



MEAL PLAN 15.17 Recipe Compilation

April 29, 2015

Scallion Thai'd Chiang Mai Cabbage Wraps

Yields: 32P, 10C, 80F or 10 meals at 3P, 1C, 8F

Ingredient List:

- 2.5 pounds ground turkey
- 2 Granny Smith apples, peeled and shredded
- White section of 2 bunches of scallions, thinly sliced
- 6 stalks celery, small dice
- 2 tablespoons fresh ginger, minced plus 6 slices fresh ginger
- 4 tablespoons fish sauce (3 for the meat mixture and 1 for braising liquid)
- 1 teaspoon black pepper, freshly ground
- 1 teaspoon kosher salt
- 2 cans coconut milk (15 oz.)
- 4 lime leaves, torn
- 2 stalks lemongrass bashed to release flavor and cut into 3" sections
- 2 Thai chiles, cut in half lengthwise
- 10 large cabbage leaves, blanched and shocked
- 2 bunches worth of green sections of scallions, blanched and shocked
- One handful each, fresh mint, basil and cilantro.
- Drizzle of honey.

Preparation Instructions:

1. Combine turkey, apples, celery, scallions, minced ginger, 3 tablespoons fish sauce, kosher salt, and black pepper in a large mixing bowl and mix well.

2. Lay out a cabbage leaf and place approximately 6 oz. of meat mixture in the center. Fold cabbage over, tuck in ends and roll up.
3. Place a blanched green scallion portion on the cutting board and spread it out. Place cabbage roll in the center, wrap with scallion and tie in a double knot. Repeat the process with remaining meat mixture, cabbage and scallions placing each wrap in the crock of your slow cooker as you go.
4. Top with coconut milk, ginger slices, lemongrass, 1 tablespoon fish sauce, and Thai chiles.
5. Cook on high for 6 hours.
6. Remove wraps and portion out into 16 ounce containers. Fold fresh herbs into the braising liquid and distribute into the containers with the wraps. Finish with a drizzle of honey.
7. Share with your friends and enjoy!

Thai Chicken Meatza

Yields: 42P, 3C, 118F

Ingredient List:

- **3 Pounds Ground Chicken**
- **3 Large Eggs**
- **¾ Cup Red Onion, minced**
- **3 Tablespoons Fresh Ginger, minced**
- **.6 oz. Kosher Salt**
- **2 Teaspoons Black Pepper**

Preparation Instructions:

1. Combine all ingredients in a large mixing bowl and mix well with hands until uniform.
2. Line a half-sheet pan with aluminum foil and pour meat mixture into pan.
3. Press meat mixture so that it is dispersed in an even layer.
4. Bake crust in a 375° oven for 20 minutes and then remove from oven.

Ingredient List For Sauce and Baked Toppings:

- **¾ Cup Almond Butter**
- **½ Cup Coconut Milk**
- **1 Tablespoon Red Curry Paste**
- **Juice of ½ Lime**
- **Pinch of Kosher Salt**
- **¾ Cup Red Onion, julienned and then cut in half**
- **2 jalapenos, sliced**

Preparation Instructions for Sauce:

1. Combine almond butter and coconut milk in a bowl and whisk until uniform.

2. Add red curry paste and lime juice and whisk again until uniform.
3. Season with Kosher salt if necessary and set sauce aside until crust is ready.

Ingredients for the salad topping:

- **Bean sprouts**
- **Shredded carrots**
- **Scallions, bias cut**
- **Fresh cilantro sprigs**

Assembly Instructions for the Meatza:

1. Pour sauce over crust and spread out evenly and consistently.
2. Top with remaining red onions and jalapenos.
3. Bake at 375 F for 10 minutes.
4. Remove meatza from the oven and cut into 12 pieces.
5. At this point, you can dress the entire top of the meatza or one piece at a time.
6. Dress with bean sprouts, carrots, scallions and cilantro.
7. Share with your friends and enjoy!

Avo-Mango Shrimp Coctel

Yields: 8P, 8C, 16F

Ingredient List:

- **1 lb wild shrimp, pre-cooked**
- **2 tablespoons tomato paste**
- **1/3 cup chicken stock**
- **1 tablespoon Worcestershire sauce**
- **1 tablespoon honey**
- **1 tablespoon apple cider vinegar**
- **pinch kosher salt**
- **pinch black pepper**
- **1/4 large red onion, diced**
- **1 tomato, diced**
- **1 avocado, diced**
- **1 / 2 mango, dice**
- **1/2 jalapeño, diced**
- **1 handful cilantro, diced**

Preparation Instructions:

1. Begin by making the sauce for the shrimp. Whisk together tomato paste, chicken stock, Worcestershire, honey, apple cider vinegar, and salt.

2. Place shrimp in mixture and let marinate while cutting the veggies and fruits.
3. Add veggies and fruit to mixture and season to your liking with salt and pepper.
4. Serve with Super Radical Plantain Chips and enjoy!

Thai Turkey Throwdown

Yield:

Ingredient List:

- **1/4 cup olive oil**
- **1/2 cup fresh ginger, roughly chopped**
- **1/2 cup fresh garlic, roughly chopped**
- **Kosher salt, to taste but typically 6 grams per pound of ground meat (so 30 grams in this case)**
- **Freshly ground black pepper, to taste**
- **5 pounds ground turkey**
- **4 cups yellow onion, small dice**
- **2 1/2 pounds carrots, shredded**
- **2 pounds mushrooms, sliced or quartered**
- **4 cans bamboo shoots, sliced and roughly chopped**
- **4 cans water chestnuts, sliced and roughly chopped**
- **10 cups light coconut milk, I look for the cheapest stuff that is only water and coconut**
- **1/3 cup Sambal plus what you'll use to garnish**
- **10 "spooges" fish sauce, I use Red Boat**
- **1 large bunch cilantro, roughly chopped plus what you'll need to garnish**

Preparation instructions:

1. Heat olive oil in two 14" saute pans over high heat. When oil runs like water when pan is tilted side to side, add the ginger and garlic and stir well. Season the top side of the turkey with salt and pepper and place, seasoned side down in the oil, garlic and ginger. Season top side of turkey with salt and pepper.
2. Add onions around the edge of the turkey so that they prevent exposed garlic and ginger from overcooking. After 60 seconds, begin to break up the turkey, but do not turn it yet. Maintain the original seasoned side down so that it has a chance to caramelize.
3. After 3-5 minutes, begin to turn turkey, then add carrots and stir well to incorporate. Allow to cook for 6 minutes, then add the mushrooms, stir gently, and cook for 5 minutes.
4. Add bamboo shoots, water chestnuts and coconut milk and bring entire mixture to a simmer. Stir well, break up any turkey chunks, and when mixture has reached a simmer, season with Sambal and fish sauce.
5. Stir one final time, then cut the heat. **If you are serving immediately:** gently fold in cilantro and call your "Paleo Pups" to the table. **If you are going to reheat and eat at another time:** cool mixture completely before adding the cilantro as this will prevent the cilantro from turning an off green color.
6. Portion out into individual containers, garnish with Sambal, fish sauce and cilantro and refrigerate for up to 5 days or freeze for up to 6 months.

Cameraman Special – Steak Fajitas

Yields: 30P, 10C, 0F

Ingredient List:

- **2.25 pounds New York strips or steak of your choice, cut into strips**
- **4 carrots, Asian bias cut**
- **1 onion, julienne**
- **1 bell pepper, julienne**
- **10 cloves garlic, smashed and chopped**
- **4 poblano/pasilla peppers, roasted, peeled, seeded and sliced into strips**
- **3 Roma tomatoes, cored and julienned**
- **Olive oil, as needed**
- **Kosher salt, to taste**
- **Black pepper, to taste**
- **Water, as needed**

Preparation Instructions:

1. Heat two large sauté pans over high heat, add olive oil, carrots, onions and garlic. Toss/stir to incorporate well, season with salt and pepper and cook for 2 minutes, tossing occasionally.
2. Add green bell peppers and a little bit of water and cook until carrots are “al dente”. Season one more time with salt and pepper, then transfer veggies to a serving platter.
3. Return pans to the stove and add olive oil to the pan. Season the steak with salt and pepper and add to oil, seasoned side down. Season the top side of steak with salt and pepper.
4. Cook for 60-90 seconds until the meat in contact with the pan is caramelized nicely. Turn meat so raw side is now in contact with pan, then add poblanos and tomatoes.
5. Toss a few times, season one last time, then pour over veggie mixture on serving platter.
6. Whip up with a 60-second guac and serve with lettuce for some killer steak fajitas. Call your enemies, invite them over and turn them into friends with your Culinary Ninja skills.

Carnes Asada Stuffed Mushrooms

Yields: 6P, 5C, 22F

Ingredient List for the Carne Asada:

- **2 slices round steak, thinly sliced, approximately 4oz. each**
- **1 tablespoon Super Radical Rib Rub**
- **1 teaspoon olive oil**

Preparation Instructions:

1. Rub steak with rib rub and oil on both sides.
2. Grill until caramelized. The doneness is dependent on what you like, but since we are dicing this up, you can go for a charred effect with well done meat.
3. When carne is cooked on both sides, remove from grill and allow to rest for 5 minutes, then dice up as seen in the picture above.

Ingredients for the Mushrooms:

- **1 teaspoon olive oil**
- **12 large mushrooms, rinsed and stemmed**
- **12 mushroom stems, chopped**
- **Kosher salt, to taste**
- **Water, as needed**

Preparation Instructions:

1. Preheat a cast iron skillet or saute pan over medium-high heat.
2. Add oil, mushroom caps and chopped mushroom stems and season with kosher salt.
3. Cook for 2 minutes, then add a bit of water and cover the pan to allow mushrooms to release their moisture. Cook 2 minutes longer.
4. Remove the lid, stir and season with salt once again.
5. Leave lid off and allow moisture to reduce to *au sec*. Cook until mushrooms are tender, juicy and well seasoned. Then, cut the heat and plate!

Ingredients for the Guac:

- **1 avocado, pitted and peeled**
- **2 small cloves fresh garlic, pasted**
- **½ small red onion, diced**
- **1 Roma tomato, diced**
- **Juice of ½ lime**
- **1 small handful fresh cilantro, chopped**
- **Kosher salt and pepper**
- **½ Serrano pepper, minced**

Preparation Instructions:

1. Combine all ingredients except tomatoes and serranos, and smash/mix until chunky and uniform.
2. Fold in the tomatoes and Serrano peppers and season with salt to your liking.

To plate:

You'll need some Massie Mayo and a few cilantro leaves for garnish.

1. Place the mushroom caps, stem side up on a plate.
2. Mix the diced carne asada with the chopped, cooked mushroom stems.
3. Fill caps with meat and stem mixture.
4. Top with guacamole.
5. Garnish with Massie Mayo and cilantro leaves.