

Show 33: *The Traveling Chef Returns*

Asian Pilaf Rice

3 1/2 cups chicken broth or bouillon
1 cup frozen mixed vegetables
1 tbsp dark sesame oil
1 tbsp soy or teriyaki sauce
1 tsp each of minced ginger and minced garlic
1/2 cup dice onions
2 cups converted long-grain rice

In a large saucepan, sauté onion, garlic and ginger.. Stir in rice, add chicken broth, cover, reduce heat to low and simmer gently until rice is tender and water is absorbed, from 22 to 25 minutes. Add vegetables 10 minutes into the cooking. Serve half of mixture hot and refrigerate half in a resealable bag for an oriental salmon-rice salad for lunch, if you like. Seal bag once mixture has chilled.

Tira Misu Torte (Pick Me Up)

5 eggs, separated
Pinch of salt
3/4 cup sugar
3/4 cup flour
2 tbsp warm water
1/3 cup chopped almonds
3 packets mascarpone cheese
1 packet gelatin
1/2 cup Kahlua or Tia Maria
1 cup cold espresso coffee
3 egg yolks
1 tsp lemon rind
1 cup white sugar
1 package ladyfingers
3 squares semi-sweet chocolate, grated

Preheat oven to 350. Beat egg white with salt till stiff. On high speed beat egg yolks, water and sugar till mixture turns pale. Slowly fold in almonds, flour and the egg whites. Grease 9 inch cake spring form with cooking spray and add mixture. Place into preheated oven and bake for 25 minutes. Take from oven let cake sponge rest for 2 minutes. Remove cake from the baking form and place onto a wire rack. Let it cool down completely.

Beat egg yolks with the sugar and lemon until well mixed. Add the mascarpone and continue to beat until smooth. Dissolve gelatin over a few tablespoons of warm water and add it slowly to the mascarpone.

Dip the ladyfingers one by one (and quickly or they will get soggy) in the coffee, Kahlua mixture and put a single layer onto the inside of a round spring form rim. Cut the sponge twice and place one layer onto the bottom. Brush or drizzle with coffee and Kahlua mixture till well soaked. Pour third the cheese mixture over the sponge. Place another layer of sponge over cheese mixture and slightly press it down. Repeat brushing sponge and using a third of the cheese twice till you used it all up. Using a potato peeler cut chocolate curls on top of cake.
Chill for 4 - 6 hours and enjoy!

Trout Almandine

2 filets of trout boneless
2 tbsp milk
2 eggs
1 tsp salt
1/8 tsp black pepper
1/2 cup flour
2 sticks of butter or
-margarine
1/2 cup chopped almonds
Juice from 1 lemon
1 tbsp Worcestershire
1/2 stick butter

Season fish with salt & pepper. Coat with flour and dip filets in milk and egg mixture, press almonds onto skinless side. Melt butter or margarine in skillet and cook filets, browning evenly on both sides. Remove fish from skillet, add lemon juice and Worcestershire and cook for 2 minutes. Take off heat and add butter. Spoon sauce over fish and serve hot.

Baked Asparagus with Balsamic Sauce

1 Bundle Asparagus
1 tsp kosher salt
1 tbsp olive oil
1/2 cup balsamic vinegar
1/8 cup soy sauce
2 tbsp brown sugar
1/2 stick cold butter

Preheat oven to 425. Place washed and asparagus onto baking tray. Season with salt and sprinkle with olive oil. Bake asparagus 10 -12 minutes and the asparagus tips will get light brown and crunchy. Add vinegar, soy sauce and brown sugar into a saucepan and cook on medium heat till reduced to a 1/3. Take off heat and slowly stir in cold butter. Drizzle sauce over the baked asparagus.