

# 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 you would like to share with us. Address emails to [foods@portlandobserver.com](mailto:foods@portlandobserver.com)



## Pad Thai

*This traditional recipe is excellent!*

### Ingredients

- 3/4-pound bean sprouts
- 6 ounces pad Thai rice noodles
- 4 eggs
- salt
- 3-Tbs. lime juice
- 3-Tbs. ketchup
- 1-Tbs. brown sugar
- 1/4-cup fish sauce
- 3-Tbs. peanut oil
- 1-Tbs. minced garlic
- 1 1/2-tsp. red pepper flakes
- 2-cups grated carrots
- 2/3-cup chopped peanuts
- 1-cup green onions, 1-inch pieces

### Directions

1. Bring a pot of water to a boil. Blanch the bean sprouts in boiling water for approximately 30 seconds, remove and drain well. When the water returns to a boil, add noodles. Cook for 3-5 minutes until tender but firm; drain and rinse under cold water.
2. Beat the eggs with a pinch of salt in a small bowl. Stir together the lime juice, ketchup, brown sugar and fish sauce in a separate bowl; set aside.
3. Heat the oil in a wok or large skillet over medium-high heat. Fry the garlic for a few seconds. Add the pepper flakes and carrot and cook for one minute, then remove. Add the beaten egg and gently scramble. When the eggs have set, pour in the carrots, sauce, bean sprouts, noodles, peanuts and green onion; toss together.

## Curried Coconut Chicken



*This tempting dish is a mouthwatering hint of the tropics!*

### Directions

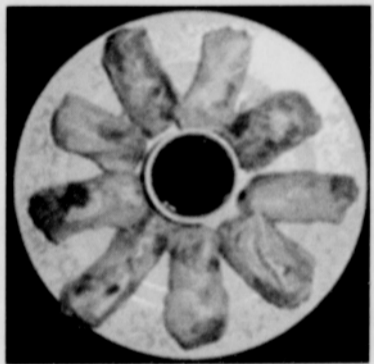
1. Season chicken pieces with salt and pepper.
2. Heat oil and curry powder in a large skillet over medium-high heat for two minutes. Stir in onions and garlic, and cook 1 minute more. Add chicken, tossing lightly to coat with curry oil. Reduce heat to medium, and cook 7 to 10 minutes, or until chicken is no longer pink and juices run clear.
3. Pour coconut milk, tomatoes, tomato sauce and sugar into the pan and stir to combine. Cover and simmer, stirring occasionally for approximately 30 to 40 minutes.

### Ingredients

- 2-pounds boneless skinless chicken breast, cut into 1/2-inch chunks
- 1-tsp. salt and pepper, or to taste
- 1 1/2-Tbs. vegetable oil
- 2-Tbs. curry powder
- 1/2-onion, thinly sliced
- 2-cloves garlic, crushed
- 1 (14 ounce) can coconut milk
- 1 (14.5 ounce) can stewed, diced tomatoes
- 1 (8 ounce) can tomato sauce
- 3-Tbs. sugar

## Fresh Spring Rolls with Thai Dipping Sauce

*Shrimp is good for you and helps to lower cholesterol, too.*



### Spring Roll Ingredients

- 6 spring roll wrappers
- 12 medium shrimp, cooked and peeled
- 1-cup shredded leaf lettuce
- 1/3-cup chopped cilantro
- 1/2-cup peeled, seeded, chopped cucumber
- 1 medium carrot, thinly sliced

### Dipping Sauce Ingredients

- 1-Tbs. light soy sauce
- 1-Tbs. white wine vinegar or rice vinegar
- 3-Tbs. mirin
- 1/4-tsp. grated ginger root

### Spring Roll Directions

1. In a bowl of cool water, soak a wrapper until limp. Lay wrapper out flat. Place 1/6 of each ingredient down middle of wrapper, starting with lettuce. Fold over each end and tightly roll the wrapper around the contents, as if making a burrito. Moisten at seam; press to close. Continue until all 6 wrappers are filled and sealed.
2. Lay rolls on a plate, cover with moist paper towel and refrigerate until ready to serve. Then slice in two and serve with Quick Thai Dipping Sauce.

### Quick Thai Dipping Sauce Directions

Combine all ingredients in a small bowl and serve with spring rolls.

## Strawberry Salsa

*Fresh strawberries--paired with traditional salsa ingredients, like jalapenos, tomatoes and lime--take a bit of the bite out of what is ordinarily a fiery condiment.*



### Ingredients

- 1-pint fresh strawberries, sliced
- 4-roma (plum) tomatoes, seeded and chopped
- 1-jalapeno pepper, seeded and minced
- 2-cloves garlic, minced
- 1-lime, juiced
- 1-Tbs. olive oil

### Directions

In a large bowl, combine all ingredients. Toss together to mix and coat. Cover dish and refrigerate for 2 hours or until ready to serve.

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