

VANG FARM VEGETABLE CURRY

Sauce:

1 can Coconut Milk
2 Tbls Curry Powder
1 Tbls Chopped Garlic
1 Tbls Chopped Onion
1 Tbls Salt
2 tsp Pepper
1 Tbls Chopped Ginger

1 Lemongrass Stalk
2 Tbls Vegetable Oil
2 Tbls Rice Vinegar
2 Tb lime juice
2 Tb Chopped Green Onion
2 Tb Chopped Cilantro
¼ Cup Vegetable Oil

Instructions:

Blend or whisk all sauce ingredients. Store in the fridge if not using immediately. Great for marinades.

Curry Vegetables:

½ cup Yellow Onion, chopped
4 cloves garlic, chopped
1/2 pound carrots, cubed
1/2 pound cauliflower, cut into florets

1/4-pound swiss card, rough chopped
Salt and pepper to taste
Vegetable oil, as needed

Instructions:

Sautee onions and garlic in vegetable oil on medium heat for a few minutes until tender. Add carrots and cauliflower to the sauté pan and continue to cook until browned and tender. Season with salt and pepper to taste. Once the carrots and cauliflower are tender, add the swiss chard and cook until “just” wilted. Add as much or as little of the coconut curry sauce, and heat all the way through, until the flavors are “married” – about 15 minutes. Serve over your favorite grains or with bread.

Kim's Stovetop White Rice

1 cup white rice, jasmine or basmati
1 1/3 cup water
Pinch of salt

Instructions:

Rinse and drain rice until the water runs clear. Make sure the rice is drained very well. Add rice to the pot with water and a pinch of salt. Bring the pot to a boil – do not walk away! The **SECOND**, the water comes to a boil, lower the heat to the absolute lowest setting your cooktop will muster, and then cover the pot **TIGHTLY**. If you do not have a lid, try plastic wrap and foil. Cook on low heat for **EXACTLY** 15 minutes, then turn the heat off. Remove lid, fluff the rice, and **RE-COVER TIGHTLY**. Leave the pot on the stove with the heat off for 15 more minutes.

VANG FARM BOK CHOY HERB SALAD

1/2 oz Mint, picked
1/2 oz Basil, picked
1/2 oz Dill, picked
1/2 oz Cilantro, picked
1 Baby Bok Choy, chopped
1 Stalk Celery, chopped

1 Carrot, julienned
1 Beet, raw, peeled and sliced
Salt and Pepper to Taste
Miso Mustard Dressing (recipe below)

Instructions:

Toss all salad ingredients with as much or as little dressing as you like.

Miso Mustard Dressing

1/4 cup Miso paste
1/4 cup Dijon Mustard
1/4 cup Honey
1/4 cup Sesame Oil

1/4 cup Rice Vinegar
1/4 cup Soy Sauce, Low Sodium
1 Tb Ginger, chopped
1 Tb Sesame Seeds, toasted

Instructions:

Mix all dressing ingredients and whisk together like the dickens or throw it all in the blender and pulse until blended.

SHOPPING LIST – MAIN STREET FARMERS MARKET VENDORS

All produce for these recipe unless noted below, can be found at Vang Farms at the Sunday Main Street Market.

- Honey – Honey Pacific or Energy Bee
- Beets – Smith Family Farms
- Limes – Valley Center Orchard

HOUA VANG – OWNER VANG FARM



The Santa Monica Farmers Markets create thriving, vibrant communities that are inclusive, connected and diverse by promoting the preservation of the agricultural arts, prosperity of CA farmers and small food businesses and sustainable food systems.

