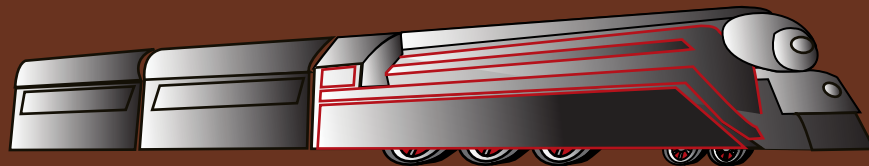


The Woodstock Farmers' Market

All Aboard

THE ORIENT EXPRESS !



Thai Seafood Salad Light and Refreshing

8 oz cleaned squid
8 oz raw peeled, deveined shrimp
8 oz sea scallops
8 oz cod, haddock or halibut fillet, cubed
2-3 TBL canola oil
2 small red chilies, seeded and chopped
2 inch piece of lemon grass, finely chopped
2 kaffir lime leaves, shredded
2 TBL fish sauce
2 TBL lime juice
2 TBL rice wine vinegar
2 tsp sugar
Lettuce leaves, for serving

Slit squid bodies in half and score in a crosshatch with a sharp knife. Cut into square pieces. Cut tentacles in half.

Heat wok until hot. Add oil and stir-fry shrimp for 2-3 minutes, until pink. Remove to a large bowl. Stir-fry squid and scallops for 2 minutes until opaque. Add to shrimp. Stir-fry fish pieces for 2-3 minutes and add to the rest of the seafood.

Put remaining ingredients into a bowl and whisk until sugar dissolves.

Add in any juices that have accumulated in the seafood bowl. Toss with the seafood, and serve over lettuce. Garnish with lime wedges and Cilantro leaves, if you like.

Serves 4

From The Complete Wok and Stir-Fry Cookbook, Linda Doeser editor

