

On the Menu This Week

Written by Debbi Covington

Tuesday, 23 August 2016 13:08 - Last Updated Wednesday, 24 August 2016 09:38



I wish I had a really good tale to share in this issue, but I don't. A combination of busyness and laziness has kept me at home for most of the week. I have, however, been trying some new recipes that I thought Vince and I would enjoy. So, they're my column for this week.

Lucky for all of us, the recipes are easy and delicious. Each one boasts a brightness of fresh citrus. Great for dinner on hot nights, the Vietnamese Pork Salad and Beef Satay Noodles only need a chilled glass of wine to make a complete meal. Trust me, you'll love the icing on the cake. Excellent summer supper food!

Vietnamese Pork Salad

1 pound ground pork

9 tablespoons fresh lime juice, divided

2½ teaspoons sugar plus 2 tablespoons sugar, divided

4 teaspoons fish sauce, divided

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2 tablespoons chopped peanuts

2 tablespoons sliced green onions

2 teaspoons sriracha

4 cups chopped romaine lettuce or Boston lettuce leaves

1 cup diced English cucumber

1 cup shredded carrots

½ cup diced grape tomatoes

¼ cup chopped fresh cilantro leaves

¼ cup chopped fresh mint leaves

Heat a large skillet over medium-high heat. Add pork to pan; cook 8 minutes, stirring to crumble. Combine 3 tablespoons lime juice, 2½ teaspoons sugar and 2 teaspoons fish sauce; add to pan. Cook for 1 minute; remove from heat. Combine remaining 6 tablespoons lime juice, remaining 2 tablespoons sugar, remaining 2 tablespoons fish sauce, peanuts, green onion and sriracha in a bowl. Arrange lettuce, cucumber, carrots and tomatoes on a plate. Top with pork mixture, cilantro and mint. Drizzle lime juice mixture over the top. Serves 4.

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Beef Satay Noodles

1/3 cup crunchy peanut butter



2 tablespoons soy sauce

2 teaspoons minced fresh ginger

Dash salt

Few grinds of black pepper

1 pound ground beef sirloin

1 tablespoon sesame oil

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1 tablespoon vegetable oil

2 large shallots, thinly sliced

1 (12-ounce) package broccoli slaw

1 (7.1-ounce) package Ready to Serve Thai Rice Stir Fry Noodles*

1 teaspoon sriracha, plus more for serving

½ cup chopped fresh cilantro

Lime wedges, for serving

Whisk the peanut butter, soy sauce, ginger salt and pepper in a large bowl. Add the beef and mix well to combine. Heat sesame oil and vegetable oil in a large skillet. Add the shallots and cook, stirring, until softened, about 4 minutes. Add the broccoli slaw and cook, stirring, until it starts wilting, about 3 minutes. Transfer the vegetables to a medium bowl. Add the beef mixture to the skillet. Cook, stirring occasionally, until browned, about 7 minutes. Return the vegetables to the skillet with the beef and stir to combine. Add the noodles and the sriracha. Cook, gently tossing, until warmed through, about 4 minutes. Top each serving with cilantro. Serve with lime wedges and additional sriracha. Serves 4. (*If ready to serve noodles are not available in your area, substitute 8 ounces of stir-fry rice noodles, cooked according to package directions.)

Dark Chocolate Cake with Orange Buttercream Frosting

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