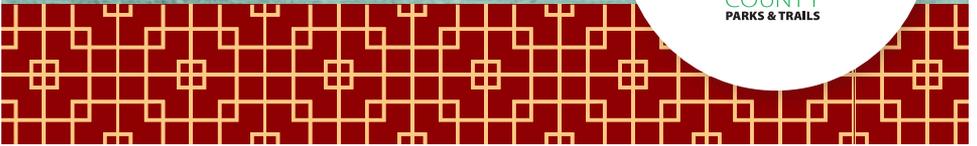
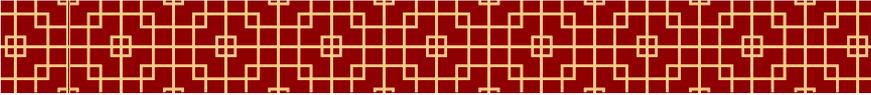




Asian Fusion

RECIPE BOOK





Welcome

Tim Fouts from our Ranger Division and a trained executive chef are proud to present the fourth installment of Greene County Parks & Trails' open-fire cooking series – Asian Fusion! You and your guest are invited to create and enjoy a delicious meal of:

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DINNER

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DESSERT

Mango Summer Rolls with a Sweet and Spicy Peanut Sauce

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KUNG PAO BRUSSELS SPROUTS

Author: Lauren Miyashiro

Yield: 4 servings

INGREDIENTS

- 1 pound Brussels sprouts, trimmed and sliced in half length-wise
- 1/4 cup olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons peanut or vegetable oil
- 8 to 10 dried red chilis
- 1 scallion, chopped
- 1 clove garlic, minced
- 1 teaspoon minced or grated ginger
- 1/4 cup unsalted dry-roasted peanuts

Sauce

- 1 tablespoon Chinese black vinegar, or substitute good-quality balsamic vinegar
- 1 tablespoon soy sauce
- 1 teaspoon hoisin sauce
- 1 teaspoon sesame oil
- 2 teaspoons sugar
- 1 teaspoon ground Sichuan pepper

PREPARATION

1. Spread the Brussels sprouts on a large baking sheet and toss with the olive oil, salt, and pepper. Once the grill is hot enough, roast for 10 minutes, until the outside leaves are golden and crispy and the insides are cooked through.
2. Prepare the sauce: In small bowl, combine the vinegar, soy sauce, hoisin sauce, sesame oil, sugar, and Sichuan pepper. Stir until the sugar is dissolved and set aside.
3. Heat a wok or large skillet over high heat until a bead of water sizzles and evaporates on contact. Add the oil and swirl to coat the base. Add the chilies and stir-fry for about 30 seconds, until the chilies have just begun to blacken and the oil is slightly fragrant. Add the scallions, garlic, and ginger and cook for another 30 seconds.
4. Return the Brussels sprouts to the pan, add the peanuts, and pour in the sauce. Stir just until the brussels sprouts are well coated, about 30 to 60 seconds. Quickly transfer to a large bowl or plate and serve.



JAPANESE CUCUMBER SALAD

Author: Tim Fouts

Serves 4 to 6 servings

INGREDIENTS

- 2 English cucumbers
- 1/2 tablespoon salt
- 1/2 cup white rice vinegar
- 1 tablespoon soy sauce
- 1 tablespoon tamari
- 2 teaspoons sesame oil
- 2 tablespoons white sugar
- 1/2 teaspoon white and black sesame seeds
- 1/4 cup pickled ginger

PREPARATION

1. Cut the cucumbers into paper-thin slices with a mandolin if possible. In a large bowl, toss the cucumber slices with the salt (this draws out excess water). Let sit for 5 to 10 minutes.
2. In a small bowl, stir together the rice vinegar, soy sauce, sesame oil, pickled ginger, and sugar until the sugar is dissolved.
3. Drain the cucumber slices in a colander and gently squeeze them with your hands to squeeze out excess water. Return the slices to the large bowl and toss with the rice vinegar mixture. Transfer the cucumber to a serving dish. Serve at room temperature with sushi, noodles, stir-fries, etc.



THAI LEMONGRASS AND GINGER ICED TEA

Author: Cinnamon Society

Yield: 4 drinks

INGREDIENTS

3 stalks lemongrass, white parts only

1 small knob ginger, sliced

6 cups water

1/3 cup sugar, plus more to taste

2 cups brewed black tea

PREPARATION

1. With the blunt edge of a knife, bash the lemongrass stalks until lightly bruised, then thinly slice. Slice ginger knob. Add lemongrass and ginger to a medium-sized pot of water and bring water to boil. Simmer for 10 minutes, then turn off heat. Stir in sugar. Let liquid sit in the pot, covered, for another 20 minutes. Strain lemongrass-ginger syrup.
2. In glasses, stir together one-half lemongrass-ginger syrup with one-half brewed tea. Add ice and serve.



GINGER AND LEMONGRASS CHICKEN SLIDERS

with Soy and Wasabi Mayo

Author: Whitney Bond

Yield: 8 patties

INGREDIENTS

- 1 lb. ground chicken
- 1/2 cup red onion (minced)
- 1/2 cup red bell pepper (minced)
- 1 serrano chili (minced)
- 1 tablespoon green onions (chopped)
- 1 teaspoon ginger
- 1 teaspoon garlic
- 1 teaspoon lemongrass
- 1/4 cup soy sauce
- 1 tablespoon Sriracha
- 1 egg
- 1/2 cup breadcrumbs

PREPARATION

1. In a large bowl, combine the ground chicken, onion, bell pepper, serrano chili and green onion.
2. Add the ginger, garlic and lemongrass. Pour the soy sauce directly over the herbs, this will rehydrate the herbs. Add the Sriracha, egg and breadcrumbs as binders. Mix all of the ingredients together. Form into 8 small slider patties. Place on the grill over medium heat for 5 minutes per side.

Bell Pepper Pineapple Slaw

- 1/2 red bell pepper (thinly sliced)
- 1/2 green bell pepper (thinly sliced)
- 1/2 yellow bell pepper (thinly sliced)
- 1/2 cup diced pineapple
- 1/4 cup green onions (the light green and white parts – sliced into 1 inch sections)
- 2 tablespoons sweet chili sauce
- 1 tablespoon Sriracha
- 1 tablespoon soy sauce

Combine all of the ingredients in a large bowl. Place on top of the sliders.



SESAME FRIED CATFISH

Author: Tim Fouts

Yield: 2 servings

INGREDIENTS

- 1 cup of all-purpose flour
- 2 tablespoons cornstarch
- 1 1/2 cups of very cold seltzer water
- 1 teaspoon salt
- 1/2 cup of additional all-purpose flour
- 2 tablespoons black sesame seeds
- 2 catfish filets

PREPARATION

1. Begin by mixing the salt, cornstarch, and one cup of flour in a mixing bowl. Add in the very cold seltzer water and lightly mix. Do not overmix. If you are not going to use right away, place the bowl in a larger bowl, lined with ice, so that the batter remains very cold. Heat your oil, enough oil to have the fish submerge, roughly three or more cups.
2. Take a filet and place it onto the plate with flour, and lightly coat both sides. Toss in the bowl of cold batter, then carefully place them into the fryer. Cook until you have a nice, golden brown fish. Remove the cooked filets with a slotted spoon, and repeat until all of your fish is cooked.



SOUTHERN COLLARD GREENS

Author: Jocelyn Delk Adams

Yield: 8 servings

INGREDIENTS

- 6 small bunches collard greens
- 1 extra large smoked ham hock
- 2 tablespoons granulated sugar
- 1 tablespoon bacon grease
- 1 tablespoon seasoned salt
- 2 teaspoons worchestershire sauce
- 2 teaspoons apple cider vinegar
- 1/2 to 1 teaspoon crushed red pepper flakes
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/4 cup finely chopped onion

PREPARATION

1. Start by pulling and tearing greens away from stems. Take a hand full of greens, roll them up and cut the rolls horizontally into small pieces. We personally remove the stems but this is a personal decision.
2. Next, add greens to empty clean sink and wash them removing all grit, sand and debris thoroughly with cold water until water becomes clear.
3. Next rinse the ham hock very well then add to a large pot along with enough water to fully submerge the ham hock then cover with a lid. Cook over medium high heat for about 45 minutes or until ham hock is near being tender.
4. Once ham hock is almost tender, add greens and about 4-5 additional cups of water or enough to just barely cover greens to the pot. This will become your pot likker.
5. Add along the rest of the ingredients to the pot and cook while covered for at least 2 hours or until completely tender. Most water should have evaporated by this point just having enough to barely cover the greens.



TAMARIND GRILLED CHICKEN

Author: Dara Michalski

Yield: 4 servings

INGREDIENTS

Chicken

- 1/3 cup olive oil
- 1/4 cup thinly sliced fresh basil
- 1 large clove garlic chopped
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 8 boneless skinless chicken thighs

Glaze

- 2 14 ounce cans each low sodium chicken broth
- 3/4 cup freshly squeezed orange juice
- 1/4 cup granulated sugar
- 3 tablespoons unsalted butter
- 2 tablespoons tamarind concentrate paste
- 1 tablespoon grated orange peel
- 1 tablespoon peeled and finely grated fresh ginger
- 3-4 drops Sriracha sauce or Tabasco, to taste
- salt and pepper to taste

PREPARATION

Chicken

In a medium bowl, whisk together olive oil, basil, garlic, salt, and pepper. Add chicken thighs to the marinade and mix until the chicken is coated. Cover and refrigerate for 1 to 6 hours, turning occasionally.

Glaze

1. In a large saucepan, whisk together chicken broth, orange juice, sugar, butter, tamarind concentrate (paste), orange peel, and ginger. Bring the mixture to a boil over medium-high heat and cook, whisking frequently, until the mixture is reduced to 3/4 cup and the glaze coats the back of a metal spoon, 25 to 30 minutes. The glaze should remain at a vigorous boil for the entire time to ensure quick reduction.
2. Remove from the heat and add several drops Sriracha sauce, as well as salt and pepper, to taste.
3. (The glaze can be made up to 2 days in advance; cover and keep store in the refrigerator. Gently reheat before using.)
4. Spray the grill with nonstick cooking spray. Heat grill to medium-high heat.
5. Pour 1/4 cup glaze into a small bowl. This will be used for basting. Reserve the rest of the glaze. Transfer the chicken to the grill and discard the marinade. Grill until the chicken is cooked through, about 4 minutes per side, basting with the glaze on both sides of the chicken.



CAST IRON KOREAN SHORT RIBS AND BLACK EYED PEAS

with a Chipotle Pepper Gravy

Author: Tim Fouts

Yield: 4 servings

INGREDIENTS

- 3 lbs. bone in beef short ribs
- 2 tablespoons vegetable oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground ginger
- Pepper to taste
- 1 large onion thinly sliced
- 4 cups beef broth
- 1/4 cup soy sauce
- 1/4 cup fish sauce
- 3 chipotle in adobo sauce peppers
optional
- 2 15 oz cans of drained, rinsed beans
(I used a combo of black eyed peas)

Slurry

- 1/4 cup water
- 1/4 cup flour

PREPARATION

1. Season the short ribs with the salt pepper, garlic powder, onion powder and celery salt.
2. In a very hot large skillet with oil, over medium high heat, cook the short ribs on all sides for about 50 seconds. Set stove to medium heat and add the onions around the short ribs.
3. Cook the onions around the short ribs until softened, about 3-5 minutes. Add the short ribs and onions to the slow cooker then add the chipotle peppers, beans and beef broth and slurry.
4. Mix carefully. Put the lid on and cook on low for 8 hours or high for 4-5 hours or until the meat is tender and falling off the bone. Skim off any fat. Season with salt and pepper for taste.
5. Serve with hot buttered cornbread.



MANGO SUMMER ROLLS

Author: Alex Caspero

Yield: Serves 4 to 6

INGREDIENTS

- 4 ounces dried rice vermicelli noodles
 - 1 large mango, peeled and cut into strips
 - 1 large carrot, julienned
 - 1 large cucumber, julienned
 - 24 mint leaves
 - 1 package round rice paper wrappers
- Peanut Dipping Sauce**
- 2 tablespoons peanut butter
 - 2 tablespoons water
 - 1 tablespoon soy sauce
 - 2 teaspoons honey
 - 2 teaspoons white rice vinegar
 - 1 teaspoon chili sauce

PREPARATION

1. Bring a small pot of water to boil. Place the rice vermicelli noodles in a large heat-proof bowl and pour the just-boiled water over the noodles. Allow the noodles to soak for about 3 minutes. Drain, rinse under cold water, and drain again. Alternatively, soak the noodles in warm water for 20 to 25 minutes.
2. Fill a large mixing bowl with room temperature water.
3. Dip a sheet of rice paper wrapper in the water for about 30 to 40 seconds, making sure all sides are wet and the wrapper is much softened. Lay the wrapper flat on a cutting board or other clean surface. Lay a small bunch of vermicelli noodles in the bottom 1/3 of the wrapper. Lay strips of carrot, cucumber, and mango horizontally over the noodles. Top with two mint leaves.
4. Fold the bottom of the rice paper over the filling and begin rolling tightly. Fold the left and right sides of the wrapper over the filling. Finish rolling tightly. Lay the finished summer roll seam side-down on a plate and cover with a slightly damp towel.
5. Repeat steps 3 and 4 with the remaining wrappers and filling.
6. Whisk together the ingredients for the peanut dip. Serve the mango summer rolls with the peanut dip on the side.



FOOD SAFETY



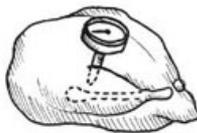
Where to put a Dial (or Oven-proof) Meat Thermometer

Boneless Roast



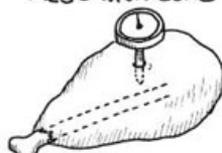
Insert to core

Poultry



Insert inside
of the thigh

Meat with bone



Insert into the thickest
part of the meat

* For an accurate reading,
do NOT touch the bone, fat, or bottom of the pan with the thermometer.

SAFE COOKING TEMPERATURES

as measured with a food thermometer

GROUND MEAT & MEAT MIXTURES

Internal temperature

Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F

FRESH BEEF, PORK, VEAL & LAMB

145°F
with a 3 minute rest time

POULTRY

Chicken & Turkey, Whole	165°F
Poultry Parts	165°F
Duck & Goose	165°F
Stuffing (cooked alone or in bird)	165°F

HAM

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

EGGS & EGG DISHES

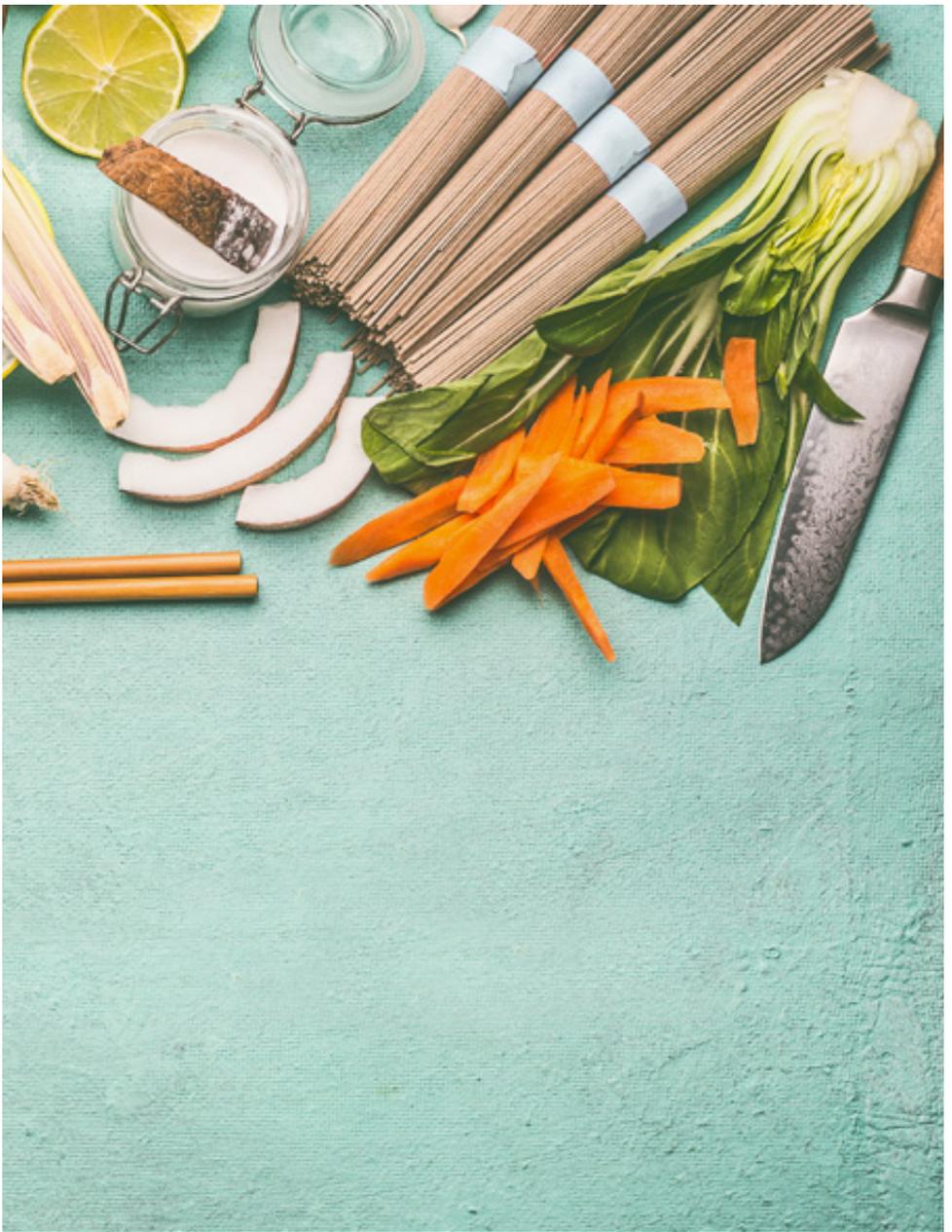
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F

SEAFOOD

Fin Fish	145°F
	or flesh is opaque and separates easily with fork
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm

LEFTOVERS & CASSEROLES

165°F



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