

Easy Stir-Fry

From the kitchen of

Barnyard Adventure

Global Gardens

Servings:	6
Prep Time:	10 min
Total Time:	1 hour

Ingredients:

1 tablespoon olive oil
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 cup sugar snap peas
1 cup carrots, sliced
2 cup mushrooms, sliced
2 cups broccoli
1 cup baby corn
½ cup water chestnuts
¼ cup soy sauce
3 garlic cloves, minced
3 tablespoons brown sugar
1 teaspoon sesame oil
½ cup chicken broth
1 tablespoon cornstarch
chopped green onions and
sesame seeds for garnish optional



Directions:

Add 1 tablespoon olive oil over medium-high heat in a wok or large skillet. Add bell pepper, peas, carrots, mushrooms, broccoli, baby corn, and water chestnuts. Sauté 2-3 minutes until veggies are almost tender.

In a small whisk together soy sauce, garlic, brown sugar, sesame oil, chicken broth, and cornstarch.

Pour over veggies and cook until the sauce has thickened. Garnish with chopped green onions and sesame seeds if desired serve over cooked rice or cooked ramen noodles

Notes:

Adapted from: Recipe Critic – Alyssa Rivers

Classic Ratatouille

From the kitchen of

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Servings:	6	Prep Time:	20 min	Total Time:	1 Hour
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Ingredients:

SAUCE

1 Tbs extra virgin olive oil
2 garlic cloves, minced
¼ C yellow onion, finely chopped
1 ¾ C crushed tomatoes
1 Tbs Balsamic Vinegar
1 Tbs dried Italian herbs
¼ Tsp sea salt, to taste

VEGGIES

2 small zucchini
2 small yellow squash
2 small eggplant
5 roma tomatoes
1 Tbs extra virgin olive oil
Sea salt and pepper to taste

Directions:

Preheat oven to 375°F. Spray a 1.5 qt. baking dish with non-stick cooking spray. Set aside.

For the sauce, heat a saucepan over medium-low heat. Add the olive oil and onions. Sauté for 3 minutes until the onions start to soften. Be careful not to brown the onions. Add the garlic and sauté for an additional minute. Add the crushed tomatoes, balsamic vinegar, Italian herbs, and salt. Stir and simmer for 5 minutes. Set aside.

Prepare the vegetables by cutting the ends off of each side. Using a sharp knife, cut all vegetables into the same thickness so they cook evenly. The eggplant may need to be quartered to match the size of the other vegetables.

To assemble the ratatouille, pour the sauce into the prepared baking dish. Next, layer the vegetables over the sauce by overlapping each vegetable. Arrange the vegetables in a consistent alternating pattern.

Drizzle the olive oil over the vegetables, and season with salt and pepper

Cover with foil and bake for 40 minutes, or until the vegetables are tender, not soggy.

Serve with fresh basil and grated parmesan.

Notes:

Adapted from: Recipe Critic – Alyssa Rivers

Borscht (Beet Soup)

From the kitchen of

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Global Gardens

Servings:	8
Prep Time:	20 min
Total Time:	40 min

Ingredients:

- 2 Tablespoon olive oil
- 2 carrots chopped
- 1 large potato cubed
- 1 cup thinly sliced cabbage
- 1 clove garlic minced
- 3 cups chicken or vegetable broth
- 4 cups beets, cleaned, chopped
- ½ teaspoon salt
- ½ teaspoon pepper
- Sour cream to garnish
- Fresh chopped dill for garnish

Directions:

In a large stock pot over medium high heat, heat your olive oil and toss in your chopped carrots, cubed potatoes, and sliced cabbage. Cook until the vegetables just begin to soften. You'll know they are ready when your potatoes just begin to start getting transparent. Toss in your garlic and saute everything for about 2-3 minutes.

Add in your broth, chopped beets, salt and pepper and bring to a boil. Reduce the heat to low and simmer until your vegetables are tender, about 20 minutes.

Serve hot with sour cream and fresh dill, add more salt and pepper to taste.

Notes:

Adapted from: Recipe Critic – Alyssa Rivers

Grilled Mexican Corn

From the kitchen of

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Servings:	4
Prep Time:	10 min
Total Time:	25 min

Ingredients:

4 ears corn
3 tablespoon mayonnaise
½ cup sour cream
¼ fresh cilantro, chopped
½ cup parmesan cheese
¼ cup cotija cheese
1 lime, juiced
Chili powder
2 limes cut into wedges

Directions:

Remove the husks of the corn

Grill the corn. Cook until it starts to get slightly charred on all sides

In a small bowl mix the mayonnaise, sour cream and cilantro

Remove the corn from the grill, using a basting brush slather the corn with the mayonnaise mixture

Squeeze the lime juice over the corn and sprinkle generously with the parmesan cheese and cotija cheese. Sprinkle with chili powder.

Notes:

Chicken Tinga

From the kitchen of

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Servings:	6
Prep Time:	10 min
Total Time:	30 min

Ingredients:

2 tablespoon vegetable oil
1 medium white onion, sliced
2 cloves garlic, minced
3 cups shredded cooked chicken
3 cups tomato, cubed
2 chipotle peppers in adobo, chopped
2 tablespoons chopped parsley
Salt and pepper to taste



Directions:

Heat oil in a large frying pan over medium heat and add the sliced onion. Stir-fry for 3 minutes and stir in the garlic. Cook for another 2 minutes until fragrant.

Mix in the chopped tomato and parsley, lower the heat, stir and let cook until tomatoes start releasing its juices. This step will take about 6-7 minutes. If your tomatoes aren't juicy enough add a couple of tablespoons of water.

Finally, add the chicken and chopped chipotle pepper. Simmer for about 8 more minutes until all the flavors had blended. Season with salt and pepper.

To serve, garnish with chopped parsley.

Notes:

Braised Pork Ribs w/Taro Stew

From the kitchen of

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Global Gardens

Servings:	10
Prep Time:	25 min
Total Time:	1 hr 40 min

Ingredients:

Marinade:

3 pounds pork ribs
1 tablespoon Shaoxing (Rice) wine
½ teaspoon dark soy sauce
½ teaspoon salt
¼ teaspoon sugar

2 tablespoons vegetable oil
1 slice of ginger, smashed
¼ cup shallots, minced
6 cloves garlic, slightly smashed
1 tablespoon Shaoxing wine
2 tablespoons ground bean sauce
2 teaspoons hoisin sauce
1 teaspoon soy sauce
½ teaspoon salt
1/8 teaspoon five spice powder
¼ teaspoon ground white pepper
½ teaspoon sesame oil
4 cups low sodium chicken stock
2 pounds taro root, cut into 2 in piece
2 scallion, cut into 2 in piece

Directions:

Combine the ribs with the marinade ingredients and marinate for 20 minutes. Heat 2 tablespoons of oil in a wok or Dutch oven over medium high heat. Add the smashed ginger and sear the ribs for 1 minute on each side until browned. Turn the heat down to medium and add the shallots and garlic. Stir-fry for another minute and add the Shaoxing wine, ground bean sauce, hoisin sauce, soy sauce, salt, five spice powder, white pepper, and sesame oil. Stir-fry the ribs for another minute.

Add the chicken stock, bring to a boil, and adjust the heat to a slow simmer. Cover and cook for 45 minutes, checking and stirring the mixture every 10 minutes. The ribs should be submerged in the liquid at the beginning and the sauce should reduce slightly but the braised pork ribs should still look a little soupy at the end of the 45 minutes so add more water or chicken stock if needed.

While the ribs are cooking, heat ½ cup vegetable oil to 300 degrees F in a wok or castiron pan and add the taro, spreading the pieces out so there is a single layer. Fry on each side until they just start to turn brown and have a slight crust on them, about a minute on each side. Drain the excess oil and toss the taro with a large pinch of salt. This process gives the taro a light crust and prevents it from becoming mushy after cooking with the ribs. Once the ribs have been simmering for 45 minutes, they should be tender. There should be quite a bit of standing liquid remaining. Add the taro, and gently fold the mixture together to coat the taro pieces with liquid. Let cook for another 15 minutes, giving everything a gentle stir every 2-3 minutes. If the liquid dries up completely, add another cup of water or chicken stock (the taro will absorb it).

Try a piece of taro and check for doneness. It should be flaky and cooked through. Cook longer if you want the taro softer. Stir in the scallions and serve.

Notes:

Adapted from: The Woks of Life

Millet Spinach Pulao Instant Pot

From the kitchen of

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Servings:	6
Prep Time:	10 min
Total Time:	15 min

Ingredients:

½ cup millet
1 onion
¼ cup green peas
1 teaspoon red chili powder
¾ cup water
Salt as needed

Grind and make a paste:

2 cups spinach
2 green chillies
1 inch ginger
1 clove garlic

To Temper:

1 teaspoon Ghee
1 bay leaf
1 inch cinnamon
1 cardamom
1 clove

Directions:

Wash and roughly chop the spinach. Make a paste out of spinach, green chillies, ginger and garlic by adding little water. Do not add more water. We need a thick paste. Wash and soak the millet for 30 mins in enough water. After 30 mins, drain the water and keep the millets aside.

Set the Instant Pot on saute mode. Once it becomes hot, add the ghee. Add bay leaf, cinnamon, cardamom, clove. Saute for 30 seconds till a nice aroma comes. Add the finely chopped onions and saute till it turns light brown. Next, add the peas and saute for a minute. Now add the spinach puree, red chilli powder and salt. Mix well.

Add millet and water. Check for salt. Mix gently. Press the cancel button, close the Instant Pot lid and make sure the vent is in the sealing position.

Press the "Pressure Cook" button and set the timer for 5 minutes. Manually, Release pressure 10 mins after the cooking is done. Open the pulao and let it cool for 5-10 mins. Then fluff it up with a fork or spatula

Notes:

Adapted from: [CakeWorkOrange](#) – Gayathri
