

Dad's Pad Thai

Oven temp:	Cook time (min):	Makes:
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3/4 lb bean sprouts
 1/2 lb. shrimp (pre-cooked is fine)
 6 oz pad Thai rice noodles
 4 eggs
 salt
 3 T lime juice
 3 T ketchup
 1 T brown sugar
 1/4 c fish sauce
 3 T peanut oil
 1 T minced garlic
 1 1/2 t red pepper flakes, noodles,
 peanuts & green onions
 1 1/2 c grated carrots
 3/4 c chopped peanuts
 1 1/4 c green onions

Bring pot of water to a boil. Blanch bean sprouts in boiling water for approximately 30 seconds, remove & drain well. Return water to boiling, add noodles. Cook 3-5 minutes til tender but firm; drain & rinse under cold water

Beat eggs with ;pinch of salt in small bowl

In separate bowl, stir together lime juice, ketchup, brown sugar & fish sauce. Set aside

Heat oil in wok or large skillet over medium-high heat. Fry garlic for a few seconds. Add pepper flakes & carrot , cook for 1 more minute; add shrimp during final 30 seconds to heat them; then remove

Add beaten egg & gently scramble. When eggs have set, add shrimp, carrots, sauce, bean sprouts, noodles,

From: **Dick Manelis (Framingham)**

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Gazpacho

Oven temp:	Cook time (min):	Makes:
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3 c. V-8 preferably the spicy variety
 3 fresh tomatoes (med or lrg)
 1 lrg cucumber
 1 med yellow onion
 1 lrg green pepper
 1/3 c cider vinegar
 1/2 t minced garlic
 1/4 t fresh chopped cilantro
 2 small jalapeno pepper
 without the seeds
 1 t fresh parsley
 1/8 t black pepper
 1/8 t sea (or Kosher) salt
 1/8 t cayenne pepper

Dice tomatoes, cucumber, onion & green pepper put into blender

For the blending,

Add V-8 only blend 1/2 blender full at a time.

In final batch, add other ingredients.

Use a large container to add diced vegetables, the blended vegetables & other ingredients.

Stir well!!

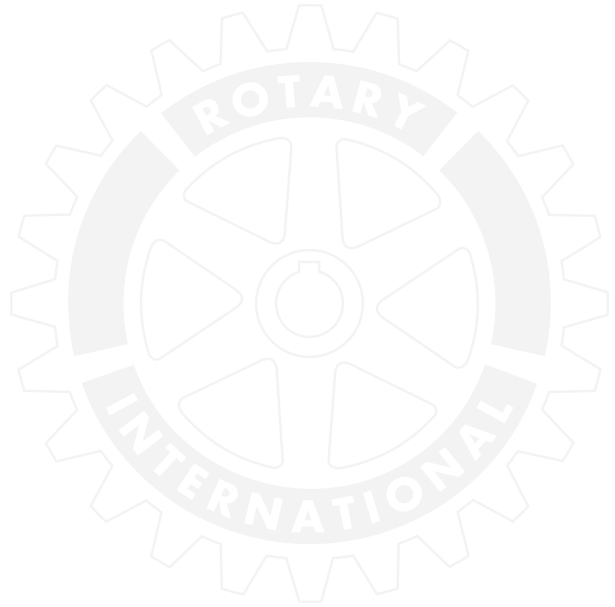
Refrigerate for two hours (or more).

Can be served with chips of ice on top.

From: **Dick Manelis (Framingham)**

Top

Type



Bottom

Type

