



Crying Onion Personal Chefs
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New Years Resolution Recipes

Thai banana leaf wrappers

1 pack frozen banana leaves (check the frozen vegetable aisle at the supermarket on the bottom shelves)	2 oz per person (to 4-6oz total per person) chicken breast, shrimp, thin sliced beef, mushrooms, fried or marinated tofu
Basil leaves, thai or sweet	Brown rice or quinoa
Carrots	Onions, I prefer red
Citrus fruits: oranges, limes, lemons	Mung bean sprouts
Cilantro	Soy sauce, light sodium ones are fine here
Small ginger root	Mint leaves (optional)
Fish sauce – in the international/asian aisle	

1. Preheat oven to 375. Place a lasagna pan of water on the lower rack.
2. Cut large squares out of the banana leaves, usually 2-3 per leaf. Remove the rough edge to make folding easier.
3. Cook rice according to instructions. Make sure to season it.
4. Julienne and dice all the vegetables (or use a mandolin or cheese grater) and arrange in small bowls or in tiny piles on a cutting board or table. Very thinly slice half of citrus fruits. Peel shrimp, cut chicken into 1" thick strips, fish filets into 2-3" portions.
5. Place onions/leeks on the banana leaf first, then cover with rice and choice of protein. **DON'T OVERLOAD OR THE WRAPPER WON'T CLOSE!** Add hand torn amounts of the fresh herbs, be generous. Top with the remaining vegetables and finish with slices of citrus.
6. Gently wrap the banana leaf however you best see fit without tearing it too much. They can be secured with toothpicks if necessary. If you have a lot of torn pieces, use one on the bottom and another on the top and secure with toothpicks.
7. Place the wrapped leaves on a sheet tray if they're not too secure or directly on the middle rack above the pan with water. NOTE: you can also use a bamboo steamer on the stove to cook them if you have one.
8. Cook about 30 minutes for shrimp and fish, 45-60 minutes for chicken. Check both at 25 minutes with a meat thermometer. Remove seafood at 150 degrees and let it stand wrapped for 5-7. Remove chicken at 160, let stand 5-7 minutes.
9. While baking, prepare the sauce. In a blender or by hand mix soy sauce, citrus juice (the other halves of the fruits sliced into the leaves), chopped fresh herbs (the more the merrier), 1 tsp ginger, splash of fish sauce or vinegar.
10. Serve unwrapped on plates topped with sauce, bean sprouts, and scallions.

Grilled Vegetables Sandwiches (Who needs the beef?)

Quality bread, your choice. I like a good french bread, sourdough, ciabatta, or whole grained rustic loaf.	Deli sliced cheese. Provolone, mozzarella, gouda, fontina, and swiss are all good choices.
Portobello mushrooms (~1 per person)	Eggplant, sliced in 1/2" circles. 1 large eggplant will feed 4-6.
Assorted multi-colored bell peppers.	Large sweet onion.
Tomatoes	Spinach. Bunch with stems if grilling outside, baby if inside.
Any other vegetables such as zucchini or yellow squash.	Balsamic vinaigrette. If using store bought add extra dijon or whole grain mustard and balsamic vinegar, about 1 tbsp of each per cup of dressing.
Alfalfa sprouts.	Optional: roasted garlic paste.

1. Fire up the bbq pit or preheat grill pan indoors. Charcoal grills will add a superior flavor. Grill baskets make cooking the peppers, squash, and tomatoes easier outside.
2. Cut all vegetables: slice eggplant in 1/2" slices, peeled in stripes or completely. Tomatoes in thick slices, onions julienned, bell peppers in quarters. Squash into long strips.
3. Wrap onions in aluminum foil, sprinkle with seasoning salt, butter or olive oil. Place on grill or in 350 degree oven until softened, about 20-25 minutes.
4. Remove the stem from mushrooms and gently remove gills with a spoon.
5. Brush eggplant, tomatoes, and mushrooms with vinaigrette. Toss remaining veggies, except spinach and sprouts.
6. Starting with the thicker cuts, grill until tender, brushing occasionally with more vinaigrette. A little bit of char is a good thing. Hold warm on the top rack of the grill or an oven on 200.
7. For the spinach: if using stem on outside, cut off the root end, drizzle with dressing and grill with the top on to absorb the smoke for 30 seconds, turn and cook another 30 seconds. Indoors, preheat large saute pan, add spinach and drizzle with dressing, tossing a couple times until it just starts to wilt, remove from heat.
8. Brush the bread with vinaigrette. Grill to lightly toast, watch closely so it doesn't burn.
9. Assemble the sandwiches with grilled veggies, sprouts, and cheese. Cut larger slices into half moons so they'll fit on the bread if needed.
10. Place into oven at 250 degrees or top rack of bbq for 2-3 minutes to help melt the cheese. Cut into appropriate sizes and serve.

Grilled fruit dessert plate, with yogurt and honey dipping sauce.

Stone fruits: peaches, apricots, plums, nectarines, etc. Remove pits.	Bananas or plantains.
Pears.	Optional in season: mixed berries.
Fresh mint leaves.	Honey
Balsamic vinegar.	Vanilla Yogurt, unsweetened.
White Sugar.	

1. Cut stone fruits in half, remove pits. Do the same for pears. Slice banana or plantains in half across and lengthwise.
2. Lightly grease grilling surfaces.
3. Brush fruit with a little bit of balsamic vinegar mixed with honey. Grill on both sides until tender and marked. Don't touch them for at least a minute once they're down or they'll stick.
4. Arrange on a plate garnished with mint leaves and fresh fruit. Drizzle lightly with honey and sprinkle with a small amount of sugar.
5. Mix 1 cup of yogurt with $\frac{1}{4}$ C of honey. Optional: Add chiffonade of mint and lemon or lime.