



HONG KONG TURKEY SALAD TOWER

ASSEMBLE THE SALAD

BY CHEF MARTI MONGIELLO - SERVES 10

- 1 PACKAGE SHITAKE MUSHROOMS, SLICED
- 2 CUPS LEFTOVER TURKEY, CHOPPED UP
- 1 BUNCH OF GREEN ONION, CHOPPED
- 1 CAN OF WATER CHESTNUTS, DRAINED
- 1 CAN OF BAMBOO SHOOTS, DRAINED
- 1 PACKAGE MUNG BEAN SPROUTS, RINSED
- 1 RED PEPPER, SMALL CHOPPED
- 1 CUP WHOLE CASHEWS
- ½ LARGE CARROT, SHREDDED
- 1 BAG EARTH BRAND FARM ORGANIC ZEN SALAD MIX
- ½ BAG (5OZ) FRESH EXPRESS SWEET BUTTER LETTUCE
- ½ HEAD FRESH BOK CHOY, CHOPPED

- 1 JAR MANDARIN ORANGES, DRAINED, DECORATE AT THE END
- 1 CAN CHOW MEIN NOODLES; DO NOT ADD TILL THE END - SPRINKLE ON TOP

FOR THE DRESSING

USE ONE OF THE FOLLOWING 3 DRESSING OPTIONS: 1. ORGANIC GINGER AND SESAME, 2. ORGANIC SESAME TAMARI, LOCATED IN THE DRY SECTION AT INGLE'S OR MAKOTO GINGER DRESSING, LOCATED IN THE REFRIGERATED SECTION OF INGLE'S. YOUR FAVORITE ASIAN DRESSING OR MAKE IT FROM SCRATCH USING MY RECIPE BELOW

MARTI'S DRESSING RECIPE

1 ONION, PEELED AND CHOPPED

1 CARROT, CHOPPED

4 STALKS OF CELERY, TRIMMED AND CHOPPED

1 CUP SESAME OIL

½ CUP RICE VINEGAR **NOTE:** THIS IS SOMETIMES CALLED RICE WINE, MIRIN, OR SALAD VINEGAR

½ CUP SOY SAUCE **NOTE:** YOU COULD ALSO USE LOW SODIUM SOY SAUCE IF YOU LIKE

2 TABLESPOONS CENTO TOMATO PASTE

2 TABLESPOONS SIRACHA HOT SAUCE (OR MORE IF YOU LIKE)

2 TABLESPOONS SUGAR - OR ARTIFICIAL SWEETENER OF YOUR CHOICE

½ TSP PEPPER

2 TABLESPOONS CRUSHED, WET GINGER

IN LARGE BOWLS, MIX ALL INGREDIENTS, EXCEPT ORANGES AND CHOW MEIN NOODLES. TOSS WITH DRESSING IN BOWLS. BUILD A TOWER OF SALAD. DECORATE WITH ORANGES AND NOODLES.

DRESSING

PUT ALL INGREDIENTS INTO A FOOD PROCESSOR, TURN IT ON AND PUREE! PRESTO! THIS DISH ALSO LOOKS NICE ON TRADITIONAL ASIAN STONWARE. I FIRST LEARNED THIS DISH FROM ONE OF MY MASTERS, CHEF RICK SCOTT, WHEN I WAS STUDYING AT THE TOKYO AMERICAN CLUB. DURING THIS PERIOD I WAS THE TOP CHEF FOR AMERICA, LIVING IN JAPAN FOR A FEW YEARS. SOME ITEMS ARE INTERCHANGEABLE BETWEEN JAPANESE AND CHINESE CULTURES LIKE KANJI AND LOVE OF SUSHI, DESPITE WHAT THOSE WHO HAVE NOT LIVED THERE MAY BELIEVE. A TEN OR 90 DAY VISIT MAY NOT REVEAL MUCH. IT TOOK ME TWO YEARS TO BE ALLOWED BEHIND THE IRON VEIL.

