**Hiyashi Chuka**

**Ingredients**

3 tablespoons soy sauce

2 tablespoons white sugar

3 tablespoons white vinegar

5 tablespoons chicken stock

1 teaspoon sesame oil

½ teaspoon chili oil (Optional)

2 (3 ounce) packages ramen noodles

1 egg, beaten

½ cucumber, julienned

1 carrot, grated

1 slice cooked ham, cut into thin strips

¼ sheet nori, cut into thin slices

1 tablespoon hot Chinese mustard (Optional)

**Directions**

**Step 1**

Mix the soy sauce, sugar, vinegar, chicken stock, sesame oil, and chili oil together in a small bowl, and stir until the sugar dissolves. Set aside.

**Step 2**

Bring a saucepan of water to a boil. Add the ramen noodles and cook for 2 minutes. Drain immediately, and refrigerate noodles until cold. Meanwhile, heat a small nonstick skillet over medium heat. Pour in the beaten egg and tilt the pan to thinly coat the bottom with egg. When firm, fold the egg in half and remove from the pan. Slice into thin strips.

**Step 3**

To serve, place cold noodles on serving plates. Top with separate piles of egg, cucumber, carrot, and ham. Pour the sauce over the top and sprinkle with crumbled nori. Serve with a touch of hot mustard on the side.

**Layered Baked Ratatouille**

**Ingredients**

2 c (16 oz) crushed tomatoes

2 Tbsp tomato paste

1 small onion, minced

3 cloves garlic, minced

1 Tbsp fresh thyme leaves (or 1 tsp dry) (plus more for sprinkling)

½ tsp salt (plus more for sprinkling)

¼ tsp pepper (plus more for sprinkling)

2 medium zucchini, thinly sliced\*

2 medium yellow squash, thinly sliced\*

2 small eggplant, thinly sliced\*

2 red bell peppers, stemmed, seeded and cut into 1” squares

Olive oil

Parmesan cheese, to top (optional)

**Instructions**

Preheat your oven to 375F.

Spread 1 Tbsp olive oil in the bottom of a 9 inch cast iron skillet\*\*. In a small bowl, mix the crushed tomatoes, tomato paste, onion, garlic, thyme, salt and pepper. Pour the mixture into the base of your skillet.

Layer the sliced vegetables vertically around the skillet, packing them as tight as you can. (We find that it is easier to layer the zucchini, squash, and eggplant in the skillet and then go back in and tuck the red peppers within the layers after the other vegetables have been filled in.)   
Season the top of the vegetables with additional salt, pepper, and thyme. Drizzle with more olive oil.

Place the skillet in the oven and bake for 45 minutes or until bubbly and the vegetables are softened and starting to brown slightly.

Garnish with Parmesan cheese, if desired.

**Laohu Cai (Chinese Tiger Salad)**

**Ingredients**

[1 bunch cilantro, roughly chopped](https://www.curiouscuisiniere.com/cilantro-and-coriander/)

½ green pepper, sliced

2 small cucumbers, julienned

3 scallions, sliced into thin strips

[2 tsp sesame oil](https://www.amazon.com/gp/product/B002HMN6SC/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B002HMN6SC&linkCode=as2&tag=curioucuisi01-20&linkId=cbe9f5bd2efcb662d79641582e0856ed" \t "_blank)

[1 Tbsp rice vinegar](https://www.amazon.com/gp/product/B000WH4OXU/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B000WH4OXU&linkCode=as2&tag=curioucuisi01-20&linkId=bddce173d4eacb295a02e3a0324b76e3" \t "_blank)

[1 ½ tsp soy sauce](https://www.amazon.com/gp/product/B002VNQSAA/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B002VNQSAA&linkCode=as2&tag=curioucuisi01-20&linkId=20979b9620638837d26015c1a54e9ed4)

Salt (to taste)

Sesame seeds for serving

**Instructions**

In a medium bowl, mix chopped vegetables.

Add the sesame oil slowly, adding just enough to make the cilantro leaves shine.

Add the rice vinegar and soy sauce. Toss well. Taste and add salt or more oil if desired, being careful not to over dress the salad.

Refrigerate 2-4 hours to let the flavours come together before serving with a sprinkling of sesame seeds.

## Oliver Salad and Ensalada Rusa

## Ingredients

2 lbs russet potatoes, peeled

½ lb carrots, peeled

1 c peas

1 c onion, diced

1 sweet apple, peeled and diced

2 hardboiled eggs, peeled and diced

½ -1 c mayonnaise

Salt and pepper (to taste)

### **Instructions**

Place the peeled potatoes in a large pot and cover with 1 inch of water. Boil the potatoes until just fork tender.

While the potatoes are boiling, place the carrots in a saucepan and cover with 1 inch of water. Boil the carrots until just fork tender.

When the vegetables are cooked, remove them from the water and immerse them in cold water to cool. Once cooled, remove the vegetables from the water and pat dry. Dice the potatoes and carrots and place them in a large bowl.

Add the peas, diced onion, diced apple, and diced eggs.

Add ½ cup of mayonnaise and mix well. (Add additional mayonnaise if you prefer your salad to be a bit more moist.)

Season the salad with salt and pepper to taste.

Chill until ready to serve.

## Kimbap (Korean Sushi)

### Ingredients

[Bamboo sushi rolling mat](https://www.amazon.com/gp/product/B01HB1KOZG/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01HB1KOZG&linkCode=as2&tag=curioucuisi01-20&linkId=b8e55378187941b3796a280a3602e8f5" \t "_blank)

1 cup medium grain white [rice,](https://www.curiouscuisiniere.com/guide-to-rice/) dry, (or 2 c cooked rice)

1 ½ tsp [sesame oil,](https://www.amazon.com/gp/product/B01MF9B0OV/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01MF9B0OV&linkCode=as2&tag=curioucuisi01-20&linkId=740f8387190e0ee7fad997fee6670286) divided

¾ tsp salt, divided

4 [roasted seaweed sheets](https://www.amazon.com/gp/product/B004166UXU/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B004166UXU&linkCode=as2&tag=curioucuisi01-20&linkId=6da78602b544257c6bab9e5a3ef6c43b) (also called gim, nori, or laver)

#### Filling

3 eggs

1 carrot, julienned into matchsticks

3 hands full spinach, Swiss chard, kale, or other dark leafy greens, chopped

#### Other Filling Options

Kimchi, Ham and cheese, Cucumber and crab, Tuna and avocado, [Bulgogi and sliced red pepper](https://www.curiouscuisiniere.com/korean-barbecued-beef-sandwich/)

### **Instructions**

Place 1 cup dry rice in a medium saucepan and add water according to the package instructions. Cover the rice and bring it to a simmer.

Simmer, covered until the water is absorbed and the rice is tender. Remove the rice from the heat and mix in 1 tsp sesame oil and ½ tsp salt. Cover the rice and let stand for 10 minutes to finish steaming and cool.

While the rice is cooking and cooling, prepare your filling ingredients. Beat the eggs with a pinch of salt. Drizzle a little sesame oil into an 8 inch (or thereabouts) skillet. Heat the oil over medium heat. Pour the beaten egg into the hot skillet and reduce the heat to low/medium-low. Cover the skillet and cook until the top of the egg is dry and puffy, 6-8 min. Transfer the omelette onto a cutting board and slice into ½ inch strips. Let cool.

Add another drizzle of oil to the skillet. Add the julienned carrot and a pinch of salt. Sauté the carrots over high heat until lightly golden, 2-3 min. Transfer the carrots onto a plate and set aside.

Add a bit more oil to the, now empty, pan and add the chopped spinach and another pinch of salt. Sauté over medium high heat until the spinach wilts 2-3 minutes. Remove the wilted spinach to a paper-towel lined plate to soak up any excess moisture.

#### **Rolling the Kimbap**

Place a sheet of seaweed on your sushi rolling mat. Spread rice over 2/3 of the seaweed, about ¼ inch thick, leaving the 1/3 of the seaweed furthest from you bare. Place the filling ingredients in a line in the middle of the rice.

Start rolling the kimbap by using the mat to gently fold the section of rice closest to you over the filling ingredients. Tuck the edge of the seaweed into what will become the centre of the roll as you continue rolling, pulling the mat away from you and pressing firmly. Once you have rolled up all the seaweed, keep the roll wrapped in the mat and squeeze it gently but firmly to create a solid roll.

Remove the roll from the mat and place it on a cutting board. Cut the roll into ½ inch thick slices. For a picnic, pack the kimbap pieces tightly into a hard-sided, seal-able container, using wax paper between the layers if necessary.

Kimbap is best eaten within 6-12 hours, but will keep well up to 24 hours, sealed in the refrigerator.

## Jansson’s temptation

### **Ingredients**

1.2 kg potatoes  
400 g onions  
375 g spice-cured sprat filets  
600 ml heavy whipping cream  
salt, white pepper  
breadcrumbs  
butter

### **Preparation**

Peel the potatoes and cut them into strips. Peel and cut the onions into thin slices, sautéing them gently in a little butter without browning.

Grease an ovenproof baking dish and cover the bottom with a layer of potatoes, then add half the onions and half the sprat filets.

Another layer of potatoes, then the rest of the onion and sprats. Finish with a layer of potatoes. Flatten the surface, apply a few turns of fresh pepper and sprinkle on a little salt. Pour the cream on until it is almost visible through the potatoes. Place a few pats of butter on top and, if desired, sprinkle with some breadcrumbs.

Bake in the oven (250°C/475°F) for about an hour.

## Gemista (Greek Stuffed Tomatoes)

### **Ingredients**

1 Tbsp olive oil,divided

½ onion, diced fine

2 garlic cloves, divided

1 cup zucchini, diced fine

1 cup eggplant, diced fine

1 cup [white rice,](https://www.curiouscuisiniere.com/guide-to-rice/) medium grain, dry

1 Tbsp fresh parsley, chopped, or 1 tsp dry

1 Tbsp fresh mint, chopped, or 1 tsp dry

1 ½ tsp salt, divided

½ tsp pepper, divided

7 large tomatoes, round, and firm but ripe (beefsteak work well)

4 medium potatoes, peeled and cut into wedges

2 oz feta cheese, for serving (optional)

### **Instructions**

Preheat oven to 350F.

Heat 1 tsp olive oil in a large sauté pan. Add onions and sauté for 3-5 minutes over medium high heat, until they begin to turn translucent.

Mince one of the garlic cloves. Add the minced garlic, zucchini, and eggplant to the sauté pan. Sauté over medium heat until the zucchini begins to soften, 5 min.

If necessary, add a little more oil to the pan.

Add the rice and sauté until lightly toasted, 3-5 min.

Finely dice one of the tomatoes and add it to the mixture in the saucepan with the parsley, mint, ½ tsp salt, and ¼ tsp ground black pepper. Simmer over medium low heat until the liquid has been absorbed, 3-5 minutes. Remove the mixture from the heat.

Cut the top ¼ inch from the tomatoes, so you can access the insides. Using a spoon (or a small paring knife) gently scoop out the insides of the tomatoes, being careful to leave a nice wall of tomato flesh intact, so the tomatoes will still retain their shape. Place the tomato innards into the bowl of your food processor. Dice the tops that you cut off of the tomatoes and add them to the food processor along with 1 garlic clove, 1 tsp salt, and ¼ tsp black pepper, process until a smooth sauce forms. (You should have approximately 1 ½ - 2 c of sauce. If you have less than 1 ½ c of sauce, add ½ c of water to the sauce and mix well.)

Arrange the scooped out tomato shells in a 9x13 baking dish that has been brushed with olive oil. Fill each of the tomatoes loosely with the rice mixture to just below the tops of the tomatoes. Arrange the potato wedges around the tomatoes. (These will help hold the tomatoes up and intact as they cook.) Pour the sauce over the potatoes and stuffed tomatoes. Cover the dish with aluminum foil.

Place the dish in the oven and bake for 30 minutes. Remove the foil and bake for an additional 1 hour, until the tomatoes are soft and roasted.

Serve immediately topped with crumbled feta cheese if desired. (These are equally good made ahead and served as a cold summer meal.)

## Malaysian Chicken Satay

**Ingredients:**

#### For the Marinade

1 stalk lemongrass (just the white section)

1 shallot

2 garlic cloves

2 Tbsp [soy sauce](https://www.amazon.com/gp/product/B0002YB3YG/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0002YB3YG&linkCode=as2&tag=curioucuisi01-20&linkId=b4e81573e77002f360d96ebc75007718)

1 Tbsp oil

1 Tbsp brown sugar

½ tsp [turmeric](https://www.curiouscuisiniere.com/turmeric/)

½ tsp [ground coriander seeds](https://www.curiouscuisiniere.com/cilantro-and-coriander/)

1/8 tsp cayenne pepper

#### For the Chicken

1 lb chicken breast

8 grilling skewers (soaked in water for 10-15 minutes)

Peanut sauce for serving (see recipe below)

Red onion and cucumber to serve

### **Instructions**

#### For the Marinade

Coarsely chop the lemongrass stalk and shallot. Place them in your food processor along with the other marinade ingredients. Process until a thick paste forms.

Slice the chicken breasts into long strips, roughly ¼ inch thick. Place the chicken strips in a zip-lock bag. Add the marinade and knead it into the chicken breast until well coated. Marinate the chicken for at least one hour, up to 24 hours (refrigerated).

#### Grilling the Satay

Preheat your grill to medium high (400F if you have a thermometer, or you should be able to hold your hand a few inches over the grill grates for 5-7 seconds).

While the grill preheats, thread the marinated chicken strips on the skewers. Grill the chicken skewers for 3-4 minutes on the first side, until the meat begins to turn opaque and develops some grill marks. Flip the skewers and grill for an additional 2-3 minutes on the second side, until the chicken is cooked through.

Remove the skewers from the grill. Serve warm with cucumber and red onion, peanut sauce, and Jasmine rice.

## Grilled Tandoori Chicken Lettuce Wraps with Cucumber Raita

### **Ingredients**

### 10 skinless boneless chicken thighs

#### Tandoori spice mix:

2 tsp. ground ginger

2 tsp. ground cumin

2 tsp. ground coriander

2 tsp. paprika

2 tsp. turmeric

2 tsp. salt

2 tsp. cayenne pepper

1/4 cup plain yogurt

#### Cucumber raita:

1/2 English cucumber, the long, skinny ones :

1 tsp. salt

2 green onions, finely chopped

1/2 tsp. garam masala

1 cup plain yogurt

Cooked basmati rice, optional

Boston, Bibb lettuce leaves, separated

### **Instructions**

Cut each thigh into three pieces. Place all the pieces in a zip-lock bag or bowl. In a small bowl, mix together the tandoori spices with the 1/4 cup yogurt. Add to the zip-lock bag or bowl and stir or shake to coat the chicken well. Seal or cover and refrigerate for a few hours or overnight.

Make the raita: Cut the cucumber in half lengthwise and remove the pulp from the middle with a teaspoon. Grate the cucumber into a bowl. Add the salt, stir and leave for 10-15 minutes. Strain the liquid off and add the remaining ingredients. Stir until combined. Cover and refrigerate until ready to serve.

Grill the chicken pieces on a hot greased grill or BBQ. Allow to rest, then cut into smaller chunks. Place a heaped spoonful of cooked rice on the bottom end of each lettuce leaf, top with some of the chicken and top with a spoonful of raita.

**Gazpacho**

**Ingredients**

6 ripe tomatoes (about 3 lbs), peeled and chopped

1 red onion, finely chopped (about 1 1/4 cups)

1 cucumber, peeled, seeded, chopped (about 1 cup)

1 sweet red bell pepper (or green) seeded and chopped (about 1 cup)

2 stalks celery, chopped (about 1 cup)

1-2 tablespoons chopped fresh parsley

2 tablespoons chopped fresh chives

1 clove garlic, minced (about 1 teaspoon)

1/4 cup red wine vinegar

1/4 cup extra virgin olive oil

1 tablespoon freshly squeezed lemon juice

2 teaspoons sugar (more may be needed to balance out the acidity of the tomatoes, add to taste)

Salt and fresh ground pepper to taste

6 or more drops of Tabasco sauce to taste

1 teaspoon Worcestershire sauce (omit for vegan or vegetarian option)

2 cups tomato juice (or 1 15-ounce can crushed tomatoes if you don't have tomato juice)

**Method**

Place all ingredients in a large bowl. Use an immersion blender or blend in batches, to desired smoothness. The gazpacho is preferred somewhat chunky, so only pulse a few times in the blender.

Adjust seasonings to taste.

Place in a non-reactive container (tomatoes are acidic) to store. Chill several hours or overnight to allow the flavours to blend.