

Miso Caramel Glazed Salmon

Prep Time: 10 minutes - Cook Time: 10 minutes - Servings: 2

Ingredients:

- 2 tablespoons maple syrup
- 2 tablespoons red or white miso
- 2 tablespoons of tamari or soy sauce
- 2 tablespoons unseasoned rice vinegar
- ¼ teaspoon crushed red pepper flakes (optional)
- 1 tablespoon olive oil
- 2 five oz salmon filet
- ½ bunch scallions, diced
- 1 tablespoon sesame seeds

Instructions:

1. Whisk maple syrup, miso, tamari, vinegar, and ¼ tsp. red pepper flakes in a small bowl to combine.
2. Heat oil in a medium nonstick skillet over medium. Season salmon with salt and place in skillet skin side down.
3. Cook, shaking pan occasionally to redistribute oil in skillet, until skin is very crisp and deep golden brown, 7–9 minutes.
4. Turn salmon and continue to cook just until very lightly browned on the flesh side (by this point it should be nearly cooked through), about 2 minutes longer.
5. Transfer salmon to a plate and remove excess fat from skillet. Reduce heat to low and add glaze; cook, stirring occasionally, until it begins to thicken, about 1 minute.
6. Taste and adjust seasoning. Return salmon to skillet.
7. Baste salmon with glaze and cook, basting occasionally, until glaze evenly coats fish, about 1 minute longer.

Chef's Tips: *Double the glaze if desired. If you want to reduce the salt, do so by adding water to mellow out the flavors. Add a cornstarch slurry (1 tablespoon cornstarch:2 tablespoons of water) to thicken if desired.*

Sushi Rice

Prep Time: 10 minutes - Cook Time: 30 minutes - Servings: 2

Ingredients:

- 1 cup short-grain sushi rice
- 1 teaspoon kosher salt
- 2 tablespoons unseasoned rice vinegar
- 1½ teaspoons of sugar

Instructions:

1. Rinse rice several times with cold water in a colander until water runs clear.
2. Drain well. Transfer to a small saucepan.
3. Add a pinch of salt and 1¼ cups cold water.
4. Bring to a boil over medium-high heat.
5. Stir rice once, cover, and reduce heat to low. Cook until water is evaporated and rice is tender, 18–20 minutes.
6. Remove from heat and let sit, covered, for 10 minutes.

Chef's Tips: *Don't skip the rinsing! The excess surface starch can make the rice too sticky and clump together. Rinsing it also removes any rice bran or particles from processing.*

Asian Tacos

Prep Time: 10 minutes - Cook Time: 10 minutes - Servings: 3-4

Ingredients:

- ½ head of lettuce, shredded
- 10 mini corn tortillas
- 1 tablespoon olive oil
- 1 pound ground chicken
- 8 - cloves garlic
- 1 onion, diced
- ¼ cup hoisin sauce
- 1 tablespoon minced ginger
- 1 cup of water chestnuts
- ½ bunch green onions, diced
- 1 red bell peppers
- 2 tablespoons soy sauce

Instructions:

1. Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat.
2. Stir in garlic, onions, chestnuts, hoisin sauce, soy sauce, rice wine vinegar, ginger and until onions have become translucent, about 1-2 minutes.
3. Stir in bell peppers and green onions until tender.
4. Serve in tortillas with lettuce and various toppings.

Chef's Tips: *Top with shredded lettuce, sweet thai chili, sriracha, crushed peanuts, mint, cilantro, and/or & vermicelli puff noodles.*

Mango Strawberry Sago

Prep Time: 10 minutes - Cook Time: 20 minutes - Servings: 4

Ingredients:

- 3 cups of water
- 1/2 cup small tapioca pearls
- 4 mangos, diced
- 1 cup of strawberries, diced
- 1/4 cup evaporated milk
- 1/4 cup full fat coconut milk
- 1/4 - cup sugar

Instructions:

1. In a pot, add tapioca pearls and water. Boil on high heat and let it cook for 10 minutes or until translucent. Constantly stir to prevent it from sticking.
2. Drain and rinse with cold water.
3. Add the coconut milk, evaporated milk, and sugar to the pot and bring to a boil.
4. Fold in drained tapioca pearls, strawberries, and mango. Garnish with additional fresh mango and strawberries.
5. Refrigerate until chilled or overnight.

Chef's Tips: *Substitute your favorite fruit for strawberries or mango. Add any flavored extract to the milk as it boils. Try lemon or rum extract for a spin on this recipe.*