

# ANNA


grateful | ISSUE 14  
MAKE EVERYDAY SPECIAL



*"Gratitude turns what we have into enough.  
It can turn a meal into a feast, a house  
into a home, a stranger into a friend."*

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**After years of making due with homemade desks and makeshift quarters, there's a new shop in town. Tucked into a quiet corner, with a tailor-made address... our new home! And putting it all together was our favourite part.**

Inspired by an obsession with Nancy Meyers, whose movies we watched with a sketch pad balanced over bags of popcorn, over and over and over again, and some help from my new interior designer friend, Belinda Albo, it came together. With white walls and dark floors, antiques and recycled tabletops, metro shelving and pendant lamps, sisal rugs and fresh flowers. It feels perfect!

Although we've spent much of the last few months in a world of browsing colour palettes and designer portfolios, somehow we managed this, another issue filled with food we love and inspiration we found along the way. From a fabulous spring feast of roasted lamb and a fashionable French pastry to an entire section devoted to cooking Asian. We brought new methods and new flavours together and were reminded again, that the right ingredients really do make all the difference.

For me, a few must-have discoveries. Delicately charred, pan fried noodles in our chow mein on page 69. Amazing! And Japanese mayonnaise, perfect in our chicken curry wrap (and not too bad with a bottle of red and homemade fries). And fresh water chestnuts. I finally get it! What were they thinking when they canned them?

I couldn't get enough of them in our wild mushroom soup on page 67. And the vermicelli noodle salad on our front cover. Addicting and fabulous! Most definitely a recipe line-up that would make Ruth Reichl proud!

For this issue, I was inspired by a book I read during our winter holiday, *The Gospel According to Coco Chanel*. A fabulous read. I couldn't put it down. After all her glamorous accomplishments and life experiences she came to this, *What if you had everything you wanted and still weren't happy... what would happen then?*

This really stayed with me.

After that, *Grateful*, for this issue, seemed fitting. And we found just the right accompanying quote. *Gratitude turns what we have into enough. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.*

What more is there?

I am not suggesting having enough means giving up dreams of Paris (or learning to cook yet another unforgettable dish), it simply means believing that what you have is everything you need.

Enjoy!

*Mari*

*PS... ANNA Magazine is growing and we are looking for new talent in the following areas: food writing, prop styling, graphic design, marketing and administration. Please forward your resume to [employment@annamagazine.ca](mailto:employment@annamagazine.ca).*

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*a little piece of art*



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# BRING LUNCH TO WORK

FOOD/PROP STYLING MARI LOEWEN RECIPES MARISA CURATOLO PHOTOGRAPHY CORY ARONEC

Finding work you love is fashionable... bringing a homemade lunch is essential.

Here, we created a few fabulous lunchbox ideas that with a little prep the night before, will add a perfect touch to your day. From a chickpea and tomato salad and an Asian slaw to a curry chicken wrap and special sour cherry oatmeal cookies, be sure to pack a little extra and bring the recipes, as this lunchtime spread is sure to attract a crowd.





### Oatmeal cookies with coconut and sour cherries

1 cup unsalted butter, room temperature  
¾ cup sugar  
½ cup firmly packed brown sugar  
2 eggs  
1 tablespoon vanilla  
2 cups all-purpose flour  
2 teaspoons baking soda  
½ teaspoon salt  
2 cups quick oats  
½ cup sweetened shredded coconut  
2 cups dried sour cherries

Preheat oven to 350°F. In large bowl, beat butter with sugars until smooth. Add eggs and beat until light and fluffy, about 3 minutes. Blend in vanilla. In another bowl, combine flour, baking soda and salt. Add to butter mixture until blended. Mix in oats, coconut and cherries until well combined. Form into balls and place onto parchment lined baking sheet. Bake for 15 to 20 minutes or until lightly golden; remove from oven and let cool in pan 5 minutes. Makes 24.

*Sour cherries are available in specialty food stores and are well worth the price.*







### Chickpea and tomato salad with cilantro and toasted cumin dressing

1 can chick peas, rinsed and drained well  
2 cups grape or cherry tomatoes, halved  
2 green onions, sliced  
½ cup chopped fresh cilantro leaves

#### Toasted cumin dressing

2 teaspoons whole cumin seeds, toasted  
½ teaspoon chili sauce  
3 cloves garlic, minced  
3 tablespoons fresh lemon juice  
1 tablespoon white wine vinegar  
3 tablespoons extra olive oil  
Coarse salt and freshly ground pepper, to taste

For dressing, in small skillet over medium heat, toast cumin seeds 2 to 3 minutes. Remove from heat and grind in coffee grinder; set aside. In small bowl, combine chili sauce, garlic, lemon juice and vinegar. Slowly whisk in olive oil. Stir in ground cumin and season with salt and pepper; set aside.

To assemble salad, in large bowl, combine chickpeas, tomatoes, green onions, and cilantro. Pour in dressing and toss to coat. Salad can be assembled 1 day in advance. Serves 4 to 6.

### Curry chicken wraps with mango chutney

2 (5-ounce) boneless, skinless chicken breasts  
2 teaspoons madras curry paste  
1 tablespoon yogurt  
1 tablespoon fresh lemon juice  
Coarse salt and freshly ground pepper, to season  
4 (4-inch) original or whole wheat tortilla wrappers  
Mango chutney, store bought  
Japanese mayonnaise  
½ small red onion, thinly sliced  
1 cup baby spinach leaves

Preheat oven to 350°F. Cut chicken breasts into strips and place in medium bowl. Add curry paste, yogurt, lemon juice, salt and pepper; toss, cover and chill 30 minutes or overnight.

To cook, place chicken on parchment lined baking sheet and broil 2 to 3 minutes per side or until no longer pink. Remove from oven and cool.

To assemble, place wrapper on work surface. Spread with chutney and mayonnaise, top with 3 chicken strips, red onion and spinach leaves; roll tightly. Repeat with remaining wrappers. Serves 4.

### Apple and cabbage slaw with toasted cashews and mint

1 cup shredded Napa cabbage  
1 yellow pepper, thinly sliced  
1 Fuji apple, cored and thinly sliced  
2 green onions, sliced  
½ cup mint leaves  
½ cup cashews, toasted, chopped

#### Dressing

¼ cup Japanese mayonnaise  
1 clove garlic, finely chopped  
1 tablespoon minced shallot  
1 teaspoon sugar  
1 teaspoon Dijon mustard  
2 tablespoons fresh lemon juice  
1 teaspoon fish sauce  
1 teaspoon light soy sauce  
½ teaspoon ground coriander  
Coarse salt and freshly ground pepper, to taste

For dressing, combine all ingredients in medium bowl; set aside.

In large bowl, combine cabbage, peppers, apple and green onions. Pour dressing over cabbage mixture and toss well. Season with salt and pepper. Cover and chill 1 hour. Add mint and chopped cashews before serving. Serves 6 to 8.



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ON STYLE

*"A girl should be two things: classy and fabulous."*

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v  
fa







# A SPRING FEAST

RECIPES MARISA CURATOLO FOOD/PROP STYLING MARI LOEWEN PHOTOGRAPHY CORY ARONEC

A friend of mine told me a story of when his parents emigrated from Italy to Canada. It was Easter time and his father was on the hunt for red wine. One day, he found it, a large jug of red! He rushed home excitedly to surprise his family. They took a sip. Sadly, it was weak and unfamiliar. When they had someone translate the label, it turned out to be grape juice. So disappointing.

He was a great story teller, and he would tell stories so vividly I could always imagine exactly how it may have been... it took me to another time.

He also remembered a story about a special Easter tradition. His parents would buy the largest leg of lamb and hang it in their garage until Easter morning, when they would take it down and bring it into the kitchen to be trimmed and roasted. It always set the stage for the Easter celebration everyone longed for.

I found these stories to be heartbreaking and beautiful. A time when simple things were longed for and Easter time was special. When I think of spring, I remember these stories.

Here, with this story in mind, we created a spring tradition all our own, with a keg of wine and a leg of lamb. We added lemon roasted potatoes and beets with fresh thyme, a cucumber feta salad and a very special dessert made with a fashionable French pastry and a rich lemon curd.

With a farmhouse feel and a few modern dishes we created a feast that is simple and special... one that will certainly be, long remembered.

# Shopping List

- 1 (5–6) pound leg of lamb, trimmed and tied
- Baby potatoes, 2 pounds
- Romaine lettuce, 1 head
- English cucumbers, 2
- Green onions, 1 bunch
- Greek feta cheese
- Beets, 8
- Fresh thyme
- Fresh mint
- Fresh and dried oregano
- Cumin seeds, whole
- Lemons, 4
- Good quality chicken stock
- Raspberry vinegar
- Red wine vinegar
- Red wine

---

## Ensure your pantry is stocked with the essentials

Sugar, eggs, all-purpose flour, coarse salt, sea salt, freshly ground pepper, unsalted butter, olive oil, garlic, canola oil, honey.



Tableware and silver, Vera Wang, available at The Bay.  
Linen and tabletop, Kari Wardrop.

TRADITIONS





### Cucumber feta salad

1 head romaine lettuce, washed and torn to bite-size pieces  
2 English cucumbers, thinly sliced  
½ cup green onions, finely sliced  
4 ounces Greek feta cheese, crumbled  
¼ cup fresh oregano springs, to garnish  
Coarse salt and freshly ground pepper, to taste

### Oregano red wine dressing

½ cup extra-virgin olive oil  
¼ cup red wine vinegar  
2 cloves garlic, minced  
1 tablespoon dried oregano  
1 tablespoon fresh thyme leaves, chopped  
Juice of 1 lemon

For dressing, whisk together all ingredients in small bowl; set aside for at least 30 minutes or up to 2 days.

To assemble salad, place romaine, cucumber and onion in large bowl. Pour dressing over salad; toss gently. Top with crumbled cheese and oregano; season with salt and pepper. Serve immediately. Serves 6.



TRADITIONS





Ultimately, it's about the people we  
have connections with in this lifetime.



TRADITIONS



### Roasted beets with fresh thyme and raspberry vinaigrette

8 medium beets, washed and trimmed  
2 teaspoons chopped fresh thyme  
Coarse salt and freshly ground pepper,  
to taste

#### Raspberry vinaigrette

¼ cup raspberry vinegar  
3 tablespoons honey  
¼ cup canola oil

For dressing, in small bowl, whisk together vinegar and honey. Slowly whisk in oil until blended; set aside.

For beets, preheat oven to 375°F. Pierce beets with fork and wrap in foil. Place on baking sheet and roast 45 to 50 minutes or until beets are tender. Remove from heat and let cool slightly. Peel and cut beets into quarters. Place in medium bowl and toss with dressing. Season with thyme, salt and pepper. Serves 8.

### Lemon roasted baby potatoes

2 pounds baby potatoes, washed and halved  
2 teaspoons coarse salt  
½ teaspoon freshly ground pepper  
¼ cup extra virgin olive oil  
¼ cup good quality chicken stock  
½ cup fresh lemon juice

Preheat oven to 350°F. Place potatoes in medium bowl, sprinkle with salt and pepper, olive oil, chicken stock and lemon juice. Arrange in single layer on parchment lined baking sheet. Place in oven and roast, covered, 10 minutes. Uncover and continue to roast 15 to 20 minutes longer until golden and soft, turning occasionally. Serves 6.

### Leg of lamb with garlic mint sauce

1 (5-6 pound) leg of lamb, trimmed and tied  
2 cloves garlic, minced  
¼ cup chopped fresh mint  
3 tablespoons chopped fresh thyme  
¼ cup olive oil  
2 tablespoons lemon zest  
1 teaspoon ground cumin, toasted

### Garlic mint sauce

1 clove garlic  
2 egg yolks  
1 teaspoon coarse salt  
¾ cup canola oil  
1 tablespoon fresh lemon juice  
1 cup loosely packed fresh mint leaves, chopped

For garlic mint sauce, in food processor, add garlic, yolks and salt. Blend until foamy. With machine running, add oil, a few drops at a time, then steady stream. Add lemon juice. Adjust seasoning with salt. Blend in mint. Chill 6 hours before using. Makes 1 cup.

For lamb, in small bowl combine garlic, mint, thyme, oil, zest and cumin. Rub over entire lamb; marinate 12 hours or up to 1 day in refrigerator. Preheat oven to 350°F. Place lamb in roasting pan, uncovered, and bake 1 to 1½ hours or until internal temperature reaches 155°F. Remove from oven and let rest 5 minutes before slicing. Serves 8.



On a recent trip to Paris, our food editor Marisa met Paulette Caillat, owner of *Promenades and Gourmandes*, a company in Marais that offers market tours and hands-on cooking classes in her studio apartment. There, she learned the secret to Paulette's special pie dough and brought back the recipe to share with us here. With its nutty flavour and crumbly texture, here it pairs well with our creamy lemon curd and fresh blackberries.

For the very best results, use a fine French butter like Plugra. If not available, Land O'Lakes ultra creamy unsalted butter can be used.

## Lemon curd tart with blackberries

### Crust

1 cup, plus 2 tablespoons unsalted butter, room temperature  
 1 tablespoon canola oil  
 3 tablespoons cold water  
 1 tablespoon sugar  
 1/4 teaspoon fine sea salt  
 1 1/2 cups all-purpose flour

### Lemon curd

6 egg yolks, room temperature  
 2 eggs, room temperature  
 1 cup sugar  
 3/4 cup fresh lemon juice  
 1/4 cup unsalted butter, cubed and chilled

2 cups fresh blackberries, washed

For lemon curd, in small bowl, whisk together eggs, sugar and lemon juice. Pour into small sauce pan. Cook over low heat, stirring with wooden spoon until thicken, about 3 to 5 minutes. Remove from heat and mix in butter, piece by piece. Transfer to bowl. Cover and chill 1 hour or up to 2 days. Makes 1 1/2 cups.

For crust, preheat oven to 400°F. In medium ovenproof glass bowl, add butter, oil, water, sugar and salt. Place in oven and cook until mixture is boiling and butter starts to brown, about 15 to 17 minutes. Remove from oven and quickly add flour, bit by bit, until dough pulls away from bowl. Form into ball and press dough into 8-inch pie dish. Chill for 30 minutes. Pierce bottom of crust with fork, line with foil and fill with pie weights or dried beans; bake for 15 to 17 minutes. Remove weights and foil; bake until lightly golden, about 10 minutes. Remove from oven. Let cool completely before filling.

To assemble, spread curd into prepared crust. Chill 2 hours before slicing. Serve with blackberries. Serves 8.









# ASIAN COOKING

FOOD STYLING/RECIPES MARISA CURATOLO PROP STYLING MARI LOEWEN PHOTOGRAPHY CORY ARONEC

Like a beautiful piece of music, a great food experience is often associated with special moments in our lives. When we started talking about our spring recipe line-up, it didn't take long to decide Asian should take centre stage. Favourite dishes started to come to mind and with them memories of special times.

Like the time my daughter reluctantly accompanied me to a business meeting in Toronto. Her reward, a pair of Pumas with purple leather and yellow suede accents. We taxied all over town looking for just the right ones. With only minutes to our flight, we found a little Asian bistro and stopped for a bite. Crispy-fried, thinly sliced strips of beef, lavishly smothered in a reduction of teriyaki so thick, it clung to every bite. Although the Pumas were special, the beef was unforgettable. We made a quick note of what the ingredients seemed to be and today it has become a family favourite that gets frequent requests.

Our vermicelli noodle salad brings thoughts of my friend Hilary. Whenever we can find the time to meet for lunch, where it should be or what we should order is never the question. Little Saigon on William and a vermicelli salad bowl with vegetable spring rolls and charbroiled beef! Talk of magazines and jewelry design is forgotten as we get lost in a moment of Vietnamese bliss. And just what is that fish sauce? When we asked the waiter, he pretends not to know. Or the time my friend Lillian made her mother's famous homemade chow mein, with a delicately charred flavour of pan fried noodles with Asian vegetables... *it's easy*, she said. I never forgot it!

From crispy teriyaki beef and a vermicelli noodle salad to lettuce wraps, panko-crust chicken and wild mushroom soup, to name a few... this section is packed with some of our very favourites.

Along with our list of special sauces and ingredients, you'll be making room for Asian pantry essentials, replacing your Asian take-out menu and creating memories of your own.



# asian sauces and special ingredients

Home cooking is at its finest when you begin with the freshest, good quality ingredients, so too is the case when using store-bought sauces and special ingredients. Before settling into a season of Asian cooking, ensure your pantry is stocked with the following essentials, available at Asian markets or in the Asian section of your grocery store.

**Hot chili sauce** also known as Sriracha  
preferred brand Huy Fong Foods Inc.

**Fresh chili paste** we suggest sambal olek  
preferred brand Huy Fong Foods Inc.

**Sweet chili sauce**  
preferred brand Yeo's

**Dried ground chili pepper** we suggest  
Nanami Togashi  
preferred brand S & B

**Garlic bean sauce**  
preferred brand Pearl River Bridge

**Hoisin sauce**  
preferred brand Kum Kee

**Oyster sauce** look for brands with anchovies  
or squid as the first ingredient

**Ketjap manis** an Indonesian sweet soy sauce  
preferred brand ABC

**Fish sauce** look for brands made in Thailand  
preferred brand Squid Fish Sauce

**Rice vinegar**  
preferred brand Marukan

**Mirin** a sweet cooking wine  
preferred brand Mitsukan

**Japanese mayonnaise** creamier and richer  
than North American brands  
preferred brand Kewpie

**Soy sauce** we prefer Tamari which can  
be used in recipes that call for both light  
or dark soy sauce

**Panko breadcrumbs** Japanese-style  
flaky breadcrumbs

**Coconut milk** look for brands made in Thailand  
preferred brand A-Roy

**Bird's eye chilies** tiny hot red or green fresh  
chili peppers

**Fresh water chestnuts** crisp, sweet and crunchy  
with a coconut flavour. Peel with a sharp knife  
and slice thinly to use.

**Thai basil** fresh basil with purple and  
green leaves

**Garlic chives** Chinese chives with a mild  
onion but strong garlic flavour



cellophane noodle



thin wheat noodle



thick wheat noodle



fresh egg noodle



dried rice vermicelli

# so many noodles

Looking at all the packages of Asian noodles in the grocery store aisle can be intimidating. Here we try to shed a little light. Shown on the left are the varieties we used in this issue and below, brief descriptions and the recipes they were used in. Most dry noodle varieties are available in conventional grocery stores. For fresh noodles, an Asian market is well worth the trip. To store, keep fresh noodles refrigerated up to 2 days or dried noodles at room temperature up to 1 year.

## **Cellophane noodle (dried)**

Cellophane noodles are thin, translucent noodles also known as cellophane vermicelli, mung bean noodles, bean threads or glass noodles. They are made from mung bean flour and are tied in small bundles. Use kitchen scissors to separate.

To cook, soak in hot water. Let stand 5 minutes or until soft; drain and rinse under cold water.

Best used as filling in lettuce wraps, spring rolls or as the base for salads. In our recipe, we deep fried the dry noodles for a few seconds and turned them into a crispy nest. See Honey garlic pork with black bean sauce and crispy noodles, page 75.

## **Wheat noodle (thick and thin)**

Wheat noodles come dried or fresh. To cook, bring pot of water to boil. Add noodles, using a fork to separate the strands. Cook 2 to 3 minutes. Drain and rinse under cold water.

In our recipe, we used a thin dried version as a base for our Spicy chicken with noodles, oyster sauce, cabbage and noodles, page 82.

## **Fresh egg noodle**

Egg noodles contain both wheat and egg and are best pan fried or used in stir-fries.

To cook, bring pot of water to boil. Add noodles and use a fork to separate the strands. Cook 3 to 5 minutes. Drain and rinse under cold water.

See our recipe, Vegetable chow mein with pan fried noodles, page 69.

## **Dried rice noodle**

Rice noodles are made from rice flour and come both fresh and dried, thin and thick. The thin noodles are also known as rice vermicelli, the wider, flat noodles as rice sticks.

To cook, soak in hot water. Let stand 5 minutes or until soft; drain and rinse under cold water.

In our recipe we used the thin dried version as a base for our Vermicelli noodle salad with cucumber, peanuts and mint, page 71.





# COOKING LESSON

FOOD STYLING MARISA CURATOLO PROP STYLING MARI LOEWEN PHOTOGRAPHY CORY ARONEC/STUDIO 448

Although usually served as a side, in today's cooking lesson, fried rice, accompanied by a luscious cut of Manitoba's finest pork and a few authentic Asian ingredients, rises to new levels and becomes a meal all its own. We begin this lesson with a chili-rubbed Manitoba pork roast that brings just the right amount of heat and takes centre stage with our lovely Indonesian fried rice.

## Indonesian fried rice with chili-rubbed Manitoba pork

1 (1-2 pound) boneless centre cut Manitoba pork loin, trimmed and tied  
2 cups jasmine rice  
2 ¼ cups cold water  
2 tablespoons canola oil  
½ white onion, sliced  
2 cloves garlic, minced  
2 tablespoons ketjap manis  
2 tablespoons mirin  
½ cup good quality chicken stock  
1 red pepper, sliced thinly  
2 cups snow peas  
1 cup bean sprouts  
2 green onions, thinly sliced, to garnish  
Coarse salt and freshly ground pepper, to taste

### Chili rub

1 teaspoon dried chili flakes  
½ teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon crushed assorted peppercorns  
½ teaspoon hot chili sauce  
1 tablespoon soy sauce  
1 tablespoon canola oil  
½ teaspoon coarse salt  
⅓ cup toasted sesame seeds

For chili rub, heat nonstick skillet over medium heat. Add chili flakes, cumin, coriander and peppercorns; toast 1 to 2 minutes. Remove to small bowl; add chili sauce, soy sauce, oil, salt and mix well. Rub entire pork with spice paste and sprinkle with sesame seeds. Marinate 30 minutes at room temperature or up to 1 day in refrigerator.

Preheat oven to 350°F. Place pork roast in roasting pan, uncovered and cook 45 minutes or until internal temperature reaches 155°F. Let rest 5 minutes before slicing into ½-inch wide strips. Set aside.

For rice, rinse and place in small saucepan with water. Place saucepan over medium heat and bring to boil; place lid on pan and reduce heat to simmer. Cook 12 minutes. Remove from heat, fluff with fork and set aside.

Heat wok over high heat. Add oil and onion and stir fry for 5 to 7 minutes until soft and well browned. Add garlic and cook 2 minutes. Add ketjap manis, mirin and chicken stock; bring to boil. Add pork, red pepper, snow peas and bean sprouts; toss to coat. Add rice and stir fry 3 minutes. Transfer to serving bowls and sprinkle with green onion. Season with salt and pepper. Serves 6 – 8.

For ketjap manis, mirin, soy and hot chili sauce, refer to our suggested brands list on page 59 and look for them in the Asian section of most grocery stores. However, if unavailable, substitute ketjap manis and mirin for a combination of 2 tablespoons soy sauce with 2 tablespoons cooking molasses. Substitute soy and chili sauce with conventional brands.

Ask for Manitoba pork at your local butcher or supermarket.





The trick is to prepare all your ingredients before you begin cooking. Then, heat your wok and simply follow the recipe, adding the ingredients in the order of the directions. Make sure not to overcook the red peppers, snow peas or bean sprouts as they are really meant to add a crunch. See final dish on back cover.

*Chili-rubbed Manitoba pork roast can also be served as a main course and pairs beautifully with our apple and cabbage slaw with toasted cashews and mint, found on page 30.*



*beautiful.*

*functional.*

*uniquely your own.*



WINDOWS OF FASHION  
& SURROUNDINGS

### Wild mushroom soup with tofu and water chestnuts

- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 2 ½ cups sliced assorted wild mushrooms
- 1 teaspoon coarse salt
- 3 cups good quality chicken stock
- 3 tablespoons mirin
- 1 teaspoon minced ginger
- 1 teaspoon minced garlic chives, plus more for garnish
- 1 (4-ounce) package firm tofu, drained and cut into 1/2-inch pieces
- 6 fresh water chestnuts, peeled and sliced
- Freshly ground pepper, to taste

Melt butter in medium saucepan over medium-low heat. Add garlic, mushrooms and salt; cook for 3 minutes or until mushrooms are soft. Add chicken stock, mirin, ginger and minced chives; simmer for 10 minutes. Add tofu and water chestnuts. Cook 2 to 3 minutes longer or until tofu is heated through. Season with pepper and garnish with remaining garlic chives. Serves 4.

# our favourite recipes

FOOD STYLING/RECIPES MARISA CURATOLO   PROP STYLING MARI LOEWEN   PHOTOGRAPHY CORY ARONEC



### Vegetable chow mein with pan fried noodles

1 (6-ounce) package fresh thick egg noodles  
1/3 cup canola oil  
1 cup chopped red onion  
5 cloves garlic, minced  
2 tablespoons minced fresh ginger  
2 cups cremini mushrooms, quartered  
1/3 cup hoisin sauce  
2 tablespoons oyster sauce  
1 teaspoon sugar  
1/4 cup fresh bean sprouts

2 shallots, thinly sliced, patted dry,  
deep fried 5 seconds

Bring medium saucepan of water to boil. Add noodles and cook 3 to 5 minutes. Drain and rinse under cold water. Toss with 1 tablespoon oil; set aside.

Heat remaining oil in wok over medium-high heat, add noodles and arrange to form a large slightly flattened cake. Let noodles fry for about 10 minutes until bottom side is browned and crisp; turn over and fry other side for 5 minutes. Remove to large serving platter.

In same wok over medium-high heat; add onion and cook 3 to 4 minutes, or until soft. Add garlic and ginger and cook 1 to 2 minutes. Add mushrooms and cook 3 to 5 minutes. Add hoisin, oyster and sugar; cook 2 minutes. Pour over noodles and top with bean sprouts and fried shallots. Serves 4 to 6.





### Vermicelli noodle salad with cucumber, peanuts and mint

1 (4-ounce) package rice vermicelli or rice sticks  
1 tablespoon canola oil  
4 iceberg lettuce leaves  
½ English cucumber, thinly sliced  
¼ cup fresh mint leaves  
¼ cup roasted peanuts

4 cooked spring rolls (see page 80),  
to serve

#### Fish sauce

1 clove garlic, minced  
1 hot red chili, seeded and chopped  
2 tablespoons fish sauce  
2 tablespoons rice vinegar  
2 tablespoons sugar

For sauce, in small bowl, add all ingredients and stir until sugar is dissolved. Let stand 30 minutes before using.

For noodles, bring large saucepan of water to boil. Add noodles and cook 3 to 5 minutes. Drain and rinse under cold water. Toss with 1 tablespoon canola oil; set aside.

To assemble, line 4 serving bowls with lettuce. Top with equal amounts rice noodles, cucumber, mint, and peanuts. Pour fish sauce over salad and serve with spring rolls. In addition, can also be served with hoisin and hot chili sauce. Serves 4.



### Coconut shrimp with mango and cilantro

1 pound large raw shrimp, tails on  
Coarse salt and freshly ground pepper, to season  
2 tablespoons unsalted butter  
2 cloves garlic, minced  
1 red pepper, finely diced  
½ cup chopped mango  
1 cup canned coconut milk  
1 tablespoon fresh lime juice  
1 teaspoon hot chili sauce  
1 tablespoon fish sauce  
1 teaspoon sugar  
Fresh cilantro leaves, to garnish

Rinse shrimp in cold water and season with salt and pepper. In large skillet, heat 1 tablespoon butter over high heat. Add shrimp and cook 1 to 2 minutes; remove and set aside.

In same skillet, add remaining butter, garlic, red pepper and mango. Cook over medium heat 2 minutes. Stir in coconut milk, lime juice, chili sauce and fish sauce; cook 5 to 7 minutes until sauce thickens. Stir in sugar. Return shrimp to skillet and cook another minute or until heated through. Garnish with cilantro leaves. Serves 4 to 6.



## Honey garlic pork with black bean sauce and crispy noodles

1 (3-ounce) package rice vermicelli, separated into small bundles  
Canola oil, for frying, plus more to stir fry  
1 pound pork tenderloin, thinly sliced  
1 red pepper, thinly sliced  
5 cloves garlic, sliced  
 $\frac{1}{4}$  cup fish sauce  
2 tablespoons garlic bean paste  
 $\frac{1}{4}$  cup fresh lime juice  
1 tablespoon ketchup  
1 tablespoon soy sauce  
1 tablespoon water  
1 tablespoon sugar  
 $\frac{1}{4}$  cup honey  
1 dried red chili, finely chopped  
3 green onions, sliced  
Fresh cilantro leaves, to garnish

In small skillet, heat 1-inch oil to just before smoking. Flash fry noodle bundles, about 10 seconds each. Drain on paper towels. Set aside to cool.

In a wok, heat  $\frac{1}{4}$  cup oil to high heat. Add pork and cook until browned; add red pepper and cook 2 minutes. Remove and transfer mixture to a bowl; set aside. To same wok, add garlic, fish sauce, bean paste, lime juice, ketchup, soy sauce, water, sugar, honey and chili. Cook over medium heat, stirring until mixture thickens, 4 to 5 minutes. Add cooked pork and peppers and cook until heated through. Divide noodles onto 6 plates. Top with pork mixture; garnish with green onions and cilantro leaves. Serve 4.





### **Panko-crusted chicken with Japanese wasabi mayonnaise**

- 1 cup panko breadcrumbs
- ¼ cup all-purpose flour
- ½ teaspoon coarse salt
- 2 eggs, beaten
- 1 tablespoon water
- 4 (5-ounce) boneless, skinless chicken breasts
- Canola oil, for frying
- Tongrashi, to taste

### **Japanese wasabi mayonnaise**

- ⅓ cup Japanese mayonnaise
- 1 teaspoon fresh lemon juice
- 1 teaspoon wasabi powder

For mayonnaise, in small bowl combine mayonnaise, lemon juice and wasabi; cover and chill until ready to serve.

For chicken, in one shallow bowl place panko, in another place beaten eggs, in a third place flour and salt. Dip chicken into flour mixture, then egg, then into panko, pressing to coat. Heat oil in large skillet over medium-high heat. Fry chicken in batches for 5 to 6 minutes per side or until golden and no longer pink inside. Sprinkle with tongrashi and serve with wasabi mayonnaise. Serves 4.

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### **Crispy teriyaki beef with hot chilies**

2 (6-ounce) rib-eye or sirloin steaks  
½ cup cornstarch  
Canola oil, for frying  
1 hot red chili, seeded and thinly sliced

### **Teriyaki glaze**

½ cup soy sauce  
¼ cup water  
¼ cup sugar

For glaze, in large saucepan combine soy sauce, water and sugar. Bring mixture to boil, then lower to simmer and cook until thickened, about 6 to 8 minutes; set aside.

For beef, cut beef across grain into thin strips. In medium bowl, place cornstarch and beef strips, mix well to coat. Heat oil in small heavy bottom saucepan over high heat. Shaking off excess cornstarch, fry beef in batches for 20 to 30 seconds or until lightly golden. Drain on paper towels. Fry chili peppers in same oil 5 seconds. Remove and add to glaze. Add beef and toss to coat.  
Serves 4 to 6.

If the glaze has been cooked too long, it will take on a vinegary taste instead of the intended sweet flavour. If this happens add a little more water and sugar, to taste.

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**Vegetable spring rolls with fish sauce**

- 2 tablespoons canola oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 1/2 cup chopped cremini mushrooms
- 1 cup cabbage, finely chopped
- 2 medium carrots, peeled and thinly sliced
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon sweet chili sauce
- 24 (6-inch) spring roll wrappers
- 1 egg, beaten, for egg wash

**Fish sauce (to dip)**

- 1 clove garlic, minced
- 1 hot red chili, seeded and chopped
- 2 tablespoons fish sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sugar

For sauce, in small bowl combine all ingredients and stir until sugar is dissolved. Let stand 30 minutes before using.

In large skillet, heat oil over medium-high heat. Add onion, garlic and ginger; cook 5 minutes. Add mushrooms, cabbage, and carrots and cook 3 minutes. Remove mixture from pan. To same skillet, add soy, oyster and chili sauces and cook 1 minute. Return vegetables to pan and toss. Remove from heat and let cool.

To assemble, working with one wrapper at a time, place 1 tablespoon filling on lower half of wrapper. Fold bottom up and over filling. Brush outer edges with egg wash. Fold in sides and roll up tightly. Transfer to parchment lined baking sheet. Repeat with remaining wrappers.

To cook, in medium saucepan, heat 2 inches oil to high heat of 375°F. Fry spring rolls in batches until golden, about 1 minute each. Drain on paper towels. Makes 24.



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**Spicy chicken with noodles, oyster sauce and bok choy cabbage**

1 (4-ounce) package dry wheat or egg noodles  
2 tablespoons canola oil  
4 garlic cloves, sliced  
2 cups shredded bok choy cabbage  
1 teaspoon garlic chili sauce  
1 tablespoon oyster sauce  
1/2 cup good quality chicken stock  
1 tablespoon cornstarch dissolved in  
1 tablespoon water  
1/2 cup fresh Thai basil leaves

**Spicy chicken**

2 (5-ounce) boneless skinless chicken breast,  
thinly sliced  
2 tablespoons garlic chili sauce  
2 tablespoons soy sauce  
2 tablespoons oyster sauce  
1 tablespoon cornstarch

For noodles, bring medium saucepan of water to boil. Add noodles and cook 3 to 5 minutes. Drain and rinse under cold water. Toss with 1 tablespoon oil; set aside.

For chicken, in medium bowl, combine sauces and cornstarch. Add chicken and toss to coat. Cover and chill for 1 hour or up to 1 day.

Heat remaining oil in wok over high heat; add chicken and cook 3 to 4 minutes, or until slightly pink. Add garlic and cabbage and cook 3 to 5 minutes, or until cabbage is wilted. Stir in sauces, chicken stock and cornstarch mixture, then add noodles. Cook 2 minutes or until noodles are heated through. Add basil; toss to coat. Serves 4 to 6.





### Baby bok choy with ginger and garlic

- 1 teaspoon soy sauce
- 2 tablespoons oyster sauce
- ¼ cup good quality chicken stock
- 1 tablespoon canola oil
- 2 teaspoons minced fresh ginger
- 3 cloves garlic, minced
- 6 heads baby bok choy, bottoms trimmed and cut in half

In small bowl, combine soy sauce, oyster sauce and chicken stock; set aside. In wok, heat oil over medium-high heat. Add ginger and garlic and stir-fry 30 seconds. Add bok choy and toss. Add sauce mixture and cover 1 minute. Transfer to platter and serve immediately. Serves 4.

### Lettuce wraps with chicken, roasted peanuts and cilantro

2 tablespoons canola oil  
2 cloves garlic, minced  
½ cup finely chopped onion  
1 red pepper, finely chopped  
2 pounds ground chicken  
⅓ cup orange juice  
½ cup hoisin sauce  
1 tablespoon soy sauce  
1 teaspoon sweet chili sauce  
Coarse salt, to season  
1 head radicchio, separated into leaves  
½ cup dry roasted peanuts, crushed  
Fresh cilantro leaves, chopped  
Bunch green onions, thinly sliced

Heat oil in large skillet over medium heat. Add garlic and onion and cook for 4 minutes. Add red pepper and cook 2 minutes. Add chicken and cook 5 to 7 minutes or until no longer pink, breaking mixture up with wooden spoon. Stir in orange juice, hoisin, soy and chili sauce; season with salt. Cook 2 minutes. Transfer mixture to serving platter and arrange with radicchio, peanuts, cilantro and green onions to serve.

For individual servings, spoon 3 to 4 tablespoons filling onto lettuce leaf, top with peanuts, cilantro and green onion. Roll up tightly. Serves 8.



# good to know

Soak onions in cold water 30 minutes prior to use.  
Soaking removes the harsh flavour and prevents your eyes from stinging while slicing.



# PORK

Another year of fabulous pork from the editors of ANNA Magazine. See page 63 for a complete step-by-step cooking lesson and try your hand at **Indonesian fried rice with chili-rubbed Manitoba pork.**



For more mouthwatering pork recipes, visit [manitobapork.com](http://manitobapork.com).