

Recipes: Tammy Wong - May 30, Market Talk (Mpls Farmers Market)

Seafood Asparagus Soup

Serves 4

Ingredients:

¼ lb Scallops, chopped small
¼ lb Shrimp, (shelled and deveined), chopped small
½ lb Asparagus stalks, thinly sliced on the bias
4 Cups Water
1 Tablespoon Salt
2 Tablespoons Cornstarch
1 Egg White, whisked
Pinch of White Pepper
1 Scallion stalk, only the green, finely chopped
Cilantro, to garnish
Dash of Sesame Oil

In a medium saucepan bring water to a boil. While water is heating, in a small bowl whisk together cornstarch and just enough water to form a mixture the consistency of white glue.

Once water is boiling add cornstarch mixture in a thin stream while stirring the water.

Add asparagus, scallops, shrimp, and salt. Bring the soup back to a boil, stirring constantly. Reduce heat to medium low. Slowly pour egg white into the pot.

Raise heat to medium high and gently stir.

Add white pepper and garnish with scallions, cilantro, and sesame oil. Enjoy!

Thai Style Hot and Sour Soup with Salmon and Asparagus

Serves 4-6

Ingredients:

1 lb Salmon, cubed
½ lb Asparagus, chopped into 1-2 inch pieces
¼ lb Oyster Mushrooms
½ med. Onion, thinly sliced
8-10 Cherry Tomatoes, halved
1 Lemongrass stalk, bottom only, sliced on a bias
4 Galangal slices (may substitute ¼ teaspoon dried galangal powder)
3 Tablespoons Hot and Sour paste (I use Tom Yum Kung Instant Hot and Sour Paste)
6-8 Kaffir Lime Leaves
5 Cups Water

Juice of half a lime

Green Onion, chopped (optional)

In a medium saucepan bring water, lemongrass, and galangal to a boil. Cook for 5 minutes.

Add hot and sour paste, mushrooms, onions, asparagus, and tomatoes. Simmer for 1-2 minutes.

Add salmon and kaffir lime leaves. Simmer until salmon is cooked through, about 2 minutes. Spoon into large soup bowl and add lime juice. Garnish with green onions and enjoy!

Sate Chicken Asparagus

Serves 2-4

Ingredients:

1½ lb Chicken Breast, sliced
1 lb Asparagus, 1 inch slices, cut on a bias
1 large Carrot, sliced thin on a bias
½ med. Onion, cut into wedges
1 Tablespoon Chinese style Barbecue Sauce (I use Bull Head Brand. They make a vegetarian and a no vegetarian variety-both are great)
1 clove of Garlic, smashed and finely chopped
6 thin slices of ginger
1 Tablespoon Cornstarch, dissolved in 2 Tablespoons of water
2 Tablespoons Oyster Sauce
1 Teaspoon Mushroom Soy Sauce
3 Tablespoons Vegetable Oil
1 Teaspoon Sesame Oil

Heat 1 tablespoon of oil in a wok over high heat.

Add asparagus, carrots, and onions. Cook, stirring constantly for 1-2 minutes or until asparagus is bright green.

Remove and set aside.

Add 2 tablespoons of oil and return wok to high heat. Add garlic and ginger and stir until the garlic starts to brown.

Add chicken. Cook, stirring constantly, until the chicken is cooked through. Add barbecue sauce, oyster sauce, and soy sauce. Stir in vegetables and cornstarch mixture. Serve over rice.