

#126 OCTOBER 13, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

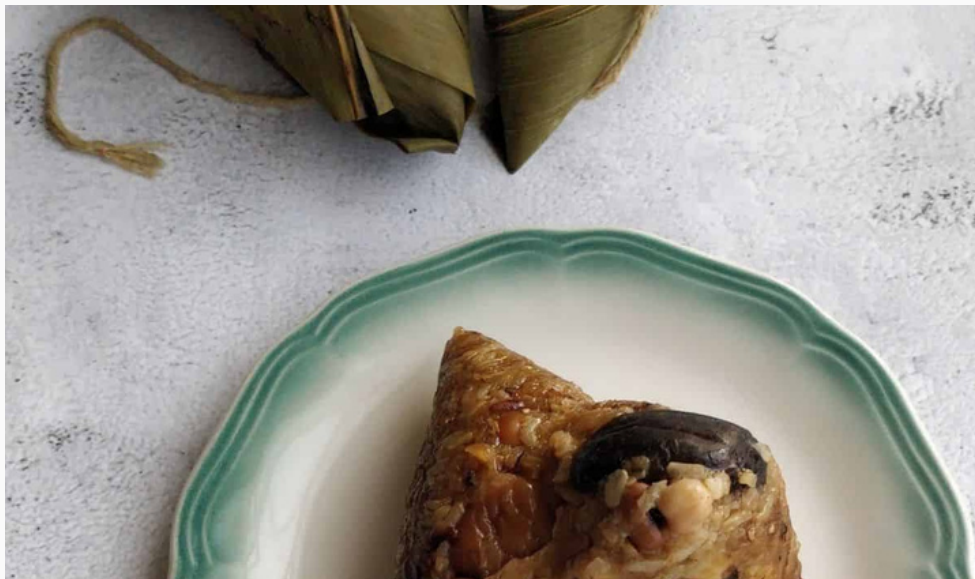
INSTRUCTIONS

- Cook soaked chestnuts in simmering water for 45 minutes. Drain and set aside. Soak 100g mung beans for a minimum of 2 hours.
- Heat a wok—Fry the mung beans. Season with salt and glaze with 1 tablespoon Shao Xing wine.
- Soak dried scallops and oysters in water for 30 minutes. Drain and set aside. Remove the hard stem from mushrooms.
- Heat oil in a wok to fry dried shrimp until crispy. Drain and set aside shrimp. Keep the wok. In the same oil, stirfry minced shallots and garlic until fragrant.
- Add in **1½** teaspoon salt with the drained glutinous rice and stir fry until evenly mixed. Season it with light soya sauce, dark soya sauce and spice powder. Glaze with 2 tablespoon Shao Xing wine.
- Stir fry until it's well mixed, transfer to a bowl and set aside to cool. Then wrap your zongzi. Add the marinated pork into the mixture when you wrap the rice dumplings.
- Boil the rice dumplings in water for a few hours, then remove them. Air dry before serving.

Notes

- You should prepare your leaves and rice by washing them and soaking them overnight.
- You should also marinate the pork overnight. Cut the pork into 1-inch chunks. Add sugar, light soya sauce, five-spice powder, 2 tablespoon Shaoxing wine, ginger juice, oyster sauce, white pepper and sesame oil. Cover and marinate overnight in the fridge.

https://www.honestfoodtalks.com/print_recipe/14877



STICKY RICE DUMPLING

INGREDIENTS

- 500 g [glutinous rice](#)
- 300 g pork belly
- 12 dried scallops
- 12 dried oysters
- 12 small dried Chinese mushrooms
- 12 small dried chestnuts
- 12 salted egg yolks
- 100 g mung beans
- ⅛ tsp salt
- 50 g dried shrimp
- 50 g minced shallots
- 30 g minced garlic
- 4 tbsps oil
- 1 ½ tps salt
- 2 tbsps [Shao Xing wine](#)
- 1 tbsp light soya sauce
- ½ tsp dark soya sauce
- 1 tsp [five spice powder](#)

Marinade for pork:

- ½ tsp sugar
- ½ tsp light soya sauce
- 1 tsp [five spice powder](#)
- 2 tps [Shao Xing wine](#)
- 2 tps ginger juice
- 2 tps oyster sauce
- ⅛ tsp white pepper
- 1 tsp sesame oil

INSTRUCTIONS

1. Place the orange on a cutting board and cut off the top and bottom.
2. Stand the orange up on the cutting board and remove the peel from the sides by cutting it from top to bottom, all the way around the orange, removing the white pith.
3. Cut along one side of the orange segment.
4. Cut along the other side of the orange segment at a slight angle to remove.
5. Set the orange slices aside for the salad.
6. Squeeze the remaining orange after segmenting and reserve the juice for the Asian dressing (you'll have about 2 tablespoons).
7. Preheat the oven to 350 degrees. Place the almonds on a rimmed baking sheet and bake for 7-10 minutes or until golden brown and fragrant.
8. Place the rice wine vinegar, oil, reserved orange juice, sesame oil, soy sauce, maple syrup, salt and pepper in a bowl and whisk until combined.
9. Place the napa cabbage, orange slices, carrot, bell pepper, green onions and cilantro in a large bowl.
10. Toss with enough dressing to coat, and top with the toasted almonds. Serve and enjoy!

<https://flavorthemoments.com/napa-cabbage-salad/>



Happy National Farmer's Day 10/12

NAPA CABBAGE SALAD WITH ASIAN DRESSING

INGREDIENTS

- 1 head napa cabbage small to medium size, halved and sliced thinly
- 2 medium navel oranges
- 1 medium carrot cut into matchsticks or grated
- 1 red bell pepper sliced thinly and cut into bite-sized pieces
- 2 green onions sliced thinly on the bias (use only dark green tops for Low FODMAP diet)
- 1/2 cup cilantro chopped
- 1/2 cup sliced almonds
- **ASIAN DRESSING:**
- 4 tablespoons rice wine vinegar
- 3 tablespoons neutral flavored oil such as vegetable or algae oil
- 2 tablespoons fresh orange juice squeezed from remaining orange after segmenting
- 1 tablespoon sesame oil
- 1.5 tablespoons reduced sodium soy sauce use wheat free tamari or coconut aminos for gluten free, paleo or Low FODMAP diets
- 1 tablespoon maple syrup
- 1/4 teaspoon sea salt or to taste
- 1/8 teaspoon freshly ground black pepper or to taste



In your Box This Week!

Microgreens*
Arugula*
Beets*
Kale*
Napa Cabbage*
Garlic*
Chestnuts

FREE TOP JAVA COFFEE SAMPLE
FREE GINGER

Extra-Small

Microgreens*
Arugula*
Beets*
Napa Cabbage*
Garlic*
Red Onions*
BMA Black and Tan Rice*
Chestnuts

FREE TOP JAVA COFFEE SAMPLE
FREE GINGER

Small

Microgreens*
Arugula*
Beets*
Napa Cabbage*
Garlic*
Kale*
Red Onions*
Yukon Potatoes*
Spring Mix*
BMA Black and Tan Rice*
Chestnuts
Wildflower Honey

FREE TOP JAVA COFFEE SAMPLE
FREE GINGER

Large

