

## HOME CHEF



Thai beef salad

Stir until well combined and set aside.

In a sauté pan over medium high heat, gently toast the sesame seeds until golden brown. Let cool.

In a large bowl combine all of the fresh slaw ingredients, except the sesame seeds and lemon zest. Pour the dressing over the vegetables and toss well. Let the mixture rest for at least 20 minutes so that the salad has a chance to absorb the dressing.

Just before serving, sprinkle with toasted sesame seeds and lemon zest. Serves 6. Enjoy!

### THAI BEEF SALAD

This salad is quick and easy to prepare and you can make the whole thing ahead of time, as long as the dressing is added right before serving. Yield: 4 servings

#### Ingredients:

- 2 cups loosely packed fresh cilantro leaves
- 1/4 cup fresh lime juice (about 3 limes)
- 2 Tbsp low sodium soy sauce

- 2 Tbsp Thai fish sauce
- 1 Tbsp honey
- 2 tsp grated orange rind
- 2 garlic cloves, peeled
- 1/2 small serrano chili
- 2 tsp olive oil
- 4 (4 ounce) beef tenderloin steaks, trimmed
- 1/4 tsp black pepper
- 1/8 tsp salt
- 2 cups shredded Napa cabbage
- 1 cup grated, seeded, peeled cucumber
- 1/2 cup thinly sliced green onions
- 1/4 cup chopped fresh basil
- 1 (12-oz) package broccoli coleslaw
- 1 (11-oz) can mandarin oranges in light syrup, drained

#### Preparation

Combine first 8 ingredients in a food processor, process until smooth. Heat oil in a large non-stick skillet over medium/high heat. Sprinkle steak evenly on both sides with pepper and salt. Add steak to pan; cook 4 minutes on each side or

until desired degree of doneness. Remove steak from pan; let stand 5 minutes. Thinly slice steak.

Combine cabbage and the remaining ingredients in a large bowl. Drizzle slaw mixture with cilantro mixture; toss. Arrange 2 cups slaw mixture on each of 4 plates; top each serving with 3 ounces beef.

*Recipe and photo by James Stefuk  
Wild mushroom risotto, from fall 2004 (John Savage recipes) pages 105-106.*

### HOT CRAB AND ARTICHOKE DIP

- 12 oz artichoke hearts, not marinated or vinegar based
- 1 red bell pepper, finely chopped
- 2 Tbsp butter
- 2 Tbsp flour
- 1 1/4 cup half-and-half
- 3 green onions, sliced thin
- 2 oz parmesan cheese
- 1 1/2 tsp lemon juice

- 1 1/2 Tbsp drained, pickled jalapeños, minced
- 1/2 tsp salt
- 1/4 tsp celery seed
- 1 pound crab meat, picked over
- 1/4 tsp pepper

#### Method

Drain the artichoke hearts well and finely chop them. Sauté red bell peppers five minutes and set aside. Make a roux with flour and butter. This is easy stuff; just cook it down in a sauté pan until deep gold, add the half-and-half, and then reduce to thicken.

Gently stir together the rest in the order given off the heat. Transfer to a vegetable-sprayed or buttered six cup baking/serving vessel, and top with additional parmesan cheese garnish. You can hold it here in the refrigerator to bake later if you'd like.

Bake at 375 degrees for 20-30 minutes or till bubbly and golden.

#### Top garnish

- 2 oz additional parmesan cheese

*Recipe by Pure Joy Catering chef Emillio Morales*

### CHEF NOBU'S MISO MARINATED BLACK COD

is one of this legendary chef's most popular recipes. Enjoy restaurant quality food at home with this easy, super elegant recipe by one of the world's most renowned chefs. Servings 4

#### Ingredients

- Nobu-style miso marinade
- 3 Tbsp sake
- 3 Tbsp mirin
- 1/2 cup white miso
- 1/3 cup sugar
- 6 7-ounce skinless black cod fillets (about 1 1/2 inches thick)

#### Instructions

Boil sake and mirin over high heat and reduce by 1/3. Turn heat down, add miso and sugar, and cook for 2 to 3 minutes, stirring constantly to prevent burning. Cool to room temperature.

Marinate cod fillets in the miso mixture for 4 days. Gently wipe off excess marinade from the fillets and grill or broil until well browned.

### BACON-WRAPPED DATES WITH A HONEY DRIZZLE

- 25 local dates (no pits)
- 6 oz smoked bacon
- local organic honey

Cook bacon halfway and cool. (Bacon should be soft for wrapping.) Cut each bacon slice into four equal lengths. Wrap the filled figs with bacon strips and secure with toothpicks or small skewers. Grill or bake till a bit crisp and tender. Drizzle with honey to serve.

*Recipe by Pure Joy Catering chef Emillio Morales*

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