

U3A Brimbank

Cooking Adventures with Marlene

Session 33 – Asian

Sushi

2 cups sushi rice

3 cups water

Place rice in a colander and rinse under cold running water until water runs clear. Place rice, water in a heavy large bottomed saucepan and bring to a boil over medium heat, stirring occasionally.

Reduce heat to low, cover and simmer for 12 minutes. Do not lift lid while rice cooks. Remove from heat and let stand, covered for 10 minutes.

¼ cups rice vinegar

2 tbs sugar

1 tsp salt

Mix in a glass bowl or jug and combine until dissolved.

Place hot cooked rice in a large flat shallow non-metallic container. Using a flat rice paddle or flat type spoon spread rice evenly in the container. Fold rice, using a cutting rather than stirring motion, to separate rice grains. Sprinkle over the vinegar mix and continue to fold rice with a cutting motion until rice cools to room temperature. Cover with a damp kitchen towel, then a lid. Do not refrigerate, rice will keep for 1 day.

Shanghai Beef

200g eye fillet steak, cut into thin strips

2 tbs Hoisin sauce

Corn flour

Oil for deep frying

Sesame seeds

Mix steak strips with the Hoisin sauce and let marinate for 30 minutes minimum.

Take the strips of beef out of the marinade and coat in the cornflour trying to keep them separate. Drop coated strips of beef into the hot oil and deep fry for just 1 – 2 minutes or crisp. Remove from oil and place on paper towelling. When all strips are cooked place in a bowl and scatter sesame seeds over the top and serve with extra Hoisin sauce.

Onion Bhajis

2	white or pink onions, thinly sliced
105 g	chickpea flour (Besan flour or gram flour)
1 tsp	salt
1 tsp	ground cumin
½ tsp	ground turmeric
½ tsp	baking powder
1	green chilli, finely chopped
2 tbs	freshly chopped coriander
1 tsp	lemon juice
5 – 6 tbs	water

Oil for frying

Place the flour, baking powder, salt, cumin, turmeric, chilli, coriander and lemon juice in a large bowl and whisk to combine. Add water. Once you get a thick batter, add the onion slices and stir to coat with batter. I find this step is easiest if you just mix with your hands. Heat a large wok on a medium heat and add oil to about 25 mm. Drop tablespoons of batter into the hot oil cooking about 3 – 4 bhajis at a time. Fry for about a minute on each side and then flip the bhajis to get the other side until golden. Remove from the oil and drain on paper towelling. Serve on their own hot or with a cucumber mint raita.

Pad Thai

50g	Thai rice flat noodles
6	small – medium sized green prawns, shelled and cleaned
1	small onion, diced
½ tsp	garlic, minced
1 tsp	sugar
1 tsp	fish sauce
1 tsp	tomato sauce
2 tbs	roasted peanuts, coarsely chopped
2 tbs	vegetable oil
50g	bean sprouts
¼ cup	finely grated carrot
¼ cup	finely sliced spring onions
¼ cup	finely sliced red capsicum
1	lemon juiced
1 tsp	lime juice
1	egg, slightly beaten

Place noodles in a large bowl and pour over enough hot water to cover and let stand for 10 mins. Drain and rinse with cold water, set aside.

Put oil in a wok or frypan over medium heat. Add garlic and onion. Stir-fry until onion turns translucent. Add prawns and stir-fry for 2 – 3 minutes or until prawns turn pink. Add tomato sauce, sugar, fish sauce, lemon and lime juice. Stir well. Pour in the beaten eggs and let it slightly set for 3 minutes before mixing with remaining ingredients. Add noodles, bean sprouts, carrots, capsicum, spring onions and peanuts. Do not over mix as the noodles will break up.

Spoon onto serving platter and arrange extra bean sprouts, spring onions, chopped peanuts and chopped or torn coriander.

Mango with Sticky Rice Squares

100g	Jasmine rice
125g	canned coconut milk
125ml	water
40g	sugar
1	ripe mango
1	lime, zested and juiced

Place rice in a pan with the coconut milk, water and sugar and bring to the boil. Reduce the heat, cover and simmer for 20 – 25 minutes, stirring occasionally, until tender and sticky. Spread the rice in a greased tin or square container and leave to set. Cut into squares when set. Peel, stone and slice the mango and sprinkle with lime juice. Reserve a few slices and puree the rest in a food processor. Serve the rice squares with slices of mango, drizzled with puree and sprinkled with shreds of lime.