

Salad Roll-Ups with Thai Lime Dressing

(makes about 24 salad rolls)

Live Gourmet[®]

Chef Don Skipworth

This salad roll up showcases all the Hollandia Live Gourmet lettuces. A chiffonade of lettuce shreds is prepared from the Living 3-In-1. A small amount of these shreds plus some chopped Living Watercress are topped with a selection of other vegetables, then wrapped in a Living Butter Lettuce leaf and finally rolled up in a moist rice paper wrapper. At serving time, the wraps are cut in half and served with Thai Lime Dressing.

INGREDIENTS:

- 1 package LIVE GOURMET Butter Lettuce
- 1 package LIVE GOURMET Watercress
- 1 package LIVE GOURMET Three In One Lettuce
- 1 package rice or tapioca sheets (round shape)
- 1 cup mixed, finely shredded vegetables (carrots, red bell pepper, snow peas, jicama in separate "stacks")
- 1/2 cup Thai Lime Dressing (see below)

PREPARATION AND COOKING:

1. Prepare the Thai Lime Dressing as per instructions; refrigerate until ready to use
2. Carefully remove the LIVE GOURMET Butter Lettuce and Three In One Lettuce from their plastic shells, being careful to keep the leaf heads UP.---Holding the lettuce leaf end up, TRIM AWAY THE ROOTS BY CUTTING THE MAIN STEM. Gently pull away the individual leaves, keeping the two packages separate from one another.
3. Remove the LIVE GOURMET Watercress from its packet, pulling the leaf end of the plant out first. ---Holding the watercress bunch leaf end up, trim away the root end, about 1 inch above the root mass. Cut the watercress stems into about 2-3 inch sections and place in a large mixing bowl.
4. Roll the leaves of the Three In One Lettuce into small rolls and slice into fine shreds.
5. Rehydrate a rice/tapioca sheet in water and place on a damp towel until pliable
6. Put about one 1 Tablespoon of the Three In One Lettuce shreds into a leaf of Butter Lettuce and add two to three shreds of the remaining vegetables on top. Carefully fold the Butter Lettuce around the "packet" and place seam side down on the rice sheet, slightly below the center. Fold the bottom of the rice sheet over the bundle and turn once, fold in the right and left side of the sheet and continue rolling to create a packet.
7. Store salad rolls (not touching) on a tray in the refrigerator until serving time. Then, cut in half and drizzle the Thai dressing inside each half.

Lime Dressing (Thai Style)

INGREDIENTS:

- 2-4 T Thai or Vietnamese Fish Sauce or 1/4-1/2 tsp. Salt
- 1/2 cup fresh lime juice (about for limes)
- 1/4 cup granulated sugar
- 4-6 cloves garlic (peeled and coarsely chopped)
- 4 (or more) serrano chilis (stems removed, coarsely chopped with seeds.)

PREPARATION:

1. Pound the chopped garlic and chili together in a mortar and pestle or small food processor to form a smooth paste; a pinch of salt helps.
2. Combine the spice paste with the remaining ingredients and mix well to dissolve the sugar.
3. Use less or more fish sauce or salt and sugar according to personal taste for saltiness and sweetness.
4. Refrigerate covered until ready to use. For best results, use within three days. Makes about 1 cup.

Butter Lettuce Salad with Potstickers and Hunan Dressing

Live Gourmet®

Chef Don Skipworth

The East/West pairing of LIVE GOURMET BUTTER LETTUCE with traditional Chinese Potstickers, is an appropriate salute to THE YEAR OF THE ROOSTER. A dressing infused with chili and garlic and sesame oil, is tossed with the lettuce. Potstickers are cooked and splashed with Chinese Black and Japanese sushi vinegars, then placed on top of the dressed lettuce. The end result is an assertive blend of sweet, sour, salty, bitter, and spicy — for those who like it hot, this is it, —a carnival of flavors and textures.—To the Chinese, the entire salad assemblage symbolizes good luck and prosperity ...To the folks at LIVE GOURMET it illustrates the continued versatility and popularity of its flag-ship product.

INGREDIENTS:

- 1 package LIVE GOURMET Butter Lettuce
- 1 dozen potstickers (commercial or homemade; for homemade version, visit www.cosmicsoup.biz, click "chef" on menu bar)
- 1/4 cup Hunan Style Dressing (see recipe below)

PREPARATION AND COOKING:

1. Prepare the Hunan Dressing as per instructions; set aside to cool to room temperature.
2. Carefully remove the LIVE GOURMET Butter Lettuce from its plastic shell, being careful to keep the roots leaf head UP.---Holding the lettuce leaf end up, CAREFULLY TRIM AWAY THE ROOTS BY CUTTING THE MAIN STEM.
3. Gently pull away the individual leaves and tear them into bite size pieces and place in a mixing bowl.
4. Cook the potstickers according to instructions.
5. Gently toss the butterlettuce with about 2 tablespoons of the dressing and portion onto three salad plates.
6. Splash the potstickers with Japanese sushi vinegar and Chinese Black Rice Vinegar and place four potstickers on top of the butter lettuce portions, serve at once.

LIVE GOURMET BUTTER LETTUCE is the flag-ship "child" of HOLLANDIA PRODUCE. and indeed, "a green for all seasons". Its ready to go state, combined with crisp texture and delicious flavor has earned a red carpet reception from chefs and home cooks nation wide— all year long.

HUNAN STYLE DRESSING

INGREDIENTS:

- 1 cup light soy
- 1 cup unseasoned rice vinegar
- 1 cup brown sugar (packed)
- 2/3 cup toasted sesame oil

AROMATICS:

- 8 cloves minced garlic
- 1/4 cup chili sauce (or 1 1/2 T chili flakes)
- 1/4 cup peanut oil

PREPARATION:

Heat a wok over high heat; add the peanut oil. When the oil is hot, add the garlic, stir, then add the chili sauce. When fully aromatic, (just a few seconds), add the remaining ingredients except the sesame oil. When the dressing boils, add the sesame oil and remove from the heat immediately. Pour into a heat-proof non corrosive container and cool. Store covered in the refrigerator; shake to re-combine before use. Makes about one quart.

Watercress Salad with Salmon & Thai Lime Dressing

Live Gourmet®

Chef Don Skipworth (serves two)

This Salmon and watercress salad marries two different flavor and texture components, with the rich but delicate salmon providing a foil for the peppery flavor of the watercress. The two are joined by a liaison of lime dressing with its own assertive overtones. Citric and spicy combine to provide a delicious salad surprise.

INGREDIENTS:

- 1 package LIVE GOURMET Watercress
- 2 salmon fillets (about 6 oz. each), skin and pin bones removed
- 1/4 cup Thai Lime Dressing

PREPARATION AND COOKING:

1. Prepare the Thai Lime Dressing and refrigerate until serving time.
2. Remove the LIVE GOURMET Watercress from its packet, pulling the leaf end of the plant out first. --- Holding the watercress bunch leaf end up, carefully trim away the root end, about 1 inch above the root mass.
3. Cut the watercress stems into about 2-3 inch sections and place in a large mixing bowl.
4. Steam or poach the salmon fillets.
5. Gently toss the watercress with about 2 tablespoons of the dressing and portion onto two salad plates.
6. Place the salmon fillets (still warm) on top of the watercress, splash the remaining dressing on the salmon and serve immediately.

INSTRUCTIONS FOR STEAMING THE FISH:

INGREDIENTS

Aromatics and seasonings:

- 3-4 scallions, cut into fine shreds, with some green included
- 3-4 slices of fresh ginger, quarter size or larger, shredded into fine julienne strips
- salt (optional or to taste)
- 1-2 T dry sherry
- 1-2 T light soy
- additional 2-3 scallions finely shredded

For searing:

- 3-4 T corn, peanut, or avocado oil

PREPARATION AND COOKING:

1. Prepare a steamer or improvise one and bring the water to a boil.
2. Place the fish fillets in a heatproof dish which will fit inside the steamer. Place a generous amount of the shredded scallion and ginger over the top of each fillet. The fish may be covered with plastic wrap and refrigerated at this point for cooking later in the day.
3. When ready to cook the dish, splash the sherry and soy and a scant amount of salt over the surface of the prepared fish and prepare the steaming vessel.
4. When the water in the steamer pan has come to a rolling boil, place the fish in the steamer and steam for eight to ten minutes. --- Just before the fish is done, heat the "searing oil" until it is smoking --hold in a safe spot near the stove top.
5. When the fish is done (it should flake easily), remove the dish from the steamer. Transfer the fillets to a serving dish, add some more fresh scallion shreds and lightly pour the heated oil over the surface of the fish. If there is no sizzle, reheat the oil. The searing technique completes the cooking and does a last minute orchestration of flavor.

Grilled Beef Salad with Butter Lettuce & Thai lime Dressing

Live Gourmet®

Chef Don Skipworth (serves four to six)

This slightly piquant citrus flavor of the dressing in this salad is suggestive of Southwest flavors as well as those of Thailand. The fusion blend of last minute combining of crisp butter lettuce and beef still warm from the grill is a marvelous taste sensation. A little preparation ahead and some pre-planning provides the set-up for a well orchestrated first course or a main dish. Bring on the fresh corn and cold beer and celebrate summer with this HOLLANDIA LIVE GOURMET dazzler.

INGREDIENTS:

- One recipe lime Dressing (see below)
- 1 lb. Beef sirloin or tenderloin or tri-tip-(sliced very thin-diagonally about 1/2 inch)
- 2 heads LIVE GOURMET BUTTER LETTUCE, washed gently, blotted dry, and torn into bite-size pieces
- 1 European cucumber (halved lengthwise, seeded, and cut into thin diagonal slices--do not peel)
- 2 shallots (thinly sliced, or substitute 1 medium size red onion cut into very thin rings)
- 4 serrano chili (optional)
- about 20 mint leaves
- 1/4-1/2 cup cilantro leaves
- 4-6 scallions (sliced into about 1/8 inch pieces)
- 1/2 tsp ground cumin

PREPARATION AND COOKING:

1. Prepare the dressing as instructed; refrigerate until ready to use-but permit it to reach room temperature before combining with the beef.
2. Put the prepared lettuce into the serving dish (an elongated platter looks good).
3. Grill the beef to desired doneness-it should be on the rare side. Avoid seasoning the beef with anything except a little salt and cracked black pepper. When the beef is cooked, slice it into thin strips across the grain and put it into a non-corrosive container and add about 1/4 cup of the lime dressing.
4. Add all the remaining ingredients, except the mint leaves and combine. Just before serving, add the mint leaves, toss slightly, and turn onto the prepared serving platter, spreading in a slight mound over the lettuce base; garnish edges with the cucumber. Serve with tongs, combining the meat mixture with the lettuce base. Pass additional dressing if necessary.

LIME DRESSING (Thai Style)

INGREDIENTS:

- 2-4 T Thai or Vietnamese Fish Sauce or 1/4-1/2 tsp. Salt
- 1/2 cup fresh lime juice (about for limes)
- 1/4 cup granulated sugar
- 4-6 cloves garlic (peeled and coarsely chopped)
- 4 (or more) serrano chilis (stems removed, coarsely chopped with seeds.)

PREPARATION:

1. Pound the chopped garlic and chili together in a mortar and pestle or small food processor to form a smooth paste; a pinch of salt helps.
2. Combine the spice paste with the remaining ingredients and mix well to dissolve the sugar.
3. Use less or more fish sauce or salt and sugar according to personal taste for saltiness and sweetness.
4. Refrigerate covered until ready to use. For best results, use within three days. Makes about 1 cup.

Grilled Chicken Salad with Butter Lettuce & Yogurt Dressing

Live Gourmet®

Chef Don Skipworth

With the arrival of Summer, the out of doors beckons us. Here is a main dish salad which provided the opportunity for individual creativity without stress. It is an appropriate lunch salad in the shade or a light supper salad after a day in the sun. Components can be prepared ahead and combined at the last minute. And the addition of European cucumbers, cluster tomatoes, and LIVING BUTTER LETTUCE is sure to make your salad days delicious days as well.

INGREDIENTS:

- 1 whole grilled chicken breast (do it yourself or deli purchased)
- 2 heads LIVE GOURMET BUTTER LETTUCE, washed gently, blotted dry, and torn into bite-size pieces
- 3 cluster tomatoes
- 4 hard boiled eggs (optional)
- 1/4 cup roasted unsalted pistachio nuts
- one recipe Yogurt Dressing (see below)

PREPARATION:

1. Prepare dressing as instructed.
2. Keep salad components separate until just before serving. When ready to serve, place the Butter Lettuce on a platter or in a large salad bowl. Garnish the edges of the lettuce base with tomatoes and boiled eggs.
3. Place the chicken breasts on a cutting surface and cut them into thin diagonal slices; leave them in their assembled state and use the knife blade to transfer them to the top of the lettuce base. Slightly spread the slices out as they are re-assembled on the lettuce. Ladle a small amount of the dressing down the center of the chicken and add the pistachios as a garnish. Then combine the ingredients for serving. Serve the remaining dressing on the side.

YOGURT DRESSING

- 1 cup unflavored yogurt
- 1 tsp ground cumin
- 1/2 tsp salt
- 2 T fresh lime juice
- 1/2 medium red onion (halved from stem to root, then sliced into thin strips)
- 2 European cucumbers peeled, seeded and grated

PREPARATION:

1. Prepare the ingredients as indicated and combine; adjust seasonings as necessary according to individual preference; a little cayenne or chili flakes will add a more assertive character. Cucumbers are grated rather than processed to provide some texture to the dressing.
2. Chill until ready to use. This fresh dressing is best eaten on the day it is prepared. Left over dressing is good on other grilled meats and combined with tomatoes and cucumbers.