



Lemongrass Soup with Ginger, Coconut Milk and Yellow Curry

Ingredients

- 4 stalks lemongrass, use only the bottom portion, rough chop
- ½ cup chopped fresh ginger, peeled, rough chop
- 8 cup vegetable stock
- 2 Tablespoons minced fresh garlic
- 1½ cup coconut milk, not light
- 2 cup Mung bean sprouts, washed and dried
- 1½ cup sliced red bell pepper,
- 1 cup thinly sliced carrots, peeled (matchstick-sized)
- ¾ cup thinly sliced scallions,
- Juice of 1 lime
- 1 Tablespoon sugar
- 1 cup loosely cilantro leaves, rough chop
- ½ cup fresh basil leaves, rough chop
- 1 Tablespoon yellow curry paste
- Soy sauce to taste

Instructions

Add the lemongrass, ginger and garlic to a large pot. Pour the coconut milk and stock on top and bring to a boil. Immediately reduce the heat to low, cover and gently simmer for 45 minutes. Then turn off the heat, keep the pot covered and let the ingredients infuse for another 45 minutes. Strain the liquid over a large bowl, discard the lemongrass, ginger and garlic. Pour the broth back into the pot.

Add all of the vegetables. Cover and simmer until they're tender, about 15 minutes. Add sugar, lime juice, cilantro, basil and curry paste. Then season to taste with soy sauce.

Enjoy with a glass of the 2022 Sauvignon Blanc while listening to Israel Kamakawiwo' ole's "Henehene Kou'aka" song.





Grilled Tri-Tip with Rosemary and Paprika with Fresh Herb Pesto

Ingredients

- 2 teaspoon sea salt
- 2 teaspoon freshly ground black pepper
- 2 teaspoon garlic powder
- 1 ½ teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon fresh rosemary leaves, minced
- ¼ cup red wine vinegar
- 1/3 cup vegetable oil
- 4 cloves crushed garlic
- ½ teaspoon Dijon mustard
- 1 teaspoon brown sugar
- 2 1/2 lb tri-tip

Instructions

Mix all ingredients except for the tri-tip in a bowl. Place tri-tip in a zip lock bag and add marinade to the bag. Seal bag and refrigerate for 4 hours. Meanwhile, prepare your herb pesto. Cover top of pesto with Saran Wrap and refrigerate.

Remove tri-tip from the refrigerator. Let sit until beef gets to room temp. Preheat an outdoor grill for high heat; lightly oil the grates. Place tri-tip on the preheated grill. Flip every 4 minutes until tri-tip starts to firm up and is reddish-pink and juicy in the center, 20 to 25 minutes total. An instant-read thermometer inserted into the center should read 125°. Let rest for at least 10 minutes before slicing. Top with the pesto.

Blend all ingredients into a food processor until smooth.

Pair with the 2020 The Deviant and David Bowie's "Let's Dance".

Summer Herb Pesto Ingredients

- 1 garlic cloves, minced
- ½ c fresh basil leaves
- ½ c fresh flat-leaf parsley leaves
- ½ c fresh spinach leaves
- ¼ c chopped fresh oregano
- ¼ c grated Parmesan cheese
- 1 pinch red pepper flakes
- salt and freshly ground black pepper to taste
- 1/3 c olive oil

