



September 2, 2009

Inspirational Thought Of The Day

"Work like you don't need the money, love like you've never been hurt and dance like no one is watching."

~ Randall G Leighton

Pea Shoots - Feature Product of the Week



Green Pea Shoots are crunchy with a very mild pea flavor. They are ready to eat, saving valuable prep time, with virtual little clean up. Their beautiful plate presentation provides a new and interesting alternative to common salad greens.

Qualities

- Organic
- Local
- Versatile can be used for various types of dishes
- Available all year round

Cooking Suggestions

Pea Shoots enhance any meal. Add them to salads, stir-fries, wraps, garnishes and soups. They offer an Asian flair and are perfect for stir-fries. Steam briefly and drizzle with savory dressing, top with butter or flavor with herbs and seasonings. Some people enjoy them raw with a splash of lemon juice, while others combine them with strawberries and balsamic vinegar for a delicious and unusual spring salad. Keep refrigerated.



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Fall has now come upon us, so its time to turn our taste buds over in a new direction. I want to spice up the season with a noodle dish, which incorporates our feature product of the week, Pea Shoots.

Noodles With Pea Shoots



Ingredients:

- 8 oz pea shoots
- 8 oz dried Chinese wheat noodles
- 2 garlic cloves
- 2 tbsp. sugar
- ¼ onion, sliced
- ¼ salt
- 3 tbsp. vinegar
- 2 tbsp. soy sauce
- 2 tbsp. oil
- 2 tbsp. grated ginger
- 1 carrot finely chopped
- 1 fistful of coriander, chopped (optional)

Directions:

Bring a pot of salted water large enough to hold the noodles and pea shoots to the boil. Be sure to note how long the noodles need to boil for - drop them into the boiling water and keep track of their doneness (with a watch or by taste-testing). Mix soy sauce, sugar, vinegar and ginger in the bowl with a fork or whisk till sugar is dissolved. Taste and adjust for sourness, spiciness, saltiness. In a pan add oil, mix onions, garlic and carrots together.

About 2 minutes before the noodles are done, add the pea shoots to the water and stir to make sure they have all submerged. What you're looking for is a shoot that's more boiled than blanched, but not completely limp. The shoots should retain a tiny bit of crunch. Drain noodles and pea shoots into a colander and immediately add to the sauce with pan fried mix. Add coriander on top for flavour.

http://eatingasia.typepad.com/eatingasia/2005/11/more_greens_pea.html

Pea Shoot facts:

Great news everyone, Pea Shoots are nutrient-dense. A two cup serving (16 ounces or .45 kg), contains considerable amounts of Vitamins A, B-6, C, E, and K, folate, thiamin and riboflavin. They are also low in calories, with a scant 160 calories in the same size serving, and no fat. There is nothing to feel guilty with this healthy choice, so eat as much as you like and enjoy!



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