

Food Truck Favorites

June 2011

Menu:

Braised Pork Tacos with
Chili Salsa and Sesame Slaw

Cheese & Herb Empanadas with
Mango-Lime Sauce

Chicken Vietnamese Sandwiches (Bahn Mi)

Blueberry Hand Pies with Lemon Glaze



Braised Pork Tacos with Chili Salsa and Sesame Slaw

makes 8 tacos

for the pork:

- 1 1/2-2 lbs pork shoulder, trimmed of most fat, cut into 2-inch chunks
- 1 onion, sliced large
- 6 cloves garlic, peeled
- 1 tbl chopped canned chipotle chili
- 1 orange, sliced (with skin on!)
- 8 sprigs cilantro
- 1 tbl cumin
- 1 cup dark beer
- 2 cups beef stock, as needed
- salt and pepper, as needed

for the salsa:

- 2 large dried ancho or pasilla chilies
- 3 roma tomatoes, halved & seeded
- 1/4 cup finely chopped onions
- 1 clove garlic
- 1/4 cup cilantro leaves
- 1/2 tsp cumin
- 1 lime, juiced

for the tacos:

- 4 cups finely shredded cabbage
- 1/4 cup finely sliced red onion
- 1/4 cup finely chopped cilantro
- 1 tsp sesame oil
- 1/2 tsp grated fresh ginger
- 2 tsp fresh lime juice
- 8-10 corn tortillas

***** Preparation ******

For the pork:

Combine the pork, onion, garlic, chipotle, orange, cilantro, cumin and beer in a heavy bottomed pot and cover with beef stock to cover by about 1-inch. Bring to a boil, immediately reduce heat and simmer for 45 minutes or until fork tender. Remove from heat.



For the salsa:

Preheat oven to 400 degrees. Cover the chilies with boiling water and set aside for 10 minutes. Toss the tomatoes, onions and garlic with olive oil and place on a baking sheet. Roast for 15 minutes or until vegetables are charred in some places. Remove the chilies from the water - discard the seeds and stems. Place the chilies into a blender with the roasted vegetables, cilantro, cumin and juice of half of the lime. Blend until smooth, adding a little water as needed. Season with plenty of salt and more lime juice as needed.

For the tacos:

Toss together the cabbage, onion, cilantro, sesame oil, ginger and lime juice. Season with salt and pepper and let sit for 15 minutes.

To finish, shred the pork and keep moist with some of the braising liquid. Warm the tortillas on a hot pan or griddle. Fill with pork, a drizzle of salsa and the slaw. Serve immediately.



Cheese & Herb Empanadas with Mango-Lime Sauce

12 empanadas and 1 cup sauce

for the dough:

- 3 cups AP flour
- 1 tsp baking powder
- 1 tsp salt
- 1 stick butter, room temperature, cut into small pieces
- 1/3 cup ice water, plus more as needed

for the filling:

- 1 cup grated fontina
- 1 cup crumbled feta cheese
- 1/4 cup chopped cilantro
- 1 egg, lightly beaten
- 1 gallon vegetable oil

for the sauce:

- 1 ripe mango
- 1 tsp finely chopped jalapeno
- 1 tsp fresh lime juice
- salt and pepper, as needed
- sugar, as needed

***** Preparation ******

For the dough:

Combine the flour, baking powder and salt in a food processor and pulse to combine. Add the butter and water and pulse until dough comes together -- adding a little more water as needed. Dump the dough on the counter and knead a few times to create a smooth ball. Wrap in plastic and let sit at room temperature for 1/2 hour. Roll out dough to about 1/8-inch thin and cut 3-inch circles. Fill and use immediately or refrigerate until ready to use.

For the filling & cooking:

Heat the oil in a deep pan or counter-top deep-fryer. Combine the fontina, feta and cilantro. Fill each dough circle with 2 tbl of filling, brush the edges with the egg wash and fold over to create a half moon. Fold the edges over and crimp using your fingers or a fork -- BE SURE THE FILLING IS COMPLETELY SEALED IN AND THERE IS NO AIR INSIDE or they will fall apart in the oil.

Place the empanadas into the oil and cook until golden.

For the sauce:



Blend together the mango flesh, jalapeno and lime juice. Season with salt and pepper as needed and add more sugar to sweeten as desired.

Serve the empanadas hot with the sauce on the side for dipping.



Chicken Vietnamese Sandwiches (Bahn Mi)

makes 5 sandwiches

- 1 1/2 cup shredded carrot
- 1 cup shredded radish
- 1/4 cup thinly sliced jalapeno
- 1/4 cup thinly sliced onions
- 1/2 cup rice vinegar
- 1 tbl sugar
- Salt and peper, as needed
- 1 baguette
- vegetable or olive oil, as needed
- 8 slices sliced ham
- 1/4 cup mayo
- 2 cups shredded cooked chicken
- 1 cup cilantro leaves

***** Preparation ******

Preheat oven to 400 degrees.

Toss together the carrot, radish, jalapeno and onion with the vinegar and sugar. Add a few pinches of salt. Set aside for 15 minutes.

Heat the baguette in the oven until warm -- split in half.

Heat a skillet and add a drizzle of oil. Add the ham slices and cook until slightly golden.

Building the sandwiches with: spread of mayo, some of the chicken, a couple slices of ham, some of the vegetable mixture and plenty of cilantro leaves. Serve immediately.



Blueberry Hand Pies with Lemon Glaze

makes 4 pies

3 cups Fresh blueberries

1/4 cup flour

1/4 cup sugar

1 lemon

1 round store-bought pie dough

1 egg, mixed with 1 tbl water

1/2 cup powdered sugar

fresh lemon juice, as needed

***** Preparation ******

Preheat oven to 375 degrees.

Toss the berries with the flour, sugar and enough lemon juice to lightly coat.

Cut the pie dough into quarters. Divide the berries onto each pie dough quarter. Brush the edges with the egg wash and fold each piece of dough over, sealing the two edges.

Place on a baking sheet and cut two small slices into the top of each pie to vent the steam. Brush with the egg wash and bake for 20 minutes or until very brown and bubbling.

Let cool for 5-10 minutes.

Meanwhile, whisk together the powdered sugar with just enough lemon juice to thin slightly. Drizzle the glaze over the pies and serve.