

Healthy Summer Recipes from Chef Eric Crowley

Shrimp and Tofu Pad Thai Noodles Recipe

Ingredients:

- Rice Noodles 1/2 pound
- Canola Oil 1/2 cup
- Eggs, lightly beaten 6 eggs
- Garlic Cloves, Minced 8 cloves
- Shrimp, peeled and deveined 1/2 pound
- Tofu, drained and sliced 1/2 pound
- Green Onions, trimmed and cut into 1" lengths 4 onions
- Bean Sprouts 2 cups
- Fish Sauce 1/4 cup
- Tamarind Paste 4 teaspoons
- Sugar 4 teaspoons
- Peanuts, roasted and chopped 1/2 cup
- Cilantro leaves 1/2 cup
- Serrano chiles, seeded and sliced (optional) 4 chiles
- Limes, cut into wedges 2 limes



Yield: 8 Servings

Cooking Method:

1. Bring a medium pot of water to a boil. Add the noodles, making sure they are covered in water. Turn off the heat and let the noodles soak for about fifteen minutes, or until they start to soften. You may keep them in the water for up to an hour, but no longer or they will start to fall apart. Drain and set aside
2. Put 4 Tablespoons of the oil into a wok over medium heat. Add the eggs and scramble quickly, trying to form a thin pancake. Cook just until set and cut the omelet into 1/4 inch thin strips and set aside.
3. Turn the heat on the wok to high and add the remaining oil. When the oil is hot, add the garlic and shrimp. Stir fry while stirring occasionally until the shrimp lose their grey color. Remove the shrimp from the wok with a slotted spoon transfer to a bowl and set aside.
4. Keep the wok on high heat and add the tofu, scallions and half of the bean sprouts. Stir fry for about 3 minutes and add to the bowl with the shrimp
5. Combine the drained noodles, egg omelet, fish sauce, tamarind and sugar in the wok, stirring occasionally, until the noodles are heated through, then add the stir fried shrimp and tofu mixture. Toss again and place on a serving platter.
6. Top with peanuts, cilantro, chiles and remaining bean sprouts. Serve with side.

Grilled Vegetable Ratatouille Recipe

Ingredients:

- Olive Oil 1/4 cup
- Garlic cloves, minced 4 medium cloves
- Thyme, chopped fine 1 t & sprigs for garnish
- Parsley, chopped fine 1 Tablespoon
- Rosemary, chopped fine 1 teaspoon
- Red Onion 1 large
- Basil, chiffonade 2 t & sprig for garnish
- Zucchini, large 1 each
- Eggplant, large 1 eggplant
- Yellow squash, large 1 each
- Red Bell Pepper, roasted, peeled & chopped 1 pepper
- Tomatoes, roasted, peeled and chopped 2 tomatoes



Roasted Red Pepper, Yellow/Green Zucchini, Japanese Eggplant, Tomatoes, Basil, Italian Parsley, Rosemary, Thyme, Garlic and Red Onion **Yield: 4-6 Servings**

Method:

1. Heat a Grill Pan over medium heat. Combine the oil in a small bowl with garlic, thyme and rosemary. Season to taste with salt and pepper. Set the bowl aside.
2. Trim the zucchini and eggplant. Peel the eggplant, and slice the eggplant and zucchini into 1/2 inch thick rounds. Peel and cut the onions into 1/2 inch slices. Brush the vegetables with the garlic herb oil.
3. Place the vegetables on the hot grill pan. You may have to grill in batches. Grill, turning the onions several times but the other vegetables once, until dark grill marks appear.
4. Continue grilling until the vegetables are cooked through. While grilling, spread the chopped tomatoes on a platter. Place the finished vegetables on the platter on top of the tomatoes. Garnish with fresh herb sprigs and roasted pepper.

More about Chef Eric:

Chef Eric Crowley graduated with honors from the prestigious Culinary Institute of America in Hyde Park, New York. After traveling abroad to master European cooking techniques, Chef Eric returned to the US and landed a prominent position at Patina Catering, of the renowned Patina Restaurant Group. After gaining a wide range of experience and training, Chef Eric opened the Culinary Classroom in 2003 to share his culinary passion and knowledge, while helping others to develop cooking skills professionally and recreationally.

Chef Eric and the Culinary Classroom have been featured in, and on, major media outlets that include E! Entertainment, KTLA 5 Los Angeles, KCAL 9 Los Angeles, NBC Channel 4 Los Angeles, Good Day LA, BET, Los Angeles Times, Los Angeles Business Journal, Total Food Service and many others.

For more information on Chef Eric, visit <http://culinaryclassroom.com/>