scoop out 1/2 cup of it and reserve until later.

Slowly whisk in the cornmeal mush.

Stir until smooth. Cook over medium heat for 30 minutes, stirring often.

Meanwhile, heat the oil and butter in a large frying pan.

Brown chicken on all sides and remove to a plate, reserving the fat and juices in the pan.

Add carrot and leeks and cook until tender. Add the 1/2 cup of reserved chicken broth, thyme and soy sauce.

Bring to boil, reduce heat to low, simmer and reduce the liquid by half adding the chicken back in along the way.

When polenta is thicken to your liking, stir in a dab of butter, mix well and taste.

Salt and pepper as desiderated.

Chicken Nori Rolls

Ingredients:

2 boneless skinless chicken breasts
2 1/4 cup bottled teriyaki sauce
50 ml 3 cups cooked, cooled sushi rice
750 ml 2 Tbsp seasoned rice vinegar
30 ml 4 sheets nori (dried seaweed sheets)
4 1/2 green peppers thinly sliced
1/2 1 carrot peeled
1 toasted sesame seeds wasabi (Japanese horseradish)* pickled ginger*

Preparation:

Slice chicken lengthwise into very thin strips and put in a re-sealable bag. Pour in teriyaki sauce, close bag and refrigerate for at least 1 hour. In a skillet over medium heat, stir-cook chicken until no pink remains. Remove from heat and cool.
Mix sushi rice with seasoned vinegar and divide evenly onto nori. Using a spoon dipped in cold water, gently spread rice evenly over nori, leaving 1/2 inch clear along the top and bottom edges. Dip the spoon in cold water frequently to make it easier to spread the rice. Using a vegetable peeler, shave long strips of carrot. Spread shaved carrot, green pepper and cooked chicken over the rice. Starting with the edge closest to you, using both hands, gently roll each nori into a log. Moisten the out edge of the nori to help seal it. Wrap each roll tightly in plastic wrap and refrigerate for up to 24 hours. To slice rolls, leave the plastic wrap on. Trim the ends of each roll using a very sharp wet knife then slice each roll into 6-8 pieces. Remove plastic wrap. Arrange slices, cut side up, on a plate and sprinkle with toasted sesame seeds. Serve with wasabi, pickled ginger and soy sauce for dipping.

Fusion Chicken 2

Ingredients:

2 medium whole chicken breasts (about 2 pound total)
1 cup dry red wine
1/4 cup Hoisin sauce
1/4 cup chopped onion
1 tbsp soy sauce
1 tsp bottled minced garlic
1/2 tsp grated fresh ginger
1/2 tsp five-spice powder
1/4 tsp crushed red pepper
Wild rice pilaf optional

Preparation:

Cut chicken breasts in half (leave skin on).
Place in a self-sealing plastic bag set in a shallow dish.
For marinade, combine remaining ingredients (except rice pilaf).
Pour over chicken.
Seal bag. Marinate in refrigerator 1 to 2 hours.
Drain chicken, reserving marinade.
In a grill with a cover, arrange medium-hot coals around drip pan.
Test for medium heat above pan.
Place chicken, bone sides down, on rack over pan.
Cover; grill 50 to 60 minutes or until chicken is no longer pink, turning once.
Meanwhile, place reserved marinade in a small saucepan.
Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes.
Strain, if desired.
Serve chicken with rice pilaf, if desired.
Drizzle hot marinade over chicken.

Cheesecake

Ingredients:

Filling

2 lbs Tofu, firm
1 Cup Sucanat
½ Cup Soy milk
½ Cup Maple syrup
⅓ Cup Lemon juice, fresh squeezed
4 tbsp Nutritional yeast
2 ½ tbsp Arrowroot powder
2 tbsp Vanilla extract, alcohol free
½ tsp Sea salt, or to taste

Crust - Dry

2 Cup Spelt flour
¼ Cup Sucanat
1 tbsp Arrowroot powder
1 tsp Baking powder
¼ tsp Cardamom powder
¼ tsp Sea salt, or to taste

Crust - Wet

⅓ Cup Safflower oil
2 tbsp Maple syrup
2 tbsp Apple juice, fresh
1 tsp Vanilla extract, alcohol free

Preparation:

Preheat oven to 350°.

For Crust, place dry ingredients together in a large mixing bowl and mix well.

Place wet ingredients in another bowl & mix well.

Add wet to dry, mixing well with hands, crumbling the ingredients together repeatedly.

Press into the bottom of a 10" spring form pan.

Bake for 5 minutes.

Place all Filling ingredients in a large blender and blend until smooth.

Pour on top of crust and bake for 1 hour or until top turns a golden brown and centre does not jiggle too much.

Allow to cool before running a knife around the edge and removing from spring form pan.

http://www.paradigm-web.co.uk/cheesecake_recipes_ebook.htm

Flaming Cherries with Coconut Ice-Cream.

Ingredients:

100g cherries
50g castor sugar
2 tbsp orange juice
2 tbsp Grand Marnier
1 scoop coconut ice cream
1 sprig mint leaves

Preparation:

Stem and pit the cherries.

Dissolve sugar in the orange juice and bring to a boil.

Cook cherries in boiling orange juice for 3-4 minutes.

Heat the Grand Marnier.

Add to the cherries.

Light and serve the flaming cherries with coconut ice cream

Garnish with mint leaves.

Eggplant Timbales

Ingredients:

2 Eggplants
2 tbsp Olive Oil
Salt & Pepper
1/4 Cup. Bread Crumbs
1 1/4 Cup. Mozzarella diced
2 Cups. Tomato Sauce
Basil leaves

Preparation:

Preheat Oven to 400°F.
Brush 6 ramekins with olive oil & coat with Bread Crumbs.
Slice 1 Eggplant to thick strips lengthwise & other into thick rounds.
Arrange them into baking sheets, brush with oil & season with Salt & Pepper.
Bake 8-10 min or till tender.
Lower the oven to 375°.

Assembling the Timabales. :

Line each ramekin with 3 strips of Eggplant, allowing to hangover the edges.
Add 1 tbsp of sauce, mozzarella & cover with round.
Repeat 2 more times.
Bring the overhanging strips over the filling to enclose it.
Bake for about 30 minutes, cool 10 min.
Unmould onto a plate.
Drizzle with sauce around & decorate with Basil leaves.

Egg Free 'Egg' Salad

Ingredients:

1 lb extra firm tofu, crumbled
¾ Cup Celery, diced
½ Cup Red onion, diced
½ Cup Vegan mayonnaise.
1 tbsp Dill, minced, or ½ tsp dry
2 ½ tsp Stone ground mustard
1 ½ tsp Apple cider vinegar, raw
1 tsp Turmeric powder
½ tsp Garlic, minced
Black pepper, ground to taste
Sea salt, to taste
2½ tbsp shoyu

Preparation:

Combine all ingredients in a large mixing bowl and gently mix well.
For additional flavour, allow to sit for a few hours before serving.

Guacamole and Seven Spice Wonton Crisps

Ingredients:

Guacamole:

3 ripe Haas avocados
½ red onion, chopped
½ cup chopped water chestnuts
2 cloves garlic, crushed
4 scallion stalks, sliced thin
1 tomato, seeded and chopped
juice of 1 lime
1 tsp shiraccha chilli sauce (or dash Tabasco, to taste)
Salt
Pepper

Wonton Crisps:

1 package round wonton wrappers
1 Tbsp cumin
1 Tbsp chilli powder
1 Tbsp salt
1 Tbsp Chinese 5-Spice Powder
2 cups vegetable oil

Preparation:

Make guacamole:

Combine all ingredients in a large bowl, mashing avocado until coarse and creamy.
Season with salt and pepper to taste.

Wonton Crisps:

In a small bowl, mix all spices.
Heat 2 cups vegetable oil in a large, heavy saucepan or wok over medium-high heat.
Add 1 wonton square to pan, to test heat.
If it turns golden brown and crisp in 30 seconds, the pan is ready.
Otherwise, turn heat up or down to adjust and retest.
Add wonton squares to pan, in small batches.
Using slotted spoon, transfer wontons to a baking sheet lined with paper towels and drain.

Immediately sprinkle with the spice mixture to coat lightly.
Transfer to serving dish.
Repeat with remaining wonton crisps.
Serve with guacamole.

Hummus Guacamole

Ingredients:

1 Ripe avocado, peeled
2 cup Hummus
1 Scallion, chopped
1 small Tomato, chopped
1 Green chilli chopped
Olive oil
Cilantro, chopped
Pita

Preparation:

Scoop avocado into a medium bowl.
Mash & add hummus, blend thoroughly.
Gently stir in the scallion, tomato & chillies.
Check seasonings.
Cover & refrigerate.
Before serving, drizzle with olive oil & garnish with cilantro.
Serve with pita wedges.

Granola

Ingredients:

Dry:

3 Cups Rolled oats
1 Cup Pecans or other nuts, chopped
1 Cup Spelt flour
½ Cup Hemp seeds
½ tsp Sea salt
½ tsp Cinnamon powder
¼ tsp Cardamom powder
Pinch Allspice powder
Pinch Ginger powder

Wet:

¾ Cup Safflower oil
¾ Cup Maple syrup
1 tsp Vanilla extract, alcohol free

Preparation:

Preheat oven to 350°.

Combine Dry ingredients in a large mixing bowl and mix well.

Place Wet ingredients in a small bowl and whisk well.

Stir all ingredients together.

Place on a well oiled baking sheet and bake until golden brown, approximately 30 minutes, stirring occasionally to break granola up into small chunks.

Remove and let sit 5 minutes.

Fire Roasted Gazpacho

Ingredients:

4 Cup Tomato juice, fresh
4 large Roma tomatoes, grilled (1 ½ C chopped)
2 / 3 Cup Filtered water or vegetable stock
2 / 3 Cup Cucumber, peeled, seeded & diced
2 / 3 Cup Corn, fresh or frozen
½ Cup Green bell pepper, diced
1 / 3 Cup Red onion, diced
3 Tbsp Lime juice, fresh squeezed
3 Tbsp Cilantro, minced
1 Tbsp shoyu, or to taste
1 Tbsp Basil, minced
1 ¼ tsp Cumin powder, toasted
1 tsp Garlic, minced
1 tsp Jalapeño pepper, seeded & minced
½ tsp Chilli powder
½ tsp Hot sauce
Pinch Cayenne pepper
Sea salt, to taste
Black pepper, ground to taste

Preparation:

Place tomatoes and juice in blender and blend until smooth.
Place in a large mixing bowl with remaining ingredients and mix well.
Serve chilled, the colder the better.

East Meets West Guacamole

Ingredients:

Guacamole:

3 medium ripe Haas avocados
1/2 red onion, diced
1/2 cup water chestnuts, diced
2 medium cloves garlic, minced (2 TB)
1 tsp cumin powder, ground
1/2 tsp 5-spice powder
1/2 tsp hot sesame chilli oil
2 TB cilantro leaves, minced
Juice of 2 small or 1 medium fresh lime, (3 TB)
Sea salt, to taste
4 green onions, thinly sliced
8 cilantro sprigs

Spicy Pita Crisps:

6 pita breads make 48 pita crisps
1 package pita bread
1 TB cumin, ground
1 tsp smoked paprika
1 tsp 5-spice powder
1 TB garlic powder
3 TB black sesame seeds
Sea salt, to taste
Vegetable or olive oil spray

Preparation:

Cut the avocados and scrape all of the pulp into a medium bowl.
Roughly mash the avocado while mixing in the red onion, water chestnuts, garlic, cumin, 5-spice, sesame chilli oil, cilantro leaves, lime juice and salt, making a coarse, thick and creamy mixture.
Set aside while preparing the crisps.

Preheat the oven to 350°F.

Slice each pita bread into 8 wedges.

Gently separate each wedge by pulling it apart three-fourths of the way.

In a small bowl, combine the cumin, paprika, 5-spice, garlic powder, sesame seeds and salt.

Spray each pita crisp with oil.

Immediately sprinkle with spice mixture to coat lightly.

Transfer to a baking sheet. Bake for 10 minutes or until golden brown and crispy.

Be careful not to burn the spices or they will be bitter.

Drain the pita crisps on a paper towel and transfer to a platter.

Garnish the guacamole with cilantro sprigs and sliced green onions and serve room temperature or chilled with pita crisps.

Grilled Prawns Fusion Style

Ingredients:

2kg tiger prawns
100g chillies
80g spring onions
40g garlic
Salt and pepper

Preparation:

Clean the prawns.
Open the backs and remove the black thread.
Chop garlic, chillies and spring onions. Mix them all together.
Marinate the prawns with this mixture.
Season with salt and pepper.
Grill the prawns.
Serve with salad.

Gingerbread Pancakes

Ingredients:

Dry

1 cup buckwheat flour
1 cup spelt flour
1½ fl oz Sucanat
1 tbsp flax seeds
1½ tbsp baking powder
½ tsp baking soda
½ tsp sea salt

Wet

1¼ cup water
6 fl oz soy milk
1 fl oz safflower oil
2 tbsp unsweetened applesauce
½ tsp cinnamon
1 tbsp ground ginger
4 fl oz molasses
¼ tsp ground cloves
¼ tsp ground allspice

Preparation:

Preheat a griddle or skillet to medium heat.
Place dry ingredients in a large bowl and whisk well.
Combine wet ingredients in another bowl.
Add wet to dry and mix well.
Lightly oil the griddle or skillet with sunflower or coconut oil.
Slowly pour batter into desired size.
Heat until bubbles appear.
Flip and cook until golden brown.
Add syrup of choice.

Halvah

Ingredients:

2 Cups Chocolate chips
2 Cups Raw Tahini (the thickest consistency available)
3 Tbsp Agave nectar
1 tsp Vanilla extract, alcohol free
Pinch Cinnamon powder
Pinch Cardamom powder

Preparation:

Melt the chocolate chips in a double boiler
Combine remaining ingredients in a large mixing bowl.
Stir in melted chocolate
Transfer to an 8"x 8" pan and refrigerate until thick, from 30 minutes to a few hours depending upon the thickness of the Tahini used.

Jicama and Red Bell Pepper Salad Recipe.

Ingredients:

1 jicama peeled and diced
1 red bell pepper peeled and diced
2 green onions sliced
2 tbsp cilantro diced
1 lemon juiced
1 tbsp sugar
1 tsp salt
1 tsp Tabasco Sauce
2 garlic clove diced
1/3 cup oil

Preparation:

Combine the jicama, red bell pepper, green onion, and cilantro.
In a small bowl combine the lemon juice, sugar, salt, Tabasco sauce, and garlic.
Drizzle in the oil and mix thoroughly.
Add the dressing to the vegetables to taste and serve.

BBQ Tempeh Kebobs

Ingredients:

1 medium Bell pepper, 1" chop
½ medium Red onion, quartered
6-8 medium Cherry tomatoes
1 large Portobello mushroom, 1" cubes

BBQ Sauce:

¼ C Barley malt syrup
¼ C Natural Catsup
2 Tbsp Safflower oil
2 tsp Apple cider vinegar, raw
2 tsp Vegetarian Worcestershire sauce
1 tsp Stone ground mustard
½ tsp Chilli powder
½ tsp Paprika
¼ tsp Liquid smoke (optional)
Pinch Cayenne pepper, or to taste

Preparation:

Combine BBQ sauce ingredients in a medium size bowl and whisk well.
Place Tempeh and vegetables in the bowl mix well and allow to marinate for 20 minutes, stirring occasionally.
Decoratively arrange Tempeh and vegetables on skewers, finishing each with a cherry tomato.
Grill until char marks appear and Tempeh and vegetables are cooked through, approximately 15 minutes. Baste with BBQ sauce as grilling and top with remaining BBQ sauce before serving.

Lentils with Radish Leaves

Ingredients:

1/2 Cup Lentils
2 Cups. Water
2 Bunches Radish Leaves
1 Onion Chopped to chunks
1 Serrano Chilli
Salt

Seasoning (optional)

1 tsp Mustard seeds
1 tsp Cumin
1 Clove minced. Garlic
1 Red Chilli
2 tsp Oil/butter

Preparation:

Boil the water in a pan with Lentils.
Add Onion Chunks, Serrano & salt.
Separate the Radishes from the leaves & reserve.
Wash, chop & add the leaves to the lentils.
Allow everything to mix & cook till the lentils are done.
Heat the oil/butter in another small pan & do the seasoning.
Add to the lentils mixture & Serve as is as or side dish for Rice.

Lotus Blossoms

Ingredients:

2 Cups Brown basmati rice
3 Cups Filtered water or vegetable stock
2 1/3 Cups Coconut milk
2 tsp Cumin seed
2 tsp Brown mustard seed
2 Tbsp Toasted sesame oil
1 1/3 C Onion, diced
4 tsp Garlic, minced
2-3 bunches Spinach or other greens, rinsed, steamed & drained well
1 Cup Cashews, toasted until golden brown, (page 194)
1 Cup Garbanzo beans, cooked (page 209)
2 1/2 Tbsp Nama shoyu
3 Tbsp Cilantro, minced
2 tsp Curry powder
1/2 tsp Crushed red pepper flakes
Pinch Cayenne pepper
Sea salt, to taste
Black pepper, ground to taste

Preparation:

Add rice, water and 1 cup of coconut milk to a large pot and bring to a boil. Cover, reduce heat to simmer and cook until liquid is absorbed, approximately 35 minutes.

While rice is cooking, place oil in a large sauté pan on medium high heat.

Add cumin seed and mustard seed and cook for 1 minute, stirring constantly.

Add onion and garlic and cook for approximately 5 minutes, stirring frequently.

Remove from heat and place in a large bowl.

Add remaining ingredients including 1 1/3 cup coconut milk and mix well.

Add cooked rice and mix well.

Fill a shallow pan half full with hot water.

Place a rice paper sheet in the hot water and remove when soft, approximately a minute.

Lay individually on a clean, natural-fibre towel.

Place 1/3rd cup of rice mixture on the bottom portion of the rice paper.

Flatten to form into a small rectangle.

Fold sides toward centre and roll up.

Rolls should be thin and tightly rolled.

Place in a container and cover with a clean, slightly moist towel until ready to serve.

Serve with peanut sauce.

Lamb Ribs - Hawaiian Style

Ingredients:

24 lbs lamb ribs, trimmed

Marinade:

1 pint soy sauce
8 oz Hoisin sauce
8 oz white vinegar
2 tbsp Chinese rice wine
8 oz honey
2 oz fresh garlic, minced
2 tbsp red pepper flakes
1 pint pineapple juice
4 oz peanut oil
1 oz sugar
2 cans plum sauce, warmed

Preparation:

Mix all marinade ingredients in large container.

Dip trimmed ribs in marinade.

Place ribs in deep container, pour marinade on ribs and marinate overnight.

Roast ribs in preheated 375 degree oven for 45 minutes.

Baste with marinade and turn oven to 425 degrees for 10 minutes or until ribs are golden brown.

Remove from oven.

Brush ribs with plum sauce before serving.

Stir Fried Lamb with Lemon-Soy Vinaigrette

Ingredients:

4 shallots, minced
1 red jalapeno pepper with seeds, minced
2 green jalapeno peppers with seeds, minced
5 cloves garlic, minced
1 tbsp. plus 1 tsp. peanut oil
675 gr. lean ground lamb
1/2 cup coriander, chopped
1/4 cup Chinese cabbage, pickled
1/2 tsp. soy sauce
1/4 tsp. salt
1/4 tsp. freshly ground black pepper
18 radicchio leaves
1/4 small red onion, sliced crosswise
1/4 small white onion, sliced crosswise
Lemon-soy vinaigrette(recipe follows)
1/4 cup whole coriander leaves, for garnish

Preparation:

In a small skillet heat 2 tsp. of the peanut oil and in this cook the shallots, red jalapeno, half of the green jalapenos and the garlic, stirring over a low heat until softened (about 5 minutes).

Set aside to cool.

In a bowl, combine the cooled vegetable mixture with the ground lamb and mix well.

Add the chopped coriander, pickled cabbage, soy sauce, salt and pepper.

In a large heavy skillet heat the remaining peanut oil over a high heat and in this cook the lamb mixture, stirring well, until browned, (about 4 minutes).

Drain and set aside.

Place 3 radicchio leaves on each plate and fill these with the lamb mixture.

Combine the red onion, white onion, fresh coriander leaves and remaining green jalapenos and sprinkle these over the top of the lamb.

Drizzle with a little of the Lemon-Soy Vinaigrette, and serve the remaining vinaigrette on the side.

Braised Spiced Lamb Shanks, Green Tabasco Potatoes, Sautéed Vegetables
Braised, Spiced Lamb Shanks

10 pcs lamb shanks, trimmed and cleaned
25g mixed Seasoning
20g black peppercorns, crushed
300ml Soya Bean Oil
250g galangal(blue ginger), fresh, peeled and grated
100g shallots, fresh, peeled and crushed
80g garlic, chopped
200g chillies, red, fresh, chopped
50g basil leaves, chopped
80g coriander (Chinese parsley) leaves, fresh, finely chopped
40g cardamom, black, seeds, crushed
15g star anise
400ml Chinese rice wine
5 ltr lamb stock, prepared
300g sauce, dark Soya, sweet

Green Tabasco Potatoes

30 potatoes, whole, peeled and diced
200ml Tabasco jalapeno sauce
500ml cream, 35% fat
200g butter, unsalted
120ml spinach juice
Salt and freshly grounded white peppercorns, to taste
10 portion sautéed vegetables
10 portion bean curds, deep fried
10 pcs chilli crisp, garnish

Preparation:

Season lamb shank with mixed Seasoning.
Heat oil in a roasting pan over medium heat.
Seal the shanks on all sides until brown.
Remove; add in chopped blue ginger, garlic, chilli, coriander leaves, cardamom seeds, basil leaves and star anise 3.
Add brown shanks and dark Soya sauce.
Bring to a boil.
Reduce to low heat, cover and place in a pre-heated oven at 160°C for about 2-3 hours or until lamb shank is tender.
Remove and keep warm
Reduce stock to sauce consistency.

Adjust seasoning and keep warm.

Green Tabasco Potatoes

Bring the potatoes to a boil in a large pot of salted water until cooked.

Strain and mash.

Combine potatoes, green Tabasco sauce, cream and butter in a food processor

Blend the mixture until it forms a smooth texture.

Meatballs

Ingredients:

1 lb ground beef
1 egg
1/4 flour
1 tbsp herbs, minced very fine. A couple of sprigs each of oregano and thyme and one small spring of rosemary.
1 tsp kosher salt
Several grinds fresh black pepper
1 shallot, chopped fine

Preparation:

Mix the ground beef and egg first, then blend in the flour.
Add all the rest of the ingredients and mix thoroughly.
Form into small balls and place in a pan LIGHTLY coated with olive oil.
For the brown gravy, use a pre-packaged mix, but add a tbsp of heavy cream to the final gravy.

Stuffed Mushrooms

Ingredients

15-20 Mushrooms
1/2 finely Diced Onion
Salt, Pepper
2 tbsp Bread Crumbs
1 tbsp Parsley, Cilantro
1 tsp Oil

Preparation:

Wipe the Mushrooms with a cloth.
Cut the stems off & with a melon baller/spoon.
Scoop out the inside of the Mushroom so as to form a cup.
Finely dice the inside skin.
Heat the Pan with Oil.
Fry the Onions for a minute.
Add in the Mushrooms, salt, Pepper & Bread Crumbs.
Garnish with Cilantro & let it cool a little.
Stuff these into the Mushrooms.
Arrange these into the pan with little Oil.
Sprinkle some salt, Pepper cover & cook for 5 minutes.
Serve as a cocktail Mushroom with Toothpick insert or as a side dish.

Fusion Moussaka

Ingredients:

Tempeh Marinade:

5 Mashed garlic cloves
1 Qt Stock
½ Bottle red Wine
1/2 Cup Shoyu
1/4 Cup Minced thyme and parsley
2 Tbsp Maple syrup
1/2 Tbsp Ground mustard
1/2 Tbsp Chilli flake
1/4 Tbsp Ground nutmeg
Salt to taste
3 lb. Tempeh
4 Large Globe Eggplants

Tofu Custard:

4 lbs Firm tofu
¼ Cup Nutritional Yeast
¼ Cup Olive oil
2 Tbsp Miso
2 Tbsp Salt
½ Tbsp Ume vinegar or rice vinegar

Tomato Sauce:

2 Qt Cored and seeded tomatoes
2 Cup Sweet onions
2 Cup Celery
5 Garlic cloves
1/2 Cup Olive oil
1/2 Cup Minced parsley, thyme and oregano
1/2 Tbsp Chilli flake
Stock or water to blend

Mushroom Sauté:

6 Portobello mushrooms
3 Sweet onions
¼ Cup Grapeseed or sunflower oil
1 Tbsp Salt
1 Tbsp Black pepper

Preparation

Tempeh Marinade

Combine all of the marinade ingredients in an ovenproof pot and bring to a boil. Add three pounds of Tempeh and bake at 350 for ½ hour.

Turn the Tempeh and cook for an additional ½ hour, before letting the Tempeh cool in its juices.

Slice four large globe eggplants in 1/2" slices, brush with olive oil, dust with salt and roast until slightly softened, approximately 15 minutes.

Tomato Sauce

Sauté down onions, then celery, then garlic in olive oil.

Add chilli flake followed by the tomatoes a minute later

Heat through, adding liquid to prevent scorching, approx. 15 minutes.

Blend; add herbs and salt to taste.

Tofu Custard

Combine all the custard ingredients in a food processor and combine until smooth.

Rinse tofu under hot water, or steam and let cool for a creamier consistency.

Mushroom Sauté

Clean and slice the mushrooms.

Slice the onions and sauté them at high heat with the oil and salt.

When the onions are soft add the mushrooms and pepper.

Cook until the mushrooms have released their liquid.

If the pan gets dry deglaze with 2 Tbsp sherry.

Cook:

Combine the mushrooms with the Tempeh and then layer the moussaka as follows:

½ of the Tomato Sauce, a layer of eggplant, then the Mushroom/Tempeh, another layer of eggplant then the other ½ of the Tomato sauce, and finally the custard.

Bake at 375 for approx 30 minutes and broil another 5 minutes until the custard starts to turn golden.

Steamed Mussels in Coconut Milk Broth

Ingredients:

1 tbsp extra virgin olive oil
1-2 cloves garlic, chopped fine
3/4 cup water
1/4 cup dry white wine
1/2 cup canned coconut milk
1 tsp salt
1/4 tsp red pepper flakes
1 pound black mussels 1 tsp black pepper

Scrub and debeard the mussels.

Set aside.

In a large pot, heat the olive oil over medium-high heat.

Add the garlic and cook for 3 minutes.

Add the water, wine and coconut milk.

Bring to a boil.

Add salt and red pepper flakes.

Insert a steamer basket and add the mussels.

Cover and steam for 6 minutes.

Remove mussels to a large bowl, discarding any that haven't opened.

Add black pepper to broth and pour over mussels.

Garnish with chopped cilantro.

Minted Mocha Fusion

Ingredients:

2 cups Rich Chocolate Hot Cocoa Mix

1/4 cup Instant Coffee

1/4 tsp peppermint extract

Place cocoa mix, Taster's Choice and peppermint extract in blender.

Process until ingredients are combined. Store in airtight container.

Makes 12 servings.

Noodles

Ingredients:

1 Tbsp sesame oil
Chilli oil or chilli flakes, to taste
1³/₄ Tbsp soy sauce
³/₄ Tbsp balsamic vinegar
1 Tbsp sugar
¹/₂ tsp salt
¹/₂ pound fettuccine noodles
2 green onions, thinly sliced

Preparation:

Blend sesame oil, chilli oil, soy sauce, balsamic vinegar, sugar & salt in a small bowl.

Cook the noodles for 1 to 2 minutes, until tender, but still firm.

Drain, rinse 2 or 3 times to cool, & put in a large mixing bowl.

Pour the seasoning mixture over the noodles.

Toss gently, then add the green onions & toss again.

Put aside at room temperature for at least 30 minutes.

It is best if left for an hour, or overnight in the refrigerator.

To serve, toss again & garnish with more sliced green onions.

Gourmet Pizza

Ingredients:

1 large round cheese bread
2 oz tomato sauce
1/4 cup shredded mozzarella
dash salt
dash black pepper
dash oregano
one spring of fresh rosemary

Preparation:

Lay the bread out on a metal tray.

Pour the tomato sauce on and spread it around within one inch of the edge.

You want it very thin, with bread peeking out all over.

Spread the mozzarella around in a thin layer. (The bread itself already has cheese in it.)

Sprinkle on the salt, pepper and oregano and tear off the leaves of the rosemary and sprinkle them around.

You can leave it like this or add a topping.

Thinly sliced salami.

Bake in a 350 degree oven for about 8-10 minutes or until the cheese is melted.

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http://www.paradigm-web.co.uk/pizza_recipes_ebook.htm

Sweet Potato Pie

Ingredients:

1 lb sweet potatoes
3/4 cup brown sugar
1/4 tsp salt
1 tsp ground cinnamon
1/2 tsp nutmeg
1/4 tsp ground cloves
3 eggs
3/4 cup milk
3/4 cup heavy cream
1 Tbsp butter
1 pie plate lined with pastry crust.

Preparation:

Pre-heat oven to 400 degrees.

Make some holes in the sweet potatoes with a fork, then microwave on high for 10 minutes.

Allow to cool for 5 minutes.

Cut in half and scoop out the meat inside into a large bowl and beat till smooth.

Blend in the brown sugar, salt and spices.

Beat in the eggs, milk and heavy cream and then beat in the butter.

Pour into pie crust, leaving about a half inch space from the top.

Bake at 400 degrees for about 40-45 minutes.

Puff Pastry with Potato filling

Ingredients:

1 Puff Pastry Sheet
Water to brush along the sides.

Filling:

2 Potatoes
Salt
1 tsp Cumin Powder
1 tsp Paprika
1 Tbsp Parsley/cilantro

Preparation:

Boil, Peel & Mash the potatoes.
Mix with all powders, parsley & set aside.
Pre-heat the oven to 400°F.
Thaw the Pastry for 30 minutes.
In a flour dusted board cut squares from the sheet.
With the help of rolling pin roll each square into diamonds.
Stuff a spoonful of filling into the diamonds.
Brush with water on the corners & fold to form a triangle.
Bake for 15-20 minutes till it raises & forms a brown crust.

Roasted Rosemary Potatoes

Ingredients:

12 Potatoes medium size
Garlic cloves crushed
1/3 Cup Olive Oil
Salt & Pepper
1 Tbsp. Dried Rosemary

Preparation:

Pre-heat Oven to 375°F.
Scrub the Potato skins & steam for 8-10 minutes.
Toss with oil, rosemary, garlic, salt & Pepper.
Place in baking tray & roast for 30 minutes.

Pumpkin Stew

Ingredients:

1 Cup. Pumpkin Peeled & sliced to Chunks
1/2 Cup. Mushrooms Chopped
1 Garlic Crushed
1 tsp Ginger paste
Chilli Powder
Salt
1 tsp Brown Sugar
1 tsp Flour
3 Cups Water
1 tbsp Oil

Preparation:

Heat Oil in a pan, fry ginger & garlic briefly.
Add in Pumpkin slices & fry for a minute.
Add Mushroom slices, salt, brown sugar, chilli Powder.
Mix gently, add water, allow it boil & simmer.
Cook till pumpkin is done roughly about 15 minutes.
Make a paste of flour & stir with the stew to thicken.
Enjoy with Plain Rice.

Mexican Pizza

Ingredients:

1 Boboli pizza crust or Focaccia Bread

Salsa

Corn

Black Beans

Garlic

Jalapenos

Onion

Preparation:

Top Crust it with salsa and then a layer of cheese

Add corn and black beans

Add sautéed onions, garlic and jalapenos

Then top with one last layer of cheese and bake until cheese is melted.

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Pasta Masala

Ingredients:

3 cups Vegetables such as onions, peas, broccoli, carrot, cabbage
½ cup Butter
½ tsp. Turmeric Powder
1 tsp. Garlic(paste)
1 tsp. Cumin Seeds
1 tsp. Green Chilli Paste
1 tbsp. Vegetable Oil
1 pack Pasta(any shape)
Spring Onion for garnishing
Salt to taste

Boil pasta.

Cut all vegetables in long pieces.

In a vessel, put oil and fry all the vegetables on high flame for 2 minutes add a pinch of salt to taste and keep aside.

In pan put butter....add cumin seeds fry for 1 minute.

Add green chilli and garlic paste.

Fry for 1 minute. Optionally add 1/2 tsp turmeric powder for colour.

Add pasta and vegetables.

Add salt to taste

Garnish with finely chopped greens of green onions and serve hot.

Savoury Potato Balls

Ingredients:

375g potatoes
Oil for deep-frying
25g chopped onion
1 tbsp oil
1/2 tsp chopped garlic
2 tbsp chopped spring onion and coriander leaves
10g chopped green olives
1 red chilli, seeded and chopped
25g finely chopped carrot
35g self-raising flour

Seasoning

1/4 tsp salt
1/4 tsp pepper
1/2 tsp sugar
1/2 tsp chicken stock granules

Coating

1 egg, lightly beaten
1 cup breadcrumbs

Preparation:

Scrub potatoes clean and boil them for 15–18 minutes or until tender.
Drain well then mash with a potato masher.
Heat oil in a non-stick pan and fry onion and garlic for 2–3 minutes.
Add carrot and fry for another 1–2 minutes.
Dish out and leave to cool then add to the mashed potato.
Add spring onion, chopped olives, chilli and stir in the flour and seasoning.
Combine well to mix.
Shape the mixture into small balls.
Lightly dip the balls in beaten egg and roll the potato balls in breadcrumbs.
Press the breadcrumbs on firmly so that the potato balls are evenly coated.
Heat oil in a wok to just hot (do not allow the oil to be smoking hot otherwise it will burn the potato balls immediately).
Drop the balls in batches for 2–3 minutes or until golden.
Drain from oil.

Pepita Pate

Ingredients:

2 Cup pepita, soaked in distilled water for 1-2 hours
1 jalapeno, seeded
¼ Cup olive oil
Juice of 2 limes
1 tsp salt
1 tsp cumin
1 bunch cilantro, washed and minced
¼ Cup scallion whites, thinly sliced
½ Cup tomato, seeded and chopped in 1/8" dice

Preparation:

Grind pepita, jalapeno, oil, lime juice, and seasonings in food processor.
Add water as needed, likely 1/2 Cup.
Once smooth, fold in cilantro, scallions and tomato.
Enjoy with flax crackers, as a dip, spread or tasty filling

Pad Thai

Ingredients:

8 oz Thick Rice noodles
1 ½ Cup Onion, diced
½ Cup Green onions, thinly sliced
1 lb Tofu, extra firm, ¼" cubes
1 Cup Mung bean sprouts
⅓ Cup Shoyu, or to taste
⅓ Cup Lime juice, fresh
¼ Cup Sucanat
3 Tbsp Peanut butter
2 Tbsp Sesame oil
2 Tbsp Garlic, minced
1 Tbsp Ginger, peeled & minced
1 Tbsp Tahini
1 Tbsp Tamarind pulp
½ tsp Curry paste or powder
¼ tsp Crushed red pepper flakes
¼ tsp Cumin powder
¼ tsp Coriander, ground
Cilantro, to garnish
Ground peanuts, to garnish

Preparation:

Prepare rice noodles by soaking them in boiling hot water for 8-10 minutes.

Drain well and place in a large mixing bowl.

Place Shoyu, lime juice, peanut butter, Tahini, Sucanat, tamarind pulp, curry paste and spices in a medium mixing bowl and whisk well.

Set aside.

In a wok or large sauté pan, on medium high heat, sauté garlic, ginger and tofu in 1 tbsp sesame oil until tofu is slightly browned, approximately 5 minutes, stirring frequently and adding small amounts of water if necessary to prevent sticking.

Add remaining oil, onion, green onion and cook 5 minutes, stirring frequently.

Optionally, at this time, you may add 1 cup of water chestnuts, 1 cup chopped carrots, and 1 cup of broccoli floret's, or up to 3 cup of assorted vegetables.

Add additional water if necessary to prevent sticking.

Cook lightly for 5 minutes.

Add the peanut sauce mixture and cook until the sauce thickens, approximately 5 minutes, stirring frequently.

Add to noodles in large mixing bowl.

Gently mix in bean sprouts and garnish liberally with freshly chopped cilantro, ground peanuts and a slice of lime.

Fusion Potato Salad

Ingredients:

1 1/2 pounds red potatoes, scrubbed
1/2 cup frozen mixed vegetables
2 tbsp extra virgin olive oil
1 large yellow onion, diced
1 tbsp dried minced garlic
Salt and pepper to taste
1 cup mayonnaise
1 tbsp lemon juice
1 tbsp Worcestershire sauce
1/2 tbsp sesame oil
1/2 tbsp hot sauce
1 tsp wasabi powder
1 tsp ground ginger
1 tsp ground turmeric
1 cup cooked, cubed ham
1/4 cup chopped fresh cilantro

Preparation:

Place the potatoes in a large pot of boiling salted water, and cook about 10 minutes.
Stir in the frozen mixed vegetables, and continue cooking 10 to 12 minutes, until potatoes and vegetables are tender.
Transfer to a large bowl.
Cut potatoes while still hot, into 1 inch pieces.
Set aside to cool.
Heat the olive oil in a skillet.
Place the onion in the skillet, and season with garlic, salt, and pepper.
Cook and stir until tender.
In a bowl, whisk together the mayonnaise, lemon juice, Worcestershire sauce, sesame oil, hot sauce, wasabi powder, ginger, and turmeric.
Season with salt and pepper.
Toss the cooled potato and vegetable mixture with the onions, mayonnaise mixture, ham, and cilantro until evenly coated.
Chill until serving.

Creamy Tofu Pesto

Ingredients:

12 oz firm silken tofu
1/4 cup pine nuts
2 cups fresh basil and arugula, roughly chopped
2 large cloves garlic, minced
1 1/2 TB umeboshi vinegar
2 tbsp organic extra virgin olive oil

Preparation:

Bring water to a boil in a medium pot with a steamer basket.
Steam tofu for 10 minutes; remove from heat and let cool.
Toast pine nuts in a heavy pan over medium heat for about 3 minutes until they just turn golden brown.
Set aside and let cool.
Chop basil and arugula and combine with tofu, pine nuts, garlic and umeboshi vinegar in a food processor until a paste is formed.
While food processor is running, slowly add oil and mix well.
Serve over warm jasmine rice.

Edamame Succotash

Preparation:

8 oz gourmet mushroom blend, coarsely chopped
2 tbsp organic extra virgin olive oil
Sea salt, to taste
Ground pepper, to taste
16 oz (1 package) Edamame soy beans, thawed
2 cups fresh or frozen organic corn kernels, thawed
1 cup dried cranberries
1/2 cup roasted red peppers, diced

Dressing

2 TB Thai sweet red chilli sauce
1/8–1/4 tsp Thai red curry paste
2 tbsp mirin
1 1/2 tbsp toasted sesame oil

Preparation:

Sauté the mushrooms over medium-high heat in the olive oil with salt and pepper for 7 to 8 minutes or until mushrooms give up their liquid.
Place Edamame and corn in a large serving bowl.
Add the hot cooked mushrooms, the cranberries and the peppers.
Make the dressing by whisking together all the ingredients.
Gently toss together and adjust seasoning to taste.

Broccoli-Parmesan Pasta

Ingredients:

Broccoli-Parmesan Pasta

1 cup broccoli florets (1 head)

4 handfuls of dry rotini pasta

2 tbsp unsalted butter

2 tbsp extra virgin olive oil

1 tbsp minced garlic (I use the ready-minced-garlic-in-a-jar for this)

1 tbsp freshly squeezed lemon juice

1/2 tsp freshly ground black pepper

Kosher salt

1 cup freshly grated Parmesan

Preparation:

Steam the broccoli for 10 minutes - or until just tender (don't overcook).

Place in a large bowl and set aside.

Meanwhile, in another very large pot, boil a large amount of water, salt well, then add pasta and cook until tender (about 10 minutes).

Drain and add to the broccoli in the large bowl.

In a small sauté pan, heat the butter and oil over medium-low heat until butter is melted.

Add minced garlic and cook for 2-3 minutes, letting the butter brown, but not burn.

Remove from the heat and add the lemon juice.

Pour this over the broccoli and pasta, sprinkle with salt and pepper.

Add grated parmesan and toss well.

It's very important to use a large amount of water and salt the water well when you cook pasta.

Prawn Cocktail with Spicy Coconut Dressing

Ingredients:

1½ x 400g North Atlantic Extra Large
½ small head Romaine lettuce shredded

Dressing:

½ x 400ml can Coconut Milk
1 red chilli, deseeded and finely chopped
2.5cm piece fresh root ginger, peeled and grated
1 pack fresh lemon grass, tender inner core only, chopped
150g pot Total 0% Fat Free Greek Strained Yogurt
½ x 20g pack fresh mint, chopped, plus 4 small sprigs to
Grated zest of 1 lime, plus 2 tsp juice

Instructions

To make the dressing, (make day before) place the coconut milk in a medium saucepan with half the chilli, and all the ginger and lemon grass. Bring to the boil, then reduce the heat and simmer gently for 5 minutes. Leave to cool for about 30 minutes to allow the flavours to infuse. Strain the dressing through a sieve into a bowl. Stir in the yoghurt, mint, lime zest and juice, and the remaining chilli, season lightly and then stir in the prawns. Divide the Romaine lettuce between 4 small serving dishes and spoon the prawns and dressing over the top. Serve immediately, garnished with the reserved mint sprigs and a slice of lime, or a little more red chilli, finely sliced.

Spiced Prawn with Glutinous Rice Sushi

Ingredients:

6 raw king or tiger prawns, shelled and deveined
A pinch of salt
A pinch of sugar
A pinch of finely grated lime peel
1 tsp tamarind pulp, soaked in 3 tbsp warm water and strained for juice
3 tbsp chopped palm sugar

Spice paste:

3 tsp dried shrimp paste
5cm galangal
2cm fresh turmeric
5cm ginger
6 to 10 shallots
3 cloves garlic
1 red chilli
6 candlenuts or raw macadamia nuts
4 tbsp peanut oil
3 tbsp coconut cream

Glutinous rice sushi:

200g glutinous rice
2 tsp sea salt
4 tsp peanut oil
5 1/2 tbsp coconut cream
30cm x 20cm piece of banana leaf stems and hard edges discarded

Preparation:

Cut the prawns in half lengthwise.
Sprinkle with salt, sugar and lime peel and refrigerate.

To make the glutinous rice sushi:

Soak the rice in cold water for 1 hour.
Strain and mix with salt and oil.
Spread out on a plate and steam in a steaming basket set over a wok of boiling water for 15 to 20 minutes.
Put in a bowl and stir in coconut cream.

To make the banana leaf pliable:

Hold over a gas flame, turning until it softens.

Alternatively, plunge in boiling water for a few seconds.

Lay it flat and spread the cooked rice in a log shape 24cm wide across the centre.

Roll up the banana leaf, tucking in the edges, to make a roll about 3cm to 4cm in diameter.

Wrap this roll in aluminium foil and grill over a charcoal fire for about 15 minutes, turning so that the roll cooks on all sides.

When unwrapped, the rice roll will be slightly brown and permeated with the fragrance of banana leaf.

To prepare the spice paste:

Wrap the dried shrimp paste (belacan) in foil and cook under a grill or place in a pan and cook over moderate heat for 3 to 4 minutes, turn and cook the other side.

Crumble the cooked shrimp paste into a blender.

Chop all other spice paste ingredients (except oil and coconut cream) and add to the blender.

Process to obtain a fine paste, adding a little of the oil if necessary to keep the blades turning.

Heat the remaining oil in a wok and add the ground spice paste together with the coconut cream.

Simmer on low heat until the mixture smells fragrant and the oil starts to separate.

Add the prawns, tamarind juice and palm sugar and cook, stirring from time to time, until the prawns are done.

To serve, cut the glutinous rice sushi into six pieces each 4cm in length.

Stand upright and place a spiced prawn on top of each.

Garnish with a sprig of fresh coriander leaf and little finely shredded cucumber.

Pasta Al Salmon

Ingredients:

120g pasta (spaghetti, linguine or fettuccine)
40g smoked salmon (cut into large matchsticks)
50g tom yam paste
1 tsp Chinese parsley (chopped)
120ml double cream
30ml olive oil
1 tsp garlic (chopped)
Parmesan cheese

Preparation:

Pour olive oil into a pan and add garlic and salmon.
Add tom yam paste and cook for a minute.
Next, add the double cream and cook a further two minutes until the mixture is thick.
Reduce heat while cooking to prevent the cream from separating.
Blanch pasta and toss into the cream sauce.
Fold in grated parmesan cheese (amount to your liking) and add chopped Chinese parsley.

Sautéed King Prawns

Ingredients:

10ml olive oil
15g garlic, chopped into chunks
4 king prawns (150g each), shelled and deveined (keep tail intact)
80g unsalted butter
15ml lemon juice
30g snow peas, blanched
Salt and pepper

Preparation:

Heat olive oil in a pan and sauté garlic gently until fragrant and lightly brown.
Add in king prawns and sauté until prawns are cooked.
Gently add in the butter and lemon juice.
Then add in the snow peas.
Cook for another 20 seconds.
Season to taste with salt and pepper.

Deep-Fried Prawns Oriental Style

Ingredients:

1.2kg medium prawns, shelled, veined
250g Corn Oil, for coating
2.5 ltr Corn Oil, for frying
650g Mayonnaise
125ml pineapple juice
125g pineapple, 50/g chopped, 250/g cut into sticks

Garnishes

125g carrots, peeled, julienne
50g red chillies, seeded, julienne
25 g coriander leaf sprigs (Chinese parsley leaves), trimmed, cleaned
25g sesame seeds, toasted

Preparation:

Pre-heat Corn Oil in a pot or a deep-fryer at 180°C.
Coat the prawns with Corn Flour and dust excess away from the prawns.
Fry it in the pre-heated oil until golden brown and crisp.
Remove, strain and place on paper towels.
Place Mayonnaise in a mixing bowl, add in pineapple juice and chopped pineapple.
Mix well and add in the crisp prawns.
Toss it well.
Place the pineapple sticks on serving plates, arrange the prawns on top and drizzle some dressing
Serve immediately.

Syrian Pizza

Ingredients:

1 pizza crust
Tomato sauce
1 large chicken breast, cooked and diced
1 tomato or 4 sun dried tomatoes, diced
1/2 onion, diced
1 bunch parsley, chopped
5 oz can diced black olives
1 fresh jalapeño pepper, diced
Greek seasoning to taste
6 oz mozzarella cheese
4 oz Feta cheese

Preparation:

Spread tomato sauce on crust to desired thickness.
Layer in order onions, chicken, tomatoes, olives, pepper, parsley, Feta, and mozzarella cheese.
Sprinkle with Greek seasoning and then cook according to directions on the pizza crust.

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Ginger Pork with Anisette

Ingredients:

3-4 pounds boneless pork loin
Salt, as needed
White pepper as needed
6 garlic cloves, crushed
1 tbsp olive oil
Wild Mushroom Pasta (recipe follows)
Sautéed Pears with Anisette (recipe follows)

Preparation:

Season surfaces of roast with salt, pepper and garlic.
Heat olive oil in large sauté pan and brown all surfaces of roast.
Remove to shallow roasting pan and finish in a 350 degrees F. oven to medium doneness (about 45 minutes), to an internal temperature of 155 degrees F.

Wild Mushroom Pasta:

Deglaze skillet used to brown roast with 4 ounces of brandy, add 12 ounces cleaned and chopped oyster mushrooms, 6 ounces cleaned and chopped shiitake mushrooms, 3 EACH cleaned and julienne red and yellow bell peppers, sauté until vegetables are wilted.
Stir in 24 oz. cooked and drained angel hair pasta; toss with 4 tbsp olive oil. Keep warm.

Sautéed Pears with Anisette:

Heat 1 tbsp olive oil in medium saucepan; stir in 1 cup anisette, 4 tbsp grated fresh ginger, 3 ounces chopped shallots and 4 cored and sliced Bartlett pears; sauté until tender.
Remove pears and keep warm.
Meanwhile, deglaze pan with 1 cup chicken stock and 2 cups heavy cream; reduce to sauce-like consistency.

Pork with Ginger and Burgundy

Ingredients:

2 pounds boneless pork loin
1 medium onion, sliced
1 tsp garlic, minced
2 tbsp ginger, grated
1 tbsp parsley, chopped
1 tbsp sugar
1/4 cup dry red table wine
1/4 cup soy sauce
1/4 cup olive oil
1 tbsp sesame oil
1 tbsp minced green onions

Preparation:

Cut pork loin into 16 slices and put into a plastic zip lock bag.
Combine next nine ingredients.
Add to bag and mix well.
Seal bag and chill several hours.
When ready to cook, remove pork slices from marinade, patting dry; reserve marinade.
In small saucepan, boil reserved marinade for five minutes.
Heat broiler or grill.
Grill pork slices close to heat for 2 minutes on each side
Sauce with a little heated marinade.
Garnish with chopped green onions and serve with Chinese Mustard Dipping Sauce (recipe below).

Chinese mustard Dipping Sauce:

Stir together well
4 tsp dry mustard
6 tbsp soy sauce
4 tbsp cider vinegar
2 tsp sesame oil
1 tsp sugar and a little water to taste.

Grilled Pork Loin with Honey and Port

Ingredients:

1 1/2 pounds boneless pork loin
2 tbsp olive oil
1 tbsp kosher salt
1 1/2 cups tawny port 1 cup orange juice
1/4 cup honey
2 tbsp cider vinegar
1/4 cup minced green onions
1 cup dried apricots
1 tsp dried rosemary

Preparation:

Rub pork loin with olive oil and kosher salt.
Place in bowl.
Combine remaining ingredients in saucepan.
Heat to a boil, reduce heat and simmer 5 minutes.
Pour hot marinade over pork; cover and chill for several hours.
Remove pork from marinade, reserving marinade.
Preheat dome-shaped charcoal grill.
Sear all sides of pork roast.
Place on roasting rack.
Cover grill; cook pork to an internal temperature of 150 degrees F., about 35 minutes.
Baste frequently with marinade.
Remove from grill.
Cover and keep warm for 15 minutes.
Reserve all juices.
Heat reserved marinade to a boil, simmer for 5 minutes; add pork juices and simmer a few minutes more.
Slice pork loin to serve; arrange on plates.
Pour warm sauce over slices.

Grilled Tenderloin with Cointreau and Ginger

Ingredients:

1 1/2 pounds pork tenderloin
1/4 cup olive oil
1/4 cup Cointreau or other orange liqueur
3 tbsp minced ginger
2 tbsp soy sauce
1 tsp garlic, minced
2 tbsp green onions, minced
1 tbsp lime juice
1/2 tsp red pepper flakes
1/2 cup beef broth

Preparation:

Place tenderloin in plastic zip lock bag.
Put next eight ingredients in food processor or blender, process until smooth.
Add to plastic bag with pork.
Rub to coat pork well.
Chill for several hours.
Remove pork from bag, reserving marinade.
Preheat charcoal grill.
Grill pork over medium hot coals to an internal temperature of 150 degrees F., about 20 minutes.
Baste frequently with marinade.
Remove from grill.
Cover; keep warm and let rest for 15 minutes.
Reserve all juices.
Combine beef broth with 1/2 cup reserved marinade.
Heat to a boil.
Simmer 5 minutes.
Add pork juices.
Simmer for a few minutes.
Slice tenderloin. Arrange on plates. Pour warm sauce over slices. Garnish with cilantro and orange slices, if desired.

Honey Glazed BBQ Pork Tenderloin

Ingredients:

3-4 whole pork tenderloins
2 cups water
1 cup each of soy sauce, mango chutney, and Hoisin sauce
1/2 cup brown sugar
3 garlic cloves, crushed
3 tbsp ginger root, grated
1 cup honey
4 tbsp dry mustard
Corn Relish (recipe follows)
Apple Bourbon Sauce (recipe follows)
Phyllo Nests (recipe follows)

Preparation:

In large self-sealing bag, mix together all ingredients except pork.
Marinate pork in mixture overnight.
Remove tenderloins from marinade (discard marinade).
Place pork in shallow roasting pan and roast at 450 degrees F. for 20 minutes, or until medium doneness.
Slice to serve.

Corn Relish:

In medium bowl, stir together 1 cup corn kernels, 1 cup sautéed chopped leeks, 1/2 of a red bell pepper.

Apple Bourbon Sauce:

In large skillet heat 2 tbsp oil and stir in 1 diced onion; 4 ounces sliced mushrooms, 4 diced shallots, 3 diced apples, 1 tsp each thyme and sage and 2 tsp black pepper.
Sauté until tender.
Add 4 ounces bourbon, 8 ounces brown sauce and simmer to reduce by 1/3.
Puree mixture in a blender and reserve.

Phyllo Nests:

For each serving, place 2 sheets phyllo dough together.
Brush with hot chilli oil.
Fold corners towards centre to make square nest.
Bake at 400 degrees F. for 5 minutes, until crispy and brown.
Set aside until ready to serve.

To serve:

For each serving, place a Phyllo Nest on plate, spread with a generous dollop of Apple Bourbon Sauce, arrange 3-4 slices of tenderloin atop and garnish with Corn Relish.

Pacific Pork Burrito

Ingredients:

3 pounds boneless pork loin
Marinade (recipe follows)
12 large flour tortillas
2 cucumbers, peeled and seeded
12 leaves leaf lettuce
Fruit Salsa (recipe follows)

Preparation:

Cut pork into stir-fry strips.
Add pork strips to Marinade and refrigerate overnight.
Remove pork from marinade, pat dry and stir-fry until nicely browned.
Warm tortillas.
Cut cucumbers into strips.

Marinade:

In a large self-sealing bag, combine 2 ounces chopped shallots, 1 ounce minced garlic, 1/2 ounce grated fresh ginger, 1 tsp each of ground turmeric, cumin, fennel, coriander and sugar, 2 tbsp unsweetened coconut milk, 1 tsp chilli paste, 1 tsp grated lemon zest and 1/2 tsp salt.

Fruit Salsa:

In large bowl, combine 2 pounds fresh diced pineapple, 1 diced papaya, 1 diced mango, 1 diced red onion, 6 tbsp orange juice and 2 tsp Jamaican jerk spice blend.
Cover and refrigerate up to six hours.

Peppered Pork Chops with Peach-Vinegar Glaze

Ingredients:

2 boneless pork chops 3/4-inch thick
1 tsp seasoned pepper (garlic pepper, lemon pepper or a pepper blend)
1 tsp olive oil
1/4 cup chopped red onion
1/2 (or to taste) jalapeno chilli, seeded and minced
1/4 cup chicken broth
1/4 cup peach jam
1 tbsp balsamic vinegar
Fresh cilantro, chopped, as garnish

Preparation:

Rub chops on both sides with seasoned pepper.
Heat olive oil in non-stick skillet over medium-high heat and cook chops to brown on one side.
Turn chops and add onion and chilli to pan.
Continue to cook, stirring occasionally, until onion is tender, about a minute.
Add broth, jam and vinegar to pan; cover, lower heat and simmer 8-10 minutes. Serve chops with pan sauce, garnished with chopped cilantro.

Pork with Gingered Salsa

Ingredients:

2 pounds boneless pork loin
1/4 cup vegetable oil
1/4 cup soy sauce
1/4 cup red wine vinegar
1/4 cup Gingered Salsa (recipe below)

Preparation:

Prepare Gingered Salsa one day in advance.

Combine all ingredients for marinade; add pork loin and refrigerate for 6 hours.
Remove pork from marinade.
Roast in a 350 degree F. oven for one hour or until internal temperature is 155-160 degrees F.
Remove roast from oven and let rest 10 minutes.
Slice to serve.

Gingered Salsa:

In large bowl, stir together 1 1/2 cups peeled, seeded and chopped tomatoes, 1/3 cup chopped green onions, 1 tbsp grated ginger root, 1/3 cup chopped cilantro, 2 minced garlic cloves, 2 tbsp red chilli oil, 2 tsp sesame oil, 3 tbsp red wine vinegar, 1 tbsp salad oil, 2 tbsp sugar and 1 tsp salt.
Cover and refrigerate for 24 hours to let flavours marry before using.

Pork Tenderloin Stuffed with Shiitake Mushrooms

Ingredients:

4 8-ounce tenderloins
Shiitake Mushroom Stuffing (recipe below)
2 ounces clarified butter
5 ounces applejack
2 ounces apple puree
8 ounce pork stock

Preparation:

With chef's steel, force tunnel in each tenderloin.
Stuff tenderloins with cooled Shiitake Mushroom Stuffing using pastry bag.
Heat clarified butter in sauté pan.
Sear tenderloins on all sides.
Deglaze pan with applejack, add apple puree and stock.
Bring to a boil.
Cover and braise gently for 20 minutes.
Remove tenderloins from sauce, slice on the bias and place atop pan sauce on serving plates.

Shiitake Mushroom Stuffing:

Sauté 2 ounces minced white onion in 2 ounces of clarified butter; add 2 cups diced shiitake mushrooms and 3/4 cup diced tart apples and sauté until tender.
Add 1 tsp each rubbed sage, salt and ground black pepper.
Deglaze pan with 2 ounces of Masala and 6 ounces of chicken stock; reduce to 3 ounces of liquid. Stir in 2 ounces finely chopped pistachios and 1/2 cup fine dry bread crumbs and cook until dry.

Sautéed Pork with Bourbon and Mustard

Ingredients:

1 1/2 pounds boneless pork loin
3 tbsp brown sugar
3 tbsp Dijon mustard
3 tbsp bourbon
1 tbsp minced green onions
1 tsp minced garlic
1 1/2 tsp Worcestershire sauce
1 tbsp cooking oil
1 tbsp butter
Salt, to taste
Pepper, to taste

Preparation:

Cut pork loin into six slices and put into a shallow pan.
Combine next six ingredients.
Add to pan with pork.
Mix well.
Chill several hours.
When ready to cook, remove pork from marinade; reserving marinade.
Heat oil in heavy skillet over medium-high heat.
Sauté pork until well browned on both sides.
Remove from pan and keep warm.
Pour off all oil.
Add marinade to pan; heat to boiling, reduce heat and simmer a few minutes.
Add butter and swirl pan to melt butter.
Season to taste.

Sesame Pork with Mild Chiles

Ingredients:

1 1/2 pounds boneless pork loin
1/4 cup soy sauce
2 tbsp lime juice
2 tbsp tequila
1 tbsp sherry
2 tbsp mild chills, chopped
1 tbsp garlic, minced
1/4 cup sesame paste
2 tbsp ketchup
1 tbsp brown sugar
2 tbsp mild chillies, chopped
2 tbsp ginger, minced
1/4 cup minced green onions
1/3 cup soy sauce
2 tbsp cider vinegar
1 cup orange marmalade
1 tsp sesame oil
1/4 cup sesame seeds, toasted

Preparation:

Place pork loin in plastic zip lock bag.

Process next nine ingredients in food processor; add to bag, seal and chill several hours.

Remove pork from marinade; place in shallow baking dish and reserve marinade.

Roast pork in preheated 350 degree F. oven to an internal temperature of 155 degrees F., about 40 minutes.

Baste frequently with marinade.

Remove pork from oven, cover and keep warm for 10-15 minutes.

Reserve all juices.

Combine next five ingredients in small saucepan; heat to a boil.

Simmer for five minutes. Add marmalade and sesame oil with any juices from the roasted pork loin.

Simmer a few minutes more.

Slice pork loin to serve; pour warm sauce over pork slices.

Garnish with toasted sesame seeds.

Smoked Fusion Chop

Ingredients:

1 5-6 pound boneless pork loin

Marinade:

2 tbsp ground white pepper, chopped fresh parsley, and minced shallots
1 tbsp chopped fresh tarragon, Dijon-style mustard, minced garlic, and sesame oil
1 tsp chilli powder and grated fresh ginger root
2 tbsp olive oil
Seed Crust (recipe follows)
Gingered Yellow and Red Tomato Sauce (recipe follows)

Preparation:

Clean, trim and portion pork loin into 12 6-ounce pieces.
Place pork chops in shallow pan. Combine marinade ingredients together and pour evenly over pork chops.
Cover pan tightly and refrigerate 3-6 hours.
Using stove-top smoker, bring apple wood chips to medium smoke.
Place 6 pork chops on a foil-covered rack in smoker and cover.
Remove smoker from heat and allow pork to smoke for 10-12 minutes or to desired taste.
Remove pork and set aside.
Repeat with remaining pork.
Preheat oven to 400 degrees F. Mark pork chops on both sides on an oiled grill.
Place on sheet pan in oven for 6 minutes; turn chops over and place a layer of Seed Crust on each one.
Return chops to oven for 4 more minutes.

Seed Crust:

In food processor, combine 1 pound unsalted roasted cashews, 2 ounces toasted sesame seeds, 6 ounces toasted bread crumbs, 3 tbsp fresh parsley sprigs, 2 tbsp fresh tarragon leaves, 1 tbsp black pepper, 1 tbsp paprika and 2 tsp each powdered onion and garlic.
Combine well and set aside.

Gingered Yellow and Red Tomato Sauce:

In medium saucepan sauté 2 tbsp minced shallots with 2 tsp minced garlic in 2 tbsp olive oil for 30 seconds.
Deglaze pan with 1/4 cup Calvados, bring to a boil, reduce heat and simmer for 15 minutes.

Add 1/2 cup each peeled and crushed red and yellow tomatoes, season with salt and pepper to taste.
Simmer for 5 minutes.
Remove from heat.

Three-Nut Crusted Pork Tenderloin

Ingredients:

4 whole pork tenderloins
Salt and pepper, as needed
1/4 cup flour
6 eggs
3/4 cup hazelnuts
1 cup pecans
1/2 cup macadamia nuts
1 cup bread crumbs
2 cups All-Bran flakes, crushed
1/2 cup clarified butter
Tomatillo Vinaigrette (recipe below)

Preparation:

Lightly coat tenderloins with flour and dip into beaten eggs.
Finely chop the nuts, mix well with bread crumbs and cereal flakes.
Roll tenderloins in nut mixture to coat well.
Place tenderloins in shallow roasting pan; drizzle with butter.
Roast at 375 degree F. for 20-30 minutes; until golden brown.
Keep warm, slice and serve with Tomatillo Vinaigrette.

Tomatillo Vinaigrette:

Combine 3 cups diced tomatillo
2 cups diced jicama
1 cup diced green apples
1/2 cup each of diced red and yellow bell peppers; set aside.

In a bowl combine 3 cloves minced garlic, 3 ounces fresh orange juice, 1 ounce fresh lime juice and 1/2 cup Champagne vinegar.
Slowly whisk in 1 cup olive oil.
Toss dressing with tomatillo mixture and season with 1/2 cup chopped cilantro and 1 seeded and minced jalapeno pepper.

Truffled Pork Ragout

Ingredients:

4 pounds boneless pork loin
1/4 cup vegetable oil
8 garlic cloves, crushed
1 tbsp fresh thyme, chopped
1 tbsp black peppercorns
1 tbsp Szechuan peppercorns
1 tbsp salt
1/8 tsp ground cloves
1 tsp ground cumin
1 tsp chilli paste with garlic
1 tbsp palm sugar
1 tbsp tamarind paste
1 quart pork stock
1 quart sparkling cider
1/2 cup Riesling
3 tbsp cornstarch
1-2 ounces truffle pieces
3 large Rome Beauty apples, cored and wedged
1 cup each of corn kernels, sliced zucchini and sliced Chanterelle mushrooms

Preparation:

Dice pork loin.

Combine garlic, thyme, peppercorns, salt, cloves and cumin and toss well with pork cubes.

Heat oil in large braising pot.

Brown seasoned pork, in batches if necessary.

Add chilli paste, sugar, tamarind, stock and cider to pan.

Cover and simmer 30-40 minutes.

Combine wine and cornstarch.

Stir into ragout and return to a boil.

Cook 5-8 minutes, stirring.

Remove from heat, stir in truffles, cover and let stand 30 minutes.

Note: Sauce should be syrupy, not thick.

Heat sugar and butter together in large sauté pan.

When mixture begins to caramelize, add apples and sauté until golden.

Remove from heat and keep warm.

Steam corn and zucchini until tender.

Sauté mushrooms in 2 tbsp butter.

Pork Mole over Fettuccini

Ingredients:

2 tbsp canola oil, divided
1 lb lean pork, cut into 1/2 inch cubes
1 medium yellow onion, chopped
1 can (28 oz) diced tomatoes
1–2 tsp Chilli with Garlic Sauce
2/3 cup raisins
1/2 cup chicken broth or water
1/4 cup sliced almonds
4 tsp cocoa powder
1 tsp oregano
1 tsp cumin
Pinch of each: cinnamon, cloves, and nutmeg
Sea salt to taste
16 oz (dry) fettuccini noodles

Preparation:

Heat 1 tbsp of canola oil in large skillet.
Sauté the pork over medium heat, turning often until browned on all sides.
Remove to a plate and set aside.
Using the same skillet heat the remaining tbsp of oil.
Sauté the onion for 5 minutes.
Place the onion in a blender with tomatoes, chilli sauce, raisins, broth, almonds, cocoa powder, oregano, cumin, cinnamon, cloves, nutmeg and salt. Pulverize until almost smooth.
Return pork to the skillet and top with blended sauce.
Simmer over low heat for 15 to 20 minutes.
While pork is simmering, cook the fettuccini according to package instruction.
Adjust seasonings to taste and serve over fettuccini.

Pineapple pound cake

Ingredients:

1/2 cup Shorting
1 tsp baking powder
1 cup margarine
1/4 cup milk
2 2/3 cup sugar
1 tsp vanilla extract
6 eggs
3/4 cup crushed pineapple,
3 cup all-purpose flour undrained
Pineapple glaze (below)

Preparation:

Combine shorting, margarine, & sugar.
Cream till light & fluffy.
Add eggs 1 at a time, beating well after each addition.
Combine flour & baking powder; add to creamed mixture alternately with milk & vanilla, beating well after each addition.
Stir in pineapple.
Pour batter into greased and floured 10" tube pan. Cool in 10 minutes.
Invert onto serving plate; drizzle Pineapple Glaze over top and sides.

Pineapple glaze:

1/4 cup melted margarine
1 cup crushed pineapple
1 1/2 powder sugar

Combine margarine & powdered sugar, mixing till smooth.
Stir in pineapple.

Fusion Peach Salsa

Ingredients:

2 (15-ounce) cans cling peaches, drained and chopped
2 green onions, sliced thin, including tops
2 tbsp lime juice
2 tsp chopped fresh cilantro
2 tsp Asian garlic chilli sauce
½ tsp Asian five spice powder
¼ tsp white pepper

Preparation:

In a bowl, combine the drained, chopped peaches, sliced green onions, chopped cilantro, garlic chilli sauce, lime juice, five spice powder, white pepper.
Mix well.
Chill before serving.

Octopus Aioli

Ingredients:

2kg octopus tentacles
200ml olive oil
40g black olives, crushed (stones left in)
4 cloves garlic, crushed
1/4 bay leaf
1/2 red chilli
4 tsp lemon juice
6 parsley stalks

Aioli:

6 cloves garlic
1 red chilli, sliced
4 fresh coriander roots, washed and chopped
1 tsp sea salt
1 egg yolk
100ml olive oil
4 tsp lemon juice

Preparation:

Peel the skin off the octopus but leave the suckers intact.
Pat dry.
Heat up oil, add the crushed olives and fry until the oil smokes.
Gently gather the small ends of the octopus tentacles and carefully lower into the hot oil to seal quickly.
Reduce the temperature to a minimum and add all other ingredients.
Cover the pan and simmer gently for 35 to 40 minutes.
The octopus should then be as soft as cooked lobster meat.

Aioli:

Pound the garlic, chilli, coriander roots and salt together to make a fine smooth paste.
Put the egg yolk and pounded mixture into a bowl and whisk with a fork.
Slowly add the olive oil, drop by drop at first, whisking constantly to emulsify and create a smooth mayonnaise.
Add salt and lemon juice to taste and set aside.

Fusion Roast Quail

Ingredients:

4 even sized quail
1 tsp five spice powder
1 tbsp light soy sauce
2 tbsp mirin
mire poix
oil

Farce:

2 chicken breasts
4 candlenuts, crushed to a ground
ground pistachio nuts
2 tbsp mirin
milk powder
1 egg white, beaten lightly
1 coriander, finely chopped
1 lemon grass, trimmed and very finely chopped (almost powdered, but not
mush)
1 clove garlic, crushed
½ chilli, de-seeded and cut into brunoise (3 mm)
salt
pepper

Stir-fry:

1 bok-choy, the bottom part julienne leave the leaf as it is
4 mushroom, sliced
½ red capsicum
½ tsp finely chopped ginger
a little oyster sauce
1 tsp soy sauce

Coriander Mousse:

100 ml double cream
1 bunch coriander
a few sprigs mint
salt
pepper

Sauce:

Quail frame and trimmings
600 ml rich game stock

100 ml Shiraz or Cabernet Sauvignon
100 gr mire poix
2 tbsp fish sauce
1 tbsp dark soy sauce
some coriander stalks
a few chunks of cold, unsalted butter

Garnish:

8 quail eggs, hard-boiled and shelled
Hollandaise Sauce
8 Medium-sized vol-au-vent cases
finely chopped parsley
200 gr noodles
butter

Preparation:

First de-bone the quail, slit the meat from the back bone, working your way to the sides; do not break the skin.

Sprinkle with pepper, five spice powder, a little salt, soy sauce, mirin, and oil.

Leave for 4 hours or more, as convenient.

To make the farce:

Mince the chicken breast and mix the rest of ingredients.

Add milk powder and ground nuts to give it nice stiff consistency but not too heavy.

Season well.

Chill until ready to use.

For the sauce:

Brown the quail bones and mire poix in a little oil.

Remove and set aside.

Deglaze with red wine.

Place bones and mire poix in a pot, add coriander stalks, stock and de-glazed juice.

Bring to boil and skim as necessary.

Simmer gently for approximately 1 ½ - 2 hours, until it reduced by half, and coating consistency.

Strain the sauce and return to a clean pot.

Bring to boil and add the soy sauce and fish sauce, place the pot half-off-the heat and when a thick skin forming, skim it.

Season to taste.

Coriander Mousse:

Blanch the coriander leaves and mint sprigs in boiling water for a few seconds.

Refresh in iced water.

Finely chop them.
Whip the cream and add the herbs to it.
Mix well and chill.

When ready to roast the quail, stuff the body of each quail with equal quantities of farce.

Secure the entire gap with toothpicks.

Lift the legs up and tie with a string.

Brush with oil and roast on a mire-poix at 200 C degrees for 25 minutes, until golden brown.

Stir fry the vegetables and season.

Whisk the cream again.

Boil noodles and toss with butter.

Reheat sauce and add chunks of unsalted butter; do not boil.

Fill 4 vol-au-vent cases with almost all mousse.

Stuff the rest of vol-au-vent cases with mousse just on the bottom and fill with quail eggs.

Mask each of quail eggs with hollandaise sauce and with a torch brown them lightly then sprinkle with chopped parsley.

When quails are cooked, remove the toothpicks and string.

Ratatouille

Ingredients

2 tbsp Oil
1 Small Onion diced
1 Garlic clove diced
1 Eggplant small diced.
1 Zucchini Peeled & Diced.
2 Tomatoes Large & firm.
1 Green Bell Peppers Diced.
Salt
1 tsp Ground Cumin Powder
1 tsp Ground Coriander powder
1 tsp Chilli powder
½ tsp Sugar (optional)

Preparation:

Peel the tomatoes by dipping in hot water then cooling in cold water.
Remove the skin, & dice the tomatoes.
Sprinkle salt over eggplant, Zucchini & let stand for 30 minutes.
Drain & pat dry on Paper towels.
Heat Oil in a pan, add onions fry till translucent, add garlic & stir.
Mix in the eggplant, Zucchini & cook.
Add peppers, tomatoes, salt & cover.
After few minutes, open the lid &, add all the powders to combine.
Add water if the veggies stick to pan or too thick.
Adjust the seasoning & Garnish with Cilantro.
Serve as side dish for Rice.

Fusion Rojak

Ingredients:

1 small jicama (sengkuang), peeled, quartered and thinly sliced
1 - 2 unripe green mangoes
Small pineapple, peeled, quartered lengthwise and thinly sliced
1 green apple, quartered, cored and thinly sliced *
1 small (preferably seedless) guava, quartered and thinly sliced
1 star fruit, thinly sliced into stars
2 kiwi fruit, peeled and thinly sliced
1 pomegranate, peel and separate seeds

Dressing:

3 rounded tbsp skinless peanuts
1 rounded tbsp sesame seeds
1 tbsp sweet, dark soy sauce
1 tsp light soy sauce
1 tbsp freshly-squeezed lime juice
1 tbsp sunflower or palm oil
3 tbsp finely chopped palm sugar (gula melaka)
2 tbsp white sugar
2 bird chillies (cilipadi), finely chopped

Preparation:

Layer thinly sliced fruit into a shallow glass dish.
Alternatively, stack them in layers on individual plates or bowls.
Cover and refrigerate until ready to serve.

Fry the peanuts in an oil-free pan over low heat for 15 - 20 minutes, stirring constantly, until crisp and golden.
Remove, cool and chop roughly.
In the same pan, toast sesame seeds over low heat until golden brown (about 5 minutes).
Remove onto a plate.

Dressing:

Combine all the dressing ingredients (apart from the peanuts and sesame seeds) in a small bowl, stirring well.
Add the sesame seeds and half the peanuts.
Serve in a bowl alongside the salad.
The remaining chopped peanuts should be offered as an additional garnish which guests can sprinkle on their salad.

Red Snapper with Wild Mushroom Ragout

Ingredients:

3/4 kilo of red snapper fillets, cleaned, skinned and with all of the bones removed
3 tbsp. "mushroom dust" (recipe follows)
1 1/2 tsp. salt
1 tsp. freshly ground pepper
3 tbsp. olive oil
2 tbsp. shallots, cut in small dice
2 cups forest mushrooms, sliced
1/2 tsp. minced garlic
1/2 cup Pinot Noir, Beaujolais or Golan Village wine
1/2 cup fish fumet
1 tbsp. chives, chopped

Preparation:

In a shallow dish combine the mushroom dust, 1/2 tsp. of the salt and 1/4 tsp. of the pepper.

Dredge the fish fillets in this mixture, coating well on both sides.

In a large sauté pan, heat 1 tbsp. of the olive oil and in this sauté the shallots over a medium heat until they are soft and translucent.

Add the mushrooms and sauté for 2 minutes longer.

Set aside.

In a separate skillet heat the remaining oil and in this fry the fish fillets until well browned (about 2 minutes).

Turn the fish and continue to sauté until the second side is also browned.

Transfer the fillets to a warm platter.

To the skillet add the garlic, wine and fish fumet and over a high heat let boil until the liquid is reduced by half (about 4 minutes).

Correct the seasoning with salt and pepper to taste and then add the chives.

Pour this ragout around the fish and serve at once.

Mushroom Dust:

In an electric coffee grinder pulse 10 grams of dried mushrooms (such as shitake or porcini) until they have been chopped into tiny pieces.

Then let the machine run until they are pulverized into a dry dust, about the texture of corn flour.

Sweet Orange Rice

Ingredients:

1 cup basmati rice
2 cardamom
zest of one orange
pulp of one orange
1.5 cups of sugar
1/2 tsp Kewra water
Food colouring (yellow, a few drops)

Boil 4 cups of water, along with the cardamom and cloves.

Add rice and cook till almost tender.

Drain.

Boil orange zest 5minutes.

Discard liquid.

Melt sugar in 1/2 cup of water, pour over rice.

Add orange zest and pulp and sprinkle with Kewra water.

Turn gently to incorporate, and keep on very low heat until most of the liquid has evaporated.

Serve warm with milk or cream, or cold with cool whip topping.

Stuffed Brussel Sprouts

Ingredients:

20 Brussel Sprouts
Salt
2 tbsp Oil
1 tsp Mustard Seeds

Fry in 1 tsp oil & grind to Powder:

1 tbsp Dhania seeds
1 tbsp Urad Dal
4 Red Chillies
1 tsp salt
1 tsp Hing

Preparation:

Make four slits in Sprouts, so that you can stuff with powder.
Heat Oil in the pan add mustard seeds, when it starts spluttering
Add stuffed sprouts salt cover & cook in low fire.
Keep turning the sprouts frequently so that it doesn't get black.

Millet Squash Casserole

Ingredients:

2 cups millet
6 cups purified water or stock
1 medium butternut or acorn squash
2 cups assorted mixed vegetables, chopped small
¼ cup fresh herbs, minced
Sea salt and fresh pepper to taste

Preparation:

Preheat oven to 375°.

Rinse the squash, slice lengthwise and remove the seeds.

Place face down on a lightly oiled baking sheet and bake until a knife can pass through it easily, approximately 30 – 35 minutes.

Remove from oven and allow to cool.

Scoop squash into a large bowl.

While squash is cooking, rinse and clean millet thoroughly under running water.

Combine with purified water or stock in a medium sized sauce pan on medium high heat.

Bring to a boil, reduce heat, cover and cook until all liquid is absorbed, approximately 25 minutes.

Place in bowl with squash.

Add mixed vegetables, herbs, salt and pepper to the bowl and mix well.

Place in an 8" by 8" casserole dish and bake in oven for 15 minutes.

Salsa Fresca

Ingredients:

4 small Roma tomatoes, chopped
½ Cup Red onion, diced
2 tbsp Cilantro, minced
2 tbsp Lime juice, fresh squeezed
1 tsp Jalapeño, seeded & minced
½ tsp Garlic, minced
½ tsp Sea salt, or to taste
¼ tsp Black pepper, ground to taste
¼ tsp Chilli powder
¼ tsp Cumin powder
Pinch Cayenne pepper

Preparation:

Place all ingredients in a large mixing bowl and mix well.

Shitake Skewers

Ingredients:

Soba and Grilled Shitake:

- 1 lb. fresh shitake
- 1 lb. dry spelt or buckwheat soba noodles
- 1 large carrot, julienne
- 1/2 lb pea shoots or snap peas, sliced
- 1 tsp ginger, minced
- 2 tsp toasted sesame oil
- 1 tsp mirin
- 1 tsp shoyu sauce
- 1 tsp chilli paste
- 2 tsp toasted sesame seeds

Preparation:

Remove the stems from the shitake and thread them on bamboo skewers. Combine the sesame oil, mirin, soy sauce and chilli paste and whisk to combine. Begin cooking by brushing the shitake with the marinade and placing them on the grill.

Grill to taste, approx 5-6 minutes.

Begin cooking pasta, by adding to boiling water and simmering for approximately 8 minutes.

Heat wok and fry the ginger in a little sesame oil for a minute.

When fragrant, add the carrots followed in a minute by the pea shoots or snap peas.

Turn the pea into the hot carrots and remove from heat.

Drain the pasta well and combine with the vegetable sauté, dressing with any extra marinade and possibly an additional dash of shoyu.

Serve the shitake skewers on top of the pasta and vegetables, with a light dusting of sesame seeds.

Barbecued Swordfish with Thai Banana Salsa

Ingredients:

1 1/2 lb Swordfish

Sauce:

3 tbsp Soy sauce; light

3 tbsp Sherry; dry

2 tbsp Oil

2 tbsp Oyster sauce

1 tbsp Honey

Banana Salsa:

2 Bananas; peeled and chopped

1 Red pepper; chopped

1/4 cup Cilantro; chopped

2 tbsp Ginger; minced

2 tbsp Orange juice

2 tbsp Lime juice

2 tbsp Brown sugar

2 tbsp Fish sauce

2 tbsp Thai chilli sauce

Marinate swordfish in barbecue sauce 15 min to 2 hours.

Combine ingredients for banana salsa in a bowl.

Taste and adjust seasonings.

Barbecue swordfish over medium heat for about 8 min.

It is done when it just feels firm to the touch.

Serve with salsa.

Curried Scallops on Pumpkin PolentaCakes

Ingredients:

1/2 cup canned unsweetened pumpkin puree
1 1/2 cups water
2 tbsp heavy cream
1 tbsp unsalted butter
1/2 tbsp honey
Salt
1 1/2 cup polenta (not instant)
1/4 cup vegetable oil, plus more for frying
1/2 tbsp curry powder
16 medium sea scallops
Cilantro leaves, for garnish

Preparation:

In a medium saucepan, combine the pumpkin with the water and bring to a boil. Add the cream, butter, honey and a generous pinch of salt. Add the polenta in a thin stream, whisking constantly. Cook over moderate heat, stirring with a wooden spoon, until thickened and tender, about 20 minutes. Scrape the polenta into a 9-inch-square pan and refrigerate until firm.

In a small saucepan, heat the 1/4 cup of vegetable oil with the curry powder. Pour the curry oil into a small bowl and let cool. Spoon off the yellow oil and discard the curry powder.

Run a knife around the sides of the pan and unmold the polenta. Cut it into 1 1/2 -inch squares; you should have about 32. Heat 1/2 inch of vegetable oil in a large non-stick skillet until shimmering. Fry the polenta cakes in batches, turning once, until deep golden and crisp, about 2 minutes per side. Transfer to a rack set over a baking sheet to drain.

In a large skillet, heat 2 tbsp of the curry oil until shimmering. Season the scallops with salt. Add 8 scallops to the skillet and cook over high heat until browned, about 2 minutes per side. Transfer to a plate and repeat with the remaining scallops and curry oil. Let the scallops cool, then cut them in half crosswise.

Arrange the scallops on the polenta, cut side down, garnish with cilantro and drizzle very lightly with the remaining curry oil. Serve immediately

Fusion Salmon Tortillas

Ingredients:

1 cup fresh or frozen corn kernels
1 cup cooked white rice
1 cup cooked drained black beans
1/2 cup sour cream
1/2 cup plain yogurt
2 tbsp finely chopped canned chipotle chillies in adobo
2 ripe Hass avocados
2 1/2 tbsp fresh lime juice
Salt and freshly ground pepper
3 medium red onions, thickly sliced
2 tbsp pure olive oil, plus more for the grill
Six 6-ounce skinless salmon fillets
1/4 tsp ground cumin
1/4 tsp ground coriander
Six 12-inch flour tortillas

Preparation:

In a small saucepan of boiling water, cook the corn until tender, about 4 minutes; drain and let cool.

Put the corn in a medium bowl and add the rice and beans.

In a small bowl, stir together the sour cream, yogurt and chipotles.

Halve the avocados and scoop the flesh into a bowl.

Add the lime juice and mash until smooth.

Season with salt and pepper and cover with plastic wrap.

Light a grill or heat a grill pan.

Brush the onion slices with the 2 tbsp of olive oil and season with salt and pepper.

Grill the onions over a low fire for about 20 minutes, turning once, until nicely caramelised.

Brush the grill or grill pan with oil.

Season the salmon with the cumin, coriander and salt and pepper.

Put the salmon on the grill and cover.

Alternatively, arrange the fillets on the grill pan and cover tightly.

Grill the fish over a low fire for 8 to 10 minutes, or until cooked through.

Transfer the fish to a plate.

Warm the tortillas on the grill for a few seconds, just until pliable.

For each burrito, spread some of the grilled onions on a tortilla and top with a salmon fillet, some of the rice mixture and avocado and 2 heaping tbsp of chipotle cream.

Fold in the bottom, sides and top of the tortilla to enclose the filling and serve.

Garlic Salmon

Ingredients:

2 tbsp. vegetable oil
4 cloves garlic, minced
1/4 tsp. freshly ground white pepper
1 tsp. sugar
2 tbsp. soy sauce
1/4 kilo fresh asparagus, trimmed so that they are about 12 cm long
1/4 kilo broccoli, cut into floret's
2 fresh salmon fillets, each about 1/4 kilo, skinned

Preparation:

In a small skillet heat 1 1/2 tsp. of the oil over a moderate heat.
Add the garlic and cook, stirring until light brown (about 2 minutes).
Reduce the heat to low and add the white pepper, sugar and soy sauce; cook the mixture, stirring, for about 30 seconds.
Remove from the heat and set aside.
In a steamer over boiling water steam the asparagus and broccoli until bright green and tender (about 2 minutes).
Drain and cover to keep warm.
Preheat the grill.
Place the salmon on a broiler pan and brush with the remaining 1 1/2 tbsp. of oil.
Grill the salmon on one side only until brown and crusty on the outside and slightly translucent in the centre (4 - 5 minutes).
Place the grilled salmon on preheated dinner plates and top with the garlic sauce.
Serve with the warm asparagus and broccoli.

Mediterranean Style Braised Sea Bass

Ingredients:

3 large sweet red peppers
1 kilo fillets of sea bass
1 medium onion, sliced
1/4 cup olive oil
1/4 cup dry white vermouth
pinch of saffron salt and freshly ground pepper
225 gr. angel hair pasta
25 - 50 gr. extra virgin olive oil

Preparation:

Place the peppers on a pan in an oven that has been preheated to 180ø Celsius for about 1 hour.

Remove the peppers from the onion, cover them with a towel and let them stand until completely cool.

Peel and thinly slice the peppers.

In a skillet with an oven proof handle heat the olive oil and in this cook the onions over a low flame.

When the onions soften (about 5 minutes), add the vermouth and saffron.

Let the mixture simmer for 5 minutes longer and then stir in the sliced peppers.

Place the fish on top of the mixture and season it to taste with salt and pepper.

Cover the pan with aluminium foil and bake in an oven that has been preheated to 190 degrees Celsius (375 Fahrenheit) until the fish is done (about 15 minutes).

While the fish is baking, boil the pasta according to the instructions on the package and drain well.

Carefully transfer the fish to pre-warmed serving plates.

Toss the pasta with the peppers and sauce left in the skillet.

Drizzle the fish over with olive oil and serve together with the pasta.

Grilled Swordfish with Three Sauces

Ingredients:

4 2 1/2 cm. thick swordfish steaks, about 1/4 kilo each
salt
yellow Miso sauce (recipe follows)
pickled ginger sauce (recipe follows)
wasabi sauce (recipe follows)

Preparation:

Stir-fried eggplant, broccoli and mushrooms, at room temperature, as garnish
Sprinkle the swordfish steaks lightly with salt on both sides and grill on an oiled grill rack over hot coals, turning once, until the flesh is firm and no longer translucent (about 1 1/2 - 2 minutes per side).

Place the sauces in sturdy plastic bags.

Just before ready to serve the dish, snip a tip off the bag and squeeze patterns of the individual sauces on 4 large serving plates.

Place the fish steaks on top, and serve with stir-fried eggplant, mushrooms and broccoli.

Yellow Miso Sauce

Note: This and the two sauces that follow can be prepared up to 24 hours in advance if covered and refrigerated. Each of the sauces should be served at room temperature.

2 tbsp. dark sesame oil
3 medium shallots, minced
4 cloves garlic, minced
1 1/2 tbsp. finely grated fresh ginger
1 cup chicken stock
2 tbsp. rice wine vinegar
1 medium yellow sweet pepper, cored, seeded and cut into 2 1/2 cm squares
1 1/2 tbsp. yellow Miso
2 tsp. fresh lime juice
salt as required

Heat a small heavy saucepan over a moderately high heat until hot.

Add the sesame oil, shallots, garlic and ginger.

Cook, stirring constantly, for 1 minute, but do not allow to brown.

Add the chicken stock, vinegar and yellow pepper and bring to a boil.

Reduce the heat to moderately low and simmer gently until the pepper is soft (about 20 minutes).

Transfer the mixture to a blender and puree until smooth.
Add the Miso and lime juice and blend well.
Strain through a fine sieve into a small bowl and season to taste with salt.

Pickled Ginger Sauce

2 tbsp. dark sesame oil
3 medium shallots, minced
3 cloves garlic, minced
1 tbsp. freshly grated ginger
1 cup chicken stock
1 medium red sweet pepper, cored, seeded and cut into 2 1/2 cm squares
2 tbsp. pickled ginger, drained (with liquid reserved)
salt to taste

Follow the first step for making Miso sauce (above), and then transfer to a blender.
Add the pickled ginger and puree until smooth.
Strain through a fine sieve into a small bowl; add salt and a few drops of the reserved pickling liquid to taste.

Wasabi Sauce

1 tbsp. wasabi powder
2 tbsp. vegetable oil
3 medium shallots minced
3 garlic cloves, minced
2 hot chilli peppers, stemmed, seeded and minced
2 tbsp. rice wine vinegar
1 cup chicken stock
2 large green sweet peppers, cored, seeded and cut into 2 1/2 cm. squares
1 tbsp. chopped fresh coriander
salt to taste

After dissolving the wasabi powder in 1 tbsp. of water to form a paste set aside.
Using all of the other ingredients except the coriander and salt, follow the procedure for making the above sauces.
After transferring to a blender, add the wasabi paste and coriander blend until smooth and then add salt to taste.

Tea-Smoked Trout with Tomato-Lime Mustard

Ingredients:

2 trout, about 300 gr. each, cleaned and trimmed
1/4 cup uncooked white rice
3 - 4 tbsp. loose black tea
2 tbsp. brown sugar
3 - 4 strips of lime peel
peel of two tomatoes
lettuce for garnish
tomato-lime mustard (recipe follows)

Preparation:

Tear off a square of aluminium foil, crinkle it a little and roll up the edges to form a flat round bowl about 15 cm. across.
Put the rice, tea, brown sugar, lime peel and tomato peel in the foil and place it in the bottom of a heavy saucepan or covered skillet large enough to hold the trout. Oil an unfolding vegetable steamer or flat cake rack and on this place the fish. Cover the pan and place it over a high heat.
Within a minute or two you will start to see wisps of smoke coming from under the cover.
Turn down the heat and let the fish cook in the smoky pan until it is done (about 10 minutes).
When it is cool enough to handle, discard the foil and its contents.
Let the trout cool and cut into fillets.
Discard the bones.
Serve the trout at room temperature on a shallow bed of lettuce with tomato-lime mustard on the side.

Tuna-Lime Mustard

1 tomato, peeled, seeded and chopped finely
1 shallot, chopped finely
1 clove garlic, chopped finely
1 tbsp. olive oil
juice of 1/2 lime
1/4 cup Dijon style mustard with 1 tsp of sugar stirred in

In a small saucepan heat the olive oil and in this cook the tomatoes, shallot and garlic over a moderate heat until the onion is soft (about 15 minutes).
Remove from the heat, add the lime juice and then stir in the mustard. Set aside.
Serve at room temperature..

Soused White Fish

Ingredients:

300g fillet white-fleshed fish
4 tsp sea salt
4 tsp sugar
100ml rice vinegar
50ml sake
50ml mirin
6 slices avocado

Wasabi mayonnaise:

1 egg yolk
1 tsp Japanese horseradish powder (wasabi)
4 tsp rice vinegar
100ml warm peanut oil
50ml sugar syrup (made by boiling together equal quantities of sugar and water)

Preparation:

Prepare the wasabi mayonnaise by whisking the egg yolk, wasabi powder and vinegar together.

Pour in the peanut oil gradually, whisking until the mixture thickens.

Add the sugar syrup, mix well and keep aside.

Clean and trim the fish, removing any bones.

Try to remove the clear outer membrane but leave on the skin.

Sprinkle the fish on both sides with salt and sugar and lay, skin side down, in a dish.

Marinate in the fridge for two hours.

Combine the vinegar, sake and mirin and sprinkle over the fish.

Leave to marinate for at least one more hour.

Cut each slice of avocado in two and fan out on the plates, adding a tbsp of mayonnaise.

Steamed Sea bass

Ingredients:

150g sea bass fillet
1 tsp black olives
1/2 tsp fresh Thai basil
1/2 tsp capers, chopped
150ml fish stock

Tomato vinaigrette:

200g ripe cherry tomatoes
150ml extra virgin olive oil
20ml white wine vinegar
Salt and pepper to taste

Preparation:

Steam sea bass with kalamanta olives, Thai basil, capers and fish stock until the fish is cooked.

Vinaigrette:

Blend all the ingredients in a food processor until smooth.
You will get a creamy and light orange sauce.
Drizzle over the steamed fish and on the plate.

Deep Fried Sea bass With Citrus Sauce

Ingredients:

1 sea bass (cleaned and cut to open up)
5 tbsp flour
1/2 tsp salt
Grated zest of half an orange
1/2 tsp ground pepper
Oil for frying

Citrus sauce:

10 fresh button mushrooms (sliced)
1 orange (peeled and diced)
300ml freshly squeezed orange juice 60g sugar or castor sugar
5 tbsp lemon juice
Zest of 1 orange
100g young ginger, minced
5 bird chillies, finely chopped
3 tbsp rice vinegar
50g spring onions, chopped
3 tsp corn flour
3 tsp juice of orange

Preparation:

Preparing the fish:

Heat oil till hot for frying.
Mix flour with salt, pepper and orange zest.
Dust the fish with the seasoned flour.
Deep fry the fish till golden brown.
Dish out unto a serving plate.
Pour the prepared citrus sauce onto the fish.

Citrus sauce:

Put all the sauce ingredients into a small saucepan and bring to simmering point.
Mix corn flour and orange juice and add to the simmering sauce.
Bring to the boil till the sauce thickens.
Pour onto the fried fish. Sprinkle with the chopped spring onions

Cappuccino of Seafood Soup with Vietnamese Spring Roll

Ingredients:

200g fish fillets, cut into cubes
150g prawns, fresh, cut into cubes
150g scallops, fresh, sliced
100ml Soya Bean Oil
60g shallots, finely sliced
30g garlic, fresh, chopped
50g mushrooms, fresh, Asian & European mix
15g basil leaf, fresh, finely sliced
1.5 ltr Chicken Broth
500ml milk, fresh
Salt and freshly ground
Black peppercorn, to taste
Sesame oil, to taste

The Vietnamese Spring Roll:

20 pcs rice paper
200g glass noodles, blanched, drained
10 spg coriander (Chinese parsley), leaves, fresh
150g bean sprouts, fresh, blanched
15 pcs prawns, jumbo, fresh
100g chicken meat, cooked & shredded
10 portion lettuce, iceberg
10 pcs mango, fresh, cut into strips
Spicy Chilli Peanut Sauce
300g Satay Sauce, prepared
50g Chilli Sauce
1 tsp chilli flakes

Preparation

Sauté shallots and garlic till fragrant
Add mushrooms, basil leaves and seafood mix.
Add Chicken Broth (prepared). Bring to a boil and simmer for 2-3 minutes.
Purée in a blender. Season to taste.
Warm milk and use a cappuccino maker to blow in hot air.
Ladle hot soup into cappuccino cup.
Top with foamy milk.
Sprinkle with chives and serve immediately with Vietnamese spring roll and spicy chilli peanut sauce.

Vietnamese Spring Rolls

Working with 1 sheet of rice paper at a time, dip into a bowl of warm water. Remove quickly and spread it out flat.

Lay a small amount of bean sprouts, glass noodles, shredded chicken and mango strips on top of the lettuce on the rice paper

Roll up the rice paper half way into a cylinder.

Lay 3 prawn halves along the crease.

Keep rolling the rice paper into a cylinder shape.

Place spring rolls on a plate and serve with spicy chilli peanut sauce

Dreamy Salad

Ingredients:

Cube:

1 avocado
1 just ripe mango
200g yellow honey melon
200g watermelon
1 Fuji apple
2 chicken sausages
200g chicken breast meat steamed and diced

Wasabi mango dressing:

½ cup mayonnaise
100ml plain yoghurt
1 tbsp wasabi
Freshly ground black pepper
A little lemon juice
Sugar and salt to taste
Dash of pepper
1 tsp finely chopped mint leaves
1 tbsp finely chopped nori

Preparation:

Combine all cubed fruits in a salad bowl and chill in the refrigerator. (After the apple is cut, squeeze some lime juice over it to prevent discolouration.)

Grill the sausages, then cut into cubes.

Combine sausage cubes and diced chicken in a bowl.

Add the wasabi mango dressing and toss.

Serve immediately

5-spice salad

Ingredients:

1 tbsp plus 1 tsp unrefined (not toasted) sesame oil, divided
1/2 tsp Chinese 5-spice powder
Salt, to taste
1 lb boneless, skinless chicken breasts
4 oz soba noodles
8 cups washed and torn romaine lettuce
1/3 cup extra virgin olive oil
2 tbsp rice vinegar
2 tbsp lemon juice
1 tsp Dijon mustard
1/2 tsp wasabi powder
1 large clove garlic, minced
Sea salt, to taste
Ground black pepper, to taste
1 can (8 oz) diced water chestnuts, drained and rinsed

Preparation:

Mix 1 tbsp of sesame oil with the 5-spice powder and salt.
Rub on all sides of each chicken breast. Let the chicken rest in the refrigerator while preparing the noodles.
Cook the soba noodles according to package instructions.
When finished cooking, drain and toss with the remaining tsp of sesame oil to prevent noodles from sticking together.
Cool in the refrigerator while grilling chicken.
Grill the chicken over medium heat, turning once until cooked through.
While chicken is cooking, prepare the dressing by whisking together the olive oil, vinegar, lemon juice, mustard, wasabi, garlic, salt and pepper.
In a salad bowl, combine noodles with torn romaine.
Toss with the prepared dressing.
Slice the chicken into strips and layer across the top of the salad.
Garnish with water chestnuts.

Sunrise Smoothie

Ingredients:

1 Cup Almond milk, fresh coconut milk, rice or soy milk, or fresh fruit juice, to desired consistency
½ Banana, fresh or frozen
1 medium Papaya
2 cubes Frozen orange juice
2 Frozen strawberries

Preparation:

Place all ingredients in a blender and blend until smooth, adding additional liquid to reach desired consistency.

Stuffed Broiled Tomatoes

Ingredients:

1 large tomato
1 portabella mushroom
Kosher salt
1 tbsp extra virgin olive oil
1/2 tsp dill
1/4 tsp black pepper
1 tbsp goat cheese

Preparation:

Slice the top off the tomato.

Scrape out the seeds, leaving all the chambers intact.

Sprinkle liberally with kosher salt and turn upside down onto a rack positioned over a plate.

Let drain for about 15 minutes.

In the meantime, chop up the portabella roughly and place in a food processor.

Pulse a few times until it's chopped into few fine little bits.

Heat up oil in a pan, add the mushrooms and cook for three minutes.

Sprinkle with kosher salt, dill (dried works fine) and a few grinds of fresh black pepper.

Add the drained juice from the tomato and cook for another minute.

Heat the broiler.

Stuff the chambers of the tomato with the sautéed mushroom and top with the goat cheese.

Broil for six minutes.

Beef and Pea Tortilla

Ingredients:

1 lb ground beef
1 package frozen peas
Spices to taste: ginger, cumin, garlic, onion powder, salt, black pepper
1 tbsp of tomato pesto
2 tbsp of plain yogurt
3 green olives, sliced
Some shredded cheese
1 tortilla

Preparation:

Brown the ground beef.
Add the spices and incorporate thoroughly.
Add the frozen peas and cook until they are no longer frozen.
Add the tomato pesto, stir through thoroughly and remove from heat.
Warm the tortilla in a microwave for a couple of seconds.
Add the shredded cheese and sliced olives.
Spoon on the meat mixture, then top with the yogurt.
Roll up Tortilla.

Tomato and Star fruit Salsa

Ingredients:

Ingredients

2 ripe but firm tomatoes (250 g)
1 small star fruit
1 small onion (70 g), finely chopped
1 handful fresh basil, oregano or mint, shredded
1 tbsp freshly-squeezed lime juice
1-2 tbsp olive oil
1 level tsp salt
Generous grind of black pepper

Preparation:

Cut tomatoes and star fruit into small, neat dice.
Place in a bowl and stir in the rest of the ingredients.
Transfer into a small serving bowl surrounded with corn chips or potato crisps
and serve immediately.
(Salsa can also be made up to an hour ahead and kept chilled until ready to
serve.)

Tuna Carpaccio

Ingredients:

1/2 kilo fresh tuna in a single slab about 3 1/2 cm. thick
1 tsp. Dijon mustard
1/2 Tbsp. cracked black peppercorns
1 Tbsp. poppy seeds
2 Tbsp. olive oil that has been flavoured with basil lemon wedges for serving
shavings of Pecorino Romano cheese, for serving

Preparation:

Trim off any of the dark areas of the tuna.
Spread both sides with a thin film of the mustard.
Combine the pepper and poppy seeds on a flat plate and press them into the tuna on both sides.
Wrap the coated tuna smoothly in a sheet of aluminium foil.
Heat a heavy non-stick skillet over a medium heat.
Place the tuna in the pan and cook for 1 1/2 minutes, turn and cook for 1 minute on the second side.
Remove from the pan and refrigerate until 1 hour before ready to serve.

Pepper Crusted Tuna Recipe.

Ingredients

4 Tuna steaks - about a 1/2 lb. each
1/4 cup Oil
1/2 tsp salt
1 tsp black peppercorn crushed
1 tsp green peppercorn crushed
1/2 tsp white peppercorn crushed
1/2 tsp pink peppercorn

Preparation:

Heat a heavy frying pan or a cast iron pan over high heat for 3 to 5 minutes.
Place the oil on a plate.
Place the crushed peppers on a separate plate.
Dip the tuna in the oil making sure both sides are coated.
Dip the oil coated tuna in the pepper covered plate.
Make sure each side is lightly crusted.
Sprinkle each side with salt to taste.
Place the tuna in the heated pan and cook on each side for 1 1/2 minutes.
Cover the pan and remove from the heat.
Let the tuna sit for 3 to 5 minutes before serving.

Chai Tea Tiramisu

Ingredients:

4 tbsp Tiger Spice Chai mix, divided
7 ounces hot water
1/4 cup mascarpone cheese
4 ounces neufatel cheese
1/8 cup sugar
2 tbsp brown sugar
24 lady fingers
Cinnamon

Preparation:

Add 7 ounces of water to two tbsp of the Chai powder.

Stir, then chill until cooled.

Cream mascarpone, neufatel, sugar and one tbsp of the Chai powder with 2 tbsp of the cooled Chai mix.

Blend until smooth, set aside.

Dip 12 lady fingers into the cooled Chai mix, one at a time, placing them in a glass baking dish, covering the bottom.

Spread half of the cheese mixture on top.

Add another layer of dipped lady fingers.

Top with other half of cheese mixture. Sprinkle top liberally with cinnamon.

Chill 2 hours before serving.

Vegetable Hot-Pot

Ingredients:

1 Potatoes sliced thinly
1 Onions chopped
1 Leeks chopped
1/2 Cup Carrots chopped
1/2 Cup Cauliflower florets
1/2 Cup. Broccoli florets
1/2 Cup Turnip chopped
2 Garlic chopped
1 tbsp Corn flour
3 Cups Vegetable stock
2 tbsp Oil
1 tsp Chilli powder
1/2 tsp Cumin ground
1/2 tsp Sage chopped
1 Cup Cheddar Cheese grated

Preparation:

Pre-heat the oven to 375°F.
Wash all the veg & drain.
Slice Potato thinly into rounds.
Cook in boiling water for 5 minutes & drain.
Heat oil in a pan, add garlic, onion, leeks & fry till translucent.
Mix in all the veg, salt, chilli, cumin & cook covered for a few minutes.
Mix the corn flour with stock, & add to the veg.
Add sage.
Bring to boil.
Transfer to oven-proof dish.
Layer with Potatoes rounds on top.
Sprinkle with Cheese & bake for 8-9 minutes till potatoes are brown & cheese melts.

Vegetarian Ceviche with Lime and Tofu

Ingredients:

2 lb firm or extra firm tofu
2 tbsp vegetarian Worcestershire sauce
4 large tomatoes, seeded and chopped
1/2 cup freshly squeezed lime juice
1 cup cilantro, chopped
1 small jalapeno, seeded and minced
Sea salt, to taste
1 small red onion, finely chopped
1 medium green pepper, finely chopped
2 tbsp fresh ginger root, peeled and minced
2 cloves garlic, minced
1 cup canned coconut milk

Preparation:

Preheat oven to 400°F.

Drain the tofu.

Cut into 1-inch cubes and pat dry with a paper towel.

Mix tofu with Worcestershire sauce.

Spread tofu out evenly on a parchment-lined cookie sheet and bake for 30 minutes, turning tofu over once in the middle of baking.

Cool to room temperature.

When tofu has cooled, mix together all remaining ingredients in a large bowl.

Add the tofu cubes and toss gently.

Allow the flavours to blend in the refrigerator for at least 2 hours to overnight before serving.

Fusion Wrap

Ingredients:

- 3 sliced, cooked chicken breasts
- 1 8-ounce package of cream cheese.
- 2 tbsp Ranch dressing
- 1 tbsp Dijon mustard
- 4 12-inch tortillas, pitas, naan or other flatbread
- 4 cups Romaine and Chinese lettuce (or Bok Choy)
- 3 sliced plum tomatoes
- 1 cup sliced Shitake mushrooms

Preparation:

- Mix mustard, dressing and cream cheese.
- Spread flavoured cream cheese mixture over wrap.
- Spread the lettuce over the cheese layer.

Place sliced tomatoes, chicken and mushrooms across one end and roll it up like sushi.

Wrap the wrap tightly in waxed paper, folding over the ends.

Zucchini & Mushroom Stir-fry

Ingredients:

1 Peeled & Cubed. Zucchini
10 Cubed. Mushrooms
1 Chopped Finely. Onions
1 minced Garlic Clove
Salt & Pepper
1 tsp Cumin Powder
2 tsp Oil

Preparation:

Heat a pan with oil, Add Onions & fry till translucent.
Stir in garlic.
Mix in Zucchini, Mushrooms & Salt.
Cover & cook for about 5 minutes.
Add Pepper & Cumin Powders.
Adjust the seasoning & serve as a side dish.

Zucchini Fried

Ingredients:

1 lb. Zucchini small
4 tbsp Oil
Salt & Paprika

Preparation:

Trim edges & cut Zucchini lengthwise.
Sprinkle with salt & Paprika.
Heat Oil & pan fry the Zucchini.
Turn both sides & fry till golden brown.
Drain on Paper towels & serve with Humus

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