

## FRIED WILD RICE WITH CHICKEN

Serves 4

- ½ Pound Hand Harvested Wild Rice
- 2 Cups Water
- 1 Tablespoon Chicken Soup Base (I use Penzey's)
- 2 Chicken Breasts
- ½ Small Onion, diced
- 2 Cloves of Garlic, minced
- 3 Eggs, lightly beaten
- 3 Stalks of Green Onion, diced
- 1 Cup Bean sprouts (optional)
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Sesame Oil
- 3 Tablespoons Vegetable Oil

### The Night Before:

Rinse the wild rice and place in a saucepan with the water and chicken soup base.

Bring to a boil.

Turn the heat down to low and cover.

Cook for a half an hour or until the water is absorbed.

After removing from the heat fluff with a fork.

While the rice is cooking add 1 tablespoon of the vegetable oil to a sauté pan and heat over med/high heat.

Add the chicken breasts and sear until nicely browned, 3-4 min., flip and repeat on the other side.

Cool the rice and chicken over night.



### To Make The Fried Rice:

Chop the chicken into small cubes.

Using your hands or a fork break up any clumps that may have formed in the rice.

In a small sauté pan scramble the eggs and set aside. Have all of the ingredients prepared and close at hand. Heat the remaining vegetable oil in a wok or large sauté pan over high heat.

Add the onions and garlic and cook, stirring constantly, until the onions become translucent, 1-2 min.

Add the chicken and rice, continue to cook, stirring constantly for 5-7 more minutes.

Add the egg, green onion, bean sprouts (if using), sesame oil, and soy sauce.

Cook, stirring, until everything is well incorporated.

Serve and enjoy!



## GINGER CANDIED CHESTNUT APPLES

makes about 4 dozen

About 4 Dozen Chestnut Apples

(other small apples would work as well)

8" Bamboo Skewers

3 Cups Granulated Sugar

¼ Cup Corn Syrup

1 Cup Water

¼ Pound Fresh Ginger

Juice from half a lemon

### Recipe:

Place apples on a hard surface and insert one skewer vertically into each apple.

Lightly oil a large baking sheet and set aside.

Peel and thinly slice the ginger.

Place the ginger and water in a blender and puree.

Using cheesecloth strain the ginger water into a bowl. Pour 1 cup of the ginger water into a 4-6 quart, heavy bottom sauce pan and heat over medium heat. Add the sugar, corn syrup, and lemon juice and cook until all of the sugar is dissolved. Once the sugar is dissolved turn the heat up to high and continue cooking, stirring constantly, until the liquid is amber colored and boiling, about 10 minutes (it should be about 300 degrees.) Gently dip the apples one at a time into the candy liquid, and then set on the oiled pan to dry.



## SIMPLE LATE SUMMER VEGETABLE SOUP

Serves 4

4 Quarts Water  
1 Medium Onion, chopped  
2-4 Carrots, chopped into ¼ inch slices  
3 Stalks of Celery, chopped into ¼ inch slices  
1 Pound of Okra, roughly chopped  
1 1/2 Pound Tomatoes, chopped into medium sized chunks  
3 Cobs of Corn, chopped into 1-2 inch pieces  
1-2 Thai Chili Peppers, finely chopped  
½ Cup Fish Sauce  
½ Cup Mint Leaves  
1 Tablespoon Sugar

### To Make The Soup

In a large sauce pan over high heat bring the water to a boil.

Add the carrots, celery, onion, and garlic.

Cook for 10-15 min., or until the carrots start to soften.

Add all of the remaining ingredients.

Bring to a boil.

Turn down the heat and simmer for 15 more minutes.

Serve and enjoy!