

EASY CHINESE CUISINE

A Collection of 160 Chinese Recipes

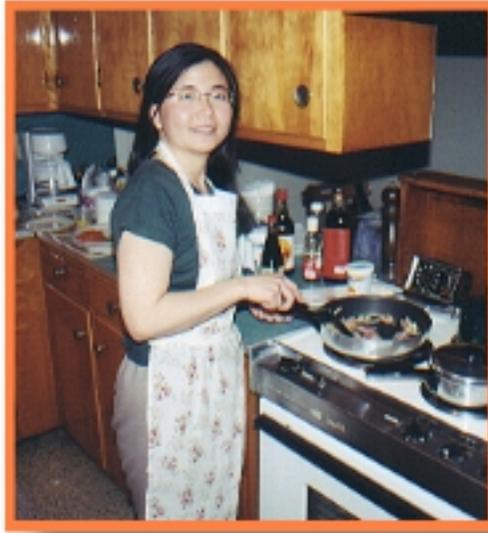
Compiled by [Ailam Lim](#) for Today's New Oriental Cook



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ABOUT THE AUTHOR



I hope you will find this collection of recipes interesting and appetizing. I've enjoyed putting together an assortment of dishes that I personally enjoy cooking (and eating!). My interest in cooking originated when I was young, growing up in a Chinese family with 9 children, where knowing how to cook well was not so much of an art but a necessity.

Cooking Chinese is easy and fun. Please try these recipes and forward your comments to me. Let me know what you like or would like to try. Enjoy Life - Eat Chinese!
Have fun in the kitchen, Ailam

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[1]

Chinese Barbecued Chicken Wings

2 lbs chicken wings

Barbecue sauce:

2 tsps dark soy sauce

3 tsps hoisin sauce

2 large garlic cloves, monced

1 tsp chopped peeled fresh ginger

1 tsp rice wine (optional)

1 tsp toasted sesame oil

2 tsps chili bean paste

2 tsps sugar

Preheat oven to 475F.

Place the chicken wings in a baking dish.

Combine the barbecue sauce ingredients and mix for 5 seconds.

Add the sauce to the chicken wings and toss to coat thoroughly.

Place the wings in the oven and cook for 15 minutes.

Turn heat down to 350F and cook for 20 munites.

Serve hot or allow to cool and serve at room temperature.

[2]

Chinese Chicken Salad

3/4 lb chicken breasts
2 tsps salt
2 tsps roasted sesame seeds
1/2 lb iceberg lettuce, finely shredded
2 tsps rice vinegar

Sauce:

1 garlic clove, minced
1 slice fresh peeled ginger
2 green onions, green top removed
2 tsps chili bean paste
2 tsps dark soy sauce
1 tsp sugar
2 tsps rice vinegar
2 tsps peanut butter
1/2 tsp salt
1/2 tsp ground black pepper
2 tsps toasted sesame oil

Remove skin from the chicken breasts and place the chicken in a pot. Pour in enough cold water to cover the chicken and add the salt. Bring the mixture to a simmer and cook for 5 minutes. Turn off the heat and cover tightly, let it stand for 10 minutes. Meanwhile, mix all the sauce ingredients and blend well. Toss the lettuce with rice vinegar and place on a serving platter. Remove the chicken from the pot and allow to cool. Pull the meat off the bone, shred it, and toss it with the sauce. Place the chicken and sauce on top of the lettuce and serve at once.

[3]

Crispy Phoenix-tailed Shrimp

1 lb fresh raw shrimp
2 tsps light soy sauce
1 tsp rice wine
1 tsp five-spice powder
1/4 tsp freshly ground black pepper
2 cups cooking oil
1/2 cup cornstarch

2 eggs, beaten
2/3 cup bread crumbs

Peel shrimp and discard the shells. Partially split the shrimp lengthways and remove the digestive cord. pat the shrimp dry with paper towels.

Place the shrimp in a bowl and mix with the soy sauce, rice wine, five-spice powder and pepper.

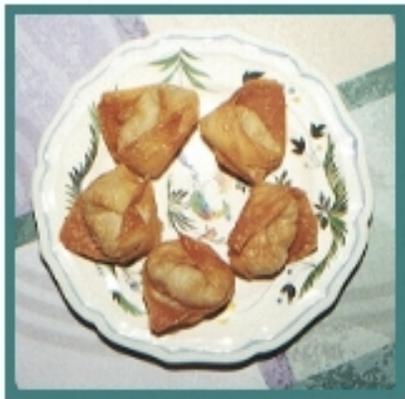
Heat a wok and add the oil.

Dip the shrimp in the cornstarch, shaking them gently to remove any excess, then dip them into the beaten eggs, and finally coat the with the bread crumbs.

When the oil begins to smoke slightly, deep-fry the coated shrimp for 3 to 4 minutes, until golden brown. Drain them well on paper towels and serve at once.

[4]

Fried Wantons



30 wonton skins
cooking oil for frying

Filling:

6 oz ground pork
4 oz or 1/2 can water chestnuts, finely chopped
1 tsp water
1 tsp cornstarch
1/2 tsp salt
1/2 tsp cooking wine
1/2 tsp sesame oil

1/4 tsp ground pepper

Mix together all the ingredients for filling, mix until meat and waterchestnuts are well blended. Divide into 30 portions.

Put 1 tsp of filling in the middle of a wonton skin.

Fold the skin diagonally in half to form a triangle.

Fold the edge containing the filling over about 1/2-inch.

Bring the two points together, moist one inner edge and pinch the edges together to hold.

Repeat with remaining wonton.

Heat a wok with 1 1/2-inch cooking oil.

Deep-fry the wontons over medium heat until golden brown.

Drain on paper towels and serve.

Makes 30 wontons.

[5]

Grilled Shrimp with Cilantro and Ginger Sauce

1 lb fresh raw shrimp

Marinade:

1 tsp light soy sauce

1 tsp rice wine

1 tsp sesame oil

Sauce:

2 tsps minced fresh cilantro

2 tsps white rice vinegar

1 tsp chopped peeled fresh ginger

Preheat the broiler.

Peel shrimp and discard the shells. Partially split the shrimp lengthways and remove the digestive cord. pat the shrimp dry with paper towels.

Combine the marinade ingredients, add shrimp and set aside for 10 minutes.

Prepare the sauce ingredients, mix them together and set aside.

Lay the shrimp on a baking tray, put on the lower tray in the oven.

Cook the shrimp for 3 minutes on one side, turn over, and cook for 2 minutes.

Place on a serving platter and serve with sauce.

[6]

Minced Shrimp with Lettuce Leaves

1 small iceberg lettuce

1/2 lb fresh raw shrimp

1/2 lb red bell peppers, cored and seeded

1/4 lb asparagus, trimmed

1 1/2 tsps cooking oil

2 tsps chopped garlic

2 tsps chopped peeled fresh ginger

1/4 cup chopped green onions
1 tsp salt
2 tsps light soy sauce
2 tsps sesame oil
1/4 cup hoisin sauce

Wash and dry the lettuce leaves.

Peel shrimp and discard the shells. Partially split the shrimp lengthways and remove the digestive cord. Pat the shrimp dry with paper towels and coarsely chop them.

Finely dice the peppers and asparagus.

Heat a wok with the oil. Add the garlic, ginger and green onions and stir-fry for 10 seconds.

Add the shrimp, salt, soy sauce and sesame oil, continue to cook for 2 minutes. Turn the mixture onto a serving plate.

Arrange the lettuce leaves on a separate plate, put the hoisin sauce in a small bowl and serve.

Each guest puts a heap of each ingredient on a lettuce leaf, wrap it up and eats it with fingers.

[7]

Sesame Chicken Fingers

1 1/2 lbs boneless skinless chicken breasts

Marinade:

2 tsps soy sauce

1 1/2 tsps rice wine

1 tsp sesame oil

1 tsp minced garlic

1 1/2 tsps minced fresh ginger

1 tsp five-spice powder

1/2 cup cornstarch

1 cup raw sesame seeds

1 egg yolk, beaten

Cooking oil or shortening

Cut chicken into 1 1/2-inch chunks. Place in a bowl, add the marinade ingredients, toss lightly to coat. Cover and chilled for at least 3 hours or overnight.

Combine cornstarch and sesame seed on a plate. Add egg yolk to the chicken and toss.

Roll the chicken in the sesame seed mixture, press lightly to coat well. Place the chicken on a cookie sheet dusted with cornstarch.

Let air-dry for 1 hour, turning once.
Heat a wok with 1 1/2-inch deep of cooking oil or shortening.
When oil is hot, fry the chicken a few at a time, until golden brown.
Remove and drain on paper towels. Repeat with all the remaining.
Serve immediately.

[8]

Sesame Noodle Salad

8 oz dried vermicelli
8 fresh shiitake mushrooms
3 tsps cooking oil
2 tsps minced ginger
1/4 lb green beans, cut into 1/4-inch slanting slices
2 medium carrots, peeled and cut into julienne strips
2 medium cucumber, cut into julienne strips
1 tsp soy sauce

Sesame dressing:

1/4 cup cooking oil
3 tsps sesame seeds
1/3 cup sugar
1/2 cup vinegar
2 tsps dry sherry

Heat a wok over medium heat and add the 1/4 cup of oil, stir the sesame seeds until golden.

Let it cool. Stir together the sugar, vinegar and dry sherry, until sugar melts.

Mix in the cooled sesame seeds. Set aside.

Trim stem off the mushrooms, cut the stem into julienne strips.

Follow the package directions, cook the vermicelli in boiling water until al-dente.

Drain and rinse with cold water, drain and set aside.

Heat a wok with 2 tsps oil, stir-fry the ginger, carrots, beans, cucumber, and mushroom stems, about 1 1/2 minutes. Remove from wok.

To wok, add 1 tsp oil, soy sauce, and mushroom caps.

Reduce heat, cook, turning occasionally, until the mushrooms have absorbed all the liquid.

Pour into a bowl and refrigerate.

Mix the dressing with noodles and vegetables. Season to taste with salt.

Cover and refrigerate for 2 hours or overnight.

To serve, garnish salad with mushroom caps.

Shredded Barbecued Pork and Leek Salad

1 1/2 lbs boneless center cut pork loin, cut into 1 1/2-inch thick

Barbecue sauce:

1/4 cup hoisin sauce

2 tsps ketchup

1 1/2 tsps soy sauce

2 tsps rice wine

1 tsp minced garlic

1 tsp sugar

Dressing:

1/3 cup soy sauce

3 tsps rice vinegar

1 tsp sugar

2 tsps sesame oil

1 tsp cooking oil

1 tsp minced garlic

1 tsp minced fresh ginger

3 cups leek, thinly shredded

1 1/2 tsps rice wine

4 cups bean sprouts

Preheat oven to 350F.

Combine Barbecue sauce ingredients, add pork loin and toss lightly to coat.

Arrange the pork chops on a baking sheet lined with aluminum foil and bake for 30-35 minutes.

Remove the pork and let cool. Save the cooking juice.

Cut the pork into julienne shreds. Add to the cooking sauce and set aside.

Combine the Dressing ingredients and stir until the sugar is dissolved.

Heat a wok with the oil. When the oil is very hot, add the ginger, garlic, and leeks and stir-fry for 1 minute.

Add rice wine, then bean sprouts and the dressing and stir-fry for 1 minute. Remove from heat.

Transfer the vegetable to a serving platter, make a slight indentation in the center, arrange the shredded pork in center, and drizzle with the warm dressing and cooking juice.

Serve warm, or cold.

[10]

Shrimp and Vegetable Salad

1/2 lb broccoli
2 tsps cooking oil
2 garlic, minced
1/2 tsp minced ginger
1/2 lb fresh mushroom, thinly sliced
1/2 lb snow peas
1/3 cup water
1 tsp soy sauce
1/2 tsp sugar
1 tsp oyster sauce
1 cup small shrimp
1/2 cup mayonnaise
1/4 cup roasted cashews
Salad greens

Cut broccoli flowerets into 1/4-inch-thick slices.

Cut the peeled stems into 1/8-inch-thick slices.

Heat a wok over medium heat and add oil, stir-fry the garlic and ginger for 1 minute.

Add broccoli, mushrooms, snow peas, stir-fry 3-4 minutes, until vegetables are crisp-tender. Pour in a bowl.

In a cup, stir together water, soy sauce, sugar and oyster sauce.

Pour over vegetables. Then stir in shrimp.

Let refrigerate for at least 4 hour.

Before serving, drain vegetable mixture. Place the salad green on the serving platter, spoon the vegetable mixture on top, sprinkle with cashews and serve.

[11]

Shrimp Toast

1/2 lb raw shrimp, shelled and de-veined
1 tsp beaten egg
1/2 tsp salt

1/2 tsp finely grated ginger
1 tsp oyster sauce
2 tsps dry sherry
2 tsps cornstarch
6 slice white bread
sesame seeds (optional)
chinese parsley, a few sprigs
cooking oil for deep frying

Chop shrimp until very fine, mix with beaten egg, ginger, salt, oyster sauce, dry sherry and cornstarch.

Trim the bread crusts off and cut each slice into half, diagonally. Spread bread with shrimp mixture, sprinkle and spread with sesame seeds (if using), and press a sprig of parsley on top to garnish.

Heat oil in a wok, deep-fry a few pieces at a time, shrimp side down, fry until golden brown.

Drain on paper towels and serve hot.

[12]

Spicy Fried Cashew Nuts

1 1/4 cups cooking oil
1/2 lb raw cashew nuts
1 tsp salt
1/2 tsp freshly ground black pepper
1/2 tsp cayenne
1/4 tsp five-spice powder

Heat wok or skillet over medium heat, then add oil.

Wait until the oil begins to smoke lightly, deep fry the cashew nuts until they turn lightly brown (about 2 minutes).

While the nuts are browning, heat another skillet.

Remove nuts from oil and add directly to the other hot skillet.

Add salt, pepper, cayenne and five-spice powder.

Stir-fry for 2 minutes or until nuts are well coated with spices.

Allow to cool before serving.

make about 1/2 lb.

[13]

Spring Rolls

Spring Roll Skins

3/4 cup all-purpose flour
1/2 cup cornstarch
3 tsps cooking oil
1 3/4 cups water

Stir all ingredients together to make a thin batter. Heat a lightly oiled 6-inch skillet. Spoon 2 tsps batter to skillet and swirl quickly to spread the batter to cover bottom of skillet. Cook until the crepe is dry but not colored, it is done when the edges shrink from the sides of pan. Transfer to a plate and cover with warm cloth. Repeat for all batter. Make about 20 spring roll skins.

Spring Roll Filling

3 tsps cooking oil
1 cup bean sprouts
6 green onions, thinly shredded
1 cup carrots, shredded
2 cups button mushrooms, thinly sliced
1 tofu cake, finely chopped or 1 cup chopped cooked shrimp
1 garlic clove, minced
1/4 tsp five-spice powder
1 tsp soy sauce
1 tsp salt

Heat oil in a wok, stir-fry garlic until fragrant, then add all the vegetables and tofu, stir-fry for 1 minute. Add five-spice powder, soy sauce and salt, stir-fry 2 more minutes. Let cool.

Spring Rolls

1 egg, beaten
cooking oil for deep-frying

Lay a spring roll skin on work surface, place 2 tsps of filling slightly off-center. Fold the sides of skin neatly over the filling, roll-up to enclose the filling completely. Brush the edges with beaten egg to seal. Repeat for all. Heat 2-inch of oil in a wok over medium heat until hot, fry 3-4 spring

rolls at a time, for about 4 minutes, until crisp and golden.
Drain on paper towels, arrange on a platter and serve.



BEEF

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[11]

Beef and Fried Potato

3/4 lb lean boneless beef top round steak, thinly sliced
2 medium potatoes, peeled and cut into strips
1 tsp cooking oil
2 cloves garlic, minced
1 medium onion, cut into thin wedges
1 green pepper, cut into 1-inch squares
2 medium tomatoes, cut into thin wedges

Cooking sauce:

1/2 cup water
3 tsps hoisin sauce
1 tsp cornstarch
1/4 tsp ground black pepper

Prepare cooking sauce and set aside.

Heat a wok over high heat, and add the oil, stir-fry garlic for 15 seconds, add the potatoes.

Stir-fry for 6 minutes or till tender.

Remove from wok. Add the onion and green onion, stir-fry for 3 minute, remove from wok. Add the beef to hot wok, stir-fry for 2-3 minutes.

Push beef from center of the wok, Stir and add cooking sauce to the center, cook till thickened.

Return the potatoes and vegetables to the wok, stir all ingredients together, cook for 1 minute and stir in the tomato wedges. Heat through and

serve.

[2]

Beef and Vegetable Saute

1 lb lean boneless beef steak such as top round or flank
1/3 cup firmly packed brown sugar
2 tsps cornstarch
1/4 cup vinegar
3 tsps light soy sauce
2 tsps butter or margarine
1 large onions, thinly sliced
1 1/2 cups carrots, thinly sliced
1 cup green beans, cut into 1-inch lengths
1 cup zucchini, thinly sliced
1 cup water

Cut beef into 3/4-inch thick. Slice into 1/8-inch slices.
Mix the sugar, cornstarch, vinegar and soy sauce together and set aside.
Heat a wok over medium-high heat, and add 1 tsp of butter. Add half of the beef and stir-fry until browned. Add 1 more tsp of butter and stir-fry another half of beef. Remove and set aside.
Add onion, carrots, beans and 1/2 cup of water to wok, stir well.
Cover and cook for 8 minutes, stir often. Stir in zucchini and 1/2 cup water, cook uncovered about 2 minutes, until vegetable are tender.
Add the meat and stir in cornstarch mixture, stir until sauce boil and thicken.
Make 4 servings.

[3]

Beef with Ginger and Pineapple

1 lb lean boneless beef steak such as top round,
flank, sirloin or New York steak
1 tsp salt
4 tsps rice wine or dry sherry
4 tsps sesame oil
1 1/2 tsps cornstarch
1/2 lb fresh pineapple, peeled and cut into thick slices
2 red peppers, seeded and cut into wedges

2 green onions, cut into 3-inch lengths
2 tsps cooking oil
2 tsps shredded fresh ginger
1 tsp light soy sauce
1 tsp water

Cut beef to 2-by-1/4-inch slice. Add salt, 2 tsps rice wine, 2 tsps sesame oil and cornstarch to the beef and mix well.

Heat oil in a wok, add the beef and stir-fry for 1 minute to brown.

Remove from wok and set aside. Add the ginger, peppers and green onions to wok and stir-fry for 1 minute.

Pour in the water, 2 tsps rice wine and the soy sauce, cook for 3 minutes.

Return beef to wok, add the pineapple, and cook until they are heated through. Add 2 tsps of sesame oil and give a final stir.

Serve at once.

[4]

Beef with Napa Cabbage

3/4 lb lean boneless beef steak such as top round,
flank, sirloin or New York steak

1 tsp soy sauce

1 tsp cornstarch

1/2 tsp minced fresh ginger

3/4 lb napa cabbage, cut crosswise into 3/4-inch slices

1/4 cup cooking oil

1 garlic, minced

1 red bell pepper, seeded and cut into 1-inch squares

2 green onions, thinly sliced

Cooking sauce:

1 tsp cornstarch

1 tsp oyster sauce

1/2 cup beef broth

1 tsp soy sauce

1 tsp dry sherry

Cut beef into 1/8-inch slides. Stir together cornstarch, soy sauce and ginger, add the beef and stir to coat. Let marinade for 10 minutes.

Prepare cooking sauce and set aside.

Heat a wok over high heat, until very hot, then add 2 tsps of the oil, stir-fry the beef until brown. Remove and set aside.

Reheat the wok with 2 tsps of oil, add garlic and bell pepper. Stir-fry for 30 seconds, add cabbage and stir-fry for about 2 minutes, until cabbage is tender-crisp.

Return beef to wok. Stir in cooking sauce, bring to a boil and thicken. Mix in green onions, stir once and serve.

[5]

Beef with Oyster Sauce

3/4 lb lean boneless beef steak such as top round,
flank, sirloin or New York steak
1 tsp dry sherry or cooking wine
1 tsp soy sauce
1 tsp water
1/4 tsp sugar
2 tsps cornstarch
3 1/2 tsps cooking oil
1 garlic, minced
1/2 tsp minced ginger
1/2 cup sliced bamboo shoots
6 medium dried Chinese mushrooms, thinly sliced
salt to taste

Cooking sauce:

2 tsps oyster sauce
1 tsp cornstarch
1/2 cup chicken broth

Cut beef into 1/8-inch slides. Stir together cornstarch, soy sauce, dry sherry, sugar, and water. Add the beef and stir to coat. Then stir in 1 1/2 tsps of the oil and let marinate for 15 minutes. Prepare cooking sauce and set aside. Heat a wok over high heat, add 2 tsps of the oil. Add ginger and garlic, stir once. Add beef and stir-fry until beef is brown, remove from wok and set aside. Reheat wok with remaining 1 tsp of cooking oil, stir-fry bamboo shoots and mushrooms for 1 minute. Add 1 tsp water and stir-fry for 2 minutes. Return beef to wok and stir in sauce mixture. Bring to a boil and thicken. Season to taste with salt and serve.

note: bamboo shoots and mushroom can be substituted with 1 lb of asparagus.

[6]

Chinese Beef Stew

1 1/2 lbs stewing beef, cut into 1-inch cubes
2 tsps light soy sauce
1/2 cup all-purpose flour
1/4 cup cooking oil
10 cloves garlic, lightly smashed
4 slices fresh ginger
2 cups beef stock
1 cup water
2 star anise,
12 small carrots, trimmed and scraped
12 small white onions, trimmed and peeled

Cut beef into 1-inch cubes. Toss with the flour to coat. Shake off excess flour. Heat oil in a wok until hot, add as many beef as will fit and pan-fry to golden brown. Repeat for all the beef. Remove and set aside. Reheat the oil, stir-fry the garlic and ginger for 10 seconds, until fragrant. Add the broth, water, soy sauce and star anise and heat until boiling. Return the meat and bring back to boil. Reduce heat, cover and simmer for 45 minutes. Add the carrots and onions, cook for another 45 minutes. Skim any fat off the surface, and serve.

[7]

Curried Beef with Tomatoes

1/2 lb lean boneless beef steak such as top round, flank, sirloin or New York steak
1 tsp soy sauce
1 tsp cornstarch
1/2 tsp sugar
1 tsp curry powder
2 tsps cooking oil
1 onion, cut into wedges
1 tsp minced fresh ginger
2 cloves garlic, minced
2 tomatoes, cut into wedges

Cooking sauce:

1 tsp soy sauce
1 tsp cornstarch
2 tsps ketchup
1 tsp curry powder
1/2 cup water

Cut beef into 1/8-inch slides. Combine beef with cornstarch, soy sauce, sugar, curry powder, and 1 tsp of the cooking oil. Marinate 30 minutes or over night in refrigerator. Prepare cooking sauce and set aside. Heat a wok over high heat, add 1 tsp of the oil, add beef and stir-fry for 3 minutes over medium heat. Add ginger and garlic and stir-fry for 30 seconds. Add onion and tomatoes and toss for 1 minute. Stir in sauce mixture. Bring to a boil and slightly thicken.

[8]

Mandarin Beef

1 lb lean boneless beef steak such as top round, flank, sirloin or New York steak

Marinade:

2 tsps cornstarch
1 tsp cooking oil
1 tsp salt
1 tsp soy sauce
1/2 tsp sugar
1/4 tsp white pepper

2 green onions, cut into 2-inch pieces
1 green bell pepper, cut into 1/8-inch strips
1/4 cup cooking oil
1 tsp garlic, minced
1 tsp ginger, minced
3/4 cup carrots,
1 tsp chili paste
1 tsp dark soy sauce

Cut beef into thinly strips. Toss beef with marinade ingredients, cover and chill for 30 minutes.

Heat a wok over high heat, add the oil. Stir-fry the beef, ginger and garlic for 3 minutes, until beef is brown.

Add bell pepper, carrots, and chili paste, stir-fry for 1 minute.

Stir in green onions and dark soy sauce, stir-fry for 30 seconds and serve.

[9]

Orange-flavored Beef

1 lb lean boneless beef steak such as top round,
flank, sirloin or New York steak

Marinade:

2 tsps light soy sauce
2 tsps dark soy sauce
1 tsp cooking wine
2 tsps finely chopped ginger
2 tsps sesame oil
2 tsps cornstarch
1 tsp sugar

3 tsps cooking oil
2 tsps minced fresh ginger
2 clove garlic, minced
1 small onion, coarsely chopped
2 large fresh red chilies, seeded and finely shredded
2 tsps chopped fresh orange zest

Cooking sauce:

2 tsps water
1 1/2 tsps cooking wine or dry sherry
1 tsp chile bean paste
1 tsp dark soy sauce
2 tsps sugar
2 tsps sesame oil

Cut beef into 1/4-inch slides, then stack them and finely shred.

Combine beef with the marinade mixture and mix well.

Prepare cooking sauce and set aside.

Heat a wok over high heat, add the oil. Add beef and brown for 1 minute over medium heat and then stir-fry for another minute.

Drain the beef - leaving 1 tsp of oil. Reheat the wok, add ginger and garlic, stir-fry for 20 seconds.

Add the cooking sauce, cook over high heat for 30 seconds.

Return the beef to wok, add salt to taste.

Give the mixture several stirs and mix well.

Turn onto serving platter and garnish with spring onions.

[10]

Sesame Beef Stir-fry

1/2 lb lean boneless beef steak such as top round,
flank, sirloin or New York steak
1 tsp soy sauce
1 tsp cornstarch
2 tsps sugar
3 tsps lightly toasted sesame seeds
1 tsp sesame oil
1/2 lb green beans, trimmed
2 tsps cooking oil
1/2 red bell pepper, seeded and cut into thick strips
1 tsp minced fresh ginger
1 clove garlic, minced

Cooking sauce:

1 tsp soy sauce
2 tsps cornstarch
2 tsps oyster sauce
1 tsp dry sherry
1/2 tsp sugar

Cut beef into 1/8-inch slides. Combine beef with cornstarch, soy sauce, sugar, sesame seeds and sesame oil.

Blanch beans in boiling water for 4 minutes, then plunge into cold water and drain. Cut into half lengthwise.

Prepare cooking sauce and set aside.

Heat a wok over high heat, add 1 tsp of the oil, stir-fry green bean and red pepper for 1 minute, remove from wok.

Reheat wok with remaining 1 tsp of cooking oil. Add beef and toss for 1 minute over medium heat. Add ginger and garlic and stir-fry for 1 minute. Return vegetables to wok and stir in sauce mixture. Bring to a boil and thicken.

[11]

Spicy Stir-fried Hunan Beef

1 lb lean boneless beef steak such as top round,
flank, sirloin or New York steak

Marinade:

2 tsps light soy sauce

1 tsp rice wine
2 tsps salt
2 tsps sesame oil
2 tsps cornstarch

3 tsps cooking oil
1 tsp minced fresh ginger
2 tsps garlic, minced
1 small onion, coarsely chopped
4 oz fresh red chilies, seeded and finely shredded
4 oz fresh green chilies, seeded and finely shredded
2 tsps coarsely chopped black beans

Cooking sauce:

3 tsps water
1 1/2 tsps rice wine or dry sherry
1 tsp light soy sauce
2 tsps sugar
2 tsps sesame oil

Cut beef into 1/4-inch slides, then stack them and finely shred.
Combine beef with the marinade mixture and mix well.

Prepare cooking sauce and set aside.

Heat a wok over high heat, and add the oil. Add beef and brown for
1 minute over medium heat and then stir-fry for another minute.

Drain the beef - leaving 1 tsp of oil.

Reheat the wok, add black beans, ginger and garlic and stir-fry for 20
seconds.

Add chilies and stir-fry for another 20 seconds.

Stir in the cooking sauce, cook over high heat for 30 seconds.

Return the beef to wok, add salt to taste. Give the mixture several stirs
and mix well.

Turn onto serving platter and serve.

[12]

Spicy Szechwan-style Beef

1 lb lean boneless beef steak such as top round,
flank, sirloin or New York steak
2 tsps dark soy sauce
1 tsp rice wine or dry sherry
1 tsp cornstarch
1 1/2 tsps cooking oil
2 fresh hot chilies, seeded and minced
5 garlic cloves, thinly sliced

2 tsps sugar
1 tsp salt
2 tsps chili bean paste
6 green onions, finely shredded
1 can sliced bamboo shoots, thinly sliced

Cut beef to 2-by-1/4-inch slices. Add the soy sauce, rice wine and cornstarch to the beef and mix well.
Heat a wok over high heat, until very hot, then add the oil, chilies, garlic and salt.

Stir-fry for 5 seconds, then add beef and bamboo shoots. Continue to cook for 3 minutes, then add sugar, chili paste and green onions. Give the mixture a few stirs and serve.

note: can also use 16 dried red hot chilies, omit fresh chilies and chili bean paste.

[13]

Tomato Beef

1 lb lean boneless beef steak such as top round,
flank, sirloin or New York steak
2 tsps soy sauce
2 tsps cornstarch
1 tsp dry sherry
1 tsp water
1/4 cup cooking oil
1/2 tsp minced fresh ginger
1 clove garlic, minced
2 stalks of celery, cut into 1/4-inch slanting slides
1 onion, cut into wedges
1 green bell pepper, seeded and cut into 1-inch squares
3 tomatoes, each cut into 6 wedges
salt to taste

Cooking sauce:

1 tsp soy sauce
1 tsp cornstarch
3 tsps ketchup
1 tsp curry powder
1/2 cup water

Cut beef into 1/8-inch slides. Stir together cornstarch, soy sauce, dry sherry and water, add the beef and stir to coat.
Then stir in 1 1/2 tsps of the oil and let marinate for 15 minutes.

Prepare cooking sauce and set aside.

Heat a wok over high heat, add 2 tsps of the oil. Add ginger and garlic, stir once.

Add beef and stir-fry until beef is brown, remove from wok and set aside.

Reheat wok with remaining 1 1/2 tsps of cooking oil, stir-fry celery and onion for 1 minute.

Add tomatoes and stir-fry another minute.

Return beef to wok and stir in sauce mixture. Bring to a boil and thicken. Season with salt to taste and serve.

[14]

Vegetable-Beef Stir-fry

3/4 lb lean boneless beef steak such as top round, flank or sirloin, thinly sliced and shredded

Marinade:

1/3 cup light soy sauce

1/4 cup water

2 green onions, thinly sliced

2 cloves garlic, minced

1 tsp sugar

2 tsps sesame oil

1/4 tsp ground pepper

4 dried mushrooms, thinly sliced

2 oz vermicelli, cut into 4-inch lengths

1 tsp cooking oil

2 medium carrots, cut into strips

1 medium onion, cut into thin wedges

1 can(8oz) bamboo shoots

1 1/2 cup napa cabbage, shredded

Cut beef into 1/4-inch slides, then stack them and finely shred.

Combine beef with the marinade mixture and mix well. Cover and marinate for 30 minutes to 2 hour. Stir occasionally. Drain the meat and reserve marinade.

Heat a wok over medium-high heat, and add the oil, stir fry carrots for 2 minutes. Add the onion, stir-fry for another 3 minutes. Add the bamboo shoots and mushrooms, stir-fry for 1 minute, then remove from wok.

Add beef to wok and stir-fry for 2-3 minutes. Stir in the marinade sauce, vermicelli, cooked vegetables, and napa cabbage.

Cook and stir until heated through and juice are absorbed.

CHICKEN

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-

[1]

Baked Curried Chicken Thighs

2 lbs chicken thighs

Curry Sauce:

2 tsps curry powder

1 tsp light soy sauce

1 tsp chopped garlic

1 tsp chopped peeled fresh ginger

1 tsp salt

2 tsps sugar

1 tsp sesame oil

Preheat oven to 475F.

Remove skin from the thighs. Place the thighs in a roasting pan.

Combine all the curry sauce ingredients, add to the chicken thighs, and mix thoroughly, until the thighs are completely coated.

Bake the thighs for 15 minutes.

Turn them over and continue to bake for another 15-20 minutes.
Serve at once.

[2]

Braised Chicken and Mushroom

1 1/2 lbs chicken thighs
1 oz Chinese mushrooms
3 3/4 cups warm water
1 tsp cooking oil
1/2 lb yellow onions, sliced
2 tsps chopped peeled fresh ginger
1/4 cup oyster sauce
1 tsp sesame oil

Remove the bones from the chicken thighs by running a knife through to the bone on each side, then cut out the bone. Remove the skin and cut the chicken into 1-inch cubes.

Soak the mushrooms in the warm water for 20 minutes, or until soft. Squeeze the excess liquid from the mushrooms and remove the stalks.

Cut the caps into quarters. Save the soaking liquid.

Heat a wok, add the cooking oil, and then the chicken. Stir-fry for 4 minutes, until the chicken begins to brown. Pour off excess fat.

Add the onions, ginger, garlic and mushrooms and stir-fry for 2 minutes.

Then add oyster sauce and 2/3 cup of the soaking liquid.

Continue cooking over high heat for 5 minutes, toss with sesame oil.

Serve at once.

[3]

Cantonese Lemon Chicken

1 lb boneless, skinless chicken breast halves, cut into 1-inch cubes
3 green onions, cut into thin slivers

Batter:

1/3 cup all purpose flour

1/4 cup cornstarch

1/4 tsp salt

1/3 cup water

2 tsps cooking oil

Sauce:

- 1 cup water
- 2 tsps sugar
- 2 tsps lemon juice
- 4 tsps cornstarch

Pat the chicken dry with paper towels.

For batter, combine flour, cornstarch and salt. Add the water and 2 tsps of oil, beat until smooth.

Heat a wok with 2-inch of cooking oil to 365F.

Dip the chicken into the batter, swirling to coat. Allow the excess batter to drip off.

Fry the chicken, a few pieces at a time, for 4-5 minutes or till golden brown, turning once.

Remove from wok and drain on paper towels.

Arrange on a serving platter and keep warm in a 300F oven.

For sauce, combine all the ingredients, cook and stir in a saucepan until thicken and bubbly.

Cook for 2 minutes, add the slivered onions and stir to coat.

Drizzle the sauce over chicken and serve. Garnish with lemon slices.

[4]

Cashew Chicken

- 1 lb chicken breasts, skinned and bonned, cut into bite-size pieces
- 1 tsp soy sauce
- 1 tsp cornstarch

Cooking sauce:

- 1/8 tsp white pepper
 - 1 tsp soy sauce
 - 3/4 tsp white vinegar
 - 1 tsp dry sherry or cooking wine
 - 3/4 tsp sugar
 - 1/2 tsp cornstarch
-
- 3 tsps cooking oil
 - 1/2 cup salted roasted cashews
 - 1/2 tsp minced ginger
 - 1 green bell pepper, seeded and cut into 1-inch squares
 - 1 medium onion, cut into 8 wedges

Combine soy sauce and cornstarch, add chicken and stir to coat, set aside. Prepare cooking sauce and set aside.

Heat a wok with 2 tsps of the oil. Stir-fry cashews for 1 minute until

browned. Remove from wok.

Add chicken mixture and stir-fry for 3 minutes, or until chicken is no longer pink. Remove and set aside.

Reheat wok with 1 tsp more of oil, stir-fry ginger, bell pepper and onion for about 4 minutes. Return chicken to wok, stir-in cooking sauce and bring to a boil and thicken.

Stir in cashews.

[5]

Chicken with Creamy Curry Sauce

1 lb boneless skinless chicken thighs, cut into 1-inch pieces

Marinade:

1 1/2 tsps light soy sauce

2 tsps dark soy sauce

1 /2 tsp rice wine (optional)

2 tsps salt

2 tsps cornstarch

2 tsps sesame oil

1 1/2 tsps cooking oil

2 tsps chopped garlic

1 tsp chopped ginger

1 tsp light soy sauce

1 tsp dark soy sauce

1 tsp rice wine (optional)

3 tsps curry powder

1 tsp sugar

1 tsp salt

1 3/4 cups coconut milk

1 cup water

1/2 lb carrots, cut into 2-inch pieces

1/2 lb potatoes, cut into 2-inch pieces

Combine chicken with the marinade ingredients, mix well. Let marinade for 1 hour.

Drain chicken and save the marinade mixture.

Heat a wok with the oil. Stir-fry the garlic and ginger until fragrant, add the chicken and stir-fry for 3 minutes, or until lightly brown.

Transfer to a pot. Add the rest of ingredients, vegetables, and the reserved marinade, bring to boil. Simmer for 20 minutes.

[6]

Chicken with Eggplant

- 1 lb chicken breasts or thighs, skinned and bonned, cut into 3/4-by-3-inch strips
- 2 tsps soy sauce
- 1 tsp cornstarch
- 6 tsps cooking oil
- 2 dried hot chilies, seeded
- 1 garlic, minced
- 1 tsp shredded fresh ginger
- 1/4 cup water
- 1 can (8oz) water chestnuts, sliced
- 3 tsps broth or water
- 1 medium-size eggplant, cut into 3/4-by-3-inch strips

Cut chicken into 3/4-by-3-inch strips, add soy sauce and cornstarch, coat well and set aside.

Place eggplant in a bowl of boiling water, cover and blanch for 7 minutes. Then drain.

Heat a wok with 4 tsps of the oil. Stir chilies until they begin to brown, discard the chilies. Add garlic, ginger, egg plant and 2 tsps of water, stir-fry for 2 minutes. Add remaining of water, cover and cook for about 10 minutes, until eggplant is tender. Remove from wok.

Reheat wok with 2 tsps of oil, stir-fry chicken and water chestnuts for about 3-5 minutes, until the meat is cooked. Add broth, and eggplant mixture, cook for 1 minute, until heated through.

Transfer to serving platter, garnish with chopped green onion or parsley.

[7]

Chinese Chicken and Zucchini

- 1 1/2 lbs chicken breasts, skinned and bonned
- 5 dried Chinese mushrooms, thinly sliced

Marinade:

- 2 tsps soy sauce
- 2 tsps cornstarch
- 2 tsps water
- dash of white pepper
- 1 garlic, minced

1/2 tsp ginger, finely chopped
2 tsps salted black bean, finely chopped

Cooking sauce:

1/2 cup water
2 tsps oyster sauce
1/4 tsp sugar
1 tsp sesame oil
1 tsp cornstarch

4 1/2 tsps cooking oil
1/2 lb zucchini, roll-cut into 1/2-inch pieces
1/2 cup bamboo shoots, sliced
1 red bell pepper, seeded and cut into 1-inch squares

Cut chicken into bite-size pieces. Combine marinade ingredients, add chicken and stir to coat, then add 1 1/2 tsps of the oil. Marinade for 15 minutes.

Prepare cooking sauce and set aside.

Heat a wok with 2 tsps of the oil. Stir-fry chicken mixture for 3 minutes, or until chicken is no longer pink. Remove from wok.

Reheat wok with 1 tsp of oil, stir-fry mushroom, bamboo shoots, zucchini, and bell pepper for 1 minute. Then add 2 tsps of water, cover and cook for 3 more minutes, until vegetables are tender-crisp to bite.

Return chicken to wok. Stir-in cooking sauce, bring to a boil and thickened. Make 4 servings.

[8]

Crispy Chicken in Garlic-Ginger Sauce

1 1/2 lbs chicken thighs
2 tsps light soy sauce
2 tsps chopped garlic
2 tsps coarsely chopped green onions
1 tsp coarsely chopped peeled fresh ginger
2 cups cooking oil
Cornstarch for dusting

Sauce:

1 tsp light soy sauce
1 tsp sugar
1 tsp rice vinegar
1 tsp cooking oil
2 tsps toasted sesame oil

Remove the bones from the chicken thighs by running a knife through to the bone on each side, then cut out the bone. Remove the skin and cut the chicken into 1-inch chunks.

Combine the chicken with soy sauce.

Combine the green onions, garlic and ginger in a bowl and combine the sauce in another one.

Heat a wok, then add the cooking oil. Dust the chicken pieces with the cornstarch and deep-fry for 5 minutes, or until golden brown. Remove from the wok and drain on paper towels, then place on a serving platter and keep warm.

Drain all the oil from the wok and reheat the wok. Add the green onions, garlic, and ginger, stir-fry for 20 seconds. Pour in the sauce mix and cook for a further 20 seconds.

Serve the chicken, with the sauce on the side.

[9]

Five-spice Chicken

1 lb boneless, skinless chicken breasts, cut into 1/2-inch chunks

1 tsp dark soy sauce

1 tsp cooking wine

1/2 tsp five-spice powder

1/2 tsp brown sugar

2 tsps ginger, grated

2 green onions, chopped

2 garlic cloves, minced

1 egg, beaten

1/2 cup cornstarch

Cooking oil for deep-frying

Combine 2 tsps oil, soy sauce, cooking wine, five-spice powder, sugar, ginger, onions and garlic in a bowl. Stir in chicken cubes and coat evenly. Let marinade for 1 hour. Stir in beaten egg.

Pour cornstarch in a plate, roll and coat each chicken cube with cornstarch.

Heat enough oil in a wok over medium heat. Deep-fry chicken for 4 minutes.

Increased heat and fry 2 more minutes, until golden and cooked through.

Transfer and drain on paper towels.

Makes 4 servings.

[10]

General Tang's Chicken

1 lb boneless skinless chicken thighs, cut into 1-inch pieces

Marinade:

1 tsp salt
1/2 tsp black pepper
1 tsp light soy sauce
2 tsps rice wine
2 tsps cornstarch
1 tsp sesame oil

Batter:

2 tsps cornstarch
1/2 cup all-purpose flour
1 tsp baking powder
5 fl oz water
1/2 tsp salt
1 tsp cooking oil
1 tsp sesame oil

Sauce:

1 1/2 tsps cooking oil
5 dried red chilies, seeded, halved
5 garlic cloves, sliced
2 tsps vinegar
3 tsps sugar
1 tsp salt
1 cup water
1 tsp cornstarch in 1 tsp water

Cooking oil for deep-frying

Combine the chicken with the marinade ingredients, mix well. Let marinade for 20 minutes.

Mix the batter ingredients until smooth. Combine the batter with the chicken.

Heat a wok with the oil. Stir-fry the garlic and chilies until fragrant, add the rest of sauce ingredients, simmer uncovered for 10 minutes.

Heat a wok over high heat until hot, then add oil for deep-frying.

When oil is hot, deep-fry the chicken, a few at a time until golden and crispy. Drain well on paper towels and set on a warm platter, pour the sauce over chicken and serve.

Ginger Plum Sauce Chicken

3 boneless, skinless chicken breasts, cut into 1/4-inch thick strips

Marinade:

2 tsps soy sauce
2 tsps cornstarch
1/2 tsp salt

Plum sauce:

2 tsps water
2 tsps plum sauce
1 tsp soy sauce
1 tsp sugar

3 tsps cooking oil
1 tsp finely chopped ginger
1/2 cup toasted pecan halves
2 green onions, cut into 1-inch lengths

Combine marinade ingredients, add chicken and stir to coat, then add 1 tsp of the oil.

Marinate for 30 minutes or longer.

Prepare cooking sauce and set aside.

Heat a wok with 2 tsps of the oil. Add chicken mixture and stir-fry for 3 minutes, or until chicken is no longer pink. Add ginger and cook for a few seconds, then add in pecans and green onions. Stir in plum sauce mixture, cook until lightly glazed.

Makes 4 servings.

[12]

Kung Pao Chicken

1 1/2 lbs chicken breasts, skinned and boned, cut into 1/2-inch chunks

Marinade:

1 tsp dry sherry or cooking wine
1 tsp cornstarch
1/2 tsp salt
1/8 tsp white pepper

Cooking sauce:

1/2 cup water
2 tsps soy sauce
1 tsp white vinegar
1 tsp dry sherry or cooking wine
2 tsps sugar
2 tsps cornstarch

4 tsps cooking oil
4-6 dried hot chilies
1/2 cup salted peanuts
1 tsp garlic, minced
1 tsp minced ginger
2 tsps salted black bean, finely chopped
1 red bell pepper, seeded and cut into 1-inch squares
2 green onion, cut into 1 1/2-inch lengths

Combine marinade ingredients, add chicken and stir to coat, then add 1 tsp of the oil. Marinade for 15 minutes. Prepare cooking sauce and set aside.

Heat a wok with 1 tsp of the oil. Stir-fry chilies and peanuts until chilies just begin to brown. Remove from wok. Stir-fry bell pepper for 2 minute, and remove.

Reheat wok over high heat with 1 tsp more of oil, stir once garlic and ginger, add chicken mixture and stir-fry for 3 minutes, or until chicken is no longer pink. Add peanuts, chilies, bell pepper, and onions, stir-in cooking sauce and bring to a boil and thicken.

Makes 4 servings.

[13]

Moo Goo Gai Pan (Chicken with Mushrooms)

1 lb boneless, skinless chicken breasts, cut into bite-size strips
3 cups small fresh mushrooms, halved
2 cups fresh snow peas
4 oz water chestnuts
1 cup carrots, cut into carrot flowers
1 tsp cooking oil
3 garlic cloves, minced

Sauce:

1/2 cup water
2 tsps soy sauce
2 tsps rice wine (optional)
4 tsps cornstarch
1/2 tsp sugar

Prepare the sauce and set aside.
Heat the oil in a wok over high heat. Stir-fry garlic for 15 seconds.
Add carrots, stir-fry for 3 minutes, then add mushrooms and snow peas and stir-fry for 1 more minute, till carrots and peas are crisp-tender.
Remove from wok.
Add chicken to wok and stir-fry until chicken is cooked through (about 3 minutes). Push chicken to side, stir in sauce mixture. Bring to a boil and thickens.
Add the cooked vegetables and water chestnuts, stir and cook until all ingredients mix well and heated through.
Serve at once.

[14]

Orange-flavored Chicken Thighs

2 lbs chicken thighs, skinned
1 1/2 tsps cooking oil
1 tsp garlic, minced
1 tsp ginger, finely chopped
2 tsps orange zest strips
1/2 red bell pepper, cut into thinly strips
2 tsps soy sauce
2/3 cup orange juice
2 tsps chili bean paste
2 green onions, finely chopped

Heat a wok with the oil. Brown the chicken thighs on both sides.
Remove. Add the garlic, ginger, red peppers, and orange zest, stir-fry for 30 seconds.
Then add the orange juice, soy sauce and chili bean paste.
Bring to a boil, add chicken and simmer for 20 minutes.
Garnish with green onions and serve.

[15]

Oven Roasted Spiced Chicken

3 lbs a whole chicken or chicken pieces

Marinade sauce:

1/3 cup soy sauce
1/4 cup cooking oil
1 tsp rice wine
1 garlic clove, crushed
1/2 tsp salt
1/2 tsp finely chopped fresh ginger
2 tsps five-spice powder

Preheat oven to 375F.

Wash chicken and pat dry with paper towels.

Combine all the marinade ingredients, mix well.

For a whole chicken, rub the marinade all over the chicken and spoon some into the cavity.

For chicken pieces, place chicken in marinade and coat all sides.

Cover and marinate for 1 hour or more.

Remove chicken from marinade, and place on a roasting pan. Spoon 2 tsps of marinade into the pan.

Roast in a moderate oven.

Baste every 20 minutes with the marinade and turn over to the other side.

Roast wings for about 45 minutes, drumsticks for 55 minutes, thighs for 1 hour.

Whole chicken should take about 1 hour 45 minutes.

Serve hot or cold.

Carve the whole chicken before serve.

[16]

Peking Chicken Wings

12 chicken wings

Marinade:

1 tsp dark soy sauce
1 tsp cooking oil
1 tsp cooking wine
2 tsps ginger, grated
2 garlic cloves, crushed

2 cups cooking oil
1/2 cup chicken stock
2 green onions, chopped
1 tsp oyster sauce
1 tsp cornstarch in 1 tsp water

Place the chicken wings in a saucepan, cover with water and simmer for 20 minutes. Drain and place in a dish.

Mix together marinade ingredients, pour over chicken wings. Let stand for 1 hour. Then drain and save the marinade. Heat a wok with the oil. Deep-fry the chicken wings for 10 minutes or until golden brown. Remove and drain on paper towels. Pour oil from wok, then add chicken wings, stock, green onions, reserved marinade and oyster sauce. Gently cook for 5 minutes. Stir in cornstarch mixture, bring to a boil and simmer until thickened.

[17]

Phoenix and Dragon

1/2 lb boneless, skinless chicken breasts, cut into 1/2-inch pieces
1/2 lb raw shrimp, peeled and de-veined
2 tsps cornstarch
1/4 tsp ground red pepper
1 tsp cooking oil
2 garlic, minced
1 cup carrots, thinly sliced, cut into half moons
1 cup broccoli flowerets
1/2 cup bamboo shoots
1 tsp toasted sesame seeds

Sauce:

1/2 cup water
2 tsps dry sherry
1 tsp oyster sauce
2 tsps soy sauce
2 tsps cornstarch
1/2 tsp instant chicken bouillon granules

Halve the shrimp lengthwise, combine with 2 tsps cornstarch and red pepper, set aside.

Prepare cooking sauce and set aside.

Heat a wok with the oil. Stir-fry garlic till fragrant.

Add carrots and broccoli, stir-fry for 3 minutes, or till crisp-tender.

Remove from wok.

Add chicken to wok and stir-fry for 3 minutes, or until chicken is no longer pink.

Remove chicken from wok.

Add shrimp and stir-fry for 2-3 minutes, until shrimp turn pink.

Return chicken to wok. Push the shrimp and chicken from center of wok.

Stir-in the sauce mixture, cook and stir till bubbly.

Return vegetables to wok. Add bamboo shoots. Stir all ingredients to coat with sauce, cook until heated through. Sprinkle with sesame seeds and serve.

[18]

Plum Delicious Chicken Stir-fry

- 1 lb boneless, skinless chicken breasts, cut into bite-size strips
- 2 cups snow peas, cut into half
- 1 tsp cooking oil
- 1 small onion, thinly sliced and seperated into rings
- 4 plums or apricots, pitted and cut into wedges or 2 cups of pears

Sauce:

- 1/4 cup plum jam or currant jelly
- 3 tsps vinegar
- 3 tsps soy sauce
- 1 tsp cornstarch

Prepare cooking sauce and set aside.

Heat a wok with the oil. Stir-fry onions for 2 minutes. Add snow peas and stir-fry for 1 minute, or till crisp-tender. Remove from wok. Add chicken to wok and stir-fry for 3 minutes, or until chicken is no longer pink.

Push chicken from center of wok. Stir-in the sauce mixture, cook and stir till bubbly. Return vegetables to wok. Add plums, apricots, or pears. Stir all ingredients to coat with sauce, cook until heated through.

[19]

Red Bell Pepper Chicken

- 1 1/2 lbs chicken breasts, skinned and bonned

Marinade:

- 2 tsps soy sauce
- 2 tsps cornstarch
- 2 tsps dry sherry

Cooking sauce:

- 1/2 cup water
- 1 tsp soy sauce
- 1/4 tsp sugar
- 1 tsp cornstarch

4 1/2 tsps cooking oil
1 garlic, minced
2 tsps salted black bean, finely chopped
1 lb red bell pepper, seeded and cut into 1-inch squares
1 medium size onion, cut into wedges.

Cut chicken into bite-size pieces. Combine marinade ingredients, add chicken and stir to coat, then add 1 1/2 tsps of the oil. Marinate for 15 minutes.

Prepare cooking sauce and set aside. Heat a wok with 2 tsps of the oil. Stir at once black bean and garlic in hot oil, add chicken mixture and stir-fry for 3 minutes, or until chicken is no longer pink. Remove from wok.

Reheat wok with 1 tsp of oil, stir-fry red bell pepper and onion for 1 minute. Then add 1 tsp of water, and cook for 3 more minutes, until vegetables are tender-crisp to bite.

Return chicken to wok. Stir-in cooking sauce, bring to a boil and thickened. Makes 4 servings.

note: For modification use 1 lb of green bell papper or 1 lb of asparagus to substitute red bell pepper. Name it with the vegetable used.

[20]

Spicy Hot Chicken with Basil

2 lbs chicken thighs
2 tsps light soy sauce
2 tsps cornstarch
1 tsp sesame oil
1 1/2 tsps cooking oil
2 tsps chopped garlic
2 tsps chili bean paste
2 tsps hoisin sauce
2 tsps oyster sauce
1 tsp dark soy sauce
1 tsp sugar
large handful fresh basil leaves

Remove the bones from the chicken thighs by running a knife through to the bone on each side, then cut out the bone. Remove the skin and cut the chicken into 1-inch chunks.

Combine the chicken with light soy sauce, cornstarch, and sesame oil. Heat a wok, then add the cooking oil. When the oil is hot, add chicken and stir-fry for 5 minutes, then remove chicken from the wok and drain

the oil.

Return chicken to wok and add all remaining ingredients except the basil leaves.

Cook for 5 minutes, stir from time to time.

When chicken is cooked, add basil leaves and stir well.

Transfer to serving platter and serve at once.

[21]

Steamed Chicken with Mushrooms

1 lb boneless, skinless chicken breasts, cut into 1/2-inch cubes

2 tsps soy sauce

2 tsps cooking wine

1/2 tsp salt

1 tsp sugar

2 tsps water

1 can (14oz) straw mushrooms, drained, liquid reserved

1 tsp ginger, grated

3 green onions, chopped

Combine soy sauce, cooking wine, salt, sugar, water and reserved liquid in a bowl.

Place chicken and mushrooms in a baking dish, add sauce mixture in the bowl.

Then sprinkle with ginger and green onions, cover the dish.

Place in a steamer and steam for 10 minutes, until chicken is firm and tender.

Pour off the liquid to wok and cook for 2-3 minutes, pour over chicken and serve.

[22]

Sterling's Stir-fried Chicken with Kiwi

1 lb boneless skinless chicken breasts

1 tsp salt

1 tsp cornstarch

1 tsp cooking oil

2 tsps chopped garlic

1 tsp chili bean paste

1 tsp sugar

2 kiwi, peeled and quartered
1 tsp sesame oil

Cut the chicken into 1/2-inch cubes. Combine the chicken with salt and cornstarch.

Heat a wok, then add the oil and garlic. Stir-fry for 10 seconds and add the chicken.

Stir-fry for 2 minutes, then add the chili bean paste, sugar and kiwi fruit.

Stir and mix for 1 minute. Finally, add the sesame oil and give it a good stir.

Serve at once.

[23]

Sweet and Sour Chicken

3/4 lb boneless, skinless chicken breasts

1 egg, beaten

3/4 cup cornstarch

Sweet and sour sauce:

1/3 cup sugar

1/3 cup ketchup

1/3 cup pineapple juice

1/4 cup vinegar

4 tsp cooking oil

1 tsp garlic, minced

1/2 red bell pepper, seeded and cut into 1-inch squares

1/2 green bell pepper, seeded and cut into 1-inch squares

2 tomatoes, cut each into half and then into 4 wedges

1 can (8oz) pineapple chunk

1 tsp cornstarch in 1 tsp cold water

Combine chicken and egg in a bowl.

Prepare the sauce and set aside.

Heat the oil in a wok over high heat. Coat chicken in cornstarch and put into wok. Stir-fry until chicken is cooked through (about 3 minutes).

Remove from wok and keep warm.

Drain oil from wok, leave 1 tsp, toss garlic, bell peppers and tomatoes for 30 seconds, add pineapple and stir in sauce mixture.

Bring to a boil, stir in cornstarch mixture, stir until thickened.

Add in chicken and give a stir to coat chicken with sauce. Serve at once.

CRAB

[1] [Crab Curry](#)

[2] [Crab in Tomato- Garlic Sauce](#)

[3] [Fried Crab in Black Bean Sauce](#)

[1]

Crab Curry

2 lbs crab in shell, cleaned and cracked
1/4 lb lean ground pork
1 tsp salt
1 tsp sugar
4 tsps curry powder
3 tsps oil
1 garlic clove, minced
1 onion, cut into wedges, layer separated
1 green pepper, seeded and cut into 1-inch squares
1 egg, lightly beaten

Prepare cooking sauce and set aside.

Sprinkle salt, sugar and curry powder over pork, mix well and set aside.

Cut crab body into quaters, leave legs and claws whole, set aside.

Heat wok over high heat, add oil. Fry the pieces of crab, stir and turn constantly for 4-5 minutes, until shells are bright red, remove from wok. Add garlic and stir once, then add seasoned pork and stir-fry about 2 minutes.

Add onion and bell pepper, stir-fry for 1 minute.

Add crab and stir often until heated through.

Stir in cooking sauce, bring to a boil and thicken.

Add egg, stir just until egg begins to set.

Serve at once.

[2]

Crab in Tomato-Garlic Sauce

2 lbs crab in shell, cleaned and cracked

2 tsps cooking oil
3 garlic cloves, minced
3 tomatoes
1 green bell pepper, seeded and cut into 1-inch squares
1/2 cup rice wine
2 green onions, cut into 1-inch lengths

Cut crab body into quarters, leave legs and claws whole, set aside.
Heat a wok over high heat, add oil, and garlic and stir once. Fry the pieces of crab, stir and turn constantly for 4-5 minutes, until shells are bright red, remove from wok.

Add bell pepper, tomatoes and stir-fry for 1 minute. Add crab, onions and rice wine, stir until crab is heated through (about 3 minutes).

[3]

Fried Crab in Black Bean Sauce

1 medium crab, cleaned and crushed
1 tsp salted black bean
1 large garlic clove, crushed
1 tsp soy sauce
1 tsp sugar
4 tsps cooking oil
1 garlic clove, cut into two
2 slices fresh ginger
8 tsps hot water
2 tsps cornstarch in 1 tsp cold water
3 shallots, chopped
1 egg, slightly beaten

Cut crab body into quarters, leave legs and claws whole, set aside.
Rinse the black beans with cold water and drain. Mash beans well and mix with the crushed garlic, soy sauce and sugar.
Heat oil in a wok, fry the halved garlic clove, shallots and ginger slices until they start to brown, remove from wok.
Over high heat, fry the pieces of crab, stir and turn constantly for 4-5 minutes, until shells are bright red. Remove crab from wok.
Add black bean mixture to the oil and fry for 1 minute, then add hot water and crab pieces, cook for 3 minutes.
Stir in cornstarch mixture, bring to a boil and thickens. Add egg, stir until egg sets.

note: also called Crab Cantonese.

to make Shrimp Cantonese, use 1 lb of shrimp in shells.
to make Lobster Cantonese, use 1 1/2 lbs lobster tails.



DESSERTS

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[1]

Almond Jelly with Melon

2 1/2 tsps unflavored gelatin
1 cups warm water
2 tsps sugar
1/2 cup condensed milk
1 1/2 tsps almond extract

2 cups ripe melon or cantaloupe, cut into balls or 1-inch diamonds

Place a 8 or 9-inch square or round cake pan in the freezer to chill. Sprinkle the gelatin over 1/2 cup of water in a small saucepan and let sit until softened, about 5 minutes.

Then heat the mixture over low heat until boiling, stir constantly until the gelatin dissolves. Remove from the heat.

Combine sugar and remaining 1/2 cups water, condensed milk and almond extract in a bowl and stir to dissolve the sugar. Stir in the dissolved gelatin.

Pour into the chilled pan and refrigerate until set (about 4 hours).

Cut the chilled almond jelly into 1-inch diamond-shaped pieces.

Place the almond jelly and melon in serving bowls and serve.

Makes about 6 servings.

[2]

Apple-Blueberry Delight

2 tsps sugar
1 tsp ground cinnamon
1/4 tsp ground nutmeg
2 large orange, juice and grated peel
4 tart green apples
2 tsps butter or margarine
1 pint blueberries
Whipped cream

Mix sugar, cinnamon and nutmeg in a bowl, set aside.
Peel, core and thinly slice the apples.
In a large bowl, mix orange juice and peel, add apples and toss well.
Heat a wok with the butter, when butter melts, add sugar mixture and cook for about a minute.
Add apple mixture and stir-fry until apples are soft (about 3 minutes).
Add blueberries, stir-fry until sauce is thickened.
Transfer to dessert plates, serve with whipped cream on top.

[3]

Bananas Managua

1/2 cup sour cream
2 large firm-ripe bananas
1/3 cup orange juice
4 tsps firmly packed brown sugar
2/3 tsp ground cinnamon
2 tsps butter or margarine
2 tsps lime or lemon juice

Peel bananas, cut into 1/4-inch-thick slanting slices.
Pour the orange juice in a bowl.
Mix sugar and cinnamon in another bowl.
Heat 1 tsp of butter in a wok until melted. Dip half of the banana slices in the orange juice, and then into the sugar mixture.
Add to wok and cook until lightly brown and glazed on both sides.
Spoon onto 2 dessert dishes. Add 1 tsp butter and repeat with the other half of bananas, spoon onto 2 more dishes.
Add lime juice, remaining orange juice and sugar mixture into wok.

Cook over medium heat until the mixture boil and becomes syrupy.
Pour evenly over bananas.
Top each serving with sour cream and serve.

[4]

Orange-Almonds Crisps

1 cup all purpose flour
1/2 cup cornstarch
2 tsps unsalted butter, softened to room temperature
1/2 cup confectioners' sugar
2 tsps finely grated orange zest
1 tsp almond extract
1/2 cup finely chopped blanched almonds

Sift together the flour and cornstarch.

Combine the butter and sugar, beat until light and fluffy. Add the orange zest and almond extract, blend well. Alternately, add the flour and the chopped almonds in several batches, stir to just blended. Turn the dough onto a large sheet of plastic wrap, wrap well and chill for 1 hour.

Place the dough on a large sheet of aluminum foil, and roll out into a long snake-like piece about 1 1/2-inch in diameter. Wrap with foil and chill in freezer for 1 hour.

Preheat the oven to 375F.

Cut the dough into 1/4-inch-thick slices. Arrange 1 1/2-inch apart on ungreased cookie sheets, bake for 10 minutes, until the edges are golden. Transfer to wire racks to cool.

Makes about 28 cookies.

[5]

Papaya and Grapefruit Delight

1 1/2 lbs papaya
2 grapefruits
2 tsps fresh lemon juice
2 tsps sugar

Slice the papaya in half lengthwise and remove the seeds. Peel the outside skin and cut the flesh into slices.
Peel the grapefruit and divide the flesh into segments.
Arrange the fruits on a platter and sprinkle with lemon juice and sugar.
Wrap the platter with plastic wrap and chill until ready to serve.

[6]

Peking Apple

4 firm crispy apples
1 egg
1/2 cup water
1 cup all-purpose flour
2 1/2 cups cooking oil

Syrup:

1 tsp cooking oil
2 tsps water
6 tsps brown sugar
2 tsps corn syrup
Iced water to set

Stir together the egg, water and flour to make a thick batter.
Peel, core and thickly slice the apples.
Heat the oil in a wok until smoking hot.
Dip each apple slice in the batter and allow the excess to drain off.
Deep-fry the apple pieces in batches until golden brown. Remove and drain on paper towels.
In a saucepan, gently heat oil, water and sugar, stir until sugar has dissolved.
Simmer for 5 minutes, stirring. Stir in corn syrup and boil for 5-10 minutes until thick and syrupy. Reduce heat to very low.
Dip the apple pieces one at a time into syrup to coat and then place in ice cold water for a few seconds. Remove to serving plate.
Serve immediately.

[7]

Whole Apple with Honey and Cinnamon

4 firm Red Delicious apples
2 lemons
2 tsps honey
1 tsp ground cinnamon

This dish can be prepared with steaming or baking methods. For steaming method, peel apple and rub all over with 1 lemon half. Do not peel for baking. Cut a slice of 1/2-inch thick off the top of each apple and set aside. These tops will serve as lids. Trim the bottom of each apple so that it will sit upright. Core and seed the apples with a spoon. Squeeze the lemon juice inside the apple. Arrange apples upright in a pie pan or plate. Spoon 1/2 tsp honey into each apple and sprinkle with 1/4 tsp of cinnamon. Cover the apples with their lids. Steam for 25 minutes, or bake for 35 minutes in 375F oven. Transfer to serving plates. If desired, fill each apple with a scoop of vanilla or ginger ice-cream.

EGG



**Fujian Mushroom Egg
(Thanks Mama)**

- [1] [Chinese-style Omelette](#)
- [2] [Fujian Mushroom Egg](#)
- [3] [Steamed Custard Egg](#)
- [4] [Stir-fried Eggs and Corn](#)

[1]

Chinese-style Omelette

- 1 1/2 tsps cooking oil
- 1 1/2 tsps salt
- 1/2 lb bean sprouts
- 1/4 cup chopped green onions
- 2 tsps chopped cilantro
- 2 tsps oyster sauce in 2 tsps water
- 6 eggs, beaten

Heat a wok over high heat, add the oil and salt. Stir-fry the bean sprouts for 1 minute.

Add green onions and cilantro, pour in beaten eggs. Allow the egg to set, about 2 minutes.

With a spatula, turn half of the omelette over the other half. It should be moist but cooked through. Drizzle the omelette with the oyster sauce and serve.

[2]

Fujian Mushroom Egg



6 eggs, beaten
1/2 tsp salt
1/4 tsp white pepper
8 dried Chinese mushrooms, soaked and thinly sliced
4 cups chicken stock
salt and pepper to taste
1 tsp cooking oil
2 tsps green onions, coarsely chopped

Heat a wok with the oil, stir-fry the mushrooms until fragrant, about 2 minutes.

Beat eggs with the 1/2 tsp salt and 1/4 tsp pepper. Pour the egg over the mushrooms. Stir occasionally until the egg set. Break into pieces.

Bring the chicken stock to a simmer, add the mushroom and egg mixture to stock. Cover and simmer for 15-20 minutes.

Season to taste with salt and pepper.

Turn into serving bowl and garnish with green onions.

[3]

Steamed Custard Egg

6 eggs, beaten
1/4 cup water
1/2 lb ground pork
1 1/2 tsps salt
2 tsps soy sauce
1 tsp cooking oil
1/4 cup green onions, coarsely chopped

Heat a wok with the oil, stir-fry the ground pork, for 1 minute. Add salt and soy sauce.

Beat eggs in a heatproof dish, add the ground pork and green onions.

Mix well. Immediately steam over boiling water for 12 minutes, or until the custard just sets.

Serve while hot.

[4]

Stir-fried Eggs and Corn

- 1 cup frozen corn, thawed
- 1 tsp cooking oil
- 3 tsps green onions, chopped
- 2 tsps finely chopped ginger
- 1 tsp salt
- 4 eggs, beaten

Heat a wok over high heat, add the oil. Stir-fry the ginger and green onions for 10 seconds.

Add the corn and salt, and stir-fry for 2 minutes.

Add the beaten eggs, let it set and cook for 2 minutes.

Serve at once.

FISH

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-

[1]

Baked Fish Packages

8 thin trout fillets, skin removed
12 twelve-inch squares aluminum foil

Marinade:

2 tsps rice wine
3 slices fresh ginger, smashed
1 tsp cooking oil

Sauce:

1 cup chicken broth
2 tsps light soy sauce
2 tsps rice wine or sake
1 tsp sugar
1 tsp cornstarch in 1 tsp water

Seasonings:

1/2 cup finely shredded green onions
1/4 cup finely shredded fresh ginger
1/4 cup finely shredded shiitake mushrooms

Wash and dry the fish fillets, put in a bowl. Combine the marinade ingredients and slightly pinch the ginger slices in the rice wine to impart their flavor.

Add to the fillets and toss lightly to coat. Chill for 20 minutes.

Combine the sauce ingredients and blend well.

Preheat oven to 450F.

Heat a wok, add the oil, and heat until very hot. Add the seasonings and stir fry for 15 seconds. Add the sauce mixture and bring to a boil, stir until thickened.

Remove from heat and let cool slightly.

Arrange 1 fillet on each foil, spoon the sauce mixture over the fish and fold the foil over to enclose the fish completely. Fold and crimp the edged of the packages to seal.

Arrange the packages on a cookies sheets and bake for 8 minutes, or until the packages puff up. Serve immediately.

Let everyone open the packages themselves.

[2]

Baked Red Snapper

- 1 (~2lb) whole snapper
- 1 tsp ground ginger
- 1 tsp salt
- 1 tsp black pepper
- 1 onion, sliced into rings
- 2 tsps fresh ginger, chopped
- 1 1/2 tsp salted black bean
- 1 tsp brown sugar
- 1 tsp rice wine
- 1 tsp dark soy sauce
- 2 tsps cooking oil

Preheat oven to 350F.

On each side of the fish, make 3 diagonal cuts in one direction, and 3 more in opposite direction to form a diamond pattern.

Mix together ground ginger, salt and pepper, rub into both sides of fish and inside.

Cut a foil large enough to enclose the fish completely. Lay on a baking sheet. Arrange onions on the foil, top with fish.

Mash black beans, rice wine, soy sauce and sugar together, spread over fish. Heat oil until smoking, pour over the fish.

Fold the foil tightly. Bake for 20 minutes, until fish turns opaque.

Serve topped with the cooking juice.

[3]

Curried Fish

1 lb fresh or frozen swordfish, shark, seabass, tuna or monkfish
1/2 cup water
2 tsps hoisin sauce
1 tsp curry powder or paste
1/2 tsp sugar
1 tsp cooking oil
1 cup carrots, cut into strips
1 cup celery, cut into strips
1 can (8oz) bamboo shoots, drained and cut into strips

Cut fish into 1-inch cubes, discard bone and skin.

Combine water, hoisin sauce, curry powder, and sugar.

Pour oil into a wok, heat over medium-high heat. Add carrots and celery, stir fry for 3 minutes. Add bamboo shoots, stir-fry for 1 minute.

Remove. Add half of the fish to the hot wok, stir-fry for 3-6 minutes, until fish flakes easily. Remove. Repeat with remaining fish.

Stir sauce mix, add to the wok. Cook and stir until slightly thickened.

Return vegetables and fish to wok. Stir well and simmer for 2 minutes.

Serve immediately.

[4]

Hunan Fish Steaks

4 cod steaks, ~6 oz each
2 tsps sesame oil
4 green onions, chopped
cooking oil for frying

Sauce:

4 dried Chinese mushrooms, soaked and thinly sliced
2 medium onions, finely chopped
2 tsps Chinese radish pickle, chopped (optional)
2 tsps ginger, chopped
2 garlic cloves, minced
3 dried red chilies
3/4 cup chicken stock
3 tsps dark soy sauce
2 tsps brown sugar
2 tsps salt
4 tsps rice wine or dry sherry

Heat a wok with enough oil, until smoking. Add 2 fish steaks and fry 2 minutes on each side, remove and drain on paper towels. Fry the other 2 steaks.

Combine all the sauce ingredients.

Pour oil from wok, leave just 3 tsps. Stir in sauce mixture, bring to boil and simmer until reduce to half. Add fish steaks and cook until heated through (about 5 minutes), turn occasionally. Transfer fish onto a serving platter, pour over sauce, sprinkle with green onions and sesame oil.

[5]

Lemony Fish with Asparagus

3/4 lb of halibut fillets, about 1/2-inch thick, cut into
1-by-3-inch strips

1 lb asparagus
2 tsps cornstarch
4 tsps lemon juice
5 tsps cooking oil
1 tsp salt
1 large garlic, minced
2 tsps water

Snap off and discard tough ends of asparagus, cut spears into 1/2-inch slanting slice. Set aside.

In a bowl, stir together cornstarch, 1/2 teaspoon salt, 2 teaspoons lemon juice and 2 teaspoons oil. Add fish and stir gently until evenly coated. Heat a wok over medium-high heat. When wok is hot, add 2 teaspoons of oil, wait until it is hot, add fish and stir-fry until opaque (about 2 minutes). Remove fish and set aside.

Pour remaining oil into wok, add garlic and stir-fry for 30 seconds. Then add asparagus and salt, stir-fry for 1 minutes. Stir in 2 teaspoons each lemon juice and water, cover and cook, stirring often, until asparagus in tender-crisp to bite (2-3 minutes). Return fish to wok and stir just until heated through.

[6]

Pan-fried Spicy Fish

1 lb fresh fish fillet, preferably cod or haddock
1 tsp five-spice powder
1 tsp salt
1 1/2 tsps cooking oil
2 tsps garlic, minced
2 tsps finely slide ginger strips
2 tsps light soy sauce
2 tsps sesame oil

Rub the fish with the five-spice powder and salt.

Heat wok until hot, then add oil.

Gently pan-fry the fish on each side until it is slightly browned and remove from the wok.

To the remaining oil, add ginger, garlic, soy sauce and esame oil.

Return the fish to the wok and gently reheat. Serve at once.

[7]

Red Cooked Fish

1 lb or 2 firm white fish fillets of haddock, halibut, cod or seabass
2 tsps salt
cornstarch for dusting
3 tsps cooking oil
2 tsps sesame oil

Sauce:

1 1/2 tsps cooking oil
1 garlic, minced
1 tsp finely chopped fresh ginger
2 tsps rice wine
1 1/2 tsps hoisin sauce
1 tsp dark soy sauce
2 tsps bean sauce
1 tsp sugar
3/4 cup chicken stock or water
2 tsps cornstarch blended in 1 tsp water

Sprinkle salt and cornstarch evenly over both sides of the fish fillets. Shake off excess cornstarch.

Heat a wok over medium-high heat until it is hot, add the 3 tsps oil.

When the oil is hot, slide in the fish, pan-fry for 2 minutes on each side, or until is golden brown. Remove the fish and drain on paper towels.

Reheat the wok over high heat, add 1 1/2 tpsps oil, add the ginger and garlic, stir-fry for 20 seconds. Then add the rest of the sauce ingredients except cornstarch and sesame oil. Stir-fry the mixture for 1 minute. When the sauce boils, stir in cornstarch mix, turn heat to low. Carefully slide the fish into the sauce, cook 3-5 minutes, basting constantly. Carefully remove the fish and arrange on a platter. Add sesame oil to the sauce.

Pour the sauce over the fish and garnish with spring onions. Serve at once.

[8]

Steamed Salmon with Black Bean Sauce

1 lb fresh salmon fillets, slice into 1-inch-thick

1 tsp salt

2 tpsps toasted sesame oil

Sauce:

1 tsp cooking oil

2 tpsps coarsely chopped salted black beans

1 1/2 tpsps garlic, minced

1 tsp finely chopped peeled fresh ginger

3 tpsps coarsely chopped green onions

1 tsp dark soy sauce

2 tpsps light soy sauce

2/3 cup water

1 tsp cornstarch mixed with 1 tsp water

Set a rack into a wok. Add in water to a depth of 2 1/2-inches and bring it to a simmer.

Rub the salmon fillets with salt and toasted sesame oil and place on a heatproof plate that will fit into the wok.

Place the plate holding the fish on the rack, cover tightly and steam for 6 minute.

Meanwhile, heat a wok then add oil, black beans, garlic, and ginger.

Stir-fry for 1 minute, then add the green onions, soy sauces and water, simmer for 1 minute.

Add the cornstarch mixture and stir until thickens.

When the salmon is cooked, pour the hot sauce over the salmon and serve at once.

[9]

Steamed Fish with Mushroom Sauce

1 1/2 lbs snapper or jewfish fillets
Salt and pepper to taste
1/2 tsp fresh ginger, finely chopped
Sesame oil

Mushroom sauce:

8 Chinese dried mushrooms
2 tsps cooking oil
4 shallots, chopped
1/2 tsp finely shredded fresh ginger
1 tsp light soy sauce
3/4 cup mushroom soaking liquid
3 tsps cornstarch in 1 tsp water

Soak mushrooms in hot water for 20 minutes. Remove and discard stems, slice mushrooms finely.

Wash and dry fish fillets. Season with salt and pepper and rub all over with the chopped ginger, and a little sesame oil. Arrange the mushrooms on top. Steam over boiling water for 8-10 minutes.

Heat oil and fry shallots and ginger for 10 seconds. Then add soy sauce and mushroom soaking liquid, mixed together. Bring to a boil and stir in cornstarch mixture, stir until sauce thickens. Keep warm.

When the fish is ready, pour sauce over fish and serve.

[10]

Stir-fried Fish in Tomato Sauce

1 lb or 2 firm white fish fillets of haddock, halibut, cod or seabass
2 tsps salt
1 egg white
2 tsps cornstarch
1 1/4 cups cooking oil
2 tsps sesame oil
1/2 cup frozen peas, thawed

Sauce:

1 small onion

3 small tomatoes
1/2 cup chicken stock or water
1 tsp rice wine
1 tsp light soy sauce
1 tsp salt
1/2 tsps ground white pepper
2 tsps sugar
1 tsp cornstarch in 1 tsp water

Cut the fish fillets into 1-inch cubes. Combine fish with the egg white, salt, and cornstarch in a bowl, chill for 20 minutes. Heat a wok over high heat, add the oil, wait until the oil is very hot, remove the wok from heat and add the fish pieces. Stir-fry about 2 minutes, until the fish turn white. Quickly drain the oil, leave 1 1/2 tsps in the wok. Reheat the wok, add the onion, and stir-fry for 2 minutes. Then add all the remaining sauce ingredients except cornstarch mix. Bring to a boil, add the cornstarch mix and when the sauce begin to thicken, return the fish to the wok together with the peas and sesame oil. Turn onto a serving platter and serve at once.

[11]

Sweet and Sour Fish

1 1/2 lbs turbot or halibut fillets, cut into 1/2-inch squares
1/3 cup cornstarch
6 tsps cooking oil
1 clove garlic, minced
1 onion, cut into 1-inch cubes
1 medium green pepper, seeded and cut into 1/2-inch strips
2 medium tomatoes, cut into 1-inch cubes

Sweet and sour sauce:

1 tsp cornstarch
1/4 cup sugar
2 tsps light soy sauce
2 tsps ketchup
1/4 cup vinegar
1/2 cup water or chicken broth

Coat the fish fillets with cornstarch.

Prepare sweet and sour sauce and set aside.

Heat a wok over medium-high heat, add 2 teaspoons of the oil. When oil is hot, add some of the fish fillets, stir-fry until fish is browned on all sides (about 2 minutes). Remove from wok and keep warm.

Repeat with more oil and remaining of fish.
Increase heat to high and pour all the remaining oil into wok. When oil is hot, add garlic, onion, and bell pepper, stir-fry for 2 minutes. Stir in sweet and sour sauce, and tomatoes. Bring to a boil. Return fish into wok, stir to combine. Serve at once.

Note: can also use a whole snapper, with head and tail left on. Fry the fish and put on a serving platter, cook the sweet and sour sauce with other ingredients and pour over the fish in the platter.

[12]

Yellow River Carp

1 (~2 lb) carp,
2 tsps salt
2 tsps all-purpose flour
2 tsps cornstarch
5-6 tsps cold water

Sauce:
2 tsps brown sugar
4 tsps vinegar
2 tsps rice wine
1 tsp dark soy sauce
1 tsp cornstarch
6 tsps water

On each side of the fish, make 3 diagonal cuts in one direction, and 3 more in opposite direction to form a diamond pattern. Sprinkle salt inside and outside of the fish.

Mix together flour and cornstarch, then gradually stir in enough water to make a light batter.

Pour and brush over the fish until evenly coated. Drain off excess.

Heat a wok over medium-high heat with enough cooking oil. When oil is hot, fry the fish about 10 minutes until light golden brown, turn once.

Remove and drain on paper towels. Keep warm.

Mix together all the sauce ingredients. Heat 2 tsps of oil in a small saucepan, cook the sauce mixture until boil and thickened. Pour over the fish and serve.

LAMB

- [1] [Chinese Lamb Curry](#)
 - [2] [Chinese Lamb Stew](#)
 - [3] [Hunan Lamb Stir-fry](#)
 - [4] [Lamb with Spring Onions](#)
 - [5] [Mongolian Lamb](#)
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-

[1]

Chinese Lamb Curry

2 lbs lamb breast, cut into 1-inch cubes
1 1/2 tsps cooking oil
2 tsps garlic, minced
1 tsp chopped ginger
2 1/2 cups water
3 tsps light soy sauce
2 tsps dark soy sauce
6 tsps curry powder
1 tsp sugar
1 lb potatoes, cut into 1-inch cubes
1/2 lb carrots, trimmed and cut into 1-inch lengths

Blanch the lamb meat in boiling water for 10 minutes. Drain and place in a pot.

Heat a wok, add the oil, stir-fry garlic and ginger for 10 seconds. Add water, soy sauce, curry powder and sugar, bring to a boil. Add the liquid to the meat, bring to boil again. Cover and simmer for 35 minutes, or until meat is tender. Skim any fat from the curry and add the potatoes and carrots. Cook for another 10 minutes, until vegetables are tender.

[2]

Chinese Lamb Stew

2 1/2 lbs lamb leg or shoulder meat,
2 tsps cooking oil

1/2 tsp ground pepper
6 garlic cloves, crushed
6 slices fresh ginger
5 cups water
2 tsps five-spice powder
1/3 cup peanut butter
6 tsps hoisin sauce
3 tsps light soy sauce
3 tsps dark soy sauce
1/4 cup granulated sugar
1 tsp chili bean paste

Cut the lamb into 1-inch cubes.

Heat a wok and add the oil. Add the lamb, sprinkle with the pepper, and slowly brown on all sides. Transfer the meat to a pot. Pour in all but 1 tsp of oil from the wok.

Reheat the wok, stir-fry ginger and garlic for 20 seconds and add the rest of the ingredients.

Bring the mixture to a boil and pour it over the lamb in the pot. Simmer for 1 1/2 hour, until lamb is tender.

[3]

Hunan Lamb Stir-fry

1 lb boneless leg of lamb, cut into bite-size strips
1 egg white, lightly beaten
2 tsps cornstarch
2 tsps fresh ginger, minced
3 oz bamboo shoots, sliced
1 small red bell pepper, cut into thin strips
3 green onions, chopped
1/4 cucumber, cut into strips
2 tsps dry sherry or cooking wine
6 tsps cooking oil

In a bowl, mix lamb, egg white, cornstarch, salt and pepper. Let stand for 30 minutes.

Heat a wok over high heat, add oil. When oil is hot, stir-fry meat mixture until lightly browned. Remove from wok.

Leave about 2 tsps oil in wok, add ginger, bamboo shoots, bell pepper, green onions, and cucumber, stir-fry for 4 minutes. Add lamb to wok, toss over high heat for 1 minutes. Stir in rice wine, give a few stirs and serve.

[4]

Lamb with Spring Onions

1 lb boneless leg of lamb, cut into bite-size strips
1/2 tsp five-spice powder
1 egg white
2 garlic cloves, minced
4 slices fresh ginger
3 tsps cornstarch
5 tsps soy sauce
6 tsps dry sherry
2 tsps water
10 green onions
2 tsps cooking oil

In a bowl, mix lamb, five-spice powder, egg white, garlic, ginger, 1 tsp cornstarch, and 1 tsp of soy sauce. Let stand for 10 minutes. Blend sherry, water, 2 tsps cornstarch and 4 tsps soy sauce, as the cooking sauce.

Cut off the white part of spring onions, cut into half. Cut the green part into 1 1/2-inch long sections.

Heat a wok over high heat, add oil. When oil is hot, stir-fry meat mixture until lightly browned. Remove from wok.

Add sauce mixture and white part of onions to wok. Cook, stir until mixture is thickened.

Add meat and onion tops and cook until just heated through, about 1-2 minutes.

Makes 4 servings.

[5]

Mongolian Lamb

1 1/2 lbs boneless leg of lamb, cut into 2 by 1 inch strips

Marinade:

1 tsp cornstarch
1 tsp cooking oil
2 tsp sugar
1 tsp salt
1 tsp white pepper

3 tsps cooking oil
2 garlic cloves, minced
1 tsp ginger, shredded
4 green onions, cut into 1-inch pieces
1 tsp dried red pepper flakes
1 tsp black bean sauce
2 tsps dark soy sauce

In a bowl, mix lamb with marinade ingredients. cover and marinate for 30 minutes.

Heat a wok over high heat, add oil. When oil is hot, stir-fry garlic, ginger, red pepper flakes, and bean sauce for 10 seconds. Add lamb, stir-fry until brown (about 2 minutes), add soy sauce and green onions, stir-fry 30 seconds. Serve at once.

[6]

Spicy Lamb with Leeks

1 lb boneless leg of lamb, cut into bite-size strips

Marinade:

2 tsps soy sauce
1 tsp cooking wine
1 tsp water
2 tsps grated fresh ginger
1 tsp cornstarch
1 tsp sugar
1/2 tsp sesame oil

Sauce:

2 tsps soy sauce
2 tsps cooking wine
1 tsp hot bean sauce
1 tsp sugar

1 tsp cooking oil
2 garlic cloves, minced
2 medium leeks, cut into 2-inch long slivers

In a bowl, mix lamb with marinade ingredients. Let marinate at room temperature for 10 minutes.

Blend well the cooking sauce and set aside.

Heat a wok over high heat, add oil. When oil is hot, stir-fry garlic and the leeks for about 1 minute. Remove from wok.

Drain lamb and save the marinade. Add the lamb to the wok and stir-fry for 2-3 minutes.
Remove from wok. Add sauce mixture and the marinade. Cook, stir until mixture is thickened.
Add meat and leeks and cook until just heated through, about 1-2 minutes.
Make 4 serving.

[7]

Spicy Orange-Ginger Lamb

1 1/2 lbs bonelss leg of lamb (shank portion), cut into thin slices

Marinade:

2 tsps soy sauce
1 1/2 tsps cooking wine
2 tsps minced garlic
1 tsp sesame oil
1 tsp cornstarch

Sauce:

1/2 cup chicken broth or water
3 1/2 tsps soy sauce
2 tsps cooking wine or sake
1 1/2 tsps sugar
2 tsps black vinegar or worcestershice sauce
1 1/2 tsps cornstarch

5 tsps cooking oil
2 tsps sesame oil
3 1/2 tsps finely shredded ginger
1 tsp minced orange zest
1 tsp crushed dried red chilies
2 cups finely sliced water chestnuts, blanched
2 1/2 cups green onions, cut into 1-inch pieces

Cut the meat into thin slices, Toss with the marinade mixture in a bowl.
Let marinate for 30 minutes in the refrigerator.

Combine the sauce ingredients and blend well.

Heat a wok with 1/4 cup of cooking oil, wait until smoking hot.

Add the lamb slices and stir-fry until the meat loses its raw color.

Remove from wok.

Clean out the wok and reheat with 1 tsp cooking oil and sesame oil, heat until very hot. Add the ginger, orange zest, and red chilies, stir-fry for 15 seconds.

Add the water chestnuts and stir-fry for 15 seconds, until heated through.
Add the green onions and the sauce mixture, and heat until thickened.
Add the cooked lamb and toss lightly to coat.



NOODLES

- [1] [Crisp-fried Vegetarian Noodles](#)
 - [2] [Shrimp Chow Mein](#)
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[1]

Crisp-fried Vegetarian Noodles

1/2 lb thin noodles, such as spaghetti or vermicelli
1 tsp sesame oil

Sauce:

1 1/2 cups chicken broth or water
3 1/2 tsps soy sauce
2 tsps rice wine
1 1/2 tsps sugar
1 tsp sesame oil
2 tsps cornstarch

1 1/2 tsps minced garlic
1 1/2 tsps minced fresh ginger
3 tsps cooking oil
10 dried Chinese mushroom, thinly sliced
3 cups leeks, finely sliced
2 cups carrots, shredded
1 1/2 tsps rice wine
4 cups bean sprouts

Boil 4 quarts of water in a pot. Add noodles and cook until tender, about 5 minutes. Drain and toss with sesame oil, immediately transfer the noodles into a cake pan and press them evenly to form a noodle cake. Let it cool.

Heat 1 1/2 tsps of the oil in a non-stick skillet until very hot, invert the cake into the pan and cook to a deep brown, flip over and brown the other side. Transfer to a plate and keep warm in a 200F oven.

Alternatively, brown the noodles on both side under a broiler.

Reheat the skillet, add remaining 1 1/2 tsps of oil, stir-fry the garlic and ginger for 10 seconds. Add mushrooms, leeks, and carrots, stir-fry over high heat for 1 minute.

Add the rice wine and cook for another 1 minute, than add the sauce mixture.

Heat until boiling, add the bean sprouts and cook until thickened. Spoon over the fried noodles and serve.

[2]

Shrimp Chow Mein

1/2 lb dried egg noodles
1 lb shelled cooked shrimp
2 eggs, beaten
2 tsps cooking oil
1 medium onion, sliced
10 water chestnuts, sliced
6 dried Chinese mushrooms, soaked, sliced
1/2 cup water
1 1/3 cups Napa cabbage
1/2 tsp salt
1/2 tsp instant chicken bouillon granules
1 tsp cornstarch in 1 tsp water
2 green onions, chopped

Boil the egg noodles in boiling salted water, follow the instructions on the package. Drain and keep warm.

Heat a wok with lightly oiled, pour the eggs into wok and swirl to spread the egg. Turn once when egg is set. Remove from wok and let it cool. Thinly slice the egg omelette and set aside.

Heat a wok with the oil, sti-fry the onion, water chestnuts, and mushrooms for 3 minutes.

Add napa cabbage, salt, instant chicken bouillon and water, cover and cook for 3 minutes.

Add shrimp and constarch mixture, bring to a boil and simmer until thickened.

Place noodles in a warm serving platter, top with vegetable and shrimp mixture.

Garnish with the egg slices and green onions. Serve warm.

[3]

Spicy Meaty Rice Noodles

6 oz rice noodle (mai fun)
1 lb ground beef or pork
4 whole green onions, cut into 1-inch pieces
1 cup carrots, thinly bias sliced
1 cup celery, thinly bias sliced
1 1/2 tsps cooking oil
2 minced garlic
2 tsps minced ginger
1/2 cup water
1 tsp sesame oil
2 tsps soy sauce
1 tsp chili bean paste

Soaked rice noodles in warm water for 15 minutes, drain and cut into 4-inch lengths.

Combine the meat with sesame oil and soy sauce, let marinate for 20 minutes.

Heat a wok with the oil, stir-fry the garlic and ginger until fragrant.

Add carrots, celery and green onions, stir-fry for 2 minutes, until vegetables are crisp-tender. Remove from wok.

Add the ground meat to wok, stir-fry 2-3 minutes. Drain off fat.

Add chili paste, stir once, then add the rice noodle and the cooked vegetables, stir-fry and mix well. Add water and cook until heated through. Garnish with green onion brush and serve.

[4]

Stir-fried Egg Noodles

1 lb fresh egg noodles
8 oz ground beef or pork
1/2 lb bean sprouts
8 whole green onions, chopped
1 1/2 tsps cooking oil
1 minced garlic
2 tsps cornstarch in 2 tsps water

Sauce:

1 cup water
1 tsp dark soy sauce

- 1 tsp light soy sauce
- 2 tsps oyster sauce

Prepare sauce mixture and set aside.

Heat a wok with the oil, stir-fry the garlic until fragrant, add ground meat and stir-fry until brown. Add bean sprouts and green onions, stir once and add the fresh noodles. Add the sauce mixture and stir them well. Cover and cook for 5 minutes. Stir often. Add the cornstarch mixture and bring to a boil and thicken. Season with salt and ground peppers to taste. Serve hot.

[5]

Szechwan Chicken-Pasta Salad

- 5 oz dried Chinese eggs noodles
- 1 lb boneless, skinless chicken breast halves, cut into 1/2-inch cubes
- 2 whole green onions, cut into 1-inch pieces
- 2 cups snow peas, coarsely chopped
- 1 large red or green bell pepper, cut into thin strips
- 1 1/2 tsps cooking oil
- 2 minced garlic
- 1/4 cup roasted peanuts, coarsely chopped

Sauce:

- 1/4 cup soy sauce
- 2 tsps rice vinegar
- 1 tsp chili bean paste
- 1/2 tsp crushed red pepper

Cook noodles in boiling salted water for 4-6 minutes, until tender. Drain and set aside.

Combine sauce mixture and set aside.

Heat a wok with the oil, stir-fry the garlic until fragrant. Add peas, bell pepper and green onions, stir-fry for 2 minutes, until vegetables are crisp-tender. Remove from wok.

Add the chicken to wok, stir-fry 2-3 minutes. Add the sauce mixture to wok, then add the noodles and the cooked vegetables, stir-fry and cook until heated through.

Sprinkle with peanuts and serve.

PORK

- [1] [Barbecued Pork](#)
 - [2] [Braised Pork Balls and Mushroom](#)
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-

[1]

Barbecued Pork

1 lb pork belly or fillet
3 garlic cloves
1/2 tsp finely grated ginger
1 tsp salt
1 tsp dark soy sauce
1 tsp honey
1 tsp rice wine
1/2 tsp five-spice powder

Cut the meat lengthwise into strips of about 1-inch wide. Crush garlic with salt and combine with all other ingredients in a large bowl. Put in the pork, mix well together to coat the pork with barbecued mixture. Marinate for 15 minutes or longer.

Preheat oven at 425F.

Half fill a roasting pan with hot water and place a wire rack across the top of the pan.

Place pork on rack and roast in hot oven for 30 minutes.

Turn the pork over, brush with remaining marinade and roast for further 15 minutes or until well glazed.

Cut into slice and serve.

Use hoisin sauce or plum sauce for dipping.

[2]

Braised Pork Balls and Mushroom

1/2 lb ground pork
16 dried Chinese mushrooms
4 shallots, finely chopped
1/2 tsp grated fresh ginger
1 1/2 tsp salt
2 tsps soy sauce
1 tsp rice wine
2 tsps sugar
1 tsp sesame oil
1 1/2 tsps cornstarch in 2 tsps cold water
1 cup bamboo shoots, sliced

Soak mushrooms in hot water for 20 minutes. Squeeze excess water from the mushrooms, remove the stems and set aside. Prepare pork balls by combine the minced pork, shallots, ginger and salt. Mix well and form meat balls of 1-inch in diameter. In a small saucepan, boil enough water to simmer the meat balls. Add balls to the boiling water and simmer for 5 minutes. Mix together the soy sauce, rice wine, sugar and sesame oil. When the meat balls have cooked for 5 minutes, add the mushrooms, bamboo shoots and soy sauce mixture. Cover and simmer for another 25 minutes. Remove meat balls and mushroom to a plate. There should be about 3/4 cup of liquid left in the pan, add water if necessary. Stir in cornstarch mixture, bring to a boil and thickened, stir in meatballs and mushrooms. Heat through and serve.

[3]

Deep-fried Pork Cutlets

1 lb bonelss pork sirloin or tenderloin
1/3 cup all-purpose flour
1/4 tsp salt
1/8 tsp pepper
1 egg, beaten
1 tsp water
2/3 cup fine dry bread crumbs
2 cups finely shredded cabbage

Vinegar sauce:
1/2 cup soy sauce

1/2 cup vinegar

Cut pork into 8 square size pieces. Place each between 2 pieces of clear plastic wrap.

Pound to 1/4-inch thickness. Cut off small slits around the edges.

In a shallow dish, stir together the flour, salt and pepper.

In another dish, combine egg and the water.

Place bread crumbs on a third dish.

Coat each piece of pork with the flour mixture. Dip into the egg mixture and coat with the bread crumbs. Set aside.

In a wok, heat 1 1/2-inch of cooking oil or shortening until hot.

Fry pork cutlets until golden brown (about 3 minutes). Remove and drain on paper towels.

Keep warm in a 300F oven. Repeat for all the pork cutlets.

Prepare the vinegar sauce and set aside.

Place 1/4 of the shredded cabbage onto each dinner plates, set aside.

Slice each of the cutlets crosswise to 1/2-inch strips, reassemble atop of the cabbage. Spoon the vinegar sauce over top and serve.

[4]

Five-spice Pork and Potatoes

1 lb lean boneless pork, cut into thin strips

3 large potatoes about 1 1/2 lbs

2 tsps cooking oil

2 garlic cloves, minced

1 1/2 cups water

1 tsp minced fresh ginger

3 tsps soy sauce

2 tsps sugar

1 1/4 tsps five-spice powder

1/3 cup thinly sliced green onions

Cut the pork into thin slices. Cut peeled potatoes crosswise into 1/2-inch thick slices. Set aside.

Heat a wok with the oil, stir-fry the garlic and the meat until the meat is browned.

Add potatoes, water, soy sauce, sugar, and five-spice.

Bring to a boil, then reduce heat and simmer, until potatoes are tender when pierced (about 20 minutes). Garnish with green onions and serve.

[5]

Mu Shu Pork

1/2 lb pork tenderloin, cut into 1/4-inch strips

Marinade:

2 tsps soy sauce

1/2 tsp cornstarch,

1/8 tsp salt

1/2 tsp dry sherry

1/4 tsp sugar

Cooking Sauce:

2 tsps soy sauce

2 tsps dry sherry

1 tsp sesame oil

1/2 tsp sugar

10 6-inch flour tortillas

2 1/2 tsps cooking oil

2 eggs, beaten with 1/4 tsp salt

1 1/2 oz vermicelli, soaked and cut into 2-inch pieces

1 large tree ears, soaked and thinly sliced

4 medium Chinese dried mushrooms, soaked and thinly sliced

3 whole green onions, shredded

1/2 cup red bell pepper, shredded

1/2 cup bamboo shoots, cut into matchstick pieces

hoisin sauce for serving

Combine the marinade ingredients and the meat in a bowl, marinate and set aside.

Wrap tortillas in foil and warm for 10 minutes in a 350F oven.

Heat skillet with 1 1/2 tsp of oil, over high heat. Add the beaten eggs and tilting the skillet to distribute the eggs into thin pancake and cook just until set. Remove to cutting surface and cut into 1/4-inch wide strips.

Prepare cooking sauce and set aside.

Heat a wok and add 2 tsps of the oil, stir-fry the pork mixture for 2 minutes or until meat is browned. Add tree ears, mushrooms, green onions, red pepper, and bamboo shoots, toss for a few seconds, then add the vermicelli and egg strips. Stir in the sauce mixture and toss until combined. Transfer to a platter and serve with warm tortillas.

To eat, spread a little of the hoisin sauce over tortilla, place some pork mixture on top, fold it over and eat as sandwich-style.

Makes 4 servings as a main course or 8 with other dishes.

Pork with Baby corn

1 lb lean boneless pork, cut into bite-size strips
4 tsps cooking oil

Marinade:

1 tsp cornstarch,
1 tsp soy sauce
1/4 tsp ground pepper
1 tsp cooking oil

Cooking Sauce:

1 tsp soy sauce
1 tsp hoisin sauce
1 tsp cornstarch
2 tsps water

2 garlic cloves, minced
1 small onion, cut into thin wedges
1/4 lb mushrooms, thinly sliced
1 can or 1 lb whole baby sweet corn
8 green onions, cut into 2-inch lengths

Combine the marinade ingredients and the meat in a bowl, marinate for 15 minutes.
Prepare cooking sauce and set aside.
Heat a wok and add 2 tsps of the oil, stir-fry the garlic, add pork and stir-fry for 2 minutes or until meat is browned. Remove from wok.
Reheat the wok with 2 tsps of oil, stir-fry onion pieces and mushrooms for 1 minute.
Return meat to the wok and add the corns and green onions, stir-fry for 30 seconds. Stir in cooking sauce and stir until sauce boils and thickens.
Makes 4 servings.

[7]

Red Cooked Pork

1 lb boneless tenderloin, in a pieces
1 cup water
1/2 cup dark soy sauce
2 tsps rice wine (optional)

1 2-inch slice ginger
2 garlic cloves
2 whole star anise
1 tsp sugar
1 tsp sesame oil

Put meat in a saucepan or pot that just enough to hold it. Add all the ingredients, bring to a boil. Turn heat low and simmer for 2 hour until meat is tender. Test by pierce with fork, should be penetrate easily. Turn meat once or twice during the cooking time.

Cook uncovered for further 15 minutes.

Let the meat cool in the sauce. Remove the meat before serving, cut into very thin slices. Arrange on a dish.

Serve the sauce in a small bowl as the dipping sauce or pour some over the meat before serving.

[8]

Sirloin Tips and Vegetables

1 lb sirloin tips, cut into bite-size strips

Marinade:

2 tsps soy sauce
1 garlic, minced
1 tsp minced fresh ginger

2 tsps cooking oil
1 cup thinly sliced celery
1/2 lb mushrooms, thinly sliced
1 8oz canned water chestnuts, sliced
1/2 cup green onions
2 tsps hoisin sauce
2 tsps water

Cut the pork into thin slices. Combine with the marinade ingredients, and marinate for 30 minutes.

Heat a wok with the oil, stir-fry the meat until the meat is browned. Remove from wok. Immediately add the vegetables, stir-fry for 2-3 minutes, until celery is tender-crisp to bite. Return meat to wok, add hoisin sauce and water, stir until heated through. Makes 4 servings.

[9]

Stewed Pork Spareribs

1 lb meaty spareribs, cut into 2-inch pieces
2 tsps cooking oil
8 garlic cloves, crushed
8 slices fresh ginger
4 green onions, cut into 3-inch segments
2 tsps five-spice powder
3 tsps sugar
2 tsps dark soy sauce
5/8 cup chinese black vinegar or worcestershice sauce
5/8 cup rice wine
5/8 cup chicken stock or water

Blanch the meat in salted boiling water for 10 minutes. Drain well and discard the water.
Heat a wok and add the oil, stir-fry the garlic, ginger, and green onions 1 minute.
Then add the meat and stir-fry for 4 minutes, or until they are lightly brown. Add the rest of the ingredients and bring to a boil.
Tranfer the contents to a pot, cover and simmer for 40 minutes, until the ribs is very tender.
Serve at once.

[10]

Stir-fried Pork with Pineapple

1 lb lean pork
2 tsps soy sauce
1 tsp salt
2 tsps cornstarch
1 small fresh pineapple
1/4 cup frozen peas, thawed
1 1/2 tsps cooking oil
2 tsps coarsely chopped green onions
2 tsps dark soy sauce
2 tsps sugar
1/2 tsp cornstarch in 1 tsp water

Cut the pork into thin slices. Combine with the soy sauce, salt and

cornstarch.

Cut the pineapple flesh into 1-inch cubes.

Heat a wok with the oil, add the remaining salt and stir-fry the green onions for 10 seconds.

Then add the pork and stir-fry for 1 minute.

Put in pineapple, peas, soy sauce, sugar and cornstarch mixture, cook for 2 minutes or until pork is just done. Serve at once.

[11]

Sweet and Sour Pork

3/4 lb lean boneless pork, cut into 3/4-inch cubes

Marinade:

2 tsps dry sherry or cooking wine

2 tsps soy sauce

1 tsp sesame oil

Cooking Sauce:

1 cup chicken broth

1/3 cup sugar

4 tsps cornstarch

1 tsp soy sauce

Batter:

1 egg, beaten

1/2 cup cornstarch

1/2 cup all-purpose flour

1/2 cup water

1 garlic clove, minced

1 1/2 cup carrots, thinly bias sliced

1 cup green pepper, cut into 1-inch pieces

1 cup red bell pepper, cut into 1-inch pieces

1 small onion, cut into thin wedges

1 8-oz can pineapple chunks

cooking oil or shortening

Stir together marinade ingredients, Pour over pork and toss to coat.

Cover and marinate for 20 minutes.

Prepare sauce mix and set aside.

Prepare batter mixture and heat a wok with 2-inches of cooking oil or shortening, until hot.

Drain pork well. Dip into batter, swirl to coat. Fry a few pieces at a time for 4-5 minutes, remove from wok and drain on paper towel.

Repeat for all meat. Keep meat warm in 300F oven. Drain oil after done. Reheat wok with 1 tsp oil, stir-fry garlic for 15 seconds, add carrots and stir-fry for 4-5 minutes till crisp-tender. Add pepper and onions. Stir-fry for 2 minutes and remove all vegetable. Add sauce to wok and cook till bubbly, stir in pineapple chunks and cooked vegetables. Cook for 1 minute till hot. Arrange the pork on a platter, spoon the sauce and vegetable mixture over pork and serve.

[12]

Twice-cooked Pork

1 lb lean boneless pork, in 1 piece
1 tsp dry sherry
1 slice ginger, crunched
3 green onions
2 dried hot chilies, crumbled
4 tsps hoisin sauce
1 tsp soy sauce
2 small green bell peppers,
3 tsps cooking oil
1/2 tsp salt
2 garlic cloves, minced
1 tsp minced fresh ginger

Place pork, sherry, and ginger slice in a 2-quart pan. Cut 1 of the green onions in half and add to pork, then add enough water to barely cover the meat. Bring to a boil and simmer for 45 minutes, until meat is tender when pierced.

Lift meat from broth and refrigerate until cold. Then cut into 1 1/2-inch square pieces about 1/8-inch thick.

Combine the dried chilies, hoisin sauce, soy sauce and sugar.

Cut remaining 2 green onions into 1-inch lengths. Seeded and cut the green bell peppers into 1-inch squares.

Heat a wok and add 2 tsps of the oil, stir-fry the green bell peppers for 1 1/2 minutes, sprinkle with salt and stir once, remove from wok.

Add another 1 tsp of oil, stir-fry the minced ginger and garlic, add pork and stir-fry for 1 minute. Add the sauce mixture and toss until pork is coated with sauce.

Return bell peppers to the wok along with onions. Stir-fry for 30 seconds and serve.

[13]

Yu-shiang Pork

3/4 lb lean boneless pork, cut into matchstick pieces
2 tsps cooking oil

Marinade:

1 tsp cornstarch,
1/2 tsp salt
1/4 tsp ground pepper
1 tsp dry sherry
1 1/2 tsp cooking oil

Cooking Sauce:

2 garlic cloves, minced
1 tsp minced fresh ginger
3 dried hot chilies
2/3 cup bamboo shoots, cut into matchstick pieces
10 green onions, cut into 2-inch lengths

Combine the marinade ingredients and the meat in a bowl, marinate for 15 minutes.

Prepare cooking sauce and set aside.

Heat a wok and add 2 tsps of the oil, stir-fry the garlic, ginger, and chilies. Add pork mixture and stir-fry for 2 minutes or until meat is browned. Remove from wok.

Reheat the wok with 1 tsp of oil, stir-fry bamboo shoots and green onions for 1 minute. Return meat to the wok. Stir in cooking sauce and stir until sauce boils and thickens.

Make 4 serving.

RICE

- [1] [Aromatic Chicken Fried Rice](#)
 - [2] [Combination Rice Casserole](#)
 - [3] [Curry Rice with Meat](#)
 - [4] [Egg Fried Rice](#)
 - [5] [Fried Rice with Ham and Peanuts](#)
 - [6] [Green Rice](#)
 - [7] [Vegetable Fried Rice](#)
 - [8] [Yang Chow Fried Rice](#)
-

[1]

Aromatic Chicken Fried Rice

4 cups cooked rice
1/2 cup frozen peas
3 tsps cooking oil
3 tsps shallots, minced
2 tsps garlic, minced
1 tsp ginger, minced
3 tsps chopped green onion, white part only
1/2 lb boneless, skinless chicken, coarsely chopped
2 1/2 tsps salt
1/2 tsp ground black pepper
4 eggs, beaten
2 tsps sesame oil
1 tsp chili bean paste
2 tsps hoisin sauce
3 tsps chopped green onion, green part only

Heat a wok with 1 1/2 tsps of the oil. Stir-fry the garlic, shallots, and ginger until fragrant. Then add with part of green onions, chicken, 2 tsps salt and the pepper, stir-fry for 3 minutes. Remove from wok and set aside.

Combine eggs, 1/2 tsp salt and sesame oil, set aside.

Reheat wok with 1 1/2 tsps oil. When the oil is hot, turn heat to medium, and add eggs. Stir-fry the eggs for 2 minutes, then add the rice and stir-fry for 3 minutes, mixing well.

Then add the peas, the cooked chicken mixture, chili bean paste and hoisin sauce. Continue to stir-fry for 3 minutes, add green part of green onions, stir-fry for 2 more minutes and serve.

[2]

Combination Rice Casserole

rice:

2 cups long grain rice

3 3/4 cups water

1 1/2 tsps cooking oil

1/2 lb frozen peas and carrots

1/2 lb ground pork

1 tsp light soy sauce

1 tsp dark soy sauce

1 tsp oyster sauce

3 tsps green onions, finely chopped

Cook rice in a pot, about 10 minutes or most of the surface liquid has evaporated, cover the pot tightly and turn heat to simmer.

Meanwhile, heat a wok with the oil. Stir-fry the pork for 1 minute.

Add the peas and carrots, soy sauce, and oyster sauce, continue frying for 2 minutes. Add the green onions and toss well. Transfer this mixture onto the rice and simmer for 15 minutes.

Serve at once.

[3]

Curry Rice with Meat

3 cups cooked rice

12 oz lean boneless pork or chicken breasts

1 tsp cooking oil

1 medium onion, chopped

1/4 cup roasted peanuts, chopped

Tomato wedges and cucumber slices

Sauce:

1/4 cup water

1 tsp shredded lemon peel

2 tsp hoisin sauce

2 tsps curry paste

1/4 tsp cumin

Cut the meat into 1/2-inch cubes.

Prepare sauce and set aside.

Add 1 tsp oil to wok, stir-fry the onion until onion is soft, add the meat and stir-fry 2-3 minutes, until the meat is no pink remains. Stir in the sauce, cook and simmer for 5 minutes. Stir in rice and stir-fry until heated through, about 2 minutes.

To serve, sprinkle with peanuts and garnish with tomatoes wedges.

[4]

Egg Fried Rice

4 cups cooked rice
1/2 cup frozen peas
4 eggs, beaten
2 tsps sesame oil
2 tsps cooking oil
2 tsps salt
1/4 tsp ground pepper
3 tsps green onions, chopped
4 oz bean sprouts

Combine the eggs and sesame oil, set aside.

Heat a wok with the oil. When the oil is hot, turn heat to medium, and add eggs. Stir-fry the eggs for 2 minutes, then add the rice and stir-fry for 3 minutes, mixing well.

Then add the peas, salt, and pepper. Continue to stir-fry for 2 minutes, add bean sprouts and green onions, stir-fry for 2 more minutes and serve.

[5]

Fried Rice with Ham and Peanuts

3 cups cooked rice
2 eggs, beaten
1/4 tsp salt
1/4 cup cooking oil
1 small onion, chopped
1 garlic, minced
1 medium green pepper, diced
4 oz fresh mushrooms, chopped
1 1/2 cups cooked ham, diced

1/2 cup roasted peanuts
2 tsps soy sauce
Tomato wedges and cucumber slices

Lightly beat the eggs and salt, set aside.

Heat a wok with 1 tsp of the oil. When the oil is hot, turn heat to medium, and add eggs. Stir occasionally until the eggs form soft curds, remove from wok.

Add 1 tsp oil to wok, stir-fry garlic and onion until onion is soft, add bell pepper, mushrooms, ham, and peanuts. Stir-fry until heated through. Remove from wok.

Pour the rest of 2 tsps oil to wok, when is hot, stir-fry the rice until heated through, about 2 minutes, stir in soy sauce, ham mixture and eggs. Stir well until egg are in small pieces. Turn to a serving platter. Garnish with tomatoes wedges and cucumber slices.

[6]

Green Rice

3 cups cooked rice
1 tsp cooking oil
1 tsp minced garlic
1 lb frozen peas
3 tsps cilantro, finely chopped
6 tsps green onions, finely chopped
2 tsps salt

Cook rice in a rice cooker and let it cool. The colder the rice, the better it stir-fries.

Heat a wok with the oil. Stir-fry the garlic for 10 seconds. Add rice and continue fry for 3 minutes. Add the peas, cilantro, green onions and stir-fry for 2 more minutes. Serve hot or at room temperature.

[7]

Vegetable Fried Rice

3 cups cooked rice

2 garlic cloves, minced
1 tsp ginger, minced
1 cup red bell pepper, diced
6 dried Chinese mushrooms, soaked and diced
1/3 cup frozen peas
1 cup cucumber, diced
4 tomatoes, seeded and diced
2 tsps cooking oil
2 tsps soy sauce

Heat a wok with the oil. When the oil is hot, stir-fry ginger and garlic until fragrant. Then add all the vegetables and mushrooms, stir-fry for 4 minutes. Stir in soy sauce and add the rice. Stir-fry for 2-3 minutes, until well mixed and heated through.

[8]

Yang Chow Fried Rice

3 cups cooked rice
3 tsps cooking oil
2 garlic cloves, minced
1 onion, thinly sliced
1/2 cup ground pork
1 tsp soy sauce
1 tsp brown sugar
2 eggs, beaten
1/2 tsp salt
dash of black pepper
3 dried Chinese mushrooms, soaked and diced
1/3 cup frozen peas
2 tomatoes, seeded and diced

Heat a wok with the oil. When the oil is hot, stir-fry onion and garlic until fragrant. Then add ground pork, and stir-fry for 3 minutes. Stir in soy sauce and sugar, add rice and stir-fry for 1 minute. Remove from wok.

Pour egg into wok, season with salt and pepper, cook stirring 2-3 minutes, until just begins to set, add mushrooms, peas and tomatoes, cook for 2-3 minutes. Stir in rice mixture and mix well.

SHRIMP

- [1] [Black Pepper Shrimp](#)
 - [2] [Emerald-sauced Shrimp](#)
 - [3] [Hot and Spicy Shrimp](#)
 - [4] [Kung Pao Shrimp](#)
 - [5] [Lemon Garlic Butter Shrimp](#)
 - [6] [Pineapple Shrimp](#)
 - [7] [Shrimp Balls with Bamboo Shoots](#)
 - [8] [Shrimp with Honey-Glazed Walnuts](#)
 - [9] [Shrimp with Peking Sauce](#)
 - [10] [Steamed Garlic Shrimp](#)
 - [11] [Szechwan Shrimp](#)
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[1]

Black Pepper Shrimp

- 1 lb raw shrimp, shelled and de-veined
- 2 tsps cooking oil
- 1 large garlic, minced
- 1 tsp cracked black pepper
- 1 large whole green onion, finely chopped
- 1 tsp sugar
- 1 tsp hoisin sauce

Heat oil in a wok over high heat. When hot, add shrimp and stir-fry for 2 minutes. Add garlic, pepper and green onion, toss for 30 seconds. Sprinkle with sugar, and hoisin sauce, toss for another 30 seconds. Serve immediately.

[2]

Emerald-sauced Shrimp

- 1 lb raw shrimp, shelled and de-veined
- 2 cups fresh or frozen snow peas
- 2/3 cup chicken broth
- 2 tsp dry sherry (optional)
- 1 tsp cornstarch
- 1 tsp light soy sauce

1 tsp sesame oil
1 tsp cooking oil
1 clove garlic, minced
4 green onions, bias sliced into 1-inch pieces
6 cups torn spinach
1/2 cup sliced water chestnuts

Halve the shrimp lengthwise.

Cut the peas diagonally in half.

Stir together the chicken broth, dry sherry, cornstarch, soy sauce and sesame oil, set aside.

Preheat the oil in a wok over medium-high heat. Stir-fry garlic for 15 seconds. Add the green onions and the peas, stir-fry for 1 minute, add spinach and stir-fry for 1 more minute, until spinach is just wilted.

Remove vegetables from the wok.

Add half of the shrimp to wok and stir-fry till the shrimp turn pink, remove from wok.

Repeat with remaining shrimp. Return all the shrimp to wok, push the shrimp from the center of wok. Stir in sauce mixture to the center of the wok, cook and stir till thickened and bubbly. Return the cooked vegetables to the wok. Add the water chestnuts.

Stir all ingredients together to coat with sauce for 1 minute.

Turn onto platter and serve.

[3]

Hot and Spicy Shrimp

1 lb raw shrimp, shelled and de-veined
1 tsp dry sherry
3 tsps cooking oil

Cooking sauce:

3 cloves garlic, minced
1 1/2 tsps minced fresh ginger
1/2 tsp crushed red pepper
2 large stalks celery, cut into 1/2-inch slice
1/2 cup sliced bamboo shoots
2 green onions, thinly sliced

Toss shrimp and dry sherry in a bowl.

Prepare cooking sauce and set aside.

Heat a wok over high heat, add 1 1/2 tsp of the oil. When oil begins to heat, add garlic, ginger and red pepper, stir once. Then add shrimp and stir-fry until shrimp turn pink. Remove and set aside.

Pour remaining 1 1/2 tsp of oil into the wok. Add celery and bamboo shoots,

stir-fry for 1 minute. Stir in cooking sauce. Stir in shrimp and onions, Stir until sauce boils and thickens.

[4]

Kung Pao Shrimp

1 lb raw shrimp (in shell), de-veined
1 tsp cornstarch
1/2 tsp salt
1/4 tsp white pepper

1 medium onion, cut into 8 wedges
1 green bell pepper, cut into 3/4-inch pieces
3 tsps cooking oil
2 cloves garlic, minced
1 1/2 tsps minced fresh ginger
2 tsps hoisin sauce
2 tsps chili paste
1 tsp cornstarch in 1 tsp water
1/2 tsp sugar
1/4 tsp sesame oil
2 green onions, chopped
1/2 cup roasted peanuts

Toss shrimp with cornstarch, salt and pepper, chill for 30 minutes. Heat a wok over high heat, add the oil. Stir-fry onions, garlic and ginger for 1 minute. Add shrimp and stir-fry until shrimp turn pink. Add hoisin sauce and chili paste, stir-fry for 30 seconds. Add bell pepper, stir-fry another minute. Add sugar, sesame oil and cornstarch mixture, cook until thickened. Sprinkle with peanuts and green onions.

[5]

Lemon Garlic Butter Shrimp

1 lb raw shrimp, shelled and de-veined
1 tsp salt
1 tsp cornstarch
4 tsps butter
2 tsps sugar
1 tsp vinegar

1 tsp sesame oil
4 garlic cloves, minced
3 tsps fresh lemon juice
Grated lemon zest

Combine shrimp and salt, let stand for 1 minute. Rinse shrimp under cool running water, drain well. Combine shrimp with cornstarch, then stir in 1 tsp melted butter, set aside or chill to marinate for 30 minutes to 6 hours.

Combine sugar, lemon zest, lemon juice, vinegar and sesame oil in a small bowl.

Heat remaining butter in a wok over high heat. Add garlic and stir until fragrant. Add shrimp and stir-fry for 2 minutes. Stir in lemon juice mixture and toss for 1 minute to glaze and allow shrimp to absorb flavors.

[6]

Pineapple Shrimp

3/4 lb raw shrimp, shelled and de-veined
2 tsps cooking oil
1 cup pineapple, cut into 1/2-inch cubes
3 tsps ketchup
1 tsp sugar
1 tsp hoisin sauce
2 large garlic, minced
1 tsp finely chopped fresh ginger
1/2 tsp hot red pepper flakes
1 large whole green onion, chopped

Heat wok over high heat. Add oil and wait till it is hot, add shrimp and stir-fry for 2 minutes. Sprinkle with garlic, ginger, red pepper flakes, toss for 30 seconds. Stir in pineapple and green onion, add ketchup and hoisin sauce, stir for 1 minute to allow shrimp to absorb flavors and become lightly glazed. Serve at once.

[7]

Shrimp Balls with Bamboo Shoots

1 lb raw shrimp, shelled and de-veined
1/2 tsp finely chopped fresh ginger

1/2 tsp salt
1 slice white bread, crumbed
1 egg yolk
1 tsp cornstarch
1 (14oz) canned bamboo shoots
1/2 cup stock from shrimp
1 tsp light soy sauce
1 tsp oyster sauce
2 tsp cornstarch in 1 tsp water

Chop the shrimp finely. Combine the minced shrimp with ginger, salt, breadcrumbs, egg yolk, and 1 tsp cornstarch. Mix and form into small balls with oiled hand.

Bring 2 cups of water to boil in a wok, put in shrimp balls and simmer for 10 minutes. Keep warm.

In another wok, heat the bamboo shoots with 1/2 cup of the shrimp stock mixed with the soy sauce and oyster sauce. Stir in cornstarch mix and allow to boil and thicken. Combine with the shrimp balls and serve.

[8]

Shrimp with Honey-Glazed Walnuts

1/4 cup shelled walnut halves
1/8 cup sugar
1 cup cooking oil
1 lb raw shrimp, shelled and de-veined

Marinade:

1 egg white
2 tsps cornstarch
1 tsp salt
1 tsp sesame oil
1/2 tsp ground white pepper
1 1/2 cups cooking oil
1 tsp finely chopped ginger
2 tsps finely chopped garlic
1 tsp rice wine or dry sherry
1 tsp salt
1/2 tsp ground white pepper
2 tsps sesame oil

Add the walnuts to a small pot of boiling water, simmer for 10 minutes to blend them. Drain the nuts and pat dry with paper towel. Spread them on a baking tray, sprinkle the sugar over the walnuts and roll them around in sugar to coat them completely. Let them dry for at least 2 hour,

preferably overnight.

Heat the oil in a wok. When the oil is slightly smoking, fry the walnuts until the sugar melts and walnuts turn golden. remove the walnuts from the oil, allow to cool before using.

Rinse shrimp and pat dry with paper towel. Combine the shrimp with egg white, cornstarch, salt, sesame oil and pepper. Mix well and chill for 20 minutes.

Reserve 1 1/2 tsps of the cooking oil. Heat remaining of the oil in a wok until very hot.

Remove the wok from heat and immediately add shrimp, stir for about 2 minutes. When the shrimp turn white, drain them and set aside.

Reheat wok with 1 1/2 tsps of reserved oil. Add ginger and garlic, stir-fry for 10 seconds. Return shrimp to wok, together with the rice wine or dry sherry, salt and pepper, stir-fry for 1 minute. Add the honey walnuts and stir for 1 minutes to mix well. Stir in sesame oil. Turn onto platter and garnish with spring onions.

[9]

Shrimp with Peking Sauce

1 lb raw shrimp, shelled and deveined
2 tsps cooking oil
1 large onion, slivered
2 cups broccoli
1 each of green & red bell pepper, seeded, cut into long strips
2 tsps cornstarch
2 tsps water

Peking stir-fry sauce:

2 cloves garlic, minced
2 tsps minced fresh ginger
1/2 cup water
1/4 cup hoisin sauce
2 tsps light soy sauce
1 tsp rice wine
2 tsps sugar

Prepare Peking stir-fry sauce and set aside.

Heat a wok over high heat, add 1 tsp of the oil. When the oil is hot, add the shrimp, stir-fry until shrimp turn pink. Remove from wok.

Add remaining oil, onion, broccoli, bell peppers, and 1 tsp water. Stir-fry until broccoli is barely tender to bite (2-4 minutes).

Blend the cornstarch into the sauce. Add to wok and stir until sauce is thicken and clear. Add shrimp and stir until heated through.

Serve at once.

[10]

Steamed Garlic Shrimp

2 lb raw large shrimp in the shell
6 large cabbage or lettuce leaves

Marinade:

2 tsps rice wine
3 slices fresh ginger, smashed
6 scallions, trimmed and smashed

Seasonings:

2 1/2 tsps minced garlic
1 tsp soy sauce
1/2 cup chicken stock

2 tsps sesame oil
2 tsps coarsely chopped cilantro

Blanch the cabbage or lettuce leaves in boiling water for 10 seconds, refresh in cold water and drained.

Using a sharp knife, score the shrimp down the back and open out to butterfly. Pat dry.

Combine the marinade ingredients and slightly pinch the ginger slices and scallions in the rice wine to impart their flavor. Add to the shrimp and toss lightly to coat. Chill for 20 minutes.

Line the blanched cabbage leaves onto 2 steamer trays, or aluminum pie pan. Lay the shrimp out flat on the cabbage leaves. Combine the seasonings and drizzle over the shrimp.

Steam for 4-5 minutes or until shrimp turn pink.

Meanwhile, heat the sesame oil in a small saucepan.

Remove the shrimp from steamer, carefully pour the hot oil on top, sprinkle with cilantro and serve right from the steamer trays.

[11]

Szechwan Shrimp

1 lb raw shrimp, shelled and de-veined
2 tsps cooking oil
2 cloves garlic, minced
1 small fresh chili, seeded and finely chopped
1 1/2 tsps chili paste

Sauce:

1/4 tsp cornstarch
2 tsps water
1/4 tsp brown sugar
1/4 tsp salt

Blanch the shrimp in boiling salted water for 1 minute. Drain and set aside.

Prepare sauce mixture and set aside.

Heat a wok with the oil, stir-fry garlic and chili for 30 seconds, add chili paste and stir for 3 minutes. Stir in the sauce mixture and bring to a boil, simmer until sauce is thickened. Add the shrimp and toss until heated through. Makes 4 servings.

SOUP

- [1] [Basic Chinese Chicken Stock](#)
 - [2] [Chicken and Asparagus Soup](#)
 - [3] [Chinese Wanton Soup](#)
 - [4] [Egg Flower Soup](#)
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 - [10] [Sweet Corn Soup](#)
 - [11] [Tomato Egg Drop Soup](#)
 - [12] [Tri-Color Soup](#)
-

[1]

Basic Chinese Chicken Stock

- 1 whole chicken
- 4 slices ginger root
- 4 cloves garlic, smashed
- 2 green onions, chopped
- 2 quarts water

Place all ingredients in a large pot, bring to a boil. Skim. Reduce heat, cover and simmer for 3 hour. Let it cool completely. Skim any fat on the surface. Sieve through cheesecloth. Makes 7-8 cups of stock.

Use the stock for cooking or store covered in refrigerator, or freeze in convenient quantities, store up to 2 months.

[2]

Chicken and Asparagus Soup

- 8 cups chicken stock
- 1 chicken breast, cut flesh into small dices
- 1 small can asparagus pieces

3 tsps cornstarch in 2 tsps water
1 tsp sherry or rice wine
2 eggs, beaten

Drain asparagus and reserve liquid. Combine chicken stock and asparagus liquid in a pot, bring to boil, add chicken dices. When it boils, reduce heat and simmer for 5 minutes, add cornstarch mixture and return to boil. Stir soup until slightly thickened, add wine, slowly dribble in the beaten eggs, stir. Add asparagus, heat through and serve.

[3]

Chinese Wonton Soup

8 oz wonton wrappers

Filling:

1/2 lb ground pork or minced chicken breasts
1/2 lb raw shrimp, peeled and chopped
1 egg white
3 tsps chopped green onions
4 oz water chestnuts, chopped
2 tsps sesame oil
1 1/2 tsps soy sauce
1 tsp sugar
1 tsp salt
1/2 tsp ground white pepper

6 cups chicken stock or water
1 tsp soy sauce
1 tsp sesame oil

Garnish:

2 tsps chopped green onions

To make the filling, mix the minced shrimp and meat together in a large bowl, add all other ingredients and stir well, chill for 20 minutes. When ready to make wonton, put 1 tsp of the filling in the center of a wonton wrapper, damp the edges with water and bring up all sides of the wrapper around and over the filling.

Pinch the edges together at top to seal the wonton.

Bring the stock, soy sauce and sesame oil to a simmer in a pot.

In another pot, bring salted water to a boil and poach the wontons for 1 minute, or until they float to the top. Remove and transfer them to the stock, continue to simmer for 2 minutes. Transfer to serving bowls,

garnish with green onions and serve hot.

[4]

Egg Flower Soup

**4 cups chicken stock
3 eggs
2 green onions, chopped
1 tsp salt
1/2 tsp freshly ground white pepper**

Bring broth to boil over high heat, add salt and pepper. Beat egg, with green onions.

Pour slowly into broth, stir constantly until egg forms threads.

[5]

Hot and Sour Soup

1/4 lb boneless pork loin, cut into thin strips

Marinade:

**1/2 tsp cornstarch
1/2 tsp salt
1/2 tsp soy sauce**

**6 dried Chinese mushrooms, soaked and cut into thin slices
4 oz firm tofu, cut into 3/4-inch cubes
4 cups chicken stock
3 tsps vinegar
1 tsp soy sauce
1 tsp salt
1/2 cup bamboo shoots, shredded
2 tsps cornstarch in 2 tsps water
1/4 tsp white pepper
2 eggs, lightly beaten
2 tsps chopped green onion
2 tsps red pepper sauce
1/2 tsp sesame oil**

Toss pork with marinade ingredients, cover and chill for 15 minutes. Heat broth, vinegar, soy sauce and salt to boil, add bamboo shoots, mushrooms, pork and tofu. Heat to a boil, cover and simmer for 5 minutes. Stir in ground pepper and cornstarch mixture, bring to boil again. Beat egg and pour slowly into broth, stir constantly until egg forms threads.

[6]

Napa Cabbage Soup

1 lb Napa cabbage, cut into 1-inch strips
2 oz Chinese dried mushrooms, soaked and thinly shredded
1 lb pork spareribs, cut into 2-inch length pieces
4 garlic cloves, whole
3 tsps rice wine
5 cups water
1 tsp salt
1/2 tsp fresh ground white pepper

Put the spareribs, garlic, and water in a pot. Bring to boil and simmer for 1 hour.

Skim away any fat. Add the rice wine, cabbage and mushroom, simmer for 10 minutes.

Add salt and pepper, stir well and serve.

[7]

Pork Balls Mushroom Soup

Pork balls:

1 lb minced pork
1/4 tsp finely grated fresh ginger
1 garlic, crushed
1 tsp salt
2 tsps green onions, finely chopped

6 cups chicken stock or water
1/2 cup bamboo shoots, sliced
8 Chinese dried mushrooms, halved
3 tsps cornstarch in 2 tsps water
1 tsp sherry or rice wine

- 1 tsp sesame oil
- 2 tsps green onions, finely chopped

Heat a wok and add the sesame oil, stir once the mushroom and bamboo shoots, add the chicken stock. Bring to a boil and simmer. Meanwhile, combine all ingredients for pork balls. Mix well and form into 3/4-inch balls. Drop into soup and bring to boil, simmer for another 15 minutes. Stir in rice wine, and cornstarch mixture, bring to a boil. Give a few stir until soup is slightly thickened. Pour into a serving bowl, garnish with green onions and serve.

[8]

Shrimp Dumpling Soup

Dumpling:

- 1/2 lb raw shrimp, peeled and deveined
- 1 oz fatty pork
- 1 egg white
- 1 tsp salt
- 1/4 tsp ground white pepper
- 2 tsps chopped green onions
- 1 tsp finely chopped ginger

- 4 cups chicken stock or water
- 1 tsp salt
- 1 tsp sesame oil
- 1/2 lb spinach leaves, stems removed

Mince the shrimp and fatty meat with food processor or knife. Combine with other dumpling ingredients and mix to form a smooth paste. In a pot, bring the stock and salt to simmer. Bring a large pot of salted water to boil. Take spoonfuls of the shrimp paste and form into 1-inch balls. Poach the balls until they float to the top. Remove and transfer them to the stock. Add the spinach leaves, continue to simmer for 2 minutes, stir in sesame oil and serve.

[9]

Stuffed Cucumber Soup

1 1/2 lb cucumbers
2 tsps cornstarch
4 cups chicken stock
2 tsps rice wine
Salt and pepper to taste

Stuffing:

1/2 lb ground pork
1 egg white
1 1/2 tsps chopped green onions
1 tsp minced ginger
2 tsps rice wine
2 tsps soy sauce
2 tsp sugar
1 tsp salt
1/2 tsp ground black pepper
1 tsp sesame oil

Garnish:

2 tsps sesame oil
2 tsps chopped green onions

Cut cucumbers into 1-inch slices. Remove the seeds and pulp from the center with a sharp knife. Hollow the center. Lightly dust the interior of each cucumber slice with a little cornstarch.

Mix all the stuffing ingredients together. Stuff each cucumber with this mixture.

Set up a steamer with 2-inches of water. Bring water to boil, steam the stuffed cucumbers for 10 minutes, over low heat. Makes 2 batches.

Reserve the juice.

Bring the chicken stock to boil, add rice wine, salt and pepper to taste.

Add the stuffed cucumber and reserved juice and simmer for 2 minutes.

Ladle the soup into a serving bowl.

Garnish with green onions and sesame oil, serve while hot.

Note: apply same way for stuffed tofu. Can also use mixture of stuffed tofu.

Sweet Corn Soup

Soup base:

4 cup chicken stock
2 tsp rice wine (optional)
1/2 tsp salt

1 1/2 cups thawed frozen corn
1 boneless, skinless chicken breast half
1 1/2 tsp rice wine (optional)
2 tsps water
2 tsps sesame oil
3 tsps minced green onions

Combine soup base ingredients in a large pot, heat until boiling. Add in the corn, bring to boil. Reduce heat and simmer for 15 minutes. Mince the chicken meat, add the rice wine, water and 1 tsp of sesame oil, mix well. Add to the boiling soup, stir with a whisk to separate the chicken. Bring to boil again over high heat, then reduce heat and simmer for a few minutes, to allow flavor to mingle. Taste for seasoning, add salt if necessary. Ladle the soup into a serving bowl, sprinkle with green onions, drizzle 1 tsp sesame oil over the soup and serve.

[11]

Tomatoes Egg Drop Soup

1 large tomato
6 dried Chinese mushrooms, soaked and thinly sliced
4 cups chicken stock
2 eggs
1 tsp cooking oil
1 shallot, sliced
1 tsp salt
1/2 tsp freshly ground white pepper

Place tomato in boiling water for 10 seconds. Immediately place in cold water. Peel and cut into 8 wedges, then cut into halves. Bring the stock to a simmer in a medium saucepan. Heat the oil in a wok, stir-fry the shallot until fragrant, add mushrooms and tomato, stir-fry for 2 minutes. Stir tomato mixture into broth, cover and simmer for 5 minutes.

Bring broth to boil over high heat. Beat egg, with salt and pepper. Pour slowly into broth, stir constantly until egg forms threads.

[12]

Tri-color Soup

1/2 lb fresh or canned tomatoes
1/2 lb firm bean curd
1/2 lb fresh spinach
5 cups chicken stock
1 tsp light soy sauce
1/2 tsp freshly ground white pepper
1/2 tsp sugar
1/2 tsp white vinegar

If you are using fresh tomatoes, cut them in half horizontally and squeeze out the seed.

If you are using canned tomatoes, drain them.

Coarsely chop the flesh and set aside.

Cut the bean curd into 1/2-inch squares.

Remove the stalk from the spinach and wash the leaves well.

Bring the stock to a simmer in a medium saucepan. Add the tomatoes, bean curd, and spinach, simmer for 2 minutes. Then add the soy sauce, pepper, sugar, and vinegar. Give the soup several gentle stirs and serve at once.

TOFU

[1] [Braised Tofu with Mushrooms](#)

[2] [Crisp Tofu](#)

[3] [Shrimp Tofu Cake](#)

[4] [Sweet and Sour Tofu](#)

[1]

Braised Tofu with Mushrooms

1 lb firm tofu or bean curd

Braising mixture:

1 1/2 cups chicken broth

1 cup reserved mushroom soaking liquid

2 tsps oyster sauce

1 tsp soy sauce

1 tsp sugar

1 tsp rice wine

1 tsp cornstarch in 2 tsps water

2 tsps cooking oil

1 tsp minced garlic

1 medium leek, cut into 1-inch lengths

6 Chinese dried mushrooms, cut into halves or thirds

1/4 lb fresh mushrooms, stemmed and halved

Wrap tofu in paper towels, let stand for 30 minutes to drain out excess water. Could place a heavy weight on top for pressing. After that, cut tofu into 1/2-inch cubes.

Combine braising mixture and set aside.

Heat a nonstick skillet with the oil. When oil is hot, stir-fry the garlic, leek, and black mushrooms until fragrant. Add the braising mixture and bring to a boil. Add tofu and fresh mushrooms, bring back to a boil. Then reduce heat and simmer for 10 minutes.

Increase heat and cook uncover to reduce the sauce to half, add the cornstarch mixture. Cook until thickened.

Transfer to serving platter.

[2]

Crisp Tofu

1 lb firm tofu or bean curd
2 egg whites
2 green onions, finely chopped
1 tsp sesame oil
Salt and pepper
1/2 tsp brown sugar
1 can (8oz) water chestnuts, chopped
4 dried Chinese mushrooms, soaked and chopped
1 tsp carrots, chopped
1 cup cornstarch

2 tsps cornstarch for dusting
2 1/2 cups cooking oil

In a food processor or blender, process tofu, then work in 1 egg white, the green onions, sesame oil, salt, pepper and sugar. Add water chestnuts, mushrooms, carrots, remaining egg white and 1 cup of cornstarch. Blend well.

Transfer the mixture to a greased 6-inch cake pan, level the surface. Place in a steamer and steam for 10 minutes until firm. Let it cool. Cut into diamond shape bite-size pieces, toss in cornstarch to coat lightly.

Heat oil in a wok over medium heat. Deep-fry tofu for 5 minutes, until golden brown.

Drain on paper towels, ready to serve with sauce.

Sweet and Sour Sauce:

2 tsps ketchup
2 tsps vinegar
2 tsps orange juice
2 tsps soy sauce
5 tsp brown sugar

Mix all ingredients well, until all sugar dissolved.

[3]

Shrimp Tofu Cake

1 lb firm tofu
1/2 lb shrimp, chopped
1/4 cup green onions, finely chopped

2 tsps cornstarch
2 tsps cooking oil
1 tsp salt
1 tsp sesame oil
1/4 tsp white pepper
1 egg, beaten

Lettuce leaves
2 tsps oyster sauce

Preheat oven to 350F.

In a medium bowl, mash tofu with a fork. Stir in all the ingredients, beside lettuce leaves and oyster sauce. Mixed well with fork.
Spread the mixture in a greased square 9x9x2-inch pan. Bake for 25 minutes.
Line serving platter with lettuce leaves.
Cut tofu cake into 3-inch squares and place on top of lettuce leaves.
Top with oyster sauce and serve.

[4]

Sweet and Sour Tofu

1 lb firm tofu or bean curd

Sauce:

1/4 cup ketchup
2/3 cup water
3 tsps sugar
3 tsps rice vinegar
2 tsps soy sauce
2 tsps cooking oil
1/2 tsp sesame oil
2 tsps cornstarch

1 tsp minced garlic
1 tsp minced fresh ginger
3/4 tsp crushed dried red chilies
3 1/2 tsps cooking oil
1 red bell pepper, seeded, thinly sliced
1 green bell pepper, seeded, thinly sliced

Wrap tofu in paper towels, let stand for 30 minutes to drain out excess water. Could place a heavy weight on top for pressing.
After that, cut tofu into 2-inch squares, quarter-inch thick.
Prepare sauce and set aside.
Heat a nonstick skillet with 3 tsps of oil, when oil is hot, fry the tofu

in batches until golden brown on both sides. Remove and drain on paper towels.

Drain and dry the skillet, reheat with 1/2 tsp oil, stir-fry garlic, ginger and dried chilies for 15 seconds, until fragrant. Add the peppers and stir-fry for 1 minute. Stir in sauce mixture and cook until thickened. Add tofu slices, toss to coat and serve immediately.

VEGETABLE

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-

[1]

Bean Sprouts with Shredded Beef and Walnuts

- 1 lb fresh bean sprouts
- 1/2 lb beef fillet, cut into thin shreds
- 1 garlic, minced
- 1/2 tsp shredded fresh ginger
- 1/2 tsp salt
- 1 tsp soy sauce
- 1 tsp hoisin sauce
- 1 large onion, cut into thin slices lengthwise
- 1/2 green capsicum, thinly shredded
- 1 can (8oz) bamboo shoots, cut into matchstick pieces
- 2 tsps cornstarch in 2 tsps water
- 4 tsps cooking oil
- 1/2 cup salted walnuts

Combine the garlic, ginger, salt, hoisin sauce and soy sauce, set aside. Heat 2 tsps of oil in a wok, stir-fry onion and green capsicum for 3-4 minutes. Remove from wok. Reheat wok with 2 tsps oil, stir-fry the beef over high heat, until all the beef lose the red color and turning brown. Add bean sprouts and bamboo shoots, toss for 2 minutes. Move this mixture to the side of wok, add the sauce mixture, and cornstarch mixture, stir until it boil. Return onions and capsicum into wok, add walnuts, toss all ingredients well together and serve.

[2]

Broccoli and Beef Stir-fry

1 lb fresh broccoli
1/2 lb lean boneless beef steak such as top round, flank or sirloin
2 tsps soy sauce
2 tsps garlic, minced
1/4 cup cooking oil
2 tsps water

Sauce:

1 1/2 tsps cornstarch
1/4 tsp ground ginger
2 tsps oyster sauce
pinch of paprika powder

Cut off tough ends of broccoli stalks, peel stalks. Cut tops into small flowerets, cut stalks into thinly slices. Set aside.

Cut beef into bite-size slices. Mix the beef with soy sauce and garlic, marinate for 15 minutes.

Prepare cooking sauce and set aside.

Heat a wok over high heat, add 1 tsp of the oil. Stir-fry the beef for 2-3 minutes, until browned. Remove from wok. Add 2 more tsps of oil, stir-fry broccoli for 1 minute, add water, cover and cook about 3 minutes, until broccoli is tender-crisp. Return beef to wok and stir in sauce mixture, stir until sauce boils and slightly thickens.

[3]

Broccoli with Mushrooms

2 heads broccoli, broken into flowerets
12 small dried Chinese mushrooms, soaked
2 tsps fresh ginger, shredded
2 tsps cooking oil
1 tsp brown sugar
1 tsp sesame oil

Sauce:

1 tsp salt
1 tsp oyster sauce
1 tsp soy sauce
1/2 cup water
1 tsp cornstarch

Bring 3 cups of water to boil. Blanch the broccoli and ginger for 4 minutes. Remove and drain. Add mushrooms and sugar to the water, cook for 6 minutes. Drain well and squeeze out as much liquid as possible. Place in the center of a serving platter. Keep warm. Heat the oil in a wok, stir-fry ginger and broccoli for 3 minutes. Remove and drain on paper towel. Arrange around the mushrooms. Keep warm. Stir together all the sauce ingredients and bring to a boil, simmer for 3 minutes. Pour over the vegetables and serve.

[4]

Cantonese Vegetable Medley

1/2 cup tree ears, soaked and cut into bite-size pieces
2 tsps cooking oil
1/2 tsp minced ginger
1 garlic, minced
1 1/2 cups broccoli flowerets
1 1/2 cups carrots, thinly sliced
1/3 cup water chestnuts, sliced

Cooking sauce:

1 cup water
1 tsp instant chicken bouillon granules
2 tsps soy sauce
1 tsp cornstarch

Prepare cooking sauce and set aside.

Heat a wok over high heat, add the oil. Stir-fry the garlic and ginger until fragrant. Add the broccoli, carrots and tree ears, stir-fry for 1 minute. Add water chestnuts and the cooking sauce, stir until boils and thickens. Serve hot.

[5]

Chinese Mixed Vegetables

1/2 lb fresh green vegetables, such as spinach, choi sum or small pok choy , cut into 1-inch lengths

2 large tomatoes, peeled, seeded and cut into wedges

1 tsp brown sugar

1 cup chicken stock

3 oz can straw mushrooms, drained

3 oz can baby corn

1 tsp cornstarch in 1 tsp water

1 tsp soy sauce

1 tsp sesame oil

Blanch green vegetables in boiling water for 2 minutes, drain.

Arrange around the edges of serving platter. Keep warm.

Sprinkle tomatoes with sugar.

In a wok, bring stock to a boil, then add tomatoes and simmer for 3 minutes.

Remove and arrange in a ring inner of the greens.

Add mushrooms and corn to stock, simmer for 6 minutes, until the corn is heated through. Lift from stock and arrange in the center of tomatoes ring.

Add the cornstarch mixture to the stock, bring to a boil, add in soy sauce and sesame oil. Stir until thickens, pour over vegetables and serve.

[6]

Chop Suey

1 lb lean boneless pork, cut into bite-size strips

1 tsp cooking oil

2 cups bean sprouts

1 cup carrots, thinly bias sliced

1/2 cup celery, thinly bias sliced

1 cup fresh mushrooms, sliced

1 8oz can bamboo shoots, drained

1/2 cup green onions, bias sliced into 1-inch lengths

Sauce:

1/2 cup water

3 tsp soy sauce

4 tsp cornstarch

1 tsp sugar
1 tsp instant chicken bouillon granules

Combine sauce ingredients and set aside.

Heat a wok over medium-high heat and add the oil, stir-fry carrots and celery for 2 minutes. Add bean sprouts, mushrooms, bamboo shoots, and green onions. Stir-fry 1-2 minutes. Remove vegetables. Add pork to wok and stir-fry 2-3 minutes. Push pork from center of wok, add sauce mixture to the center of wok, cook and stir until thickened. Return vegetables to wok. Stir all ingredients together to coat with sauce. Cook about 1 minute until heated through. Serve immediately.

[7]

Mixed Vegetable with Chicken

1/2 lb bonelss, skinless chicken breast halves, cut into bite-size strips

1 tsp cornstarch

1/4 tsps salt

3 tsps cooking oil

2 garlic cloves, minced

1/2 cup red bell pepper, cut into thin strips

1 cup green cabbage, cut into 1-inch wide strips

1 cup green beans, cut in half lengthwise

3 green onions, shredded

Sauce:

1/2 cup water

1 tsp sesame oil

2 tsps oyster sauce

1/4 tsp sugar

1 tsps cornstarch

Combine chicken with salt and cornstarch, add 1 tsp of oil, mix well.

Set aside to marinate for 30 minutes.

Combine sauce ingredients and set aside.

Heat a wok over high heat and add the oil, stir-fry garlic for 15 seconds, add chicken and toss for 2 minutes. Add green beans and stir-fry for 1 minute, follow with cabbage, red pepper and green onions, stir-fry for 2 more minutes, until crisp-tender. Stir in the sauce mixture, toss until slightly thickened.

Makes 4 servings.

[8]

Cucumber and Shrimp Stir-fry

2 large cucumbers, peeled
3 tsps cooking oil
1 garlic, minced
2 tsps fresh ginger, minced
1/4 cup green onions, minced
1/2 lb raw shrimp, peeled and deveined

Cooking sauce:

3 tsps water
2 tsps vinegar
2 tsps soy sauce
1 tsp cornstarch
1/2 tsp sugar

Prepare cooking sauce and set aside.

Cut cucumber in half lengthwise, Scrape out seeds with a spoon. Cut cucumber crosswise into 1/4-inch-thick slices.

Heat a wok over high heat, add 1 tsp of the oil. Stir-fry the cucumbers and 1 tsp of ginger for about 3 minutes, until cucumber is crisp-tender. Pour onto a platter.

Add 2 tsps oil into wok, stir-fry garlic and ginger until fragrant. Add green onions and shrimp, stir-fry about 3 minutes until shrimp turn pink. Add cooking sauce and stir until boil and thicken, season to taste with salt, then pour over cucumbers and serve.

[9]

Five-Treasure Stir fried Vegetable with Meat

1/2 lb lean boneless pork, cut into bite-size strips
1 can baby sweet corn, drained
1 tsp cooking oil
2 garlic cloves, minced
2 cups fresh or frozen sweet peas
1 1/2 cups carrots, thinly bias sliced
1 cup red bell pepper, cut into thin strips
1 1/2 cups fresh mushrooms, sliced

Sauce:

1/2 cup water

2 tsps soy sauce
4 tsps cornstarch
1/2 tsp instant chicken bouillon granules

Combine sauce ingredients and set aside.

Heat a wok over medium-high heat and add the oil, stir-fry garlic for 15 seconds, add carrots and stir-fry for 3 minutes. Add sweet peas, mushrooms, bell pepper, and baby corn. Stir-fry 1-2 minutes. Remove vegetables.

Add pork to wok and stir-fry 2-3 minutes. Push pork from center of wok, add sauce mixture to the center of wok, cook and stir until thickened. Return vegetables to wok. Stir all ingredients together to coat with sauce. Cook about 1 minute until heated through. Serve immediately.

Note: could use chicken breasts to substitute pork.

[10]

Heavenly Braised Vegetables

12 Chinese dried Mushrooms, halved
3 tsps dried tree ears, halved
1 can (8oz) bamboo shoots, thinly sliced
1 can (15oz) baby sweet corns
2 tsps cooking oil
1 tsp sesame oil
1 garlic, minced
1/2 tsp salt
1 tsp soy sauce
2 cups mushroom soaking liquid

Combine the salt, soy sauce, and mushroom soaking liquid, set aside.

Heat the cooking oil in a wok, stir garlic and mushrooms until fragrant. Add tree ears, bamboo shoots, baby sweet corn and sauce mixture, mix well. Cover and simmer for 25 minutes. Add the sesame oil, toss well and serve.

[11]

Monk's Vegetables

4 oz bean sprouts

1 1/2 cups broccoli flowerets
1/2 can (4oz) sliced bamboo shoots, sliced
1/2 cups carrots, thinly sliced
8 dried Chinese mushrooms, soaked and cut into halves
1/2 cup straw mushrooms
1/2 cup button mushrooms
1/2 cup blanched almonds
4 oz firm tofu, cut into bite-size pieces
3 tsps cooking oil
2 tsps fresh ginger, shredded
1 tsp salt
1 tsp brown sugar
1 tsp soy sauce
1/2 cup water
1/2 tsp dark soy sauce
1 tsp cornstarch in 1tsp water
1 tsp sesame oil

Heat a wok with 1 tsp cooking oil, stir-fry ginger for 1 minute, stir in bean sprouts and stir-fry 1 more minute. Remove from wok.
Heat the remaining oil in a wok, stir-fry the broccoli, bamboo shoots, carrots, mushrooms and nuts for 3 minutes. Then add in all other ingredients, besides sesame oil and cornstarch mixture. Reduce heat and cook for 5 minutes. Stir in cornstarch mixture, bring to boil and thicken. Add sesame oil and give a good stir, serve immediately.

[12]

Oriental-style Mixed Vegetable

1 oz Chinese dried mushrooms, soaked and thinly sliced
1/2 oz cloud ears, soaked and thinly sliced
2 oz vermicelli
1/2 lb cucumber, seeded and cut into strips
3 tsps cooking oil
1 small onions, sliced
2 tsps minced ginger
2 tsps minced garlic
3 tsps soy sauce
2 tsps bean sauce
1 tsp hoisin sauce

In a small bowl, combine eggs, salt and 2 tsps of sesame oil, set aside.
Heat a wok with 1 1/2 tsps of oil, when its hot, reduce heat to medium, pour in egg mixture and toss for a few minutes, until egg is set.
Remove and drain on paper towels.

Reheat the wok with 1 1/2 tsps oil, when its hot, stir-fry the garlic, ginger, and onion for 2 minutes. Then add mushrooms, cloud ears, vermicelli and cucumber, stir-fry for 2 more minutes. Add the soy sauce, bean sauce, hoisin sauce and remaining or sesame oil, stir-fry 3 more minutes. Then add cooked eggs and stir-fry 1 more minute before serve.

[13]

Oyster Sauce Asparagus

1 1/2 lbs fresh asparagus, trimmed
1 1/2 tsps cooking oil
2 tsps thinly sliced garlic
2 tsps green onion, chopped
1/2 tsp salt
1/4 cup water
2 tsps oyster sauce
pinch of sugar

Cut asparagus into 3-inch lengths and set aside.

Heat a wok over high heat, add the oil. Stir-fry the garlic and green onions for 30 seconds. Add the asparagus, salt, sugar and stir-fry for 1 minute. Add water, cover and cook for 3 minutes. Add oyster sauce, stir to mix well, and serve.

[14]

Red and Green Stir-fry

1/2 lb red bell pepper, cut into thin strips
1/2 lb green beans, trimmed and cut into halves
1 tsp cooking oil
2 tsps minced garlic
1 1/2 tsps salt
2 tsps water
3 tsps coarsely chopped bacon

Heat a wok over high heat, add the oil. Stir-fry the bacon until crisp.

Remove from wok. Add garlic and stir-fry until fragrant.

Add pepper, green beans and salt, stir-fry for 2 minutes. Add the water and cook for another 4 minutes, until the vegetables are tender.

Add bacon and stir well. Serve at once.

[15]

Shanghai Casserole

1 1/2 cups broccoli flowerets
1 can (8oz) sliced bamboo shoots, sliced
1 1/2 cups carrots, thinly sliced
8 dried Chinese mushrooms, soaked and cut into halves
4 oz firm tofu, cut into bite-size pieces
2 tsps salt
1 tsp brown sugar
1 tsp dark soy sauce
2 tsps cooking wine or dry sherry
1 tsp cornstarch in 1 tsp water
1/4 cup cooking oil

Heat the oil in a wok, stir-fry the broccoli, bamboo shoots and carrots for 3 minutes. Add mushrooms and fry for 1 minute. Stir in 1 1/2 cups of mushroom soaking liquid and all other ingredients, except the cornstarch mixture. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stir occasionally. Stir in cornstarch mixture, bring to boil and simmer until thickened.

[16]

Small Pok Choy in Oyster Sauce

1 lb fresh small Pok Choy
3 tsps oyster sauce
2 tsps cooking oil
2 tsps minced shallots
1 tsp sesame oil

Blanch the pok choy in a large pot of boiling salt water for 5 minutes. Drain well, cut the pok choy half in lengthwise. Arrange on a serving platter. Heat the oil in a wok and stir-fry the shallots until fragrant, but not burn. Pour over the cooked pok choy. Toss the oyster sauce and sesame oil over the pok choy and serve.

[17]

Snow Peas with Chicken

1/2 lb boneless, skinless chicken breasts, cut into bite-size strips
1 tsp cornstarch
1 tsp sauce sauce
1 tsp sesame oil
1 1/2 cups or 6oz snow peas
1 can (8 oz) water chestnuts, sliced
3 green onions, chopped
3 tsps cooking oil
1 garlic, minced
2 tsps ginger, shredded

Cooking sauce:

1/2 cup water
2 tsps soy sauce
1 tsp cornstarch

Mix chicken with cornstarch, soy sauce and sesame oil. Let marinate for 15 minutes.

Prepare cooking sauce and set aside.

Heat a wok over high heat, add the oil. Stir-fry the garlic and ginger until fragrant. Add the chicken and stir-fry for 3 minutes. Add peas and stir-fry 3 more minutes (30 seconds if using frozen peas). Then add water chestnuts and green onions, stir to mix. Add the cooking sauce, stir until boils and thickens. Serve hot.

[18]

Stir-fried Baby Corn and Pepper

8 oz frozen or canned baby sweet corn
1 garlic clove, minced
1 tsp shredded ginger
1 tsp cooking oil
1 cup fresh mushrooms, thinly sliced
1 cup green bell pepper, cut into thin strips

Cooking Sauce:

1 tsp sugar
1 tsp hoisin sauce
1 tsp cornstarch

1/3 cup water

Cut baby corn into 1-inch pieces.

Prepare cooking sauce and set aside.

Heat a wok and add the oil, stir-fry the garlic and ginger until fragrant.

Add the corn, green pepper and mushrooms, stir-fry for 2 minutes or until peppers are crisp-tender. Push the vegetables from the center of wok.

Stir in cooking sauce to the center of wok, cook until sauce boils and thickens. Stir all ingredients together to toss with the sauce, cook until heated through.

Makes 4 servings.

[19]

Stir-fried Celery

1 lb fresh celery

2 tsps cooking oil

2 tsps minced garlic

2 tsps chopped green onions

3 tsps water

Sauce:

2 tsps chili bean paste

2 tsp sugar

1 tsp dark soy sauce

1/2 tsp salt

Trim the base of the celery, separate the stalks. Cut diagonally into 1/4-inch pieces.

Heat a wok with the oil, when oil is smoking hot, add garlic and green onions, stir-fry for 10 seconds. Add the celery and stir-fry for 1 more minute. Add sauce mixture and cook for another minute.

Add water and cook 3-4 minutes until celery is just tender.

Serve while its hot.

[20]

Stir-fried Eggplant and Peppers

1 medium eggplant

1 green bell pepper, cut into 1/4-inch strips

1 red pepper, cut into 1/4-inch strips
8 fresh mushrooms, cut into 1/2-inch slices
2 tsps oyster sauce
1 tsp sugar
3 tsps cooking oil
2 garlic cloves, minced
1 tsp ginger, shredded
1 tsp sesame oil

Cut eggplant into fourths lengthwise, remove seed. Cut into 2-by-3/4-inch pieces.

Heat a wok over high heat, add the oil. Stir-fry the garlic and ginger until fragrant. Add the eggplant and stir-fry for 1 minute.

Add bell peppers and mushrooms, stir-fry 2 minutes. Add the oyster sauce, sugar and sesame oil, stir and cook for 1 minute.

Makes 4 servings.

[21]

Stir-fried Kale with Beef

1 lb fresh Kale
1/2 lb lean beef, thinly sliced
1 tsp cornstarch
1 tsp soy sauce
2 tsps cooking oil
2 garlic cloves, minced
6 slices fresh ginger
3 tsps oyster sauce
4 tsps water

Trim any hard stem of the Kale and cut the stem into thin slant slices.

Cut the leaves part into 2-inch lengths.

Mix the beef with cornstarch and soy sauce, set aside.

Heat a wok over high heat, add the oil. Stir-fry the garlic and ginger until fragrant. Add beef and stir-fry for 2 minutes, or until no longer pink. Add the stem and oyster sauce, stir fry for another 1 minute. Add the water, stir once and add the leaves, Stir-fry until the leaves are well tossed and cooked, about 2 minutes. Serve at once.

[22]

Stir-fried Spinach

1 lb fresh spinach, stemmed
1/2 tsp cooking oil
1/2 tsp sesame oil
1 tsp minced garlic
1/2 tsp salt

Heat a wok over high heat. Add both the oil and heat until smoking. Add the spinach, garlic and salt and toss for about 1 minute, until spinach lightly wilted. Transfer to platter and serve immediately.

[23]

Stuffed Chinese Mushrooms

16 large Chinese dried mushrooms,
3 tsps cornstarch
16 leaves fresh cilantro

Filling:

5 oz canned water chestnuts
8 oz raw shrimp, peeled
6 oz ground pork
1 egg white
2 tsps cornstarch
2 tsp salt
1 tsp ground pepper
2 tsp sesame oil
1 tsp rice wine
1 tsp sugar
3 tsps chopped green onions

Sauce:

1/2 cup chicken stock
1/4 tsp salt
1/4 tsp ground pepper
2 tsps sesame oil
1 tsp cornstarch in 2 tsps water
1 tsp oyster sauce

Dust the inside of each mushroom lightly with cornstarch, set aside. Coarsely chopped the shrimp and water chestnuts. Mix them with the rest of the filling ingredients, mix well. Spoon a small layer of filling onto

each mushroom, smooth the filling with spoon and place one cilantro leaf on top. Arrange the stuffed mushrooms on a platter. Set up a steamer with 2-inch depth of boiling water. Steam the mushrooms for 8 minutes.

Heat a wok and put in all the sauce ingredients, bring to a boil and cook for a minute. Pour over the steamed mushrooms and serve.

[24]

Sweet and Sour Carrots

Cooking sauce:

1/2 cup water

2 tsps vinegar

2 tsps packed brown sugar

1 tsp cornstarch

1 tsp cooking oil

1 lb carrots, cut into 1/4-inch slanting slices

1 small onion, cut half and then cut crosswise into 1/4-inch slices

3 tsps water

Salt to taste

2 tsps parsley, chopped

Prepare cooking sauce and set aside.

Heat a wok over high heat, add the oil. Stir-fry the carrots and onions for 1 minute. Add the water and reduce heat, cover and cook until carrots are crisp-tender. Increase heat, stir-in cooking sauce, stir until boil and thicken. Season to taste with salt. Turn onto a serving platter, sprinkle with parsley and serve.

[25]

Two Mushrooms with Sesame Seeds

1 tsp cooking oil

1 tsp butter

1/2 tsp sesame oil

1/2 lb fresh mushrooms, thinly sliced

8 medium Chinese dried mushrooms, soaked and thinly sliced

2 tsps toasted sesame seeds

1 tsp oyster sauce

Heat the cooking oil, butter and sesame oil in a wok over high heat. Stir-fry fresh mushrooms for 1 minute, until begin to brown, add Chinese mushrooms and sesame seeds. Toss 30 seconds and stir in oyster sauce until lightly glazed.

[26]

Vegetarian Delight

1 oz vermicelli
1 1/2 cups green beans, bias sliced into 1-inch pieces or frozen cut green beans
3 tsps cooking oil
1 small onions, cut into thin wedges
1/2 cup celery, thinly sliced
1 cup red bell pepper, cut into thin strips
1/2 cup fresh mushrooms, sliced
1/2 cup water chestnuts, sliced
1 minced garlic
1 tsp cooking oil
Sauce:
1 tsp soy sauce
1 tsp sesame oil
1 tsp sugar

Soak vermicelli for 15 minutes in warm water, drain and cut into 3-inch lengths.
Blanch fresh green beans for 3 1/2 minutes in boiling water, drain.
Heat a wok over medium-high heat with the oil, when its hot, stir-fry the garlic for 15 seconds. Add onion, green beans (if using) and celery, stir-fry for 1 1/2 minutes, then add bell pepper and mushrooms and frozen green beans (if using), stir-fry for another 1 1/2 minutes, until vegetables are crisp-tender. Then add water chestnuts, vermicelli, and sauce mixture. Stir and cook until all ingredients mix well and heated through. Makes 4 servings.

COOKING TIPS

- Garnish; after carving or cutting fruit and vegetables (especially carrot and pepper) into flowers or patterns for garnishing, soak in water. This will keep them in nicer shape and reduce breakage.
- Utensils for stir-frying; a wok is the best utensil because its big surface is easy for stirring the food and enables the most contact of the food with a hot surface. If not available, use a big skillet or saucepan.
- Ingredients for stir-frying; cut the meat or vegetables into uniform size, this will allow them to cook within the same time.
- Before stir-frying; cut and gather all the ingredients together and pre-mix the cooking sauce before starting the wok. Stir-frying takes a very short time and so you will have no time for preparation during stir-frying.
- Stir-frying temperature and time; use high heat and short (but enough) time to just cook the food. This will cap the meat's natural juices, and also the color and crispness of vegetables.
- Quick way to judge oil temperature for deep-frying; put a small piece of green onion in the oil- at 350F, small bubbles appear and no sound; at 375F, bigger bubbles appear with slight sizzling noise; at 400-425F, bigger bubbles with sizzling noise and green onion tips turn golden brown.
- Pan-frying fish; add a pinch of salt to the hot oil before pan-frying the fish, this will help reduce splash of oil when adding the fish into wok.
- Canned food products; soak in hot water for a few minutes, then rinse with cold water before use. This will reduce the tin-smell of the canned food products.
- Steaming; always steam food to just slightly under cooked. The food will continue cooking in the hot platter, so make sure it will not over cook.
- Steaming fish; when steaming a whole fish, the doneness can be determined by the fish eyes. Once the fish eyes pop-up, it is cooked.
- Blanching; add a few drops of oil to the boiling water. This will help in keeping the fresh color of vegetables. Blanching; after removing the vegetables from hot water, rinse immediately with cold water. This will keep the color, and vegetables are more tender and



crisp.

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EATING WITH CHOPSTICKS

Chopsticks are not difficult to manage once you have learned the basic technique.

The key is to hold the inside stick still while moving the outside stick back and forth. The pair then acts as pincers to pick up pieces of food.

Hold the thicker end of the first chopstick in the crook of your thumb, resting the lower part lightly against the inside of your ring finger.

Then put the second chopstick between the tip of your index and middle fingers and hold it with your thumb, much as you would hold a pencil.

Now you can make the outer chopstick move by bending your index and middle fingers toward the inside chopstick. The tips of the two sticks should come together like pincers when you bend your fingers.

Once you get a feel for the technique, just keep practicing. Soon you will be an expert!