

Recipe Booklet



Our guest chefs this month are the Rainier Beach Youth Stewards: Deja, Mathilde, Spencer, Ella, Isabella, Laila, Sobrin, Marshall, Obsa, Solomon, Kevin, Lina, Adriana, Marcel, Rosy, and Jubilee! The Rainier Beach Youth Steward program is a youth employment program where youth, ages 14-18, gain job experience through wetland restoration and farm education here at Rainier Beach Urban Farm and Wetlands. This program is directed and facilitated by Suez, our Farm and Youth Employment Director. This summer the stewards got to put their new skills and their personal food cultures together to cultivate this menu and these recipes. Enjoy!

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Menu:

- *Esquites (Mexican street corn salad), vegetarian, vegan option, gluten free*
 - *Vietnamese Spring Rolls, vegan, sauces contain gluten and peanuts*
 - *Chicken Adobo, nut free, contains gluten*
 - *Lentil Sambusas, Vegan, contains gluten*
 - *Farm Fresh Paletas (Mexican popsicles), vegan, gluten free*
 - *Jasmine Rice, vegan, nut free, gluten free*
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Local & Seasonal Produce highlighted

- Sweet corn from Alvarez farm, Mabton, WA is highlighted in the Esquites
- Jalapenos from Sound Sustainable Farms, Redmond, WA are highlighted in the Sambusas
- Blueberries and blackberries harvested by the Rainier Beach Youth Stewards here at Rainier Beach Urban Farm and Wetlands are highlighted in the Farm Fresh Paletas
- Cucumbers from Four Elements Farm, Puyallup, are highlighted in the Vietnamese Spring Rolls

Esquites Recipe

Esquites are everything you could love about Mexican street corn with the creamy sauces and tangy spices served up in a cup or as a side. This dish brings all the joy to the yard.

Recipe feeds a family of 3-5 as a side dish

Ingredient list:

- 6-10 ears of sweet corn, shucked
- ½ cup Cotija cheese, chopped or crumbled into tiny pieces
- 3-5 TB mayonnaise
- 2 limes, cut into wedges
- Chili powder, to taste
- Paprika powder, to taste
- Garlic powder, to taste
- Salt, to taste

Directions:

1. Fill a medium-sized pot halfway with water, and place on high heat to bring it to a boil
2. While the water heats up, carefully cut the kernels off of the ears of corn and set the kernels aside
3. Add the kernels to the boiling water, reduce to medium high, and boil for 5-10 minutes, or until the kernels look plump and brightly colored
4. Strain the water out of the kernels, and place the corn kernels in a large bowl
5. Gradually mix in mayonnaise one tablespoon at a time until all the kernels are lightly coated
6. Add the cotija cheese and mix well
7. Add lime or lemon juice by squeezing one wedge at a time until you have the desired tartness
8. Add and mix the spices and salt gradually until you're happy with the flavor and enjoy hot or cold

Tips and Alternatives:

- You can make this recipe vegan by omitting the cheese and using vegan mayonnaise, or by using vegan/dairy-free cheese alternative like nutritional yeast
- If you have a hankering for esquites when it's not summer and corn isn't in its peak freshness, don't use unseasonal corn! Instead, use good-quality frozen corn and it will come out great
- You can use fresh or bottled lime or lemon juice
- This is great recipe to adjust the ingredients to your liking

Vietnamese Spring Rolls

Vietnamese spring rolls aren't only perfect for spring, they're also perfect for highlighting vibrant summer produce. Thinly sliced, crisp vegetables and soft rice noodles get rolled up in translucent rice paper and served with delicious dipping sauces for this classic dish. Is there a better way to enjoy a bunch of vegetables?

Recipe makes 5-8 spring rolls, and feeds a family of 3-4 as a side dish

Ingredient list for the rolls:

- Vietnamese spring roll wrappers
- ½ head of bulb lettuce, like iceberg, chopped into finger-sized slices
- 1 bulb of vermicelli rice noodles, prepared according to the package
- 1 medium-sized cucumber, cut into matchsticks
- ½ bag of bean sprouts, rinsed
- ½ package Fried tofu, sliced into ¼ inch slices (can be found at Asian markets)
- ½ cup scallions, chopped into thin slices, optional: pan fry
- 1 leaf of basil per roll (5-8)
- Cilantro, to taste

Spring Roll Directions:

1. Prepare all the ingredients according to list above
2. Pan fry the scallions, if choosing to do so
3. Make an assembly line of all of the ingredients: 1) rice paper, 2) tofu, 3) lettuce, 4) rice noodles, 5) basil and cilantro, 6) cucumber and bean sprouts, 7) scallions
4. Pour some water onto a wide plate or a wide bowl that is big enough to carefully dip the rice paper into, and place this at the beginning of the assembly line
5. Place one rice paper sheet into the water at a time for 5-10 seconds, and no more
6. Add the roll ingredients to the center of the paper, one on top of the other until they form a log that's about 4 inches long and 1.5 inches wide
7. Wrap the paper around the log of food, wrapping one of the wide sides of the roll first, and then folding over the short ends, then ending with the last wide-side rolled to seal
8. Repeat until you've used up most of your ingredients
9. Enjoy these spring rolls with the sauces below

Tips and Alternatives:

- Spring rolls can be adjusted to utilize whatever fresh, crispy veggies you have on hand that you'd like to use up, you can even add in edible flowers to make them extra beautiful

- If you've never made spring rolls before, try looking up a video to get a visual on the wrapping process

Peanut Sauce Ingredients

- ¼ cup creamy peanut butter
- ¼ cup coconut milk
- 1 tsp soy sauce
- 1 ½ tsp lime or lemon juice
- 1 tsp brown sugar
- 1 ½ TB hoisin sauce
- 1-2 TB hot water

Peanut Sauce Directions:

- Mix all the ingredients in a small bowl, adding the hot water in last and little by little to help emulsify (blend) the ingredients and make the sauce smooth, adding until you have a consistency that you like

Peanut Sauce Tips and Alternatives:

- Peanut sauce can be substituted for sunflower seed butter to be allergy friendly
- To make this recipe gluten free, substitute the soy sauce for tamari and omit the hoisin sauce
- Adjust and multiple the ingredients to your liking
- Try adding chili sauce or chili flakes to make it spicy

Hoisin Dipping Sauce Ingredients

- ½ cup hoisin sauce
- 4 tsp sugar
- 4 tsp water
- 4 tsp lime juice

Hoisin Dipping Sauce Directions:

- Mix ingredients in a small bowl with a fork

Hoisin Dipping Sauce Tips and Alternatives:

- Add the sugar and the lime juice 1 tsp at a time and taste until you enjoy the flavor
- Omit the extra sugar to reduce the sugar content

Sambusas Recipe

Sambusas are East African, mouth watering, crispy fried pockets of deliciousness that can be made either with meat fillings or with lentil fillings. This recipe is for a vegan lentil option that is full of flavor and gentle on spice.

This recipe will serve a family of 5-10

Ingredients:

- 1 pound bag of brown lentils, rinsed well
- 1 red onion, chopped fine
- 1-3 jalapenos, seeded and chopped fine
- 1 package of egg roll wrappers (can be found in refrigerated produce section of grocery stores or at Asian markets in a freezer)
- 2-4 TB vegetable oil for frying onions
- 1-3 cups of oil for deep frying sambusas
- Salt to taste
- Optional: Ethiopian berbere spice to taste (can be found at any ethiopian market)
- ¼ cup of all purpose flour and a ¼ cup of water to make wrapping glue

Mixture Directions:

1. Place the rinsed lentils in a medium-sized pot and cover them with water so there's about a half inch or so (about one knuckle) of water above them
2. Bring the lentils to boil over medium high heat and cook until semi tender- not fully tender because they'll be getting cooked more in the next steps (about 15-20 minutes)
3. While the lentils are cooking, in another medium-sized pot or large saute pan, add the oil and onions and saute over medium heat until the onions are semi translucent (5 or so minutes)
4. Add the jalapenos and a few pinches of salt to the onions and continue sauteing for a few more minutes
5. Once the lentils are semi-tender, strain out any excess water and then add them to the pan with the onions and jalapenos and saute everything together for 5-10 minutes to finish cooking the lentils and to incorporate the flavors
6. Taste the mixture as you go and add spices or more oil as needed
7. Once the mixture is done and to your liking, let it fully cool before preparing the wraps

Wrapping Directions:

1. Thaw the wrappers according to the package instructions
2. Make a wrapping glue mixture of 1 part flour to 1 part water in a small bowl
3. Hold one wrapper at a time, and fold one corner down to make a triangle and then repeat

4. Place one spoonful of mixture into the pocket that the triangles created and then cover the rest of the wrap edges in glue with your fingers
5. Fold the rest of the wrapper around the triangle to seal it closed
6. Repeat until finished and then store in the freezer until ready to fry

Frying

1. Add enough oil so there's about 2 inches of high-heat cooking oil, like vegetable oil, in a deep, heavy-bottomed pan and heat the pan on medium high heat for several minutes
2. Test the oil for frying by carefully dropping in a grain of rice or something small to see if the oil intensely sizzles around it
3. Once the oil is ready, use a slotted spoon to carefully place a handful of sambusas into the pan for frying and make sure each sambusa has room around it to sizzle (do not overlap)
4. Fry the sambusas for a few minutes on each side or until golden brown and crispy
5. Place the sambusas onto a plate with paper towels to cool and soak up extra grease
6. Repeat until done and delicious and enjoy warm or at room temperature

Tips and Alternatives:

- Folding the sambusas is a lot like folding a paper football, and if you've never done this, it could be helpful to look up a video of sambusa wrapping
 - Spice the mixture to your liking, adding more or less jalapenos, berbere or chili powder, salt, etc.
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Chicken Adobo

Adobo is a traditional Filipino way of cooking and marinating meat in vinegar and spices, influenced by Spanish cuisine. Adobo was popularized in Hawaii by Filipino immigrants and plantation workers, and once Chinese soy sauce was added to the mix, the dish became an unmatched example of diasporas uniting in a depth of savory flavor

This recipe serves a family of 3-5

Ingredients:

- 5 chicken thighs, cleaned
- 2 TB cooking oil
- ½ cup Chinese soy sauce (Silver Swan brand is a favorite)
- ½ cup white vinegar
- 1 white onion, diced
- 3 garlic cloves, peeled and crushed

- ½ inch of fresh ginger or ½ tsp ginger powder
- 2 bay leaves
- 10-15 black peppercorns
- 1 bunch of green onions, sliced thinly (for garnishing)

Directions:

1. Add the cooking oil to a medium to large pot and heat over medium heat
2. Saute the onions until aromatic (2-5 minutes)
3. Add the chicken, ginger, garlic, peppercorns, bay leaves, and vinegar, stir, and cover until the mixture comes to a simmer
4. Once simmering, add the soy sauce
5. Add more liquid if needed to make sure the chicken is submerged, either using a 1:1 ratio of soy sauce to vinegar or adding chicken broth
6. Cook the adobo on low for 2-6 hours, or until the chicken meat is fully tender and falling apart (adobo is amazing because of the slow-cook method adding deep flavors, like a marinade)
7. Enjoy with jasmine rice and sprinkled green onions on top

Tips and Alternatives:

- Chicken adobo can also be made in a slow-cooker simply by adding all of the ingredients into the slow cooker, making sure the chicken is covered in liquid, and then letting it cook on low for 6-8 hours
- Jackfruit makes a delicious vegetarian alternative to chicken, and if using canned jackfruit, use less vinegar in the vinegar to soy sauce ration because canned jackfruit is already vinegary
- Use tamari instead of soy sauce to make this recipe gluten free

Paletas

Paletas are Mexican popsicles that often use blended whole fruit instead of just the juice of fruits or flavored water. These paleta recipes reflect some of the youth stewards' favorite flavors, both from their cultures and from the farm. Turns out this crowd loves lime, berries, and coconut! Paletas are a fun, simple, delicious and nutritious way to utilize excess fruit you may have.

These recipes are for making 10 popsicles each in silicone molds

Lime Paletas

Lime Paletas Ingredients:

- The fresh-squeezed juice of 10+ limes (enough for $\frac{3}{4}$ cup lime juice)
- The zest of 1 lime
- 2 $\frac{3}{4}$ cups of water
- $\frac{1}{3}$ cup of sugar

Lime Paletas Directions:

1. In a small pot over medium heat, add the water and sugar and warm the water enough to dissolve the sugar and then turn off the heat
2. Add the lime juice and taste
3. Add the zest, sprinkle by sprinkle until happy with the flavor
4. Pour the mixture into popsicle molds and freeze for at least 7 hours before enjoying

Lime Paletas Tips and Alternatives

- Lime tastes different warm as compared to cold, so to get a better idea of how these will taste, make extra mixture and try drinking it over ice (you're essentially making limeade)
- Bottled lime juice or lemon juice can be used as alternatives

Blackberry Coconut Paletas

Blackberry Coconut Ingredients:

- 4 cups blackberries (frozen or fresh)
- 1 can coconut milk
- $\frac{1}{3}$ cup maple syrup
- 1 pinch kosher or sea salt

Blackberry Coconut Directions:

1. Blend all of the ingredients in a blender
2. Optional: pour into a bowl through a sieve, using a spatula to help to remove the seeds
3. Carefully pour the mixture into popsicle molds and freeze for at least 7 hours before enjoying

Blackberry Coconut Tips and Alternatives:

- Any kind of berry can be used to make this recipe
- Essentially, you're making a smoothie and then freezing it to make this kind of paleta, so get creative and make a delicious smoothie and then freeze for a personalized paleta

