

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING ASIAN CHICKEN THIGH & VEGETABLE STIR FRY

SALAD COURSE:

Asian Pear & Baby Spinach Salad with Ginger-Sesame Dressing

INGREDIENTS

4 cups baby spinach
1 Asian pear (or Bosc pear), thinly sliced
1 small cucumber, thinly sliced
2 scallions (green onions), thinly sliced on bias
2 tbsp toasted sesame seeds
1/4 cup cilantro leaves (optional)

GINGER-SESAME DRESSING

3 tbsp rice wine vinegar
2 tbsp low-sodium soy sauce
1 tbsp sesame oil
1 tbsp neutral oil (canola or vegetable)
1 tsp honey
1 tsp grated fresh ginger
1 small clove garlic, minced
Pinch of red pepper flakes (optional)

PREPARATION

Whisk all dressing ingredients until emulsified. Taste and adjust honey or soy for balance.

In a large bowl, combine spinach, pear, cucumber, scallions and cilantro. Toss lightly with dressing just before serving.

Sprinkle toasted sesame seeds over the top.

PRESENTATION

Serve on chilled salad plates. Fan pear slices on top for visual appeal. Drizzle any extra dressing in a thin line across the plate and finish with a few whole cilantro leaves.

ENTRÉE — ORIENTAL-STYLE GARLIC BONELESS SKINLESS CHICKEN THIGHS WITH STIR-FRY VEGETABLES

INGREDIENTS (SERVES 4)

1½ lb boneless, skinless chicken thighs, trimmed and halved
3 tbsp low-sodium soy sauce
1½ tbsp oyster sauce
2 tbsp Shaoxing wine (or dry sherry)
2 tbsp rice vinegar
1½ tbsp honey or brown sugar
4 large garlic cloves, minced
1 tbsp fresh ginger, minced
1 tsp toasted sesame oil
2 tbsp neutral oil for cooking (vegetable/canola)
1 red bell pepper, sliced into strips
2 cups snow peas or sugar snap peas
1 medium carrot, julienned
1 small head bok choy or baby bok choy, halved lengthwise
3 scallions, cut into 2-inch pieces
1 tsp cornstarch mixed with 2 tbsp water (slurry)
Salt and black pepper to taste
Sesame seeds and chopped cilantro for garnish
Marinade (can be used for 20–30 min
2 tbsp soy sauce, 1 tbsp Shaoxing wine, 1 tsp sesame oil, 1 clove garlic minced

PREPARATION

Marinate the chicken thighs briefly (20–30 minutes) with the marinade ingredients. Pat dry slightly before cooking.

Combine soy sauce, oyster sauce, Shaoxing wine, rice vinegar, honey, remaining minced garlic and ginger in a bowl — this is the stir-fry sauce.

Heat a large wok or heavy skillet over high heat. Add 1 tbsp neutral oil. Sear chicken pieces in a single layer (do not overcrowd) 2–3 minutes per side until golden and cooked through. Remove and set aside.

Add remaining 1 tbsp oil to the wok. Stir-fry carrots and bell pepper 1–2 minutes, then add snow peas and bok choy; toss 1–2 minutes until vegetables are crisp-tender. Add scallions.

Return chicken to the wok, pour sauce over, toss to combine. Add cornstarch slurry, stir 30–60 seconds until sauce thickens and coats the chicken and vegetables. Adjust seasoning with a dash of soy or a pinch of salt if needed. Finish with a drizzle of toasted sesame oil and toss once.

PRESENTATION

Arrange the chicken and vegetables on a warmed oval platter or family-style serving bowl. Sprinkle with toasted sesame seeds and chopped cilantro. Optionally garnish with thinly sliced red chili for color.

SIDE DISH 1 — GARLIC GINGER JASMINE RICE

INGREDIENTS

2 cups jasmine rice, rinsed until water runs clear
3¼ cups water (or chicken stock for extra flavor)
1 tbsp vegetable oil
1 small clove garlic, minced
1 tsp grated fresh ginger
Pinch of salt

PREPARATION

In a medium saucepan, heat oil over medium. Sauté garlic and ginger 30 seconds until fragrant.

Add rinsed rice and stir to coat for 1 minute. Add water (or stock) and a pinch of salt. Bring to a boil, then reduce heat to low, cover and simmer 15–18 minutes until liquid is absorbed. Remove from heat and rest 10 minutes. Fluff with fork.

PRESENTATION

Serve in a small bowl or molded with a ring for a neat mound beside the entree. Garnish with a few scallion slices.

SIDE DISH 2 — SESAME ROASTED BROCCOLI & SHIITAKE MUSHROOMS

INGREDIENTS

1 large head broccoli, cut into florets
8 oz shiitake mushrooms, stems removed and sliced
2 tbsp olive oil
1 tbsp soy sauce
1 tsp sesame oil
1 tbsp toasted sesame seeds
Freshly ground black pepper

PREPARATION

Preheat oven to 425°F (220°C). Toss broccoli and mushrooms with olive oil, soy sauce and black pepper.

Spread on a sheet pan in one layer. Roast 12–15 minutes until edges char slightly and broccoli is tender. Toss with sesame oil and toasted sesame seeds before serving.

PRESENTATION

Serve on a warm platter next to the entrée, finishing with a light sprinkle of sesame seeds and a lemon wedge on the side for brightness.

DESSERT — GINGER-INFUSED HONEY POACHED PEARS WITH MASCARPONE

INGREDIENTS (SERVES 4)

4 small pears, peeled with stems intact
2 cups water
1 cup honey (or $\frac{3}{4}$ cup sugar + $\frac{1}{4}$ cup honey)
1-inch piece fresh ginger, sliced thin
1 cinnamon stick (optional)
1 cup mascarpone cheese
2 tbs powdered sugar (adjust to taste)
Zest of 1 lemon

PREPARATION

In a medium saucepan combine water, honey, ginger slices and cinnamon stick. Bring to a gentle simmer.

Add pears and simmer gently 12–18 minutes depending on size until tender but still holding shape. Remove pears and cool slightly. Reduce poaching liquid to a syrupy consistency if desired.

Whip mascarpone with powdered sugar and lemon zest until smooth. Chill briefly.

PRESENTATION

Place one pear on each dessert plate. Spoon a dollop of mascarpone alongside and drizzle with a few tablespoons of the warm syrup. Garnish with a thin lemon twist or a small mint leaf.

WINE PAIRING

RECOMMENDED WINE: ETHERO ALBARIÑO WHITE WINE

Why this wine is the best choice

Albariño offers bright citrus and stone-fruit notes along with high natural acidity and a subtle saline minerality — excellent with garlic-forward, slightly sweet-savoury Asian sauces and with seafood-like umami from mushrooms and bok choy. Its acidity cuts through the richness of the chicken thighs and honey elements while complementing the ginger and sesame flavors, refreshing the palate between bites.