



Total Locals Club

Recipes for pairing with Total Locals
Club July 2012 Selections

www.tastelocalwines.com
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Buns of Chicken Spareribs and Tangy Coleslaw

Serve chicken and slaw on toasted burger or hotdog rolls for your next picnic
and pour the 2010 Peterson Barbera or 2008 Praxis Lagrein

Serves 4

Ingredients:

- 1 tablespoon vegetable oil
- 2 pounds boneless, skinless chicken thighs
- 3/4 cup plus 1 tablespoon water
- 1/4 cup soy sauce
- 1/3 cup packed light brown sugar
- 3 tablespoons Hoisin Sauce
- 2 tablespoons apple cider vinegar
- 1 teaspoon chopped garlic
- 1/4 teaspoon ground ginger
- 1/4 teaspoon crushed red pepper flakes
- 1 tablespoon cornstarch

In a large skillet, heat oil over medium-high heat. Add chicken and brown on all sides, 5 to 7 minutes.

In a medium bowl, combine 3/4 cup water, the soy sauce, brown sugar, Hoisin Sauce, vinegar, garlic, and ginger and red pepper flakes; stir into chicken.

Bring to a boil, cover, reduce heat to low and simmer 15 minutes, turning occasionally.

In a small bowl, combine cornstarch and remaining water. Stir into chicken and cook until sauce has thickened. Serve immediately.

Asian Coleslaw With Tangy Rice Vinegar:

- 4 cups shredded red cabbage
- 1/2 cup shredded carrot
- 2 bok choy stalks with leaves
- 1 1/2 - 2 cups mung bean sprouts
- 2 teaspoons extra virgin olive oil
- 1/4 cup rice vinegar
- 3/4 teaspoon sesame seed oil
- 2 teaspoons chopped fresh cilantro leaves
- 1 tablespoon toasted sesame seeds

Wash the vegetables and drain thoroughly. Shred the cabbage and carrots. Separate the bok choy stalks and leaves. Cut the stalks diagonally and cut the leaves straight across. Toss the shredded cabbage, carrots, bok choy and mung bean sprouts in a large bowl. Set aside. Stir the olive oil into the rice vinegar. Stir in the sesame seed oil. Place the dressing in the bottom of a bowl, add the vegetables and toss again. Add the cilantro and sprinkle the toasted sesame seeds on top.

