

CURRIED SUMMER VEGETABLES

Serves 5 to 6

½ lb immature squash or regular squash
(cut into 1/4" slices)

note: if using immature squash, leave the skin on, it's very tender; if using regular squash, remove outer skin before slicing

½ lb mixed or green beans (cut off ends)

1 lb cauliflower (1 medium-sized head – cut florets from stalks)

½ lb round Thai eggplant (cut off tops and slice in half)

1 large white onion (chopped)

1 small piece of fresh ginger (sliced); or ½ tsp. of ground ginger

5 shallots (thin-sliced) optional

2 stalks of fresh lemongrass (crush and cut into 2"-3" lengths)

5 large cloves of garlic (crushed and chopped)

1 cup of fresh Thai basil leaves

½ cup oil

1½ tsp of salt

1 14 oz can coconut cream

1 Tbsp Hot Curry Powder spice mix

Preparation:

1. Put 1½ quarts of water on to boil and start preparing the vegetables (begin with squash and lemongrass)

2. When water is boiling, add squash and lemongrass and boil until squash is tender but firm (approx 10-15 minutes)

3. When squash is ready, remove from heat but don't discard the water; instead, remove lemongrass and squash from water, discard lemongrass, set squash aside

4. Now, put the cut cauliflower in the pot and heat again until boiling; boil briefly (approx 2-3 minutes) until cauliflower is blanched – this will soften it slightly so it cooks quicker in the wok or pan; remove cauliflower from heat and strain

5. In a large frying pan or wok, heat oil

6. When oil is hot, sauté ginger, onions, garlic and shallots together for 1 minute (until fragrant)

7. Add Thai eggplant and beans, stirring together until green beans are bright green (approx 2-3 minutes)

8. Add squash, stir briefly 9. Add salt

10. Add blanched cauliflower and mix together

11. Add spices and blend

12. Add coconut cream (this will thicken the sauce) and stir until thoroughly mixed in

13. Mix in Thai basil and stir until blended

Remove from heat – serve with rice!

BOTTLE GOURD STIR-FRY

Serves 6

1-2 lbs gourd (approx 1 med bottle gourd)

½ cup dehydrated shrimp (soak in water) - optional
5 cloves garlic (crushed and chopped)

3 stalks green onions (cut in 2" lengths)

2 Tbsp cooking oil

2 Tbsp fish sauce

1 Tbsp Sesame oil

1 cup pre-soaked cellophane noodles

Preparation:

1. Peel skin off gourd (with a carrot peeler or similar utensil), slice and julienne

2. While preparing garlic and onions, heat cooking oil in a frying pan or wok

3. When oil is hot, add garlic, sauté briefly, then add strained shrimp and gourd; sauté until gourd is soft

4. Add fish sauce

5. Stir together then add cellophane noodles, sesame oil and green onions

6. Mix well and remove from heat. Serve with rice and chopped Thai chili peppers in soy sauce - optional

TURNIP SEAFOOD SOUP

Serves 6 to 8

1½ lbs turnip (approx 1 large turnip), peeled (with a carrot peeler or similar utensil) and sliced

2 quarts chicken or fish stock

1½ lbs seafood mixture: shrimp (sliced in half), scallops (thin-sliced) and squid (optional)

½ small bunch of cilantro (approx 6 stalks), chopped

3 stalks green onions (chopped)

1 Tbsp salt

1 tsp sesame oil

1 pinch ground white pepper

Preparation:

1. Heat stock until boiling then add sliced turnip

2. Cook turnip until it begins to turn transparent or soft (approx 10 minutes)

3. Add salt and seafood and cook until boiling again

4. Add cilantro, onions, sesame oil and pepper

Remove from heat and serve.