

Island Sizzling Steak

Chef Dale

Ingredients:

3 piece, 3-4 oz. each, New York or Sirloin steak filet
3 tbsp. mac nut oil if you choose to sauté

Marinade:

1/8 cup A1 steak sauce
1 lime - juiced (preferably local island limes)
2-3 lime tree leaves - minced
1 tbsp. fresh ginger root - peeled and grated
1 tsp. Cajun spice
1 tsp. fresh rosemary spice - plucked and minced
1 tsp. mustard seeds
1 tsp. cracked black pepper
1/2 tsp. Hawaiian red rock salt
1 tbsp. coconut flakes - shredded

Garnish:

1 large portabella mushroom (1/2 inch slices)
2 tbsp. butter
2 cloves garlic - finely minced
3 dashes Tobasco sauce

Add all marinade ingredients into a bowl and wire whisk together. Marinate meat for at least 30 minutes, then broil steak or pan sear in a sauté pan or wok with 3 tbsp. of mac nut oil until cooked to choice. Slice at an angle then against the grain into thin strips. Meanwhile, sauté the garnish ingredients on medium heat until mushrooms are tender. Drizzle over the plated steak. Serves one.



Thai Sweet Shrimp Curry

Chef Dale

Ingredients:

5-7 pieces shrimp - peeled and deveined
3 tbsp. olive oil
2 pieces fresh garlic - peeled and chopped
1 piece shallot - peeled and minced
1 tbsp. fresh lemongrass - chopped
10 pieces fresh Thai basil leaves - plucked and thinly sliced
3-4 sprigs fresh thyme - plucked and chopped
1 tsp. turmeric - finely minced
1 whole lime - juiced
2 tbsp. Thai sweet chili sauce
1/2 cup coconut milk
1 tbsp. patis fish sauce
2 tbsp. Mae Ploy yellow curry paste

Vegetables:

1/2 of a whole egg plant - julienned
1.4 of a whole purple or Maui onion - julienned
1.4 of a whole yellow bell pepper - julienned
1.4 of a whole orange bell pepper - julienned
6 straw mushrooms

In a pan or wok, heat on medium heat the olive oil, garlic and shallots, shrimp and lemongrass. After a few minutes, add in the Thai basil, thyme, turmeric, Thai sweet chili sauce, coconut milk, and patis fish sauce. Simmer for a few minutes until gently boiling. Add curry paste and simmer for about 5-7 minutes. Add all vegetables. Cook until vegetables are al dente. Serves one.



HOME GARDEN RECIPES

Spices

Sizzling Vegetables

Chef Dale

Ingredients:

1/2 zucchini - sliced into thick wedges
1 piece yellow squash - sliced into thick wedges
1 piece red bell pepper - sliced into thick wedges
1 portabella mushroom - cut into 3 pieces

Marinade:

3 tbsp. olive oil
1/4 cup balsamic vinegar
10 sprigs fresh thyme - plucked
1 whole lime - zest off all rind and squeeze out the juice
2 pinches white pepper

Pan sauté on medium heat. Sauté until golden brown and tender. Serves three.



Asian Fused Frenched Pork Chop

Chef Dale

Ingredients:

1 piece 7-8 oz. pork chop - frenched (cleaned to the bone)
5-7 sprigs enoki mushrooms - for garnish

Marinade:

1/2 cup soy sauce
1/2 cup sugar
2 tsp. ginger root - peeled and grated
3 cloves garlic - minced
1/3 cup Japanese sake
1/2 of 1 lemon - juiced
2 tbsp Chinese parsley (cilantro) - minced

Combine all marinade ingredients in a bowl. Using a wire whisk, mix until all sugar is dissolved and all ingredients are thoroughly mixed. Put 1/3 cup of marinade into a sauce pan. Keep on the side until ready to hear for final plating. To the marinade that is left place the pork chop into the mix and let soak for 15-20 minutes. Broil frenched pork chop making diamond markings on both sides of the chop. Place in a pie pan and back at 400 degrees for about 10-15 minutes or until done to your liking. Heat the 1/3 cup of marinade in the sauce pan. Reduce (boil) until thickened. Place the cooked pork chop on the center of the plate and drizzle the heated sauce in a zig-zag line over the pork chop. Garnish with sprigs of cilantro and enoki mushrooms. Serves one.



Kamakaze Sake Surprise

Chef Dale

Ingredients:

- 1 - 8 oz. chicken breast, skinless, boneless
- 1 tbsp. Karo syrup
- 1 tbsp. sugar
- 2 tbsp. sweet soy sauce
- 1 tsp. fresh ginger - sliced into thin slivers
- 3 tbsp. Sake (rice wine)
- 1 tsp. fresh lemongrass - minced
- 1 whole lemon - rind and juiced
- 1/4 of a whole red bell pepper - cut julienne
- 1 big pinch radish sprouts (for garnish)

Combine all ingredients except red bell peppers and radish sprouts. Stir well using a wire whisk. Add chicken breast to marinade. Marinate for 30 minutes or longer. Broil until done. Make diamond design on chicken breasts before broiling. Keep turning chicken until fully cooked. Place chicken in center of plate. Using julienne cut red bell peppers, sprinkle all around plate. Make a nest of the radish sprouts on top of the chicken. Serves one.



Three Peppercorn Medley Marinade

Chef Dale

Ingredients:

- 1 - 8 oz. New York or Rib Eye steak filet
- 1 sprig fresh rosemary (pluck off stem) - finely mince
- 1 tsp. hawaiian red salt
- 1/2 tsp. crushed red peppercorns
- 1/2 tsp. crushed white peppercorns
- 1/2 tsp. crushed black peppercorns
- 1 pinch ground cayenne pepper

garnish:

- 1 clove garlic
- 2 tbsp. olive oil
- 2 tbsp. butter
- 4-5 pieces button mushrooms (slice thin)

Add all ingredients into a bowl. Mix well until all ingredients are evenly mixed. Sprinkle and press dry marinade onto each filet. Broil filet to your preference. Then, saute all garnish ingredients together and pour over broiled filet. Serves one.



Cauliflower Tomato 'Salad'

- 1 head Cauliflower
- 2 Tomatoes (pick a tasty variety of your choice)
- 1/4 C. Sour Cream OR Plain Non-Fat Yogurt (your choice of brands)
- 1+ tsp. Fresh Dill (finely chopped)
- Pepper to taste

Clean and separate cauliflower 'florets'. Steam for @ 10 minutes (want to be al dente). Cut tomatoes into bite-size pieces. Blend dill with yogurt. Toss in bowl with cauliflower and tomato. Add pepper to taste. Lightly chill before serving.



HOME GARDEN RECIPES

Spices

Curried Shrimp Salad

from Jane Brody's Good Food Book

Salad:

- 1 cup Cooked Shrimp
- 1/2 cup Raisins
- 1/4 cup Coarsely chopped Cashews
- Salt, if desired
- Freshly ground Pepper to taste
- 1/4 cup Finely chopped Green Onions

Dressing:

- 1 tsp. Oil
- 1 tsp. Curry Powder
- 1/2 tsp. Finely minced fresh Ginger
- 1/3 cup Plain Low-fat Yogurt

Heat oil, add curry powder and cook mixture for 30 seconds to eliminate "raw" taste of curry. In a medium bowl, combine curry powder/oil mixture with ginger and yogurt. Add shrimp, raisins, cashews, salt, pepper and 2 T. green onions. Toss thoroughly. Before serving, bring shrimp mixture to room temperature. Garnish with remaining green onions. Serves 2 main dish servings.



Dill Dip

This is a sauce/dip for vegetables. Good on par-boiled broccoli and cauliflower, carrot sticks, celery sticks and cucumbers. It also goes good with bell peppers if you like them.

- 1 cup sour cream (with chives optional)
- 2/3 cup mayonnaise (I used Best Foods)
- 1 Tbsp dried onion flakes
- 1 Tbsp dried dill
- 1 Tbsp bon appetit seasoning salt by McCormick (salt, monosodium glutamate, celery seed & onion).*
- 1 Tbsp finely chopped green onions

Mix and let sit for a couple of hours or longer. This gives the onions and bon appetit* time to flavor the mayo & sour cream. Stir again just before serving. The dip will be thick but very good. * Can substitute Spice Island's Beau Monde (no MSG?)



Fresh Citrus - Ginger Cooler

Ingredients

2 orange slices
2 lime slices
1 lemon slice
2 oz. spring water
2 oz. ginger water*
1 oz. natural Florida cane simple syrup* or 1 packet of Stevia
1 oz. Belvedere Pomarancaz Vodka
1 oz. Belvedere Citrus Vodka

In a mixing tin, muddle orange, lime and lemon slices together. Add ice. Add ginger water, spring water, vodka and sweetener. Shake well. Pour into tall glass. Add ice if desired. Garnish with orange twist and candied ginger.

Ginger Water

1 6 in. piece of fresh ginger root
32 oz. spring water
Peel ginger and cut into small cubes. Place cut up ginger into food processor, and puree for 7-10 seconds. Water should be pale yellow, with small pieces of ginger in it. Place ginger water into a glass container, and store in refrigerator. Mixture will continue to infuse as it rests.

Florida Simple Syrup

Using Florida natural cane sugar, mix equal parts sugar and water, and boil until sugar dissolves. Let cook and add to sweeten beverages. As an alternative to sugar, use Stevia, a natural sweetening herb that is available at any natural foods store.



Fresh Ginger-citrus Cooler Pitcher

Ingredients

2 oranges
2 limes
1 lemon
30 oz. spring water
15-20 oz. ginger water (depending upon how you like it)
3/4 cup simple syrup (add more, or less, to taste or sweeten with Stevia)
1 cup orange vodka
1 cup citrus vodka

Juice oranges, limes and lemon. Place juice in large pitcher. Add remaining ingredients and refrigerate for several hours. Add ice just before serving. To serve, pour over ice into tall glasses and enjoy!



HOME GARDEN RECIPES

Spices

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Ingredients

1 tsp. dried Bay leaves
1 tsp. dried Mint leaves
1 tsp. ginger, ground

Mix herbs. Infuse 1 tsp. of mixture in 1 cup boiling H₂O. Steep 5-8 minutes or to taste.



Ann's Ginger Drink

For about a mug-full of juice:
1/2 inch ginger (more or less to taste)
juice of 1/2 or whole lime or lemon (more or less to taste)
water (to fill mug)
sugar, honey, or stevia to taste

Squeeze juice of lemon or lime into mug. Add water. Grate ginger and add to mug. Add water to almost fill mug if needed. Let steep for a few minutes. Squeeze and strain out ginger fibers if desired. Add sugar, honey, or stevia to taste. If a warm drink is desired, the drink may be heated before serving. Otherwise the drink may be served chilled or at room temperature.



Sesame Chicken Salad with Snow Peas

1/2lb. snow or sugar snap peas
2 tbsp sesame seeds
1/4 cup olive oil
2 tsp sesame oil
3 tbsp lemon juice
1-1/2 tbsp soy sauce
1-1/2 tbsp white wine vinegar
3 cloves garlic, minced
1 tbsp fresh ginger, minced
3-3-1/2 cup shredded, cooked chicken breast
1 cup celery, thinly sliced
1/3 cup fresh cilantro leaves

Cook snow peas until bright green. Immerse in ice water until cold. Drain and dry. Stir sesame seeds in fry pan, medium heat, until golden (2-3 mins.) Mix sesame seeds, both oils, lemon juice, soy sauce, vinegar, garlic and ginger. In large bowl mix chicken, celery, cilantro and dressing. Mound chicken salad on peas. Garnish with green onions and tomatoes. Serves four.

