
Subject: Paris Treepad is back
Posted by [John \[1\]](#) on Thu, 02 Nov 2006 23:42:22 GMT
[View Forum Message](#) <> [Reply to Message](#)

Godaddy is blocking my *.hjt extension so I had to zip the Paris treepad.

Site:
www.kfocus.com/paris

Treepad Lite file
www.kfocus.com/paris.zip

Enjoy

Subject: Re: Paris Treepad is back
Posted by [John \[1\]](#) on Fri, 03 Nov 2006 00:49:04 GMT
[View Forum Message](#) <> [Reply to Message](#)

Oh and Crazy Johnny is including the recipe for Chili's Lettuce Wraps
too right here and now:

25 min 10 min prep

* Main Ingredients

1 tablespoon oil
4 chicken breasts
3 green onions
1/4 cup minced water chestnuts
1/4 cup sliced almonds
4-6 lettuce leaves
sometimes add some bean sprouts and grated carrots
(Bean Threads * A form of translucent Chinese noodle. * These are
not true noodles, but are made from the starch of mung beans. * Also
called "cellophane noodles.)

* Stir Fry Sauce

1/4 cup water
1 teaspoon cornstarch
1/3 cup soy sauce
1/4 cup sugar
1/4 cup vinegar
1 tablespoon oil
2 teaspoons sesame seeds
1 teaspoon red pepper flakes

1 teaspoon chili oil
1/2 teaspoon minced ginger

1. Stirfry sauce: combine water and cornstarch and stir until cornstarch is dissolved.
2. Add this to the other stir fry sauce ingredients in a small saucepan over medium heat.
3. Bring to boil, then reduce heat and simmer till thick.
4. Sesame ginger dipping sauce: combine water and cornstarch in and mix until cornstarch is dissolved.
5. Combine this solution with the other dipping sauce ingredients in small pan over medium heat.
6. Bring to boil, then reduce heat and simmer for 2 minutes.
7. Peanut dipping sauce: combine ingredients in a pan over medium low heat.
8. Heat while whisking until sauce becomes smooth.
9. Remove from heat when done.
10. Heat 1 Tbsp of oil in a large skillet over medium heat.
11. Cook chicken breasts until done, turning every couple of minutes
Remove to a cutting board and slice it into strips with a sharp knife.
12. Keep the pan hot.
13. Put chicken back in the same pan over medium/high heat, and add water chestnuts.
14. Heat for 1 minute.
15. Add 5 Tbsp of stir fry sauce to the chicken and heat for 2 minutes, stirring often.
16. The sauce should be bubbly.
17. Add the sliced green onions and stir.
18. The chicken is done.
19. Spoon on to lettuce "cups".
20. Serve with the dipping sauces on the side.

Sesame Ginger Dipping Sauce

1/4 cup water
3/4 teaspoon cornstarch
1/3 cup sugar
1/3 cup vinegar
1/4 cup soy sauce
1 teaspoon minced ginger
1 teaspoon oil (try sesame oil instead)
1/2 teaspoon sesame seeds
1/4 teaspoon minced garlic
1 dash red pepper flakes
1 dash parsley

Peanut Dipping Sauce

1/2 cup peanut butter

1/3 cup water

2 tablespoons vinegar

1/2 teaspoon minced ginger

1/8 teaspoon crushed red pepper flakes

1/4 cup sugar (consider halving this and adding more red pepper)

1/4 teaspoon minced garlic

1/2 teaspoon chili oil

1/2 teaspoon oil

1 tablespoon brown sugar

James McCloskey wrote:

> Vary cool of you John!

>

> Thanks

> James

>

> John <no@no.com> wrote:

>> Godaddy is blocking my *.hjt extension so I had to zip the Paris treepad.

>>

>> Site:

>> www.kfocus.com/paris

>>

>> Treepad Lite file

>> www.kfocus.com/paris.zip

>>

>> Enjoy

>

Subject: Re: Paris Treepad is back

Posted by [excelav](#) on Fri, 03 Nov 2006 01:34:51 GMT

[View Forum Message](#) <> [Reply to Message](#)

Vary cool of you John!

Thanks

James

John <no@no.com> wrote:

>Godaddy is blocking my *.hjt extension so I had to zip the Paris treepad.

>

>Site:

>www.kfocus.com/paris

>

>Treepad Lite file

>www.kfocus.com/paris.zip

>

>Enjoy
