

Dinner and A Book Episode #509

Menu:

Ladda's Recipe for Yellow Curry
Moroccan Carrot Salad
Apple and Cabbage Salad
Wine and Berry Compote

Recipes:

Ladda' Recipe for Yellow Curry

2 to 2-1/2 pounds boneless, skinless chicken breast, bones removed.
1 large onion, thinly sliced
1/3-cup peanut oil
1 heaping tablespoon yellow curry paste, mixed with 1/4-cup water, dash fish sauce.
1 (14 to 16 oz) can coconut mild
2 medium potatoes, peeled and cubed

Cut chicken into desired size. Rinse well, and pat dry with paper towel. Set aside. Heat oil in a large skillet. Sauté onion in hot oil, stirring constantly until soft. Stir in Curry paste, continue to cook 2-3 minutes until fragrant; add dash of fish sauce. Add chicken to pot, stirring constantly until chicken turns white and all ingredients are mixed.

Add half of the coconut mild and stir until mild boils. Lower heat and simmer for 15 minutes. Add cubed potatoes and rest of the coconut milk. Simmer for 15 minutes. Serve with rice and condiments like nuts, cucumbers, yogurt, chopped hard-boiled eggs, chutney and bananas, all in separate bowls. Serves 4

Apple and Cabbage Salad

1/4 head green cabbage, chopped
1 cucumber, diced
2 red apples, cut into wedge
1/4 cup chopped onion
2 carrots, peeled and diced
1/4-cup raisins

Dressing:

1/3-cup vegetable oil
1/2-teaspoon garlic salt

2 tablespoons vinegar
2 tablespoons mayonnaise
2 teaspoons dill weed

In a large serving bowl, toss vegetables together. In a cruet or screw-top jar, mix dressing ingredients together thoroughly. Pour over salad and toss. Serves 6.

Spicy Moroccan Carrot Salad

1 1/2 pounds carrots, peeled and cut diagonally into 1/4-inch ovals
3 tablespoons freshly squeezed lemon juice
2 tablespoons granulated sugar
1-teaspoon olive oil
1 clove garlic, pressed
1/4-teaspoon ground cumin
1/4-teaspoon ground cinnamon
1/4-teaspoon ground ginger
1/8-teaspoon salt
Dash ground red pepper
1/2-cup raisins

In a 4-quart saucepan, bring 2 quarts water to a boil. Add carrots and let return to a boil. Cook about 2 minutes, until tender-crisp. Drain well and let cool slightly. In a large bowl, whisk together juice, sugar, oil, garlic, cumin, cinnamon, ginger, salt and red pepper; add carrots and raisings; toss. Refrigerate about 3 hours until chilled. When ready to serve adjust spices to suit the guests. Leftovers can be served the following day. Serves 6.

Wine and Berry Compote

1 to 1-1/2 pounds (4 to 6 cups mixed fresh berries)
1/4 cup granulated sugar
1 cup red wine
6 tablespoons fresh lemon juice
1-cup water
1 vanilla bean

Wash and drain berries, remove any stems; set aside. Combine remaining ingredients in a small saucepan. Bring to a boil; cook, stirring, until sugar is dissolved and liquid is reduced to 1-1/4 cups. Remove bean; scrape seeds into syrup (or use liquid vanilla). Pour syrup into large bowl; add berries, stirring to mix. Cool several hours in refrigerator to blend flavors. Serve cold in individual glass dessert bowls or cups.

You can develop a CIA dinner by asking everyone to wear dark suits and sunglasses. Invite everyone to speak in hushed tones.