



**NIBLACK**  
**FOODS**

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## Introducing Bluegrass Soy Sauce

This sauce is from the only small batch soy sauce brewery in the US. It's made from whole non-GMO Kentucky grown soybeans and pure limestone filtered Kentucky spring water. It is brewed and aged in bourbon barrels. The result is a smoky, brothy sauce with hints of oak and a mild sweetness reminiscent of fine Kentucky bourbon. You can read more about it here:

<http://bourbonbarrelfoods.com/shop/sauces/bluegrass-soy-sauce-5-fl-oz>

We are carrying it at Niblack Foods!

Today we are sampling the Quinoa Couscous Pilaf made according to package directions with this soy sauce.

## Cashew Chicken Featured with Sticky Rice

### Ingredients:

3 TBSP Bourbon Barrel Bluegrass Soy Sauce	2 1/2 pounds chicken breast thighs
1 1/2 tsp cornstarch	1 tsp plus 2 TBSP White Balsamic or rice vinegar
1/8 teaspoon sugar	1/4 cup chicken broth
2 TBSP peanut or vegetable oil (use only oils with a high smoke point, such as grape seed)	
2 TBSP minced ginger	1/2 cup sugar snap peas, strings removed, pods left whole
1/2 cup carrots sliced 1/4 inch thick	1/2 cup celery sliced 1/4 inch thick
1/2 cup Niblack Foods unsalted cashews (if using raw cashews, toast them in a dry skillet for a minute or two prior to tossing them into the stir-fry)	
Spriana Finishing Gourmet Sea Salt to Taste	

### Instructions:

1. In a medium bowl, combine the chicken, garlic, 1 tsp of the soy sauce, 1 tsp of the cornstarch, 1 tsp of the rice wine, 1/2 tsp of the salt, and sugar. Stir to combine.
2. In a small bowl combine the broth, the remaining 1-tsp soy sauce, 2 TBSP rice wine, and 1/2 tsp cornstarch.
3. Heat a 14-inch flat-bottomed wok or a 12-inch skillet over high heat until a bead of water added vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon of the oil, tilting the wok to evenly coat the bottom of the pan. Add the ginger and, using a metal spatula, stir-fry until the ginger is fragrant, about 10 seconds. Push the ginger to the sides of the wok, carefully add the chicken mixture, and spread it evenly in a single layer. Cook the chicken, undisturbed, for 1 minute. Then stir-fry until the chicken is lightly browned but not cooked through, about 1 minute.
4. Swirl the remaining 1 TBSP oil into the wok, add the sugar snaps, carrots, celery, and cashews, and sprinkle with the remaining 1/4 teaspoon salt. Stir-fry just until the sugar snaps are bright green, about 1 minute. Restir the broth mixture and swirl it into the wok, adding it along the sides rather than into the middle. Stir-fry until the chicken is just cooked through, about 1 minute. Serve immediately.

**Enjoy, Meg**

**Meg at The Market**

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Go to <http://yumtab.com/recipes/5773> for Bluegrass Soy Sauce Braised Beef Short Ribs Recipe

