



## **THAI SPICED NUTS**

### **Ingredients**

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

### **Method:**

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. Makes 6 cups (1.5 L).





## **ASIAN PORK TENDERLOIN**

### **Ingredients:**

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

### **Method:**

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**

### **Ingredients:**

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

### **Method:**

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.





## **SUSHI RICE SALAD**

### **Ingredients:**

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

### **Method:**

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.

Cook's Note: The ATCO Blue Flame Kitchen used Kokuho Rose rice in this recipe.







## **LIME GINGER SQUARES**

### **Ingredients:**

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

### **Method:**

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.

