

Cucumber, Papaya , and Chamomile Facial Mask

This refreshing mask, especially soothing after being in the hot sun, reduces puffiness, soothes sunburn, and rejuvenates your delicate complexion. If needed, repeat every other day for 1 week.

Makes 2 applications

3 tablespoons peeled and chopped cucumber
3 tablespoons peeled and diced ripe papaya
10 drops chamomile essential oil
2 thin slices cucumber for each application

Place the chopped cucumber, papaya, and oil in a blender and puree at high speed. The puree will keep, refrigerated, in an airtight container for several days.

When ready to use, wash and dry your face, then apply half the puree. Avoid getting it in your eyes. Lie down, close your eyes, and place the cucumber slices over your eyes. Relax and let the mask set for 15 minutes. Rinse your face with cool water, dry thoroughly, and apply facial toner and moisturizer

Salad Rolls with Chicken, Mango , and Grilled Asparagus

Working with rice paper is like doing a magic trick. These brittle, paper-thin, translucent sheets turn soft and pliable after being bathed in warm water (page 282). Salad rolls are fun to make, especially for children. Other fresh vegetable and/or fruit combinations can be used with your choice of meat, poultry, seafood, or firm tofu. For a Wind element person, this is your opportunity to display your artistic imagination.

Makes 12 rolls

Rolls

Twelve 6-inch rice papers
6 red leaf lettuce leaves, hard stems removed and torn in half lengthwise
24 fresh chives
1 large cucumber, peeled, cut in half lengthwise, seeds scooped out, and each half cut into 6 long slices (12 total)
1 ripe mango or peach, peeled, cut off the seed, and each half cut into 6 long slices (12 total)
1 ripe avocado, cut in half lengthwise, peeled, each half cut into 6 long slices (12 total), and lightly mashed
12 stalks asparagus, grilled or broiled until lightly charred
1 cup shredded cooked chicken, roast duck, or smoked fish
12 fresh mint leaves
12 sprigs fresh cilantro

Honey Pepper Sauce

¼ teaspoon salt
½ teaspoon cayenne pepper
2 tablespoons honey
1 tablespoon distilled white vinegar
1 tablespoon fresh lime juice
1 teaspoon minced fresh mint

Fill a large bowl with very warm water. Bathe a rice paper in it, then shake off the excess water and place on a work surface. Repeat with 5 more. As the rice paper begins to soften, line the upper half of the center of the rice paper with half a lettuce leaf. Top with 2 chives and a piece each of cucumber, mango, avocado, and asparagus. Spread a generous tablespoon of the chicken on top together with 1 mint leaf and 1 cilantro sprig. Fold the bottom edge of the rice paper to slightly cover the filling. From left to right, fold in the edges, and roll the rice paper over the filling into a cylinder. Repeat with the remaining ingredients, moistening the remaining 6 rice papers when needed. Keep the finished rolls moist by covering them with a wet paper towel. (If making ahead, cover the rolls tightly with plastic wrap. You can put these together early in the day and refrigerate, but the rice papers may dry out. Refresh them by patting lightly with water and letting them sit for 10 minutes before eating.)

Combine the sauce ingredients, except for the mint, in a small bowl. Garnish with the mint just before serving. Serve the rolls with the sauce for dipping

Shrimp and Thai Eggplant Salad

Uncooked Thai eggplant's slightly astringent flavor matches the call from winter's Earth element. Raw baby artichoke hearts can be used as a substitute. To prevent both from browning, squeeze a bit of lemon juice on them. Both vegetables bloom with this simple Thai dressing combining tastes and flavors from the opposing elements Earth and Wind. Sour taste from your home element adds a balanced note to it all.

Makes 4 servings

Dressing

½ teaspoon salt
1½ tablespoons sugar
3 tablespoons fish sauce
¼ cup fresh lime juice
8 fresh Thai or 3 fresh serrano chiles, minced

Salad

1 pound medium shrimp, peeled and deveined
1 teaspoon salt
½ teaspoon white pepper
Vegetable oil spray
6 to 8 Thai eggplants, sliced paper thin, or 12 fresh artichoke hearts, sliced paper thin
1 teaspoon fresh lemon juice
1 fresh turmeric root, peeled and slivered, about 2 inches or 1^β cup mixed carrots and peeled fresh ginger cut into matchsticks
1 clove garlic, slivered
1 tablespoon peeled and slivered fresh ginger
7 to 8 fresh cilantro sprigs, torn into pieces

Combine the salt, sugar, and fish sauce in a small saucepan over low heat. Cook until the salt and sugar are dissolved. Let cool completely, then stir in the lime juice and chiles. Set aside.

Preheat the broiler. In a medium bowl, combine the shrimp with the salt and pepper. Spray a baking sheet with vegetable oil spray and lay the shrimp on top in a single layer. Lightly coat the shrimp with the spray. Broil until the shrimp turn pink and are slightly charred, 5 to 6 minutes. Remove, drain away any liquid, and set aside to cool.

In a large bowl, combine the eggplants with the lemon juice. Add the turmeric, garlic, and ginger and toss. Add the shrimp and mix well. Add the dressing and mix again. Let sit for 5 minutes, then add the cilantro. Mix and transfer to a serving platter. Serve with hot white, brown, or red rice.