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Oops! Sambal Oelek is chili paste

Lori Gysel & Gerry Kentner

My humble apologies. Three weeks ago, we wrote a story about sambal oelek, the Indonesian condiment that is also used commonly in recipes from many cultures. One of our clever readers in Acton spotted that I said that sambal oelek is a chili garlic paste. I was wrong (my husband is laughing hilariously right now, as I seldom utter those words). It is actually strictly a chili paste.

The confusion comes in because if you cannot get sambal oelek in your store of choice, there are several companies that make a chili garlic paste that is not exactly the same, but similar and works quite well as a substitute. And that is what I often end up using. Thanks to Carlin Tolkamp for catching the error!

Today's recipe is broccoli salad— this has been a favorite of mine this summer. I had a vegan chef in to the cooking school early in the spring and she made a vegan broccoli salad using tempeh and soy cheese who inspired me. My version is different and the key to the whole ball game is making sure to chop everything nice and fine. You get much more flavour satisfaction in every bite if the pieces are small enough that you get lots of different flavours and textures in your mouth each time.

If you are having a party and want to make this recipe in advance, that is no problem, but do not add the cheese and seeds until the day of the party. You can also change the taste a bit by changing the seeds— I have used toasted pepitas (pumpkin seeds), toasted almonds, pecans and all have been excellent.

Have fun and keep cooking!

Email questions and comments to Lori and Gerry at whatscooking@theifp.ca

Broccoli Salad

Serves 6-8

Ingredients

- 1 crown broccoli, chopped fine
- 1/4 to 1/2 red onion, chopped fine
- 1 stalk celery, chopped fine
- 1/2 English cucumber, peeled, seeded, chopped fine
- 1/2 red pepper, chopped fine
- 1/2 yellow pepper, chopped fine
- 2 green onions, sliced fine
- 1/2 cup finely shredded cheddar cheese
- 1/2 cup toasted sunflower seeds (no shells)
- 1/2 cup mayonnaise
- 1 tsp Dijon mustard
- juice of 1 lemon or lime
- salt and pepper to taste

Method

1. Mix all vegetables, cheese and seeds together.
2. In a separate bowl, combine mayonnaise, mustard and lemon or lime juice.
3. Add dressing to veggie mixture and mix well. Season with salt and pepper.

Cook's Note: Crumbled bacon is optional in this salad— I don't always use it, but sometimes I do. If you want bacon, add about one quarter cup crumbled bacon or bacon bits.

Wing Night at Acton Legion on Friday

On July 15th the Legion will be hosting a Wing Night with live entertainment featuring the band called Bad Weather. Wings will be sold 6-9 p.m. and the band will play 7-11 p.m. on the patio, weather permitting. Future evenings: July 29 (Cosmic Warehouse), Aug. 12 (Falcons). The public is welcome.

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