THE NERDIEST STIR-FRY EVER

Ingredients:
• 6 large bok choy leaves
• 4 large Napa cabbage leaves
• 4 large kale or chard leaves
• 3 tbs Peanut or vegetable oil
• 2 cups cauliflower florets
• 1 tsp minced fresh ginger
• 2 tbs fish sauce
• 1 tbs soy sauce
• 2 tbs rice wine vinegar
• 1 tsp cider vinegar
• 1 tbs brown sugar
• 1 tbs corn starch
• White pepper

Serves 6-8

Separate the bases from the leaves of the bok choi and Napa cabbage. Cut the bases into 1/4” thin slices.

Stack and roll up bok choi leaves. Thinly slice. Repeat with cabbage and kale.

Warm 1 tbs oil over med-high heat in a 12” skillet. Add cauliflower and cook 2-3 minutes. Remove to a large bowl.

Return skillet to heat with 1 tbs oil. Add leaf bases and stir-fry 1 min. Add greens and stir-fry for 2 min longer until just beginning to wilt. Remove to bowl with cauliflower.

Whisk together fish sauce, soy, vinegars, sugar and starch.

Return skillet to heat with 1 tbs oil. Add ginger and cook 1 min. Add sauce and cook to thicken. Toss with veggies and season with salt and white pepper.

GINGER ROAST CHICKEN APPLE KALE SALAD

Ingredients:
• 4 bone-in, skin-on chicken breast halves
• 2 tbs ginger, minced plus 2” ginger peeled, cut in 1/4” slices
• 1 apple cut in 1/4” dice
• 1/2 kale de-ribbed and cut in thin ribbons
• 1/3 cup champagne vinegar
• 1 tbs honey
• 1 dijon mustard
• 1/2 cup crumbled soft bleu cheese like Gorgonzola
• 2/3 cup olive oil - the good stuff!
• 1/4 cup toasted pepitas or sunflower seeds

Serves 6-8

Pre-heat oven to 400.

Spread minced ginger under skin of chicken. Season with salt and pepper.

Place chicken in baking dish, skin side up, and scatter ginger slices. Place dish in oven and cook chicken to 165 deg. Remove and let cool.

Remove bones and skin and discard. Cut chicken in a 1/2” dice and toss in a bowl with apple and kale.

Make vinaigrette: Whisk together vinegar, honey and mustard. Season with salt and pepper. Whisk in cheese until mostly smooth. Drizzle in oil, while whisking, to form a creamy emulsion.

Dress salad and let sit for 10-15 minutes to wilt kale. Serve topped with toasted pepitas.

BRUSSELS SPROUT APPLE-MUSTARD SLAW

Ingredients:
• 6 cups Brussels sprouts, trimmed and halved
• 1/2 cup plus 1 tbs olive oil - the good stuff!
• 1/2 cup diced Pancetta
• 1 shallot, minced
• 1/3 cup apple cider vinegar
• 2 tbs sharp, grainy mustard

Serves 6-8

Add Brussels sprouts to a pot of salted, boiling water for 1 minute. Remove to ice bath. When cool, drain and pat dry.

Warm 1 tbs olive oil in a 10” skillet over med heat. Add pancetta and sauté until crispy. Remove to paper towels to drain. Reserve fat to fry just about anything.

Whisk together shallot, cider vinegar, mustard, salt and pepper to taste.

Thinly slice Brussels sprouts and place in a bowl with some extra room.

While whisking, drizzle oil into vinegar to form a creamy emulsion.

Dress brussels sprouts with 1/2 of dressing and toss with Pancetta. Let rest 5-10 minutes and season to taste with additional dressing if needed.

CHIVE GOAT CHEESE MASHED CAULIFLOWER

Ingredients:
• 6 cups cauliflower
• 1 cup whole milk
• 4 oz chive goat cheese
• 2 tbs minced chives
• 1 tbs olive oil

Serves 4-6

Place cauliflower and milk in a small saucepan. Cover and simmer over low heat until mashably tender, 10-12 minutes.

Mash cauliflower. Blend in goat cheese, chives and 2 tablespoons olive oil.

Season to taste with salt and pepper as needed.