

TASTING TABLE

An exclusive recipe to accompany the story found at <http://TastingTable.com>

Edamame with Five-Spice Salt and Toasted Sesame Seeds

Makes 4 servings

- *¼ cup sesame seeds*
- *½ teaspoon Chinese five-spice powder*
- *1 tablespoon flaky sea salt*
- *Two 1-pound packages of frozen edamame in their pods*
- *1 teaspoon toasted sesame oil*

1. Add the sesame seeds to a small, dry skillet over medium-high heat. Toast the seeds while gently shaking the pan until they are browned and fragrant, about 4 minutes; transfer to a small bowl. Add the five-spice powder and the sea salt and stir. Set aside.
2. Meanwhile, bring a large pot of salted water to a boil. Cook 1 bag of the edamame at a time until just tender, about 5 minutes. Use a wire skimmer to transfer each batch to a large bowl. Pat the edamame dry, then drizzle with the toasted sesame oil and toss to coat. Cover the bowl and refrigerate until chilled.
3. When ready to serve, sprinkle the seasoned sesame seeds over the chilled edamame.

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Red Cabbage Slaw with Carrot-Ginger Dressing

Makes 4 servings

Dressing (Makes 1 cup):

- 2 tablespoons grated fresh ginger (include any juice that collects while grating)
- 1 cup coarsely grated carrot
- 1/4 cup rice vinegar
- 1 tablespoon shiro miso (white miso)
- 1/2 teaspoon sugar
- 1 teaspoon toasted sesame oil
- 1/4 cup canola oil

Slaw:

- 6 cups finely shredded red cabbage
- 1 teaspoon kosher salt
- Freshly ground black pepper
- 6 scallions, thinly sliced

1. Make the dressing: In a food processor, pulse the grated ginger and carrot until finely ground. Add the rice vinegar, miso, sugar and sesame oil and pulse again to combine, stopping to scrape down the sides of the processor with a rubber spatula as necessary. With the processor running, drizzle the canola oil through the feeder tube and process until emulsified, about 30 seconds. Transfer the dressing to a measuring cup, cover and refrigerate until ready to use.
2. Make the slaw: In a large bowl, toss the cabbage with the salt and freshly ground black pepper to taste. Let stand until the cabbage begins to soften, about 15 minutes. Drain any liquid that collects from the bowl. (At this point, both the cabbage and the dressing can be refrigerated separately overnight and combined the next day.)

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3. In a large bowl, toss the dressing with chilled cabbage.
Garnish with the sliced scallions and serve.

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Sweet-Chile-Chicken-Salad Wraps with Fried Shallots

Makes 4 servings

- 2 cups shredded rotisserie chicken
- 1 teaspoon freshly grated ginger
- ½ cup finely diced red bell pepper
- ⅓ cup Asian-style sweet-chile sauce (such as Maggi)
- ⅓ cup mayonnaise
- 1 tablespoon chopped mint leaves
- 1 teaspoon kosher salt
- Freshly ground black pepper
- Canola oil, for frying
- 2 large shallots, halved lengthwise and thinly sliced crosswise
- ¼ cup cornstarch
- 1 teaspoon kosher salt
- Four 12-inch whole-wheat wraps
- 4 large butter lettuce leaves
- 1 lime, quartered

1. Make the chicken salad: In a large bowl, combine the shredded chicken with the ginger and red pepper and toss to mix. Add the chile sauce, mayonnaise and chopped mint and stir until combined. Add the salt and freshly ground black pepper to taste. Cover the bowl with plastic wrap and refrigerate for at least two hours or overnight.
2. Meanwhile, fry the shallots: In a small skillet (preferably cast iron), heat 1 inch of oil over medium-high heat until shimmering. In a bowl, toss the shallot rings and cornstarch until the shallots are coated. Place the shallots in a mesh strainer and gently shake to remove any excess cornstarch. Fry the shallots in batches until light brown and crisp, about 25 seconds. Drain the fried shallots on a

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paper-towel-lined plate and season with the kosher salt. Set aside.

3. Lay the wraps on a work surface and place a butter lettuce leaf on the lower third of each wrap. Divide the chicken salad evenly among the four wraps. Top with the fried shallots and a squeeze of lime juice. Gently roll the wraps starting with the lower third, tucking the ends in as you roll. Slice the rolls in half and pack in foil or wax paper.

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Vietnamese Meatball Banh Mi

Makes 4 servings

Meatballs:

- 1 1/4 pounds ground pork
- 1 teaspoon minced garlic
- 1 tablespoon minced shallot
- 1 teaspoon kosher salt
- 2 teaspoons sugar, divided
- 2 tablespoons fish sauce, divided
- 1/3 cup coconut milk

Sandwiches:

- Four 8-inch baguette sections, split
- 1/4 cup unsalted butter, softened
- Mayonnaise
- Sriracha chile sauce
- 16 Vietnamese Meatballs, cut in half
- 2 cups Pickled Carrot and Radish Salad (recipe follows)
- 2 cups loosely packed cilantro sprigs, tough stems removed

1. Make the meatballs: Preheat the oven to 425°. Line a large, rimmed baking sheet with parchment paper. In a medium bowl, combine the ground pork with the garlic, shallot, salt, 1 teaspoon of the sugar and 1 tablespoon of the fish sauce. Form the meat into 16 golf-ball-size meatballs.
2. In a small bowl, combine the coconut milk with the remaining 1 teaspoon of sugar and the remaining 1 tablespoon fish sauce.
3. Lay the meatballs on the prepared baking sheet, transfer to the oven and bake for 15 minutes. Brush the meatballs with the coconut-milk mixture and return to the oven for another 20 minutes, until the meatballs are browned and the coconut milk is caramelized. Remove from the oven

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and brush the meatballs with the caramelized coconut milk that has pooled around them. If you are making the *banh mi* now, continue to the next step (leave the oven on). If not, wrap the meatballs in foil and refrigerate overnight; to reheat, place the foil-wrapped meatballs in a 425° oven for 15 minutes.

4. Assemble the *banh mi*: On a rimmed baking sheet, arrange the baguette halves cut side up, brush with the softened butter and toast until they begin to brown around the edges, about 7 minutes. Remove from the oven and let stand until cool enough to handle.
5. Spread mayonnaise on 4 of the baguette halves and top with Sriracha to taste. Arrange 8 meatball halves, cut side down, on the other 4 baguette halves and top the meatballs with ½ cup of the Pickled Carrot and Radish Salad, followed by a handful of the cilantro sprigs. Then place the mayonnaise-spread baguette half on top and cut each sandwich in half. Pack the *banh mi* in foil or wax paper.

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Pickled Carrot and Radish Salad

Makes 3 cups

- 2 tablespoons sugar
- 2 teaspoons kosher salt
- ¼ cup rice vinegar
- ¼ cup water
- ½ pound carrots--peeled, cut in half lengthwise and thinly sliced
- ½ pound red radishes, cut in half lengthwise and thinly sliced

1. Add the sugar, salt, vinegar and water to a large mixing bowl and stir to combine. Add the carrots and radishes and toss to coat. Transfer the vegetables and brine to a shallow dish or pie plate, cover and refrigerate overnight.
2. The next day, transfer the pickled carrots and radishes to a colander and drain; discard the brine and set the pickled carrots and radishes aside until ready to use.

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Vietnamese-Coffee Cupcakes

Makes 12 cupcakes

Coffee Glaze:

- 2 tablespoons heavy cream
- 1 teaspoon instant espresso powder
- 2 tablespoons sweetened condensed milk

Cupcakes:

- 3 large eggs, separated
- 1/8 teaspoon baking soda
- 1/8 teaspoon salt
- 1/2 cup sugar
- 1/2 stick unsalted butter, melted and cooled slightly
- 1/2 cup all-purpose flour

Coffee Icing:

- 1/4 cup heavy cream
- 2 teaspoons instant espresso powder
- 1/2 cup sweetened condensed milk
- 1 teaspoon ground cinnamon

1. Make the coffee glaze: In a heatproof measuring cup, heat the cream in the microwave on high for 20 seconds. Stir in the espresso powder until completely dissolved, then stir in the condensed milk and set aside.
2. Make the cupcakes: Preheat the oven to 325°. Line a 12-cup muffin tin with paper or foil liners.
3. In the bowl of a stand mixer fitted with a whisk attachment, beat the egg whites and baking soda on medium-high speed until frothy, about 30 seconds. Scrape down the sides of the bowl to ensure that the baking soda is incorporated, then add the salt. Continue beating at medium-high speed until soft peaks form, about 3 minutes longer. Add the egg yolks and sugar and continue to beat until pale yellow and thick, about 1 minute longer. Lower

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the speed to medium, pour the melted butter into the batter in a steady stream and beat until combined.

4. Remove the bowl from the mixer and sift one-third of the flour over the wet ingredients and fold with a rubber spatula until fully incorporated. Repeat twice more with the remaining flour.
5. Carefully pour the batter into the lined muffin tins, filling them about half full. Transfer to the oven and bake on the center rack for 20 to 23 minutes, until a toothpick inserted in the center comes out clean. Transfer the cupcakes to a wire rack, brush with the coffee glaze and let cool.
6. While the cupcakes bake, make the icing: In a heavy saucepan over medium-high heat, stir the heavy cream and espresso powder until the powder dissolves. Add the condensed milk and whisk to combine. While whisking, bring the mixture to a boil. Lower the heat to medium and cook until thick, whisking constantly, about 3 minutes. Transfer the icing to a heatproof measuring cup, pour about 2 teaspoons of the hot icing over each cupcake and let cool to room temperature. Dust the iced cupcakes with the ground cinnamon. Serve, or line a lidded plastic container with wax paper and pack the cupcakes in one layer.