



Spicy Chinese Lettuce Stir-Fry

| Serves 4 |

Recipe by Chef-Educator Nancy Krcek Allen, Maple City, Michigan

Chinese people consider lettuce a “lucky” New Year food because its name sounds like the word for “birth”!

Ingredients

- 1 very large head of strong green lettuce, such as **Romaine**, about 12 cups washed, dried, and sliced
- 4 teaspoons **Chinese rice wine** or **dry sherry**
- 1 tablespoon **soy sauce**
- 2 tablespoons **chicken** or **vegetable broth**
- 1 teaspoon **maple syrup**
- 1 teaspoon **cornstarch** or **arrowroot**
- ¼ teaspoon **red pepper flakes**
- 2 tablespoons **canola** or **olive oil**
- 1–2 **garlic cloves**, peeled and finely minced
- 6 whole **scallions**, finely sliced, white and green parts separate
- 1 tablespoon minced **gingerroot**
- 1 teaspoon **Asian (toasted) sesame oil**

Directions

1. Slice leaves down the rib then crossways into ½-inch strips.
2. Stir together wine or sherry, soy sauce, broth, syrup, cornstarch or arrowroot, and red pepper flakes in small bowl. Set aside.
3. Heat skillet or wok on medium-high heat. Swirl in oil. When oil is hot, add garlic, white of scallions, and ginger. Stir-fry for 10–20 seconds then add lettuce. Toss and stir-fry lettuce until leaves begin to wilt, about 1–2 minutes.
4. Stir sauce and swirl it into wok or skillet. Cook until sauce thickens and clears and lettuce turns dark green, about 1 minute.
5. Remove skillet or wok from heat and stir in sesame oil and scallion greens. Pile lettuce into serving dish and serve immediately.

Michigander Composed Salad

| Serves 4 |

Recipe by Chef-Educator Nancy Krcek Allen, Maple City, Michigan

You might divide salads into three categories—composed, tossed, and warm. The French niçoise salad inspired this dish.

Ingredients

- Dressing:**
- 2 heaping tablespoons **Dijon mustard**
 - 6 tablespoons **red wine vinegar**
 - 1–1½ cups **extra virgin olive oil**
- Salad:**
- 2 cups drained and rinsed canned **Great Northern white beans**
 - 1 small **carrot**, shredded
 - salt** and freshly ground **black pepper**
 - 8 small **new redskin potatoes**, steamed or boiled whole till tender, 15–20 minutes
 - 1 large head **Bibb** or ½ pound **mixed lettuces**, whole leaves, cleaned and dry
 - 1 pound **smoked whitefish**, skinned, boned, and flaked
 - 1 pound **green beans** or **asparagus**, trimmed and steamed till tender, about 5

Directions

1. Pour mustard and vinegar into blender. With it running, pour oil in a slow stream into mustard/vinegar until thickened. Taste and add more oil or thin with water if necessary. Set aside.
2. Toss white beans with carrot and some vinaigrette. Season with salt and pepper.
3. Slice warm potatoes and toss with some vinaigrette, salt, and pepper.
4. Arrange lettuce on platter. Arrange beans, potatoes, whitefish, and green beans or asparagus (decoratively) over lettuce.
5. Serve with remainder of vinaigrette.