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.

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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.

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BRUSSELS SPROUT APPLE-MUSTARD SLAW

Ingredients:

- 4 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.

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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.

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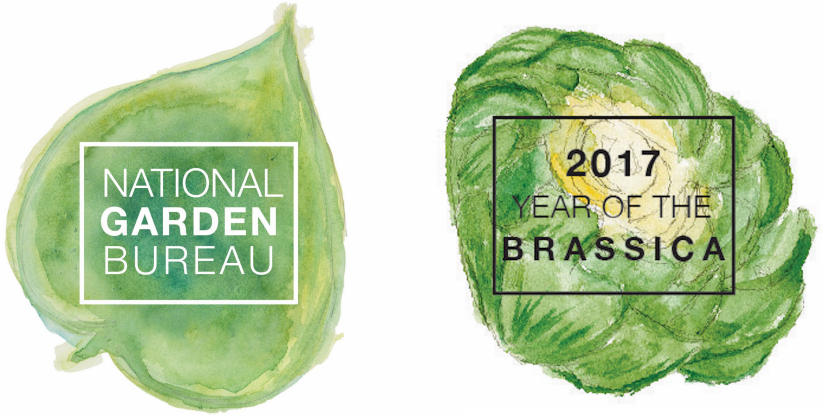

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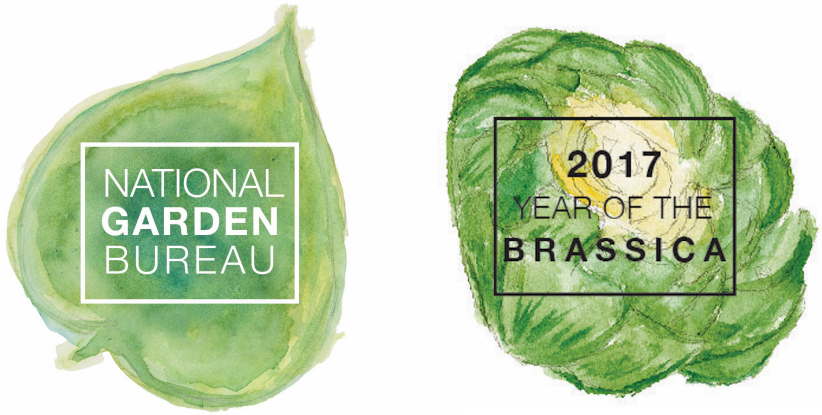

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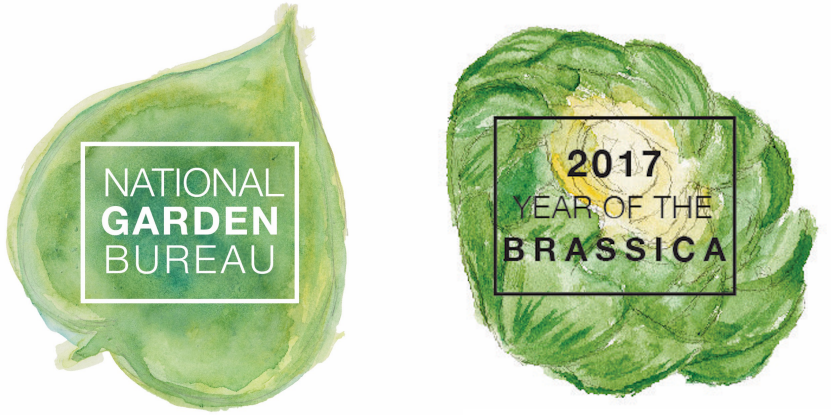

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