HEALTHY & TASTY RECIPES FROM WILD

Marinated Au Appetizer

Ingredients:

- 2 lbs. au (or any other firm fish)
- bacon strips
- fresh lime juice
- lemon pepper

Cut au into 1-inch x 1-inch x 1-inch chunks.
Cut bacon strips in half.
Wrap au with bacon strip and secure with wet toothpick.
Put au into a zip-lock bag.
Cover with lime juice. Season to taste with lemon pepper.

Allow to marinate for 1 hour in the refrigerator.

Cook over charcoal fire on low heat.
Turn frequently until bacon is golden-brown. (Watch out for flames -- keep them down.)
Serve right off the grill!

Korean Chicken

Ingredients:

- 1/2 cup flour
- 1/2 cup cornstarch
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 5 lbs. chicken drummettes

Mix together flour, cornstarch, salt, and pepper.
Roll chicken in flour mixture and let stand in refrigerator for 1 hour.

Sauce:

- 1 cup shoyu
- 3/4 cup brown sugar
- 5 cloves garlic, chopped fine
- 2 chili peppers, chopped
- 2 stalks green onion (2 leaves chopped fine)
Mix sauce ingredients together.

Deep fry chicken for 20 minutes. Then dip hot chicken into sauce and lift out right away.
Place chicken on a paper towel on a platter.
Enjoy.
Ma Po Tofu

Ingredients:

1 1/2 - 2 lbs. ground pork  
3 - 4 large blocks soft tofu  
1/2 cup secret sauce  
1 teaspoon black bean hot sauce  
2 cans chicken broth  
8 - 10 stalks green onion, cut to 1-inch lengths  
1/4 - 1/2 cup cornstarch

Drain tofu and cut into 1/2-inch cubes.  
Saute ground pork until well done. Drain oil.  
Add secret sauce and black bean hot sauce to pork and mix well. Add chicken broth and thicken with cornstarch.  
Stir in tofu.  
Serve with rice.

Serves 8 to 12 depending on appetites.

Recipe variations:

- Szechwan Eggplant - Parboil long eggplant and use instead of tofu  
- Lub Cheong Tofu - Use Chinese dried sausage instead of ground pork  
- Roast Pork Tofu - Use Chinese roast pork instead of ground pork

Sayote Leaves Salad

Ingredients:

sayote  
fish sauce or salt  
1 big tomato or 6-10 cherry tomatoes  
calamansi (optional)

Preparation:

Take out the curly vines of the shoot. Start folding stems from the bottom of the cuttings until they snap. This is the tender part that you should save. Wash thoroughly and drain. Boil 6-8 cups water, then add sayote leaves. Make sure the water reaches its full boiling point, otherwise, the leaves will turn yellow or brown. Run through cold water to stop from overcooking, then drain. Add fish sauce and tomato. Squeeze calamansi for additional flavoring. Refrigerate for 2 hours before serving.
Taro Custard

Ingredients:

- 1 cup fresh poi
- 5 eggs
- 1 cup palm sugar
- 1 cup coconut milk

Lightly beat all ingredients together and stir over medium heat for about 20 minutes. Place in a pan, and bake at 375 degrees F. for 20-30 minutes. Cut into squares and serve.

Thai Green Curry

Ingredients:

- 1.5 lbs. large boneless/skinless chicken breast, diced
- 1 lb. long eggplant, round cut
- 1 tbsp. green curry paste
- 2 cups coconut milk
- 2 tbsp. kaffir lime leaves, thinly cut
- 1/2 cup fresh Thai basil leaves
- fish sauce and sugar, to taste

Mix curry paste and 1/4 cup of coconut milk, put mixture in a pan, and cook over low heat for about 10 minutes. Add chicken, increase heat to medium, and cook for about 15 minutes. Add eggplant, stir gently, and bring contents to boil. Reduce the heat to low, cover the pan, and cook for 20-30 minutes till the eggplant is soft but still retains its shape. Stir occasionally and add a small amount of water if needed. Add fish sauce and sugar to taste. Increase the heat to medium and bring the contents to a gentle boil. Add the rest of the coconut milk, Kaffir lime leaves, and basil. Turn off the heat and serve.
Winged Bean Salad

Ingredients:

- winged beans
- fish sauce or salt
- 1 big tomato or 6-10 cherry tomatoes

Preparation:

Split beans in half, then cut according to your desired length. Wash thoroughly and drain. Boil 8 cups of water. Make sure the water reaches its boiling point, then add the winged beans; otherwise, they will turn yellow or brown. Cook 3-4 minutes, drain in a strainer, then run through cold water to stop the winged beans from overcooking. Add fish sauce and tomato.

Winged Bean Salad II

Ingredients:

1 lb. winged beans, blanched and sliced cross-wise
1/4 cup ground pork, cooked
1/2 cup shrimp, cooked (optional)
1/2 cup shallots, thinly sliced
1/2 cup coconut milk (or less)
1/4 cup Chinese parsley, chopped
1/4 cup green onions, chopped
1/4 cup spearmint leaves
2 small chilies, minced (optional)
lime juice, fish sauce, and sugar to taste

Brown 1/4 cup of shallots with a small amount of cooking oil. Set aside. Mix all ingredients together except 2 tablespoons of coconut milk and the fried shallots. Sprinkle fried shallots and 2 tablespoons of coconut milk on top before serving.
Yard-long Bean Salad

Ingredients:

1 bunch yard-long beans
small piece ginger root
fish sauce or salt
1 big tomato or 6-10 cherry tomatoes
1 medium Maui onion or purple onion (optional)

Preparation:

Cut beans according to your desired length. Wash thoroughly in a strainer and drain. Boil 8 cups of water. Make sure the water reaches its boiling point, then add the beans; otherwise, beans will turn yellow or brown. Cook 3-4 minutes, drain in a strainer, then run through cold water to stop the beans from overcooking. Add minced ginger root, fish sauce, and tomato. For additional garnish and flavor, add slide of Maui onion or purple onion.

Good Cooking Oils:

Canola oil
Flaxseed oil
Peanut oil
Olive oil
Non-hydrogenated soft margarine
Safflower oil
Sunflower oil
Corn oil

Bad Cooking Oils:

Vegetable shortening
Hard margarine
Butter
Palm oil
Palm kernel oil
Coconut oil