

# FOOD

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to: [www.foods@portlandobserver.com](mailto:www.foods@portlandobserver.com)



You can adjust the veggies and spiciness to your personal preference and you can substitute firm tofu for chicken. Serve over jasmine rice. Adjust the amount of chili garlic paste for preferred heat.

## Authentic Thai Cashew Chicken

Recipe Originated in Bangkok

Original recipe yield: 4 servings.  
Prep Time: 15 Minutes  
Cook Time: 15 Minutes  
Ready In: 30 Minutes  
Servings: 4

### INGREDIENTS:

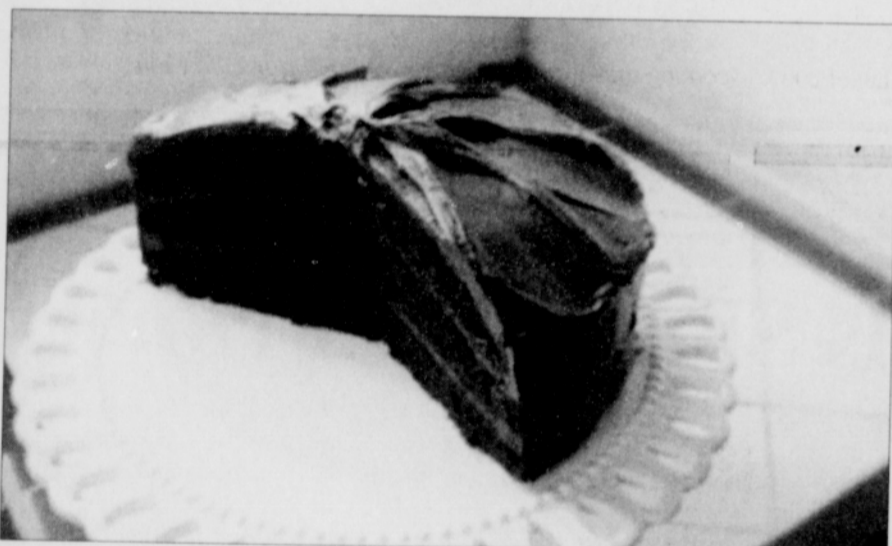
- 1 tablespoon canola oil
- 1 large yellow onion, chopped
- 1 large yellow bell pepper, chopped
- 3 tablespoons ketchup
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 1/3 cup chicken broth
- 1 teaspoon white sugar
- 1 teaspoon Thai garlic Chile paste
- 4 skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 6 ounces broccoli, chopped
- 8 ounces fresh mushrooms, quartered
- 1/2 cup unsalted cashew nuts

### DIRECTIONS:

Heat the oil in a skillet over medium heat, and cook the onion and yellow bell pepper until tender. Mix in the ketchup, oyster sauce, soy sauce, chicken broth, sugar, and Chile paste. Place the chicken, zucchini, squash, broccoli, and mushrooms in the skillet. Continue to cook and stir 10 minutes, until vegetables are tender and chicken juices run clear. Mix in the cashews just before serving.

## Kenya Chocolate Cake Recipe

My old friends from the Peace Corps published a recipe book for the volunteers that provided this chocolate cake recipe that is special because it can be mixed and cooked in one pot, over a charcoal brazier.



### Cake ingredients:

- 3 cups all purpose flour
- 1 1/2 tsp salt
- 3/4 tsp baking powder
- 1 1/2 tsp baking soda
- 2 2/3 cups sugar
- 1 cup + 2 Tbsp cocoa
- 1 cup + 2 Tbsp water
- 1 cup + 2 Tbsp canola oil
- 5 large or 4 extra large/jumbo eggs
- 3/4 cup water
- 1 1/2 tsp vanilla

### Frosting ingredients:

- 1 box powdered sugar (1 pound or 454 grams)
- 3/4-cup cocoa
- A flavoring liquid (water, vanilla, rum, cognac, kirsch, or amaretto)
- 1 1/2 cup butter - firm, not cold, not too soft

### Cake Instructions:

Preheat oven to 350°F. In a large bowl, sift or whisk together flour, salt, baking powder, baking soda, sugar, and cocoa. Add 1 cup and 2 tablespoons of water and 1 cup and 2 tablespoons of canola oil. Mix for 1 minute. Add eggs, 3/4 cup of water, vanilla. Mix 5-6 minutes with a whisk, 3-4 minutes with a hand mixer, or 2 minutes with an electric mixer.

Pour into three 10" cake pans, bake at 350°F for 25-35 minutes (adjust for convection); test by placing and removing a toothpick through the center at 25 minutes. When toothpick comes out clean, loosen from pans and then put back in the pans. Let cakes cool for 15 minutes. Keep in the pans, wrap in foil, and put in the freezer for at least 2 hours.

### Frosting instructions:

This part is a little harder as it is really done to taste. Put powdered sugar and 3/4 cup cocoa whisk together thoroughly. Drizzle in, until about the consistency of firm butter, several tablespoons of flavoring liquid (water if you aren't looking for flavor beyond the cocoa and butter). Do not put in too much liquid, but if you do, add cocoa or sugar. Taste. When the flavor and consistency is right, add 1 1/2 cup of butter (firm, not cold and not too soft). A good rule of thumb is that both the butter and the sugar mixture should be slightly firmer than you would want it to be to spread it, since the mixing action of the food processor will warm it slightly. Pulse until blended.

### Assembling the cake:

Remove the cakes from their pans. Stack, frosting each layer as you go. Let sit for an hour before serving.

## Cookbook for People with Diabetes

### Tips on eating healthier

The American Diabetes Association has published a new edition of The New Soul Food Cookbook for People with Diabetes by well-known dietitians Fabiola Demps Gaines and Roniece Weaver, creators of the popular Soul Food Pyramid.

"Given the spectacular success of the first edition, we've been eagerly anticipating the second edition for the New Soul Food Cookbook for People with Diabetes," states Abe Ogden, managing editor of the American Diabetes Association's Book Publishing division. "Roniece and Fabiola have man-

aged to make an already great cookbook even better."

With the high rates of diabetes, hypertension and heart disease reaching horrendous levels in the United States, today's African Americans are facing health concerns not shared by their ancestors. In efforts to assist the 3.2 million African Americans with diabetes and other medical conditions as well as those simply seeking to eat more healthy, the cookbook is a great tool to make it possible to learn how to obtain a healthier lifestyle as well as eat most soul food favorites without compromising flavor.

Traditional recipes high in salt, sugar, fat, and protein are partly responsible for the alarming number of diabetes cases among African American adults and children.

Gaines and Weaver provide nutrition

information for each recipe as well as a handy chart of exchanges and substitutions, suggesting, for example, using pork tenderloin in place of pork chops, plain yogurt instead of sour cream, and smoked turkey in place of salt pork.

The cookbook also offers other basic hints for modifying one's diet, including tips for controlling portion sizes, such as using smaller plates and serving dishes in the kitchen instead of on the table, how to get the most from reading food labels, how keeping a food diary can help you better understand your eating style and how to set specific goals and introduce small changes one at a time.

The New Soul Food Cookbook for People with Diabetes is available at [store.diabetes.org](http://store.diabetes.org), book stores nationwide or by calling 1-800-ADA-ORDER.



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