

Recipe Packet: Teen Camp, Day 5

Chinese Chicken Salad

Serves 6-8

3 poached chicken breasts*, shredded and chilled
1 head iceberg lettuce, shredded
½ head green cabbage, shredded
½ head red cabbage, shredded
4 carrots, peeled and shredded
1 red bell pepper, julienned
3 scallions, thinly bias-sliced
Kosher salt and freshly ground black pepper
1 cup Chinese chicken salad dressing, recipe follows
½ bunch cilantro, washed and spun dry, and roughly chopped
½ cup slivered almonds, toasted
2 tablespoons sesame seeds, toasted
2 cups fried wonton strips, optional

In a large bowl, combine the chicken, lettuce, cabbage, carrots, red bell pepper and scallions. Season with salt and pepper and toss to combine. Drizzle the dressing over and toss again to coat.

Add the cilantro, almonds, sesame seeds and wonton strips and toss lightly again. Divide evenly among plates and serve cold.

Chinese Chicken Salad Dressing

Makes approximately 2 cups

2 tablespoons fresh ginger, finely minced
2 cloves garlic, finely minced
1 teaspoon wasabi paste
Juice of one lime
3 tablespoons seasoned rice wine vinegar
2 tablespoons Tamari, or soy sauce
pinch red pepper flakes
pinch kosher salt and pinch of freshly ground black pepper
¼ cup sesame oil
¾ cup vegetable oil

Combine all of the ingredients into a jar and shake vigorously to combine. If you like a smoother, thicker dressing, blend all of the ingredients together until smooth. Keep covered and chilled in the refrigerator until ready to use.

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To poach the chicken breasts: Place a straight-sided skillet over medium-high flame and add enough water until it comes up halfway. Season the water with 1 teaspoon kosher salt, carrot pieces, celery slices, 6 black pepper corns, and three bay leaves. When the water boils, lower the heat to medium-low and slip the chicken breasts into the water. Cover and gently simmer until fully cooked, about 15 minutes. Remove from the poaching water and set aside to cool.

Vegetable Potstickers

Makes 24

1 can sliced bamboo shoots, drained and chopped
8 dried shiitake mushrooms, reconstituted and chopped
1 pound baby pea shoots, wilted, squeezed dry and chopped
2 carrots, peeled and chopped
2 scallions, peeled and chopped
2 cups napa cabbage, wilted, squeezed dry and chopped
2 tablespoons light soy sauce
2 teaspoons sesame oil
Kosher salt and freshly ground black pepper, to taste
1 package fresh potsticker wrappers
¼ cup canola oil

In a large mixing bowl, combine the bamboo shoots, mushrooms, pea shoots, carrots, scallions, cabbage, soy and sesame oil. Add salt and pepper to taste. Set aside.

On a clean worksurface, lay down one potsticker wrapper. Dip your finger in a clean bowl of water and moisten the edges of the wrapper. Place a teaspoon of the filling in the center of the wrapper. Fold the edges up and pinch to seal, creating a half-moon. Gently tap the half moon on the folded edge to create a flat bottom, making sure the sealed edges stand upright. Repeat the process with the remaining ingredients.

In a large non-stick skillet, heat 3 tablespoons of canola oil until it shimmers. Carefully place the potstickers in the pan, making sure they all stand upright and that the bottoms are all flat. Fry the dumplings until the bottoms are brown and crispy. Add 1 cup of water to the pan and allow the dumplings to steam. Immediately cover the pan and steam the dumplings for about 3 minutes. Remove the cover and allow the water to cook off. Continue to cook until the bottoms are crispy again. Remove from the pan and serve hot.

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Black Bean Sauce

Makes approximately 2 cups

¼ cup fermented black beans
½ cup canola oil
¼ cup minced garlic
¼ cup peeled and minced fresh ginger
3 stalks scallions, white and green parts, sliced 1/8 inch thick
2 teaspoons sambal oelek, or any garlic chili paste
¼ cup Shaoxing rice wine
pinch kosher salt and freshly ground black pepper

Soak the black beans in 2 tablespoons of hot water to soften. Heat a wok or large sauté pan over high heat. Add the oil and swirl to coat the pan. Add garlic, ginger, and scallions, and stir-fry until the mixture has softened, 2 to 3 minutes. Add the beans, sambal oelek and wine, decrease the heat to medium, and cook until the mixture is reduced by three quarters, 2 to 3 minutes. Add the salt and pepper.

Remove the mixture from the heat and allow it to cool. Transfer half of the mixture to a blender and purée it at high speed. Stir the purée back into the remaining mixture and cool completely. Store in an airtight container in the refrigerator until ready to use.

Bubble Tea Drink

Makes 1 drink

2-3 tablespoons cooked tapioca pearls, recipe follows
1 cup crushed ice, divided
1 tablespoon simple syrup, recipe follows
½ cup dark tea, such as Darjeeling tea base
½ cup fruit juice of your choice

In a 16-ounce glass, add the tapioca pearls and ½ cup crushed ice. In a separate drink shaker, add the simple syrup, remaining ice, tea base and fruit juice. Shake vigorously to combine and strain into the glass. Serve with a large-diameter boba straw.

Cooking Tapioca Pearls for Bubble Tea

Makes enough for approximately 8 – 10 servings

1 cup tapioca pearls
8 cups water

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In a large stockpot, boil the water. When boiling, add the tapioca pearls while stirring constantly to prevent them from sticking to the bottom of the pot. Cover and boil for 25 minutes. Turn off the heat and let the tapioca sit for another 30 minutes.

Drain and rinse the pearls under cold running water. Pour the pearls into a container and cover the pearls with simple syrup to keep until serving. Refrigerate covered if not using right away. Pearls will keep for 3-4 days before turning too mushy.

Simple Syrup

Makes 1 quart

2 cups water

2 cups sugar

In a saucepan over high heat, add the water and sugar together. Stir until the sugar is dissolved. Bring the mixture to a boil and turn off the heat. Allow it to cool before using.