

FOOD

Soba Noodle Bowl

with Sriracha and Ginger Lemon Broth

Broth Ingredients:

- 1 teaspoon sesame oil
- 2 smashed cloves of garlic
- 1/2 ounce of smashed fresh ginger
- Juice and body of 1 lemon
- 3 tablespoons of sherry vinegar
- 1/2 teaspoon of fish sauce
- 1/2 gallon of chicken stock

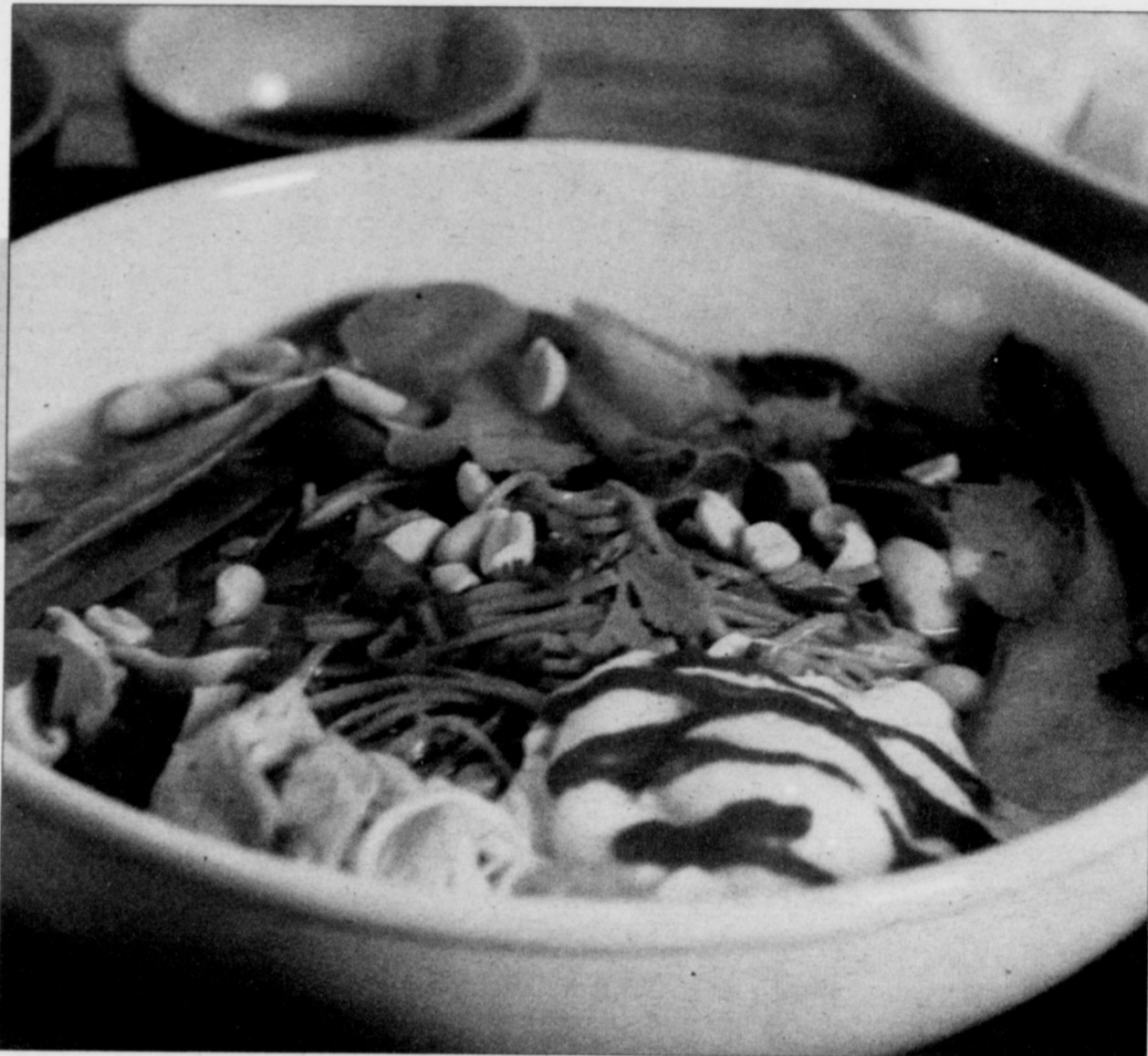
Vegetable Ingredients:

- 6 poached eggs
- 1 pound of cooked soba noodles
- 3 par boiled sliced carrots
- 3 par boiled heads of baby bok choy
- 1 cup par boiled snow peas
- 1 cup par boiled sliced shitake mushrooms
- 1 cup of cilantro leaves
- 1/2 cup of sliced green onions
- 1/2 cup of peanuts
- Sriracha sauce for garnish

This soba noodle bowl with Sriracha and Ginger Lemon Broth has all the flavor you want, with all of the vegetables, poached egg and chicken that soak up the ginger lemon broth and then finished with a kick from the Sriracha. For a little extra kick finish with fresh green onions, cilantro and peanuts.

Instructions:

1. In a large hot pot with sesame oil caramelize the ginger and garlic. Once brown deglaze with sherry and cook until it almost gone. Next squeeze in lemon juice and add the bodies to the pot along with the chicken stock and fish sauce. Cook and infuse the flavors for 20 minutes on medium heat. Strain before serving.
2. Add in a small amount of noodles, chicken, vegetables, poached egg in a bowl with the hot ginger lemon broth and garnish with the cilantro, green onions, peanuts and sriracha.



Slower Cooker Vegetable Ginger Stew



BY PAUL A. NEUFELDT

Sometimes I like to take a break from meat-heavy meals and have a flavorful, filling vegetable stew. The ginger, lemon pepper and cyan give it zing, while the brown rice and tofu make it a complete meal unto itself.

Ingredients:

- kosher salt
- 1 tsp ground/powdered ginger
- 1/2 tsp ground coriander
- 1/4 tsp ground cumin
- 1/8 tsp cayenne pepper
- 1 tsp lemon pepper
- 1/4 cup olive oil
- 1 red onion (diced)
- 3 cups cooked brown rice (about 1 cup uncooked)
- 1 lb red potatoes (about 3 large, large dice)
- 1 lb carrots (about 4 to 5 medium, peeled and large dice)
- 1 lb parsnips (about 4 medium, peeled and large dice)
- 3 cups vegetable broth
- 1 package of extra firm tofu (diced)
- 1 bunch spinach (trimmed and washed, about 4 cups loosely packed)
- 2 tbsps apple cider vinegar

Instructions:

1. Heat the oil in a large frying pan over medium heat until shimmering. Add the onions and a pinch of salt and cook over medium heat until translucent, about 4 minutes. Add the ginger, coriander, cumin, cayenne, and lemon-pepper and cook until fragrant, about 1 minute.
2. Transfer the mixture to a slow cooker, add the potatoes, carrots, parsnips, tofu and broth, season with salt and pepper, and stir to combine. Cover and cook on high for 1 1/2 hours.
3. Season with salt, and stir to combine. Cover and continue to cook on high until a knife easily pierces the vegetables, about 2 hours more, stirring after 1 hour. Add the spinach and gently mix (do not overmix). Let sit until wilted. Gently stir in the vinegar, taste, and season with more salt, pepper, and vinegar as needed.



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