



KUMA RECIPES

PART THREE



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Chicken Stir Fry.



Chicken Stir Fry Ingredients

- 1 lb chicken thighs cut into bite-sized pieces
- 1/2 zucchini sliced or cubed
- 2 tbsp. oil divided
- 1 tbsp. butter
- 1 cup broccoli cut into florets
- 1 small carrot julienned or cubed
- 8 oz mushrooms sliced
- 1/2 red pepper cubed
- 4 garlic cloves minced
- 1 tsp fresh ginger minced
- 1/2 onion cubed
- 1/2 cup cashews

Stir Fry Sauce Ingredients

- 1/2 cup chicken broth
- 1/4 cup water
- 1/4 cup soy sauce
- 2 tbsp. honey
- 1 tbsp. cornstarch

Directions

1. Trim all chicken thighs of excess fat and cut them into bite sized chunks. Now cut your vegetables into even sized chunks in roughly same size as the chicken pieces.
2. Find a bowl and combine all ingredients for your sauce.
3. Heat 1 tbsp. oil in a wok or a large pan on med/high heat. When the oil is hot, add your chicken in a single layer. Cook the chicken until browned while mixing as needed. When cooked, remove the chicken from pan and set it aside.
4. Add 1 tbsp. oil and 1 tbsp. butter to skillet with the mushrooms, broccoli, red peppers, onion, zucchini, and carrots. Mix frequently and cook it until vegetables are crisp and tender.
5. Now add your chicken back to the pan and add garlic and ginger. Cook for 1 minute and stir frequently.
6. Finally, add your cashews and then pour the sauce into the pan and bring it to a boil. Turn down the heat and let your stir fry simmer until sauce thickens and everything looks well incorporated. Top it off by garnishing with green onions and sesame seeds before serving.

Avocado Chicken Salad.



Avocado Chicken Salad Ingredients

- 2 large cooked chicken breasts shredded or chopped
- 2 large avocados
- 1 cup corn from 1 cooked cob
- 6 oz lean bacon cooked and chopped
- 1/4 cup chives (or green onion), chopped
- 2 tbsp. dill chopped

Lemon Dressing Ingredients

- 3 Tbsp lemon juice freshly squeezed
- 3 Tbsp extra virgin olive oil
- 1 tsp sea salt or to taste

Directions

1. Cook chicken breast seasoned with salt and pepper or simply use a rotisserie chicken.
2. Shred or dice the 2 large cooked chicken breasts and place it in a large mixing bowl.
3. Peel 2 large avocados, remove stone, and slice avocado into small bite sized chunks before adding them to the mixing bowl.
4. Now add 1 cup of corn, toss in 1/4 cup of chopped green onion, and then add chopped bacon and 2 Tbsp. fresh dill.
5. Finally add dressing ingredients to a small bowl and stir to combine until everything looks well incorporated. Pour dressing over your salad while tossing to combine. Served best with some pieces of hard boiled egg.

Cheesy Chicken Fritters.



Chicken Fritters Ingredients

- 1 1/2 lbs chicken breasts (3 large)
- 2 large eggs
- 1/3 cup mayonnaise
- 1/3 cup all-purpose flour or corn-starch or potato starch for gluten free
- 4 oz mozzarella cheese (1 1/3 cups shredded)
- 1 1/2 tbsp. chopped fresh dill
- 1/2 tsp. salt or to taste
- 1/8 tsp. black pepper
- 2 tbsp. Extra light olive oil to sauté (or any high heat cooking oil)

Garlic Aioli Dip Ingredients

- 1/3 cup mayonnaise
- 1/4 tsp salt
- 1 garlic clove pressed
- 1/8 tsp black pepper
- 1/2 Tbsp lemon juice

Directions

1. Using your KUMA knife, dice the chicken into 1/3" thick chunks and place them all in a large mixing bowl.
2. Add remaining batter ingredients to the mixing bowl: 2 eggs, 1/3 cup mayonnaise, 1/3 cup flour, 1 1/3 cups shredded mozzarella, 1 1/2 tbsp. dill, 1/2 tsp. salt and 1/8 tsp. black pepper. Stir everything until well combined and incorporated, and then cover with plastic wrap and refrigerate minimum 2 hours (over night will also work).
3. Over medium heat, add 2 tbsp. oil to a large non-stick pan. Once the oil is hot, use a spoon to add chicken mixture a heaping tablespoon at a time. Flatten out the tops slightly with the back of the spoon and sauté uncovered for 3-4 minutes on the first side, and then flip and sauté 3 min on the other side (or until outsides are golden brown and chicken is fully cooked through). Repeat this with the remaining fritters, adding more oil as needed.
4. Finally, to make the aioli dip, combine all ingredients in a small bowl and stir together until smooth and well incorporated.

Creamy Shrimp Pasta.



Ingredients

- 3/4 lb fettuccini pasta
- 1 lb large raw shrimp peeled and deveined
- 1 tbsp. olive oil
- 1/2 onion, finely chopped
- 2 tbsp. unsalted butter
- 1 garlic clove minced
- 1/3 cup white wine
- 2 cups whipping cream
- 1/3 cup shredded parmesan cheese
- 1/2 tsp. sea salt
- 1/4 tsp. black pepper
- 1/4 tsp. paprika
- 1 tbsp. parsley finely chopped to garnish

Directions

1. Boil a pot of water and add 3/4 lb. pasta and 1 tbsp. salt. Cook until al-dente according to package instructions. Then drain pasta without rinsing and set it aside.
2. While your pasta is cooking, prepare sauce and shrimp. Season the shrimp with 1/2 tsp. salt, 1/4 tsp. black pepper and 1/4 tsp paprika. Put large, non stick pan over medium/high heat, add 1 tbsp. Of oil. When the oil is hot, add shrimp in single layer and cook for 2 min per side (or just until it's cooked through and is no longer translucent). Then remove shrimp to a separate dish to prevent from overcooking.
3. Add 2 tbsp. butter with finely chopped onion in the same hot pan and sauté until soft and golden (about 3-5 mins) while stirring often. Add the minced garlic and sauté for another minute until fragrant. Now, stir in 1/3 cup of white wine and boil it down until there is only about 25% of the liquid left.
4. Stir in 2 cups cream and bring to a light boil, then simmer for 2 minutes. Sprinkle your sauce with 1/3 cup parmesan cheese and stir until smooth and creamy. Bring it just to a simmer without boiling and then turn off heat and season the sauce with more salt, pepper and paprika if needed.
5. Grab your drained pasta and cooked shrimp and stir it in. Toss until the noodles are well coated in sauce and the dish is well combined and consistent. Served best in warm pasta bowls with a nice sprinkle of fresh, finely chopped parsley, some more parmesan cheese, and sprinkled with fresh ground black pepper.

Juicy Chicken Madeira.



Ingredients

- 1 lb. chicken breasts (2 large)
- 1 lb. asparagus, blanched
- 3/4 tsp sea salt, divided and black pepper to taste
- 3 tbsp. unsalted butter, divided
- 2 tbsp. olive oil, divided
- 16 oz. button mushrooms, thickly sliced
- 1 small or 1/2 medium yellow onion, finely diced
- 2 large garlic cloves, minced
- 2 tbsp. fresh parsley, finely chopped
- 1 1/2 cups Madeira wine (a sweet white wine)
- 1 1/2 cups low sodium beef stock or broth
- 1/2 cup whipping cream, heavy or regular
- 1 cup mozzarella cheese, shredded

Directions

1. Blanch asparagus: Remove the fibrous stems from your asparagus by snapping them off. Add 6 cups water to medium pot, bring to a boil and add 1 tbsp. of salt. Add the asparagus and boil uncovered until they are crisp, tender, and bright green (about 2-3 minutes), then remove from hot water and set them aside.
2. Put large heavy pan on medium/high heat and melt in 2 tbsp. of butter and 1 tbsp. oil. Then add the sliced mushrooms and cook for 5 minutes until soft. Stir in your diced onion and cook for another 3 minutes. Add the minced garlic cloves, then season with 1/4 tsp. salt, 1/4 tsp. black pepper, and 2 tbsp. parsley. Now cook for another 2 minutes, and finally remove the mixture to a plate and wipe skillet clean with paper towel.
3. Slice your chicken breasts in half lengthwise. Pound each cutlet between plastic wrap until about 1/4" thick. Season the chicken all over with 1/2 tsp. salt and 1/4 tsp. black pepper. Put the same pan from before on medium/high heat and add 1 tbsp. butter and 1 tbsp. oil. Add chicken breasts when the butter is finished foaming and sauté for 3-4 minutes per side (or until golden and cooked through). Remove your chicken from the pan to the same plate with mushrooms.
4. In the same pan again, add 1 1/2 cups Madeira wine and boil until it is reduced by half (about 5 minutes of vigorous boiling), scraping the bottom portion of the pan to deglaze. Then add 1 1/2 cups of beef broth and boil for about 10 minutes until 2/3 cup liquid remains. Reduce the heat to medium and add 1/2 cup cream and let it simmer until sauce thickens (about 2 minutes). Season with salt and pepper if desired.
5. Move chicken back to the pan and coat it in the sauce. Top off with mushrooms, asparagus, and sprinkle 1 cup of mozzarella cheese over the top. Let it broil for 3-4 minutes until the cheese is melted. Finally, remove from heat and garnish with fresh parsley.

Crispy Shrimp Cakes.



Shrimp Cakes Ingredients

- 1 lb. large raw shrimp, peeled and deveined
- 4 oz. mozzarella cheese (1 1/2 cups, shredded)
- 1 large egg
- 1/4 cup mayonnaise
- 2 tbsp. parsley, finely chopped (make extra to garnish if desired)
- 1/2 tsp. sea salt
- 1/8 tsp. black pepper
- 1/4 cup all-purpose flour or gluten free flour
- 2 tbsp. light olive oil or high heat cooking oil of your choice

Lemon Aioli Sauce Ingredients

- 1/2 cup mayo
- 1 tsp. lemon zest
- 2 tbsp. lemon juice
- 1 garlic clove, finely minced

Directions

1. Pat dry the shrimp with paper towels, then dice them into pea sized bits.
2. Transfer the chopped shrimp into large mixing bowl and add 4 oz. shredded mozzarella, 1 egg, 1/4 cup mayo, 2 tbsp. parsley, 1/2 tsp. salt, and 1/8 tsp. black pepper. Stir everything together and add 1/4 cup flour. Mix well until batter is smooth, creamy and well combined.
3. Now heat large non stick pan on medium heat. Add 1 tbsp. of olive oil, and then add 1 heaping tablespoon of your shrimp mix at a time and flatten out the tops of your fritters as you go so they are about 1/2" thick patties. Sauté for about 3 minutes per side (or until golden brown on the edges and cooked through).
4. To make your lemon aioli sauce, take a small bowl and add in mayo. Stir to remove any lumps, and then add 1 tsp. lemon zest, 2 tbsp. lemon juice, and the finely minced garlic clove. Keep stirring until everything is combined and well incorporated.

Creamy Buttery Mashed Potatoes.



Ingredients

- 4 lbs (12 medium) russet potatoes, peeled
- 1 1/4 cups hot whole milk
- 16 tbsp. unsalted butter at room temperature (not melted)
- 1 1/2 tsp. sea salt
- 1 tbsp. fresh parsley or chives, finely chopped for garnish

Directions

1. Peel the potatoes. If very large, cut them in half. To get the smoothest potatoes possible, remove the little knots from the potatoes with a small spoon or the tip of a potatoes peeler (this is not mandatory but it does get you a smoother potato). Place the potatoes in a large pot (5 qt. or more) and cover the potatoes with cold water. Bring them to a boil and cook partially covered until potatoes are easily pierced with a knife (this takes about 20-25 minutes depending on the size of your potatoes).
2. Drain well and transfer to your stand mixer bowl. First mash the potatoes lightly by hand to break them up. Then use the mixer with whisk attachment and start on low speed for 30 seconds, then increase to medium all while slowly drizzling in the hot milk.
3. With the mixer on, add softened room temperature butter 1 tbsp. at a time with a few seconds intervals between each addition. The potatoes will be whipped and deliciously fluffy. Add 1 1/2 tsp salt and mix. Finally, add your finely chopped parsley or chives to garnish.

Cheesy Stuffed Chicken Parmesan.



Ingredients

- 4 medium chicken breasts
- 1/2 cup all-purpose flour or gluten free flour
- 3/4 tsp. salt
- 1/2 tsp. black pepper
- 2 large eggs, well beaten with a fork
- 1/2 cup plain bread crumbs such as panko
- 1/3 cup parmesan cheese, finely grated
- 3 tbsp. extra light olive oil (plus more as needed)
- 2 cups marinara sauce
- 6 oz. mozzarella cheese, divided (1 1/2 cups shredded)
- 6 fresh basil leaves, finely chopped to garnish

Directions

1. Start by seasoning the chicken breasts with 3/4 tsp. salt and 1/2 tsp. black pepper. Now cut a deep slit into the side of each breast (be careful to not cut all the way through) and stuff each breast with 2-3 tbsp. of mozzarella. Close the edges to seal as well as possible.
2. Now grab 3 large bowls. In the first bowl, pour in 1/2 cup of flour. In the second bowl, beat 2 large eggs with a fork until consistent. In the third bowl, stir together 1/2 cup of bread crumbs and 1/3 cup of parmesan cheese.
3. Working 1 stuffed chicken breast at a time, carefully dredge it in flour and tap off any excess. Then dip it into your beaten eggs and let any excess egg drip back in the bowl. Finally, dip in your chicken in the bread crumbs and turn it around a couple of times to get a nice coating.
4. Now place a deep, large pan or dutch oven on medium heat and add 3 tbsp. of olive oil to lightly coat the pan. Add the breaded chicken in a single layer when the oil is hot and sauté for 4 minutes per side (or until golden brown on each side).
5. Pour 2 cups of marinara sauce around and onto the center of each chicken breast. Then sprinkle the remaining mozzarella over the stuffed chicken and bake uncovered at 400°F for 15-20 min, (or until an instant read thermometer reads 165°F when inserted into the chicken). If desired, garnish with freshly chopped basil.

Slow Cooker BBQ Chick- en.



Ingredients

- 3 lbs. (about 5-6 count) boneless, skinless chicken breasts
- 1 1/2 cups honey BBQ Sauce
- 1/2 medium onion, finely chopped
- 1 tbsp. olive oil
- 1 tbsp. Worcestershire sauce
- 2 tbsp. brown sugar

Directions

1. Add all sauce ingredients in a 5-6 qt. slow cooker and stir well together.
2. Now add the chicken and turn a couple of times to thoroughly coat. Cover and cook on high for 3-4 hours or on low for 6-7 hours. Your chicken is done when cooked through and easy to shred.
3. Now, remove the chicken to a cutting board and shred each breast using two forks. Add the shredded chicken back into the crock pot and stir well to coat with the sauce. Delicious!

Fish Tacos.



Fish Taco Ingredients

- 24 small white corn tortillas
- 1 1/2 lb. tilapia
- 1/2 tsp. ground cumin
- 1/2 tsp. cayenne pepper
- 1 tsp. salt
- 1/4 tsp. black pepper
- 1 tbsp. olive oil
- 1 tbsp. butter

Fish Taco Toppings

- 1/2 small purple cabbage
- 2 medium avocados, sliced
- 2 tomatoes diced (preferably roma)
- 1/2 red onion, diced
- 1/2 bunch cilantro, long stems removed
- 1 1/2 cup Cotija cheese, grated
- 1 lime, cut to 8 wedges to serve

Fish Taco Sauce Ingredients

- 1/2 cup sour cream
- 1/3 cup mayo
- 2 tbsp. lime juice (from 1 medium lime)
- 1 tsp. garlic powder
- 1 tsp. Sriracha sauce

Directions

1. Line a large baking sheet with parchment or silicone liner and place fish on it. In a small bowl, combine following seasonings: 1/2 tsp. cumin, 1/2 tsp. cayenne pepper, 1 tsp. salt, and 1/4 tsp. black pepper. Then evenly sprinkle seasoning mix over both sides of tilapia.
2. Lightly drizzle olive oil over fish and dot each piece with butter. Bake at 375°F for 20-25 minutes. Broil for 3-5 minutes at the end to brown the edges.
3. Combine all the taco sauce ingredients in a medium size bowl and whisk everything until it is well blended and combined.
4. When serving your tacos, quickly toast the corn tortillas over medium/high heat on a large dry griddle or skillet.
5. To assemble the tacos, first add some pieces of fish and then add remaining ingredients, finishing off with a generous sprinkle of Cotija cheese and finally that amazing taco sauce. Served best with a fresh lime wedge to squeeze over the tacos.

Poached Cod in Tomato Curry.



Ingredients

- 3 tbsp. virgin coconut oil (or vegetable oil)
- 1 red chile, halved, seeded, and thinly sliced
- ½ fresh ginger, peeled, thinly sliced
- 2 garlic cloves, thinly sliced
- 4 cardamom pods, crushed
- 1 tsp. ground coriander
- ½ tsp. ground turmeric
- ¼ cup unsweetened coconut cream
- 2 pints cherry tomatoes (about 1¼ lb.)
- Kosher salt, to taste
- 4 5-oz. skinless cod fillets
- 1 cup basil leaves, torn if large

Directions

1. Heat your oil in a medium skillet over medium heat until warm. Add chile, ginger, and garlic and cook while stirring often until garlic has softened but not taken on any color, (roughly 3 minutes). Add cardamom, coriander, and turmeric and cook while stirring until fragrant (roughly 30 seconds). Now add tomatoes, still while stirring occasionally. Cook until most of tomatoes have burst and released their liquid (about 12–15 minutes). Now stir in the coconut cream. Taste and season your curry with salt.
2. Reduce the heat to medium-low. Season the cod with salt and nestle it into the curry. Cover and cook at slight simmer until your fish is opaque throughout and beginning to flake (roughly 5–7 minutes; thicker pieces will take longer to cook).
3. To serve, gently move the cod into a bowl. Stir basil into the tomato curry, and finally spoon the curry over the fish.

Best Banana Bread.



Ingredients

- 3 medium/large ripe bananas, mashed with a fork
- ½ cup unsalted butter at room temperature (not melted)
- ¾ cup white sugar
- 2 eggs, lightly beaten
- 1 ½ cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. salt
- ½ tsp. vanilla extract
- 1 cup walnuts
- ½ cup raisins

Directions

1. Preheat your oven to 350°F. Grease and flour bread loaf pan (roughly 9.25 long x 5.25 wide x 2.75 deep). Lightly roast walnuts on a skillet while stirring continuously to avoid burn. Coarsely chop and let them cool to room temperature.
2. Grab a mixing bowl and cream together 8 tbsp. softened butter at room temperature and 3/4 cup sugar (alternatively honey can also be used).
3. With a fork, mash your bananas until they have the consistency of chunky applesauce. Add them to the batter along with 2 eggs. Mix until blended and consistent.
4. Take a separate bowl and whisk together 1 1/2 cups of flour, 1 tsp. of baking soda and 1/2 tsp of salt. Now add it to the batter.
5. Finally, add 1/2 tsp. of vanilla extract and then mix in the chopped walnuts and raisins. Pour the batter into the prepared loaf pan. Bake at 350°F for 55-60 minutes (or until a toothpick inserted into the center comes out clean). Let your banana bread rest for about 10 minutes before transferring it to wire rack to cool off.

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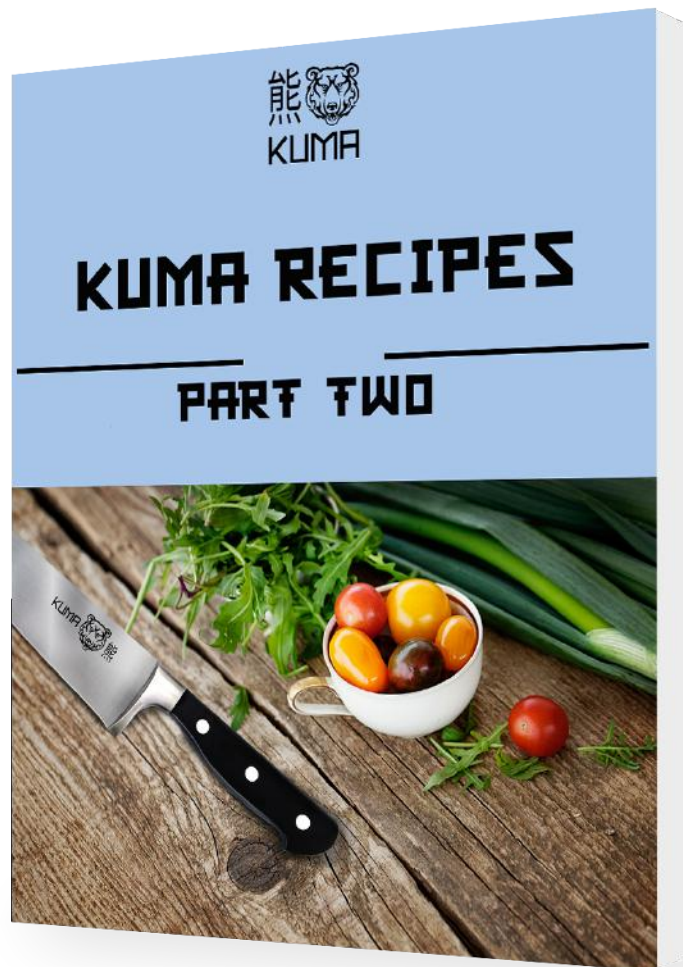
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IF YOU DIDN'T ALREADY, VISIT OUR WEBSITE TO GET YOUR HANDS ON THE PREVIOUS RECIPE BOOK, KUMA RECIPES PART 2 – COMPLETELY FREE OF CHARGE!



THANK YOU!