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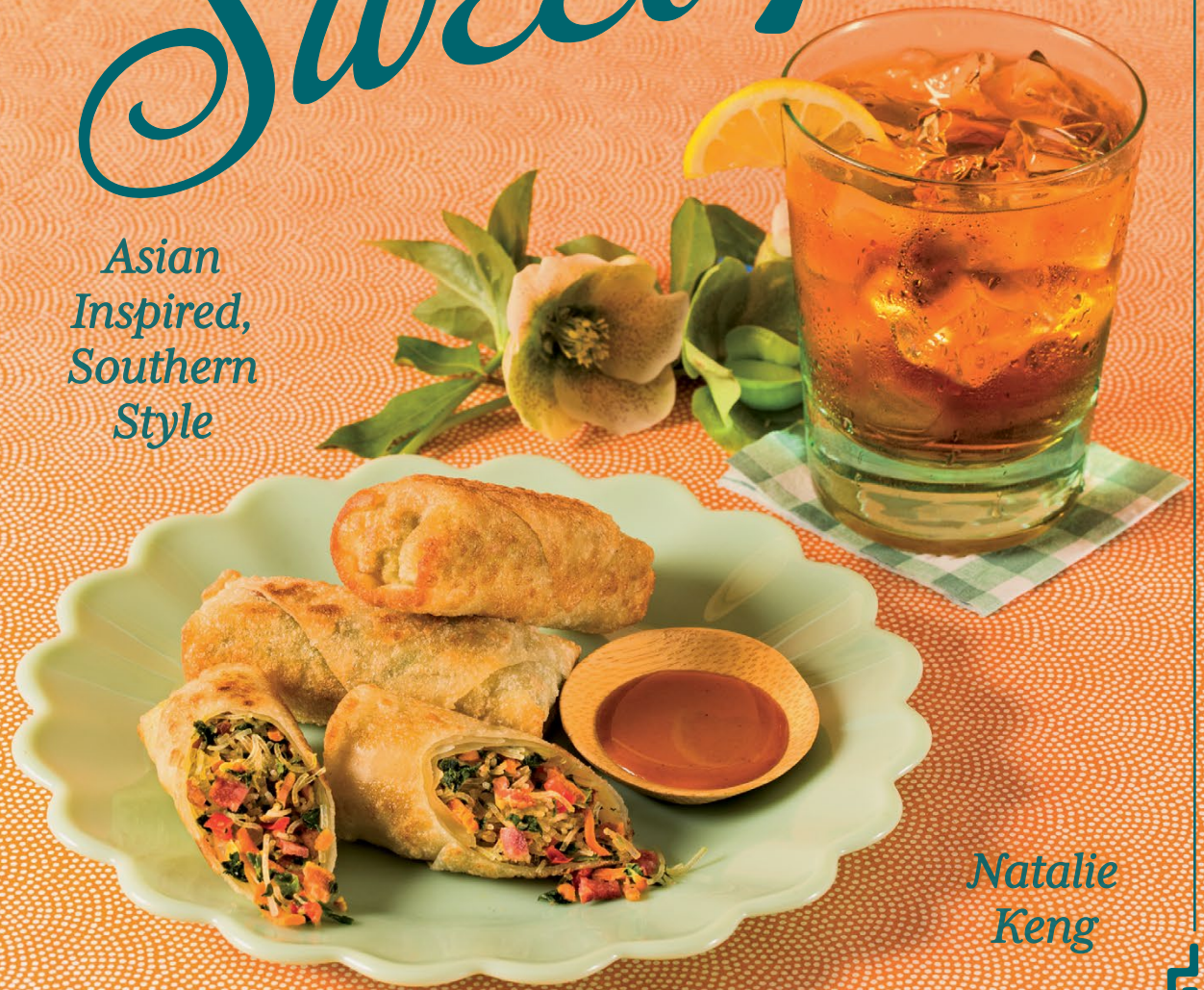
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Keng  
EGG ROLLS & SWEET TEA



# Egg Rolls & Sweet Tea

Asian  
Inspired,  
Southern  
Style



Natalie  
Keng



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# Oven-Baked Country Bacon & Collard Egg Rolls

People are quirky and food trends even quirrier. Depending on where you sit or who you are, some ingredients are compost one day and gourmet the next. I love collard greens any which way, and the traditional way is to stew down a large pot of greens with ham hocks for hours until the tough greens are tender. A faster way to eat them is to chop or slice them into smaller pieces and sauté them with seasonings. My handy cleaver knife makes the task easier and allows me to enjoy this cheap vegetable in creative, delicious ways. This recipe is a twist—or roll—on the classic pairing of pork and collards. Now that's a trend worth keeping.

Soak the noodles in a bowl of hot water for about 15 minutes, then drain. (Save the liquid to enjoy as soup broth.) With a large knife, slice through the stack of noodles 3 to 5 times (to prevent tangling) and set aside.

In a large nonstick skillet, cook the bacon 3 to 4 minutes, just until some of the fat has rendered but it is still soft. Add the green onions, bell pepper, and garlic and stir-fry for 1 to 2 minutes, until fragrant. Add the carrot, cabbage, and collards and sauté for about 2 minutes, until soft. Then add the noodles, making sure excess liquid has been drained. (Save the liquid to enjoy as soup broth). Add the salt and sauté for about 3 minutes.

Immediately transfer the mixture to a large shallow dish to cool completely. (Don't skip this step—a warm filling will cause steam, resulting in soggy spring rolls.)

Preheat the oven to 425°F. Line a large rimmed baking sheet with parchment paper or a silicone liner.

To assemble the egg rolls, remove 1 egg roll wrapper from the stack at a time, keeping the remaining stack covered with a clean, damp towel to prevent drying.

*Makes 12 rolls*

- 3 small bundles (about 3 ounces) of dried mung bean (glass) or cellophane noodles**
- 3 slices applewood smoked bacon, diced**
- ¼ cup thinly sliced green onions**
- ¼ cup finely diced red bell pepper**
- 1 garlic clove, minced**
- 1½ cups grated carrot (about 1 large carrot)**
- ½ cup thinly sliced cabbage**
- 1½ cups finely chopped or thinly sliced collard greens**
- 1 teaspoon sea salt**
- 12 (7-inch square) egg roll wrappers**
- 1 large egg, beaten (or 1 tablespoon flour plus 2 teaspoons water combined for a slurry paste)**
- 1 to 2 tablespoons canola oil**
- Sesame Sammie Spread and Veggie Dip (page XX) or Hawaiian Mango Sauce (page XX), for serving**

*continued*



# Preppy Pink & Green Handmade Dumpling Wrappers

I love beets. So much so that I often have a leftover pot full of beet juice and don't want to waste it. I make borscht. I drink beet-carrot juice. What else? Pink dumplings!

These adorable dumplings, in two trendy hues from the 2000s, fuchsia rose and Y2K green that leverage flavorful “discards,” such as the richly colored liquid that's left after cooking fresh beets or leafy greens. This dish is always a winner at my tennis team's potlucks (and matches my tennis skirt). Remember that the natural colorings are derived from vegetables, so the tones may vary or seem muted after steaming. Preppy is as preppy looks . . . and cooks!

## Pink or Green Dumpling Dough

To prepare the flour, you will need 2 mixing bowls: medium and large. Using a fine-mesh strainer, sift the flour into the medium mixing bowl (after sifting, the volume of the flour will become slightly more than  $\frac{3}{4}$  cup). Measure out  $\frac{3}{4}$  cup of the sifted flour and transfer it to the large mixing bowl. Mix in the salt. Reserve the remaining flour for dusting. Using your fingers, push the flour outward to create a crater in the middle. Set aside.

In a microwave-safe glass, heat the beet water or green veggie juice on high for 10 seconds. Repeat in 10-second intervals until hot to the touch, about 190°F. Set aside.

Pour the olive oil into the flour crater. Working quickly, pour the hot beet water over the oil and mix with a fork for about 20 seconds, then transition to hand kneading. Use your fingers to work the dough into a ball, then press the ball against the side of the mixing bowl to pick up residual crumbs. When the dough becomes a ball, transfer it to a flat surface to knead. Keep the reserved flour on the side for minimal dusting. (Dumpling wrappers should not be over-dusted, so the dough will stay soft and pliable when wrapping.) Knead the dough for 3 to 4 minutes. Avoid adding more

*Makes about 12 wrappers*

**$\frac{3}{4}$  cup all-purpose flour**

**$\frac{1}{4}$  teaspoon salt**

**5 tablespoons plain (not pickled) beet water or Homemade Green Vegetable Juice (page xx)**

**$\frac{1}{4}$  teaspoon olive oil**

**1 batch Drunken Ginger All-Purpose Asian-y Minced Pork Filling (page XX)**

**Daikon Radish Dipping Sauce (page XX), Homemade Soy-Ginger Sauce (page XX), or Hot Hot Hunan Fresh Chile Sambal (page XX), for serving**

*continued*



*Preppy Pink & Green Handmade Dumpling Wrappers continued*

hot liquid or flour until the dough has been kneaded for a few minutes. If the dough is too dry or too wet, add more liquid or flour 1 teaspoon at a time. The end result should be clean hands and a dough ball that is even-colored, smooth, elastic, and supple.

Wrap the dough ball in plastic wrap and set aside to rest and soften for 50 minutes. (Actually, anywhere from 45 minutes to a whole hour is good, but 50 is said as “five tens” in Mandarin and it helps me remember how many tablespoons to use for the vegetable juice.)

To cook and eat the dumplings immediately, prepare a steamer. Line a bamboo steamer with a food-grade paper liner or moist cheesecloth, or spray with oil to prevent sticking. (If I have a napa or regular cabbage on hand, I’ll remove a few outer leaves and use them as a liner. Slightly bruised leaves are fine. It’s practical, eco-friendly, and pretty for serving.) Place the steaming rack or tray over at least 2 inches of water and bring the water to a boil.

Using a chopstick (or pastry cutter), divide the dough in half. Roll each half into a snake-shaped strip about 1 inch in diameter. Using the chopstick horizontally, cut each dough strip into 6 equal pieces about 1 inch big. Using your hands, roll each piece into a ball. Working in small batches of 3 to 5 at a time (to prevent the dough from drying out), press each ball into a 2-inch disc. Lightly dust the front and back of the disc with flour.

Using a rolling pin (I prefer a basic, straight wooden rolling pin without handles), roll over the entire disc back and forth once, up and down. Turn 180 degrees and repeat. Using one hand, simultaneously rotate the disc and roll the pin evenly over the edges to form a larger round wrapper, 3 to 4 inches in diameter. Dust lightly with flour if the dough sticks to the pin (but be sure not to over-flour). The center of the finished wrapper should be slightly thicker than the edges to hold the filling without tearing. Set aside and cover with a dry towel. Start filling and making the dumplings after you have a handful of wrappers ready.



To wrap the dumplings, put the wrapper on a flat surface or in the palm of a hand and put 1 to 2 teaspoons of the pork filling in the center of the wrapper. The amount of filling depends on the size of your wrapper—and your skill. If you’re a beginner, less filling is easier to wrap and avoids leakage.

Fold 1 side of the wrapper over gently to form a semi-circle. Use your fingertips to crimp and seal each side of the wrapper toward the center of the dumpling. Fold and pleat in an even pattern to make a crescent-shaped dumpling that sits up. As Grandma said, “Sleeping dumplings are unlucky!” Make sure the wrapper is sealed with no leaks or holes. Leaky dumplings are unlucky, too, and they may fall apart during cooking. Place the finished dumplings on a lightly dusted flat surface.

Place the dumplings ½ inch apart in the steaming tray and cover. If your water is boiling already, turn the heat to medium (or the level where steam is coming out) and cook the dumplings for 15 to 20 minutes. The exact time may vary depending on the thickness of your wrapper and size of your dumpling. (With a meat filling, I recommend cutting open a dumpling after 15 minutes to check that the meat is cooked through and no longer pink or sticky.)

Serve hot (in the decorative bamboo steamer on a large plate) with your choice of dipping sauces. Mom likes to keep it simple with a touch of classic naturally brewed soy sauce and aged black vinegar. Pair it with a pitcher of Peachy-Plum Wine Sangria (page XX) or a local beer and you’ve got a dim sum home party! Remember to BYO-RP (bring your own rolling pin) and get ready to wrap and roll!

If you don’t want to steam the dumplings right away, put the uncooked dumplings on a tray, cover with plastic wrap, and freeze. Then transfer the frozen dumplings to a freezer bag for storage. To cook, steam frozen dumplings for about 30 minutes, until the filling is hot and the meat is cooked through and no long pink.

*continued*

# Mom's Unfried Red Rice with Berries

A self-proclaimed “Orient Express” home chef when it came to good food fast, Mom came up with one-pot “unfried rice.” She probably wasn’t the only busy working parent to ever do one-pot rice dinners, but intriguingly I have noticed a gradual shift in my mother’s tastes as the years go by. In the dishes that she and her mother, my po-po, made during my childhood, savory and piquant Hunan and Szechuan (or Sichuan) flavors featured prominently, while her favorites in recent years are distinguished by integrating healthy grains, creative ingredients, and the chunk o’ butter she loves to toss in—“Because butter makes everything taste better.” Bhutanese red rice gets its extra nutrients from the mineral-rich glacial waters of the Himalayas. Here’s to you, and cooking outside the box, Mom!

In a large heavy-bottomed or nonstick saucepan, combine the rice and water with the bouillon and soak for 30 minutes.

Add the raisins, goji berries, cranberries, almonds, garlic powder, white pepper, five-spice powder, and salt and stir to combine. Some of the spices may float on top—that’s okay.

Set the pan over medium-high heat and bring to a boil. Reduce the heat to low, cover, and cook for 50 minutes, or until the liquid is absorbed. Remove from the heat and let stand, covered, for 10 minutes before serving. Fluff with a fork and gently fold the butter into the hot rice until melted and the rice is evenly coated.

*Note: To use a rice cooker, follow the recipe steps above, including the soaking time, and cook according to the manufacturer’s instructions.*

*Serves 4*

- 1 ½ cups Bhutanese red rice**
- 3 cups water**
- 1 teaspoon or 1 cube vegetable or chicken bouillon**
- ½ cup raisins**
- ¼ cup dried goji berries**
- ¼ cup dried cranberries**
- ⅓ cup slivered or sliced almonds or shelled sunflower seeds**
- 1 teaspoon garlic powder**
- 1 teaspoon white pepper**
- ¼ teaspoon five-spice powder**
- 1 teaspoon salt**
- 2 tablespoons butter**





## Georgia Bourbon & Coca-Cola Meatloaf

This recipe calls for half pork and half beef, which adds a combined richer flavor and more tenderness than using ground beef alone. Dad's meatloaf recipe had a secret ingredient: old-fashioned Coca-Cola (which contained real sugar, not high-fructose syrup, also referred to as "Mexican Coke"). Back then, without social media or the internet, I'm not sure where he got the idea, but he was always experimenting with mystery or secret ingredients. Of course, Atlanta was the birthplace of Coca-Cola. The origins of ketchup ("ket-chap" or "ke-tsiap" in the Hokkien dialect), similar to Worcestershire sauce, can be traced back to 300 BC China and south Asia and began as a fermented fish sauce, sometimes with added flavors of cinnamon, clove, and tamarind. No wonder I like it so much! I like to use farm-raised meat from Riverview Farms and Brasstown Beef in Georgia, and Georgia Bourbon Whiskey from Moonrise Distillery, but you can substitute your favorite brands.

Preheat the oven to 350°F. In a small bowl, soak the crackers in the milk for 5 to 10 minutes.

In a large bowl, combine the beef, pork, onion, carrot, garlic, egg, 2 tablespoons of ketchup, cola, bourbon, Worcestershire sauce, pepper, garlic powder, and the cracker mixture. Using your hands or a serving fork, combine well.

Spread the meat mixture in an even layer in a loaf pan.

In a small bowl, mix together the teriyaki sauce, remaining  $\frac{1}{4}$  cup of ketchup, brown sugar, and dry mustard. Spread the sauce evenly to coat the top of the meatloaf.

Bake, uncovered, for 50 to 60 minutes. Remove from the oven and let the meatloaf rest for at least 10 minutes before slicing. Spoon extra teriyaki sauce on top before serving, if desired.

*Serves 2 to 4*

- 1 cup crushed saltine crackers
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  pound ground beef
- $\frac{1}{2}$  pound ground pork
- $\frac{1}{2}$  cup finely chopped sweet onion such as Vidalia
- $\frac{1}{3}$  cup grated carrot
- 1 garlic clove, minced
- 1 large egg, beaten
- $\frac{1}{4}$  cup plus 2 tablespoons ketchup, divided
- 2 tablespoons Mexican Coca-Cola or regular Coca-Cola
- 2 tablespoons Georgia bourbon whiskey
- 1 teaspoon Worcestershire sauce
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  cup Homemade Teriyaki Sauce (page xx), plus more for serving (optional)
- 1 tablespoon brown sugar
- 1 teaspoon dry mustard



## Seven-Spice Lemon Garlic Georgia Shrimp

Don't be bamboozled by the simplicity of this savory shrimp recipe. As nutritious as they are delicious, Georgia shrimp are uniquely chubby, sweet, and juicy, and carry the shichimi togarashi's matrix of flavors to a level of eloquence that belies the effortlessness of this dish. So if the weekend is coming up and you're in need of a magical "cheat" for a date night, or your in-laws have a tendency to "drop by" without notice, grab a couple of pounds of peeled, deveined shrimp, some fresh snow peas (or sugar snap peas), and a pack of nice pasta noodles. I pair this dish with Savory Miso Butter Garlic Noodles (as shown) and some Sautéed Lemon Pepper Snow Peas (page XX). They're sure to be impressed, and only you will know it was as easy as falling off a log.

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In a large skillet over medium heat, melt the butter and olive oil. Stir-fry the garlic for 30 seconds. Increase the heat to medium-high and add the shrimp. Stir-fry the shrimp until pink and heated through, about 3 minutes. Add the lemon zest, lemon juice, shichimi togarashi, and sea salt. Toss to coat the shrimp in the seasonings. Garnish with the cilantro and serve immediately.

*Serves 3 to 4*

**2 tablespoons butter**  
**2 tablespoons extra virgin olive oil**  
**4 garlic cloves, minced**  
**1 pound medium to large shrimp, peeled and deveined**  
**Grated zest and juice of 1 lemon**  
**½ teaspoon Japanese shichimi togarashi**  
**1 teaspoon Beautiful Briny Sea's French Picnic Sea Salt, or sea salt of choice**  
**¼ cup chopped cilantro, for garnishing**





## Gotcha Matcha Ice Cream Pie

As a child I had a dairy allergy and couldn't eat ice cream. Mom prohibited my sisters from eating ice cream in front of me to prevent meltdowns. They hid behind the sofa to eat their ice cream, but I still caught them. In Taiwan, dairy farms were scarce and full-fat cream was an imported luxury, so kids there grow up eating shaved ice with toppings such as sweetened adzuki beans and lotus seeds. With this dessert, you can have your pie and eat it, too! Matcha tea is believed to have health benefits, such as disease-thwarting antioxidants and metabolism-boosting polyphenols.

*Serves 6*

**½ gallon vanilla ice cream**  
**2 tablespoons matcha green tea powder**  
**⅛ teaspoon almond extract**  
**1 (10-inch) prepared graham cracker piecrust**  
**¼ cup sliced almonds, for garnishing**  
**Whipped cream, for garnishing**

Thaw the ice cream until it is slightly soft, then scoop it out into a large mixing bowl. Add the matcha powder and almond extract. With a large metal spoon or sturdy wooden spoon, blend well into the ice cream until it is an even shade of matcha green, about 2 minutes of mixing. Don't let the ice cream melt into a liquid. Fill the entire piecrust with an even layer of the ice cream mixture. Put the pie in the freezer to firm up, about 1 hour. Slice and serve the ice cream pie garnished with almonds and whipped cream.

# Hibiscus-Pomegranate Green Tea

For me, pomegranate tea is a perennial mood-lifter, perhaps because Mother Nature blessed it with one of the most beautiful colors on Earth. When made in the summertime and served in a repurposed pickling jar packed with crushed ice, the cheery little pomegranate seeds look like Christmas ornaments floating around in the North Pole snow, creating the perfect imagery for a sweltering Georgia afternoon.

To make iced tea, cut off the strings and tags of the hibiscus tea bag and the green tea bag and place them in a large spouted carafe or glass measuring cup. Add the hot water, cover with a silicone cover or plate, and steep for 6 minutes. Remove the tea bags and add the amber rock sugar. Whisk until completely dissolved. Add the cane sugar (if using). Juice of 1 pomegranate (about ½ cup) 2 tablespoons fresh pomegranate seeds (optional) Crushed ice, for serving 2 lemon slices, for garnishing

Pour half of the tea into each of 2 mason jars or beverage glasses. Add half of the pomegranate juice to each glass, then add 1 tablespoon of pomegranate seeds to each glass (if using). Fill with crushed ice. For a pretty presentation, stir to blend the fruits and ice. Garnish with lemon.

*Note: For a hot tea version, pour half of the tea concentrate into each of 2 microwaveable glass mugs. Add half of the pomegranate juice to each glass. Microwave for 30 seconds at a time until the desired temperature is reached. For a pretty presentation, spoon 1 tablespoon of fresh pomegranate seeds into each serving. Garnish with lemon.*

*Makes 2 servings*

- 1 hibiscus tea bag or 1 dried hibiscus flower**
- 1 green tea bag**
- 1 cup hot water**
- 2 tablespoons amber rock sugar**
- 2 teaspoons cane sugar (optional)**
- Juice of 1 pomegranate (about ½ cup)**
- 2 tablespoons fresh pomegranate seeds (optional)**
- Crushed ice, for serving**
- 2 lemon slices, for garnishing**

