

## Sweet and Savory Crepes

**Yield: 4 servings (8 total)**

### Ingredients

1 cup All-purpose Flour  
2 each Eggs  
½ cup Milk  
½ cup Water  
Pinch Salt  
2 Tablespoons Melted Butter

### Preparation Instructions

1. All ingredients can be mixed in a blender or to mix by hand you can first whisk together the flour and the eggs in a large mixing bowl.
2. Gradually add in the milk and water, stirring to combine.
3. Add the salt and butter; beat until smooth.
4. Heat a quality 9 inch non-stick sauté pan over medium high heat.
5. When the pan is hot (about 1 minute), spray it slightly with non-stick spray and pick the pan up with one hand as you pour 2-3 ounces of the batter onto the pan as you swirl it around so that the batter covers the bottom of the pan entirely. Add more if needed to fill holes.
6. Return the pan to the heat and cook the crepe for about 1-2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side.
7. Slide the crepe onto a cooling tray and it continue to make them until the batter is gone.
8. The crepes are now ready to be filled and served as desired.

### Fresh Fruit Filling

To fill the crepes with fresh fruit I recommend you plan about ½ cup of diced fresh fruit per crepe. There are a couple of tricks to creating the consistency you like. The fruit can be cut into bite sized pieces and tossed together and then simply used in the crepe; if you do this it may tend to fall out when eating. To avoid this you can add 1 cup of your favorite yogurt to help bind it together. Yogurt is also a great topping when serving the crepes as a sweet treat. Garnish with toasted nuts and fresh mint if desired.

### Savory Chicken and Mushroom Filling

For a savory filling I like to use 1 can of cream of mushroom soup (only add water as needed) as a base and then simply add 2 chicken breast diced into bite sized pieces, 2 cups of fresh sliced mushrooms and some fresh thyme. Simmer this until the chicken is cooked thoroughly, approximately 10 minutes. Fill crepes, roll and serve.

## Curry Roasted Veggies with Chicken

**Yield: 4 servings**

**Ingredients:**

2 each            Chicken breasts cut into bite sized pieces  
                      (you can substitute Firm Tofu if you wish)

2 cup            Cauliflower, medium diced

2 cup            Zucchini, medium diced

2 cup            Broccoli florets, medium diced

1 cup            Onions, medium diced

2 cup            Red Pepper, medium diced

1 cup            Carrots, small diced

10 cloves        Garlic, peeled and cut in half

2 Tablespoons Olive Oil

1 Tablespoon    Curry Powder

1/2 cup          Water

1 Pinch          Salt

2 Tablespoons Sirach or your favorite Hot Sauce

**INGREDIENT NOTE:** You may also use your favorite frozen vegetable mix, just be sure to thaw it in advance and dry as much water as possible with a towel. You will not need the water in the recipe if you are using frozen vegetables as they already have moisture leached from the freezing process.

**Preparation Instructions**

1. Gather and wash all ingredients.
2. Dry with a paper towel to remove excess moisture.
3. Preheat oven to 400 degrees.
4. Mix all ingredients except for the water in a medium sized mixing bowl until well combined.
5. Pour the water over the mixture and toss gently to allow it to moisten all the vegetables.
6. Place the vegetables/chicken mixture on a baking sheet lined with foil. Bake at 425° for 12-18 minutes until caramelized a dark golden brown.
7. Serve over your favorite starch dish and drizzle with Balsamic syrup.

## Simple Balsamic Syrup (or your favorite sauce drizzle)

To make simple Balsamic syrup, place 1 cup balsamic vinegar in a sauce pan and reduce on medium heat until there is only about 2 Tablespoons left. The thickness is up to you but the more water you evaporate, the thicker it will become. This is a little tricky as it is already black so it is hard to tell if you are burning it. Just keep an eye on it and occasionally remove some with a spoon and place it on a plate to cool and

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taste. You are looking for honey consistency. If you wish, you can add a pinch of sugar.

## Satay, Kabob or Yakitori

May 20<sup>th</sup> at 5 pm:

Regardless of what you call it, protein on a stick is a favorite around the world. In this class, we will explore some of the options to preparing this global favorite, using vegetables, meats, tofu and a variety of seasonings as well as the important considerations to assure that each item is cooked to perfection at the same time. We have also provided a recipe for a Peanut Sauce, typically used with a Thai Satay and a Japanese Yakitori Sauce.

**Yield: 4 servings**

### Ingredients

2 each	Chicken thighs, cut into 1 inch pieces
1 box	Firm Tofu, drained and dried
1 each	Zucchini, cut large dice (about 1 inch cubes)
1 pack	Baby Bell Peppers (tri-colored)
1 pack	Button Mushrooms
1 each	Red Onion, cut into 1 inch squares
1 bunch	Green Onions, cut into 2 inch long pieces from the white end (green end can be garnish)

**NOTE:** There are *4 element* to the protein on a stick that we will be preparing. You have many choices in product so just keep it fresh and choose the items that you enjoy. The above ingredients are just an example of some possibilities. *1) Skewer, 2) Seasoning or Marinade, 3) Protein/Vegetable Items and 4) Glaze and Garnish*

### Preparation Instructions

1. Gather and wash all ingredients.
2. Dry with a paper towel to remove excess moisture.
3. Soak your bamboo skewers in hot water for at least 1 hour or even overnight if you can. This will keep them from burning if you are cooking your skewers over an open flame. You may also choose to use a metal skewer just be careful as they will get very hot.
4. Season each ingredient as you wish. This can be done with a dry seasoning or a marinade, either will work for this recipe. If you are marinating your protein, allow it to marinate for about 1 hour.
5. Build your skewers as you desire. In this case I will alternate vegetable and chicken on the skewers, always ending with a piece of chicken as it will keep the rest of the items on the skewer.
6. Once the skewers are made you will need to decide how you wish to cook them. They can be Grilled, Broiled, Baked, and Sautéed or even breaded and fried.

7. The time depends on the size of the meat and vegetable cuts. I recommend you cook most items from 8-14 minutes. **NOTE:** You want to be sure not to pack your skewers too tight so that the heat has a hard time getting to the center. The trick is to have each ingredient cooked perfectly at the same exact time. Once that occurs, remove the skewers from the heat.

8. Now you get to glaze or garnish them as you wish. Sesame seeds, herbs, sauce glazes... anything really works great at this point.

Serve hot or room temperature with your favorite side dish. YUMMY!

## Peanut Sauce

**Yield: 8 servings**

### Ingredients

1 can Coconut Milk (14 oz.)  
1 cup Creamy Peanut Butter  
2 Tablespoons Soy Sauce  
1 Tablespoon Sugar  
¼ cup Chili Garlic Sauce  
Pinch Salt  
2 Tablespoons Freshly squeezed lime juice (adjust to your tastes)

### Preparation Instructions

1. Gather all ingredients
2. Place all ingredients together in a mixing bowl and stir until well combined.
3. Adjust the consistency as desired with water. **NOTE:** Some recipes may call for the addition of fish sauce. You may choose to add 2 Tablespoons to this sauce if you wish. Also, some recipes call for this sauce to be simmered on low heat for 15 minutes but I tend to just mix the ingredients together without cooking as the flavors are very strong already.

## Yakitori Sauce

**Yield: 8 servings**

### Ingredients

¾ cup Low Sodium Soy Sauce  
¼ cup Sake or Mirin (substitute with water)  
2 Tablespoons Brown Sugar

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½ cup Water  
2 Tablespoons Cornstarch

### **Preparation Instructions**

1. Mix together the cornstarch and water in a small bowl to make your slurry.
2. Place soy sauce, sake or mirin and sugar into a small sauce pot and bring to a boil.
3. Thicken by adding the slurry all at one time while you stir rapidly with a whisk.
4. The sauce should boil almost immediately, when it does it will be thick done.
5. Remove from heat and cool.
6. Brush your Yakitori with the sauce as you cook it or dip your skewers in the sauce if you plan to do large quantities and use all of the sauce in one meal. If you dip raw products into the sauce you will want to be sure that you use it all and do not store it for later use.

## Molten Chocolate Lava Cake

One of the most popular desserts in many of Hawaii's favorite restaurants, the molten Chocolate Lava Cake is a great dessert for the rare occasion when we decide to splurge a little. Portion size is the key here and this recipe will make 8 small servings. This cake is a flourless cake and bound with a little cornstarch instead of the flour. The key to the molten center is to basically under-bake the cake so that the center is still liquid. The trick is in the timing, vessel size and getting it transferred to a plate without having it fall apart. It may take some practice, but it will be worth it in the end. Of course, you can simply serve it in the individual soufflé cup if you wish and it will still be delicious.

**Yield: 8 servings**

### Ingredients

¾ cup	Unsalted Butter
1 cup	Dark Chocolate
4 each	Large Eggs
4 each	Large Egg Yolks
¾ cup	Sugar
3 tablespoons	Cornstarch

### Preparation Instructions

1. Preheat oven to 350°.
2. In a medium-sized saucepot melt the butter on medium heat until it begins to bubble and is fully melted and turn off the heat.
3. Remove the saucepan from the stove and add the dark chips, stirring constantly with a whisk until the chocolate is completely melted and smooth.
4. Add the sugar, eggs and egg yolks and mix again until completely smooth.
5. Lastly, stir in the cornstarch until incorporated and the batter will be done. **NOTE:** You may choose to make this batter in advance and place it in the refrigerator so that it is chilled thoroughly before baking. This does help to assure that the center remains softer.
6. For baking of the individual servings of cake, you can either use a 6-8 oz. soufflé cup or oven safe ramekin. In either case, it will need to be greased, lined with parchment paper or both so that it will be easy to transfer the cake to a plate when baked should you wish to serve it as a free standing cake and not in the baking vessel.
7. Divide the batter equally among the 8 baking dishes or you can just make a few at a time and keep the extra batter in the refrigerator or freezer for later use.
8. Bake for 12-16 minutes or until the outer portion of the cake is set and the center is still liquid. **NOTE:** every oven will be different so you may need to experiment a little bit with this to get it exactly the way you want it with your oven and dishes. I recommend you bake 1 at a time the first time you make this recipe, experimenting with the time until you get it perfect.

Remove from oven and let cool for 2-3 minutes before transferring the cake on a plate. Gently invert the ramekin onto a plate and remove the ramekin with a dry towel, then remove the parchment paper and garnish with fruit or low-fat frozen yogurt or ice cream as desired.