



In the Kitchen

with Barb Agee - June 2017

Oodles of "Noodles"

Zoodles – the latest trend in pasta noodles made with vegetables. Make these noodles from all kinds of fresh produce from asparagus to yams with or without special kitchen equipment.



Southwestern Yam Noodles

3 small ruby red yams (about 1½ pounds), peeled
¼ cup olive oil
Kosher salt and freshly ground black pepper
1 small sweet onion, halved and thinly sliced
1 sweet red bell pepper, cut into thin slices
One 11 ounce can corn niblets, drained
½ cup sliced black olives
1 large plum tomato, chopped

3 large cloves garlic, finely chopped
1 teaspoon ground cumin
1 teaspoon chili powder
½ teaspoon ground coriander
1 teaspoon sweet paprika
½ cup fresh cilantro, roughly chopped
Juice of ½ lime, about 2 teaspoons
½ pound ground sirloin, sautéed, optional

Preheat the broiler. Cut potatoes into long noodles using a spiralizer. Spread noodles on a rimmed baking sheet, drizzle with 2 tablespoons oil and sprinkle with 1 teaspoon salt and a few grinds of pepper. Broil until lightly browned in spots and slightly softened, 3 to 5 minutes.

Heat the remaining oil in a large skillet over medium-high heat. Add the onion and bell pepper, cook for 2 minutes. Add the corn, garlic, cumin, chili powder, coriander and paprika; stir to mix. Add in the yams, olives and tomato; cook tossing gently to coat all ingredients with the seasonings. Remove from the heat; drizzle the lime juice over the mixture and sprinkle with the cilantro.

Add in the sautéed ground sirloin with the yams, if using. *Makes 6 main course servings with the ground sirloin.*

Thai Zucchini Noodles With Pork

1 tablespoon hoisin sauce
1 tablespoon soy sauce
½ tablespoon oyster sauce
1 teaspoon chili garlic sauce
1 tablespoon fish sauce
1 tablespoon olive oil
8 ounces ground pork

½ half sweet onion, cut into thin ribbons
2 large garlic cloves, minced
1 small red sweet bell pepper, thinly sliced
4 green onions, thinly sliced
4 small zucchini (each about 8-inches long), spiralized
8 radishes, thinly sliced

Heat a large nonstick skillet over medium heat. Add the hoisin sauce, soy sauce, oyster sauce, chili garlic sauce, and fish sauce. Cook 2 minutes, stirring to combine; remove to a small bowl.

Add the olive oil to the same skillet over medium heat. Add the pork and sauté, stirring and breaking up the pork. Add the onion and garlic; sauté until the onion is soft.

Return the sauces to the skillet. Add in the sweet bell pepper, green onion and zucchini noodles. Cook for 2 to 3 minutes or until zucchini is slightly softened. Garnish with the sliced radishes. *Serves*

Spiralized Beet-Kale Salad with Honey Walnuts

1½ pounds small mixed colored beets, peeled and spiralized
Olive oil
Salt
¼ pound snow peas, cut on the diagonal into 1-inch pieces

2 cups roughly chopped kale leaves, stems removed
¾ cup large walnut pieces
1 tablespoon honey
Vinaigrette (*see recipe below*)

Preheat oven to 375°F. Place beet noodles on a baking pan and drizzle with olive oil. Roast for 10 minutes. Lightly coat another baking sheet with olive oil. In a small bowl, mix walnuts and honey together. Spread walnuts out on the baking sheet. Roast for 5 minutes. Cool.

In a medium saucepan of salted boiling water, blanch snow peas for 1 minutes, drain and transfer to a bowl of ice water. Drain and pat dry.

Divide the roasted beets and snow peas on 6 salad plates. Top with the walnuts and kale. Drizzle Vinaigrette (*see recipe below*) over beets and serve. *Makes 6 servings*

Vinaigrette

Juice from ½ lemon
Salt and pepper
2 tablespoons olive oil
1 tablespoon water

2 teaspoons red wine vinegar
¼ cup fresh orange juice
1 teaspoon country style Dijon mustard

Add all ingredients to a large jar with a sealed lid. Shake until thoroughly mix. Season with salt and pepper.

Carrot Noodles with a Peanut Dressing

3 to 4 large carrots, peeled
1 English cucumber
1 shallot, thinly sliced
Kosher salt
2 tablespoons peanut butter
1 tablespoon soy sauce
1 tablespoon mirin
2 teaspoons rice vinegar

1 teaspoon toasted sesame seed oil
1 teaspoon sweet chili sauce
2 teaspoons packed brown sugar
1 teaspoon fresh lemon juice
1 clove garlic, finely grated
10 to 12 mint leaves, thinly sliced plus more for garnish
1 tablespoon toasted sesame seeds

Cut cucumber in half, lengthwise, seed and cut into ½-inch chunks.

Use a vegetable peeler to shave the carrots into thin ribbons. Transfer carrot ribbons to a large bowl filled with ice water. Let stand 10 minutes; drain well and pat dry.

Meanwhile combine the cucumber and shallots in a colander, sprinkle with salt and let stand for 10 minutes. Rinse, drain and squeeze excess moisture out. In a medium bowl whisk the peanut butter, soy sauce, mirin, rice vinegar, sweet chili sauce, brown sugar, lemon juice and grated garlic together until smooth and creamy.

Transfer carrots, cucumbers, shallots and mint to a serving bowl. Drizzle with the vinaigrette and sprinkle with the toasted sesame seeds. Garnish with additional mint leaves. *Serves 6*



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