

Dry Pot Cooked Cauliflower & Pork

Dry Pot Cauliflower is a restaurant favorite in China. It's a vegetable of choice when eating out. You might think it sounds boring, but many have discovered that cauliflower can be amazingly delicious with a little spice, saltiness, and the addition of pork.

WHY IS IT CALLED "DRY POT" CAULIFLOWER?

There is a reason why this dish is called Dry Pot Cauliflower, or 干锅菜花 (gan guo cai hua). Restaurants usually serve dishes like this in a miniature wok over a tiny chafing dish flame.

INGREDIENTS

1 head of cauliflower cut into small bud pieces

1 C vegetable oil

1 lb of ground pork

5 dried hot peppers, whole or crumbled (these are the small ones)

1 T soy sauce

1 t sugar

1 T Worcestershire Sauce

1 t salt

1 T Corn or tapioca starch and 1/2 C of water.



Instructions:



4-6 servings



30 minutes

Cut cauliflower into small bite size pieces. Wash and dry.

Heat oil in a fry pan or wok and heat until just starting to smoke.

Carefully add all the cauliflower and stir around cooking until the cauliflower is browning in spots.

Remove cauliflower from the pan and set aside.

Using only about 2 T of the vegetable oil, heat until hot in the pan and add the ground pork and peppers and cook until no pink shows, then add the soy sauce and stir.

Add cauliflower back to the pan and add the sugar, Worcestershire sauce, salt and stir until well mixed. This should take only a minute. Mix the starch and water and add to the pan and cook for a minute or two until the liquid thickens into a sauce.

Serve immediately.



DID YOU ENJOY THIS RECIPE?

We'd LOVE to see a photo of your delicious dish. Email it to us at Development@4rcc.com or post it on our FRCC Facebook page.

Vietnamese Rice Rolls

These spring rolls are a refreshing change from the usual fried variety and are always a family favorite. They are great as a cool summertime appetizer, and are delicious dipped in Hoisin sauce.

INGREDIENTS

Hoisin Sauce:

1/2 C. hoisin sauce

3 T. Tahini (sesame seed butter)

4 T. water

1 T. rice vinegar

Spring Rolls:

4 oz. rice vermicelli noodles

1 medium carrot, peeled and julienned

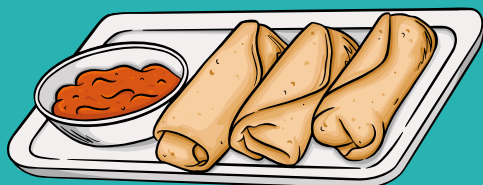
2 C. shredded lettuce

8- 8" round rice paper sheets

1/2 C. Vietnamese basil leaves

1/2 C. fresh cilantro leaves

8 oz. cooked, peeled shrimp, cut in half lengthwise



Instructions:



6 servings



50 minutes

Combine ingredients for the sauce and set aside until ready to serve.

Cook noodles in boiling water for 5 minutes. Stop the cooking in cold water when noodles are just soft enough (al dente). Then drain.

Boil shrimp for 5 minutes until they turn pink. Drain and rinse in cold water. Cut in half lengthwise.

Combine noodles, carrots and lettuce for the filling.

Soak the rice paper in warm water for about 15 seconds until they soften. Place it on a cutting board. Place 2 shrimp on the rice paper. Place about 1/2 cup of filling in the center of the wrapper. Add about 1 Tablespoon of hoisin sauce on top and then top with basil, cilantro.

Roll the rice paper from the bottom, covering the filling and rolling over once, then fold in the two sides snugly. Then roll up the rest of the way. Lay the seam side down.

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