

Show 38: *Wok on the Wild Side*

Asian Slaw

Mint wows the crowd!!

2 Cups shredded purple cabbage
2 Cups shredded green cabbage
4 scallions (3 inches of green left on)
 thinly sliced on the diagonal
1 T sesame seeds
2 T sugar
2 T olive oil
3 T ice vinegar (or cider vinegar)
Salt & freshly ground black pepper, to taste
¼ Cup toasted slivered almonds
1 T chopped fresh mint leaves
6 large fresh mint sprigs, for garnish

Toss the two cabbages together.

Heat the slivered almonds stove top, using Pam and being very careful so they don't burn.

Mix the remainder of the ingredients together, add the almonds and pour over cabbages. Toss the allow marinate to infuse cabbage for several hours prior to serving.

Can be served room temperature or cold.

Asian-Style Orange Chicken

2 T soy sauce
2 t brown sugar
2 T ghawed orange juice concentrate
2 garlic cloves, minced
1 t. finely grated orange zest
1 t. minced fresh ginger
1 t. kosher salt
½ t. freshly ground pepper
eight ½ chicken breasts, skinless

Preheat oven to 350. In a medium bowl, combine the soy sauce with the brown sugar, orange juice concentrate, garlic, orange zest, ginger, salt and pepper. Add the chicken breasts to coat. Transfer the chicken to backing dish.

Turn after 30 minutes. Continue baking for 20 minutes. Broil for 5 minutes. Slice on the diagonal and serve up!

Rum Raisin Rice Pudding

For this recipe, think “rum raisin ice cream”, because it borrows its flavor from the popular Haagen-Dazs ice cream.

¾ cup raisins
2 T. dark rum
¼ Cup white basmati rice
½ t. kosher salt
5 cups half-and-half, divided
½ cup sugar
1 extra-large egg, beaten
1 ½ t. pure vanilla extract

In a small bowl, combine the raisins and rum. Set aside.

Combine the rice and salt with 1 ½ cups water in a medium heavy-bottomed stainless steel saucepan. Bring it to a boil, stir once, and simmer, covered, on the lowest heat for 8 to 9 minutes, until most of the water is absorbed. (If your stove is very hot, pull the pan halfway off the burner.)

Stir in 4 cups of the half-and-half and sugar and bring to a boil. Simmer uncovered for 25 minutes until the rice is very soft. Stir often, particularly toward the end. Slowly stir in the beaten egg and continue to cook for one minute. Off the heat, add the remaining cup of half-and-half, the vanilla and the raisins with any remaining rum. Stir well. Pour into a bowl, and place a piece of plastic wrap directly on top of the pudding to prevent a skin from forming.

Serve warm or chilled.

If the pudding becomes too thick after it's refrigerated, stir in more half-and half.