

FLAVOR
of the
WEEK

~ Shannon Waters ~

Carrots

This week's recipes have been inspired by the book Hot Sour Salty Sweet

The flavor profiles of Thai food are some of my favorite in the world. I can't believe how many of the ingredients I could source from the roof! Today I picked thai basil, mint and we even had Thai Bird Chilis up there! I threw them all into the CSA hoping that you'll dive into these amazing new flavors and try making Vietnamese crepes! The mung beans are really the most challenging part of this recipe- but take advantage of this city and all of it's variety and head down to China Town this weekend to pick them up!

VIETNAMESE SAVORY CREPES
BANH XEO

Filling

- ½ lb Rock Shrimp
- 2 Stalks Lemongrass
- 2 T Fish Sauce
- 1 t Sugar
- 2 T Vegetable Oil
- 1 T Garlic (minced)
- 1 t Galangal (can sub ginger)
- Salt and Pepper
- ½ c Rice Vinegar
- 3 c Bean Sprouts
- 1 c Cilantro (chopped)
- 6 Scallions (chopped)

FILLING

Take one stalk of the lemongrass and chop it finely, set aside. Cut the other one into thirds and smash them to release their fragrance. Put in a bowl with the sugar and fish sauce. Add shrimp and marinade in the fridge for 30 mins. Heat a pan over high heat and once hot, add oil and coat pan. Add the garlic and stir for 10 seconds. Add chopped lemongrass and galangal and cook another 10 seconds. Add shrimp with marinade and stir fry very quickly. Transfer to a plate and season with salt and pepper.

Pickled Carrot and Daikon

- 1 t Salt
- 2 T Sugar
- ½ lb Carrots (peeled)
- ½ lb Daikon Radish (peeled)
- 1 1/c c Water
- ½ c Rice Vinegar
- Condiments**
- 2 heads Bibb (leaves only)
- 1 c Mint Leaves
- 1 C Thai Basil Leaves
- Crepes**
- ¼ c Yellow Split Mung Beans (soaked 30 mins, then drained)
- 1 ½ c Canned Coconut Milk

PICKLED CARROT AND DAIKON

Bring the water, vinegar, salt and sugar to a boil. On a mandolin or with a knife, either julienne or shave the carrots and daikon and place in a bowl. Pour liquid over and stir. Allow to cool before serving.

CREPES

Blend the mung beans with coconut milk until a puree. Add water, flour, sugar and salt and process until smooth. Strain into a bowl. Cover and put in the fridge for 30 min and up to 24 hrs.

Stir, if it has become too thick, add a little water. Place a large pan or wok over high heat. Once hot, add 2 T oil, coat, then wipe out the oil with a paper towel. Keep on high heat. Scoop 1/3 c batter and pour into pan, tip the pan and swirl the batter until there is an even circle. Let that cook and bubble for a moment, then sprinkle sprouts, cilantro, scallions, and rock shrimp stir fry on one side. Lower heat to medium. Cover and cook 3 minutes. The edges should be crispy while the top will be a lighter pale color. Use a spatula to fold crepe in half and slide onto plate. Wipe pan with oil and repeat. To eat, grab some of each condiment wrap loosely with lettuce. Add pickled carrots and drizzle with and sauce.

VIETNAMESE TABLE SAUCE
NUOC CHAM

- ¼ c Lime Juice
- ¼ c Fish Sauce
- ¼ c Water

- 2 t Rice Vinegar
- 1 T Sugar
- 1 2 Garlic (minced)
- 1 Bird Chile (minced)

Combine all the ingredients and whisk until the sugar is dissolved. Keep this sauce in a ball jar and seek it whenever you want a little extra something on your dishes.

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