

**Asian
American
Pacific
Islander
Heritage
Month**



Thai Chicken Salad Plate *Makes 6 salads*

Ingredients

3 tsp Olive Oil
3 tsp Pure 100% sesame seed oil
1½ lb Course ground, boneless, skinless chicken breast
¼ oz Fresh lemongrass, minced
1½ tsp Lime juice (True Lime pkg.)

3 tsp Fresh Thai Red chile peppers, seeded and minced
1½ tsp Thai Kitchens fish sauce
3 tsp Fresh green scallions
2 oz Fresh cilantro
1½ oz Cornstarch

3 tsp. Soy sauce
3 oz Rice noodles
1 oz Deep fat frying oil
1¼ oz fresh cucumbers, sliced ¼" with skin
12 oz Greens mix lettuce

1½ oz Fresh Plum Roma tomatoes, cut into quarters
2½ oz. Fresh red peppers, julienned
2½ oz Fresh yellow peppers, julienned

Directions

1. Heat skillet. Add olive and sesame oils.
2. Add chicken. Sauté, but do not brown.
3. Stir in lemon grass, lime juice, red chile, fish sauce, onion, cilantro.
4. Make a slurry with cornstarch and soy sauce. Stir into chicken mixture. (*Cook to minimum internal temperature of 165°F.*) Cool quickly to internal temperature of 40°F or below for use.
5. Soak noodles in water for 15 minutes. Drain well. Deep fat fry until puffed.
6. Place about ¼ oz cucumber slices, edge to edge, on one side of each serving plate.
7. Place 2 oz lettuce mix in center of plate. Top with one cup fried noodles and 4 oz. chicken mixture.
8. Arrange ¼ oz. tomato, ½ oz red pepper and ½ oz. yellow pepper on side place opposite cucumber. Serve immediately.

Lime juice (*True Lime*) *Makes 1½ tsp*

Ingredients

One 10 gram package of True Lime Juice Mix Crystals
½ tsp Water

Directions

Combine True Lime Crystals and water. Mix well. Hold refrigerated at internal temperature of 40° or below for use. Use within three days.

**Asian
American
Pacific
Islander
Heritage
Month**



Asian Vegetable Salad with Seared Tofu

*Makes six
4oz. portions*

Ingredients

1¼ oz. Pure 100% sesame seed oil
1¼ oz. Red wine vinegar
1⅔ tbs. Unsalted, white, sesame seed
¼ oz. Minced fresh garlic

⅓ oz. Granulated sugar
⅞ tsp. Kikkoman Thai-Sweet Chili Sauce
3⅜ oz. Fresh broccoli florets
8⅜ oz. Extra firm tofu

1⅔ oz. Soy sauce
1⅝ oz. Fresh snap sugar peas
1½ oz. Fresh red peppers, julienned

⅞ oz. Fresh red onions, julienned
1⅔ oz. Fresh regular white mushrooms, sliced to ½”

Directions

Keep ingredients refrigerated at internal temperature of 40°F or below for use.

1. In a mixing bowl, combine sesame oil, vinegar, sesame seed, garlic, sugar and chili sauce for dressing. Mix until well-blended.
2. Blanch broccoli in boiling water (not listed) for three minutes. Remove broccoli. Immerse in an ice water bath to cool. Drain thoroughly.
3. Combine tofu and soy sauce. Toss evenly to coat tofu with soy sauce. Hold refrigerated at internal temperature of 40°F or below for 30 minutes to marinate. Drain and discard excess marinade. Slice tofu in half lengthwise (butterfly).
4. In a sauté pan, heat oil on medium high heat. Cook tofu for three minutes on each side. Minimum internal temperature should be at least 140°F (for 15 seconds). Remove and pat dry. Cut tofu into ¾” cubes. Cool quickly to internal temperature of 40°F or below for use.
5. Combine tofu, broccoli, carrots, sugar snap peas, red peppers, onions, mushrooms and dressing. Toss to evenly coat and distribute ingredients. Hold refrigerated at internal temperature of 40°F or below for at least one hour before use.
6. Place in chilled service container and hold at refrigerated at internal temperature of 40°F or below on salad bar. Use within 24 to 48 hours.