

Spicy Thai Salad with Seared Bison and Lime Vinaigrette

Serves 4

Vinaigrette:

- 2 garlic clove, minced
- 2 small Thai chili pepper , minced (less or more to taste)

Note: do not substitute jalapeno or other peppers as the flavour of the Thai chili really makes this dish

- 60 ml fish sauce (less or more to taste)
- 45 ml lime juice, fresh, fresh (less or more to taste)
- 15 ml sugar or honey (less or more to taste)

Salad:

- butter lettuce or Romaine leaves, roughly torn
- sliced cucumber, sliced red bell pepper, and tomato wedges
- 2 green onions cut into 1" pieces
- 15 ml cilantro, roughly chopped
- 15 ml fresh mint leaves, roughly chopped
- ¼ small red onion, thinly sliced
- 6 oz bison sirloin, pan-seared or grilled to medium
- 4 or 5 whole lettuce leaves
- 45 ml roasted unsalted peanuts, chopped

1. In a small bowl combine the vinaigrette ingredients.
2. Meanwhile, sear bison in a hot pan over medium or on a hot barbecue. When done to your taste, remove and let cool. Thinly slice the meat.
3. While the meat is cooking, prepare the chopped vegetables and herbs for the salad.
4. Line a large plate or platter with the whole lettuce leaves.
5. Toss the chopped vegetables with 1/3 of the vinaigrette. Toss the meat and red onion with 1/3 of the vinaigrette.
6. Arrange the vegetables on the lettuce leaves.
7. Arrange the meat on top of the vegetables.
8. Drizzle with the remaining vinaigrette and garnish with chopped peanuts, cilantro or mint leaves.

Tips:

- Any leftover meat works - chicken, shrimp, beef, pork.
- Vegans: substitute ½" tofu squares and marinate in the vinaigrette 1 to 2 hours. Skip the fish sauce and use a light soy. ****NOT Kikkoman****
- For chili flavour but not too much heat, split the chilis open and remove the seeds and membrane - this will reduce the chili heat by about 50%.

Thai Lemongrass Grilled Chicken

Serves 4

- 45 ml lemon grass , minced
- 12 garlic cloves, minced
- 15 ml grated ginger
- 6 kaffir lime leaves , minced
- 15 ml cilantro, minced
- 3 green onions, minced
- 15 ml neutral oil such as canola or grapeseed
- 45 ml light soy sauce, preferably Healthy Boy ***NOT Kikkoman***
- 15 ml fish sauce
- 10 ml sugar or honey
- 5 ml black pepper
- 8 chicken thighs, boneless and skinless

1. Whisk together the marinade ingredients in a medium bowl. (or) Mince only the lemongrass and roughly chop the remaining marinade ingredients and place in a blender, mini chopper or food processor and process until smooth.
2. Place chicken in a large resealable bag and pour in the marinade. Massage into the meat and allow to marinate at least 3 or 4 hours, massaging occasionally. Better if left overnight and up to 2 days.
3. Grill over a hot barbecue, preferable charcoal, searing the meat on both sides, then turning occasionally until cooked through.
4. Serve with a vegetable stirfry and hot Jasmine rice.

Tips:

- Great cold on a salad.
- Cut the meat into 2 or 3 strips and thread onto skewers for appetizers.
- Replace the thighs with breasts or pork loin or pork tenderloin, but definitely allow them to marinate at least 1 day.
- Delicious also for shrimp and firm white fish such as Basa or Halibut.
- Vegans: Skip the fish sauce and increase the soy for marinating tofu.



Thank you to these City Market vendors

- Medicine Man Bison (bison striploin)
- Nature's Green Acres (chicken)
- Steve & Dan's Fresh Fruit (peaches)
- Sunhill Gardens (onions & lettuce)
- Inspired Gardens (herbs & edible flowers)
- Mighty Trio Organics (canola oil)
- Very Berry Honey (lime honey)
- Doef's Greenhouse (tomatoes, peppers, cucumber, and Thai chili peppers)

Grilled Peaches with Coconut Lemongrass Cream

Serves 8

4 peaches
400 ml coconut milk
30 to 60 ml sugar or honey (to taste)
pinch of salt
1 stalk of lemongrass

1. In a small pot add the coconut milk, sugar/honey, salt and lemongrass - To prepare the lemongrass: smash it with a meat tenderizer, rolling pin, or the flat back of your knife. Chop off the top 6 inches of tough stalk and trim off the tough bottom. Cut into large chunks.
2. Bring the mixture to a bubble over medium and allow to thicken and reduce by half, about 15 minutes. Remove from heat and allow to cool. Discard the lemongrass.
3. Cut the peaches in half, slide apart and discard the pit.
4. Sprinkle with and grill on a hot barbecue or grill pan.
5. Fill the peach with vanilla ice cream or yogurt and drizzle with the coconut cream.

Where to buy ingredients in Edmonton:

Lucky 97 Market

10725-97 Street, Edmonton, AB (780) 424-8011

Vien Dong Oriental Food & Fresh Meat Market

10722 97 Street NW, Edmonton, AB (780) 426-2230

Hiep Thanh Trading

10718-98 Street, Edmonton, AB (780) 424-6888

Buy ingredients online and find recipes:

www.importfood.com
www.templeofthai.com

Two of my favourite cookbooks:

Simply Thai - Wandee Young
Thai Classics - Sirilak Carter (Edmonton cook & author)

Information & Resources

Lemongrass comes in long stalks - smash the stalks and trim off the bottom tough end and the top 6 inches prior to using. Most Asian markets like Lucky 97, Vien Dong, and Hiep Thanh Trading stock frozen containers of minced lemongrass.



Kaffir lime leaves add a distinct note indicative of Southeast Asian cuisine. They are available frozen at most Asian markets such as Vien Dong, Lucky 97, or Hiep Thanh Trading.



Healthy Boy soy sauce is a Thai condiment and really makes a difference. Available in Edmonton only at Vien Dong 10722-97 Street. Chen Chen Vegetarian Soy Sauce is Thai and available at Lucky 97.



Fish sauce is made from anchovies that have been long brined in salt water, then strained and purified. It is an essential condiment in all Southeast Asian cooking. It's available in the Asian aisle of all supermarkets, but is expensive. At Asian markets, small bottles are usually \$0.99 and large bottles are under \$3.00.



Thai chilis come in two sizes, but most commonly they are tiny, under 1 inch in length. Like all peppers, they start green and eventually ripen to a beautiful red, the heat increasing as they change colour. Available at almost all supermarkets, every Asian market, and most Indian markets.



For more information on Edmonton Thai Food resources, visit www.AlliumFoodworks.com or call 780-887-0205

**Book an in-home cooking class or interactive dinner party.
Perfect for entertaining, celebrating, learning something
new or just having delicious fun.**

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