

MOSA ASIAN BISTRO

"My father's legacy is Chinese cooking," explains Michelle Pao LeVine. Eddie Pao opened Formosa Chinese Restaurant on Summer Avenue over 30 years ago. It was and still is the "go to" restaurant for traditional Chinese cooking. But Pao and his family wanted to create a new concept with a modern twist. In 2006, Mosa Asian Bistro was born.

"Mosa's focus is Asian fusion," says Pao-LeVine. At Mosa, they also focus on a healthy lifestyle. Any ingredient in any dish can be modified, substituted or omitted to fit patrons' dining requests. If you are looking for super healthy, then request everything be steamed. They are not food snobs. Pao LeVine describes the chefs as "masters of fire"; stir-fry cooking is done very, very fast on extremely high heat. At Mosa, they make 24 sauces daily and serve over 100 pounds of brown rice every week. "Everything is made fresh to order every day and evening; that's how we cook at home."



An H+F low carb favorite, Chicken Lettuce Wraps. Diced chicken breast, mushrooms, water chestnuts, scallions and Mosa sauce served with iceberg lettuce leaves. To cut calories and sodium, ask for half the sauce. \$5.95



Stir-fry magic; Su Chai Vegetables with brown rice and shrimp. \$8.95

MOSA ASIAN BISTRO

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If you feel like being adventurous in the kitchen, prepare your family an authentic Chinese dish, Hong Kong Style Sea Bass. (see recipe)
Or, if cooking is not your thing, then let Mosa do it for you. \$13.95

Hong Kong Style Sea Bass

Two 8 oz. filets of sea bass (or halibut)
Ginger (peeled and julienned into thin strips)
Green Scallions (julienned into thin strips)
1 bag spinach leaves (rinsed and drained)
1 T minced garlic
Soy Sauce
Water
Granulated Sugar
Kosher Salt
Olive Oil



Wash the filet of sea bass, pat dry, sprinkle lightly with kosher salt. Fill the bottom half of your steamer with water and let it heat up on medium heat.
Wash, peel and julienne your ginger into thin strips. Wash and julienne your green scallions using mainly the root end, which has more flavor.
Put your fish on the steamer tray (which should be perforated) making sure the water does not come into contact with the fish. Place equal amounts of the julienned ginger strips and scallion strips on the fish. Make sure the lid is shut tight. Let the fish steam for 8-12 minutes. In a saucepan, pour in 1 cup of soy and 1 cup

of water, and let it heat on med-low. When it turns hot, pour in 2 T of sugar and stir till the sugar melts. You can adjust the amount of ingredients to your taste.
Heat 2 T of olive oil in a pan on medium low, then stir in the minced garlic, and stir for about 30 seconds so the oil gets flavored. Add half the bag of spinach and stir fry, then add the second half. Add kosher salt to taste. It should only take 3-4 minutes to cook the spinach.
Once spinach and fish are done cooking, plate the spinach on the bottom, with the bass on top. Then pour half a ladle of the sauce over the fish and spinach.
Serve immediately and enjoy!

H+F DISS OF THE MONTH: TGI Friday's Cobb Salad

I have always been a fan of Cobb Salad—grilled chicken, crispy bacon, a hard-boiled egg, avocados, black olives, tomatoes and blue cheese crumbles. It sounds like the perfect post workout meal, nourishing fatigued muscles after an hour of pumping iron...right? Well, I had one for lunch recently at TGI Friday's after leaving the gym and it turns out that I was wrong, dead wrong. I had just devoured the whole thing...a salad, yes a salad, with an unbelievable amount of calories...1,245! and fat...101 gms! OMG! I almost dropped dead right there at the table. So caution H+F readers: I sabotaged my diet that day so that you don't have to.

TGI Friday's does not provide nutritional information on their website, so I did my fact checking at livestrong.com.



— Hailey Thomas