



Asian Dinner Party

Thai Spiced Nuts

Asian Pork Tenderloin

Curried Bok Choy Salad Sushi Rice Salad

Lime Ginger Squares

THAI SPICED NUTS

- | | |
|---------------------------------|--|
| 1/4 cup (50 mL) honey | 1 1/2 cups (375 mL) natural almonds |
| 4 tsp (20 mL) green curry paste | 1 1/2 cups (375 mL) pecan halves |
| 2 tsp (10 mL) oil | 1 1/2 cups (375 mL) roasted salted cashews |
| 3/4 tsp (3 mL) salt | 1/3 cup (75 mL) shredded coconut |

In a bowl, combine honey, green curry paste, oil and salt. Add almonds, pecans, cashews and coconut and mix until completely coated. Spread in a single layer in a greased 10x15 inch (25x38 cm) jelly-roll pan. Bake at 300°F (150°C), stirring once, for 30 minutes or until nuts are golden brown; cool. Stir nut mixture frequently while it is cooling. Store in a cool dry place for up to 1 week or freeze for up to 1 month. **Yield:** 6 cups (1.5 L).

ASIAN PORK TENDERLOIN

- | | |
|------------------------------------|---------------------------------------|
| 2 tbsp (25 mL) hoisin sauce | 1 1/2 tsp (7 mL) grated fresh ginger |
| 2 tbsp (25 mL) ketchup | 2 cloves garlic, finely chopped |
| 2 tbsp (25 mL) soy sauce | 2 pork tenderloins (1 lb/0.5 kg each) |
| 1 tsp (5 mL) hot Asian chili sauce | |

Combine all ingredients except pork. Spread mixture over pork. Place pork in a parchment paper-lined roasting pan. Bake at 400°F (200°C) for 35 - 40 minutes or until a meat thermometer registers 160°F (70°C). Let stand 5 minutes before slicing. Serves 8.

CURRIED BOK CHOY SALAD

- | | |
|--|--|
| 1/3 cup (75 mL) apple cider vinegar | 1 tbsp (15 mL) butter |
| 1/3 cup (75 mL) soy sauce | 8 cups (2 L) thinly sliced bok choy |
| 3 tbsp (40 mL) packed golden brown sugar | 1 cup (250 mL) shredded carrot |
| 2 tbsp (25 mL) oil | 1/2 cup (125 mL) diagonally sliced green onions |
| 1 tbsp (15 mL) peanut butter | 1 red bell pepper, thinly sliced |
| 1 tsp (5 mL) curry powder | 1/2 cup (125 mL) coarsely chopped roasted salted cashews |
| 1/2 tsp (2 mL) red pepper flakes | |
| 1 pkg (100 g) Asian noodle soup mix | |

To prepare dressing, puree first 7 ingredients (vinegar through red pepper flakes) in a blender until smooth; set aside. Crumble noodles from soup mix; reserve seasoning packet for another use. Melt butter in a frypan; add noodles. Cook over medium heat, stirring frequently, until lightly toasted. Transfer noodles to a large bowl; cool to room temperature. Add remaining ingredients (bok choy through cashews) to noodles. Pour dressing over salad and toss to coat. Serve immediately. Serves 8 - 10.

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

■ Edmonton area 420-1010 ■ Lloydminster toll-free 1-306-825-5010 ■ Other locations in Alberta toll-free 1-877-420-9090

To purchase cookbooks, call the order desk toll-free 1-800-840-3393.

For cooking ideas and great recipes, visit our website at www.atcoblueflamekitchen.com.

SUSHI RICE SALAD

- | | |
|--|---|
| 2 cups (500 mL) water | 1 tsp (5 mL) grated fresh ginger |
| 2 cups (500 mL) Japanese sushi rice,
rinsed and drained | 3/4 tsp (3 mL) wasabi paste |
| 1 tsp (5 mL) salt | 1 clove garlic, finely chopped |
| 1/2 cup (125 mL) rice vinegar | 1 cup (250 mL) julienned seeded English
cucumber |
| 1 tbsp (15 mL) oil | 1/4 cup (50 mL) finely chopped red onion |
| 1 tbsp (15 mL) sesame oil | 1 tbsp (15 mL) sesame seed, toasted |
| 1 tbsp (15 mL) soy sauce | 1 sheet nori, julienned |

Bring water to a boil in a medium heavy saucepan; add rice and salt. Reduce heat; cover and simmer for 17 - 20 minutes or until liquid is absorbed and rice is tender. Remove from heat, uncover and cool to room temperature. To prepare dressing, whisk together next 7 ingredients (vinegar through garlic). Combine rice, cucumber, onion, sesame seed and dressing in a bowl. Sprinkle nori over top. Serve immediately. Serves 6 - 8.

Preparation Tip: The ATCO Blue Flame Kitchen used Kokuho Rose rice in this recipe.

LIME GINGER SQUARES

- | | |
|---|---|
| 1 cup (250 mL) flour | 1/2 tsp (2 mL) baking powder |
| 1/4 cup (50 mL) packed golden brown sugar | Dash salt |
| 1/4 tsp (1 mL) salt | 3 tbsp (40 mL) fresh lime juice |
| 1/3 cup (75 mL) butter, chilled and cubed | 1 tbsp (15 mL) grated lime peel |
| 1/2 cup (125 mL) chopped pecans | 1/2 tsp (2 mL) vanilla |
| 2 eggs | 3 tbsp (40 mL) finely chopped crystallized ginger |
| 3/4 cup (175 mL) sugar | Icing sugar |
| 2 tbsp (25 mL) flour | |

Line an 8 inch (20 cm) square baking pan with foil, leaving a 2 inch (5 cm) overhang; grease foil thoroughly. To prepare crust, process 1 cup (250 mL) flour, brown sugar and 1/4 tsp (1 mL) salt in a food processor just until combined. Add butter and pecans. Process, using an on/off motion, until a coarse meal forms. Press mixture into prepared pan. Bake at 350°F (180°C) for 25 minutes or until golden brown. Meanwhile, whisk together next 8 ingredients (eggs through vanilla). Remove pan from oven and immediately pour egg mixture over hot crust. Sprinkle with ginger. Bake at 350°F (180°C) for 25 minutes or until set. Cool in pan on a rack. Using foil as an aid, lift square from pan. Gently peel off foil. Dust with icing sugar; cut into squares. Refrigerate for up to 4 days. May be frozen.