

CGNE Bar B Q Evening:

Vietnamese Chicken Salad

By Triet Nguyen

I apologize for not being able to give precise measurements because I cook by smell and taste and don't go by directions. For the dish I made for the gathering, I used 2 chicken breasts, 8 kaffir lime leaves, 2 shallots, half a lime, and 1 Thai chili pepper. For the salt and/or fish sauce and black pepper, I added until my liking.

Ingredients:

- Chicken (can use other meats or sliced fried tofu)
- Kaffir lime leaves - younger are better since they are not bitter. (can use Vietnamese coriander instead of kaffir lime leaves)
- Shallots (I like the smaller ones)
- Salt and/or fish sauce
- Black pepper
- Thai chili pepper or any spicy pepper
- Lime

Steam or boil the chicken until cook. Shred the chicken. Add a little of the chicken broth with the shredded chicken to keep it moist.

For the kaffir lime leaves, strip off the middle stem part of the leaves. Slice the leaves into tiny strips.

For the shallots, slice them into tiny strips.

For the chili pepper, slice and mince it

In a big bowl, mix the shredded chicken, kaffir lime leaves and shallots together. Add salt and/or fish sauce to your liking. Add chili pepper to your liking. Squeeze a little bit of lime or more depending on your taste. Some people like it a little bit sweeter and would add a little sugar.

From Helen Rennie

Here are my recipes:

12-Hour Pickles (zucchini, radishes, cauliflower, green beans)

<https://www.youtube.com/watch?v=AXAVryZwjSI&feature=youtu.be>

Honey Garlic Grilled Eggplant

<http://www.beyondsalmon.com/2006/09/honey-garlic-grilled-eggplant.html>

Orange Rosemary Pork Tenderloin

From the Kitchen of Lynne Gassiraro

- 1 c. orange-pineapple juice**
- 1/4 c. olive oil**
- 3 garlic cloves, pressed**
- 1/3 c. low sodium (lite) soy sauce**
- 2 Tbs. chopped fresh rosemary**
- 2 pork tenderloins (about 2+lb total)**
- 2-3 fresh oranges (for garnish)**

(Note: if you double the recipe for 5 lb. of pork do not double rosemary)



- Combine the first 5 ingredients in a large baking dish or covered dish. Add pork and marinate in refrigerator overnight (or at least several hours). Turn it periodically if it isn't submerged. [I just use a ziplock bag].
- When you are ready to cook. Pre-heat oven to 400°. Drain pork from the marinade by letting it drip back into the dish (*do not discard the marinade in the dish!*)
- Place pork in a roasting pan (about 9x13 or larger) and season to taste with pepper. Roast the pork in roasting pan for about 20-30min/lb., or until internal temp. is about 140-145°(150 for med well) (do not use 20-30m/lb for the total weight, use the poundage of one loin to judge the time) Put the marinade in the fridge if your cooking time will be more than one hour.
- Turn and check the pork periodically to monitor cooking. *If you have a thermometer it is best to cook to temp of about 145 to judge. Remove pork from oven (it isn't done yet- it will continue to cook!), cover pan tightly with foil, pressing down on foil to form closely around meat.
- Let the pork rest for about 20-25m minutes while covered tightly with foil
- While the pork is resting put the reserved marinade in a small saucepan and bring it to a boil over medium-high heat. Boil until it is slightly reduced. While it is boiling skim foam and particles off the top using a spoon. When marinade has reduced a bit remove from the heat and strain marinade through a fine mesh sieve into a bowl or gravy boat.
- When pork has rested slice it on the diagonal into 1/2" slices. Light pink is ok! Place the cooked pork decoratively on the serving platter- Use strained marinade as a sauce.
- Slice oranges into rounds and arrange with pork on a platter with additional rosemary springs as a garnish.

Serves 4-6

Grilling instructions (recommended):

- Pre-heat clean grill to high for at least 10m.
- Remove pork from marinade- pat dry with paper towels, season with pepper to taste.
- Sear meat on high for 2 minutes, turning about 3 times for a total of 6-8 minutes.

- Lower heat to medium and grill for about 4 minutes per side (12-14 min) or until internal temp is 140°-145°.
- Remove pork from grill and put in a clean pan. Cover meat tightly with foil, pressing down foil to form closely around meat.
- *Let the pork rest for 15-20 minutes while covered tightly with foil.*
- Cut and serve as above.

*Can also grill fresh pineapple slices & fresh orange slices as a garnish. I sprayed them with a bit of cooking spray and then sprinkled them with a bit of honey granules (can use brown sugar or maple syrup)

Israeli Couscous with Apples , Cranberries and Herbs



From Anne Rarich

Ingredients

Couscous:

- 2 tablespoons olive oil
- 2 cups Israeli couscous (or barley or orzo)
- 4 cups low-sodium chicken broth
- 1/4 cup chopped fresh flat-leaf parsley
- 1 1/2 tablespoons chopped fresh rosemary leaves
- 1 teaspoon chopped fresh thyme leaves
- 1 medium green apple, diced
- 1 cup dried cranberries
- 1/2 cup slivered almonds, toasted , see Cook's Note

Vinaigrette:

- 1/4 cup apple elder vinegar
- 2 tablespoons maple syrup
- 1 tablespoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup olive oil

Directions

For the couscous : In a medium saucepan, heat the olive oil on medium-high heat. Add the couscous and cook, stirring occasionally until slightly browned and aromatic, about 3 to 5 minutes. Add the chicken broth and bring to a boil. Simmer for 10 to 12 minutes or until the liquid has evaporated. Transfer the cooked couscous to a large bowl and set aside to cool. Add the parsley, rosemary, thyme, apple, dried cranberries, and almonds.

For the vinaigrette: In a small bowl, combine the vinegar, maple syrup, salt, and pepper. Whisk in the olive oil until smooth. Pour the vinaigrette over the couscous and toss to coat evenly.

Cook's Note: To toast the almonds, preheat the oven to 350 degrees F. Arrange the almonds in a single layer on a baking sheet. Bake for 8 to 10 minutes or until golden brown. Cool completely before using.

French Potato Salad

From Isabelle Chesak

Two pounds Yukon Gold potatoes cut into pieces
3 tablespoons olive oil or any good oil
Juice of one lemon (maybe more)
Zest of 1/2 lemon
Three scallions -chopped (white and green parts)
Herbs of your choice (tarragon, dill, parsley etc).
Coarse salt
Freshly ground pepper

Cook the potatoes in boiling salted water (about 15 minutes). Drain. Place in a serving bowl with a few tablespoons of the cooking water. Add the olive oil, chopped scallions, lemon juice and zest as well as herbs. Mix well and add salt and pepper to taste. Cover and let sit for several hours at room temperature. Taste again for seasoning. Serve at room temperature.

You may garnish this with cucumbers, marinated green beans etc. I sometimes add a little mayo or sour cream to the dressing.

Weatherstone Fresh Apple Cake

From Steven T. O'Brien

Makes one large Bundt cake or 2 small loaves

1 tablespoon plus 1 cup vegetable oil

3 cups unsifted all-purpose flour

1 teaspoon salt

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon ground cinnamon

2 cups granulated sugar

2 large eggs

3 tablespoons milk

2 cups (about 2 large) tart apples, peeled, cored, and cut into ½ inch dice

Preheat oven to 350°F. Using 1 tablespoon oil, grease a tube pan or two mini loaf pans measuring 5 ¾ x 3 x 2 ½ inches.

In a medium bowl, sift together flour, salt, baking powder, baking soda, and cinnamon, and set aside.

In a large bowl, blend sugar and remaining 1 cup of oil. Add eggs and milk and beat until well combined.

Add reserved dry ingredients to sugar mixture and stir until just blended. Fold in apples. Makes a very thick batter.

Press batter evenly into prepared pan(s) and bake for 50 to 60 minutes or until a toothpick inserted into the center comes out clean.

* Sometimes we add a simple, sugar glaze with apple cider

Other recipe ideas from Lynne Gassiraro

Grilled Summer Squash Baba Ghanoush <http://www.bonappetit.com/recipes/slideshow/our-favorite-grilling-recipes#12>

Corn and Fregola Salad with Grilled Halloumi Cheese
<http://www.bonappetit.com/recipes/slideshow/our-favorite-grilling-recipes#5>

Grilled Salmon with Asian BBQ Sauce <http://www.prevention.com/food/cook/12-delicious-grilling-recipes/grilled-salmon-asian-bbq-sauce>

Mojito Limeade <http://www.foodnetwork.com/recipes/bobby-flay/mojito-limeade-recipe.html>

Ice Cream Sandwiches <http://www.bonappetit.com/recipes/slideshow/portable-picnic-beach-desserts#9>

75 Best Desserts to Bring to a BBQ - <http://www.somethingswanky.com/best-desserts-to-bring-to-a-bbq/>