Jasmine Deli Style Noodle Salad



serves 4

1 lb. thin-cut heritage pork chops, still half-frozen
4 large cooked wild-caught shrimp
3 oz. vermicelli rice noodles
4 c. red leaf lettuce, washed and chopped

Toppings: 1 carrot, grated 1/4 cucumber, julienne sliced

2 green onions, sliced thinly 1/4 c. fresh mint, sliced 1/2 c. fresh cilantro, sliced

1/4 c. fresh basil, sliced

Glaze: 1/4 c. coconut aminos 2 T. maple sugar 1 T. lemon juice 1 clove garlic, minced 1/2 inch piece fresh ginger, minced 1 t. toasted sesame oil 1 T. corn starch 1 T. cold water

Dressing: 2 T. peanut sauce 2 T. Red Boat fish sauce 2 T. rice vinegar 1 T. avocado oil

Combine corn starch and cold water in a small bowl, stirring well. In a glass measuring cup combine remaining glaze ingredients, and whisk in the cornstarch slurry. Microwave for up to one minute, whisking every 15 seconds, until thick. Alternately you can combine in a small saucepan and boil for one minute, whisking constantly. Set aside.

Whisk together the dressing ingredients in a small bowl. Set aside.

Place the rice noodles in a three-quart pot. Boil 2 quarts water and pour over the noodles. Set the timer for three minutes, poking the noodles so that they all submerge. When the time is up, strain the noodles and leave to drain in the strainer over the pot.

Prepare the toppings and place each in separate bowls. Place the cooked shrimp in a bowl.

Slice the half-frozen pork chops thinly into 1/4 inch slices. Line a broiler pan with aluminum foil. Place the pork slices on the foil, and baste with half of the glaze. Turn your broiler on low, and broil the pork until it begins to sizzle, watching carefully. Take it out of the oven, turn the slices over, and baste with the remaining glaze. Return to the broiler and continue to watch and turn the pan until the meat is uniformly browned. Careful because the sugars can easily brown. Remove from the oven and set aside.

To serve, fill four salad bowls each with 1 c. lettuce and 1 c. vermicelli. Top with 1/4 of the pork, one shrimp, and allow diners to add the toppings of their choice. Pass the dressing.

© Betsy Leighton 2020 / dairyfreegaps.wordpress.com