


STL, MO



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The Global Foods Market Cookbook



THE GLOBAL FOODS MARKET COOKBOOK



OUR STORY

Thank you for supporting Global Foods Market and our effort to raise money for the International Institute of St. Louis. A portion of the proceeds from each cookbook purchased will be donated to the Institute to help incoming immigrants have a smoother transition into the St. Louis community. For each cookbook purchased, Global Foods Market will donate one cookbook to the Institute to be included in welcome packs for incoming refugees.

This cookbook was made with the intention of representing and celebrating the diverse cultures within St. Louis. We have asked the public and local chefs to submit their best recipes for an authentic cookbook to reflect the authentic food culture that is present in our home of St. Louis. We are proud that the ingredients offered at Global Foods Market represent over 50 countries from across the globe and further contributes to a diverse and inclusive society. From the bottom of our hearts, thank you to each and every person who submitted a recipe. This cookbook would not be possible without you and we dedicate this book to everyone who makes our region a welcoming and supportive community for all.

With a passion for bringing international flavors to St. Louis, the Prapaisilp family opened Global Foods Market (421 N. Kirkwood Rd., St. Louis, MO 63122) as one of the city's original international markets in 1999. With products from over 50 countries, the family takes pride in scouring the globe to bring the best international ingredients, snacks, meats, cheeses, produce, beverages, and more to St. Louis. The Prapaisilp family has continued to root themselves in St. Louis with establishments such as King & I Thai restaurant, United Provisions, the international grocer, and Chao Baan, the modern Thai restaurant located in The Grove.





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BACON POT PIE

Chef Victoria Palan

CHOW DOWN STL

2-3 yukon gold potatoes
1 package of bacon
1 beer of your choice
1 can of cream of mushroom
salt and pepper to fit your taste
1 cup of diced carrots
1 cup of diced onions
1/2 cup of diced celery
1 cup of diced mushrooms
(optional)
2 deep dish pie crusts

Preheat your oven to 350F.

Dice bacon into 1-inch squares and cook. Remove bacon from heat and place on a paper towel to remove excess fat. Reserve the fat in the pan for the vegetables.

Sautee carrots, onions, mushrooms, and celery in bacon fat until translucent.

While vegetables are cooking, bring a pot of water to a boil. Peel and Dice Yukon potatoes. Salt the boiling water and add your diced potatoes. Boil potatoes until tender. Drain the potatoes once cooked.

Add cooked potatoes to the sautéed vegetables and mash until everything is incorporated. The mixture should resemble mashed potatoes.

Fold in the cooked bacon pieces. Add the beer and cream of mushroom to the mixture and stir.

Par bake the bottom pie shell for 6 minutes in the oven. You want a little color but not fully cooked.

Add the pot pie filling to the par baked pie shell. Put second uncooked pie shell on top and crimp the edges to seal. Poke a few holes on top of the crust to allow steam to escape while cooking.

Bake in oven for about 20-30 minutes, or until top crust is golden brown. Take pie out once cooked and cool for 10 minutes. Slice into pie pieces and enjoy.

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This recipe was born during college after I met my husband. He loves bacon and I love pie so it was a match made in heaven and made sense to put the two together. This is awesome the next day and is super filling and budget friendly. To this day he claims that this pie is one of the reasons he married me. This recipe is also fun to cook together, make your own memories with Bacon Pot Pie.



BEEF BARBACOA

Chef Jason Tilford

MISSION TACO JOINT

3 lbs. lean beef roast, cut in
to 2-inch pieces

3 Tbsp. vegetable oil

1 Tbsp. kosher salt

½ white onion, sliced

2 roma tomato, chopped

1/3 cup chopped garlic

1/3 cup chipotle puree

2 Tbsp. cumin

2 ½ cup beef stock

1/3 cup orange juice

3 Tbsp. cider vinegar

1 Tbsp. mexican oregano

1 tsp. ground cloves

Trim any large chunks of fat from the roast and cut it to 2-inch cubes.

Heat the oil in a Dutch oven or roasting pan. While the oil is heating, season the cubed meat with the salt. Add the meat to sear and brown on all sides. Do not stir often, allow meat to sit in the pan and sear.

Once browned, add the remaining ingredients, and mix well to remove any bits that may have stuck to the pan. Cover with foil and cook in a 375-degree oven until the meat is tender and the liquid has reduced to a sauce.

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This is one of my favorite recipes, especially in the winter, because it's savory and comforting with a touch of spice. The recipe should allow for intentional leftovers. Serve the barbacoa with some beans and a few warm tortillas for a family meal. Or serve over some creamy polenta with roasted vegetables for a more elegant meal. Either way be sure to make tacos with the leftovers the next day. Other good uses for extra barbacoa could be in an omelet, quesadilla, panini or even a pasta. The recipe is not very spicy but if you want to kick it up a little throw in a few fresh chiles of your choice.





CALABRIAN CHILI SHORT RIBS

Chef Craig Rivard
LITTLE FOX

This marinade was the first recipe I created while opening Little Fox. I wanted to do an Italian-style spicy rib. It took a few iterations on the menu before I tried it on grilled beef short ribs. The flavors really popped.

2 lbs. Flanken or Korean-style
Beef Short Ribs

MARINADE:

½ cup Calabrian peppers,
de-stemmed, drained

1 1/3 cups sweet drop peppers,
drained

¼ cup fish sauce or colatura

5 large cloves of garlic

¼ cup honey

2 Tbsp. red wine vinegar

1 Tbsp. rosemary, picked

Add marinade ingredients into a food processor and blend until very smooth.

Marinate the short ribs in a thick layer of the marinade for 8-24 hours.

Grill the ribs on high heat until well-marked on one side.

Flip the ribs and baste again with the marinade.

Cook the ribs to desired doneness and remove from the grill.





CANNELLINI BEAN CROSTINO

Chef Craig Rivard

LITTLE FOX

This has become a staple of our menu at Little Fox. This dish is a sleeper. It often gets overlooked, but then someone tries it and it quickly becomes a favorite. There are really bold flavors packed into a simple sounding dish.

PESTO ROSSO:

2 ¼ cups oil-packed sundried tomatoes, *drained*

5 cloves of garlic

1/3 cup Calabrian chilies, *drained and de-stemmed*

2/3 cup piquillo peppers, *drained*

10 g. capers

3 tsp. rosemary, *picked*

2 ¼ Tbsp. olive oil

salt and pepper, *to taste*

water, *as needed*

CANNELLINI BEANS:

1 cup cooked or canned cannellini beans

¼ cup picked herbs: flat parsley leaves, oregano, rosemary

olive oil

salt and black pepper, *to taste*

GREMOLADA:

1 cup parsley, *picked, finely chopped*

1 Tbsp. lemon zest

1 clove garlic, *minced*

¼ cup extra virgin olive oil

salt and pepper, *to taste*

ASSEMBLY:

thick-cut country bread or

sourdough bread

ricotta salata cheese, *finely grated*

PESTO ROSSO:

Pulse all ingredients except for the olive oil and the water in a food processor.

Drizzle in the oil while the machine is running adding a splash of water as needed.

Puree until sauce is slightly chunky but emulsified.

Taste and adjust seasoning.

CANNELLINI BEANS:

Rinse and pat dry the cannellini beans.

Heat a large skillet or cast-iron pan over medium-high heat and add the olive oil until you have about ¼ inch of oil in the pan.

Once the oil is hot but not smoking, carefully add the beans.

Cook the beans until crispy and drop in the herbs to crisp.

Remove the beans and the herbs with a slotted spoon and place on a plate lined with paper towels to remove excess oil.

Season with salt and pepper.

GREMOLADA:

Mix all ingredients in a small bowl.

Adjust the seasoning with salt and pepper.

ASSEMBLY:

Grill or toast the bread. Once toasted, spread a thick layer of pesto rosso over the bread. Sprinkle the crispy cannellini beans and drizzle with the gremolada and sprinkle the ricotta salata cheese over the top.



CHAO BAAN'S LAAP TOFU

Sue Prapaisilp
CHAO BAAN

1 16-ounce block extra-firm
tofu

2 Tbsp. canola oil

¼ cup chopped green onions

¼ cup thinly sliced red onion

4 cloves garlic, *sliced*

2 Tbsp. fish sauce (can use a
vegetarian fish sauce)

2 Tbsp. lime juice

2 Tbsp. toasted jasmine rice
powder*

½ cup chopped fresh mint

½ cup chopped fresh cilantro

Roasted Thai chili powder or
cayenne pepper, *to taste*

Extra herbs and sliced fresh
jalapeños

Hot sticky rice or butter lettuce
leaves

Lime wedges or halves for
squeezing

Drain tofu and press well with a towel to absorb excess liquid. Cut into 1/2- to 3/4-inch cubes. In a large nonstick skillet, heat oil over medium-high. Add tofu. Let it cook without stirring until golden, 2 to 3 minutes. Toss and continue cooking, tossing occasionally, until golden on most sides, about 10 minutes. Remove from pan and set aside.

If pan is dry, add a dash more oil, then add green onions, red onion, and garlic. Cook over medium until fragrant, but not brown, 1 to 2 minutes. Return tofu to the pan, along with fish sauce, lime juice and toasted rice powder*. Mix well to heat through. Remove from heat; stir in mint, cilantro, and a pinch of Thai chili powder to taste.

Serve warm, topped with extra herbs and sliced jalapeños, if desired. Pair the laap alone with hot sticky rice, or fill butter lettuce leaves for wraps, adding more herbs and a squeeze of lime.

**To make toasted jasmine rice powder at home, cook 1/4 cup uncooked jasmine rice in a small skillet over medium-low until aromatic and golden brown, tossing frequently, 6 to 10 minutes. Let cool, then grind in a small food processor or spice grinder, or with a mortar and pestle.*

TIPS FROM SUE: Before cooking with tofu, make sure to press it well to remove any excess water for crisp and crunchy tofu rather than a dense tofu. Simply place the tofu on a plate and add another plate on top holding heavier items, like canned foods, to squish the tofu. After 30 minutes, you can expect ¼ cup to ½ cup of excess liquid on the plate.





CHICKEN CURRY + SOUTHERN INDIA STYLE BASMATI RICE

Chef Adam Lambay

ADAM LAMBAY'S INDIAN-INSPIRED
DIGITAL SERIES

Chicken Curry is a staple of India. But Adam Lambay's Indian dad always added potatoes and peas to make it more to his German/Irish mom's liking.



2-inch piece of fresh gingerroot,
peeled and roughly chopped

6 garlic cloves, *peeled and
roughly chopped*

3 lbs. boneless, skinless chicken
thighs

2 Tbsp. vegetable oil

4 whole cloves

4-5 green cardamom pods

1 cinnamon stick

2-3 bay leaves

1 Tbsp. cumin seed

3 cups yellow onion, *diced*

1/4 cup curry powder, Madras
Style or your favorite curry
powder

2 cups crushed tomato, *fresh or
canned*

1 qt. chicken stock or chicken
broth

2 cups 1-inch diced potatoes

1 Tbsp. Garam Masala

1 Tbsp. kosher salt

1 tsp. ground black pepper

4 cups seasoned Basmati rice

SOUTHERN INDIA-STYLE BASMATI RICE:

(yields 4 cups)

1 1/2 Tbsp. vegetable oil

1 large or 2 small cinnamon
sticks

1 tsp. cumin seeds

2 large or 3 small, dried bay
leaves

4 cups water

1 tsp. kosher salt

2 cups Basmati rice



CHICKEN CURRY:

Puree a 2-inch piece of gingerroot and 6 garlic cloves in a blender or immersion blender. You may need to add water to get it going, but that's okay as it will cook out. Once pureed set aside. Be sure to freeze any extra as I use gingerroot and garlic puree in many other recipes.

Trim most of the fat from the chicken thighs and cut into 1-inch pieces. Set aside.

Heat a medium-size, heavy-bottomed saucepan over medium-high heat. Add the oil. Once the oil is hot and shimmering, add the whole cloves, cardamom pods, cinnamon stick, and bay leaves.

When the bay leaves start to brown add the cumin seeds, which will pop and dance. Immediately add the onion. Turn the heat down to medium. Sauté the onion and spices until the onion becomes soft and translucent, about 5-7 minutes.

Add 3 tablespoons of the gingerroot and garlic puree. Cook for another 2 minutes, stirring constantly.

Add the chicken to the onion-spice mixture. Sauté the chicken for about 5 minutes, or until the chicken starts to turn white, stirring frequently.

Add the curry powder. Stir constantly and cook for about 2 minutes over medium heat.

Add the tomatoes. Stir and cover. Let it cook for about 5 minutes.

Turn the heat to medium-high, pour in the chicken stock and potatoes. Bring to a boil. Once it's boiling turn down to a simmer, cover, and let it cook until the chicken and potatoes are tender, about 30-35 minutes.

Finally add the garam masala, and season with salt and pepper to taste. Serve with Southern India Style Basmati Rice.

SOUTHERN INDIA STYLE BASMATI RICE:

Heat vegetable oil in a medium saucepan over medium-high heat. Once the oil shimmers, drop in the cinnamon stick, cumin seeds, and bay leaves. You're tempering the spices which will add flavor to the oil which will season the rice.

As soon as the bay leaves start to turn brown, which will happen very quickly, add the water and salt. Bring to a boil and add the basmati rice and stir. Cook the rice, uncovered, until most all the water is absorbed. It should be the consistency of loose oatmeal.

Turn the heat to low, cover, and cook for 5 more minutes. Turn off the heat. Don't remove the lid, don't peek, just leave it alone and allow the rice to steam for at least 15 minutes. Remove the cinnamon stick and bay leaves before serving.



CHICKEN MODIGA

Madeline Jones

ST. LOUIS

I grew up eating Chicken Modiga and it is the first real dish that I learned how to cook with my dad. This recipe is what inspired my love for cooking and Italian food. It's an easy dish that is always a crowd-pleaser!

FOR CHICKEN:

4-5 skinless chicken breasts

½ stick of salted butter

½ cup of flour

½ cup of Italian bread crumbs

Provel cheese slices (same number as chicken)

FOR PASTA:

16 oz. or one box of Angel Hair Pasta

24 oz. raw or frozen broccoli

1 stick salted, real butter

4-6 Tbsp. flour

1 cup dry white wine (Chardonnay works best)

1 cup of chicken broth

1 large lemon

Melt 1/2 stick of butter in a bowl using the microwave. Dip each chicken breast into the butter, then fully coat the breast with 2-3 tbsp of flour and breadcrumbs each.

Bring a large pot halfway full of salted water to a boil on the stove to cook the noodles in. Once boiling, insert the angel hair pasta into the water and cook for 4-5 minutes or until al dente.

Grill the chicken breasts for about 9-10 minutes. Flip the chicken breasts at the halfway point for even cooking. With one minute left to grill, place a slice of provol cheese on the chicken to melt, then remove from the grill. Cover chicken in aluminum foil to stay warm while the noodles and sauce cook.

In a medium saucepan, melt 1 stick of salted butter. Sift 3-4 tbsp of flour into the butter to thicken into a paste. Beware that this sauce thickens as it sits and cooks. Do not go overboard on the flour amount in the beginning. Stir with a whisk to get rid of any clumps from the flour. Bring to a boil then lower the heat to low.

Next, add the wine, chicken broth, and lemon juice from the entire lemon. Whisk frequently. Cook until desired temperature and consistency.

Heat up the broccoli in the microwave if frozen or warm in the saucepan if not frozen.

Place the chicken on a bed of pasta, add the broccoli and sauce on top of everything. Enjoy!

COORG CHICKEN DONNE BIRYANIT

Ashwin Dambekodi

ST. LOUIS

2 lbs. of skinless chicken breast

3 cups of any white rice

2 tsp. turmeric

1 tsp. chilli powder

1 whole cut onion

1 handful mint leaves

1 1/2 handful cilantro leaves

1 tsp. whole pepper

1-2 star anis cloves

1-2 inch cinnamon stick

10 elaichi cloves

7-8 garlic cloves

2 inches ginger

1 tsp. cumin/fennel seeds

2 tsp. cooking oil

2-3 pinches of salt

3 cups Curd/ Dahi

*RICE COOKER NEEDED

Grind 1 tsp. whole pepper, 2-inch cinnamon stick, 10 cardamom/elaichi, 7-8 garlic cloves, 2 inches ginger, 1 tsp. cumin/fennel seeds in a grinder to paste/powder and set aside.

In a frying pan add around 2 Tbsp. of oil, add 2 star anis and fry for one minute on medium heat until color turns light brown.

To the same frying pan on medium heat, add 3/4 whole cut onion, one handful of mint leaves and one handful of coriander leaves. Fry all these until onion turns brown.

Add the grinded paste/powder and 2 tsp. turmeric and 1 tsp. chilli powder. Fry for 5 minutes on medium heat.

Cut and wash 2 lbs. of skinless chicken. Wash the cut pieces of chicken about 5 times. Drain the chicken thoroughly.

Now add the chicken pieces and 2-3 pinches of salt.

Cover the lid on the chicken and allow to cook on low to medium heat for 10 minutes. The chicken should be 90% cooked. Turn off the stove and allow to cool.

In the rice cooker, add 3 cups of uncooked white rice. Once the pan cools down add all ingredients in the pan to the rice cooker.

Add 2 cups of water (1:1 water:rice ratio). Set the setting on the rice cooker to "white rice" and allow the Biryani to cook. After 5-10 minutes, the Biryani should be ready.

Prepare raita, combine 3 cups Curd/Dahi, remaining 1/2 handful of cilantro leaves and 1/4 cut onions and mix.

Once Biryani is done, enjoy it with raita on the side.



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This recipe was taught to me by my big sister. She cooks it very well. It reminds me of home, my uncle would cook this whenever we were together in Bangalore. We would all gather around, eat, laugh and watch TV. It's a very nostalgic dish for me. Hope it brings you as much joy as it did to me and my family.

DALK GALBI (SPICY STIRFRIED CHICKEN)

Lauren Tran
ST. LOUIS

My Korean friend shared this recipe with me. After 8 years living in Korea, I'm grateful that I can now recreate one of the exquisite meals that I had there. I hope you enjoy spicy food like I do.

2 tsp. vegetable oil
half a small cabbage, *chopped*
1 white onion, *sliced*
2-3 chicken breasts, *cubed*
1 bag (600g) of tteok (Korean rice cake noodle)
3 Tbsp. gochujang (Korean spicy red pepper paste)
2 Tbsp. plum vinegar
shredded mozzarella cheese (*optional*)
perilla leaves (*optional*)

In a wok pan, first add the vegetable oil. Then add the cabbage, onion, chicken, and tteok (in that order). Cabbage must be in the bottom of the pan to create moisture that cooks everything else.

Turn on stove to medium-high heat and cook about 7 minutes without stirring.

Mix the gochujang and plum vinegar separately. Add mixture on top of layered wok ingredients.

As you see most of the cabbage begin to soften, stir everything so that most of the chicken is at the bottom, closest to the hot pan's surface.

Add perilla leaves (*optional*).

Reduce heat and simmer, mixing occasionally, for about another 10 minutes until chicken is cooked and tteok is tender.

Serve hot and garnish with mozzarella cheese (*optional*).



FILIPINO LUMPIA

Inah Berry
ST. LOUIS

This is my flexitarian take on a beloved Filipino recipe. It's packed with lean and healthy proteins and veggies. They are freezer-friendly and can last up to two months!

1-2 lbs. lean ground turkey	2 tsp. salt
1 cup bella mushrooms, <i>minced</i>	1 tsp. black pepper
2 medium carrots, <i>minced</i>	1 tsp. white pepper
3 stalks of green onions, <i>minced</i>	1 tsp. msg
1 medium onion, <i>minced</i>	1-2 package of spring roll wrappers
1 large egg	
1 Tbsp. chicken bouillon powder	

Using a food processor, mince mushrooms, green onions, onions, and carrots. Set aside.

In a large bowl, combine minced vegetables, ground turkey, and the rest of the ingredients and mix until well incorporated. *seasonings may vary, it's really up to you*

Prep a clean surface with a small bowl of water. Roll your Lumpia. (See spring roll wrapper packaging on how to roll.)

Air fry for 15-17 mins at 375F or until golden brown. Flip every 4 mins or so.

Cut the lumpia in half with kitchen shears. A knife might break down the structural integrity.

Serve with rice, noodles, or salad and your favorite dipping sauce. We use a classic Filipino banana ketchup and sweet chili sauce for our dipping choices.





HUMMUS “SHUK”

Chef Ben Poremba

ELAIA, OLIO, NIXTA, THE BENEVOLENT KING,
BAR MORO, DELI DIVINE

1 cup dried chickpeas, *Swad brand (chana dal)*
1/2 tsp. baking soda
1/4 cup fresh lemon juice (*about 1 large lemon*)
1/2 cup well-stirred raw tahini, *al kanatar brand*
1 small garlic clove, *minced*
2 Tbsp. extra-virgin olive oil
1/2 tsp. ground cumin
salt to taste
2 to 3 Tbsp. water

GARNISHES:
plenty of extra virgin olive oil
smoked paprika
aleppo pepper
toasted pine nuts
toasted almonds
toasted pistachios
Zaatar spice mix
chopped parsley

Place the dried chickpeas in a bowl and cover them with water. Let them soak overnight. They will double in size, so make sure the water level is at least a few inches above the chickpeas.

Drain and rinse the soaked chickpeas. Place them in a large saucepan with fresh water and add the baking soda. Bring to a boil and simmer for about 90 minutes or until the chickpeas are soft and tender. Skim off any foam that forms during cooking.

Drain the cooked chickpeas and let them cool slightly. Reserve 1/2 cup of cooking liquid.

In a food processor, combine the cooked chickpeas, reserved cooking liquid, lemon juice, tahini, minced garlic, olive oil, cumin, and a pinch of salt.

Process the mixture until smooth and creamy. You may need to scrape down the sides of the processor bowl occasionally.

Add 2 tablespoons of ice cold water and continue to process until the hummus reaches your desired consistency. If needed, add more water, 1 tablespoon at a time, until it reaches the desired creaminess.

Taste the hummus and adjust the seasoning by adding more salt if necessary.

Transfer the hummus to a serving bowl or plate. Create a small well in the center with a spoon and drizzle some olive oil into it.

Sprinkle any or all of the garnishes.

Serve with pita bread, fresh vegetables, or your favorite dipping snacks.

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Hummus is now ubiquitous. It's a household staple that can be found in every grocery store and bodega in every state and city in the US. It can be found on the menus of hundreds of thousands of restaurants from sports bars and pubs to fine dining establishments. This wasn't always the case. It was definitely NOT the case 27 years ago when I moved to this country. It wasn't really the case 11 years ago when I opened Olio — often my servers had to explain to some customers what it was and what it was made out of. But thank Global Foods — they carried back then and continue to carry today excellent brands for chickpeas, tahini, olive oil, and spices.

This recipe is for basic hummus preparation. You can then top it with whatever you like. I love to add crunch and spice to mine. This is the dish we call Hummus Shuk at Olio — referencing the amazing shuks of the Middle East. Global Foods is the closest store we have here in Saint Louis to the spirit and abundance of these shuks.

INDIAN BBQ CHICKEN

Chef Adam Lambay

ADAM LAMBAY'S INDIAN-INSPIRED
DIGITAL SERIES

No Tandoori oven? No problem! This is Indian BBQ on an American-style backyard grill. It is BBQ Chicken like you've never had before, with a yogurt-cilantro-mint sauce instead of traditional BBQ sauce.

2 cups whole milk Greek yogurt

1 bunch fresh cilantro

**1/2 of a medium yellow onion,
peeled and chopped into 1-inch
pieces**

**1-inch piece of gingerroot,
peeled and roughly chopped**

1 Tbsp. fresh garlic, chopped

**2 Tbsp. dried mint leaves or
4 Tbsp. fresh mint leaves**

zest and juice of half a lemon

**4-6 green chili peppers, your
choice of jalapeno, serrano or
other**

**1/2 of a green bell pepper, cored,
seeded and chopped into 1-inch
pieces**

salt & pepper to taste

**4 lbs. chicken leg quarters,
separated into thighs and
drumsticks**

1 Tbsp. ground coriander

1 Tbsp. cumin seeds

1 Tbsp. kosher salt

Make a marinade by placing the yogurt, cilantro, onion, gingerroot, garlic, mint, lemon zest and juice, chili peppers, and bell pepper into a blender and puree until smooth. Taste and season with salt and pepper as desired. Reserve 1 cup of the yogurt sauce, storing tightly covered in the refrigerator.

Place the chicken in a large baking dish and pour the remaining yogurt puree over the chicken, making sure it completely covers the chicken pieces. Sprinkle with the ground coriander, cumin seeds, and salt. Cover tightly and refrigerate at least overnight, but no longer than 24 hours.

Heat your grill to 450-500°F. Scrape the grill grates clean and then wipe the grates with a paper towel dipped in vegetable oil. Place the chicken on the hot grill and quickly sear the chicken on all sides. It will take about 10-15 minutes on each side.

After both sides are seared, turn half of the burners off and move the chicken to the "cool" side, close the grill lid and roast for about 15 minutes.

Turn the chicken, close the grill lid, and roast for another 15 minutes.

Once the chicken has reached an internal temperature of 165°F, allow it to roast for an additional 20 minutes. This will allow the connective tissue to breakdown and leave the chicken fall-apart tender. The chicken will be crispy and very dark brown. Serve with reserved yogurt sauce, either as a side for dipping or as a sauce poured over the platter of chicken. This fresh sauce will be bright and spicy!





KOREAN KALBI JJIM

Chef Munsok So

KIMCHI GUYS + SO HOSPITALITY GROUP

60 oz. short ribs
10 oz. soy marinade
2 oz. spicy rice cake sauce
1 oz. red pepper flakes
1 oz. rice syrup
1/2 oz. plum extract
10 oz. rice cakes
4 oz. carrot
5 oz. potato
10 oz. yellow onion
8 oz. green onion

Clean and soak short ribs in cold water for 1 hour.

Add the beef short ribs to the soy marinade and rice cake marinade sauce, making sure each piece is well-coated. Cover the bowl with plastic wrap and marinate in the refrigerator for at least 2 hours or overnight for best results.

Preheat your oven to 325°F (160°C).

Heat a large oven-safe pot or Dutch oven over medium-high heat. Remove the short ribs from the marinade, reserving the marinade for later. Sear the short ribs in the pot until browned on all sides, working in batches if necessary. This helps to develop flavor.

Once the short ribs are browned, pour the reserved marinade into the pot. Bring it to a simmer. Cover the pot with a lid and transfer it to the preheated oven. Braise the short ribs for about 2 to 2 1/2 hours, or until the meat is tender and falling off the bone.

About 30 minutes from the cooking time being completed, add the carrot, potato, yellow onion, and rice cake to the pot. Stir them into the liquid and continue cooking until tender.

Once the short ribs are cooked and tender, remove the pot from the oven. Skim off any excess fat from the surface of the sauce.

Serve the Kalbi Jjim hot, in a stone bowl, garnished with chopped green onions. It pairs well with steamed rice or noodles.

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There's a multitude of reasons why I'm head over heels for this dish called Kalbi Jjim. First and foremost, it's a taste explosion that sets my palate ablaze with joy. The succulent beef short ribs, slow-braised to tender perfection, create a melt-in-your-mouth experience that leaves me craving more. But it's not just about the flavors. This dish holds a special place in my heart because it's a cherished family tradition. Passed down from my mother, Kalbi Jjim has always been the star of our celebrations, bringing loved ones together around the table. Every bite is infused with the love, laughter, and cherished memories we've shared over the years. There's something magical about the aroma that fills the kitchen as the marinade simmers and the ribs braised to perfection. It's an olfactory symphony that transports me back to those joyful moments spent with family and friends. Kalbi Jjim isn't just food; it's an experience, a sensory journey that stirs emotions and creates lasting connections. And let's not forget the fun and laughter that this dish brings. As we gather around the table, sharing stories and jokes, Kalbi Jjim becomes the centerpiece of mirth and merriment. It's a catalyst for hilarious anecdotes, playful banter, and the creation of new memories that will be passed down to future generations. With each bite, I savor the flavors, the traditions, and the unbreakable bond of family. This dish embodies the essence of my culinary journey, and I'm forever grateful for the joy it brings to my life.



LOBSTER ENCHILADAS

Chef Ben Tulin
YELLOWBELLY

Pair this dish with tepache Sazon Pena y Canela. Tepache is a fermented beverage that's made from the peel and rind of pineapples and sweetened with Piloncillo or brown sugar. It's effervescent and acidic, which is a nice contrast to the richness of the enchiladas. You can also mix tepache for cocktails or mimosas, making this a favorite brunch recipe.

- Tim Wiggins, co-owner of Yellowbelly

- | | |
|---|-------------------------------|
| 1lb. Lobster claw/knuckle meat | 2 Tbsp. lime juice |
| 1 cup sour cream | 1 tsp. salt |
| 1 cup chihuahua cheese, <i>shredded</i> | 1 As needed pickled jalapeños |
| 1 cup salsa verde | 1 As needed lime wedges |
| 1 each cilantro bunch, <i>chopped</i> | |

In a large mixing bowl, fold all ingredients together, and try not to break lobster meat up too much.

Heat up a fryer to 350 degrees. Place tortillas two at a time in the hot fryer oil for five seconds to soften. Remove from oil, stack them together, and place two ounces of lobster filling in a line across the tortilla. Roll up the filled tortilla and place in a 9x13 baking pan seam side down.

Cover enchiladas with salsa verde and some more chihuahua cheese. Bake 350 degrees for 10 minutes. Garnish with cilantro, lime wedge, and pickled jalapeños.



MIGHTY MUSHROOM MEATLOAF RECIPE

Sarah Schlafly

MIGHTY CRICKET

Sarah Schlafly is the founder of Mighty Cricket, a St. Louis company on a mission to build a clean protein supply to nourish the world.

1 tsp. kosher salt

1/2 tsp. freshly-ground black pepper

roasted red pepper pesto or spread (*optional for serving*)

1/2 cup Mighty Cricket Protein Powder (Unflavored)

1 1/2 cups cooked brown rice

1 cup vegetable stock (*optional*)

1 cup walnuts (*raw, unsalted*)

1/2 cup cashews (*raw, unsalted*)

2 Tbsp. olive oil

1 yellow onion, *finely chopped*

3 cloves garlic, *minced*

3oz. shiitake mushrooms, *finely chopped*

3oz. Baby Bella mushrooms, *finely chopped*

2 Tbsp. fresh flat-leaf parsley, *minced*

1 tsp. dried marjoram or 1 Tbs. fresh, *minced*

1 tsp. dried thyme or 1 Tbsp. fresh, *minced*

1 tsp. dried sage or 1 Tbsp. fresh, *minced*

4 large eggs

1 cup cottage cheese

12oz. Swiss cheese, *grated* (Gouda or white cheddar cheese also work well)

Preheat oven to 375F.

Prepare 1/2 cup dry brown rice according to packaging (we like to use vegetable stock in place of water for more flavor).

Place nuts on baking sheet and toast in oven for 8 minutes until golden brown. Remove and let cool.

In a skillet, heat 2 Tbsp. olive oil over medium heat. Add onions and cook until translucent, about 3 minutes. Add garlic, mushrooms, parsley, marjoram, thyme, and sage. Cook about 5 minutes, until the mushrooms are golden. Remove from heat.

In a large bowl, lightly beat eggs.

Finely chop nuts with a knife or food processor and add to eggs.

Add mushroom mixture and remaining ingredients. Stir until well combined.

Line 9-inch loaf pan with parchment paper. Spoon mixture into pan and bake for 1 hour.

Let cool in pan for 20 minutes. Invert loaf and serve with roasted red pepper pesto or spread.

Refrigerate or freeze leftovers (they taste amazing leftover both refrigerated and frozen). Can be reheated in microwave or stovetop/oven to get a little bit of exterior crust.



PANCIT BIHON GUISADO

Donna Deck
CHESTERFIELD

Pancit Bihon Guisado is a recipe that I make for my family's special occasions like birthdays, graduations, New Year's Eve, etc. The noodles are a symbol of longevity and prosperity. It's a common Filipino dish that is served at most celebrations!

4 cups chicken stock

1/4 cup soy sauce

8oz. rice noodles

2 Tbsp. vegetable oil

16oz. pork hamonado sausage

or Chinese sausage, *cut thinly on a bias*

1 small yellow onion, *peeled and sliced thinly*

1 bunch green onions, *sliced thinly on a bias*

4 cloves garlic, *peeled and minced*

1 1/2 cups cooked chicken, *shredded or cubed*

1 1/2 cups carrots, *shredded or julienne*

1 1/2 cups celery, *sliced thinly on a bias*

1 1/2 cups cabbage, *shredded*

salt & pepper to taste

green onions and lemon wedges for garnish

In a large pot over medium heat, combine chicken stock and soy sauce; bring to a boil.

Submerge noodles into the liquid and cook, using tongs to loosen strands, for about 1 to 2 minutes or just until softened. Drain noodles and reserve about 1 to 2 cups of the liquid.

In a wok or wide skillet over medium heat, heat about 1 tablespoon oil. Add sausage and cook, stirring regularly, until they start to brown. Remove from heat and drain on paper towels.

Add yellow and green onions and cook until softened. Add garlic and cook (be careful not to burn). Add carrots and celery and cook for about 30 to 40 seconds. Add cabbage and cook for about 30 to 40 seconds. Continue to cook until vegetables are tender yet crisp.

Return sausage to the wok and add chicken. Add noodles and reserved liquid in small increments.

Gently toss and stir, adding more liquid as needed, until noodles are cooked yet firm to bite, vegetables are tender-crisp, and liquid is absorbed. Season with salt and pepper to taste.

Transfer to serving platter and garnish with chopped green onions and lemon wedges.





PASTA FROLA

Aldi Alarcon Gutierrez
CASA GAUCHO

Ingredients for a 12-inch round pan

1 ½ cups all-purpose flour

¾ cup unsalted butter

¾ cup sugar

2 eggs

1 egg yolk

lemon zest from 1 whole lemon

1 pinch of salt

1 cup dulce de membrillo

1 cup dulce de batata (can add a bit of water to get the right consistency)

1 Tbsp. vanilla extract

shredded coconut

First take room temperature butter and cream it with the sugar, once its well combined add in vanilla extract to taste & your lemon zest.

Add in your whole egg and the egg yolk mix until emulsified.

Add flour into your mixture and mix it by hand with a spatula to combine.

Dump your dough on to a clean surface and begin to push the mixture together against your surface to combine then place into the fridge.

Add your dulces to your pot and melt down to a runny consistency and add water if you need to get the right consistency.

Butter a mold with a removable bottom.

Stretch dough with hands and rolling pin to fit into the bottom of your mold.

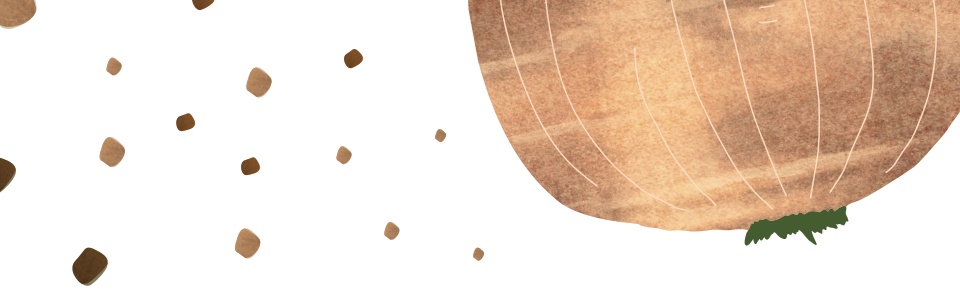
Fill your dough with your preferred dulce.

Form your 1-inch strips and interlace them on top of your pastry in a crisscross pattern.

Paint the edges and top with a beaten egg. You can sprinkle the top with a layer of granulated sugar to create a crispy top in the oven. Bake in the oven at 350 degrees for 40 minutes or until the top is golden brown. Let cool before slicing Add shredded coconut as a topping if you prefer.

“

As a chef, this recipe is very close to my heart because it is a part of my heritage and one of the first things I learned how to bake. I grew up in Mendoza, Argentina and would eat this regularly growing up. As an adult learning to cook and bake I took an interest in making the pastries I grew up on that I couldn't find in most regular pastry shops. Now I run Casa Gaucho and offer these types of pastries so anyone can find their own piece of home with us.



RED WINE, PORCINI, & SAFFRON RISOTTO

Katie Cannella
ST. LOUIS

1 cup dry red cooking wine
1/4 cup dried porcini mushrooms
64oz. chicken broth
1 stick butter
1 medium yellow onion
1 lb. Arborio rice
1/2 tsp. ground saffron
1/2 cup parmesan

In a small bowl, place the dried porcini mushroom in the red wine and let it soak while you prep for cooking (at least 20 minutes).

In a large stock pot, begin warming your chicken broth over medium heat.

Once your broth is warm, melt your butter and sauté your onion and rice in a separate medium/large pot until both become translucent.

Onion and rice are cooking, remove your porcini mushrooms from the red wine, chop, and stir into the onion and rice mixture.

Add your red wine to the mixture and cook until the rice has absorbed most of the liquid – we say, “until the rice is thirsty.”

Then, begin slowly adding one or two ladles of the chicken broth at a time from the large pot into the mixture as the rice becomes thirsty and is fully cooked to the desired softness, stirring consistently and often.

Once the rice is fully cooked, add in your ground saffron and watch the rice turn a beautiful yellow color.

Stir in half of the parmesan, holding the other half for topping as desired when serving.

This dish serves 8, should take approximately 45 minutes, and tastes great served with a fried or baked chicken or veal cutlet.

“

This particular risotto is quite different from what we've seen in restaurants. My father's family (Cannella + Rugerri) immigrated to The Hill from Italy, and started making this creamy, rich, saffron seasoned rice which became the scent and taste of so many fond memories. From birthdays and engagements, to big life moments like graduations and new jobs, our families have continued to gather around this recipe for all of our special occasions. Over the years, our roles in helping Dino make this dish grew from being the designated stirrer, to monitoring how “thirsty” the rice is, to the highest honor...first taster! Involving us in cooking this treasured meal is just one of the ways that we felt loved and seen as kids. As adults, this recipe has become one that each of his daughters makes for their own families and loved ones to celebrate life. We hope you and your family season your memories with our risotto for generations to come! Mangia Bene!

Pro tip:

Should you have leftover rice, make arancini by spreading the rice out onto a sheet pan and refrigerating overnight. Once cooled fully, lightly spray your hand with cooking spray and scoop enough rice to form a 1-inch ball into your palm. Create an indentation in the rice to make fit a small piece of cheese (fresh mozzarella or gruyere is recommended) and push the rice to form it around the cheese into a ball. After all the arancini have been made, create a 3-part dredge station, and roll each of the rice balls in egg, then flour, then seasoned breadcrumbs. Bake these at 425F for 25 minutes. Serve with warm red sauce for dipping as a yummy appetizer!



SALSA VERDE CHICKEN SOUP

Nathan Wright

UP LATE

This Mexican-inspired recipe is a great way to use a bunch of ingredients you likely have in the fridge already.

handful of garlic, *chopped*

1 onion, *chopped*

salt and pepper to taste

salsa verde (*blend tomatillos, jalapeños, garlic, avocado, salt and lime juice*)

whole chicken or any chicken with skin

4-6 ears of corn, *roasted*

chicken broth

In a Dutch oven, brown the chicken in oil with garlic and onion.

Add corn, chicken broth and salsa verde till the pot is almost full. Let it simmer for at least 2 hours.

Take chicken out and shred it, then add back to the soup.

Serve with lime and tortillas/tostadas.



SEEKH KEBABS + INDIAN SUMMER SALAD

Chef Adam Lambay

ADAM LAMBAY'S INDIAN-INSPIRED
DIGITAL SERIES

Adam Lambay made this recipe more American-friendly by replacing the ground goat with a combination of ground lamb and ground beef. It's not spicy, but it IS really flavorful! Note from Chef Adam: If you're not a fan of cilantro, you could replace the cilantro with parsley or mint and it would still have good Indian flavor.

SEEKH KEBABS:

2-inch section of fresh
gingerroot, *peeled and roughly
chopped*

6 cloves garlic, *peeled and
roughly chopped*

2 lbs. ground lamb

1/2 lb. extra lean ground beef

1 tsp. Garam Masala

1/2 tsp. ground cumin

1 Tbsp. methi

1/2 tsp. amchur powder

2 tsp. kosher salt

1 tsp. ground black pepper

1 Tbsp. chopped fresh cilantro

1/2 medium red onion, *minced*

zest and juice of 1 lemon

10 Small Naan

fresh cilantro (*optional*)

green chilis (*optional*)

INDIAN SUMMER SALAD:

2 cups tomatoes, *cut into bite-sized
pieces*

2 cups cucumber, *cut into bite-sized
pieces*

½ cup diced red onion

2 Tbsp. roughly chopped fresh
cilantro

1 tsp. kosher salt

½ tsp. ground black pepper

zest and juice of half a lemon

1 tsp. cumin seed, *toasted*

KEBAB SAUCE:

*yields approximately 1 ½ cups**

1 cup plain, whole milk Greek
yogurt

1/4 cup cucumber, *minced*

1/4 cup red onion, *minced*

1 Tbsp. fresh parsley, *minced*

quick squeeze of lemon juice

salt & pepper to taste

SEEKH KEBAB:

Puree the gingerroot and garlic with an immersion blender or regular blender. You may need to add a bit of water to get it going. That's fine, it will cook out. Once pureed, set aside.



Place the lamb and beef in a large bowl. Add 2 teaspoons of the gingerroot and garlic puree, and the garam masala through the red onion. Mix by hand until well combined.

Next add the lemon zest and lemon juice. Gently fold that into the meat. Cover and let rest overnight in the refrigerator.

Next day. Preheat your grill to 400°-450°F. Remove the meat from the refrigerator and shape into 8 log shapes. Press a metal skewer into the meat and shape it around the skewer, forming a kebab that is about 1-1/2 inches in diameter. If the meat gets too warm and starts to slide on the skewer place in the refrigerator for 20 minutes to firm up.

Scrape the grill grates and rub with a vegetable oil-soaked paper towel.

Place the kebabs perpendicular to the grill grates and grill for about 2 minutes on each side, for a total of 8-10 minutes. You're looking for an internal temperature of 155°F.

Quickly grill the naan on both sides for about 30 seconds. Heating makes the naan softer and more pliable.

Carefully remove the kebabs from the skewers -- they will be hot. Cut the kebabs into bite-sized pieces. 8. Spoon Indian Summer Salad over the naan. Nestle a serving of kebab over the salad, top with a dollop of Kebab Sauce, and garnish with cilantro and green chilis as desired.

INDIAN SUMMER SALAD:

In a large bowl add the cut tomatoes, cucumber, onion, cilantro, salt, pepper, and lemon zest and juice. Toss to coat. Set aside.

Heat a small, non-stick skillet over medium heat. Add the whole cumin seed. When the seed starts to brown and become aromatic remove from the heat. This should NOT be done with ground cumin! Whole cumin seed allows the oils of the spice to come to the surface and then caramelize. Ground cumin would burn too quickly and, in some cases, it may already be toasted.

Pour the toasted cumin seeds over the salad and toss again. Taste and adjust salt and pepper, if needed.

KEBAB SAUCE:

Mix all the ingredients together in a medium size bowl. Keep refrigerated until ready to use.



SHRIMP TOAST

Chef Nick Bognar

INDO, SADO

FOR THE SHRIMP TOAST:

1 (1 ¼-ounce) pack bean thread noodles
1 lb. peeled and deveined shrimp
3 scallions, *thinly sliced*
1 Tbsp. minced garlic
1 Tbsp. granulated sugar
kosher salt and freshly ground black pepper, *to taste*
fish sauce, *to taste*
4 (½-inch) thick slices white pullman loaf
vegetable oil, for frying

FOR THE PIPERADE:

¼ cup palm sugar
1 Tbsp. olive oil
1 small orange bell pepper, *stemmed, seeded, and finely diced*
1 small red bell pepper, *stemmed, seeded, and finely diced*
1 tsp. minced garlic
kosher salt, *to taste*

FOR THE MANGO SWEET CHILI SAUCE:

¾ cup sambal olek
6 Tbsp. granulated sugar
1 mango, *peeled, seeded, and roughly chopped*

FOR THE CUCUMBER SALAD:

½ English cucumber
¼ red onion, *thinly sliced*
1 Tbsp. olive oil
kosher salt, *to taste*

TO GARNISH:

¼ cup mint, *leaves picked and roughly chopped*
¼ cup cilantro, *leaves picked and roughly chopped*
¼ cup Thai basil, *leaves picked and roughly chopped*

PREPARE THE FILLING:

Bring a small saucepan of water to a boil. Add the noodles and blanch until tender, 1 to 2 minutes, then strain and run under cold water. Roughly chop into small pieces and transfer to a large bowl.

Place the shrimp, scallions, and garlic into the bowl of a food processor and pulse until ground; it should be smooth enough to spread. Transfer to the bowl with the noodles along with the sugar, fish sauce, salt, and black pepper and mix to combine. Season to taste with the fish sauce. Spread the shrimp filling evenly over the slices of bread, then refrigerate at least 1 hour, or until ready to fry.

MAKE THE MANGO SWEET CHILI SAUCE:

Combine the chili sauce and sugar in a blender and purée until smooth, then add the mango and continue to purée until completely smooth. Set aside until ready to use.

MAKE THE PIPERADE:

In a small saucepan, combine the palm sugar and ¼ cup [60 ml] water and bring to a boil. Reduce the heat to maintain a simmer and cook until reduced and sticky, about 5 minutes.

In a medium skillet, heat the olive oil over high. Add the bell peppers and garlic and cook until just soft, 4 to 5 minutes. Season with salt, then add the palm sugar-water mixture. Stir to combine and set aside until ready to use.

MAKE THE CUCUMBER SALAD:

Slice the cucumbers into 3-inch ribbons on a mandolin, then toss in a large bowl with the red onion and olive oil and season to taste with salt. Set aside until ready to use.

Meanwhile, heat 3-inches of oil in a large Dutch oven until a deep-fry thermometer reads 350°F. Working in batches, fry the toasts, flipping once, until golden and crisp, 3 to 4 minutes. Use a spider to submerge the toast completely in the oil during frying. When finished, drain well over a rack or pat down with a paper towel.

To serve, cut the toasts into 4 to 6 pieces and place on a serving platter. Drizzle mango sauce over slices and garnish with the cucumber salad, piperade, and herbs.



UMEBOSHI ONIGIRI

Kurt Bellon

IZUMI

*makes about 10 onigiri**

3 cups of uncooked short-grained
rice

10 umeboshi (a type of Japanese
pickled plum), pitted

about 1 oz. salt

10 smaller portions of nori
seaweed (*optional*)

Wash rice thoroughly in a bowl (and strainer if possible) until the water is mostly clear.

Cook rice in a Zojirushi rice cooker with flowers on the side (preferred), if none available, cook rice according to personal preference. When done cooking, fluff rice in a separate bowl and let cool enough to handle.

To assemble the onigiri rice ball, wet both hands with water and rub a pinch of salt (to taste) into your hands to handle the rice without it sticking so much.

Take about a handful of rice in one hand and form a divot in the center.

Add your pitted umeboshi into the divot (feel free to add another half or second umeboshi if preferred but one is a great place to start) and fold the rice around the umeboshi.

Use both hands to shape into a ball (basically a shape and size that you desire). Each person will make a unique onigiri according to their hand size, so feel free to be the RiRi of your onigiri!

Wrap the rice ball with the nori seaweed (either completely or with a small strip) when serving.

“

Onigiri rice balls are as ubiquitous and personal to Japanese folks as pb&j sandwiches. My first onigiri was made by my mother. An onigiri can be filled with many things, but one with an umeboshi inside is as quintessential as a Pepperoni pizza. One of my main goals with Izumi has been to bring this sort of authenticity and personal culture to St Louis because there are very few restaurants that even offer umeboshi at all.



VERY ASIAN DUMPLINGS

Michelle Li

ST. LOUIS

This is a long-time family favorite that's so simple to make. Korean mandu can be steamed, fried, placed in soups, and eaten as a main dish or a side dish. You can't go wrong, and you can substitute any protein -- try tofu if you don't want to use beef or pork.

1 lb. lean ground beef (tofu can substitute)

1 small zucchini

1 egg

1/2 onion

2 cloves of garlic, *minced*

Tbsp. sesame oil

1 pkg. wonton wrappers (I use round wrappers)

salt and pepper to taste

a few pieces of cabbage kimchi (optional)

vegetable oil for frying

SAUCE:

soy sauce

sesame oil

scallions, sliced

Empty the ground beef, egg, onion, and garlic into a large mixing bowl.

Cut the small zucchini into tiny miniature-size cubes (about the size of a pencil eraser). Next, place the cubes on a paper towel or a cheesecloth so the water from the zucchini can drain. You may even try squeezing out the water. When the zucchini is fairly dry, add it with the rest of the ingredients.

Sprinkle the sesame oil, salt, and pepper to taste. Only add a few pieces of kimchi for added flavor. Mix well.

To make potstickers, place a wonton on a potsticker mold, doughy side down. Brush a little water or egg on the wrapper. You can also do this with your hands! Fill the mold with a teaspoon of the mixed ingredients. Now you are ready to fry or steam!

In a small dipping bowl, mix about five splashes of soy sauce to every drop of sesame oil (fill the bowl until you are satisfied). Add a splash of rice vinegar - or vinegar. Sprinkle with green onions and Gochugaru or Korean chili flakes. You may even want to add some chopped garlic to the dipping sauce for a stronger flavor.





COCONUT
\$1.59
each

Kabocha Squash
\$1.29 LB

each coconut
\$3.99

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