



Japanese Smoked Pumpkin Salad



This is a great Japanese dish to make at home.

Ingredients

- Silken tofu 10 gm
- Palm hearts 10 gm
- Roasted pumpkin seed 02 gm
- Mixed cress 05 gm
- Watermelon radish 20 gm
- Green apple 30 gm
- Roquette 20 gm
- Edible flower 2

For smoked pumpkin

- Yellow pumpkin 200 gm
- Wood chips 04 gm
- Olive oil 15 ml
- Garlic cloves 3 n

For miso mustard dressing

- White miso 3 tbsp
- Japanese mustard 4 tsp
- Rice vinegar 2 tbsp
- Salt to taste
- Pepper powder to taste
- Sugar 1 tbsp
- Mirin 1 tbsp
- Water 1 tbsp
- Salad oil 1/2 cup

Method:

For dressing Mix water and mustard. Add

Mirin, sugar, rice vinegar, add miso and blend well. While continuously whisking slowly, pour in the oil and let it blend in the mixture, adjust the seasoning.

For smoked pumpkin

Wash and peel pumpkin. With the help of vegetable slicer or mandolin slice it thin through its length. Rub all the pumpkin slices with oil and little salt and roast for 8 minutes at 200 c. In a small metal bowl or fire dish burn some wood chips and drop the slices in the same bowl.

Cover it with lid. Leave it for 10 minutes so that pumpkin can absorb the aroma. Roll each smoked pumpkin slice with mixed cress filling and keep it on side. Dress seaweed, palm heart, radish, green apple slices and rocket leaf with miso mustard dressing and arrange it on the plate with rolled smoked pumpkin and crumbled tofu.

Dizzle miso mustard dressing and sprinkle some pumpkin seeds (roasted) and serve.

A Fresh Spin On Caesar Salad With Brussels Sprouts, Sardines

By Melissa D'Arabian

For all the grief the Caesar salad gets in the culinary world, I proudly admit to adoring the classic flavour combination - garlicky-lemon dressing mixed with anchovy-umami undertone that can only come from salty fish, topped off with nutty, pungent parmesan. If I could eat only one salad for the rest of my life, it would be some form of Caesar.

Today's recipe for Brussels Sprouts Caesar with Sardine Croutons is a pivot on the standard version. The dressing is my quick weeknight version, using a tiny bit of mayo for creaminess instead of raw egg. Instead of romaine, I use shaved raw Brussels sprouts, which significantly boost the protein over other lettuces and greens.

And, the bright lemony dressing completely covers any lingering cruciferous notes from the raw Brussels that may bother some palates.

I leave off the bread croutons, a move originated in honour of my daughter's intolerance of gluten, but one that works out well for those watching carbs. Instead, I lightly saute up sardines and cut them into cubes to stand-in as croutons, boosting protein, omega-3s and salty flavour. I skip the anchovy paste, no longer necessary, in the dressing.

If the sardines scare you, I'd like to encourage you to give them a try, in this recipe or in another. A can of sardines will only set you back a buck or two, and are handy to have in the pantry. If you are a canned sardine newbie, I'd suggest looking for the words "boneless and skinless" on the label. The bones are actually barely detectable, and the skin is tasteless, but the skin is hard to remove, and its silvery colour is a bit of a turn-off for my kiddos. So



maybe start slow.

When you open the can, gently remove the sardines (don't worry if they break a little; they are delicate.). Blot them in a paper towel to remove excess oil - and fishy flavour - thoroughly. Final tip: Serve sardines with plenty of citrus to appreciate a marriage of flavours that just works. If I can't convince you, though, I've made this Caesar recipe with canned tuna instead - just drain the tuna and spoon right on top of the salad.

Brussels Sprouts Caesar With Sardine Croutons

Servings: 6

Start to finish: 20 minutes

1 pound Brussels sprouts, sliced or shredded (about 4 cups total)

1 small can (3.75 ounces) skinless, boneless sardines, drained and blotted dry with a paper towel

1 tablespoon flour

Olive oil in a mister

Dressing:

1 tablespoon mayonnaise

1 teaspoon Dijon mustard

3 tablespoons fresh lemon juice

1 teaspoon extra virgin olive oil

1 tablespoon grated Parmesan cheese

1/2 teaspoon finely minced

fresh garlic

1/4 teaspoon freshly ground black pepper

1 ounce of Parmesan cheese (for shards)

Extra lemon and black pepper for serving, optional

Place shredded Brussels sprouts in a large salad bowl and set aside. Heat a small nonstick saute pan over medium-high heat. Gently dredge the sardines in the flour, lightly coating the sardines with the flour on both sides.

(You may skip this step entirely, and just saute the patted sardines. Spray the pan with a light coating of olive oil and cook the sardines until lightly crusty and golden, about 3 minutes per side. Remove from heat and set aside.

Meanwhile, make the dressing: whisk all the dressing ingredients together in a small bowl. Spoon the dressing onto the shredded sprouts and toss to coat well. Top with sardines (serve whole or cut into cubes), a few shards of parmesan cheese and additional black pepper and serve with extra lemon wedges, if desired.

Pic: Brussels sprouts Caesar salad with sardine croutons in Bethesda, Md. (Melissa d'Arabian via AP)

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