

Chicken & Cilantro Bites



Chicken and Cilantro Bites

- ¼ cup soy sauce
- ¼ cup rice vinegar (not seasoned)
-
- 1 lb ground chicken (not breast meat – I use thighs and grind myself)
- 1 large egg
- ½ cup finely chopped fresh cilantro (I use Vietnamese cilantro)
- 2 scallions, finely chopped
- 2 teaspoons Asian sesame oil
- 1 teaspoon salt
-
- ¾ cup cornstarch
-
- ½ cup vegetable oil

This is a superb appetizer, and a great recipe to make when cilantro from the garden is abundant and fresh.
Freezes extremely well: cook, cool, lay separately on a cookie sheet, freeze and then into a freezer bag. Great as "make-ahead" appetizer.

Stir together soy and vinegar in a bowl for dipping sauce.

Stir together chicken, egg, cilantro, scallions, sesame oil, and salt with a fork until just blended.

Spread cornstarch in a shallow baking pan. With wet hands form chicken mixture into 1-inch balls (I use small spring-action "baller"), transferring them to cornstarch coated waxed paper or baking pan as formed. Wash and dry your hands, then gently roll balls in cornstarch until coated. (Balls will be soft.) I use disposable gloves for this entire process.

Heat ¼ cup oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking (400°F in electric frying pan), then cook half of balls, turning over occasionally, until firm and golden (they may flatten slightly), 2 to 3 minutes. Transfer with a slotted spoon to paper towels to drain. Add remaining ¼ cup oil to skillet and cook remaining balls in same manner. Serve meatballs with dipping sauce.

Makes about 30 hors d'oeuvres.

Source: Epicurious from *Gourmet*, May 2005

Tomatillo Salsa

Yield: about 2 pints

5½ cups chopped, cored, husked tomatillos (about 2 pounds)	2 tablespoons minced cilantro 2 teaspoons cumin ½ teaspoon salt
1 cup chopped onion	½ teaspoon red pepper
1 cup chopped green chili peppers	½ cup vinegar
4 cloves garlic, minced	¼ cup lime juice

Combine all ingredients in a large saucepot. Bring mixture to a boil. Reduce heat and simmer 10 minutes. Ladle hot salsa into hot jars, leaving ¼-inch headspace. Adjust two-piece caps. Process 15 minutes in a boiling-water canner.

Note: When cutting or seeding hot peppers, wear rubber gloves to prevent hands from being burned.