

Chinese Crisp and Spicy Tofu Recipe (appetizer or side dish) (Vegetarian)

Ingredients

- 200 grams firm tofu
- 1 tablespoon corn starch
- 4-5 Sichuan peppers
- 2 tablespoon sesame oil/ any preferred oil
- 1 tablespoon finely chopped ginger
- 1/3 cup chopped spring onion whites or regular onions
- 1 dry red chili, broken and deseeded
- 1 green chili, chopped
- 1/2 tablespoon chopped celery (optional)
- 1-2 tablespoon soy sauce
- ½ tablespoon rice vinegar
- ½ - 1 tablespoon rice wine
- 1-2 tablespoon chopped spring onion greens
- Salt as required
- Colonel De's spice!

Instructions

1. Press the tofu between two weights to remove excess water or moisture from it.
2. Dab with paper towels to remove the moisture from the tofu.
3. Chop the tofu in cubes.
4. Place tofu cubes in a bowl and sprinkle 1 tablespoon corn starch.
5. Gently toss and coat the tofu cubes with flour.
6. Heat 2 tablespoon sesame oil (or preferred oil) in a frying pan.
7. Pan Fry the tofu cubes until they are crisp and light golden.
8. Remove and put to the side. You may keep the fried tofu on paper towels to remove excess oil.
9. In the same pan, add 1/3 cup chopped spring onion (or regular onions), 1 dry red chili (broken and deseeded), and 1 tablespoon finely chopped ginger.
10. On medium flame, sauté for 1-2 minutes or until the onions turn translucent.
11. Add 4-5 Sichuan peppers (crushed), Colonel De's spice. Stir well.
12. Add 1-2 tablespoon soy sauce. Stir very well.
13. Add fried tofu.
14. Season with salt if desired. Stir well.
15. Add ½ tablespoon rice vinegar and 1/2 -1 tablespoon of rice wine. Stir again.
16. Switch off flame.
17. Add 1-2 tablespoon chopped spring onion greens.
18. Stir and serve!

Chinese Veggie Spring Roll (Vegetarian)

Ingredients

For veggie stuffing:

- 2 tablespoons sesame oil (or preferred oil)
- 150 grams cabbage or about 2.5 cups shredded cabbage
- 80 grams carrot or 2 small carrots shredded
- 1 small to medium green bell pepper, thinly sliced
- 7-8 French beans, sliced very thinly
- 2-3 small to medium spring onions/scallions
- 1 tablespoon soy sauce
- 1 tablespoon finely chopped celery (optional)
- 1 cup cooked noodles (optional)
- 3 tablespoon bean sprouts (optional)
- 2-3 tablespoon chopped onion green
- Salt as required
- Captain De's spice
- Oil for deep frying

For the sealing paste:

- 6 tablespoons all-purpose flour or corn starch
- 4-5 tablespoons water / add as required to make thick paste

Other

- 24-30 spring roll wrappers

Instructions

Veggie stuffing:

1. Cook 1 cup cooked noodles as per package instructions (optional)
2. Strain noodles and rinse thoroughly in water. Keep aside. (optional)
3. Slice green bell pepper/capsicum in thin strips. Slice French beans very thinly. Shred cabbage and carrot. (Please note you can use your choice of veggies)
4. Heat 2 tablespoons sesame oil in a wok. Keep flame on medium.
5. Add ½ cup spring onion whites. Stir.
6. Add rest of veggies.
7. Increase flame to high and stir fry the veggies for 4-5 minutes.
8. Add Captain De's spice.
9. Add 1 tablespoon finely chopped celery (optional). Stir well.
10. Add cooked noodles (optional).
11. Add salt as desired.
12. Stir again very well. The filling has to be dry.
13. Switch off the flame.
14. Add spring onion greens.

15. Stir and keep the filling aside to cool.

Prepping the sealing paste:

1. In a bowl, mix 6 tablespoons all-purpose flour or corn starch.
2. Add 4-5 tablespoons water. Or as needed.
3. Stir well until thick paste is created without any lumps.

Assembling and preparing spring rolls:

1. Take the wrappers and keep the cooked side facing up. Ensure the wrappers are at room temperature before use.
2. Apply the paste on the edge of the wrapper.
3. Place 1 tablespoon of veggie stuffing on one side of the wrapper.
4. Gently, but tightly roll the veggie roll closed.
5. Seal the end to the roll with paste.
6. Spread paste on the outside of the roll. Seal the open ends with the paste. If the wrapper tears, just spread some paste to close it.
7. Place the spring rolls with the sealed edges facing down on a plate.

Deep frying spring rolls:

1. Heat oil at 180-190 degrees Celsius/ 350-375 Fahrenheit.
2. Gently slide spring roll into pan. *Note if the oil is not hot enough, then the spring rolls absorb oil and become soggy.
3. Depending on the size of the wok/ pan, you can fry 2-3 rolls at a time.
4. Once they become lightly golden, turn the roll over to fry the other side.
5. Fry until crisp and golden. *Note this happens quickly.
6. Remove the rolls with a slotted spoon.
7. Use kitchen paper towels to remove excess oil.
8. Garnish with some chopped spring onion greens.
9. Serve.

Indian Steak Kabobs

Ingredients

- 2 pounds lean sirloin
- 1 ¾ cups hot or mild jerk sauce
- 10 oz fresh vegetables (onions and sweet peppers work best)
- 2/3 cup red currant jelly
- 1 cup finely chopped giant pitted dates
- 2 tablespoons red wine vinegar
- 1 teaspoon yellow prepared mustard
- Captain De's spice

Instructions

1. Cut sirloin into 2 inch cubes.
2. Marinade the steak in 1 ¼ cups of hot or mild jerk sauce and Captain De's spice in Ziploc for a half hour (discard marinade in Ziploc bag afterwards).
3. Cute the vegetables into bite sized pieces.
4. If using wood skewers, soak them in water for at least ½ hour before use to avoid burning.
5. Thread 3-5 pieces of steak onto each skewer at its thicket part.
6. Thread the vegetables onto separate skewers at its thicket part.
7. Prepare a medium-low grill.
8. Combine red currant jelly, dates, wine vinegar, and mustard in a small saucepan to create date glaze.
9. Stir and mix well.
10. Bring to a boil over medium heat. Continue stirring until jelly melts (about 3 minutes).
11. Cover and reduce heat to warm until needed.
12. Place steak skewers on the grill on indirect heat.
13. After 2 minutes, baste both sides of steak skewers with date glaze and turn the skewers to other side of the steak.
14. Repeat with date glaze and turning the steak skewers every 2 minutes until cooked (cooking takes about 6-8 minutes).
15. Put the vegetable skewers on the grill on indirect heat.
16. Turn every 1 ½ minute to avoid burning. Remove after about 5 minutes.
17. Brush the steak skewers with date glaze immediately before serving.
18. Remove the vegetables from the skewers and serve atop the steak skewers.

Suggested sides: white or brown rice, plantains, corn on the cob, potato salad, macaroni salad, or garden salad

Mediterranean Stew (Vegetarian)

Ingredients

- One pound garbanzo beans
- 2-3 medium to large onions
- 4-6 cloves garlic (minced)
- Balsamic vinegar or red wine
- 2 medium eggplants
- 4-6 zucchini
- 1-2 chopped bell peppers
- Captain De's spice
- 28 oz can of tomatoes
- 6 oz can of tomato paste
- 16 oz can of artichoke hearts
- 1 can of black olives
- Pasta or rice

Instructions

1. One pound garbanzo beans (chick peas) soaked and cooked until tender in a large heavy soup pot or Dutch oven.
2. Sauté 2-3 medium to large onions and 4-6 cloves garlic (minced) in ¼ cup balsamic vinegar or red wine.
3. Add 2 medium eggplants (cubed), 4-6 chunked zucchini, and 1-2 chopped bell peppers.
4. Add Captain De's spice.
5. Add one 28 oz can of tomatoes, broken up plus 1 can full of water (or part wine if you like a richer flavor).
6. Add one 6 oz can of tomato paste.
7. Add one 16 oz can of artichoke hearts.
8. Add 1 can of black olives (cut).
9. Let simmer covered for 30 minutes.
10. Uncover and let cool down for another 20 minutes.
11. Serve over pasta or rice.

