

ASIAN

SWEET AND SOUR THAI BEEF SALAD (MAKES 4)

INGREDIENTS	QTY	NOTES
ROAST BEEF	200GM	VERY THINLY SLICED
CARROT	1 NOS	PEELED & SHREDDED
ROMAINE LETTUCE	½ NOS	WASHED & FINELY CHOPPED
CUCUMBER	½ NOS	PEELED, SEEDS & THINLY SLICED
SHALLOT	3 NOS	FINELY CHOPPED
CORIANDER	1 TBSP	FINELY CHOPPED
THAI BASIL	1 TBSP	FINELY CHOPPED
THAI DRESSING:		
SWEET CHILLI SAUCE	3 TBSP	STRAINED TO REMOVE THE CHILLI
GARLIC	2 CLOVES	PEELED & CRUSHED
FISH SAUCE	5 TBSP	
LIME	3 NOS	JUICE EXTRACTED

METHOD:

FOR THAI DRESSING:

-COMBINE ALL INGREDIENTS

FOR SALAD:

-COMBINE CARROT, ROMAINE, CUCUMBER AND SHALLOT

-TOP WITH MEAT SLICES

-GARNISH WITH BASIL & CORIANDER

-DRIZZLE DRESSING

PS (AT HOME WE ADD SOME CRISPY SHALLOTS AND CRUSHED PEANUTS. THE SHALLOT LOSE THEIR CRISPINESS WHEN PACKED WITH THE SAUCE).

FRESH SPRING ROLL (MAKES 4)

INGREDIENTS	QTY	NOTES
ROUND RICE PAPER WRAPPER	12 PCS	
MINT LEAVES	50GM	PICKED & WASHED
CHICKEN BREAST	400GM	SHREDDED & COOKED (OR COOKED & PEELED PRAWNS)
LETTUCE LEAVES	12 NOS	
RICE VERMICELLI	400GM	COOKED
FRESH BEAN SPROUT	3 CUPS	WASHED, HEAD REMOVED
DRESSING:	200ML	
RICE VINEGAR	4 TBSP	
FISH SAUCE	4 TBSP	
WATER	110 ML	
BROWN SUGAR	1 TBSP	
GARLIC	1 CLOVE	PEELED & CRUSHED
CARROT	1 TBSP	PEELED & GRATED

METHOD:

DRESSING:

- BRING VINEGAR, WATER, FISH SAUCE AND SUGAR TO BOIL.
- LET COOL COMPLETELY. ADD GARLIC AND CARROT.
- SAUCE NEEDS TO BE PACKED ASIDE FROM THE SPRING ROLL.
- CAN BE KEPT UP TO 1 WEEK IN THE REFRIGERATOR.

FOR ROLLS:

- DIP (NOT SOAK) RICE PAPER IN ROOM TEMPERATURE WATER AND PLACE ON FLAT SURFACE. (AT HOME I USE SPRAY BOTTLE TO "HUMIDIFY" THE RICE PAPER).
- TOP WITH CHICKEN AND MINT. TOP WITH LETTUCE LEAF FOLLOWED BY VERMICELLI AND BEANSPROUT.
- CLOSE THE SIDES FIRST THEN ROLL TO CREATE THE SPRING ROLL.

ASSORTED MELON SALAD (MAKES 4)

INGREDIENTS	QTY	NOTES
ROCKMELON	1 CUP	PEELED, SEEDED & CUBED IN 3CM/3CM/3CM
WATERMELON	1 CUP	PEELED, SEEDED & CUBED IN 3CM/3CM/3CM
HONEYDEW	1 CUP	PEELED, SEEDED & CUBED IN 3CM/3CM/3CM

METHOD:

- COMBINE THE MELON OR MAKE A SMALL PATTERN BY PLAYING WITH ALTERNATIVE COLOURS
- CHOOSING RIPE MELONS WILL MAKE THIS A REAL TREAT.

