



Vital Juice Cooking Class & Wine Tasting

Featuring Chef Melissa Petitto and
Sommelier Annette Tomei

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SHRIMP SUMMER ROLLS WITH SWEET CHILI SAUCE

INGREDIENTS:

YIELD: 8 each

½ cup	rice vinegar
½ cup + 2 tablespoons	Organic unbleached sugar
¼ cup	water
3 tablespoons	fish sauce
2 tablespoons	sherry or cooking sherry
3 each	garlic cloves, minced
½ to 1 tablespoon	dried crushed red chili flakes
1 ½ tablespoons	cornstarch dissolved in 3 tablespoons cold water
12 each	medium shrimp, peeled and deveined
2 ounces	dried rice vermicelli
8 (8 ¼ inch round)	rice paper wrappers
½ cup	mung bean sprouts, rinsed and drained
24 small	mint leaves, from about 1 bunch
16	Thai basil leaves
8 small	cilantro leaves
1 each	English cucumber, seeded and cut into ¼ by ¼ by 2 inch sticks
2 each	scallions, trimmed, halved and sliced into 3 inch lengths
4 each	Boston lettuce leaves, cut in half

METHOD OF PREPARATION:

1. Prepare sweet chili sauce first. Place all ingredients, except cornstarch water mixture, in a saucepan. Bring to a rolling boil.
2. Reduce the heat to medium and let boil for 10 minutes or until reduced by half.
3. Reduce heat to low and add the cornstarch water mixture. Stir to incorporate and continue stirring occasionally until the sauce thickens, about 2 minutes.
4. Pour sauce into a small bowl and allow to cool while you make the summer rolls.
5. Bring a medium saucepan of water to a boil over high heat. Add shrimp and cook for about 1 ½ minutes or until the shrimp are bright orange and just cooked. Drain shrimp in a colander and run under cold water until they are cool. Halve shrimp lengthwise down the center. Cover and refrigerate.
6. Cook the rice noodles according to the package directions. Drain and set aside.
7. Clear a work surface such as a large wooden cutting board for rolling the summer rolls, and prepare a pan that is roomy enough to hold the finished rolls in a single layer. Place all the filling ingredients in separate containers and arrange them in the following order around the work surface: rice paper wrappers, shrimp, rice noodles, bean sprouts, mint, basil, cilantro, cucumber, scallions and lettuce.
8. Fill a wide, shallow dish large enough to hold the rice paper wrappers with hot water. Evenly submerge one wrapper for about 30 seconds, or until it is soft and pliable. Remove from the water and place on the work surface.
9. Working quickly, lay 3 shrimp halves in a row, cut side up, just above the center of the wrapper. Layer a scant ¼ cup of the rice noodles over the shrimp; followed by a few bean sprouts, 3 mint leaves, 2 basil leaves, and 1 sprig of cilantro. Place 3 to 4 cucumber sticks and 3 to 4 scallion pieces on either side of the noodle pile. Roll one piece of lettuce into a cigar shape and place it on top of the pile.
10. Fold the bottom half of the rice paper wrapper over the filling. Holding it firmly in place, fold the sides of the wrapper in. Then, pressing firmly down to hold the folds in place, roll the entire pile up to close the top.
11. Turn each roll that the rice paper seam faces downward and the row of shrimp faces up. Place in the prepared container and cover with a damp cloth and plastic wrap.
12. Serve with Sweet Chili Sauce.

Calories	190
Calories From Fat	15
Total Fat	1.5 grams
Saturated Fat	0 grams
Sodium	750 mg
Protein	17 grams

Serve with: Riesling, Dr Loosen, Mosel-Saar-Ruwer, Germany

SPICY PORK, VEGETABLE AND CASHEW STIR FRY

INGREDIENTS:

YIELD: 4 servings

1 tablespoon	sherry (dry)
2 teaspoons	cornstarch
3 tablespoons	soy sauce
2 teaspoons	sesame oil
¾ pound	pork loin, boneless pork loin thinly sliced then cut into 2 x ¼ inch strips
1 teaspoon	Local honey
2 teaspoons	peanut oil
2 teaspoons	peeled fresh ginger, minced
½ teaspoon	crushed red chili flakes
1 each	red bell pepper, julienned
½ pound	asparagus, cleaned and cut into 2 inch pieces
1 cup	Chinese long beans, cut into 2 inch pieces
1 cup	broccoli florets
¼ cup	roasted salted cashews

METHOD OF PREPARATION:

1. Stir together the Sherry, cornstarch and 1 tablespoon soy sauce. Whisk in sesame oil.
2. Add pork, stirring to coat well and let stand for 10 minutes.
3. Stir together the sugar and remaining 2 tablespoons soy sauce.
4. Heat a wok or large nonstick skillet over high heat until smoking hot. Add 1 tablespoon to wok until just smoking. Add 1 teaspoon ginger, 1 teaspoon garlic and ¼ teaspoon pepper flakes until fragrant, about 5 seconds.
5. Add bell pepper and stir-fry 2 minutes.
6. Add asparagus, Chinese long beans, broccoli and cashews. Stir-fry for 2 minutes or until vegetables are crisp tender.
7. Transfer vegetables to a bowl.
8. Heat remaining 1 tablespoon peanut oil in wok until just smoking, stir fry remaining ginger, garlic and pepper flakes until fragrant, about 5 seconds.
9. Add pork and stir fry, separating strips, until browned and barley cooked through, 2 to 3 minutes.
10. Add vegetables back to wok. Add sauce mixture. Stir-fry until vegetables are al dente, about 1 to 2 minutes.

Calories	250
Calories From Fat	110
Total Fat	12 grams
Saturated Fat	2.5 grams
Sodium	680mg
Protein	23 grams

Serve with: Lambrusco Amabile, Cantina di Sorbara, Emilia-Romagna, Italy

COCONUT RICE PUDDING WITH MANGO

INGREDIENTS:

YIELD: 6 SERVINGS

1 ½ cup	Forbidden or Black Rice
2 cans (14 oz each)	unsweetened light coconut milk
generous pinch	salt
½ cup	organic unbleached sugar
½ each	vanilla bean, split open and scraped
1 cup	1% milk
1 each	lime, juiced
2 each	ripe mangoes, peeled and diced

METHOD OF PREPARATION:

1. Mix rice, coconut milk, salt, sugar and vanilla bean; bring to a boil. Simmer on low heat, stirring occasionally for 1 hour or until the mixture reaches desired thickness and rice is done.
2. Add milk throughout the last ½ hour of cooking and stir more frequently to prevent scorching as the pudding absorbs most of the liquid. Remove from heat and add lime juice to taste.
3. Adjust salt.
4. Cool and serve with diced mango tossed with remaining lime juice.

Calories	300
Calories From Fat	25
Total Fat	2.5 grams
Saturated Fat	0.5 grams
Sodium	75mg
Protein	6 grams

Serve with: Moscato d'Asti, Vigna Senza Nome, Braida di Giacomo Bologna, Asti, Piemonte, Italy