

Eggplant Roulades

Sicillian Style



INGREDIENTS:

2 each small eggplants
Salt and black pepper to taste
2 each eggs
1 tablespoon milk
1 ounce parmesan cheese, grated
½ cup flour
Olive oil for frying

Filling

1 ounce olive oil
½ cup onions, finely diced
4 cloves garlic
½ cup mixed peppers, finely diced
2 each anchovies, minced
6 each black olives, minced
1 tablespoon pine nut, toasted, minced
4 tablespoons parmesan cheese, grated
2 tablespoons parsley, chopped
1 tablespoon basil, chiffonade
1 tablespoon mint leaves, chiffonade
3 tablespoons dry bread crumbs
18 slices mozzarella, 2 ½ by 1 inch or smaller
1 pint Frutta di Orta marinara sauce
1 cup Knorr ® Vegetable Base prepared

METHOD:

Peel and slice eggplant 1/8 inch thick, season with salt and pepper.

Mix egg with milk and the 1 ounce of parmesan cheese for egg wash. Dredge in flour then egg wash. Pan fry on both sides until lightly browned, place on absorbent paper to drain.

Heat 1 ounce olive oil in sauté pan, add onions, garlic and mixed peppers, cook for about 1 minute. Place in mixing bowl. Add remaining ingredients except cheese and marinara sauce.

Spoon filling onto eggplant slices, roll them tightly. Place in oven proof dish and top with mozzarella cheese slices. Bake in hot oven until heated through and cheese is melted. Serve with hot marinara sauce thinned out with Knorr ® Vegetable Base.



Grilled Shrimp on Sugar Cane



INGREDIENTS:

3 each shallots, minced
1 tablespoon fish sauce
1 tablespoon sugar
1 teaspoon garlic, minced
½ teaspoon white pepper
1 pound shrimp, peeled and deveined, patted dry
2 each scallions, chopped
2 ounces Hellmann's® Mayonnaise
1 can sugar cane, 20 oz can

METHOD:

IN chilled food processor bowl, place dry shrimp and puree.

Add fish sauce, sugar, garlic, pepper and green onions, puree fine. Add Hellmann's® Mayonnaise, blend well.

Test small amount for seasoning. Cut sugar cane in 1/4s. Take two tablespoons of mixture and form a ball, push sugarcane through center and taper top and bottom to sugar case. Place on oiled plate.

Steam two to three minutes then finish on grill. Serve with rice vermicelli, table salad and sweet chile sauce.

(Make shrimp patties for sliders or shrimp burger and serve on toasted baguette with chili lime mayonnaise, marinade carrots and cucumber and table herbs for a great sandwich)



Rigatoni with Eggplant and Bread Crumbs



INGREDIENTS:

1 each medium eggplant, cut into 1 inch cubes
2 cups milk
1 cu extra virgin olive oil
1 cup fresh bread crumbs
1 pound rigatoni
1 pint Fruti Di Ortta Marinara Sauce
4 ounces Knorr ® Chicken Base Prepared
¼ teaspoon red pepper flakes, grated
¼ cup ricotta salatta
Parmesan reggiano

METHOD:

Place diced eggplant in milk for 30 minutes. Drain eggplant and pat dry.

Meanwhile, toast breadcrumbs in 2 tablespoons of the olive oil, when golden transfer to bowl and hold on the side.

Wipe out pan; add remaining oil, heat over medium to high heat. Add about half of the eggplant and fry to golden brown about 8 minutes, drain and transfer to a bowl. Repeat with remaining eggplant.

Cook pasta in large pot of boiling salted water. Add red pepper to marinara sauce and prepared base and heat.

Drain pasta, add to bowl of eggplant, add marinara sauce, ricotta and bread crumbs, and toss well.

Garnish with Parmigianino and serve.



Siagon Beef Stew with Lemon Grass and Anise



INGREDIENTS:

- 3 tablespoons vegetable oil
- 2 tablespoons annatto seeds

- 2 tablespoons chopped shallots
- ½ tablespoon chopped garlic
- 2 pound beef chuck roast, cut into 1 ½ inch cubes
- 3 cups boiling Knorr ® Chicken Base, prepared
- 2 stalks lemon grass, lightly crushed with the back of knife, cut into 3 inch pieces
- 2 tablespoons fish sauce
- 1 tablespoon soy sauce
- 1 tablespoon sugar
- 4 whole star anise (Toasted and Ground)
- 1 tablespoon curry powder
- 2 teaspoons chopped fresh red chiles, or dried chilies, to taste
- 3 carrots cut on the diagonal into ½ inch rounds (about 3 cups)
- ¼ yellow onion, sliced paper thin
- ½ cup Asian basil leaves

METHOD:

Heat vegetable oil in saucepan over moderate heat. When hot, add annatto seeds and remove from heat immediately. (Seeds should foam upon contact but not burn.) Steep about 10 minutes then strain oil and discard the seeds.

Heat half of the annatto oil in a medium pan over moderate heat. Add half of the shallots and half of the garlic and stir until fragrant, about 30 seconds. Add beef and stir until slightly seared, about 5 minutes. Add chicken stock, lemon grass, fish sauce, soy sauce and sugar and bring to a boil. Cook until beef is tender, about 40 minutes, skimming occasionally.

Heat remaining annatto oil in a small saucepan over moderate heat, add remaining shallots, garlic, curry powder, chilies and anise powder and stir until fragrant, about 1 minute. Set aside until ready to serve.

Fifteen minutes before beef is done, add carrots and cook until beef and carrots are tender. Stir in the spice mixture and transfer to a serving bowl. Garnish with onions, cilantro and basil.



Vietnamese Beef Noodle Soup

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INGREDIENTS:

2 pounds beef shank
6 quarts water
1 ounce Knorr ® Beef Base
1 ounce Knorr ® Chicken Base
1 each 4 inch piece of ginger root bruised with a knife, pan roasted
3 each shallots, pan roasted
4 tablespoons sugar
4 each cloves
1 stick cinnamon, toasted
6 each star anise, toasted
1/3 cup fish sauce
Black pepper to taste
1 pound dried rice noodles, cooked

ACCOMANIMENTS:

1/2 pound thin slices raw beef, sirloin
1 pound bean sprouts
4 ounces sweet onion, thinly sliced
4 each green onions, sliced
1/2 cup cilantro, torn
12 each Thai basil sprigs
2 each limes, wedged
10 each Thai bird chiles, sliced

METHOD:

In stock pot bring beef, water up to simmer. Skim the scum and foam that forms on top.

Add roasted ginger, shallots and simmer for about 1 1/2 hours. Continue to skim top of stock pot during cooking process. Remove beef when tender.

Add star anise, cinnamon and cloves, simmer about 1/2 hour. Strain and season to taste.

In a warm bowl, place some cooked noodles that have been reheated, a few thin slices of cooked and raw beef, ladle boiling broth over and add a few slices of yellow and green onions, cilantro, bean sprouts, chiles, basil and a squeeze of fresh lime.



Vietnamese Pomelo Salad

INGREDIENTS:

1 cup fresh Pomelo wedges, shredded or red grapefruit wedges
1/2 cup sweet onions thinly sliced, soaked in ice water
1/2 cup cucumber, julienned
16 each cooked shrimp, split lengthwise
2 ounces Knorr® Sweet Red Chili Sauce
1 each Thai Chili
1 clove garlic, crushed
3 tablespoons sugar
2oz. water
2 tablespoons lime juice
5 tablespoons fish sauce
1/2 cup Asian basil, fresh
1/2 cup cilantro leaves, whole, fresh
1/4 cup chopped peanuts



METHOD:

Blend garlic, sugar, water, lime juice, chilies and fish sauce, make sure sugar dissolves.

Drain off onions and add to pomelo, add cucumbers, shrimp and Knorr® Red Sweet Chili Sauce and blend.

Add dressing that was prepared; add 1/3 of dressing at a time to make sure it is not too liquidly

Tear basil and cilantro and add to mixture. Plate on some lettuce leaves and garnish with chopped peanuts and some fresh basil.



Vietnamese Sandwich with Five-Spice Chicken



	Ingredients	Amounts
<i>Marinade</i>		
	Shallots, chopped	3 Tbsp
	Garlic, minced	1 Tbsp
	Soy sauce	2 Tbsp
	Fish sauce	1 Tbsp
	Sugar	1½ Tbsp
	Five spice powder	1 tsp.
	Knorr ® Chicken Base	½ Teaspoon
	Chicken Breast or Thigh Meat Boneless and Skinless	4 each 3
	ounces pieces	
	Vegetable oil	2 Tbsp.
<i>Sandwich assembly</i>		
	Baguette pieces, 6", split lengthwise, half of the centers hallowed out	4 ea.
	Hellmann's ® Mayonnaise	½ cup
	Marinated Daikon Radish and Carrots, completely drained	2 cups
	Yellow onion, thinly sliced and rinsed	¼ ea.
	Cilantro sprigs	8 ea.
	Hothouse cucumber halved lengthwise and cut into long strips (6" long, ¼" thick)	½ ea.
	Jalapeño thinly sliced (optional)	1 ea.
	Salt and pepper	

Method

1. Flatten out Chicken Breast or thigh meat between plastic wrap
Combine the shallots, garlic, soy sauce, fish sauce, sugar, five spice powder, Knorr ® Chicken Base, oil and star anise in a shallow glass baking tray and stir until well blended. Add the Chicken pieces and toss several times. Allow to marinate for at least 1 hour.
2. Grill or Sauté Chicken brown on both sides until cooked through
3. Spread the inside of each baguette with 2 tablespoons Hellman's mayonnaise, and then layer from the bottom up with Chicken, 1/3 cup marinated vegetables, 2 onion slices, 2 cilantro sprigs, 2 cucumber spears, and 2 jalapeño slices. Sprinkle 1 teaspoon soy sauce on top, then garnish with some ground pepper and serve immediately.

