

ASIAN GREENS WITH GINGER MISO DRESSING

Dressing:

- 1 (2-inch) piece fresh ginger, coarsely chopped
- 2 TBS white miso
- 3 TBS tahini (sesame paste)
- 1/2 cup water
- 3 TBS fresh lemon juice

Salad:

- 5 ounces baby Asian salad mixed greens with mizuna
- 1 small radish, sliced into 1/8-inch-thick rounds
- 1 carrot, cut into 2-inch-long slender sticks
- 2 green onions (white part only), chopped

For the dressing, place ginger, miso, tahini, water and lemon juice in a blender and blend until completely smooth. The consistency should be similar to cream. Strain the dressing through a fine sieve to remove ginger fiber.

For the salad, divide greens among serving plates. Arrange radish and carrot on top, then sprinkle with scallions.

Drizzle one to two tablespoons of dressing over each salad and serve. Delightful mizuna recipe.

Cold Sesame Pak Choi

- 2 cups pak choi, roughly chopped
- 2 2/3 green onions, sliced
- 1 tablespoon soy sauce
- 1 tablespoon mirin or 1 tablespoon rice wine vinegar
- 2/3 pinch sugar
- 1 1/3 tablespoons dark sesame oil
- 1 1/3 tablespoons sesame seeds

1. Steam or boil pak choi to desired doneness (we like ours to still be a bit firm).
2. Drain choi in a colander and use a wooden spoon to push the choi against the sides of the colander and squeeze out as much water as possible.
3. Once choi is as dry as possible, whisk together soy sauce, vinegar, sugar and green onions in a glass or ceramic bowl. Add choi and toss to coat.
4. Allow to chill in the fridge for one hour.
5. Just before serving, add the sesame oil and sesame seeds and toss to coat. Enjoy!

Orange Romaine Salad

1/4 cup red wine vinegar

3/4 cup vegetable oil

1 tablespoon honey

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1/4 cup chopped green onion

3 oranges, peeled and thinly sliced

1 large head romaine lettuce, torn into bite-size pieces

1. In a small container with a tight-fitting lid, combine the vinegar, oil, honey, salt, pepper and green onion. Close the lid, and shake vigorously to blend.

2. Place the romaine lettuce into a large serving bowl. Sprinkle with dressing and toss to coat. Add orange slices and toss gently. Serve immediately.

Spicy Pac Choy in Garlic Sauce

Ingredients:

1 pound pac choy

1 tablespoon vegetable oil

1 tablespoon sesame oil

1/4 cup water

1 teaspoon grated fresh ginger root

2 cloves garlic, minced

1 tablespoon oyster sauce

1 tablespoon light soy sauce

1 tablespoon brown sugar

1/8 teaspoon crushed red pepper flakes

(optional)

1. Trim off the ends of the pac choy and chop, keeping the white parts separate from the green as they will need to cook longer. Rinse and spin or pat dry. Set aside.

2. In a small bowl or cup, stir together the vegetable oil and sesame oil. In a separate larger bowl, stir together the water, ginger, garlic, oyster sauce, soy sauce, brown sugar and red pepper flakes. Set this aside.

3. Heat the oil in a large skillet or wok over medium-high heat. Add the pac choy stems first; stir fry for a few minutes or until the pieces start to turn a pale green. When stems are almost cooked, add the leaves; cook and stir until leaves are wilted, 1 to 2 minutes. Remove from the heat and transfer the pac choy to a serving dish. Pour the sauce into the skillet or wok, and set over medium-high heat. Cook, stirring constantly, until sauce has thickened slightly, about 3 minutes. Pour over the pac choy and toss lightly to coat.

Wilted Arugula and Pear Salad

serves 2

4 large handfuls of arugula (about 12 ounces)

1 tablespoon olive oil

1 tablespoon white balsamic vinegar

1 barely ripe pear

3 ounces of soft blue cheese

Salt and pepper

Heat a large skillet over medium heat with the olive oil. Lightly saute the arugula until just wilted. Toss with the vinegar. Arrange on two plates. Slice the pear thinly and lay over the arugula, then crumble the cheese over and season with salt and pepper.

Spinach

- 2 large bunches of spinach, about 1 lb
- Olive oil, extra virgin
- 3 cloves garlic, sliced
- Salt to taste

1 Cut off the thick stems of the spinach and discard. Clean the spinach by filling up your sink with water and soaking the spinach to loosen any sand or dirt. Drain the spinach and then repeat soaking and draining. Put the spinach in a salad spinner to remove any excess moisture.

2 Heat 2 Tbsp olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 1 minute, until the garlic is just beginning to brown.

3 Add the spinach to the pan, packing it down a bit if you need to with your hand. Use a couple spatulas to lift the spinach and turn it over in the pan so that you coat more of it with the olive oil and garlic. Do this a couple of times. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.

4 After 2 minutes of covered cooking the spinach should be completely wilted. Remove from heat. Drain any excess moisture from the pan. Add a little more olive oil, sprinkle with salt to taste. Serve immediately.