

The Gold Rush of 1849 was the catalyst that opened up California, but its natural advantages, including its climate, resources and its ideal location for international trade had already been here for centuries. Gold just advanced everyone's awareness of California's blessings by about 75 years.

There's an opening in the mountains between the Pacific Ocean and the Sacramento Valley that allows a gentle wind to come into the region. It's known as the Delta Breeze and it gives this area a Mediterranean climate that makes it an idea place for farming.

By the time the gold was gone, the Sacramento Valley had become an agricultural center producing a type of wheat that was hard enough to withstand a five-month voyage to Europe. Sacramento soon realized that in addition to mining gold out of the rivers and hills you could grow it in the soil and eventually pick it off trees.

Walnuts

One of the most important crops grown in the Mediterranean climate of the Sacramento Valley is the walnut, which makes sense since the walnut has an ancient history in the Mediterranean. It's been cultivated for over



9,000 years, which makes it one of our oldest tree foods. The Greeks noted the similarity between the look of the walnut and the human brain and decided that eating walnuts made you smarter and healthier.

During the 17th century the medieval theory called the "Doctrine of Signatures" became part of medical thinking. It said that if a food looked like a particular part of the body then that was the part of the body that it affected. Because walnut meat looked like a human brain it was used to cure headaches, soothe emotions and improve intelligence. And now scientists are telling us that it is an intelligent idea to get more walnuts into our diet. They are a good source of protein, fiber, vitamins, minerals and Omega-3 oils which appear to help protect against heart disease.

After an orchard is planted it takes between six and eight years until it starts to yield nuts. But once it starts to

bear quality fruit it will continue doing so for almost 100 years. But all the nuts don't grow on trees. The United States has a long history of electing them to public office and honoring them as captains of industry.

The California State Capitol

In the years after California first became a state its legislators wandered from town to town. At one point they were meeting in Benicia and getting a great price on their rooms. Sacramento also wanted to be the state capital but wasn't giving any discounts. Just before the session of 1854, 300 people from Sacramento went to Benicia and booked every decent room in town. The legislators had no place to stay.

Suddenly Sacramento with its new hotels, excellent restaurants, and flashy saloons looked great with or without a discount. The lawmakers decided that Sacramento was just the right spot for their permanent capital.

The newly renovated Capitol Building is open to the public and you can stop in and see democracy in action or inaction as the case may be. The California legislature is divided into two houses, the Senate and the Assembly and both chambers have been restored to the original look and feel that they had in 1869.

When they were renovating the building they photographed the original marble mosaic floor of 1906 and then removed each of the 600,000 tiny blocks, cleaned and polished each one and then reinstalled them according to the photograph they had taken. The people who worked on the job were chosen, in part, based on their prior success with jigsaw puzzles.

The rotunda is 120 feet high and when you stand in the center it feels like being inside a decorated Easter egg. It's a beautiful building.

Capitol Park

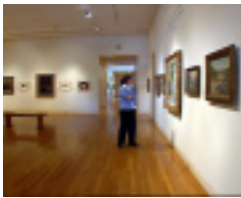
Surrounding the Capitol Building is the Capitol Park. Sacramento thinks of itself as the City of Trees and maintains that it has more trees per capita than any other city in the world except Paris. And since I can't imagine anyone in their right mind going out to count every tree in every major city, I think their claim is safe from challenge.

The park next to the Capitol is filled with hundreds of trees and plants that were brought here from almost every climate in the world.

The Capitol and the park were put together during the 1850s, a time when many Americans had just become interested in collecting trees and plants. The idea was to fill every available inch of space with plants and trees from different parts of the world. It was very much a part of the Victorian style of decoration—more is always better.

You can stop by the visitor's desk on the first floor of the Capitol and pick up a booklet that will give you a self-guided tour of the park.

Crocker Art Museum



A few blocks from the Capitol is the Crocker Art Museum, which is the oldest art museum west of the Mississippi.

Edward Crocker was the lawyer for the Big Four, four guys who made huge fortunes from the gold rush and then started the transcontinental railroad.

In 1868, Edward and his wife, Margaret, added a gallery wing to their home and then went off to Europe to buy enough art to fill it.

They purchased over 900 paintings and 1,300 Master drawings. When they got home they started adding works that related to Northern California. In 1885, Margaret donated the art gallery building and the collection to the City of Sacramento. Today the Crocker Art Museum holds over 9,000 works including one of the largest collections of California art.

Old Town Sacramento

Besides the Crocker, there are a number of other old buildings in Sacramento that are worth a visit. Top on my list is the B.F. Hastings Building. This single structure was the western terminus of the Pony Express, the first permanent home of the California Supreme Court, the original Sacramento office of Wells Fargo, the office of Theodore Judah, who planned the route for the western portion of the transcontinental railroad, and the site of the office that sent the first transcontinental telegram.



The Governor's Mansion

And as long as you're in town you might as well take a look at the historic Governor's Mansion. It was originally built in 1877 by Albert Gallatin for \$75,000, which doesn't sound very impressive until you find out that the average Sacramento home at the time was being built for \$700.

THINGS TO DO

CALIFORNIA STATE CAPITOL MUSEUM

10TH AND L STREETS
SACRAMENTO, CA 95814
TEL: (916) 324-0333
WWW.ASSEMBLY.CA.GOV

CROCKER ART MUSEUM

216 O STREET
SACRAMENTO, CA 95814
TEL: (916) 264-5423
FAX: (916) 264-7372
WWW.CROCKERARTMUSEUM.ORG

GOVERNOR'S MANSION STATE HISTORIC PARK

1526 H STREET
SACRAMENTO, CA 95814
TEL: (916) 323-2600
FAX: (916) 322-4775

SACRAMENTO JAZZ JUBILEE

2787 DEL MONTE STREET
WEST SACRAMENTO, CA 95691
TEL: (916) 372-5277
FAX: (916) 372-3479
EMAIL: STJS@EARTHLINK.NET
WWW.SACJAZZ.COM

Jazz Jubilee Sacramento 2002 will take place on Memorial Day Weekend, May 24-27, 2002.

THE SACRAMENTO KINGS

ARCO ARENA
ONE SPORTS PARKWAY
SACRAMENTO, CA 95834
TEL: (916) 928-3650
WWW.NBA.COM/KINGS

SIERRA ORCHARDS

9264 BOYCE ROAD
WINTERS, CA 95694
TEL: (530) 795-3824
WWW.FARMSLEADERS.ORG

Groups of 20 or more visitors with a specific interest in sustainable farming techniques are welcome.

WHERE TO STAY

Since the mid-1800s, when John Sutter built his fort to attract farmers to the area, Sacramento has been a place where visitors and settlers have always been welcomed. The idea of accepting newcomers is very much a part of the gold field culture. You never knew who your neighbors were going to be and when you would need help from them. And besides everybody had a gun so it was important to play nice.

The idea of being hospitable is still very much a part of present-day Sacramento and one of the most interesting places to experience that old-style hospitality is the Delta King Hotel. The Delta King and her sister the Delta Queen started out in the 1920s as riverboats that ran up and back between Sacramento and San Francisco. Today the boat is permanently moored on the Old Sacramento waterfront and transformed into a beautiful 43-room hotel.



THE DELTA KING HOTEL

1000 FRONT STREET
OLD SACRAMENTO, CA 95814
TOLL-FREE: 1-800-825-5464
TEL: (916) 444-5464
FAX: (916) 444-5314
WWW.DELTAKING.COM

Gallatin filled the house with ornamental bronze from the Huntington, Hopkins Hardware store, which was easy for him because he was the president of the company. The real question is: Did he declare these materials as part of his income? The first 13 governors who lived here were not concerned with issues like this, but when Ronald and Nancy Reagan arrived every aspect of the building came under scrutiny. Nancy described the place as a funeral parlor and a firetrap and moved out. Today it has been restored to its original look and both tourists and funeral directors are welcome.



The American River Bike Trail

Sacramento is not only a good place for eating but as you might expect for California an excellent spot for outdoor recreation. The American River Bike Trail is a paved road that runs for 32 miles starting downtown next to Old Sacramento and ending at Beal's Point in the Folsom Lake State Recreation Area. It's in constant use by residents of the city who use it to commute to work as well as for exercise. The flat floor of the Sacramento Valley and the generally fine weather has made the area an ideal environment for bikers.

And if you're into spectator sports and you plan your trip to Sacramento ten or fifteen years ahead of time you might consider trying to get a few tickets to a Kings game. The Kings are Sacramento's gift to professional basketball and always interesting to watch. But no such elaborate game plan is necessary for the Sacramento jazz fest.

Jazz Festival

Every year on Memorial Day the Sacramento Traditional Jazz Society presents one of the world's largest traditional jazz festival. More than 100 bands from all over the world give more than 1,000 performances on over 40 stages. Its primary objective is to cover the sounds of jazz from 1895 to 1945, but in recent years it has included blues, gospel, ragtime and Zydeco.

TO LEARN MORE

SACRAMENTO CONVENTION & VISITORS BUREAU
1303 J STREET; SUITE 600
SACRAMENTO, CA 95814
TOLL-FREE: 1-800-292-2334
TEL: (916) 264-7777
FAX: (916) 264-7778
WWW.SACRAMENTOCVB.ORG

WALNUT MARKETING BOARD
1540 RIVER PARK DRIVE, SUITE # 203
SACRAMENTO, CA 95815-4609
1-800-758-2100
WWW.WALNUTS.ORG

UNITED AIRLINES
TOLL-FREE: 1-800-241-6522
WWW.UAL.COM



TRAVELS & TRADITIONS

RECIPES FROM
SACRAMENTO, CALIFORNIA

Ricotta Gnocchi with Fresh Tomatoes, Sun-Dried Tomatoes and Basil

Makes 4 to 6 servings

For the Gnocchi

- 1 pound whole-milk ricotta*
- 1/3 cup freshly grated Parmigiano-Reggiano cheese*
- 1 to 1 1/2 cups unbleached all-purpose flour*
- 2 teaspoons salt*
- 1 large egg, lightly beaten in a small bowl*

For the Sauce

- 1 1/2 pounds ripe fresh tomatoes*
- 1/3 cup extra virgin olive oil*
- 2 garlic cloves, peeled and left whole*
- 1-2 tablespoon diced sun-dried tomatoes, packed in oil*
- 8-10 fresh basil leaves, shredded, or 2 tablespoons chopped fresh flat leaf Italian parsley*
- Salt and freshly ground black pepper*
- 1/3 cup freshly grated Parmigiano-Reggiano cheese (optional)*

To make the gnocchi: In a large bowl, combine all the ingredients except 1/2 cup of the flour. With your hands mix everything until the ricotta and flour are evenly incorporated and the mixture sticks together as a dough. Put the dough on a wooden board and knead it lightly for 2 to 3 minutes, adding a bit of the reserved flour if the dough sticks heavily to the board and your hands. When the dough is soft, pliable, smooth, and just a bit sticky, divide it into several large pieces of equal size.

Flour your hands lightly. Using both hands, roll out each piece of dough with a light back and forth motion, stretching it lightly sideways into a roll about the thickness of your index finger. Cut each roll into 1-inch pieces.

Hold a fork with its tines against a work board, the curved part of the fork facing away from you. Starting from the curved outside bottom of the fork, press each piece of dough with your index finger firmly upward along the length of the tines. With this action, the gnocchi will have the ridges of the fork on one side and the hollow indentation of your finger on the other side, which will allow the sauce to cling.

Let the gnocchi fall back onto the work surface. Repeat with the remaining pieces of the dough until all the gnocchi have been formed. A cheese grater can also be used to form the indentation on the gnocchi. Pull the gnocchi up along the small-hole side of the cheese grater with your index finger, and let the gnocchi fall back onto the work surface. The gnocchi will have the hollow imprint of your finger on one side and the tiny imprint of the grater on the other. The imprints will hold the sauce beautifully.

Place the gnocchi on a lightly floured platter or cookie sheet. They can be cooked immediately or be kept in the refrigerator, uncovered, for several hours or overnight.

To make the sauce: Bring a large pot of water to a boil.
Continued on page 5

If you know where to look in Sacramento, you can always see the lingering influence of the Gold Rush. Now real Gold Rush men didn't cook. If you hadn't struck it rich, you were too busy digging to do much fancy cooking. If you had already found wealth beyond your wildest dreams you could afford to pay someone else to do the fancy cooking. As a result, Sacramento has a solid restaurant history and one of the best places to experience the tradition is **Biba**.

Biba Caggiano is the chef and owner of a restaurant that has become one of Sacramento's most popular spots. Biba is also the host of an internationally-syndicated cooking show and the author of six cookbooks. The restaurant opened in 1986 and has been voted Sacramento's best restaurant for 8 years in a row.

BIBA ~ RISTORANTE ITALIANO

2801 CAPITOL AVENUE
SACRAMENTO, CA 95816

TEL: (916) 455-2422

WWW.BIBA-RESTAURANT.COM

Cut a cross at the root end of the tomatoes and drop them into boiling water. Cook until the skin of the tomatoes begins to split. Transfer the tomatoes to a bowl of iced water. Peel, seed and dice the tomatoes and place them in a bowl with all their juices.

In a large skillet over medium heat add the oil. Add the garlic cloves and cook until they are golden on all sides, then discard them.

Add the fresh tomatoes and the sun-dried tomatoes to the skillet. Cook and stir, until the tomatoes are soft and their juices have thickened, 4 to 5 minutes. Add the fresh basil and season with salt and pepper to taste. Stir for a minute or two.

Meanwhile bring a large pot of water to a boil. Add 1 tablespoon of coarse sea salt and the gnocchi. Cook, uncovered, over high heat until the gnocchi rise to the surface of the water, about 1 to 2 minutes. Remove the gnocchi with a large slotted spoon or a skimmer, drain off the excess water against the side of the pot.

Place the gnocchi in the skillet and mix well over low heat until the gnocchi and sauce are well combined. Taste, adjust the seasoning and serve with a sprinkling of the freshly grated Parmigiano.

Recipe appears courtesy of Biba Caggiano. Excerpted from Italy al Dente (William Morrow & Company, 1998).



Ossobuco con pomodori e piselli

Veal Shanks with Fresh Tomatoes and Peas

Makes 4 servings

- 8 medium veal shanks, approximately 4 pounds, cut about 1 1/2 inches thick*
- 2 cups unbleached all-purpose flour, spread on a sheet of aluminum foil*
- 1/3 cup olive oil*
- 2 tablespoons unsalted butter*
- 2 -3 ounces sliced pancetta, minced*
- 1 cup minced yellow onion*
- 1 cup dry white wine*
- 2 1/2-3 cups homemade chicken broth or 1 1/2 cups canned chicken broth and 1 1/2 cups water*
- Salt and freshly ground black pepper*
- 1/2 pound fresh, ripe tomatoes, seeded and diced*
- 1 cup shelled fresh peas or frozen peas, thawed*

Dredge the veal shanks in the flour and shake off any excess. In a large skillet over medium heat, heat the oil. When the oil is very hot, add the veal and cook until golden on both sides, about 6 to 8 minutes. Transfer the veal to a dish. Discard some of the fat in the skillet if necessary and add the butter. When the butter begins to foam, add the pancetta and the onion. Cook, stirring, for 2 to 3 minutes until they begin to color.

Return the veal to the skillet, raise the heat to high and add the wine. Cook until the wine is reduced by half and the sauce has thickened a bit, 2 to 3 minutes. Add the broth and bring to a boil. Season with salt and pepper to taste. Reduce the heat to low and cover the skillet partially. Cook, checking the meat and stirring the sauce a few times, until the meat is tender, 1 to 1 1/2 hours. Add some more broth if the sauce reduces too much.

Stir in the tomatoes and the fresh peas if using fresh. Put the cover back on the skillet and let simmer 10 to 15 minutes longer. If you are using thawed frozen peas, add them to the skillet during the last couple of minutes of cooking. Taste and adjust the seasoning.

Recipe appears courtesy of Biba Caggiano. Excerpted from Biba's Italian Kitchen (Hearst Books, 1995).



Tiramisù

Makes 10 to 12 servings

- 8 large egg yolks*
- 1/2 cup sugar*
- 1 1/2 pounds imported mascarpone cheese*
- 4 large egg whites, beaten in a medium-size bowl until stiff peaks form*
- 2 cups cold strong Italian espresso coffee*
- 1/4 cup brandy*
- 42 ladyfingers, preferably imported from Italy*
- 1/2 cup sweetened cocoa powder*
- Semisweet chocolate for garnish, optional*

In a large bowl or in the bowl of an electric mixer, beat the egg yolks with the sugar until thick and pale yellow. Fold in the mascarpone into the eggs until thoroughly incorporated and smooth. Fold the egg whites into the mascarpone mixture thoroughly.

In a medium bowl combine the espresso and brandy. Dip the ladyfingers quickly into this mixture, one at a time, and place a layer of them very close together in a 14 by 10-inch dish. Spread half of the mascarpone mixture evenly over the ladyfingers.

Through a small fine-mesh strainer sprinkle the cocoa powder evenly over the mascarpone. Dip more ladyfingers in the espresso-brandy mixture and place over the mascarpone, making another layer. Top with the remaining mascarpone, making another layer. Top with the remaining mascarpone and sprinkle with the cocoa powder through a fine-mesh strainer. Cover the dish with plastic wrap and refrigerate several hours.

Just before serving, with a vegetable peeler or a knife, shave some chocolate and sprinkle over the tiramisù.

Recipe appears courtesy of Biba Caggiano. Excerpted from Trattoria Cooking (Macmillan, 1992).

Spongata

Honey Walnut Raisin Pie

Makes 8 servings

For the Dough

2 cups unbleached all-purpose flour

1/4 cup granulated sugar

Pinch of salt

8 tablespoons (1 stick) unsalted butter, at room temperature if mixing by hand, chilled and cut into small pieces if using a food processor

1 large egg, lightly beaten

1/3 to 1/2 cup cold milk

For the Filling

1/2 cup raisins, soaked in lukewarm water for 20 minutes

3 tablespoons fine dried, plain breadcrumbs

2 cups (about 9 ounces) walnuts

3/4 cup very finely diced candied citron

1 teaspoon grated lemon zest

1/8 teaspoon freshly grated nutmeg

1 teaspoon ground cinnamon

3/4 to 1 cup honey

3 to 4 tablespoons dark rum

1 large egg, lightly beaten

1 tablespoon granulated sugar

Confectioners' sugar

To prepare the dough, in a medium bowl combine the flour, sugar, and salt, add the butter, and mix with your fingertips until crumbly. Add the egg and milk and mix until a soft dough forms. (Or combine the flour, sugar, and salt in a food processor, add the chilled butter, and pulse until crumbly. Add the egg and milk and pulse until the dough is loosely gathered around the blade). Divide the dough into 2 parts, one a little large than the other, and shape into 2 balls. Wrap in plastic wrap and refrigerate for an hour or two.

Meanwhile, prepare the filling: Drain the raisins, pat dry with paper towels, and set aside. Place the breadcrumbs in a small skillet and stir over medium heat until lightly golden, 15 to 20 seconds. Transfer to a small bowl.

Put the walnuts, pine nuts, and breadcrumbs in a food processor fitted with the metal blade and pulse into very small, granular pieces. Transfer to a medium bowl, add the citron, raisins, lemon zest, nutmeg, and cinnamon and mix well.

In the top of a double boiler (or in a heatproof medium bowl) combine the honey and rum and

place over simmering water. When the honey is warm and a bit runny, pour it over the walnut mixture and stir well to combine. Cover the bowl and set aside for an hour or two. (The filling can be prepared several hours ahead and refrigerated. Bring to room temperature before using.)

Preheat the oven to 375° F. Butter a 14-inch pizza pan.

On a lightly floured surface roll out the smaller ball of dough to a 12-inch circle. Place the dough on the pizza pan. Spread the filling over the dough in a small mound, leaving a 2-inch border all around.

Roll out the remaining dough and lay it over the filling. Press the edges of the bottom and top dough together and fold them over to form a 1-inch border. Press the tines of a fork all around the border to seal and to form a decorative edge. (If the fork sticks to the soft dough, dip it into flour.) Brush the dough with the beaten egg, sprinkle with the granulated sugar, and prick it with a fork in several places to allow the steam to escape.

Place on the middle rack of the oven and bake for 25 to 30 minutes, or until the crust is golden brown. Let cool completely.

Dust the top of the pie generously with confectioners' sugar and serve.



RECIPE APPEARS COURTESY OF BIBA CAGGIANO. EXCERPTED FROM BIBA'S TASTE OF ITALY (HARPERCOLLINS, 2001).

Vietnamese Rice Noodle Soup

Makes 4 servings

For the Chicken

6 cloves garlic, chopped
2 shallots, chopped
4 tablespoons chopped lemongrass
3 tablespoons fish sauce
2 tablespoons soy sauce
2 tablespoons fresh lemon juice
1 teaspoon crushed red pepper flakes
1/4 cup sugar
1/4 cup vegetable oil
4 whole chicken legs (thighs and legs attached)

For the Soup Broth

1/2-inch piece ginger root, peeled and crushed
10 whole black peppercorns
2 whole cloves
1 whole star anise
10 cups chicken broth
2 tablespoons fish sauce
2 teaspoons sugar
Salt
Freshly ground white pepper

For the Soup Garnishes

1/2 cup vegetable oil
4 shallots, thinly sliced
1 pound dried rice stick noodles
2 cups bean sprouts
4 tablespoons chopped fresh mint
4 tablespoons chopped fresh cilantro
4 tablespoons hoisin sauce
4 tablespoons Thai chile sauce
2 limes, each cut into 4 wedges
4 ounces cooked peeled shrimp
4 ounces thinly sliced cooked beef tenderloin
2 stalks green onions, thinly sliced
1 small red onion, thinly sliced

To marinate the chicken: Mix together the garlic, shallots, lemongrass, fish sauce, soy sauce, lemon juice, red pepper flakes, sugar, and vegetable oil in a large glass bowl. Add the chicken and set aside to marinate for at least 1 hour, turning the chicken after 30 minutes.

Preheat the oven to 425°F. Remove the chicken from the marinade and place on an aluminum foil lined baking sheet, with the skin side up. Bake for 25 minutes or until the chicken is cooked through. Set the chicken aside until it is cool enough to handle. Once the chicken is cooled, remove the meat from the bones, chop the meat, and set aside.

To make the soup: Poach the ginger, peppercorns, cloves, and star anise in the broth in a large pot over medium heat for 15 - 20 minutes, or until the herbs have steeped their flavor into the broth. Strain out the solids, discard solids, and return the seasoned broth to the pot. Stir in the fish sauce, sugar, and season to taste with the salt and pepper. Keep warm over low heat.

Heat the oil in a small pot over medium heat until hot. Add the shallots and fry, stirring constantly, until the shallots become golden, about 10 minutes. Drain the shallots on paper towels and set aside. Bring 5 quarts of water to a boil in a large pot. Add the rice stick noodles and cook for 3 minutes. Drain in a colander and rinse the noodles under cold running water. This will prevent the noodles from sticking together.

To serve: Divide the bean sprouts, mint, cilantro, hoisin sauce, chili sauce, and limes between 4 small plates. Divide the noodles between 4 large soup bowls; then garnish each bowl with one quarter of the shrimp, beef, chicken, shallots, green onions, and red onions. Ladle the hot broth into the bowls and serve with the small plates of vegetables on the side.



Many of the original immigrants to Northern California were from Italy but an even larger contingent came from China. During the Gold Rush tens of thousands of Chinese showed up to seek their fortune. Like their fellow prospectors, cooking was out but eating was in.

Today you can get an excellent meal composed of Asian dishes at **Bamboo**. Bamboo opened in 1998 and is filled with antiques from all over Asia...batiks from Vietnam, masks from Thailand and carvings from the rural villages of China. Chef David SooHoo was born to immigrant parents in San Francisco. He's owned western-style restaurants, but he's particularly happy at Bamboo because it represents a return to his roots.

BAMBOO

2431 J STREET
SACRAMENTO, CA 95816
TEL: (916) 442-7200

Steamed Salmon Filet with Black Bean Sauce

Makes 4 servings

- 3 to 4 Chinese Napa cabbage leaves*
- Four (6-ounce) salmon filets*
- 2 tablespoons vegetable oil*
- 2 tablespoons Chinese fermented black beans, rinsed and chopped*
- 1 teaspoon minced garlic*
- 1 teaspoon minced fresh ginger*
- 2 tablespoons canned clams*
- 3 tablespoons juice from canned clams*
- 1 1/2 cups chicken stock*
- 2 tablespoons oyster sauce*
- 1 tablespoon dark Chinese or Japanese sesame oil*
- 2 teaspoons sugar*
- 1/8 teaspoon freshly ground white pepper*
- 1 tablespoon cornstarch dissolved in 2 tablespoons cold water*
- 2 tablespoons chopped tomato, for garnish*
- 2 tablespoons chopped green onions, for garnish*

To prepare the salmon: Line a steamer basket with the cabbage leaves. Set the salmon in the steamer basket. Place the steamer basket over a pan of boiling water and steam the salmon for 15 to 20 minutes. Transfer salmon to a decorative platter, loosely cover with foil to keep warm and set aside.

For the black bean sauce: Heat the oil in a wok or a large skillet over medium-high heat. Add the black beans, garlic, and ginger and stir-fry for 30 seconds, then add the clams, clam juice, chicken stock, oyster sauce, sesame oil, sugar, and white pepper and bring to a boil. Add the cornstarch mixture and return to a boil. Cook until the sauce has thickened.

To serve: Pour the black bean sauce over the salmon and garnish the platter with tomatoes and green onions.



Chinese Broccoli in Oyster Sauce

Makes 4 servings

- 1 bunch Chinese broccoli*
- 2 tablespoons sesame oil*
- 2 cloves garlic, minced*
- 1/2 cup chicken broth*
- 3 tablespoons oyster sauce*
- 2 teaspoons sugar*
- 1/8 teaspoon white pepper*
- 1 teaspoon cornstarch, dissolved in 2 teaspoons water*
- 2 teaspoons toasted sesame seeds, for garnish*

Trim the stalks of the broccoli 1/2-inch from the base of the stalks; then cut into 2-inch pieces. Wash the broccoli thoroughly in water, drain in a colander and set aside.

In a wok over high heat, heat the oil. Add the broccoli and stir-fry for 1 minute. Add the garlic and continue to stir-fry until the garlic is fragrant, 1 minute more. Pour in chicken broth and boil for 3 minutes or until the broccoli is tender.

In a small bowl mix the oyster sauce, sugar, and white pepper together until smooth, add to the broccoli and toss until combined. Slowly add the cornstarch solution, stirring constantly, until the sauce has thickened.

Transfer the greens to a platter and garnish with the toasted sesame seeds.



Thai Red Curry Chicken

Makes 2 servings

- 1 cup coconut milk*
- 3/4 cup chicken broth*
- 4 ounces button mushrooms, sliced*
- 2 tablespoons Thai red curry paste*
- 3 tablespoons packed brown sugar*
- 2 teaspoons fish sauce*
- 4 pieces kaffir lime leaves, thinly sliced or zest from half of a lime*
- 2 tablespoons vegetable oil*
- 12 ounces boneless, skinless chicken breasts, thinly sliced*
- 1 teaspoon fresh Thai basil, thinly sliced*
- 1 tablespoon fresh mint leaves, chopped*
- 1/4 of a green cabbage, shredded, for garnish*
- 2 cups steamed jasmine rice*

In a medium bowl, whisk the coconut milk, chicken broth, mushrooms, curry paste, sugar, fish sauce, and lime leaves together and set aside.

In a wok over high heat, heat oil. Add the chicken and stir fry until well browned. Pour in the coconut milk mixture and bring to a boil. Reduce the heat to medium-low and simmer until the chicken is cooked through, about 4 minutes more. Just before serving stir in the basil and mint leaves. Garnish with the shredded cabbage and serve with steamed rice.



RECIPES APPEAR COURTESY OF CHEF DAVID SOOHOO,
BAMBOO RESTAURANT, SACRAMENTO, CALIFORNIA.