

Recipes by Chef Lily



Fresh Shrimp and Avocado Spring Rolls

Makes 6 Rolls

- 2 ounces thin rice noodles, cooked according to manufacturer's instructions
- 6 rice paper wrappers
- ½ cup sliced cooked shrimp
- 3 tablespoons minced green onions
- 1 medium carrot, grated
- ½ red bell pepper, sliced thin
- ½ cup shredded purple cabbage
- 2 ripe avocados, skin & the pit removed & thinly sliced
- 1 tablespoon Black sesame seeds
- Spring Roll Sauce for dipping

Fill a large bowl with warm water. Submerge one wrapper in the water until it is soft.

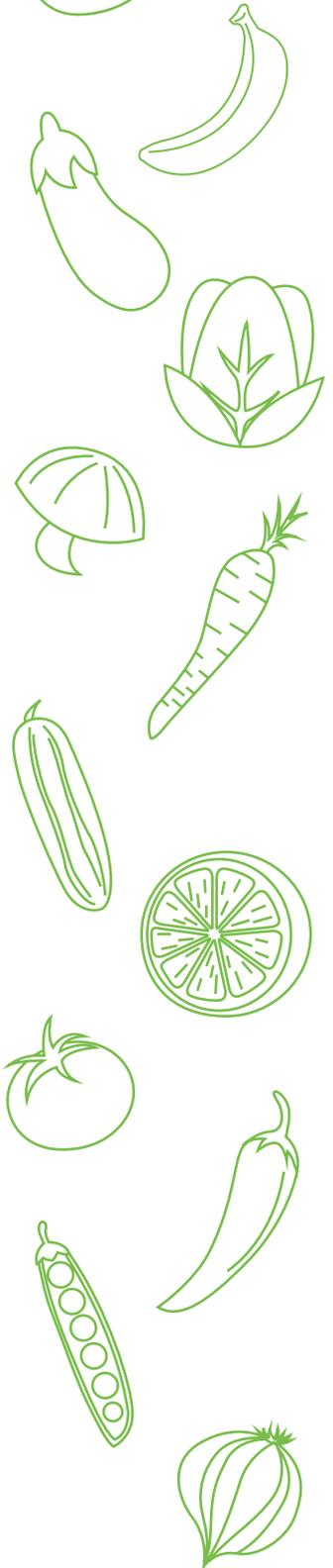
Lay wrapper flat.

In a row across the center, place 1/6 of your shrimp, a tablespoon or two of rice noodles and cabbage, ½ tablespoon of each green onion and carrots, and a few slices of each red pepper and avocado - leaving about 2 inches uncovered on each side.

Fold sides on the left and right inward and then tightly roll the wrapper, beginning at the bottom and rolling upwards.

Repeat with the remaining spring rolls.

Sprinkle each with sesame seeds and serve with Spring Roll Sauce.



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Coconut Curry Soup with Tofu

Makes 6-8 servings, or about three quarts of soup

- 3 tablespoons coconut, vegetable or olive oil
- 1 cup diced yellow onion (about ½ medium onion)
- 1 cup diced zucchini (about 1 small-medium zucchini)
- ½ cup diced mushrooms
- ½ cup diced carrots (about 2 medium carrots)
- 2 teaspoons fresh minced garlic (about two medium cloves)
- 1- 8 ounce can bamboo shoots, drained well
- 3-5 tablespoons Red Curry Paste (I like Thai Kitchen Brand)
- 6 cups vegetable stock
- 1-13.66 ounce can coconut milk
- 4 ounces' thin rice noodles, broken into pieces
- 8 ounces' seasoned cooked Tofu, diced
- 1 tablespoon fresh lime juice (about ½ small lime), plus more to taste
- ½ cup roughly chopped fresh cilantro or basil
- Salt, to taste

Heat the oil in a large pot over medium-high heat.

Add the onion and ½ teaspoon salt and cook, stirring occasionally, until softened and lightly browned, 5-8 minutes.

Add the zucchini, mushrooms, and carrots, and cook about 5-8 minutes longer.

Add the garlic and curry paste and cook, stirring, about 2 minutes. Add the stock, bamboo shoots, and coconut milk and bring to a simmer.

Add the tofu and noodles and simmer, uncovered, until the noodles are al dente. Stir in the lime juice and cilantro or basil. Season with more salt and lime juice to taste and serve.



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Chai Iced Tea

Makes approximately 9 cups

- 8 cups of water
- 8 caffeine free chai tea bags
- 1-14-ounce sweetened condensed milk

Bring the water to a boil in a medium saucepan.

Add the tea bags to the boiling water, remove from the heat, and let steep for 12 minutes.

Remove the tea bags, squeezing the excess water from them into the pot of tea.

Allow it to cool, and place tea in a pitcher. Stir in the sweetened condensed milk and serve over ice.



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