



In the Kitchen

with Barb Agee - February 2019



Wok Around the World

Picadillo (South America)

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| 1 lb. ground sirloin | 1 can (8 oz.) tomato sauce |
| 1½ Tbs. distilled white vinegar | ½ cup water |
| 1 large clove garlic, minced | ½ tsp. cracked bay leaves |
| 1 tsp. ground cumin | 10 pimento-stuffed green olives, sliced |
| 2 Tbs. vegetable oil | 3 Tbs. raisins |
| ½ small onion, finely chopped | Salt and pepper |
| 1 small green or red bell pepper, seeded and diced | 1 can (4 oz.) shoestring potatoes |



In a bowl, combine the beef, vinegar, garlic, and cumin; mix well and let stand for 15 minutes.

Place the wok over medium-high heat; when the wok is hot, add 1 tablespoon of the oil. When the oil is hot, add the meat mixture; cook, stirring until the meat is browned (about 3 minutes). Lift out and set aside; spoon out and discard the fat.

Pour the remaining 1 tablespoon of oil into the wok; when the oil is hot, add the onion and stir fry for 3 minutes or until the onion is soft. Add in the bell pepper and stir-fry for 1 minute. Stir in the tomato sauce, water, bay leaves, olives and raisins. Bring to a boil; then reduce and simmer, uncovered until slightly reduced (about 5 minutes).

Add the meat mixture and cook until heated through. Season to taste with salt and pepper. Mound on a warm serving platter; surround with potatoes. Makes 4 servings.

Sesame-Topped Vegetables (Malaysian Achar)

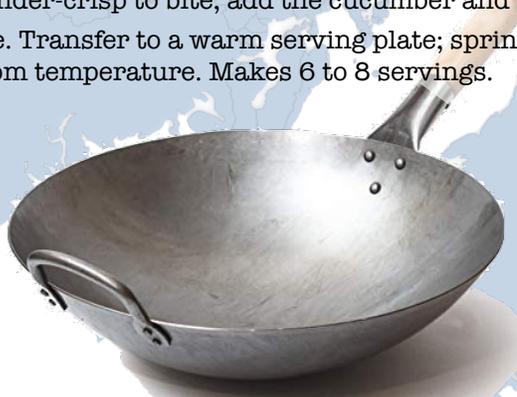
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| ½ an English cucumber
or 2 small Persian cucumbers | 2 large cloves garlic, minced |
| 3 large carrots, peeled | ½ cup minced shallots |
| 3 cups cauliflower florets | ½ cup stilled white vinegar |
| ¼ cup toasted sesame seeds | ¼ cup granulated sugar |
| ½ cup vegetable oil | Soy sauce |
| | Arugula leaves |



Cut the cucumbers and carrots into thin, long slivers, about 6-inches long. Break the cauliflower florets into smaller flowerets. Set the vegetables aside.

Pour the oil into the wok over medium heat. When the oil is hot, add the garlic and shallots; stir-fry until the shallots are soft. Increase the heat to high and add the vinegar, sugar, cauliflower florets, and carrots. Stir-fry until the vegetables are tender-crisp to bite; add the cucumber and stir-fry until just hot.

Season to taste with soy sauce. Transfer to a warm serving plate; sprinkle with sesame seeds. Garnish with arugula. Serve warm or at room temperature. Makes 6 to 8 servings.



Hot Beef & Watercress Salad (North America)

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| ½ lb. lean boneless beef steak (such as top round, flank, or sirloin), about 1-inch thick | 2 Tbs. white wine vinegar |
| 6 cloves garlic, divided | ¼ tsp. freshly ground black pepper |
| 2 tsp. soy sauce | ½ small onion, cut vertically and separated |
| 1 tsp. sugar, divided | 1 large bunch watercress |
| 1 Tbs. vegetable oil, divided | 1 small tomato, cut into 8 wedges |



Cut the beef with the grain into 3-inch-wide strips; then cut each strip across the grain into ½-inch-thick strips. In a bowl, stir in 3 minced garlic cloves, soy sauce, ½ teaspoon sugar, and 1 teaspoon of the oil. Add the beef; stir to completely coat meat. Cover and refrigerate for at least 30 minutes and up to 2 hours.

In another bowl, stir together the remaining ½ teaspoon of sugar, the remaining 2 teaspoons of oil, the vinegar, and the pepper. Add the onion and mix lightly. Cover and refrigerate for at least 30 minutes and up to 2 hours.

Remove and discard any tough watercress stems; rinse sprigs thoroughly and pat dry. Then measure 3 cups of sprigs, lightly packed. Shortly before serving, add the watercress to the onion mixture, mixing lightly. Arrange on 2 dinner plates.

Drain the meat and discard the marinade. Place the wok over high heat. When the wok is hot, add the beef mixture and stir-fry until the meat is browned (1½ to 2 minutes). Arrange the meat evenly atop the watercress. Arrange the tomato wedges around the meat. Makes 2 servings.

Snow Peas with Shrimp (China)

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| 3 Tbs. vegetable oil | <u>Sauce:</u> |
| 1 large clove garlic, minced | 1 tsp. cornstarch |
| 1 lb. medium-sized shrimp, shelled and deveined, thoroughly dried | ¼ tsp. ground ginger |
| 1½ cups fresh snow peas, ends and strings removed | 2 Tbs. soy sauce |
| 1 can (about 8 oz.) sliced water chestnuts, rinsed and thoroughly drained | 2 Tbs. dry sherry |
| 3 green onions (including tops), thinly sliced on the diagonal | ½ cup chicken broth (regular strength) |



Prepare the cooking sauce by stirring together the cornstarch and ground ginger. Then stir in the soy sauce, dry sherry, and chicken broth. Set aside.

Place the wok over high heat; when the wok is hot, add the oil. When the oil is hot, add the garlic and shrimp and stir-fry for about 1 minute. Add the pea pods and stir-fry for about 2 minutes. Add the water chestnuts; stir to mix.

Add in the sauce; stirring until the sauce boils and thickens and the shrimp has turned pink.

Serve with steamed rice and topped with green onions. Makes 4 servings.

*Note: You may also add in ¼ cup diced red bell pepper and/or thinly sliced mushrooms if you would like to.



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