

Creative Cooking

S2 PROGRAM 2

AROUND THE WORLD IN 7 DAYS!
NICOLE BRAXTON • DCC0000014

ASIAN CUISINE



GINGER COCONUT SOUP

INGREDIENTS

- 3 cups unsweetened coconut milk
- 2 tsp chicken style seasoning
- 3 cups water
- 2 lemon grass, cut into 3 parts
- 4 tsp fresh ginger
- 2 fresh kaffir leaves
- ½ cups soy curls (soak for 10 minutes in warm water, drain when done)
- ½ cup corn cornels
- 2 tsp chili garlic sauce
- 2 lime wedges
- salt to taste
- chicken style seasoning for additional flavor
- shredded thai basil (garnish)

INSTRUCTIONS

Bring the broth to a boil. Now add lemon grass, kaffir leaves and ginger. Cover and let it simmer on medium-low for 10 to 15 minutes. Then add coconut milk, corn, soy curls, chili garlic sauce and simmer for 10-15 minutes. Pour the soup into serving bowl, squeeze 1 lime in each bowl and add the Thai basil in each bowl.

FRIED RICE WITH PEANUT SAUCE

INGREDIENTS

- 3 cups brown rice
- 3 tsp sesame oil
- 1 Tbsp vegetable oil or water
- 1 red bell pepper (chopped)
- ¼ cup broccoli
- 1 cup chopped carrots
- 1 chopped onion
- 3 garlic cloves (minced)
- 1 cup sliced cabbage
- 2 tsp
- 2 Tbsp soy sauce

INSTRUCTIONS

Cook the brown rice according to the measurement proportions listed on the package and set aside. Now sauté onions and garlic. Then add the fresh vegetables to be sautéed. Then add the rice and add soy sauce. Rectify seasonings as needed and top with peanut sauce.

PEANUT SAUCE

INGREDIENTS

- 1 Tbsp fresh garlic (minced)
- 1 Tbsp Amino Braggs sauce
- 3 Tbsp fresh lemon juice
- ½ cup crunchy peanut butter
- 1 tsp fresh cilantro
- ½ tsp sesame oil
- 1 Tbsp honey
- oil as desired
- more honey if desired

INSTRUCTIONS

Bring ingredients into a bowl and mix thoroughly with a whisk.