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*Family Cooking the Chinese way*

# **Chinese Recipe Cookbook**



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Vegetarian Won-tons



## **Ingredients:**

7 oz squid, cleaned and tentacles discarded  
1 lb 2 oz firm white fish fillet, preferably monkfish or halibut  
1 tbsp corn oil  
4 shallots, finely chopped  
2 garlic cloves, finely chopped  
2 tbsp Thai green curry paste  
2 small lemongrass stems, finely chopped  
1 tsp shrimp paste  
16 fl oz generous 2 cups coconut milk  
7 oz raw jumbo shrimp, shelled and deveined  
12 live clams in shell, cleaned  
8 fresh basil leaves, finely shredded  
fresh basil leaves, to garnish  
freshly cooked rice, to serve

## **Direction:**

1. Using a sharp knife, cut the squid body cavities into thick rings and the white fish into bite-size chunks.
2. Heat the oil in a large preheated wok. Add the shallots, garlic, and curry paste and stir-fry for 1-2 minutes. Add the lemongrass and shrimp paste, then stir in the coconut milk and bring to a boil.
3. Reduce the heat until the liquid is simmering gently, then add the white fish, squid, and shrimp to the wok and simmer for 2 minutes.
4. Add the clams and simmer for an additional 1 minute, or until the clams have opened. Discard any clams that remain closed.
5. Sprinkle the shredded basil leaves over the stew. Transfer to serving plates, then garnish with whole basil leaves and serve immediately with rice.

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## Appetizer Recipes

### Asian Honey Bbq Chicken Drummettes

#### Ingredients:

1 cup KRAFT Honey Barbecue Sauce

1 Tbsp. plus 1-1/2 tsp. soy sauce

1/2 tsp. ground ginger

1/4 tsp. garlic powder

15 chicken drummettes (about 1-1/2 lb.)

#### Direction:

MIX barbecue sauce, soy sauce, ginger and garlic powder.

PLACE chicken on greased grill over medium coals.

GRILL 15 minutes or until chicken is cooked through, turning and brushing occasionally with barbecue sauce mixture. Serve with additional barbecue sauce, if desired.

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## Appetizer Recipes

### Crab Rangoon

#### Ingredients:

1 pkg wonton wraps  
1 pkg cream cheese  
1 pkg crab meat (imitation crab)  
1/8 teaspoon mince garlic  
1 tbs mince onion

#### Direction:

In a bowl mix cream cheese, crab meat, 1/8 teaspoon mince garlic, 1 tbs mince onion now mix all of these ingredients up in the bowl now in another bowl you will need some egg whites depending on how much you want to make will depend on the amount of egg whites.

Take a wonton wrapper lay it flat, now teaspoon some filling into the wrapper, use some egg white to pinch off the top and seal the wrapper freeze the deep fry till golden brown.

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## Appetizer Recipes

### Crispy Won Tons With Oriental Dipping Sauce

#### Ingredients:

1 tub (8 oz.) PHILADELPHIA Chive & Onion Cream Cheese Spread

1/2 lb. ground pork, cooked, well drained

1 tsp. minced peeled gingerroot

1 tsp. sesame oil

32 won ton wrappers

Sesame seed

2 Tbsp. soy sauce

1 Tbsp. Chinese rice wine

1 Tbsp. water

#### Direction:

MIX cream cheese spread, meat, ginger and sesame oil until well blended.

PLACE 1 Tbsp. meat mixture in center of each won ton wrapper. Bring corners together over meat mixture; twist. Pinch together to enclose meat in won ton wrappers; flatten bottoms. Place in 15x10x1-inch baking pan. Brush lightly with water; sprinkle with sesame seed.

BAKE at 425°F for 10 to 12 minutes or until golden brown. Remove from pan; drain on paper towels.

MIX remaining ingredients. Serve with won tons.

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## Appetizer Recipes

### Egg Rolls

#### Ingredients:

- 1 Lb. ground beef
- 1 C. chopped onions
- 1 C. chopped celery
- 1 egg
- 1 Small Head cabbage
- 1/3 C. soy sauce
- 1/3 C. brown sugar
- salt and pepper as needed
- 3 Doz. egg roll shells

#### Comment:

Ground beef may be substituted with another meat of your choice.)

#### Direction:

Cook the ground beef in skillet and pour off all grease and water. Mix everything in 5 quart pan and simmer for about 5 minutes. Take 1/4 cup mix and lay on corner of shell. Roll shell in middle and fold over opposite corners. Continue to roll to end of roll; dab finger in water and touch end of shell to hold closed. Deep fry at medium setting until golden brown.

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## Appetizer Recipes

### Mini-spring Roll Recipe

#### Ingredients:

4 ounces ground pork

Marinade:

1 tablespoon soy sauce

Pepper, to taste

1 teaspoon cornstarch

6 medium shrimp

1 medium carrot

4 water chestnuts, fresh or canned

1 green onion

1 cup mung bean sprouts

1 cup shredded Napa cabbage

2 stalks celery, finely chopped

1 tablespoon minced ginger

1 tablespoon oyster sauce

2 teaspoons Chinese rice wine or dry sherry

2 tablespoons chicken stock

a few drops sesame oil

1 teaspoon cornstarch

Oil for deep-frying and stir-frying

16 to 18 mini spring roll wrappers

#### Direction:

Marinate the ground pork with the marinade ingredients for 15 minutes.

Rinse the shrimp under warm running water and pat dry. Finely chop.

Peel and shred the carrot. Finely chop the water chestnuts. [Sponsored Links](#)

Dice the green onion. Rinse the mung bean sprouts and drain thoroughly. Shred the cabbage. String and chop the celery.

In a small bowl, combine the oyster sauce, rice wine or sherry, chicken stock and sesame oil.



## Appetizer Recipes

### Mini-spring Roll Recipe

Whisk in the cornstarch

Heat the wok over medium-high to high heat. Heat 2 tablespoons oil. When the oil is hot, add the ground pork. Stir-fry until it is nearly cooked through. Remove and clean out the wok.

Add 1 tablespoon oil. When the oil is hot, add 1/2 of the minced ginger. Stir-fry until aromatic (about 30 seconds). Add the shrimp. Stir-fry until it turns pink. Remove from the wok.

Add 2 tablespoons oil. When the oil is hot, add the remaining half of minced ginger. Stir-fry until aromatic. Add the vegetables and stir-fry. Push the vegetables up to the sides of the wok. Add the sauce in the middle, stirring quickly to thicken. Add the shrimp and pork back into the pan. Mix everything together. Allow the filling to cool.

Heat the oil for frying to 360 and 375 degrees.

To make the spring rolls, lay one mini spring roll wrapper in front of you. Wet the edges. Add 2 heaping teaspoons in the bottom half. Take the bottom edge and wrap over the filling, tuck in the 2 side edges, and continue rolling up. Seal the edges.

Deep-fry the spring rolls until golden brown and crispy. Cook in batches, taking care not to overcrowd the wok. Remove with a slotted spoon and drain on paper towels. Serve hot.

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## Appetizer Recipes

### Potstickers

#### Ingredients:

##### Dumpling Dough

2 cups all purpose flour

1 cup boiling water

##### Filling:

8 ounces celery cabbage (Napa cabbage)

3 tsp salt, divided

1 pound lean ground pork

1/4 cup finely chopped green onions, with tops

1 TB white wine

1 tsp cornstarch

1 tsp sesame oil

Dash white pepper

##### Dipping Sauce:

1/4 cup soy sauce

1 tsp sesame oil

2-4 tablespoons vegetable oil

#### Direction:

Cut the cabbage across into thin strips. Mix with 2 teaspoons salt and set aside for 5 minutes.

Squeeze out the excess moisture.

In a large bowl, mix the celery cabbage, pork, green onions, wine, cornstarch, the remaining 1 teaspoon salt, 1 teaspoon sesame oil, and the pepper.

In a bowl, mix the flour and 1 cup boiling water until a soft dough forms. [Sponsored Links](#)

Knead the dough on a lightly flour surface about 5 minutes, or until smooth.

Divide the dough in half. Shape each half into a roll 12 inches long and cut each roll into 1/2-inch slices.



## Appetizer Recipes

### Potstickers

Roll 1 slice of dough into a 3-inch circle and place 1 tablespoon pork mixture in the center of the circle. Lift up the edges of the circle and pinch 5 pleats up to create a pouch to encase the mixture. Pinch the top together. Repeat with the remaining slices of dough and filling.

Heat a wok or nonstick skillet until very hot. Add 1 tablespoon vegetable oil, tilting the wok to coat the sides. If using a nonstick skillet, add 1/2 tablespoon vegetable oil. Place 12 dumplings in a single layer in the wok and fry 2 minutes, or until the bottoms are golden brown.

Add 1/2 cup water. Cover and cook 6 to 7 minutes, or until the water is absorbed. Repeat with the remaining dumplings.

To make a dipping sauce, in a small bowl, mix the soy sauce with 1 teaspoon sesame oil. Serve with the dumplings.

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## Appetizer Recipes

### Shrimp Balls

#### Ingredients:

1 pound medium shrimp, peeled and deveined  
8 water chestnuts, fresh if possible  
1/2 green onion, cleaned  
1/2 teaspoon grated ginger  
1 tablespoon rice wine or rice vinegar  
1/4 teaspoon sesame oil  
Freshly ground black pepper, to taste  
1 egg  
2-3 teaspoons cornstarch, as needed

#### Direction:

Heat the oil for deep-frying to 350 degrees Fahrenheit

Soak the shrimp in warm, lightly salted water for 5 minutes. Pat dry on paper towels.

If using canned water chestnuts, run under warm water to remove any tinny taste. Mince the shrimp and water chestnuts. Mix together.

Finely chop the green onion. Grate the ginger.

Mix in the chopped green onion, grated ginger, soy sauce, sesame oil, pepper, egg, and cornstarch.

Form the mixture into small balls about 1/2 the size of golf balls. Carefully add the shrimp balls to the hot oil, adding only a few at a time so as not to overcrowd the wok. Deep-fry the balls, turning constantly, until they are crisp and golden (3 to 4 minutes). Remove and drain on paper towels.

Serve the shrimp balls with sweet and sour sauce, plum sauce, or hot mustard.

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## Appetizer Recipes

### Shrimp Won-ton

#### Ingredients:

1/3 lb raw, shelled shrimp  
1/4 t rice wine  
1/4 t salt  
1/2 t cornstarch  
1/4 t MSG (optional)  
1/4 cup bamboo shoot, diced  
1 t chopped ginger root  
30 won ton skins

#### Direction:

Rince and de-vein shrimp, drain and cut each into 3 pieces; mix with rice wine, salt, cornstarch and MSG. Add bamboo shoot and chopped ginger root, mixing thoroughly. Taking one won-ton skin, put a teaspoon of filling in the center. Trace water with fingertips along edge and fold over to form triangle with filling in the center. Bring the two outside corners together and using another drop of water, pinch the 2 edges together to seal.

Boil 6 cups of water; add won ton and green vegetable; cover. When won tons rise to the surface of the water remove, won-ton with green vegetables drain and portion into serving bowls with soup and seasoning.

#### Soup for Wonton

6 C stock  
1 t rice wine  
1 1/2 t salt  
1 T shredded ginger root

Heat all above ingredients to boiling.

Seasoning in each bowl



## **Appetizer Recipes**

### **Shrimp Won-ton**

1/4 t black pepper

1/2 t sesame oil

1/2 T soy sauce

1 T chopped green onion

Put these into each individual serving bowl.

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## Appetizer Recipes

### Soft-wrapped Pork & Shrimp Rolls

#### Ingredients:

4 oz firm bean curd  
3 tbsp vegetable or peanut oil  
1 tsp finely chopped garlic  
2 oz lean pork, shredded  
4 oz raw shrimp peeled and deveined  
1/2 small carrot, cut into short thin sticks  
1/2 cup bamboo shoots shredded  
1 cup very finely sliced cabbage  
1/2 cup snow peas  
1-egg omelet, shredded  
1 tsp salt  
1 tsp light soy sauce  
1 tsp rice wine  
pinch of white pepper  
20 soft spring roll skins  
chili bean sauce, to serve

#### Direction:

1. Slice the bean curd into thin slices horizontally and cook in 1 tablespoon of the oil until it turns golden brown. Cut into thin strips and set aside.
2. In a preheated wok, heat the remaining oil and stir-fry the garlic until fragrant. Add the pork and stir for about 1 minute, then add the shrimp and stir for an additional minute.
3. One by one, stirring well after each addition, add the carrot, bamboo shoots, cabbage, snow peas, bean curd, and, finally, the shredded omelet.
4. Season with the salt, light soy sauce, Shaoxing rice wine, and pepper. Stir for an additional minute, then turn out into a serving dish.
5. To assemble each roll. smear a skin with a little chili bean sauce and place a heaped teaspoon of the filling toward the bottom of the circle. Roll up the bottom edge to secure the filling, turn in the



## **Appetizer Recipes**

### **Soft-wrapped Pork & Shrimp Rolls**

sides, and continue to roll up gently.

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## Appetizer Recipes

### Spring Rolls

#### Ingredients:

6 dried Chinese mushrooms  
1 tbsp vegetable or peanut oil  
2 cups ground pork  
1 tsp dark soy sauce  
1 cup bamboo shoots  
pinch of salt  
1 cup raw shrimp pelled  
8 oz generous  
1-1/2 cups bean sprouts  
1 tbsp chopped scallions  
25 spring roll skins  
1 egg white  
vegetable or peanut oil, for deep-frying.

#### Direction:

1. Squeeze out any excess water from the mushrooms and finely slice, discarding any tough stems.
2. In a preheated wok, heat the tablespoon of oil and stir-fry the pork until it changes color. Add the dark soy sauce, bamboo shoots, mushrooms, and a little salt. Stir over high heat for 3 minutes.
3. Add the shrimp and cook for 2 minutes, then add the bean sprouts and cook for an additional minute. Remove from the heat and stir in the scallion. Let cool.
4. Place a tablespoon of the mixture toward the bottom of a skin. Roll once to secure the filling, then fold in the sides to create a 4-inch/10-cm piece and continue to roll up. Seal with egg white.
5. Heat enough oil for deep-frying in a wok or deep-fat fryer until it reaches 180-190 C/350-375 F, or until a cube of bread browns in 30 seconds. Without overcrowding the wok, fry the rolls for about 5 minutes until golden brown and crispy.

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## Appetizer Recipes

### Tempura

#### Ingredients:

5-1/2 oz package tempura mix  
4 shiitake mushrooms  
4 fresh asparagus spears  
4 slices sweet potato  
1 red pepper, strips  
4 onion slices, cut widthwise into rings  
oil, for deep-frying

#### Sauce:

##### Dipping Sauce:

2 tsp mirin  
1 tbsp soy sauce  
pinch of dashi granules, dissolved in 2 tbsp boiling water

#### Direction:

1. To make the dipping sauce, mix the ingredients together in a small dipping dish.
2. Mix the tempura with water according to the package instructions. Don't try to make the batter smooth- it should be a little lumpy. Drop the vegetables into the batter.
3. Preheat a wok, then fill two-thirds full with oil, or use a deep-fryer. Heat the oil to 350-375 F/180-190 C, or until a cube of bread browns in 30 seconds.
4. Lift 2-3 pieces of tempura out of the batter, add to the oil, and cook for 2-3 minutes, or until the batter is a light golden color. Remove, drain on paper towels, and keep hot while you cook the remaining tempura pieces.

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## Appetizer Recipes

### Water Chestnut Appetizer

#### Ingredients:

16 fresh water chestnuts  
1/3 cup soy sauce  
1/3 cup brown sugar, or as needed  
8 slices raw bacon, cut in half  
16 toothpicks

#### Direction:

Peel and rinse the fresh water chestnuts. (If using canned water chestnuts, rinse in warm running water and drain).

Soak the water chestnuts in the soy sauce for 2 1/2 hours.

Preheat the oven to 350 degrees F.

Remove the water chestnuts from the soy sauce and roll in the brown sugar. Wrap a piece of cut bacon around the water chestnut and secure with a toothpick.

Place the water chestnuts on a rack in a shallow pan. Bake for 30 minutes, turning them over once.

Makes 16 appetizers.

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## Appetizer Recipes

### Wontons

#### Ingredients:

2tbsp vegetable or peanut oil  
6 scallions, chopped  
4-1/2 oz mushrooms, chopped  
2 oz canned corn kernels  
1 egg, beaten  
3 tbsp Thai soy sauce  
1 tbsp jaggery or soft light brown sugar  
1/2 tsp salt

#### For Wontons:

24 wonton skins  
1 egg, beaten  
vegetable or peanut oil, for deep-frying

#### Direction:

1. To make the filling, heat the oil in a preheated wok and stir-fry the scallions, mushrooms, and beans for 1-2 minutes, until softened. Add the corn, stir well to mix, and then push the vegetables to the side.
2. Put in the egg. Stir until lightly set before incorporating the vegetables and adding the soy sauce, sugar, and salt. Remove the wok from the heat.
3. Place the wonton skins in a pile on a counter. Put a teaspoonful of the filling in the center of the top skin. Brush the edges with beaten egg and fold in half diagonally to make a small triangular package. Repeat with the remaining skins and filling.
4. Heat the oil for deep-frying in a wok. Add the packages, in batches, and deep-fry for 3-4 minutes, until golden brown. Remove from the wok with a slotted spoon and drain on paper towels. Keep warm while you cook the remaining wontons.

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## Beef Recipes

### Beef & Broccoli Stir Fry

#### Ingredients:

1 lb. roast cut  
into 1/2-inch pieces  
1/2 cup diced onions  
2 cups broccoli flowerlets  
1 tsp. cornstarch  
1/4 cup water

#### Sauce:

##### Marinade

1/4 cup Sue Bee Honey  
1/4 cup soy sauce  
1 tsp. pepper  
2 tsp. salt  
1 tsp. garlic powder  
1/4 cup apple juice  
1 tsp. ginger  
1 tsp. baking soda

#### Direction:

Combine marinade ingredients. Mix in meat and let stand for at least 1 hrs. Stir fry meat, onions and broccoli in hot oil until done. Combine cornstarch and water and stir into stirfry mixture until bubbly and slightly thickened. Serve over rice.

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## Beef Recipes

### Beef & Broccoli With Garlic Sauce

#### Ingredients:

1 lb Beef steak  
1 tb Vegetable oil  
1/2 ts Salt  
1 ds White pepper  
1 1/2 lb Broccoli  
1 ts Cornstarch  
1 ts Sesame oil  
1/4 cup Chicken broth  
2 tb Vegetable oil  
1 tb Vegetable oil  
1 tb Finely chopped garlic  
1 ts Finely chopped ginger root  
2 tb Brown bean sauce  
1 cup Sliced canned bamboo shoots

#### Direction:

Trim fat from beef steak; cut beef lengthwise into 2-inch strips. Cut strips crosswise into 1/8-inch slices.

Toss beef 1 tbs vegetable oil the salt and white pepper in a glass or plastic bowl. Cover and refrigerate 30 minutes. Pare outer layer from broccoli stems. Cut broccoli lengthwise into 1-inch stems; remove flowerets. Cut stems into 1 inch pieces. Place broccoli in boiling water; heat to boiling. Cover and cook 2 minutes; drain. Immediately rinse in cold water; drain. Mix cornstarch sesame oil and broth. Heat 12-inch skillet or wok until very hot. Add 2 tbs vegetable oil; rotate skillet to coat bottom. Add beef; stir-fry 2 minutes or until beef is brown. Remove beef from skillet. Heat skillet until very hot. Add 1 tbs vegetable oil; rotate skillet to coat bottom. Add garlic ginger root and bean sauce; stir-fry 30 seconds. Add bamboo shoots; stir-fry 1 minute. Stir in beef and broccoli. Stir in cornstarch mixture; cook and stir 15 seconds or until thickened.

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## Beef Recipes

### Beef & Peanut Butter Stir Fry

#### Ingredients:

- 1 lb beef flank
- 1/2 ts salt
- 1/2 ts fresh ground black pepper
- 3 ts hot chili oil
- 2 cloves garlic; crushed
- 8 oz frozen broccoli
- 8 oz frozen carrot slices
- 3/4 c water
- 1/4 c creamy peanut butter

#### Direction:

Cut beef crosswise (against the grain) into very thin slices; sprinkle with 1/4 teaspoon each salt and pepper.

In 12" nonstick skillet over medium-high heat, heat 2 teaspoons oil; add beef; cook and stir 2 to 3 minutes until browned. Using slotted spoon, remove beef to plate.

In same skillet over medium-high heat, heat remaining 1 teaspoon oil; add garlic; cook and stir 30 to 60 seconds until fragrant. Add frozen vegetables, 1/4 cup water, and remaining 1/4 teaspoon each salt and pepper; cook, covered, 3 minutes until tender.

Meanwhile, in small bowl stir peanut butter and remaining 1/2 cup water to blend; add to skillet along with beef and any accumulated juices. Cook, stirring 1 to 2 minutes longer until heated through and coated with sauce.

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## Beef Recipes

### Beef & Peanut Stir Fry

#### Ingredients:

1½ tablespoons peanut oil  
1 lb. steak, thinly sliced  
1 teaspoon red curry paste  
4 green onions, cut into long lengths  
2 tablespoons crunchy peanut butter  
1 cup coconut milk  
150g green beans, trimmed and cut into 5cm lengths  
2 teaspoons soy sauce  
1 tablespoon lime juice  
¼ cup ripped basil leaves

#### Comment:

For a low-fat version, use light coconut milk and reduced fat peanut butter. To make the stirfry hotter or milder, adjust the amount of red curry paste.

#### Direction:

Heat half the oil in a wok over high heat. Cook beef in batches, remove and set aside.

Add remaining oil to wok and cook the curry paste and green onions for a minute, then add peanut butter, coconut milk and beans.

Simmer for four minutes over medium heat.

Return beef to the wok and cook for two minutes. Stir through soy sauce, lime juice and basil.

Serve with steamed rice.

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## Beef Recipes

### Beef & Vegetables Stir Fry

#### Ingredients:

1-1/2 pounds beef sirloin steak, cut into thin strips  
1/4 cup oil  
1 clove garlic, minced  
1 cup thinly sliced carrots  
2 stalks celery, diagonally sliced  
1 large green pepper, cut into 3/4-inch squares  
1 zucchini, thinly sliced  
1/4 pound fresh mushrooms, sliced  
1 cup chicken broth  
2 tablespoons soy sauce  
1-1/2 tablespoons cornstarch  
3 cups hot cooked rice

#### Direction:

1. Brown steak strips in hot oil in wok or large skillet over high heat. Push meat to the side and add vegetables. Stir-fry approximately 3 minutes and push to the side.
2. Combine broth, soy sauce and cornstarch. Add to wok and cook until thickened. Serve over fluffy rice.

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## Beef Recipes

### Beef And Broccoli 1

#### Ingredients:

1 c Beef, sliced thin  
Salt  
2 tb Soya sauce  
1 tb Wine  
1/2 lb Broccoli, shredded in 3" -lengths  
2 tb Sugar  
3 tb Oil  
1/2 c Water

#### Comment:

Pork, or chicken may be substituted, only do not remove pork or chicken to a platter after initial stir-frying but continue to cook it with broccoli. Beef is removed for reserve because it toughens with prolonged cooking.

#### Direction:

Carefully slice beef into thin bite size pieces, across the grain of beef. Marinate beef in soya sauce, wine and salt. Shred broccoli.

Place oil in wok and heat to smoking point. Quickly stir-fry beef in it, no more than 3 minutes. Remove beef to a platter and reserve.

Add broccoli to wok, 1/2 cup water, sugar. Turn burner to medium high heat, cover broccoli, cook 6 minutes. Lift the cover of the wok and stir the broccoli every so often so that it will cook on both sides. At the end of 6 minutes, the broccoli should just be cooked through, if it isn't, cook a minute or two more.

Add beef back to broccoli, stir everything together. Place in platter.

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## Beef Recipes

### Beef And Peppers In Hoi-sin Sauce

#### Ingredients:

- 1 tbsp sunflower or vegetable oil
- 175g (6oz) Minute steak cut into 1 inch strips
- 1 Red pepper, diced
- 1 Green pepper, diced
- 1 Onion, finely chopped
- 1 tsp Five spice seasoning
- 110g (4oz) Water chestnuts, halved
- 1/2 tsp garlic puree
- 2 tbsp Hoi-sin sauce
- 1 Beef stock cube (optional)

#### Comment:

Serve with either long grain rice, or noodles.

#### Direction:

1. Heat the oil in a wok.
2. Add the meat to the wok and brown lightly.
3. Add peppers, onion, and stir fry for two minutes.
4. Add seasoning, water chestnuts, garlic puree, hoi-sin sauce, and stir fry for 1 minute.
5. Optionally, crumble the beef stock cube into a little hot water, and add to the wok to make a thick sauce.

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## Beef Recipes

### Beef Broccoli Stir Fry

#### Ingredients:

3 tbsp. corn starch, divided  
1/2 C. plus 2 tbsp. water, divided  
1/2 teas. garlic powder  
1 pound boneless round steak cut into thin 3 inch strips  
2 tbsp. vegetable oil, divided  
4 cups broccoli  
1 small onion, cut into wedges  
1/3 cup soy sauce  
2 tbsp. brown sugar  
1 teasp. ground ginger  
Hot cooked rice

#### Direction:

In a bowl, combine 2 tbsp. cornstarch, 2 tbsp. water and garlic powder until smooth. Add beef and toss. In a Wok over med-high heat, stir fry beef in 1 tbsp. oil until beef reaches desired doneness; remove and keep warm. Stir fry broccoli and onion in remaining oil for 4-5 min. Return beef to pan. Combine soy sauce, brown sugar, ginger, and remaining cornstarch and water until smooth; add to the pan. cook and stir for 2 min. Serve over rice.

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## Beef Recipes

### Beef Chop Suey

#### Ingredients:

1 lb ribeye or sirloin steak, thin sliced  
1 head broccoli cut into small florets  
2 tbsp vegetable or peanut oil  
1 onion, sliced  
2 celery, sliced diagonally  
2 cups snow peas  
1/2 cup canned bamboo shoots  
8 water chestnuts sliced  
4 cups sliced mushrooms  
1 tbsp oyster sauce  
1 tsp salt  
cooked rice, to serve

#### Sauce:

1 tbsp Rice wine  
pinch of white pepper  
pinch of salt  
1 tbsp light soy sauce  
1/2 tsp sesame oil

#### Direction:

1. Combine all the marinade ingredients in a bowl and marinate the beef for at least 20 minutes. Blanch the broccoli in a large pan of boiling water for 30 seconds. Drain and set aside.
2. In a preheated wok, heat 1 tablespoon of the oil and stir-fry the beef until the color has changed. Remove and set aside.
3. In the clean wok, heat the remaining oil and stir-dry the onion for 1 minute. Add the celery and broccoli and cook for 2 minutes. Add the snow peas, bamboo shoots, chestnuts, and mushrooms and cook for 1 minute. Add the beef, then season with the oyster sauce and salt and serve.



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## **Beef Recipes**

### **Beef Chop Suey**

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## Beef Recipes

### Beef Kushisashi

#### Ingredients:

1/2 cup Soy sauce  
1/4 cup Chopped green onions  
2 tb Sugar  
1 tb Oil  
1 1/2 ts Cornstarch  
1 Clove garlic pressed  
1 ts Grated fresh ginger root  
2 1/2 lb Boneless beef sirloin steak

#### Direction:

Bamboo or metal skewers Blend soy sauce green onions sugar oil cornstarch garlic and ginger in small saucepan. Simmer stirring constantly until thickened about 1 minute; cool. Cover and set aside. Slice beef into 1/8" thick strips about 4" long and 1" wide. Thread onto bamboo or metal skewers keeping meat as flat as possible; brush both sides of beef with sauce. Place skewers on rack of broiler pan; broil to desired degree of doneness.

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## Beef Recipes

### Beef Lo Mein

#### Ingredients:

1 pound flank steak, cut in half lengthwise, then sliced across the grain in thin slices  
3 tablespoons soy sauce  
2 tablespoons Chinese rice wine or dry sherry  
2 teaspoons cornstarch  
2 tablespoons oyster sauce  
1/2 teaspoon sugar  
1/2 pound fresh Chinese egg noodles (lo mein noodles)  
1 tablespoon sesame oil  
4 tablespoons oil, divided  
2 carrots, cut julienne  
about 8 leaves Chinese cabbage or romaine lettuce, cut in crosswise shreds  
1 small (4-ounce) can sliced mushrooms, drained

#### Direction:

Mix beef with 2 tablespoons soy sauce, 1 tablespoon Chinese rice wine or sherry, and the cornstarch. Let stand 20 minutes.

Combine remaining soy sauce and rice wine with oyster sauce and sugar. Set aside.

Bring a large pot of water to a boil. Add noodles, stirring to separate. Cook about 2 minutes, until al dente. Drain, rinse with cold water, and toss with sesame oil. Set aside.

Heat 1 tablespoon oil in a wok. Add carrots and stir-fry 1 minute. Add shredded cabbage or lettuce and mushrooms and stir-fry 1 minute longer. Remove.

Heat another tablespoon of oil in the wok. Add beef mixture and stir-fry until browned, about 2 minutes. Remove.

Wipe out wok. Heat remaining 2 tablespoons oil in wok. Add noodles and stir-fry until they are heated through. Stir in vegetables and beef. Add sauce and stir-fry to mix well.

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## Beef Recipes

### Beef Peanut Stirfry

#### Ingredients:

1½ tablespoons peanut oil  
700g rump steak, thinly sliced  
1 teaspoon red curry paste  
4 green onions, cut into long lengths  
2 tablespoons crunchy peanut butter  
1 cup coconut milk  
150g green beans, trimmed and cut into 5cm lengths  
2 teaspoons soy sauce  
1 tablespoon lime juice  
¼ cup ripped basil leaves

#### Direction:

Heat half the oil in a wok over high heat. Cook beef in batches, remove and set aside.

Add remaining oil to wok and cook the curry paste and green onions for a minute, then add peanut butter, coconut milk and beans.

Simmer for four minutes over medium heat.

Return beef to the wok and cook for two minutes. Stir through soy sauce, lime juice and basil.

Serve with steamed rice

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## Beef Recipes

### Beef Stir-fry 1

#### Ingredients:

1-1/2 pounds beef sirloin steak, cut into thin strips  
1/4 cup peanut or vegetable oil  
1 clove garlic, minced  
1 cup thinly sliced carrots  
2 stalks celery, diagonally sliced  
1 large green pepper, cut into 3/4-inch squares  
1 zucchini, thinly sliced  
1/4 pound fresh mushrooms, sliced  
1 cup chicken broth  
2 tablespoons soy sauce  
1-1/2 tablespoons cornstarch  
3 cups hot cooked rice

#### Direction:

1. Brown steak strips in hot oil in wok or large skillet over high heat. Push meat to the side and add vegetables. Stir-fry approximately 3 minutes and push to the side.
2. Combine broth, soy sauce and cornstarch. Add to pan and cook until thickened. Serve over fluffy rice. Makes 6 servings.

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## Beef Recipes

### Beef Stir-fry With Tri-colored Peppers

#### Ingredients:

- 1 pound lean beef -- tenderloin
- 1 teaspoon Sesame oil
- 1 tablespoon Soy sauce
- 1/4 teaspoon Garlic powder
- 1/4 teaspoon Ginger
- 1/4 teaspoon Cumin
- 1 cup Onion -- slivered
- 3/4 cup Green bell pepper
- 1 Cup red bell pepper
- 1 Cup yellow bell pepper
- 2 tablespoon White wine vinegar

#### Direction:

Trim fat from beef, and cut crosswise into 1/4 inch slices. Heat oil in a wok over high heat until hot. Add beef, soy sauce, and next 3 ingredients; stir fry 3 minutes or until beef is done.

Remove beef mixture from skillet; set aside and keep warm. Place wok over medium-high heat; add onion and bell peppers, and stir fry 5 minutes..

Return beef mixture to skillet; add vinegar, and cook 1 minute.

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## Beef Recipes

### Beef With Broccoli

#### Ingredients:

1/2 lb beef 4 c fresh broccoli (1 lb) 1 wedge ginger size of quarter 2 tsp cornstarch mixed with 2 tsp water 1/2 tsp pepper 2 Tbsp vegetable oil 1/2 tsp salt 3/4 c chicken stock or water 1 tsp cornstarch 1 tsp light soy sauce 2 tsp sherry 1/4 tsp sugar 1/4 tsp vegetable oil

#### Direction:

Slice beef and add marinade. Wash broccoli and peel off tough outer layer. Slice broccoli stems diagonally into paper-thin slices and divide flowerets into 3 or 4 small sections, depending on size. Smash wedge of ginger. Mix cornstarch, water, MSG if using, and and pepper. Set beside pan. Using a high flame, heat pan and add 1 Tbsp of oil, salt, and ginger. Add broccoli and stir. Add stock and cover for 6 minutes, stirring occasionally. Uncover, stir, remove, and set aside. Heat pan again and add remaining Tbsp of oil. When pan is red hot, add beef and flatten against sides of pan. Stir fry for 45 seconds until beef is 3/4 cooked. Add broccoli and stir in cornstarch mixture. Cook until gravy thickens.

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## Beef Recipes

### Chinese Beef Dish

#### Ingredients:

2-3 lbs Ground Beef, browned  
1/2 cup uncooked, Instant Rice  
1 (10 oz) can Cream of Chicken Soup  
1 (10 oz) can Cream of Mushroom Soup  
1/2 cup Water, HOT  
1/3 cup Celery or Green Pepper, chopped  
1/3 cup Onion, chopped  
Pepper to taste  
1 (14 oz) can Bean Sprouts, drained  
1/4 cup Soy Sauce  
1 (10 oz) can Mushrooms, drained  
1 (2-3/4 oz) can Chow Mein Noodles

#### Direction:

Place all of the ingredients except the Chow Mein Noodles, in layers, in a large baking dish. Cover and bake 30 minutes at 350°F. Uncover and add Chow Mein Noodles and bake for an additional 30 minutes.

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## Beef Recipes

### Five Spice Beef And Pepper Stir-fry

#### Ingredients:

- 1 1/2 Cups Jasmine rice or short grain white
- 2 cups beef broth or stock
- 2 tablespoons oil, 1 turn of the pan
- 1 1/2 pounds beef sirloin trimmed, placed in the freezer for 5 to 10 minutes then thinly sliced
- 2 green bell peppers, seeded and diced into 1-inch pieces
- 1 medium onion, diced
- 1/2 cup dry cooking sherry
- 2 tablespoons dark soy sauce, eyeball the amount (recommended: Tamari)
- 2 tablespoons cornstarch
- 1 teaspoon Chinese five-spice powder
- Cracked black pepper
- 3 scallions, thinly sliced on an angle, for garnish
- 1/2 cup smoked whole almonds

#### Direction:

Boil water for rice and prepare to package directions.

Place beef broth in a small pot over low heat to warm the liquid.

Heat a wok shaped skillet or pan over high heat. Add oil (it will smoke) and meat bits. Stir-fry meat 3 minutes and remove from pan or move off to the side of the wok. Return pan to heat and add peppers and onions. Stir-fry veggies 2 minutes. Add meat back to the pan. Add sherry and stir fry until liquid almost evaporates -- 1 minute. Add soy sauce to the pan. Dissolve cornstarch with a ladle of warm beef broth. Add beef broth to the pan, then add cornstarch combined with broth, the five-spice powder and black pepper. Stir sauce until it thickens enough to coat the back of a spoon. Adjust seasonings. Add more soy or salt if necessary. Remove stir-fry from heat. Fill dinner bowls with beef stir-fry and top with a scoop of rice. Scoop rice with ice cream scoop to get a rounded ball. By placing rice on top of stir-fry, rice will stay firm and not soak up too much sauce. Garnish with chopped scallions and smoked almonds.

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## Beef Recipes

### Fried Beef With Green Peppers

#### Ingredients:

- 1 lb fillet of beef
- 2 tbsp cooking oil
- 1/2 tsp chopped garlic
- 2 green peppers, seeded and cut into slices
- 2 tbsp of black bean sauce
- Salt and freshly ground black pepper, to taste
- 4 tbsp chicken stock
- 1 tsp of corn flour, combined with a little water
- Salt and freshly ground black pepper, to taste
- 1 tsp corn flour, combined with a little water

#### Direction:

- 1-Thinly slice the beef, then cut into strips and place in a bowl mixed with corn flour ... allow to marinate. Heat 30ml oil in a wok and stir fry the beef for about 5 minutes until cooked and place back in the bowl.
- 2-Heat 30ml of cooking oil in a wok. Add the black bean sauce, garlic and peppers. Stir together and cook for approximately 3 minutes, shaking the wok occasionally.
- 3-Stir in the chicken stock and beef, season with salt and pepper and continue to cook for about 3 minutes. Stir in the corn flour paste, stirring continuously, until the sauce has thickened.

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## Beef Recipes

### Ginger Beef With Bok Choy

#### Ingredients:

3/4 lb Boneless tender beef steak-(sirloin, Rib eye or top loin)  
3 tb Lite soy sauce, divided  
1 tb Cornstarch  
1 tb Dry sherry  
1 ts Minced fresh ginger root  
1 Clove garlic, minced  
3/4 c Water  
2 ts Cornstarch  
1/2 lb Bok choy  
2 tb Oil, divided  
1 Med. onion, cut into 1/2"-strips  
1 tb Slivered fresh ginger root

#### Direction:

Cut beef across grain into thin slices. Combine 1 Tb. each lite soy sauce, cornstarch and sherry with minced ginger and garlic in medium bowl; stir in beef. Let stand 30 minutes. Meanwhile, combine water, 2 tsp. cornstarch and remaining 2 Tb. lite soy sauce; set aside. Separate and rinse bok choy; pat dry. Cut leaves crosswise into 1" strips, separating stems from leaves. Heat 1 Tb. oil in hot wok or large skillet over high heat. Add beef and stir-fry 1 minute; remove. Heat remaining 1 Tb. oil in same pan. Add onion and slivered ginger; stir-fry 2 minutes. Add bok choy stems; stir-fry 1 minute longer. Add beef and soy sauce mixture; cook and stir until sauce boils and thickens. Serve immediately.

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## Beef Recipes

### Hot Sesame Beef

#### Ingredients:

1 lb beef cut into thin strips  
1-1/2 tbsp sesame seeds  
1/2 cup beef stock  
2 tbsp soy sauce  
2 tbsp grated gingerroot  
2 garlic cloves, chopped finely  
1 tsp cornstarch  
1/2 tsp chile flakes  
3 tbsp sesame oil  
1 head of broccoli florets  
1 orange pepper, sliced thinly  
1 red chile, seeded and sliced finely  
1 tbsp chili oil  
cooked long-grain and wild rice, to serve  
1 tbsp chopped cilantro, to garnish

#### Direction:

1. Mix the beef strips with 1 tablespoon of the sesame seeds in a small bowl. In a separate bowl, whisk together the beef stock, soy sauce, gingerroot, garlic, cornstarch, and chile flakes.
2. Heat 1 tablespoon of the sesame oil in a wok. Stir-fry the beef strips for 2-3 minutes. Remove and set aside.
3. Discard any oil remaining in the wok, then wipe with paper towels to remove any stray sesame seeds. Heat the remaining oil and add the broccoli, orange pepper, chile and chili oil(if desired), then stir-fry for 2-3 minutes. Stir in the beef bouillon mixture, then cover and simmer for 2 minutes.
4. Return the beef to the wok and simmer until the juices thicken, stirring occasionally. Cook for another 1-2 minutes.
5. Sprinkle with the remaining sesame seeds. Serve over cooked long-grain and wild rice and



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## **Beef Recipes**

### **Hot Sesame Beef**

garnish with fresh cilantro.

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## Beef Recipes

### Ma Po Doufu

#### Ingredients:

- 1 lb bean curd
- 2 tbsp vegetable or peanut oil
- 1 tsp Sichuan peppers
- 3-1/2 scant
- 1 cup ground beef
- 2 tbsp chili bean sauce
- 1 tsp fermented black beans, rinsed and lightly mashed
- 1-1/4 cups hot chicken stock
- pinch of sugar
- 1 tsp light soy sauce
- pinch of salt
- 2 tbsp thinly sliced scallion, cut on the diagonal

#### Direction:

1. Cut the bean curd into 3/4-inch/2-cm cubes and arrange in a large pan. Pour cover over enough boiling water to cover and let rest.
2. In a preheated wok, heat the oil until almost smoking. Throw in the Sichuan peppers and stir until fragrant. Add the beef and stir-fry until brown and crispy.
3. Lower the heat and add the chili bean sauce and black beans and stir for about 30 seconds, or until the oil is richly red.
4. Put in the hot chicken stock and gently add the drained bean curd. Season with the sugar, light soy sauce, and salt. Simmer for about 5 minutes.

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## Beef Recipes

### Mongolian Beef

#### Ingredients:

1 lb thinly sliced beef  
3 Tbsp soy sauce, divided  
1 Tbsp cornstarch  
2 cloves garlic, pressed  
3/4 cup water  
2 1/2 tsp cornstarch  
1 tsp sesame seed, toasted  
1/2 tsp sugar  
1/4 tsp crushed red pepper  
2 Tbsp vegetable oil, divided  
2 medium carrots, thinly sliced diagonally  
1 bunch green onions, cut into 2-inch lengths

#### Direction:

Cut beef across the grain into long, thin slices.

Combine 1 tablespoon each of soy sauce and cornstarch with garlic in a medium bowl; stir in beef. Let stand 10 minutes.

Meanwhile, combine the water, remaining 2 Tbsp soy sauce, 2 1/2 tsp cornstarch, sesame seed, sugar and red pepper; set aside.

Heat 1 Tbsp oil in hot wok or skillet over high heat. Add the beef and stir-fry for 1 minute; remove.

Heat the remaining 1 Tbsp oil in the same pan. Add the carrots and white parts of the green onions; stir-fry for 2 minutes. Add the green onion tops and stir-fry for another minute. Add the beef and soy sauce mixture. Cook and stir until the sauce boils and thickens.

Serve immediately with rice.





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## **Beef Recipes**

### **Mongolian Beef**

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## Beef Recipes

### Moo Sate (beef Satay )

#### Ingredients:

2 lb beef, thinly sliced  
3 T curry powder  
1/2 t chilies, ground  
2 garlic clove, minced  
2 onion, large, minced  
4 T lemon juice  
1 T honey  
1 c peanut butter  
1 c coconut cream  
1 T lemon juice 4  
T soy sauce  
1 T Worcestershire sauce  
2 ds Tabasco  
1/4 t salt

#### Direction:

Sauce: Blend all ingredients together well to make a smooth sauce. Keep refrigerated, but warm before serving.

Slice the meat into thin strips, no more than 1/4" thick and about 1" wide. Make strips paper-thin if possible.

Mix curry powder, chilies, garlic, onions, salt, lemon juice, and honey in a large bowl. Add the meat strips and toss well to cover with the marinade.

Thread meat strips on bamboo skewers, 3 or 4 pieces per skewer. Make sure that plenty of onion and garlic bits cling to the meat. Arrange skewers of meat in a dish, cover with any remaining marinade, and refrigerate while making the sauce.

Brown or grill the meat skewers and serve with the warmed peanut butter sauce for dipping.

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## Beef Recipes

### Pepper Steak

#### Ingredients:

1 lb. boneless sirloin  
2 tsp. vegetable oil  
1 tsp. cornstarch  
1 tsp. salt  
1 tsp. soy sauce  
dash of white pepper  
3 small tomatoes  
3 medium green peppers  
1 medium onion

#### Sauce:

1/4 cup chicken broth  
2 Tblsp. cornstarch  
2 Tblsp. dark soy sauce  
1 Tblsp. sugar  
3 Tblsp. vegetable oil  
2 tsp. finely chopped ginger root  
2 tsp. finely chopped garlic  
2 Tblsp. vegetable oil  
1/2 cup chicken broth

#### Direction:

Trim fat from beef cut into 2-inch strips. Cut strips across grain into 1/8-inch slices. Combine beef 1 Tblsp. vegetable oil, 1 tsp. cornstarch, salt, 1 tsp. soy sauce and white pepper in a glass bowl. Refrigerate 30 minutes.

Cut tomatoes into 8 wedges. Cut green peppers into 1-inch pieces. Cut onions into 3/4-inch piece. mix 1/4 cup chicken broth, 2 Tblsp. cornstarch, 2 Tblsp. soy sauce and sugar.

Heat wok until two drops of water bubble and skitter. Add 3 Tblsp vegetable oil; rotate to cook. Add onion, ginger root and garlic; stir-fry until garlic is light brown. Add beef ; stir until brown, about 3 minutes. Remove beef from wok. Add 2 tbs. Vegetable oil; rotate to coat sides of wok. Add tomatoes; stir-fry 30 seconds. Stir in 1/2 cup chicken broth; heat to boil. Stir in cornstarch mixture; cook and stir until thickened. Add in green pepper and beef; stirfry 30 seconds.



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## **Beef Recipes**

### **Pepper Steak**

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## Beef Recipes

### Spicy Beef Stir-fry

#### Ingredients:

- 1 pound beef flank steak
- 2 tablespoons vegetable oil
- 1 teaspoon each ground cumin, garlic salt and dried oregano leaves
- 1 red bell pepper, cut into thin strips
- 1 medium onion, cut into thin wedges
- 1 to 2 jalapeno peppers, seeded and cut into slivers

#### Direction:

Cut beef flank steak diagonally across the grain into 1/8-inch slices. Combine oil, cumin, garlic salt and oregano. Heat 1 tablespoon of the oil mixture in wok. Add red pepper, onion, and jalapeno pepper; stir-fry 2 to 3 minutes or until tender-crisp. Remove from wok; reserve. Add remaining oil mixture and half of beef strips to wok; stir-fry 1 to 2 minutes or until no longer pink. Remove; keep warm. Repeat with remaining beef. Return all beef and toss and top with Guacamole.

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## Beef Recipes

### Spicy Beef With Potato

#### Ingredients:

1 lb beef fillet  
2 tbsp soy sauce  
2 tbsp fish sauce  
2 tbsp vegetable or peanut oil  
3-4 cilantro chopped  
1 tbsp crushed black peppercorns  
2 garlic cloves, chopped  
1 tbsp jaggery or soft light brown sugar  
12 oz potatoes, diced  
2/3 cup water  
bunch of scallions, chopped  
5 cups baby spinach cooked rice or noodles, to serve

#### Direction:

1. Cut the beef into thick slices and place in a shallow dish. Put the soy sauce, fish sauce, 1 tablespoon of oil, the cilantro roots, peppercorns, garlic, and sugar in a food processor and process to a thick paste. Scrape the paste into the dish and toss the beef to coat. Cover with plastic wrap and set aside to marinate in the refrigerator for at least 3 hours, and preferably overnight.
2. Heat the remaining oil in a wok. Lift the beef out of the marinade, reserving the marinade, and cook for 3-4 minutes on each side, until browned. Add the reserved marinade and the potatoes with the measured water and gradually bring to a boil. Let simmer for 60 minutes, or until the potatoes are tender.
3. Add the scallions and spinach. cook gently until the greens have wilted. serve immediately with rice or noodles.

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## Beef Recipes

### Stir Fried Beef With Broccoli & Ginger

#### Ingredients:

12 oz steak, cut thin strips  
6 oz broccoli florets  
2 tbsp vegetable or peanut oil  
1 garlic clove, chopped  
1 tsp chopped gingerroot  
1 small onion sliced  
1 tsp salt  
1 tsp light soy sauce

#### Sauce:

1 tbsp light soy sauce  
1 tsp sesame oil  
1 tsp rice wine  
1 tsp sugar  
pinch of white pepper

#### Direction:

1. Combine the marinade ingredients in a bowl, then mix in the beef. Cover and let stand for 1 hour, basting occasionally. Black the broccoli in a large pan of boiling water for 30 seconds. Drain and set aside.
2. In a preheated wok, heat 1 tablespoon of the oil and stir-fry the garlic, gingerroot, and onion for 1 minute. Add the broccoli and stir-fry for an additional minute. Remove from the wok and set aside.
3. In the clean preheated wok, heat the remaining oil and stir-fry the beef until the color has changed. Return the broccoli mixture to the wok with the salt and light soy sauce and stir until cooked through. Serve immediately.

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## Beef Recipes

### Szechwan Beef

#### Ingredients:

1/2 lb. Boneless sirloin steak cut in 1 in cubes  
2 ea. Cloves garlic finely chopped  
1 tsp. Ginger  
1/2 tsp. Chili paste oriental  
1 ea. Red sweet pepper julienned  
2 Tbsp. butter  
4 ea. Shallots, finely chopped  
1/4 tsp. Chili pepper  
16 ea. Snow peas julienned  
4 ea. Green onions, sliced

#### Direction:

Sauté steak cubes, garlic, shallots and ground ginger in clarified butter for 2 minutes. Add chili pepper, chili paste and very thin strips of snow peas and pepper; stir fry 2 minutes. Add green onions with 1 minute to go in cooking time. Makes 4 small servings.

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## Beef Recipes

### Teriyaki Finger Steaks

#### Ingredients:

- 2 pounds sirloin steak, trimmed
- 1/2 cup soy sauce
- 1/4 cup vinegar
- 2 tablespoons brown sugar
- 2 tablespoons minced onion
- 1 tablespoon vegetable oil
- 1 clove garlic -- minced
- 1/2 teaspoon ground ginger
- 1/8 teaspoon ground black pepper

#### Direction:

Trim fat from steak and slice lengthwise into 1/2-inch strips; place in a large glass bowl. Combine all remaining ingredients; pour over meat and toss gently. Cover and refrigerate 2 to 3 hours. Drain, discarding marinade. Loosely thread meat strips onto metal or soaked wooden skewers. Grill over medium-hot heat, turning often, for 7 to 10 minutes or until meat reaches desired doneness. Remove from skewers and serve. Yield: 6 servings.

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## Chicken Recipes

### Almond Chicken

#### Ingredients:

1 lb skinned chicken breast.  
1 cup vegetable oil  
5 slices fresh ginger root  
3 green onions, chopped to about 1" lengths  
1 green pepper, chopped as above  
1/2 cup diced bamboo shoots  
1/3 Slivered almonds

#### Sauce:

##### Marinade:

1/4 tsp salt  
1/8 tsp white pepper  
1 tsp cornstarch  
1 Tbsp soy sauce  
1 egg white

##### Seasoning sauce:

1 Tbsp rice vinegar  
2 Tbsp soy sauce  
1/2 tsp salt  
1 tsp sugar  
1/2 tsp cornstarch

#### Direction:

- 1-Dice chicken into 1 inch cubes.
- 2-Combine marinade ingredients, add chicken and mix well.
- 3-Let stand 1/2 hour. Heat oil in wok, add chicken and stir fry until browned. Remove chicken and drain well.
- 4-Stir fry ginger, onion, pepper and bamboo shoots for about 1 minute until vegetables are crisp-tender. Combine ingredients for seasoning sauce in a small bowl, mix well and add to wok. bring to boil.
- 5-Add chicken to boiling sauce. Stir fry chicken until coated with sauce. Add almonds, mix well and serve hot.



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## Chicken Recipes

### Almond Chicken

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## Chicken Recipes

### Asparagus & Chicken In Black Bean Sauce

#### Ingredients:

2 Chicken thighs 12 md Asparagus spears  
3 tb Peanut or corn oil MARINADE: 1 tb Dry sherry  
1 ts Cornstarch 2 ts Thin soy sauce  
1 pn Sugar SAUCE: 2 ts Fermented black beans  
3 Cloves garlic minced 1/2 ts Brown sugar  
2 ts Black soy sauce 3/4 cup Chicken stock

#### Direction:

Cornstarch paste as -thickener Marinating: With sharp paring knife scrape chicken meat from thigh; slice into thin strips across the grain. (Breast meat is not preferred for this dish as meat is too dry and spongy.) Combine sherry soy cornstarch and sugar in bowl; massage liquid into meat with your fingers. Marinate for 15 to 30 minutes. Preparation: Wash asparagus; peel tough white outer skin off ends; slice on diagonal in 2 1/2" sections. Rinse fermented black beans. In bowl combine and mash black beans and garlic brown sugar black soy sauce and chicken stock; stir; reserve for 15 minutes. Stir-Frying: Add 2/3 of oil to hot wok; when oil is very hot add chicken. Stir-fry for about 3 minutes on high heat - or until chicken begins to shrink and firm up. Remove chicken to holding bowl. Reheat wok to high add remaining oil. When oil is hot add black bean sauce. Stir-fry for 1 minute. Add asparagus; mix with sauce. Stir sauce with asparagus. When sauce boils add cooked chicken; toss to combine. Dribble in a little cornstarch paste if needed; cornstarch in chicken marinade might be enough. Toss ingredients until very little liquid remains and is reduced to glaze. Dish is ready when asparagus brightens. If you still have too much liquid remove ingredients continue to reduce sauce then return ingredients to coat them with sauce. Serve in individual portions.

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## Chicken Recipes

### Baked Sesame Chicken

#### Ingredients:

1/3 cup soy sauce  
2 Tbsp lime juice  
1 Tbsp honey  
2 Tbsp fresh ginger, peeled and finely chopped  
2 lbs chicken thighs  
2 Tbsp toasted sesame seeds

#### Direction:

In large bowl mix first 4 ingredients. Add chicken and toss. Marinate 1-2 hours, turning chicken occasionally. Place chicken skin side up on shallow pan. Bake in 375 degree oven for 45 - 50 minutes, baste frequently with marinade. Raise heat to 425 degrees. Bake until chicken is browned and fork tender, about 10 minutes. Serve hot or cold sprinkled with sesame seeds.

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## Chicken Recipes

### Bon Bon Juihan Banmian (hong Kong)

#### Ingredients:

8 oz fresh/dried egg noodles  
1 tbsp. sesame oil  
4 oz chicken breast, skinned and boned  
salt  
(2oz) each of celery and carrot  
(4oz) cucumber  
2 spring onions

#### Sauce:

3/4 tbsp sesame paste  
1/2 tbsp sesame oil  
2 tsp chili oil  
2 tbsp Chinese light soy  
1 tbsp white vinegar  
1/8 - 1/4 tsp chili powder (optional)  
5 tbsp chicken stock

#### Direction:

Cook the noodles in boiling water for 3 - 5 minutes until just done.  
Drain and rinse in cold water. Toss them in a bowl with 1 tbsp of sesame oil, cover and refrigerate if cooking in advance.

Cut the chicken into strips, simmer 2 - 4 minutes in a little water until they are white throughout. Drain and allow to cool then shred the meat.

Cut the carrot and celery into very small pieces and boil rapidly for 40 secs adding the onions for the last 10 secs. Drain and rinse in cold water, pat dry.

Cut the cucumber into fine julienne strips. Save a few of the vegetables



## Chicken Recipes

### Bon Bon Juihan Banmian (hong Kong)

for garnish.

#### <b>Sauce:</b>

Stir the sesame paste well in a bowl. Slowly add the rest of the ingredients whilst stirring (or use a blender)

#### <b>To serve:</b>

Place the noodles in a bowl, add the chicken and vegetables. Stir the sauce and pour it on. Toss well. Top with a few vegetables for garnish.

I usually cut down the amount of sesame oil I use as I find it a bit strong but it depends how much you like sesame.

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## Chicken Recipes

### Braised Chicken With Peppers

#### Ingredients:

3 red peppers  
1 tblsp oil  
1 tsp salt  
1 lb chicken meat  
1 oz fresh ginger  
2 tblsp oil  
pinch of brown sugar  
2 tsp sherry  
1 tsp cornstarch  
2 tsp soy sauce

#### Direction:

Core the peppers and cut into thin rings. Fry in the oil and salt for 1 minute. Add 2 tablespoons water, bring to the boil, cover and simmer for 2 minutes. Drain.

Cut the chicken into 1 inch pieces. Chop the ginger finely, fry both chicken and ginger in oil for 1 minute. Add the sugar and sherry.

Mix the cornstarch to a smooth paste with the soy sauce and add to the pan. Heat gently, stirring until slightly thickend. Add the peppers and cook for 1 minute.

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## Chicken Recipes

### Cashew Chicken

#### Ingredients:

1 lb. chicken breast  
4 green onions  
8 oz. fresh mushrooms  
1 can sliced water chestnuts  
6 oz. cashew nuts  
1/3 c. soy sauce  
Cornstarch  
1 c. water

#### Direction:

Bone and skin chicken, cut in 1 inch cubes. Heat small amount of oil in skillet. Roll chicken in cornstarch. Cook until light tan; remove chicken. Saute chopped onion and sliced mushrooms. Add water chestnuts with liquid. Add chicken, the 1/3 cup soy sauce, and water. Bring to boil, thicken with cornstarch. Add cashews nuts. Serve over cooked rice.

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## Chicken Recipes

### Cashew Chicken 1

#### Ingredients:

8 ounces (225 g) boneless chicken breasts, skinned and cut into 1/2 inch cubes  
5 ounces cooking oil  
2 ounces cashew nuts  
2 teaspoons dry sherry or rice wine  
1 tablespoon soy sauce  
1 tablespoon spring onions, finely chopped as garnish

#### Sauce:

##### Marinade

1 egg white  
1 teaspoon salt  
1 teaspoon cornstarch

#### Direction:

Add the marinade ingredients to the chicken cubes, mixing with chopsticks and adding the cornstarch last. Allow the chicken to marinate in the refrigerator for 15 - 20 minutes. While the chicken is marinating, mix together the dry sherry and soy sauce and set aside.

Heat the wok and add oil. When the oil is ready, add the chicken cubes and stir-fry, stirring quickly to ensure that the chicken does not stick to the wok, until it turns white. Remove the chicken from the wok and set aside.

Clean the wok with a paper towel and add one tablespoon of oil. When the oil is ready, add the cashews and stir-fry them for about 1 minute. Add the chicken, and the sherry/soy sauce mixture. Stir-fry the dish for about another 2 minutes. If you don't like raw spring onions, you can add them to the dish at this time. Otherwise, remove the dish from wok, garnish with spring onions, and serve.

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## Chicken Recipes

### Chicken And Beef Satay

#### Ingredients:

2 (8-ounce) skinless chicken breasts  
2 (8-ounce) beef fillet  
2 cups dry roasted peanuts  
2 tablespoons chopped garlic  
1/2 cup sesame oil  
1 cup vegetable oil  
1/2 cup soy sauce  
1/4 cup chopped cilantro  
2 small jalapenos, stemmed and minced  
Freshly ground black pepper  
2 dozen wooden skewers, soaked in water

#### Direction:

Using a sharp knife, slice each chicken breast and fillet into 6 equal strips, crosswise. Place a piece of plastic wrap over 6 chicken strips. Using a meat mallet, lightly pound the chicken and beef out thin. Season the pounded meat pieces with Essence.

In a food processor, combine the peanuts, sesame oil, vegetable oil, soy sauce, cilantro, and jalapenos. Puree the mixture until smooth. Season the mixture with salt and pepper. Thread the chicken strips through the wooden skewers. Thread the fillet through the wooden skewers. Place the skewers in a large glass rectangular dish. Pour the marinade over the skewers. Using a small pastry brush, coat each skewer completely. Marinate the skewers overnight. Preheat the grill. Grill the skewers in batches. Grill the skewers for 2 to 3 minutes on each side. Remove the skewers from the grill and place on a large serving platter. Garnish with a drizzle of sesame oil and chopped cilantro. Serve warm.

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

2 1/2 tablespoons paprika  
2 tablespoons salt  
2 tablespoons garlic powder  
1 tablespoon black pepper



## Chicken Recipes

### Chicken And Beef Satay

- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Combine all ingredients thoroughly. Yield: 2/3 cup

Here is a simple peanut butter dipping sauce

- 3/4 cup smooth peanut butter
- 1/4 cup soy sauce
- 1/2 cup boiling water
- 1 lime

In separate bowl combine peanut butter, soy sauce, and water. Whisk until smooth. Add additional cayenne pepper and limejuice.

I like to add the cilantro and sesame oil to give it more flavors.

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## Chicken Recipes

### Chicken Chow Mein

#### Ingredients:

3 tablespoons oil  
2 cloves of garlic -- minced  
250 grams of chicken, boneless -- cut  
8 mushrooms (or 100 grams peas)-- sliced  
2 Bamboo shoots (or large carrots) -- cut into strips  
1/4 cup bamboo shoots (or use turnips)-- sliced  
Seasoning Sauce:  
1 chicken cube -- dissolve it  
1 tablespoon soy sauce  
1 tablespoon corn flour  
5 ounces chow mein noodles

#### Comment:

Note: Warm chow mein noodles in a 325 degrees oven for 5 minutes.

#### Direction:

- 1-Combine sauce ingredients and set aside.
- 2- Add oil to hot wok ( karhai )add garlic and stir fry for 30 seconds.
- 3-Add chicken. Stir fry for 3 minutes or until chicken turns white.
- 4-Remove and set side. Add vegetables and stir fry over medium heat for 2 minutes.
- 5-Push vegetables to sides of wok. Restir sauce mixture and add to center of wok, stirring until thick and bubbly.
- 6-Add chicken and heat. Serve with chow mein noodles.

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## Chicken Recipes

### Chicken Dice With Fried Walnuts

#### Ingredients:

4 dried mushrooms  
4 oz shelled walnuts  
1/3 cup oil  
3 lb chicken  
1 tsp cornstarch  
1 tblsp sherry  
2 tblsp soy sauce  
1 tsp salt  
1 tsp brown sugar

#### Direction:

Soak the mushrooms in hot water for 10 minutes. Chop the walnuts and fry in 2 tablespoons of the oil for 2 minutes. Drain on absorbent kitchen paper to remove all traces of oil.

Cut the chicken meat into small pieces, fry in remaining oil for 3 minutes over fierce heat, stirring all the time. Mix the cornstarch to a smooth paste with the sherry, soy sauce, salt and sugar. Add to the chicken and mix well.

Drain the mushrooms and chop roughly, add to the pan and cook for 2 minutes. Add the walnuts.

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## Chicken Recipes

### Chicken In Black Bean Sauce

#### Ingredients:

1 lb Boneless chicken breasts  
1 Tbsp. Soy sauce

#### Sauce:

2 tsp. Cornstarch  
1 tsp. Soy sauce  
1 Tbsp. Vegetable oil  
2 tsp. Minced fresh ginger  
2 Tbsp. Dry sherry  
2 tsp. Sesame oil  
1/2 cup Chicken stock  
1/2 tsp. Sugar  
1 tsp. Hot chili paste  
2 ea. Cloves garlic  
2 Tbsp. Fermented black bean

#### Direction:

Cut chicken into 3/4 inch pieces. Combine sherry, soy and sesame oil in a 4-cup microwaveable casserole. Toss chicken in mixture, cover and marinate while preparing other ingredients. In a small bowl combine stock, cornstarch, soy sauce, sugar, chili paste; set aside. Prepare garlic, ginger and black beans; set aside. Microwave chicken and marinade, covered at high for 4 to 6 minutes or until chicken is opaque and tender. Stir twice during cooking. Stand, covered, while making sauce. In a 2 cup glass measure, microwave vegetable oil at high for 1 minute or until hot. Stir in garlic, ginger and black beans and microwave, uncovered high for 1 minute or until fragrant. Stir in stock mixture until smooth and microwave at high for 1 1/2 to 3 minutes or until sauce comes to a boil and thickens. Stir once. Drain liquid off chicken, pour black bean sauce over, stir and serve immediately.

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## Chicken Recipes

### Chicken In Oyster Sauce

#### Ingredients:

- 1 pound chicken meat
- 3 - 4 Chinese dried mushrooms, softened and sliced
- 1 can bamboo shoots or 1 can baby corn
- 2 green onions, sliced on the diagonal into thirds
- 1 slice ginger, minced
- 1 garlic clove, minced

#### Sauce:

##### Marinade:

- 2 tablespoons soy sauce
- 1 tablespoon rice wine
- 1 teaspoon sesame oil
- 1 tablespoon cornstarch

##### Sauce:

- 1 tablespoon dark soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon dry sherry
- 1 teaspoon sugar
- 1 1/2 tablespoons cornstarch
- 1/3 cup water
- 1 teaspoon sesame oil

#### Direction:

Combine the marinade ingredients and add to the chicken, mixing in with chopsticks and adding the cornstarch last. Marinate the chicken for 10 - 15 minutes.

While the chicken is marinating, prepare the vegetables and mix together the sauce ingredients.

Rinse the canned vegetables in boiling water and drain.

Heat wok and add oil. When oil is hot, add garlic, ginger, and green onion, and stir-fry on high heat. Add the chicken and stir-fry, stirring frequently until the chicken changes color. Remove from the wok.

Add oil and stir-fry the mushrooms and bamboo shoots or baby corn. Return the chicken to the wok. Make a well in the middle of the wok and add the sauce, giving it a quick re-stir before





## **Chicken Recipes**

### **Chicken In Oyster Sauce**

adding. Stir sauce to thicken and mix with meat and vegetables.

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## Chicken Recipes

### Chicken With Water Chestnuts & Plum Sauce

#### Ingredients:

1 tbsp vegetable or peanut oil  
3-1/2 oz chicken, chopped  
1 oz water chestnuts, chopped  
1 tsp chopped chives  
1 oz pine nuts, lightly toasted  
1 tsp salt  
1/2 tsp white pepper  
6 lettuce leaves  
3 tsp plum sauce, to serve

#### Direction:

1. In a preheated wok, heat the oil and stir-fry the chicken for 1 minute. Add the water chestnuts and chives and cook for 2 minutes. Add the pine nuts and cook for 1 minute. Add the salt and pepper and stir.
2. To serve, place a spoonful in the center of each lettuce leaf, then top with the plum sauce and fold the lettuce leaf to make a small roll.

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## Chicken Recipes

### Chicken With Yellow Curry Sauce

#### Ingredients:

2 tbsp vegetable or peanut oil  
2 onions, cut into thin wedges  
2 garlic cloves, chopped finely  
2 skinless, boneless chicken breasts, cut into strips  
6 oz baby corn, halved lengthwise  
chopped fresh cilantro  
shredded fresh basil, to garnish

#### Sauce:

6 tbsp Thai yellow curry paste  
2/3 cup plain yogurt  
1-3/4 cups water  
handful of fresh cilantro, chopped  
handful of fresh Thai basil leaves, shredded

#### Direction:

1. To make the spice paste, stir-fry the yellow curry paste in a wok for 2-3 minutes, then stir in the yogurt, water, and herbs. Bring to a boil, then let simmer for 2-3 minutes.
2. Meanwhile, heat the oil in a wok and stir-fry the onions and garlic for 2-3 minutes. Add the chicken and corn and stir-fry for 3-4 minutes, until the meat and corn are tender.
3. Stir in the spice paste and bring to a boil. Let simmer for 2-3 minutes, until heated through. serve immediately, garnished with extra herbs if desired.

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## Chicken Recipes

### Chicken-rice Stir Fry

#### Ingredients:

1 lb. chicken breast, cubed  
1 1/2 c. long grain rice, cooked  
1 pkg. stir fry seasoning  
3/4 c. water  
2 cloves garlic, minced  
1/2 rib celery, minced  
1/2 med. onion, minced  
1/4 c. minced cabbage  
2 scrambled eggs  
2-3 tbsp. oil

#### Direction:

Use a non stick skillet or wok. Over medium heat saute chicken breast using 1 tablespoon oil; remove chicken.

Saute minced garlic, celery, onion and cabbage until soft. Remove and scramble 2 eggs, using additional oil as needed. Add sauteed chicken breast and sauteed vegetables to scrambled eggs; sprinkle stir fry seasoning over these ingredients and add the 3/4 cup water.

Stir mixture well to coat with seasoning. Add 1 1/2 cup cooked rice. Mix well. Can use soy sauce to suit one's taste.

Other vegetables can be substitute. I use what I have on hand. Serves 6-8.

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## Chicken Recipes

### Chinese Garlic Chicken

#### Ingredients:

4 boneless, skinless chicken breast halves (about 1 lb.)  
1 egg white  
1 Tablespoon cornstarch  
1 Tablespoon dry white wine or sherry  
4 green onions  
1 teaspoon minced gingerroot  
3 teaspoons minced fresh garlic (about 6 medium cloves)  
2 Tablespoons vegetable oil  
Hot cooked rice

#### Sauce:

1 teaspoon crushed chili paste (sambal oelek) or more to taste  
2 teaspoons sugar  
1 teaspoon cornstarch  
2 teaspoons rice vinegar  
1 Tablespoon water  
2 Tablespoons dry white wine or sherry  
2 Tablespoons soy sauce

#### Direction:

Place chicken breasts in freezer for 1 to 2 hours or until very firm but not frozen solid. Slice crosswise into thin shreds. In small bowl, lightly beat egg white, then mix in 1 TBS cornstarch and 1 TBS wine, stirring until cornstarch is dissolved. Add chicken and mix well to coat all pieces. Let stand at room temperature 30 minutes.

Meanwhile, slice green onions on the diagonal into very thin slices. Mince gingerroot and garlic. Combine Sauce ingredients, mixing well. Heat wok or frying pan, add oil, and stir-fry chicken until no longer pink. Remove chicken with a slotted spoon. Add onions, ginger and garlic to wok and stirfry about 30 seconds, until ginger and garlic are fragrant but not



## **Chicken Recipes**

### **Chinese Garlic Chicken**

brown. Return chicken to wok, restir sauce ingredients and add to wok. Cook, stirring constantly, until mixture is well combined, hot and bubbly and thickens slightly. Turn off heat and splash with about 1 tsp of dark sesame oil. Serve over rice. Makes 4 servings.

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## Chicken Recipes

### Crisp Skin Chicken

#### Ingredients:

1 chicken (2 1/2 lb)  
1 tblsp vinegar  
2 tblsp soy sauce  
2 tblsp honey  
1 tblsp sherry  
1 tsp molasses (treacle)  
2 tblsp all-purpose flour  
1 tsp salt  
peanut oil for deep frying

#### Direction:

Put the chicken in a large saucepan and add boiling water to come halfway up the sides of the chicken. Cover tightly and simmer until just tender, about 45 minutes to 1 hour. Drain, rinse under cold water and dry with kitchen paper.

Mix together the vinegar, soy sauce, honey, sherry and treacle (molasses). Brush this all over the chicken and then hang the chicken in an airy place to dry, for about 30 minutes. Brush over the remaining soy sauce mixture and hang again for 20-30 minutes. Mix the flour and salt together and rub well into the chicken skin. Fry in deep hot peanut oil until golden and crisp. Drain well on absorbent kitchen paper.

Chop the chicken into 8 pieces and serve warm with the following dips:

#### Cinnamon Dip:

-----

1 tblsp ground cinnamon  
1/2 tsp ground ginger  
1/4 tsp freshly ground black pepper  
1/4 tsp salt



## Chicken Recipes

### Crisp Skin Chicken

Mix together, place in a small saucepan and heat until very hot, stirring constantly.

Pepper and Salt Dip:

-----

1 tblsp salt

1/2 tblsp freshly ground black pepper

Mix together, place in a small saucepan and heat, stirring constantly, until the salt begins to brown.

Hoi Sin Sauce

-----

Guests dip the pieces of chicken into the dips which are served separately in small bowls.

Note:

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As this dish is eaten with the fingers, place finger bowls of cold water on the table.

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## Chicken Recipes

### Duck With Mushrooms

#### Ingredients:

2 ducks, cut in pieces  
1 clove garlic, minced  
1/8 teaspoon thyme  
4 ounces ham, in 1/4" cubes  
1 teaspoon fresh parsley, chopped  
1/2 pound mushrooms, sliced thick  
3 tablespoons butter  
1 small jar pearl onions (about 12)  
1 tablespoon flour  
Salt and pepper, to taste

#### Direction:

Brown the pieces of duck in the butter. When browned, add the ham, mushrooms, garlic, thyme, and flour. Saute for 10 minutes, stirring often.

Add enough water to cover the mixture half-way. Simmer for 15 minutes. Add onions, and the salt & pepper, to taste, and simmer for another 15 minutes, or until done.

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## Chicken Recipes

### Egg Foo Yung

#### Ingredients:

1/2 lb Fresh bean sprouts  
1/2 md Yellow onion  
1/4 lb Chinese BBQ Pork/or chicken  
10 tb Oil, approximately  
1 Bamboo shoot tip (canned) or  
1/2 c Sliced bamboo shoots  
1 Green onion, finely chopped  
1 tb Sesame seeds  
1/2 ts Salt  
1/2 ts Sugar  
6 lg Eggs  
1 ts Oyster sauce  
1/2 ts Thin soy sauce

#### Sauce:

1 cn (2 cups) chicken broth  
1/3 c Sliced mushrooms, optional  
1/2 ts Salt  
1/2 ts Sugar  
Dash of pepper  
1 ts Dark soy sauce  
3 tb Cornstarch  
6 tb Cold water

#### Direction:

Wash and drain bean sprouts. Cut onion into thin slices. Cut pork into thin strips, julienne style. Heat wok, adding 1 tablespoon oil. Stir-fry bean sprouts, onion, BBQ pork, and bamboo shoots for 2 minutes with 1/2 teaspoon salt and 1/2 teaspoon sugar. (Do not overcook.) Let cool before using.

In a separate bowl beat the eggs, add oyster sauce and soy sauce; mix well. Add the stir-fried ingredients and mix thoroughly. Heat wok, add 1 tablespoon oil and drop 1/2 C. of the mixture in the wok. Fry about 2 minutes on each side. Place on serving dish and set aside. Repeat procedure



## Chicken Recipes

### Egg Foo Yung

with remaining oil and mixture. Pour gravy, over patties and garnish with the chopped green onion and toasted sesame seeds. Toast sesame seeds in a dry frying pan, without oil for 3 minutes.

#### GRAVY:

Bring broth to a boil. Add mushrooms, salt, sugar, pepper and dark soy sauce. Prepare thickening made with the cornstarch and cold water; add the seasoned broth and cook for 1 minute.

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## Chicken Recipes

### Garlic Chicken

#### Ingredients:

1 pound boneless, skinless chicken breasts

#### Marinade:

1 tablespoon soy sauce

1 tablespoon dry sherry

4 garlic cloves, finely minced

2 green onions, finely chopped on the diagonal

a few drops sesame oil

2 tablespoons light soy sauce

1 tablespoon dry sherry

1/4 teaspoon chili paste

#### Direction:

Cut the chicken into bite-sized cubes. Place in a bowl, mix in the marinade ingredients and marinate for about 30 minutes. While the chicken is marinating, prepare the green onions and garlic. Combine the sesame oil, light soy sauce, sherry and chili paste in a bowl and set aside.

Heat wok and add oil. When oil is ready, add the marinated chicken. Stir-fry briefly on high heat, then add the garlic and green onion. Add the remaining ingredients and combine (total cooking time should be about 5 minutes). Serve hot with rice.

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## Chicken Recipes

### General Chicken

#### Ingredients:

- 4 c. peanut oil for frying
- 1 1/2 lb. boneless chicken breast (dark meat also may be used)
- 1/2 c. reduced-sodium soy sauce
- 1 c. low-sodium chicken broth
- 1/2 c. sugar
- 2 tsp. oyster sauce
- 1 tsp. hoisin sauce
- 2 tsp. white wine
- 3/4 tsp. minced fresh garlic
- 1 tsp. white vinegar
- 1/2 tsp. chili paste
- 3 tbsp. toasted sesame oil
- 5 tbsp. sherry
- 6 tbsp. cornstarch

#### Direction:

Place peanut oil in wok or deep-fat fryer and heat over medium-high heat. Trim fat off chicken breasts and cut lengthwise into 1/2 inch wide strips. Combine sauce and set aside. In a medium-size bowl, combine sesame oil, sherry and cornstarch for chicken coating. Toss chicken strips in coating ingredients. When oil reaches 370 degrees or a haze forms above it, deep-fry chicken until tinged light golden brown, about 2 to 3 minutes. Remove from oil with a slotted spoon and allow to drain on several thicknesses of paper towels.

Pour oil out of wok; a small amount will remain. Replace over medium-high heat. Add sauce mixture and stir 20 seconds. Add cooked chicken and stir-fry about 10 seconds longer to warm and meld flavors. Serve immediately with steamed rice.

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## Chicken Recipes

### General Tso's Chicken

#### Ingredients:

3 lbs deboned dark chicken meat, cut into large chunks  
1/4 cup soy sauce  
1 tsp white pepper  
1 egg  
1 tablespoon granulated sugar  
1 cup cornstarch  
Vegetable oil for deep-frying  
2 cups sliced green onions  
16 small dried hot peppers

#### Sauce:

1/2 cup cornstarch  
1/4 cup water  
1+1/2 tsp minced garlic  
1+1/2 tsp minced ginger root  
3/4 cup sugar  
1/2 cup soy sauce  
1/4 cup white vinegar  
1/4 cup cooking wine  
1+1/2 cup hot chicken broth  
1 tsp monosodium glutamate (optional)

#### Direction:

1) Mix 1/2 cup cornstarch with water. Add garlic, ginger, sugar, 1/2 cup soy sauce, vinegar, wine, chicken broth and MSG (if desired). Stir until sugar dissolves. Refrigerate until needed.

2) In separate bowl, mix chicken, 1/4 cup soy sauce and white pepper. Stir in egg. Add 1 cup cornstarch and mix until chicken pieces are coated evenly. Add cup of vegetable oil to help separate chicken pieces. Divide chicken into small quantities and deep-fry at 350 degrees until crispy. Drain on paper towels.



## **Chicken Recipes**

### **General Tso's Chicken**

3) Place a small amount of oil in wok and heat until wok is hot. Add onions and peppers and stir-fry briefly. Stir sauce and add to wok. Place chicken in sauce and cook until sauce thickens.

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## Chicken Recipes

### General Tso's Chicken 1

#### Ingredients:

- 1 large egg, beaten
- 1/4 teaspoon salt
- Pinch freshly ground white pepper
- 2 tablespoons cornstarch
- 2 large chicken legs with thighs, each 3/4 pound, boned and skinned, fat and membranes removed, and cut into 1-inch cubes
- 3 1/2 cups peanut or cooking oil for deep-frying and stir-frying

#### Sauce:

- 2 1/2 tablespoons dark soy sauce or mushroom soy sauce
- 1 teaspoon minced garlic
- 1 tablespoon minced fresh ginger
- 2 tablespoons hoisin sauce
- 3 teaspoons sugar
- 3 teaspoons Chinese white rice vinegar or distilled vinegar
- 1 1/2 teaspoons Shao-Hsing wine

#### Direction:

In a bowl, mix together the egg, salt, and pepper, and 2 tablespoons cornstarch. Add the chicken cubes, mix to coat, and marinate for at least 15 minutes. In a small bowl, combine the sauce ingredients and reserve.

Heat a wok over high heat. Add oil and heat to 350 degrees Fahrenheit. With tongs, remove the chicken cubes individually, dust with 1 tablespoon cornstarch, and place in the oil. Deep-fry for 1 1/2 to 2 minutes, until the chicken is browned and crisp. Turn off the heat. Remove the chicken with a Chinese strainer and drain over a bowl. Pour off all but 1 1/2 tablespoons of the oil from the wok.

Heat the wok over high heat for 20 seconds. When a wisp of white smoke appears, add the chilies and stir for 15 seconds. Add the scallion and stir for 30 seconds. Add the chicken and cook, stirring, for 1 minute. Stir the sauce mixture, pour into the wok, stir well, and cook until the





## Chicken Recipes

### **General Tso's Chicken 1**

chicken cubes are completely coated with sauce, about 1 1/2 minutes. Turn off the heat, transfer to a heated dish, and serve.

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## Chicken Recipes

### General Tso's Chicken 2

#### Ingredients:

1 egg  
1 tbsp cornstarch  
1 lb chicken cut into 2 inch chunks  
Vegetable oil  
16 small dried hot red chili peppers  
4 to 5 green onions, cut diagonally into 1" pieces  
1 Clove garlic, minced  
1/4 tsp grated fresh gingerroot

#### Sauce:

4 tsp cornstarch  
4 tsp sugar  
4 tsp rice vinegar  
6 tbsp soy sauce  
1/4 C chicken broth  
1/4 C water  
1/4 C dry sherry wine

#### Direction:

Whisk together thoroughly the egg and cornstarch. Add pieces of chicken, turning to coat evenly.

In wok or deep-fat fryer, heat 2 inches of oil to 350 F. Fry chicken, a few pieces at a time until lightly browned and just cooked through. Drain on paper towels.

Combine sauce ingredients, mixing well. Set aside. (The chicken may be fried the first time up to one hour in advance; the sauce can be combined several days in advance and kept covered in the refrigerator.)

In frying pan, heat 1 TBSP of oil until hot. Add chili peppers and



## **Chicken Recipes**

### **General Tso's Chicken 2**

cook until blackened. Add onions and stir-fry about one minute. Add garlic and ginger, cooking briefly, but do not brown. Remove from heat.

Reheat deep oil to 400 F. Return chicken to fat, in batches, and cook until crisp and golden brown. Drain on paper towels.

Re-stir sauce and add to frying pan with onions and peppers. Cook, stirring until thickened and bubbly. Add chicken and cook, stirring, until well coated and heated through. Serve over rice. Makes 3 to 4 servings.

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## Chicken Recipes

### Gingered Chicken & Vegetable Salad

#### Ingredients:

4 skinless, boneless chicken breasts  
4 scallions, chopped  
1-inch piece fresh gingerroot, chopped finely  
2 garlic cloves, crushed  
2 tbsp vegetable or peanut oil

#### <b>Salad:</b>

1 tbsp vegetable or peanut oil  
1 onion, sliced  
2 garlic cloves, chopped  
4 oz baby corn, halved  
4 oz snow peas, halved lengthwise  
1 red pepper, seeded and sliced  
3-inch piece of cucumber, peeled, seeded, and sliced  
4 tbsp Thai soy sauce  
1 tbsp jaggery or soft light brown sugar  
few Thai basil leaves  
6 oz fine egg noodles

#### Direction:

1. Cut the chicken into large cubes, each about 1 inch. Mix the scallions, gingerroot, garlic, and oil together in a shallow dish and add the chicken. Cover and let marinate for at least 3 hours. Lift the meat out of the marinade and set aside.
2. Heat the oil in a wok and cook the onion for 1-2 minutes before adding the rest of the vegetables except the cucumber. Cook for 2-3 minutes, until just tender. Add the cucumber, half the soy sauce, the sugar, and the basil, and mix gently.
3. Soak the noodles for 2-3 minutes (check the package instructions) or until tender, and drain well. Sprinkle the remaining soy sauce over them and arrange on plates. Top with the cooked vegetables.
4. Add a little more oil to the wok if necessary and cook the chicken over fairly high heat until



## Chicken Recipes

### **Gingered Chicken & Vegetable Salad**

browned on all sides. Arrange the chicken cubes on top of the salad and serve hot or warm.

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## Chicken Recipes

### Gingered Chicken Stir-fry

#### Ingredients:

1 lb. chicken thinly sliced  
1 (11 oz.) can mandarin oranges  
1 tbsp. oil  
1 1/2 tsp. ground ginger  
1/4 lb. snowpeas or 1 (6 oz.) frozen snow peas  
1/2c basic Stir-Fry Sauce  
4 servings hot cooked rice

#### Direction:

Put chicken. Drain oranges reserving 1/2 cup syrup, set aside. Cook ginger in hot oil in skillet. Add chicken and stir-fry until chicken is opaque - about 3 minutes. Add snow peas, reserved syrup and stir-fry sauce. Heat to boiling, stirring. Reduce heat and cover - cook 2 minutes. Top with orange sections, heat. Serve over rice.

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## Chicken Recipes

### Gong Bao Chicken

#### Ingredients:

2 boneless chicken breasts, cubed  
1 tbsp vegetable or peanut oil  
10 dried red chilies chopped  
1 tsp Sichuan peppers  
3 garlic cloves  
1-inch piece of fresh gingerroot, finely sliced  
1 tbsp coarsely chopped scallion  
3 oz generous  
1/2 cup peanuts, roasted

#### Sauce:

2 tsp light soy sauce  
1 tsp Rice wine  
1/2 tsp sugar

#### Sauce:

1 tsp light soy sauce  
1 tsp dark soy sauce  
1 tsp black Chinese rice vinegar  
sesame oil 3 drops  
2 tbsp chicken stock  
1 tsp sugar

#### Direction:

1. Combine all the ingredients for the marinade in a bowl and marinate the chicken, covered, for at least 20 minutes. Combine all the ingredients for the sauce and set aside.
2. In a preheated wok, heat the oil and stir-fry the chiles and peppers until crisp and fragrant. Toss in the chicken pieces. When they begin to turn white, add the garlic, gingerroot, and scallion. Stir-fry for about 5 minutes, or until the chicken is cooked.
3. Pour in the sauce, mix together thoroughly, then stir in the peanuts.



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## Chicken Recipes

### Gong Bao Chicken

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## Chicken Recipes

### Green Chicken Curry

#### Ingredients:

- 1 tbsp vegetable or peanut oil
- 1 onion, sliced
- 1 garlic clove, chopped finely
- 2-3 tbsp Thai green curry paste
- 1-3/4 cups coconut milk
- 2/3 cup chicken stock
- 4 kaffir lime leaves
- 4 skinless, boneless chicken breasts, cut into cubes
- 1 tbsp fish sauce
- 2 tbsp Thai soy sauce
- grated rind and juice of 1/2 lime
- 1 tsp jaggery or soft light brown sugar
- 4 tbsp chopped fresh cilantro, to garnish

#### Direction:

1. Heat the oil in a wok and stir-fry the onion and garlic for 1-2 minutes, until starting to soften. Add the curry paste and stir-fry for 1-2 minutes.
2. Add the coconut milk, stock, and lime leaves, bring to a boil and add the chicken. Reduce the heat and let simmer gently for 15-20 minutes, until the chicken is tender.
3. Add the fish sauce, soy sauce, lime rind and juice, and sugar. Cook for 2-3 minutes, until the sugar has dissolved. Serve immediately, garnished with chopped cilantro.

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## Chicken Recipes

### Kara-age Chicken

#### Ingredients:

6 skinless, boneless chicken thighs, about 3-1/2 oz/100g each  
4 tbsp shoyu (Japanese soy sauce)  
4 tbsp mirin  
2 tsp finely grated fresh gingerroot  
2 garlic cloves, crushed oil, for deep-frying  
2-1/2 oz/70 g/1/2 cup potato starch or cornstarch  
pinch of salt  
lemon wedges, to serve

#### Direction:

1. Cut the chicken into large cubes and put in a bowl. Add the soy sauce, mirin, gingerroot, and garlic and turn the chicken to coat well. Cover with plastic wrap and let marinate in a cool place for 20 minutes.
2. Preheat a wok, then fill one-third full with oil, or use a deep-fryer. Heat the oil to 350-375 F/180-190 C, or until a cube of bread browns in 30 seconds.
3. Meanwhile, mix the potato starch with the salt in a bowl. Lift the chicken out of the marinade and shake off any excess. Drop it into the potato starch and coat well, then shake off any excess.
4. Add the chicken to the oil, in batches, and cook for 6 minutes, or until crisp and brown. Remove, drain on paper towels, and keep hot while you cook the remaining chicken.
5. Serve with lemon wedges.

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## Chicken Recipes

### Kung Pao Chicken

#### Ingredients:

1/2 cup raw peanuts  
3 c Peanut oil  
250 grams chicken meat at room temp.  
1 large Egg white  
1 1/2 tb Water chestnut flour or cornflour  
Sauce:  
4 Green onions  
2 lg Cloves garlic  
1 tb Minced ginger  
1/2 Chicken cube ( Knorr/Maggie)  
1/2 tb Sesame oil  
1/2 tb Chinese Red vinegar ( or any other )  
1/2 tb Dark soy sauce  
1 tb (level) chili paste with garlic  
1 tb Sugar  
Cornflour paste

#### Sauce:

While deep-frying chicken, heat sauce to simmer. Add green onions & peanuts about a minute before serving. At the last minute, add chicken pieces to sauce, mix quickly & serve.

#### Direction:

Trim ends off green onions and cut light green and white part into 1" sections. Mix all other sauce ingredients in 2-quart saucepan. Keep aside.

Pull chicken meat from bones. Slice meat into 1" strips, then crosswise to make 1" chunks. In bowl large enough to hold chicken, add egg white to water chestnut flour/corn flour. Beat mixture with a single chopstick (not an egg beater or whisk). Stir chicken pieces into egg mixture to coat thoroughly. Marinate 5 minutes. Note: water chestnut flour gives a lighter crust than cornstarch, though the latter may be substituted.

Deep-frying: Heat cooking oil in wok (karhai )or deep-fryer to medium heat (you'll need more oil



## **Chicken Recipes**

### **Kung Pao Chicken**

for deep-fryer). Fry peanuts until they are a light tan color; if a test peanut browns quickly, turn down heat. Remove peanuts with strainer or slotted spoon; drain on paper towel or paper bag. Keep aside.

Turn up heat slightly for chicken. Test a chunk first: chicken should raise to surface immediately & brown in about 2 minutes. Deep-fry coated chicken chunks until golden brown. Deep-fry no more than 8 chunks at a time. Use long chopsticks or spatula to keep pieces separate while they are frying. Remove with long chopsticks or slotted spoon. Keep aside.

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## Chicken Recipes

### Mongolian Chicken

#### Ingredients:

2 tsp groundnut/peanut oil  
1/4 tsp salt  
1/4 tsp sugar  
2 tsp cornstarch  
10 oz boneless skinless chicken breasts cut on diagonal  
into 1/4"-thick by 2"-long slices  
1/2 tsp minced garlic  
2 tsp freshly-ground chilis  
1/2 tsp finely-chopped onion  
2 tsp cold water  
2 tsp sugar  
1 tbl groundnut/peanut oil  
1 tbl Shaoxing rice wine or dry sherry  
1/3 cup Family Chicken Broth (see recipe)  
1 tsp dark soy sauce  
4 x Chinese dried mushrooms soaked in warm  
water for 45 minutes, rinsed, water  
squeezed out, stems discarded, caps halved  
1/2 sm red bell pepper cut 1" triangles  
3 x scallions (spring onions), mainly white cut into 2" lengths  
1/2 tsp cornstarch mixed with  
2 tsp cold water for thickening  
1 tsp sesame oil  
2 tsp ground bean sauce (mo si jeung)

#### Direction:

Mix the marinade ingredients together and marinate the chicken while you prepare all of the other ingredients for cooking. Mix together the garlic, chilis, and onion. Combine the ground bean sauce, water, and sugar.

Heat a wok, add the groundnut oil, and swirl the surface with oil. Stir-fry the garlic mixture for 5 seconds. Add the ground bean sauce mixture and stir-fry for 5 seconds. Add the rice wine and combine. Pour in the broth; then the dark soy sauce and stir to combine. Add the chicken, mushrooms, bell peppers, and scallions. Stir-fry over high heat for 2 to 3 minutes. Then, reduce



## **Chicken Recipes**

### **Mongolian Chicken**

the heat a little, and stir in the thickening mixture for a few seconds.

Finally, add the sesame oil, which will impart a beautiful fragrance and richness to the dish.

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## Chicken Recipes

### Moo Goo Gai Pan

#### Ingredients:

3/4 pound chicken breasts  
1 cup fresh button mushrooms  
1/2 cup canned bamboo shoots, sliced  
1/2 cup canned water chestnuts, sliced  
1 slice ginger, finely chopped  
1 garlic clove, minced

#### Sauce:

##### Sauce:

1 cup chicken stock\*  
1 -2 tablespoons oyster sauce  
1/2 teaspoon sugar  
1 tablespoon cornstarch

##### Seasonings

2 tablespoons soy sauce  
1 tablespoon rice wine or dry sherry  
a few drops sesame oil  
1 tablespoon cornstarch

#### Direction:

Cut chicken breasts into strips. Add seasonings in the order given and marinate chicken for about 15 minutes.

While chicken is marinating, prepare vegetables. Rinse and slice bamboo shoots and water chestnuts. Slice and chop ginger, and peel and mince garlic clove.

Prepare sauce ingredients and set aside.

Heat wok and add oil. Add the chicken and stir-fry until it changes color. Remove and set aside.

Add 1 tablespoon oil. Add the garlic and ginger and stir-fry briefly. Add the mushrooms and stir-fry for several seconds, then add bamboo shoots, and water chestnuts. Stir-fry briefly. Give the sauce a quick restir, then make a well in the middle of the wok and add sauce. Cook, stirring, until the sauce is thickened. Return chicken to wok. Mix together and serve hot.



## Chicken Recipes

### **Moo Goo Gai Pan**

\*You can also use chicken broth. Just bring it to a boil, add a bit of rice wine for flavor, and let it simmer for about 5 minutes. Another variation is to boil the mushrooms in the chicken broth before stir-frying.

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## Chicken Recipes

### Red Chicken Salad

#### Ingredients:

4 boneless chicken breasts  
2 tbsp Thai red curry paste  
2 tbsp vegetable or peanut oil  
1 head Napa cabbage, shredded  
6 oz bok choy, torn into large pieces  
1/2 savoy cabbage, shredded  
2 shallots, chopped finely  
2 garlic cloves, crushed  
1 tbsp rice wine vinegar  
2 tbsp sweet chili sauce  
2 tbsp Thai soy sauce

#### Direction:

1. Slash the flesh of the chicken several times and rub the curry paste into each cut. Cover and let chill over night.
2. Cook in a wok over medium heat for 5-6 minutes, turning once or twice, until cooked through. Keep warm.
3. Heat 1 tablespoon of the oil in a wok and stir-fry the cabbage and bok choy until just wilted. Add the remaining oil, shallots, and garlic, and stir-fry until just tender but not browned. Add the vinegar, chili sauce, and soy. Remove from the heat.
4. Arrange the leaves on 4 serving plates. Slice the chicken, arrange on the salad greens, and drizzle the hot dressing over. Serve immediately.

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## Chicken Recipes

### Sesame Chicken

#### Ingredients:

- 3 whole boneless chicken breasts
- 1/2 cup water
- 1 cup chicken broth
- 1/8 cup vinegar (Guide notes: I find that a little low. It all depends on how sweet you want the sauce; for a sweeter sauce use less vinegar)
- 1/4 cup cornstarch
- 1 cup sugar
- 2 TB dark soy sauce
- 2 TB sesame oil
- 1 tsp chili paste, or more if desired
- 1 clove garlic (minced)
- 2 tablespoons toasted sesame seeds
- 3 1/2 - 4 cups peanut oil for deep-frying

#### Sauce:

##### Marinade

- 2 tablespoons light soy sauce
- 1 tablespoon cooking wine or dry sherry
- a few drops of sesame oil
- 2 tablespoons flour
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon vegetable oil

#### Direction:

Cut the chicken into 1-inch cubes. Mix the marinade ingredients and marinate the chicken for 20 minutes. To prepare the sauce: mix together all of the sauce ingredients. Pour them into a small pot and bring to a boil, stirring continuously. Turn the heat down to low and keep warm while you are deep-frying the chicken.



## **Chicken Recipes**

### **Sesame Chicken**

To deep-fry the chicken: add the marinated chicken pieces a few at a time, and deep-fry until golden brown. Drain on paper towels. Repeat with the remainder of the chicken. Just before you are finished deep-frying, bring the sauce back up to a boil. Place the chicken on a large platter and pour the sauce over. Sprinkle with sesame seeds. Serve the Sesame Chicken with rice.

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## Chicken Recipes

### Stir Fried Chicken With Cashews

#### Ingredients:

1 egg white  
1 Tbsp soy sauce  
1 Tbsp cornstarch  
1 1/2 lb chicken breasts, skinned, boned & cut into 1" cubes  
1/4 cup soy sauce  
1 tsp cornstarch  
1 Tbsp dry sherry  
2 Tbsp cider vinegar  
1 tsp sugar  
1/4 cup peanut oil  
2/3 cup unsalted cashews  
1 inch square of ginger, peeled and quartered  
2 scallions, peeled and sliced  
8 oz canned water chestnuts, drained and sliced  
1 med green bell pepper, sliced  
white rice, cooked

#### Direction:

Lightly beat the egg white in a small bowl. Add the first measures of soy sauce and cornstarch. Mix well. Add the chicken. Toss thoroughly. Let stand for 15 minutes.

Combine the second measure of soy sauce, the second measure of cornstarch, the sherry, cider vinegar and sugar in a second small bowl. Mix very well. Set the sauce aside.

Heat the oil in a large wok or skillet over medium heat. Add the cashews. Stir fry for about 1 minute. Use a slotted spoon to remove the cashews. Set aside.

Discard 1/3 of the oil. Add the ginger, sliced scallions and water chestnuts to the wok. Stir fry for 1 minute. Add the chicken cubes,



## Chicken Recipes

### **Stir Fried Chicken With Cashews**

green pepper and sauce. Cook, stirring constantly, until thickened.

Discard the ginger pieces. Return the cashews to the wok. Serve over hot, cooked white rice.

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## Chicken Recipes

### Sweet & Sour Chicken

#### Ingredients:

1 lb chicken cubed  
5 tbsp vegetable or peanut oil  
1/2 tsp minced garlic  
1/2 tsp chopped gingerroot  
1 green pepper, chopped  
1 onion, coarsely chopped  
1 carrot, finely sliced  
1 tsp sesame oil  
1 tbsp chopped scallion

#### Marinade:

2 tsp light soy sauce  
1 tsp Shaoxing rice wine  
pinch of white pepper  
1/2 tsp salt  
dash of sesame oil

#### Sauce:

8 tbsp rice vinegar  
4 tbsp sugar  
2 tsp light soy sauce  
6 tbsp tomato ketchup

#### Direction:

1. Place all the marinade ingredients in a bowl and marinate the chicken pieces for at least 20 minutes.
2. To prepare the sauce, heat the vinegar in a pan and add the sugar, light soy sauce, and tomato ketchup. Stir to dissolve the sugar, then set aside.
3. Preheated wok, heat 3 tablespoons of the oil and stir-fry the chicken until it starts to turn golden brown. Remove and set aside.
4. In the clean wok, heat the remaining oil and cook the garlic and gingerroot until fragrant. Add the vegetables and cook for 2 minutes. Add the chicken and cook for 1 minute. Finally add the



## Chicken Recipes

### **Sweet & Sour Chicken**

sauce and sesame oil, then stir in the scallion and serve.

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## Chicken Recipes

### Szechuan Chicken

#### Ingredients:

3 - 4 chicken breasts, skinned and boned  
2 egg whites  
2 tablespoons cornstarch

#### Sauce:

2 tablespoons sherry cooking wine  
1 tablespoon barbeque sauce  
2 tablespoons sesame oil  
1 tablespoon soy sauce  
2 tablespoon brown sugar  
1/4 teaspoon cayenne pepper  
1/2 - 1 teaspoon crushed dried chilies  
1 tablespoon ginger, minced

4 carrots, cut

#### Direction:

Partially freeze chicken breasts. Cut into strips.  
Combine sauce ingredients and set aside.  
Mix together egg whites and cornstarch.  
Coat chicken in cornstarch mixture.  
Heat wok. Fry chicken strips in oil until they turn white.  
Add 1 tablespoon oil to wok. Add vegetables and stir-fry for 30 seconds.  
Add sauce to vegetables.  
When boiling, add chicken.  
Stir-fry 1 to 2 minutes. Serve with rice.

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## Chicken Recipes

### Teriyaki Chicken Tenders

#### Ingredients:

2 pounds Chicken tenders or boneless breast cut into 1 inch thick strips  
2 Tbsp. Peanut or other vegetable oil

#### Comment:

Although this recipe calls for chicken, any meat or firm fish may be used.

#### Sauce:

1 cup Soy sauce OR 1/2 cup Soy sauce and 1/2 cup dry Sherry  
2 Tbsp. Peanut or other vegetable oil  
2 tsp. Sugar  
2 tsp. grated fresh Ginger root or 1 tsp. powdered ginger  
1/4 to 1/2 tsp. ground black Pepper

#### Direction:

Combine all marinade ingredients in a bowl or container, stirring to mix well.

Remove any visible fat from meat.

Place meat in container, cover tightly, and place in refrigerator for at least one hour. Longer is better.

Remove meat from container, saving the marinade.

In a large heavy skillet or wok, heat the oil over high heat. Stir fry meat until almost done. Add marinade and continue cooking for at least two minutes or longer until meat is done.

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## Chicken Recipes

### Thai Chicken And Sesame Noodles

#### Ingredients:

1 cup prepared GOOD SEASONS Oriental Sesame Salad Dressing Mix, divided

1 lb. boneless skinless chicken breast halves, cut into strips

2 Tbsp. crunchy peanut butter

2 Tbsp. honey

1/2 tsp. crushed red pepper

8 oz. thin spaghetti, cooked, drained

3/4 cup grated carrot

3/4 cup sliced green onions

1/4 cup chopped cilantro

#### Direction:

POUR 1/3 cup of the dressing over chicken in medium bowl; toss to coat. Cover. Refrigerate 1 hour to marinate.

MIX remaining dressing, peanut butter, honey and pepper until well blended; set aside.

COOK chicken and marinade in large skillet on medium-high heat about 8 minutes or until chicken is cooked through. Mix chicken, spaghetti, carrot, onions and cilantro in large bowl. Add peanut butter mixture; toss to coat. Serve immediately.

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## Dessert Recipes

### Almond Cookies

#### Ingredients:

2 3/4 cups Sifted flour 1 cup Sugar  
1/2 ts Soda 1/2 ts Salt  
1 cup Butter 1 Slightly beaten egg  
1 ts Almond extract 1/3 cup Whole almonds

#### Direction:

Sift flour sugar soda and salt together into bowl. Cut in butter till mixt resembles cornmeal. Add egg and almond extract; mix well. Shape dough into 1-inch balls and place 2 inches apart on ungreased cookie sheet. Place an almond atop each cookie and press down to flatten slightly. Bake at 325 degrees for 15 to 18 minutes. Cool on rack. Makes 4 1/2 dozen

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## Dessert Recipes

### Almond Fried Ice Cream

#### Ingredients:

8 Scoops vanilla ice cream Oil for deep frying 1 cup Tangerine sauce  
2 c Sliced almonds

#### Direction:

Scoop the ice cream in advance; return to freezer until extremely hard. Heat the cooking oil in a deep-fryer. Roll each ice-cream ball in the tangerine sauce then in the sliced almonds coating thoroughly. Deep-fry for a few seconds only. Serve immediately.

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## Dessert Recipes

### Almond Lake With Mandarin Oranges

#### Ingredients:

2 cups milk  
1/2 cup granulated sugar  
1 tsp almond essence  
1/3 cup ground rice  
11 oz canned mandarin oranges  
1/4 cup flaked toasted almonds

#### Direction:

Put the milk, sugar, essence and rice in a saucepan. Bring to the boil, stirring constantly, and simmer for 5 minutes. Pour into a dish, cover and cool. Drain the mandarin oranges well. Spoon the rice into individual dishes. Place the mandarin oranges on the rice and sprinkle with the almonds.

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## Dessert Recipes

### Baked Nian Gao - Chinese New Year Cake

#### Ingredients:

16 oz. Mochiko sweet rice flour  
One stick of butter or 3/4 cup of vegetable oil  
3 eggs  
2 1/2 cups milk  
1 to 1 3/4 cup sugar--depending on if you like it sweeter  
1 Tbl baking soda  
One can of red azuki beans

#### Direction:

Mix everything but the beans with an electric mixer at medium speed for 2 minutes. Beat for 2 more minutes at high speed.

Sprinkle Mochiko flour over a 9"x13" baking dish that has been oiled or sprayed with Pam

Spread half of the batter on the bottom of the baking pan

Spread the red azuki beans (you can mix some batter into the beans if they are too thick to spread)

Spread the other half of the batter over the red azuki beans

Bake in oven at 350 degrees for 40 to 50 minutes

Test for doneness by inserting a chopstick (this is Chinese New Year's Cake after all)—if it comes out clean, it is done

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## Dessert Recipes

### Chinese Almond Cakes

#### Ingredients:

2 1/2 cups all-purpose flour  
3/4 teaspoon double-acting baking powder  
1/2 cup lard  
1/2 vegetable shortening  
1 1/2 cups sugar  
1/4 teaspoon almond extract  
2 tablespoons beaten egg  
30 blanched whole almonds for garnish

#### Direction:

Into a bowl sift together the flour and the baking powder and blend in the lard, the vegetable shortening, and the sugar until the mixture resembles coarse meal. Stir in the almond extract, the egg, and 1 tablespoon water, or enough to form the mixture into a soft dough, knead the dough several times, and let it stand in a cool place for 5 minutes. Form the dough into 1 1/2-inch balls and press them down with the palm of the hand to form cakes about 1/2 inch thick. Press an almond into the center of each cake and bake the cakes in batches on floured baking sheets in the middle of a preheated 375°F. oven for 5 minutes. Reduce the temperature to 300°F. and bake the cakes for 8 to 10 minutes more, or until they are light golden brown.

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## Dessert Recipes

### Chinese Almond Cakes 1

#### Ingredients:

2 1/2 cups all-purpose flour  
3/4 teaspoon double-acting baking powder  
1/2 cup lard  
1/2 vegetable shortening  
1 1/2 cups sugar  
1/4 teaspoon almond extract  
2 tablespoons beaten egg  
30 blanched whole almonds for garnish

#### Direction:

Into a bowl sift together the flour and the baking powder and blend in the lard, the vegetable shortening, and the sugar until the mixture resembles coarse meal. Stir in the almond extract, the egg, and 1 tablespoon water, or enough to form the mixture into a soft dough, knead the dough several times, and let it stand in a cool place for 5 minutes. Form the dough into 1 1/2-inch balls and press them down with the palm of the hand to form cakes about 1/2 inch thick. Press an almond into the center of each cake and bake the cakes in batches on floured baking sheets in the middle of a preheated 375°F. oven for 5 minutes. Reduce the temperature to 300°F. and bake the cakes for 8 to 10 minutes more, or until they are light golden brown.

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## Dessert Recipes

### Chinese Fortune Cookies Recipe

#### Ingredients:

3 Egg whites  
1/2 cup Sugar  
1/8 tsp Salt  
1/4 tsp Vanilla  
1 cup All-purpose flour  
1 tsp Instant tea  
2 tbsp Water  
1/2 cup Margarine, melted  
Fortunes on slips of paper

#### Direction:

Mix egg whites, sugar and salt thoroughly with spoon. Mix in remaining ingredients, except fortunes. Cover bowl with plastic wrap and chill for 30 minutes.

Preheat oven to 350 F. Grease baking sheet. Have clean white cotton gloves ready to use when folding and shaping the hot cookies. If gloves are not available, use two pieces of paper towelling folded to several thicknesses to protect fingers from the hot cookies. Also have some clean muffin tins ready to hold baked cookies while they cool.

Shape and bake 2 cookies at a time. For each cookie, drop 1 teaspoon batter onto a baking sheet. Spread the batter with back of spoon to make a 3-inch circle.

Bake at 350F for 3 to 5 minutes, or until edges turn light brown.

WORK VERY QUICKLY. Remove one cookie with wide spatula to counter top. Place a fortune paper across center of cookie. Using gloves or paper towelling, fold edge of cookie over to make a semicircle. Hold



## Dessert Recipes

### **Chinese Fortune Cookies Recipe**

cookie on the ends and place the middle of folded edge over top of muffin pan; bend ends down. Place folded cookie carefully in a muffin cup to cool. Repeat process. Makes 36 cookies.

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## Dessert Recipes

### Mandarin Almond Cream

#### Ingredients:

2 packets (1/4 ounce each)-unflavored gelatin  
1 qt 2% milk  
1/3 c NutraSweet Spoonful  
1/4 To 1/2 teaspoon almond extract/essence  
20 oz Mandarin orange segments,drained

#### Direction:

As luscious as its name sounds, this oriental-inspired dessert is the smooth, creamy kind everyone has room for.

SPRINKLE GELATIN over milk in medium saucepan; let stand 2 to 3 minutes. Cook over medium-low heat, stirring constantly, until gelatin is dissolved. Remove from heat; stir in NutraSweet spoonful n almond extract.

POUR MIXTURE into serving bowl; refrigerate until mixture is the consistency of unbeaten egg whites, about 1 hour. Stir in oranges. Refrigerate until custard is set, 2 to 3 hours. Spoon into individual dishes.

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## Dessert Recipes

### Mandarin Orange Pudding

#### Ingredients:

Mandarin Orange Pudding

#### Ingredients:

1/4 ounce Agar agar  
2/3 cup Sugar  
2 cup Warm water  
1/4 cup Evaporated milk  
4 cup Water  
10 cherries  
4 Mandarin Orange

#### Direction:

Soak agar agar stick in a med. bowl with 2 c. warm water 30 minutes. Transfer agar agar and water to a lg. saucepan. Add 4 c. water. Bring to a boil over med. heat and cook until agar agar is completely dissolved. Take orange pulp from the oranges remove seeds. Remove saucepan from heat and add sugar, milk and orange pulp. Stir until sugar is totally dissolved. Pour into a 12x8 cake pan. Let stand until cool. Refrig. until pudding is firm, about 15 min. Cut into diamond shapes. Garnish with cherries. Serve chilled.

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## Dessert Recipes

### Toffe Apples

#### Ingredients:

- 4 golden apples
- 1 egg
- 2 to 4 oz of plain white flour
- 12 fl oz of water
- 12 fl oz of vegetable oil for frying
- 6 tbsps of white sugar
- 1 tbsp of sesame seeds

#### Direction:

- 1-Peel, core and cut apples into large cubes.
- 2-To make the batter, place water in a mixing bowl, add the plain flour and egg.
- 3-Mix into a paste, not too thick or thin. Dip each piece of apple in the batter and fry in a wok for about 10 to 15 minutes until golden brown, drain and place to one side.
- 4-Heat 20ml of oil in a wok and stir in the sugar, heat for about 5 minutes and gentle mix the apples with the sugar and add the sesame seeds.
- 5-Then place in a bowl of cold water to harden, drain and serve.

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## Seafood Recipes

### Chiles Stuffed With Fish Paste

#### Ingredients:

8 oz white fish, minced  
2 tbsp lightly beaten egg  
4-6 mild red and green chiles vegetable or peanut oil, for shallow-frying  
2 garlic cloves, finely chopped  
1/2 tsp fermented black beans, rinsed and lightly mashed  
1 tbsp light soy sauce  
pinch of sugar  
1 tbsp water

#### Marinade:

1 tsp finely chopped fresh gingerroot  
pinch of salt  
pinch of white pepper  
1/2 tsp vegetable or peanut oil

#### Direction:

1. Combine all the marinade ingredients in a bowl and marinate the fish for 20 minutes. Add the egg and mix by hand to create a smooth paste.
2. To prepare the chiles, cut in half lengthwise and scoop out the seeds and loose flesh. Cut into bite-size pieces. Spread each piece of chile with about 1/2 teaspoon of the fish paste.
3. In a preheated wok, heat plenty of the oil and cook the chile pieces on both sides until beginning to turn golden brown. Drain and set aside.
4. Heat 1 tablespoon of the oil in the clean wok and stir-fry the garlic until aromatic. Stir in the black beans and mix well. Add the light soy sauce and sugar and stir, then add the chile pieces. Add the water, then cover and simmer over a low heat for 5 minutes. Serve immediately.

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## Seafood Recipes

### Coconut Fried Shrimp

#### Ingredients:

1 cup BAKER'S ANGEL FLAKE Coconut  
1/4 cup flour  
1 tsp. salt  
1/8 tsp. pepper  
1 lb. cleaned shrimp  
1 egg, slightly beaten  
Oil for frying

#### Direction:

MIX coconut, flour, salt and pepper. Dip shrimp in egg; roll in coconut mixture.

HEAT oil in large deep skillet on medium heat to 325°F.

ADD shrimp; cook 3 to 4 minutes on each side or until golden brown. Drain on paper towels.  
Serve with lemon wedges or a sauce, if desired.

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## Seafood Recipes

### Crab Egg Foo Yung

#### Ingredients:

6 Eggs  
2 tablespoon Green onions -- minced  
1/2 teaspoon Pepper  
1 teaspoon Salt  
1 pound Bean sprouts  
1 cup Crabmeat or shrimp cooked  
Sauce  
1 tablespoon Cornstarch  
1 tablespoon Sugar  
3 teaspoon Soy sauce  
1/2 cup Water

#### Direction:

Beat eggs well. Add drained bean sprouts. If using fresh sprouts (which are the best) blanch them by placing them in a covered skillet with a few teaspoons of water for just a few minutes. Add bean sprouts, onion, salt pepper and crab meat to eggs. Cook like pancakes in a small amount of oil. Serve with sauce. Sauce mix all sauce ingredients together and cook, stirring, until thickened. Serve over the egg foo yung.

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## Seafood Recipes

### Crab Parcels

#### Ingredients:

12 oz canned crabmeat  
1 fresh red chile chopped  
4 scallions sliced  
1 tbsp Thai red curry paste  
juice of 1/2 lime  
1/2 tsp salt  
20 wonton skins  
oil for cooking

#### Sauce:

##### Dip:

2 oz generous  
1/4 cup superfine sugar  
2 tbsp water  
2 tbsp rice wine vinegar  
3 pieces preserved ginger, sliced  
1 tbsp ginger syrup from the jar

#### Direction:

1. Put the crabmeat into a bowl and add the chile, scallions, and curry paste. Stir together with the lime juice and salt.
2. Put the skins in a pile and put 1 portion of the crabmeat in the center of the top skin. Brush the edges with a little water and roll up the edges to make a small cigar-shaped package. Continue to make packages with the skins- you need atleast 20.
3. Heat the oil in a wok and cook the packages a few at a time, until golden broprwn. Drain on paper towels.
4. Put all the ingredients for the dip in a small pan and heat gently until sugar has melted. Serve warm with the crab packages.



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## **Seafood Recipes**

### **Crab Parcels**

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## Seafood Recipes

### Crisp Sesame Shrimp

#### Ingredients:

3/4 cup self-rising flour  
3 tbsp sesame seeds toasted  
1 tsp Thai red curry paste  
1 tbsp fish sauce  
2/3 cup water  
vegetable or peanut oil, for deep-frying  
20 large, uncooked shrimp, shelled with tails intact  
chili sauce, for dipping

#### Direction:

1. Combine the flour and sesame seeds in a bowl. Stir the curry paste, fish sauce, and water together in a pitcher until mixed. Gradually pour the liquid into the flour, stirring constantly, to make a thick batter.
2. Heat the oil for deep-frying in a wok. Holding the shrimp by their tails, dip them into the batter, one at a time, then carefully drop into the hot oil. Cook for 2-3 minutes, until crisp and brown. Drain on paper towels .

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## Seafood Recipes

### Crispy Seaweed

#### Ingredients:

2 lb 4 oz bok choy  
3-1/2 cups peanut oil  
1 tsp salt  
1tbsp superfine sugar  
3 oz generous  
3/8 cup toasted pine nuts

#### Direction:

1. Rinse the bok choy leaves under cold running water, then pat dry thoroughly with paper towels.
2. Discarding any tough outer leaves, roll each bok choy leaf up, then slice thinly so that the leaves are finely shredded. Alternatively, use a food processor to shred the bok choy.
3. Heat the peanut oil in a large preheated wok. Carefully add the shredded bok choy and cook for 30 seconds, or until it shrivels up and becomes crispy.
4. Transfer to a large bowl, toss with the salt, sugar, and toasted pine nuts, and serve.

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## Seafood Recipes

### Crispy Wrapped Shrimp

#### Ingredients:

16 large, unpeeled cooked shrimp  
juice of 1 lime  
4 tbsp chili sauce  
16 wonton skins  
vegetable or peanut oil, for deep-frying  
plum sauce

#### Direction:

1. Remove the heads and shell the shrimp, but leave the tails intact. Place them in a nonmetallic bowl, add the lime juice, and toss lightly to coat. Set aside in a cool place for 30 minutes.
2. Spread a little chili sauce over a wonton skin. Place a shrimp diagonally across it, leaving the tail protruding. Fold the bottom corner of the skin over the shrimp, fold the next corner up over the head, and then roll the shrimp up in the skin so that the body is encased, but the tail is exposed. Repeat with the remaining skins, chili sauce, and shrimp.
3. Heat the oil in a wok and deep-fry the shrimp, in batches until crisp and browned. Serve hot with plum sauce for dipping.

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## Seafood Recipes

### Egg Fu Yung (shrimp)

#### Ingredients:

1/2 pound fresh shrimp, shelled, deveined, cut into small pieces  
1 teaspoon salt  
1 teaspoon cornstarch  
2 teaspoons sherry  
5 eggs  
1 teaspoon light soy sauce  
4 tablespoons oil  
1/2 onion, chopped  
1 scallion, chopped  
4 water chestnuts, chopped  
1/4 cup fresh mushrooms, sliced  
1 cup bean sprouts  
2 to 4 cups oil for deep-frying

#### Sauce:

1 cup chicken stock  
2 tablespoons light soy sauce  
1 tablespoon cornstarch, dissolved in 1 tablespoon water  
Pepper to taste

#### Direction:

Gently beat the eggs with the salt, sherry, and pepper. Add the crabmeat, celery, black mushrooms, bean sprouts, and onion and mix well.

Heat the oil in a nonstick work or stir-fry pan over medium-high heat until the oil is not smoking. Test by dipping the end of a spatula into the egg mixture and then into the oil; it should sizzle. Add the egg mixture to the hot oil. Let the eggs sit without stirring until the bottom is slightly set but the top is still runny. With a spatula, turn sections of the eggs over. Continue turning the eggs until the mixture is set on both sides. Remove to a serving platter. Serve immediately.

Variation: Serve the Egg Foo Yung with a restaurant-style brown sauce. Make the sauce before cooking the eggs.

Mix together 1 cup homemade Chinese Chicken broth, plus 1/2 teaspoon salt or 1 cup of canned



## **Seafood Recipes**

### **Egg Fu Yung (shrimp)**

chicken broth, 1/2 teaspoon ketchup, 1 1/2 teaspoons soy sauce, and 2 tablespoons flour, mixed with 2 tablespoons cold water into a smooth paste, in a saucepan. Cook over medium heat, stirring constantly with a wire whisk. Bring to a boil and stir until the sauce is thickened. Simmer 2 minutes to eliminate the raw taste of the flour. Pour the sauce freely over the cooked eggs.

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## Seafood Recipes

### Fish Curry

#### Ingredients:

juice of 1 lime  
4 tbsp fish sauce  
2 tbsp Thai soy sauce  
1 fresh red chile, seeded and chopped  
12 oz monkfish fillet, cut into cubes  
12 oz salmon fillets, skinned and cut into cubes  
1-3/4 cups coconut milk  
3 kaffir lime leaves  
1 tbsp Thai red curry paste  
1 lemongrass stalk (white part only), chopped finely  
2 cups jasmine rice, boiled  
4 tbsp chopped fresh cilantro

#### Direction:

1. Combine the lime juice, half the fish sauce, and the soy sauce in a shallow, nonmetallic dish. Add the chile and the fish, stir to coat, cover with plastic wrap, and chill for 1-2 hours, or overnight.
2. Bring the coconut milk to a boil in a wok and add the lime leaves, curry paste, the remaining fish sauce, and the lemongrass. Let simmer gently for 10-15 minutes.
3. Add the fish and the marinade and let simmer for 4-5 minutes, until the fish is cooked. Serve hot with boiled rice with chopped cilantro stirred through it.

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## Seafood Recipes

### Fish In Coconut

#### Ingredients:

2 tbsp vegetable or peanut oil  
6 scallions, chopped coarsely  
1-inch piece fresh gingerroot, grated  
2-3 tbsp Thai red curry paste  
1-3/4 cups coconut milk  
2/3 cup fish stock  
4 kaffir lime leaves  
1 lemongrass stalk, broken in half  
12 oz white fish fillets, skinned and cut into chunks  
8 oz large cooked shelled shrimp  
1 tbsp fish sauce  
4 tbsp Thai soy sauce  
4 tbsp chopped fresh Chinese chives  
boiled jasmine rice with chopped fresh cilantro, to serve

#### Direction:

1. Heat the oil in a wok and stir-fry the scallions and gingerroot for 1-2 minutes. Add the curry paste and stir-fry for 1-2 minutes.
2. Add the coconut milk, fish stock, lime leaves, and lemongrass. Bring to a boil, then reduce the heat and let simmer for 1 minute.
3. Add the fish, squid, and shrimp, and let simmer for 203 minutes, until the fish is cooked. Add the fish and soy sauces and stir in the chives. Serve immediately with jasmine rice with fresh cilantro stirred through it.

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## Seafood Recipes

### Five-willow Fish

#### Ingredients:

- 1 whole sea bass or similar, weighing 1-1-1/2 lb gutted
- 2 tsp salt
- 6 tbsp vegetable or peanut oil
- 2 slices fresh gingerroot
- 2 garlic cloves, finely sliced
- 2 scallions, coarsely chopped
- 1 green pepper, thinly sliced
- 1 red pepper, thinly sliced
- 1 carrot, finely sliced
- 1/2 cup fresh or canned bamboo shoots, rinsed and thinly sliced (if using fresh shoots, boil in water first for 30 minutes)
- 2 tomatoes, peeled, seeded, and thinly sliced
- 1 tbsp Shaoxing rice wine
- 2 tbsp white rice vinegar
- 1 tbsp light soy sauce
- 1 tbsp sugar

#### Direction:

1. Clean the fish and dry thoroughly. Score the fish on both sides with deep, diagonal cuts. Press 1/2 teaspoon of the salt into the skin.
2. In a preheated wok, heat 4 tablespoons of the oil and cook the fish for about 4 minutes on each side, or until the flesh is soft. Drain, then set aside and keep warm.
3. In the clean preheated wok, heat the remaining oil and stir-fry the gingerroot, garlic, and scallions until fragrant. Toss in the vegetables with the remaining salt and stir rapidly for 2-3 minutes. Add the remaining ingredients and mix well for 2-3 minutes. Pour the sauce over the fish and serve at once.

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## Seafood Recipes

### Foo Yung Hai

#### Ingredients:

3 oz Crab meat, cooked chicken or  
-shrimp (optional)  
4 tb Peanut oil  
1 Spring onion, shredded  
-(green onion)  
1 oz Bamboo shoots, shredded  
1 c Bean sprouts  
5 Eggs  
1/4 ts Salt  
2 tb Water  
6 tb Chicken stock  
1 pn Sugar  
1 ts Soy sauce  
2 ts Ketchup  
1 ts Cornstarch

#### Direction:

Shred crab meat or chicken if using. Heat 1 tablespoon of oil in pan and fry onion and bamboo shoots for 1 minute. Beat eggs, add onion, bamboo shoots, bean sprouts, 1/4 ts salt, 2 tb water n crab. Heat another tablespoon oil in the pan, add chicken stock, pinch salt, sugar, soy sauce, ketchup and cornstarch. Mix all well, bring to the boil n keep hot while making omelette. Heat 2 tablespoons oil in omelette pan, stir in egg mixture, cook. Put on hot dish, pour sauce over.

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## Seafood Recipes

### Fried Fish With Pine Nuts

#### Ingredients:

- 1/2 tsp salt
- 1 lb thick white fish fillets, cut into 1-inch cubes
- 2 dried Chinese mushrooms, soaked in warm water for 20 minutes
- 3 tbsp vegetable or peanut oil
- 1-inch piece of fresh gingerroot, finely shredded
- 1 tbsp chopped scallion
- 1 red pepper, cut into 1-inch squares
- 1 green pepper, cut into 1-inch squares
- 1 oz fresh or canned bamboo shoots, rinsed and cut into small cubes (if using fresh shoots, boil in water first for 30 minutes)
- 2 tsp Shaoxing rice wine
- 2 tbsp pine nuts, toasted
- cooked rice, to serve

#### Direction:

1. Sprinkle the salt over the fish and set aside for 20 minutes. Squeeze out any excess water from the mushrooms and finely slice, discarding any tough stems.
2. In a preheated wok, heat 2 tablespoons of the oil and fry the fish for 3 minutes. Drain and set aside.
3. In the clean, preheated wok, heat the remaining oil and toss in the gingerroot. Stir until fragrant, then add the scallion, peppers, bamboo shoots, mushrooms, and Shaoxing and cook for 1-2 minutes.
4. Finally add the fish and stir to warm through. Sprinkle with pine nuts and serve.

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## Seafood Recipes

### Kung Pao Shrimp

#### Ingredients:

12 Jumbo shrimp  
1 qt Corn oil, approx.  
6 Dry red peppers  
1 ts Finely chopped garlic  
2 tb Chopped green onions  
2 tb Soy sauce  
1 1/2 tb Vinegar  
2 tb (level) sugar  
1 ts Sesame oil

#### Sauce:

##### Batter:

1 c Flour  
1/2 c Cornstarch  
1 Egg  
1/2 ts Baking powder

#### Direction:

Peel and devein shrimp and dry thoroughly. Butterfly shrimp: split from back but do not cut through. Dip shrimp in batter. Deep fry shrimp in 2 in. of oil about 3 minutes. Preheat wok or frying pan. Put in 1 tbs. corn oil and heat. Add peppers, garlic, onions, soy sauce, vinegar and sugar. Stir. Add fried shrimp. Baste with sauce. Pour on sesame oil. Serve at once.

Always preheat wok, then add oil. This prevents additional ingredients from sticking.

BATTER: Mix dry ingredients. Gradually add water until mixture is consistency of pancake batter. When preparing the shrimp, use green part of onion as well as white. The green actually has more flavor.

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## Seafood Recipes

### Mixed Seafood Curry

#### Ingredients:

1 tbsp vegetable or peanut oil  
3 shallots, chopped finely  
1-inch piece fresh galangal, peeled and sliced thinly  
2 garlic cloves, chopped finely  
1-3/4 cups canned coconut milk  
2 lemongrass stalks, snapped in half  
4 tbsp fish sauce  
2 tbsp chili sauce  
8 oz uncooked jumbo shrimp, shelled  
8 oz baby squid, cleaned and sliced thickly  
8 oz salmon fillet, skinned and cut into chunks  
6 oz tuna steak, cut into chunks  
8 oz fresh mussels, scrubbed and debearded fresh Chinese chives, to garnish  
boiled rice, to serve

#### Direction:

1. Heat the oil in a large wok and stir-fry the shallots, galangal, and garlic for 1-2 minutes, until they start to soften. Add the coconut milk, lemongrass, fish sauce, and chili sauce. Bring to a boil, reduce the heat, and let simmer for 1-2 minutes.
2. Add the prepared shrimp, squid, salmon, and tuna, and let simmer for 3-4 minutes, until the shrimp have turned pink and the fish is cooked.
3. Add the mussels to the wok and cover with a lid. Let simmer for 1-2 minutes, until they have opened. Discard any mussels that remain closed. Garnish with Chinese chives and serve immediately with rice.

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## Seafood Recipes

### Monkfish Stir-fry

#### Ingredients:

2 tbsp sesame oil  
1 lb monkfish steaks, cut into 1 inch chunks  
1 red onion, sliced thinly  
3 cloves garlic, chopped finely  
1 tsp grated fresh gingerroot  
8 oz fine tip asparagus  
3 cups mushrooms, sliced thinly  
2 tbsp soy sauce  
1 tbsp lemon juice  
lemon wedges, to garnish  
cooked noodles, to serve

#### Direction:

1. Heat the oil in a wok over a medium-high heat. Add the fish, onion, garlic, gingerroot, asparagus, and mushrooms. Stir-fry for 2-3 minutes.
2. Stir in the soy sauce and lemon juice and cook for another minute. Remove from the heat and transfer to warm serving dishes.
3. Garnish with lemon wedges and serve immediately on a bed of cooked noodles.

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## Seafood Recipes

### Monkfish With Lime & Chile Sauce

#### Ingredients:

4x4-oz monkfish fillets  
1/4 cup rice flour or cornstarch  
6 tbsp vegetable or peanut oil  
4 garlic cloves, crushed  
2 large fresh red chiles, seeded and sliced  
2 tsp jaggery or soft light brown sugar  
juice of 2 limes  
grated rind of 1 lime  
boiled rice, to serve

#### Direction:

1. Toss the fish in the flour, shaking off any excess. Heat the oil in a wok and cook the fish on all sides until browned and cooked through, taking care when turning not to break it up.
2. Lift the fish out of the wok and keep warm. Add the garlic and chiles and stir-fry for 1-2 minutes, until they have softened.
3. Add the sugar, the lime juice and rind, and 2-3 tablespoons of water and bring to a boil. Let simmer gently for 1-2 minutes, then spoon the mixture over the fish. Serve immediately with rice.

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## Seafood Recipes

### Oriental Sesame Salmon

#### Ingredients:

1/3 cup orange juice

2 Tbsp. dry sherry

2 Tbsp. teriyaki sauce

1 envelope GOOD SEASONS Oriental Sesame Salad Dressing Mix

1/4 cup oil

1 lb. salmon steaks or fillets

#### Direction:

MIX juice, sherry, teriyaki sauce, salad dressing mix and oil until well blended.

RESERVE 1/4 cup dressing mixture. Pour remaining dressing mixture over salmon; cover. Refrigerate 30 to 60 minutes to marinate. Drain; discard dressing mixture.

PLACE salmon on greased grill over medium-high coals or on rack of broiler pan 3 to 5 inches from heat. Grill or broil 4 to 5 minutes on each side or until salmon flakes easily with fork, brushing occasionally with reserved dressing mixture.

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## Seafood Recipes

### Scallops In Black Bean Sauce

#### Ingredients:

2 tbsp vegetable or peanut oil  
1 tsp finely chopped garlic  
1 tsp finely chopped fresh gingerroot  
1 tbsp fermented black beans, rinsed and lightly mashed  
14 oz scallops  
1/2 tsp light soy sauce  
1 tsp rice wine  
1 tsp sugar  
3-4 red Thai chiles, finely chopped  
1-2 tsp chicken stock  
1 tbsp finely chopped scallion

#### Direction:

1. In a preheated wok, heat the oil. Add the garlic and stir, then add the gingerroot and stir-fry together for about 1 minute, or until fragrant. Mix in the black beans, then toss in the scallops and stir-fry for 1 minute. Add the light soy sauce, Shaoxing, sugar, and chiles.
2. Lower the heat and simmer for 2 minutes, adding the stock if necessary. Finally add the scallion, then stir and serve.

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## Seafood Recipes

### Scallops With Peppers

#### Ingredients:

1 lb scallops  
3 red peppers  
1 tblsp oil  
1 tsp salt  
1 oz fresh ginger  
2 tblsp oil  
pinch of brown sugar  
2 tsp sherry  
1 tsp cornstarch  
2 tsp soy sauce

#### Direction:

Core the peppers and cut into thin rings. Fry in the oil and salt for 1 minute. Add 2 tablespoons water, bring to the boil, cover and simmer for 2 minutes. Drain.

Chop the ginger finely, fry both scallops and ginger in oil for 1 minute. Add the sugar and sherry.

Mix the cornstarch to a smooth paste with the soy sauce and add to the pan. Heat gently, stirring until slightly thickend. Add the peppers and cook for 1 minute.

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## Seafood Recipes

### Shrimp Toasts

#### Ingredients:

3-1/2 oz raw shrimp, peeled, and deveined  
2 egg whites  
2 tbsp cornstarch  
1/2 tsp sugar  
pinch of salt  
2 tbsp finely chopped cilantro  
2 slices day-old white bread  
vegetable or peanut oil, for deep-frying

#### Direction:

1. Pound the shrimp to a pulp in a pestle and mortar or with the base of a cleaver
2. Mix the shrimp with one of the egg whites and 1 tbsp of the cornstarch. Add the sugar and salt and stir in the chopped cilantro. Mix the remaining egg white with the remaining cornstarch.
3. Remove the crusts from the bread and cut each slice into 8 triangles. Brush the top of each piece with the egg white and cornstarch mixture, then add 1 tsp of the shrimp mixture. Smooth the top.
4. Heat enough oil for deep-frying in a wok until it reaches 350-375 F/180-190 C, or until a cube of bread browns in 30 seconds. Without overcrowding the wok, cook the toasts shrimp-side up for about 2 minutes. Turn and cook for an additional 2 minutes, or until beginning to turn golden brown.
5. Drain and serve warm.

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## Seafood Recipes

### Spicy Scallops With Lime & Chile

#### Ingredients:

16 large scallops, shelled  
1 tbsp butter  
1 tbsp vegetable oil  
1 tsp crushed garlic  
1 tsp grated fresh gingerroot  
1 bunch of scallions, finely sliced  
finely grated rind of 1 lime  
1 small fresh red chile, seeded and very finely chopped  
3 tbsp lime juice  
lime wedges, to garnish  
fresh cooked rice, to serve

#### Direction:

1. Using a sharp knife, trim the scallops to remove any black intestine, then wash and pat dry with paper towels. Separate the corals from the white parts, then slice each white part in half horizontally, making 2 circles.
2. Heat the butter and oil in a preheated wok. Add the garlic and gingerroot and stir-fry for 1 minute without browning. Add the scallions and stir-fry for 1 minute.
3. Add the scallops and continue stir-frying over high heat for 4-5 minutes. Stir in the lime rind, chile, and lime juice and cook for an additional 1 minute.
4. Transfer the scallops to serving plates, then spoon over the cooking juices and garnish with lime wedges. Serve hot with freshly cooked rice.

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## Seafood Recipes

### Steamed Fish With Black Beans

#### Ingredients:

- 1 Whole fish (1-1/2 to 2 lbs)
  - (sea bass, whitefish, pike,
  - trout, rock cod)
  - cleaned and scaled
- 1 1/2 ts Salt
  - 1 1" piece fresh ginger root
    - smashed
- 2 Garlic cloves
  - roughly chopped
- 2 tb Fermented black beans
- 2 Whole scallions, shredded
- 3 sl Fresh ginger root, shredded
- 2 tb Soy sauce
- 2 tb Chinese rice wine
  - OR- Dry sherry
- 1 pn Sugar
- 1 1/2 tb Peanut oil
- 1/2 ts Sesame oil

#### Direction:

PLACE THE FISH ON A PLATTER large enough to hold it, and sprinkle it with salt. Squeeze the chunk of ginger in your hand to extract the juice, letting it sprinkle over the fish. (The ginger must be fresh and you must have strong hands to do this; as an alternative, use a garlic press.) Chop the garlic and fermented black beans together. Don't chop too fine or the mixture will become a paste and turn bitter. Scatter the beans, garlic, shredded scallions and shredded ginger over the fish. Mix the soy sauce, rice wine and sugar. Pour it over the fish. If the plate is too long to fit in a bamboo steamer or a wok, improvise a steamer. For example, a roasting pan could serve the purpose, with



## **Seafood Recipes**

### **Steamed Fish With Black Beans**

a trivet standing in the middle to hold the plate. Set the plate on the trivet. Pour boiling water into the pan, but not enough to reach the plate. Cover the pan with aluminum foil and crimp the edges to seal it. Put the pan over low heat to keep the water simmering. A fish 1-inch thick at its widest point will take 10 minutes in the steamer. (The covered pan can also be placed in a 400F oven to cook for the same length of time.) When the fish is done, remove the plate from the steamer. A thin sauce will have formed on the plate. Heat the peanut oil and sesame oil in a small saucepan almost to the smoking point, and pour the mixture over the fish.

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## Seafood Recipes

### Stir Fried Scallops With Asparagus

#### Ingredients:

8 oz scallops  
2 tsp salt  
8 oz asparagus  
3 tbsp vegetable or peanut oil  
1/2 cup fresh or canned bamboo shoots, rinsed and thinly sliced (if using fresh shoots, boil in water first for 30 minutes)  
1 small carrot, finely sliced  
4 thin sliced of fresh gingerroot  
pinch of white pepper  
2 tbsp Shaoxing rice wine  
2 tbsp chicken stock  
1 tsp sesame oil

#### Direction:

1. Sprinkle the scallops with 1 teaspoon of the salt and let stand for 20 minutes.
2. Trim the asparagus, discarding the tough ends. Cut into 2-inch pieces and blanch in a large pan of boiling water for 30 seconds. Drain and set aside.
3. In a preheated wok, heat 1 tablespoon of the oil and cook the scallops for 30 seconds. Drain and set aside.
4. In the clean wok, heat another tablespoon of the oil and stir-fry the asparagus, bamboo shoots, and carrot for 2 minutes. Season with the remaining salt. Drain and set aside.
5. In the clean wok, heat the remaining oil, then add the gingerroot and stir-fry until fragrant. Return the scallops and vegetables to the wok and sprinkle with the pepper, Shaoxing, and stock. Cover and continue cooking for 2 minutes, then toss through the sesame oil and serve.

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## Seafood Recipes

### Sweet And Sour Prawns (shrimp)

#### Ingredients:

- 1 lb fresh peeled prawns
- 2 tblsp tomato ketchup
- 1 tblsp sambal oelek (meshed hot chilies)
- pinch of MSG (monosodium glutamate)
- 1 tblsp sugar
- 1 1/2 rice wine
- 1 tblsp cornstarch stirred in 2 tblsp water
- 1 clove garlic
- 1 1/2 tblsp fresh ginger
- 3 oz scallions

#### Sauce:

- 1 egg white
- 3 tblsp cornstarch
- 1/2 tsp salt
- 3 tblsp water
- 5 tblsp oil

#### Direction:

Marinate prawns for 20 minutes in egg white, cornstarch, salt, water and oil.

Mix together the tomato ketchup, sambal oelek, MSG, sugar, rice wine and cornstarch. Peel garlic and ingwer and chop finely. Also chop scallions finely.

Heat 3/4 litres oil in a pan or wok and fry half of the prawns. Take them out of the pan after 45 seconds and drain them. In another pan or wok put 5 tablespoons of oil and fry garly and ginger for 30 seconds. Add prawns and fry while stirring constantly.



## Seafood Recipes

### **Sweet And Sour Prawns (shrimp)**

Add prepared sauce and fry for 1 minute. Add chopped scallions and 2 tablespoons oil.

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## Pork Recipes

### Moo Shu Pork

#### Ingredients:

1/2 lb. sliced pork per person  
Flour tortillas  
Garlic cloves  
2 c. scallions, chopped  
1 can hoisin sauce  
Finely chopped ginger

#### Direction:

1. Cook pork completely in 2 tablespoons oil.
2. Add garlic, salt, pepper, and shredded ginger.
3. Add hoisin sauce until mixture is coated.
4. Spoon meat and hoisin sauce into edge of flour tortilla.
5. Sprinkle chopped scallions into tortilla.
6. Roll up tortilla.
7. Pick up and eat! A small dish of hoisin sauce to dip the tortilla in is recommended.

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## Pork Recipes

### Oriental Meatballs ( Pearls )

#### Ingredients:

1/2 c Uncooked short grain rice  
3/4 lb Lean ground pork  
2 Water chestnuts  
3 ts Dried shrimp, soaked/minced  
1 Stalk green onion, minced  
1/2 ts Minced ginger  
2 tb Chopped carrot  
2 ts Soya sauce  
4 ts Cornstarch  
1 Egg white  
3/4 ts Sugar  
3/4 ts Salt  
Pinch white pepper

#### Direction:

1-Soak rice in warm water for 1-1/2 to 2 hours. Drain well and set aside. Mix pork with the remaining ingredients in a bowl.

2-Form into 14 meat balls: take a fistful of the mixture and squeeze out a meatball between your thumb and index finger.

3-Use a wet soup spoon to remove meatballs from your fist. Roll the meatballs in the soaked rice until evenly coated. Gently press rice into meatballs. Steam over high heat for 25-30 minutes.

4-Add more water to the steamer if necessary. Serve with soya sauce, if desired.

Pearls can be kept in the refrigerator and restewed.

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## Pork Recipes

### Barbecued Baby Back Ribs

#### Ingredients:

2 tb Sugar 1 tb Dry sherry  
3 tb Hoisin sauce 1/2 ts Finely chop garlic  
1 ds Salt optional 1/2 cup Ketchup  
3 lb Pork back finger ribs cut 1-inch wide by 3 inch long

#### Direction:

Place ribs in nonreactive plastic bowl with a lid. In a separate bowl combine marinade ingredients; sugar sherry hoisin sauce garlic salt (if desired) and ketchup. Mix well and spoon over ribs. Place cover on bowl and shake to coat ribs thoroughly with marinade. Place in refrigerator and marinate for 4 hours or longer. Shake once or twice while marinating to coat again. To avoid mess cover cookie sheet with aluminum foil. Take ribs from refrigerator and shake to coat again. Place ribs on their sides on cookie sheet. Don't crowd or they won't be crispy. Bake at 350 degrees for 30 minutes. Turn over with tongs and bake additional 20- 30 minutes. Check carefully last 10 minutes of baking to prevent burning.

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## Pork Recipes

### Barbecued Lamb On Skewers

#### Ingredients:

2 lb Stewing lamb cut in 1 1/4" cubes  
4 tb Fresh lemon juice 3 Cloves garlic minced  
1 tb Hot chili oil (or 1/2 ts Cayenne and  
1 tb Salad oil) 1/4 ts Salt  
1 pn Sugar

#### Direction:

Combine all ingredients and marinate lamb cubes for 2 hours in covered bowl. Drain lamb reserving marinade for basting during barbecuing. Skewer lamb; you should have enough for two skewers per serving. Barbecue until browned but still juicy. Overcooking will dull flavors. Serve with nang (Moslem bread) or shao bing (baked sesame rolls).

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## Pork Recipes

### Barbecued Pork (cha Siu)

#### Ingredients:

- 1 lb Lean Pork butt
  - 1/4 ts Salt
  - Dash of pepper
- 1 1/4 tb Sugar
  - 2 ts Thin soy sauce
  - 1 ts Roasting salt
- 1 1/2 ts Oyster Sauce
- 1 1/2 ts Hoisin sauce
  - 2 ts White wine
  - 1 tb Honey
- 1 c Water (for roasting)

#### Direction:

1. Cut meat into pieces approximately 5" x 2" x 1"
2. Sprinkle meat with each of the remaining ingredients, except water, mix well, and marinate over night (or for at least 5 hours) in the refrigerator.
3. Pre-heat oven at 375 degrees.
4. In a roasting pan add 1 cup water. Place rack on top. Place pork on rack and roast for 1/2 hour on each side. Total cooking time 1 hour. Baste 3 or 4 times. Do not cover.

NOTE: Barbecued pork can be frozen for 3 months or refrigerated for 1 week.

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## Pork Recipes

### Chinese Spare Ribs

#### Ingredients:

1-2 lbs spare ribs, each cut in thirds for smaller pieces

1 Tbsp cooking wine (rice wine works well)

2 Tbsp sugar

3 Tbsp vinegar

4 Tbsp soy sauce

5 Tbsp water

#### Comment:

Get the butcher to saw them with a belt saw is usually better, as the cleaver creates bone fragments which are unpleasant when eating the ribs.

#### Direction:

Heat a large skillet with some oil in it, and start to brown the spare ribs. Once the ribs are seared and browned, add the rest of the ingredients. Mix well and bring to a boil. Cover and reduce heat to medium-low. Cook for about 20-25 minutes, and it's ready to serve!

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## Pork Recipes

### Crispy Prk Dumplings

#### Ingredients:

12 oz/350 g/1/2 cups ground pork  
2 tbsp finely chopped fresh cilantro  
1 garlic clove, crushed  
1 fresh green chile, seeded and chopped  
3 tbsp cornstarch  
1 egg white  
1/2 tsp salt  
16 wonton skins  
1 tbsp water  
vegetable or peanut oil, for cooking  
chili sauce, to serve

#### Direction:

1. Put the pork in a bowl and beat in the cilantro, garlic, chile, 1 tablespoon of the cornstarch, the egg white, and salt. Beat together to a thick, smooth texture. With damp hands shape into 16 equal portions and roll into balls.
2. Put a pork ball in the center of each wonton skin. Make a paste by mixing the remaining cornstarch with 1 tablespoon of water. Brush the edges of the skins with the cornstarch paste and gather them up around the filling to make half into small, sacklike packages, and the rest into triangular shapes.
3. Arrange the dumplings in a single layer (in batches if need be) in the top of a steamer and cook over boiling water for 10-15 minutes, until the meat is cooked through.
4. Heat the oil in a wok and carefully drop the packages into it. Deep-fry for 2-3 minutes, until golden brown and crisp. Drain on paper towels.
5. Serve hot with chili sauce.

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## Pork Recipes

### Egg Fu Yung (pork)

#### Ingredients:

1/2 Pork, cut into  
small pieces  
1 teaspoon salt  
1 teaspoon cornstarch  
2 teaspoons sherry  
5 eggs  
1 teaspoon soy sauce  
4 tablespoons oil  
1/2 onion, chopped  
1 scallion, chopped  
4 water chestnuts, chopped  
1/4 cup fresh mushrooms, sliced  
1 cup bean sprouts  
2 to 4 cups oil for deep-frying

#### Sauce:

1 cup chicken stock  
2 tablespoons light soy sauce  
1 tablespoon cornstarch, dissolved in 1 tablespoon water  
Pepper to taste

#### Direction:

Gently beat the eggs with the salt, sherry, and pepper. Add the crabmeat, celery, black mushrooms, bean sprouts, and onion and mix well.

Heat the oil in a nonstick work or stir-fry pan over medium-high heat until the oil is not smoking. Test by dipping the end of a spatula into the egg mixture and then into the oil; it should sizzle. Add the egg mixture to the hot oil. Let the eggs sit without stirring until the bottom is slightly set but the top is still runny. With a spatula, turn sections of the eggs over. Continue turning the eggs until the mixture is set on both sides. Remove to a serving platter. Serve immediately.

Variation: Serve the Egg Foo Yung with a restaurant-style brown sauce. Make the sauce before cooking the eggs.



## **Pork Recipes**

### **Egg Fu Yung (pork)**

Mix together 1 cup homemade Chinese Chicken broth, plus 1/2 teaspoon salt or 1 cup of canned chicken broth, 1/2 teaspoon ketchup, 1 1/2 teaspoons soy sauce, and 2 tablespoons flour, mixed with 2 tablespoons cold water into a smooth paste, in a saucepan. Cook over medium heat, stirring constantly with a wire whisk. Bring to a boil and stir until the sauce is thickened. Simmer 2 minutes to eliminate the raw taste of the flour. Pour the sauce freely over the cooked eggs.

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## Pork Recipes

### Fried Rice & Pork

#### Ingredients:

1lb 6oz of pork chops.  
1 tbsp of soy sauce  
pinch of salt & ground pepper  
1 tbsp of cooking wine  
1 tsp of sugar  
4 oz of Onions cut into slices  
1 lb of tomatoes cut into equal pieces  
4 oz of mushrooms cut into small pieces  
7 tbsp of water  
2 tsp of corn flour  
2 tbsps of vegetable oil  
3 tbsps of tomato ketchup

#### Direction:

##### Six Steps:

- 1-Place pork chops on chopping board and tenderize using a meat hammer.
- 2-Place pork chops in a mixing bowl and add soy sauce, salt, pepper, cooking wine and sugar.
- 3-Leave to marinade for 1 hour. Cook the pork chops for approximately 15 minutes, then place on a chopping board, cut into cube pieces and stir the pieces in with the fried-rice.
- 4-To make the sauce: place 2tbsps of vegetable oil in a Wok and cook the onions, mushrooms and tomatoes for about 10 minutes.
- 5-Pour water into the wok and simmer for 5 minutes, before adding the tomato ketchup, salt, pepper and sugar. To thicken the sauce add corn flour mixture.
- 6-Pour the sauce over the pork chop fried rice and serve.

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## Pork Recipes

### Hoisin Pork With Garlic Noodles

#### Ingredients:

9 oz dried thick Chinese egg noodles  
1 lb pork fillet, thinly sliced  
1 tsp sugar  
1 tbsp peanut or corn oil  
4 tbsp rice vinegar  
4 tbsp white wine vinegar  
4 tbsp hoisin sauce  
2 scallions, diagonal  
2 tbsp garlic-flavored oil  
2 large garlic cloves, thinly sliced  
chopped fresh cilantro

#### Direction:

1. Start by boiling the noodles for 3 minutes, until soft. Alternatively, cook according to the package instructions. Drain well, rinse under cold water to stop the cooking, and drain again, then set aside.
2. Meanwhile, sprinkle the pork slices with the sugar and use your hands to toss together. Heat a wok over high heat. Add the oil and heat until it shimmers. Add the pork and stir-fry for about 3 minutes, until the pork is cooked through and is no longer pink. Use a slotted spoon to remove the pork from the wok and keep warm. Add both vinegars to the wok and boil until they are reduced to about 5 tablespoons. Pour in the hoisin sauce with the scallions and let bubble until reduced by half. Add to the pork and stir together.
3. Quickly wipe out the wok and reheat. Add the garlic-flavored oil and heat until it shimmers. Add the garlic slices and stir round for about 30 seconds, until they are golden and crisp, then use a slotted spoon to scoop them out of the wok and set aside.
4. Add the noodles to the wok and stir them round to warm. Divide the noodles between 4 plates, top with the pork and onion mixture, and sprinkle over the garlic slices and cilantro.



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## Pork Recipes

### **Hoisin Pork With Garlic Noodles**

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## Pork Recipes

### Katsudon

#### Ingredients:

4 tbsp all-purpose flour  
1 egg, lightly beaten  
4 oz generous  
2-1/2 cups bread crumbs  
4 pork chops, bones removed, oil for pan-frying  
1 pint scant  
2-1/2 cups dashi stock  
4 tbsp soy sauce  
2 tbsp mirin  
1 onion, sliced  
4 eggs  
1 lb 5 oz cooked short-grain rice

#### Direction:

1. Put the flour, egg, and bread crumbs separately into 3 shallow bowls large enough to fit a pork chop. Roll a rolling pin over each chop to thin it a little.
2. Dip each chop first in the flour, then in the egg, and finally in the bread crumbs to coat. Cover with a plastic wrap and let chill in refrigerator for 10 minutes, then dip again in the egg and bread crumbs.
3. Preheat a wok over high heat. Add oil to a depth of about 3/4 inch/2 cm and heat until very hot. Add the chops, one at a time, reduce the heat to medium, and cook for 4 minutes on each side, or until the pork is cooked through and the bread crumbs are golden. Remove and slice.
4. Meanwhile, put the stock, soy sauce, and mirin in a pan and bring to a simmer. Add the onion and let simmer for 5 minutes. Beat the eggs in a bowl, then pour over the onions in the stock. Cover and cook for 1 minute.
5. Divide the rice between 4 bowls. Lay the pork slices on top, then ladle some of the egg, onion, and stock over the pork and rice.



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## **Pork Recipes**

### **Katsudon**

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## Pork Recipes

### Moo Shu Pork 2

#### Ingredients:

1/2 lb. boneless pork loin, thinly sliced  
2 tbsp. sherry  
2 tbsp. soy sauce  
2 tsp. cornstarch  
1/2 tsp. ginger  
3 eggs, scrambled very dry in 2 tbsp. oil  
1 lg. tbsp. housin sauce  
2 tbsp. oil  
1 can water chestnuts, sliced  
1/2 head finely shredded cabbage  
1/3 c. finely sliced green onions  
Sesame seeds

#### Direction:

1. Stir-fry pork, cabbage, green onions and water chestnuts in 2 tablespoons oil.
2. Add garlic, salt, pepper, and shredded ginger.
3. Add sauce & scrambled egg until mixture is coated.
4. Spoon meat and sauce into edge of flour tortilla.
5. Sprinkle chopped scallions into tortilla.
6. Roll up tortilla.
7. Pick up and eat! A small dish of hoisin sauce to dip the tortilla in is recommended.

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## Pork Recipes

### Noodle & Pork Stirfry

#### Ingredients:

300 g thick fresh egg noodles  
2 Tbsp peanut or vegetable oil  
2 thin slices fresh ginger, peeled  
1 clove garlic, peeled and smashed  
3 green onions, finely shredded  
200 g red barbecued fillet of pork, cut into julienne strips  
1 Tbsp Shaoxing cooking wine or dry sherry  
125 g fresh bean sprouts, tails removed  
75 g fresh pea sprouts, cut in half and stalks discarded  
50 g radish sprouts, cut in half and stalks discarded  
1½ Tbsp soy sauce  
1½ Tbsp oyster sauce  
½ tsp sugar

#### Sauce:

Combine all the seasonings in a small bowl before you start.

#### Direction:

Cook the noodles in a large pan of boiling salted water for a few minutes until tender. Drain and rinse with cold water. Set aside.

Heat a wok until hot, add the oil and toss in the ginger and garlic, pressing them into the oil. Throw in the green onions and pork and toss to coat with oil, about one minute.

Splash in the wine or sherry and stir-fry for 20 seconds.

Stir-fry in swift tossing motions then pour in the seasonings and discard the ginger and garlic.

Add the drained noodles and, using a spatula, toss well to combine.

Add the bean, radish and snow pea sprouts just at the end.

Scoop and lift the sprouts into the noodles and pork until evenly covered by the sauce. Pour into a hot serving bowl and serve immediately



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## **Pork Recipes**

### **Noodle & Pork Stirfry**

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## Pork Recipes

### Noodles With Spicy Pork

#### Ingredients:

- 1 lb Fresh angel hair pasta or  
-other very fresh noodles
- 2 ts Chinese sesame oil
- 1 1/2 lb Very lean ground pork
- 4 tb Ginger grated coarse
- 2 lg Cloves minced garlic
- 2 ts To 4 ts hot chili sauce  
-with garlic
- 4 ts Reduced sodium soy sauce
- 4 tb Dry sherry
- 3 tb Hoisin sauce
- 1 1/2 c Chicken stock
- 4 Chopped scallions

#### Direction:

Cook noodles according to package directions. Heat sesame oil in wok or skillet and brown pork. Stir in ginger and garlic; saute 30 seconds, stirring. Reduce heat and add chili sauce, soy sauce, sherry and hoisin sauce; mix thoroughly. Add chicken stock; raise heat and cook quickly to reduce liquid. Remove from heat, stir in scallions and mix thoroughly with noodles. Let stand, covered, 30 minutes to blend flavors. Stir occasionally.

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## Pork Recipes

### Pork & Crab Meatballs

#### Ingredients:

8 oz pork fillet, chopped  
5-3/4 oz canned crabmeat, drained  
3 scallions, chopped finely  
1 garlic clove, chopped finely  
1 tsp Thai red curry paste  
1 tbsp cornstarch  
1 egg white  
vegetable or peanut oil, for deep-frying  
boiled rice, to serve

#### Sauce:

1 tbsp vegetable or peanut oil  
2 shallots, chopped  
1 garlic clove, crushed  
2 large red chilies, seeded and chopped  
4 scallions, chopped  
3 tomatoes, chopped coarsely

#### Direction:

1. Put the pork and crabmeat into a bowl and mix together. Add the scallions, garlic, curry paste, cornstarch, and egg white, and beat well to make a thick paste. With damp hands shape the mixture into walnut-size balls.
2. Heat the oil in a wok and deep-fry the balls, in batches, for 3-4 minutes, turning frequently, until golden brown and cooked. Drain on paper towels and keep warm.
3. To make the sauce, heat the oil in a wok and stir-fry the shallots and garlic for 1-2 minutes. Add the chilies and scallions and stir-fry for 1-2 minutes, then add the tomatoes. Stir together quickly, then spoon the sauce over the pork and crab balls.

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## Pork Recipes

### Pork And Bamboo Shoots

#### Ingredients:

2 lb lean pork  
1/4 cup soy sauce  
1 tblsp sherry  
1 tsp brown sugar  
1 tsp ground ginger  
1 litre water  
4 oz bamboo shoots

#### Direction:

Cut the pork into small cubes. Mix the soy sauce, sherry, sugar and ginger together, add to the pork, toss well and leave for 10 minutes.

Put pork and flavourings in a large pan, add the water and bring gently to the boil, cover and simmer for 1 hour.

Drain bamboo shoots and shred finely, add to the pan and simmer for 10 minutes. If wished, liquid may be thickened with 1 tablespoon cornstarch. mixed with a little cold water.

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## Pork Recipes

### Pork Fried With Ginger And Mushrooms

#### Ingredients:

1 tablespoon corn flour or all-purpose flour  
pinch cayenne  
1 tablespoon rice vinegar  
1 pound pork fillet, thinly sliced  
5 tablespoons vegetable oil  
1/2 pound button mushrooms, halved  
2 cloves garlic, crushed  
1 1-inch piece ginger, chopped  
1/2 cup hot water  
1 tablespoon dark soy sauce  
1 tablespoon fish sauce  
salt and pepper to taste  
1 tablespoon chopped cilantro  
2 tablespoons chopped scallions

#### Direction:

1 To make the marinade, mix together the soy sauce, flour, cayenne, and vinegar in a bowl. Add the pork slices, and marinate for at least 2 hours in the refrigerator.

2 Heat the oil in a wok or frying pan. Fry the mushrooms for 2 minutes. Remove with a slotted spoon and drain on paper towels. Reheat the oil, add half of the pork, and stir-fry for 2 minutes. Remove the pork with a slotted spoon and transfer to a bowl. Repeat with the remaining pork.

3 You should have some clear oil in the wok or frying pan by now, with some flour from the marinade sticking to the bottom. This will thicken the sauce at the end of cooking. Discard most of the oil, leaving about 1 tablespoon.

4 Heat the oil, then add the garlic and ginger. Stir, then add the water, soy sauce, and fish sauce. Continue stirring. The sauce should be starting to thicken by now. Add the pork and mushrooms and season with salt and pepper. Stir-fry for 2 minutes.

5 Just before serving, add the cilantro and scallions and stir for 1/2 more minute. Serve



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## **Pork Recipes**

### **Pork Fried With Ginger And Mushrooms**

immediately with boiled rice, noodles, or pasta.

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## Pork Recipes

### Pork Lo Mein

#### Ingredients:

6oz boneless lean pork, shredded  
8oz egg noodles  
1 1/2 tbsp vegetable or peanut oil  
2 tsp chopped garlic  
1tsp chopped fresh gingerroot  
1 carrot chopped  
8oz sliced mushroom  
1 green pepper thin sliced  
1 tsp salt  
4 fl oz chicken stock  
7oz bean sprouts  
2 tbsp chopped scallion

#### Sauce:

1tsp light soy sauce  
dash of sesame oil  
pinch of white pepper

#### Direction:

1. Combine all the marinade ingredients in a bowl and marinate the pork for at least 20 minutes.
2. Cook the noodles according to the directions on the package. When cooked, drain and then set aside.
3. In a preheated wok, heat 1 teaspoon of the oil and stir-fry the pork until the color has changed. Set aside.
4. Clean the wok.
5. Heat the remaining oil and stir-fry the garlic and gingerroot. Add carrot and cook 1 minute, then add mushrooms and cook for 1 more minute. Add the pork, salt, and stock and heat through. add in noodles, bean sprouts, stir add scallion and serve.

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## Pork Recipes

### Pork With Green Beans And Mushrooms

#### Ingredients:

- 4 c Green beans, fresh or frozen
- 1 1/2 c Sliced fresh mushrooms
- OR
- 1 c Canned mushrooms
- 1 c Shredded pork
- 1 md Onion, sliced
- 1 tb Soya sauce
- Salt
- 3/4 c Water
- 3 tb Oil
- 1 1/2 tb Corn starch, dissolved in
- 1/2 c Water

#### Comment:

Ground beef or chicken may be substituted for the meat above.

#### Direction:

1. Slice and prepare all ingredients.
2. Place oil in wok and heat up moderately. Add pork and onions to wok and stir fry together two minutes. Add soya sauce, beans, salt and 3/4 cup of water. Cover wok and cook ingredients a full 6 minutes under medium high heat. Lift cover of wok several times to stir ingredients so that all will be cooked through. At the end of six minutes, add mushrooms. Cook a further 3 minutes, with wok covered. Lift cover once or twice to stir ingredients to mix them. Mix corn starch in 1/2 cup of water. Lift cover off wok, add starch solution to form gravy. Shut heat off.



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## Pork Recipes

### **Pork With Green Beans And Mushrooms**

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## Pork Recipes

### Pork With Mushrooms

#### Ingredients:

1 lb lean pork  
1 tblsp soy sauce  
1 tblsp sherry  
2 tblsp oil  
4 oz fresh mushrooms  
1 tsp cornstarch  
1/4 cup stock or water

#### Direction:

Cut the pork in paper thin slices, add the soy sauce and sherry. Toss well. Heat the oil and fry the meat over fierce heat, stirring all the time, for 2 minutes. Remove from the pan and keep hot. Wash and dry the mushrooms. Slice them thinly and fry quickly in the remaining fat. Add the meat again and mix well.

Mix the cornflour (cornstarch) to a smooth paste with the stock or water, add to the pan and heat gently, stirring all the time, until slightly thickened.

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## Pork Recipes

### Pork With Mushrooms & Garlic

#### Ingredients:

4 tsps light soy sauce  
4 tsps white wine vinegar  
4 tsps sugar  
250 ml chicken stock  
2 tsps cornflour plus some for dredging  
250 g pork loin or turkey stir fry  
150 ml groundnut oil  
350g chestnut mushrooms, quartered  
3 small red chillies, deseeded and sliced  
1" ginger, peeled and cut in thin shreds  
4 cloves garlic, peeled & chopped  
3 shallots, peeled & chopped  
4-6 tsps chopped coriander

#### Direction:

Mix the soy sauce with the vinegar, sugar and stock.

Stir the cornflour with 2 tsps of water until dissolved, then add to the stock.

Cut the pork loin into thin slices, then toss it in the cornflour and a generous pinch of salt.

Heat the oil in a wok. When hot add the pork. Stir and fry until the edges have caramelized. Keep the heat high. Scoop out the pork with a slotted spoon and set aside.

Add the mushrooms and fry for 1-2 minutes until golden. Remove and add to the pork.

In remaining oil add the chillies, garlic, ginger and shallots. Stir and fry until the garlic is deep gold and soft. Add the pork, mushrooms and stock. Keep stirring as the mixture thickens. Add a few shakes of soy then the coriander.

Serve with rice or potato cakes.



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## **Pork Recipes**

### **Pork With Mushrooms & Garlic**

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## Pork Recipes

### Spicy Sichuan Pork

#### Ingredients:

10 oz pork belly, thinly sliced  
1 tbsp vegetable or peanut oil  
1 tbsp chili bean sauce  
1 tbsp fermented black beans, rinsed and lightly mashed  
1 tsp sweet red bean paste (optional)  
1 green pepper, finely sliced  
1 red pepper, sliced  
1 tsp sugar  
1 tsp dark soy sauce  
pinch of white pepper  
cooked rice, to serve

#### Direction:

1. If cooking the pork especially for this dish, bring a pan of water to a boil and place the pork in the pan, then cover and simmer for about 20 minutes, skimming occasionally. Let the pork cool and rest before slicing thinly.
2. In a preheated wok, heat the oil and stir-fry the pork slices until they begin to shrink. Stir in the chili bean sauce, then add the black beans and the red bean paste, if using. Finally, toss in the peppers and the remaining ingredients and stir-fry for a couple of minutes.

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## Pork Recipes

### Stir Fried Pork & Peppers

#### Ingredients:

1 tbsp vegetable or peanut oil  
1 tbsp chili oil  
1 lb pork fillet, sliced thinly  
2tbsp green chili sauce  
6 scallions, sliced  
1-inch piece fresh gingerroot, sliced thinly  
1 red bell pepper, seeded and sliced  
1 yellow bell pepper, seeded and sliced  
1 tbsp oyster sauce  
2 tbsp Thai soy sauce  
juice of 1/2 lime  
4 tbsp chopped fresh parsley  
cooked flat rice noodles, to serve

#### Direction:

1. Heat both the oils in a wok. Add the pork, in batches, and stir-fry until browned all over. Remove.
2. Add the chili sauce, scallions, and gingerroot to the wok and stir-fry for 1-2 minutes. Add the bell peppers and stir-fry for 2-3 minutes.
3. Return the meat to the wok, stir well, and add the oyster sauce, soy sauce, and lime juice. Cook for an additional 1-2 minutes, then stir in the parsley and serve with flat rice noodles.

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## Pork Recipes

### Sweet And Sour Pork Stir-fry

#### Ingredients:

225g (8oz) lean pork grilling/frying steaks, cut into thin strips  
5ml (1tsp) oil 1 onion, cut into chunks  
2cloves garlic, crushed 1 yellow pepper, cut into chunks  
4 spring onions, cut into large chunks  
4 cherry tomatoes, cut in half  
60ml (4tbsp) pineapple or apricot jam  
30ml (2tbsp) tomato ketchup  
30ml (2tbsp) tomato puree  
15ml (1tbsp) malt vinegar

#### Direction:

1. In wok stir-fry the pork in the oil until browned.
2. Add the onion, garlic, pepper and spring onions and cook for 2-3 minutes.
3. Add the tomatoes and sauce ingredients and cook for a further 2-3 minutes.

Serve the sweet and sour pork with egg noodles

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## Pork Recipes

### Wood-ear Mushrooms And Pork Stir Fry

#### Ingredients:

- 1 oz. dried wood-ear mushrooms
- 2 cups beef stock
- 1 teaspoon Chinese five spice
- 1 teaspoon hoisin sauce
- 1 teaspoon low-salt soy sauce
- 1/2 teaspoon fish sauce
- 1 teaspoon garlic, minced
- 1 tablespoon sesame oil
- 1 tablespoon scallions, sliced (white part only)
- 1 1/2 pound piece of pork tenderloin, left over or cooked fresh
- 1 1/2 tablespoons arrowroot mixed with 1/3 cup of water

#### Direction:

Combine mushrooms, beef stock, five spice, hoisin, soy and fish sauces along with garlic. Bring to a simmer. Simmer slowly for about 45 minutes. Remove mushrooms and slice into thin strips (remove tough stems.) Mushrooms should feel crunchy when bitten.

Heat a wok or large frying pan over medium-high heat. Add pork and scallions and stir-fry just until scallions are translucent. Add remaining ingredients along with the mushrooms. Simmer for about five minutes. Thicken sauce with arrowroot mixture.

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## Rice/Noodle Recipes

### Chicken And Cold Noodles With Spicy Sauce

#### Ingredients:

1 whole bone-in chicken breast, with skin  
6 ounces dry Chinese noodles  
1 teaspoon sesame oil  
1/4 cup tahini  
3 tablespoons water  
1 tablespoon sesame oil  
2 teaspoons chili oil (optional)  
3 tablespoons soy sauce  
2 tablespoons red wine vinegar  
1/4 cup peanut oil  
2 tablespoons minced garlic

#### Direction:

In large saucepan over medium high heat, bring 6 cups water to boil. Add chicken breast, and return to boil. Reduce heat to low. Simmer, uncovered, about 15 minutes. Remove meat from broth, and set aside to cool.

Bring broth to boil again, and add noodles. Cook, stirring occasionally, 5 to 7 minutes. Drain, reserving broth for another use if desired. Rinse noodles under cold running water until chilled. Drain again, and transfer to serving bowl. Toss lightly with 1 teaspoon sesame oil.

Cut or pull chicken meat into fine shreds, discarding skin and bones. Set aside.

Combine tahini and 3 tablespoons water, stirring to blend. Add chili oil, soy sauce, vinegar, 1 tablespoon sesame oil, peanut oil, and garlic. Mix well.

Arrange the chicken on top of noodles in serving dish. Spoon sauce over all.

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## Rice/Noodle Recipes

### Chicken Rice

#### Ingredients:

1/2 (3 pound) whole chicken, cut into pieces  
8 ounces Chinese-style sausages  
1 teaspoon salt  
1 tablespoon dark soy sauce  
2 tablespoons sesame oil  
1/2 slice fresh ginger root, chopped  
12 dried shiitake mushrooms, soaked until soft  
3 cups long-grain white rice  
2 1/2 cups boiling water  
3 tablespoons chopped fresh cilantro  
3 tablespoons thinly sliced green onion

#### Direction:

Marinate the chicken and sausages in the soy sauce and 1 teaspoon salt and set aside.

Heat sesame oil in a large, nonstick wok. Stir fry the ginger until fragrant. Add the sausages and chicken and stir fry until brown. Add the mushrooms and fry for another 3 minutes. Stir in the rice and season with salt and pepper.

Transfer the mixture to a rice cooker and add water. When rice is cooked, garnish with chopped coriander and spring onions.

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## Rice/Noodle Recipes

### Chinese Chicken Fried Rice

#### Ingredients:

- 1/2 tablespoon sesame oil
- 1 onion
- 1 1/2 pounds cooked, cubed chicken meat
- 2 tablespoons soy sauce
- 2 large carrots, diced
- 2 stalks celery, chopped
- 1 large red bell pepper, diced
- 3/4 cup fresh pea pods, halved
- 1/2 large green bell pepper, diced
- 6 cups cooked white rice
- 2 eggs
- 1/3 cup soy sauce

#### Direction:

Heat oil in a large skillet over medium heat. Add onion and saute until soft, then add chicken and 2 tablespoons soy sauce and stir-fry for 5 to 6 minutes.

Stir in carrots, celery, red bell pepper, pea pods and green bell pepper and stir-fry another 5 minutes. Then add rice and stir thoroughly.

Finally, stir in scrambled eggs and 1/3 cup soy sauce, heat through and serve hot.

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## Rice/Noodle Recipes

### Chinese Cold Pasta Salad

#### Ingredients:

8 ounces dry fettuccine pasta  
2 tablespoons natural peanut butter  
1/2 cup vegetable broth  
2 tablespoons soy sauce  
3 cloves garlic, minced  
2 teaspoons crushed red pepper flakes  
1 red bell pepper, chopped  
2 green onions, chopped  
1/2 cup chopped fresh cilantro

#### Direction:

Cook pasta in a large pot of boiling water until al dente. Rinse and drain. Set aside.

In a large bowl, combine peanut butter, broth, soy sauce, garlic, and crushed red pepper. Mix well. Add pasta, sliced red pepper, scallions, and cilantro; toss to combine. Chill.

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## Rice/Noodle Recipes

### Chinese Fried Rice

#### Ingredients:

4 cups cooked long grain rice, at least 1 day old  
12 to 16 ounces of cooked ham, beef, pork, shrimp or chicken  
salt & pepper  
2 to 4 tablespoons of soy sauce  
2 tablespoons Chinese bead molasses  
4 tablespoons oil, preferably peanut oil  
1 green pepper, cut into julienne  
1 regular size can bean sprouts, drained or equivalent amount of fresh bean sprouts, optional  
6 green onions, sliced  
6 eggs, slightly beaten

#### Direction:

Heat oil in large skillet. Add the green pepper and a little salt and pepper. Fry for one minute. Loosen rice with your hands, to separate the grains, and sprinkle them into pan. When rice is hot and separated, push it to the outside edges of pan. Put the meat and green onions into center of pan. Fry them for a moment and mix them thoroughly with rice, along with soy sauce and bead molasses. Form a well in the center of rice and drop in eggs and fry them until the consistency of creamy scrambled eggs. Then mix the eggs into the rice. Finally, stir in bean sprouts. Serve with soy sauce. Serves four.

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## Rice/Noodle Recipes

### Chinese Noodle Chicken

#### Ingredients:

4 skinless, boneless chicken breasts  
1 tablespoon vegetable oil  
1/2 cup sliced onion  
2 cups broccoli florets  
2 carrots, julienned  
2 cups snow peas  
4 cups dry Chinese noodles  
1/4 cup teriyaki sauce

#### Direction:

In a large skillet brown chicken in oil, stirring constantly until juices run clear.

Add the onion, broccoli, carrots and peas. Cover skillet and steam for 2 minutes.

Add the Chinese noodles and teriyaki sauce. Stir noodles into chicken/vegetable mixture, making sure they are coated with sauce. When the noodles wilt, serve.

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## Rice/Noodle Recipes

### Chinese Style Fried Rice

#### Ingredients:

1 c Water  
1/3 c Onion  
1 1/3 c rice  
1/2 c Water  
1 Egg  
3 tb Soy sauce  
3 tb Butter

#### Direction:

In a small saucepan, bring 1 cup water to a boil. Stir in rice, remove from heat, cover and let stand 5 minutes. Meanwhile using a 10" skillet, cook 1 slightly beaten egg in 3 T butter. Add 1/3 cup chopped onion to the rice. Saute, stirring over medium heat until mixture is slightly browned. Mix 1/2 cup water with 2-3 T soy sauce and stir into the rice.

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## Rice/Noodle Recipes

### Cold Szechuan Noodles And Shredded Vegetables

#### Ingredients:

16 ounces dried soba noodles  
1/4 cup tamari  
1/4 cup sesame oil  
1 tablespoon rice vinegar  
1 tablespoon white sugar  
1/2 teaspoon chili oil  
1 red bell pepper, thinly sliced  
1 cup chopped green onions  
2 carrots, julienned

#### Direction:

In a large stockpot, cook pasta in boiling salted water until al dente. Rinse with cool water; drain well.

In a small bowl mix together 3 tablespoons tamari sauce, 3 tablespoons sesame oil, vinegar, sugar and Chili oil.

Using tongs, toss noodles with sauce to coat well. Marinate in a covered bowl for 2 hours, or up to 24 hours, tossing occasionally.

Bring marinated noodles to room temperature. Mix the remaining 1 Tablespoon each of tamari and oil and pour over the noodles. Three hours before serving stir in sweet red peppers, two thirds of the green onions, and half of the grated carrots.

To serve, mound the noodles on a serving platter and sprinkle with the remaining green onions and carrots.

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## Rice/Noodle Recipes

### Peanut Thai Noodle Salad

#### Ingredients:

- 1/4 cup lime juice
- 1/4 cup low sodium soy sauce
- 3 Tbsp. honey
- 1/2 cup PLANTERS Unsalted COCKTAIL Peanuts, coarsely chopped, divided
- 8 oz. fusilli pasta, uncooked
- 2 carrots, cut into matchstick strips (about 1 cup)
- 1 cup pea pods, cut into matchstick strips
- 1 small red pepper, cut into matchstick strips (about 1 cup)

#### Direction:

PLACE lime juice, soy sauce, honey and 1/4 cup peanuts in electric blender or food processor container; cover. Blend until smooth; set aside.

COOK pasta as directed on package, adding carrots, pea pods and pepper strips to boiling water during last 3 minutes of cooking time. Drain pasta and vegetables.

RESERVE 1/4 cup peanut sauce. Toss pasta with remaining peanut sauce. Refrigerate until ready to serve. Let pasta stand at room temperature 30 minutes before serving. To serve, toss pasta with reserved peanut sauce and remaining peanuts.

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## Sauce Recipes

### Asian Marinade (for Fish)

#### Ingredients:

1/4 c Soy sauce or tamari  
2 tb Dark sesame oil  
2 tb Rice vinegar  
1 tb Minced garlic  
1 tb Minced ginger  
1 Scallion sliced thin - (about 2 tb)  
Ground black pepper to taste

#### Direction:

Mix all ingredients together. Marinate fish for 30 minutes turning after 15 minutes. Then grill for about 8 minutes.

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## Sauce Recipes

### Basic Chinese Sauces

#### Ingredients:

4 ts Soy sauce  
1 ts Sesame oil  
1 ts Oyster sauce  
1 ts Chili paste

#### Direction:

Combine all ingredients in a small bowl and mix well. Stir-fry your meat first and set aside; then stir-fry your vegetables return meat to wok or skillet with the sauce mixture. This recipe would be for using 1 lb of meat but I like to double this recipe as we like a lot of sauce.

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## Sauce Recipes

### Basic Stir Fry Sauce

#### Ingredients:

1 1/2 tsp. sesame oil  
1/2 tsp. minced garlic  
1/2 tsp. minced ginger  
1/2 cup chicken broth  
1 Tbs. soy sauce  
1 Tbs. brown sugar  
1/8 tsp. Tabasco  
1/2 tsp. salt  
1/4 tsp. pepper  
1 1/2 tsp. lemon or lime juice  
1 1/2 tsp. cornstarch  
1 Tbs. rice wine or sherry

#### Direction:

Heat the sesame oil in a small saucepan. Add the ginger and garlic and stir-fry 15-30 second over medium heat to bring out the flavor. Add the chicken broth, soy sauce, brown sugar, Tabasco, salt, pepper, and lemon juice. Bring just to a boil, stirring. Dissolve the cornstarch in the wine and whisk into the sauce. Heat until sauce thickens and reaches a full boil. Simmer for 30 seconds. Remove from the heat and set aside.

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## Sauce Recipes

### Bbq Sauce For Pork

#### Ingredients:

1/2 cup Soy sauce  
1/2 cup Maple syrup  
1/4 cup mustard

#### Direction:

Half a cup of soy sauce half a cup of maple syrup and about a quarter of cup of Coleman's mustard and maybe with a little vinegar. Apply to racks of pork ribs. BBQ

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## Sauce Recipes

### Black Bean Sauce

#### Ingredients:

2 tsp. Cornstarch  
1 tsp. Soy sauce  
1 Tbsp. Vegetable oil  
2 tsp. Minced fresh ginger  
2 Tbsp. Dry sherry  
2 tsp. Sesame oil  
1/2 cup Chicken stock  
1/2 tsp. Sugar  
1 tsp. Hot chili paste  
2 ea. Cloves garlic  
2 Tbsp. Fermented black beans

#### Direction:

In a 2 cup glass measure, microwave vegetable oil at high for 1 minute or until hot. Stir in garlic, ginger and black beans and microwave, uncovered high for 1 minute or until fragrant. Stir in stock mixture until smooth and microwave at high for 1 1/2 to 3 minutes or until sauce comes to a boil and thickens. Stir once. Drain liquid off chicken, pour black bean sauce over, stir and serve immediately.

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## **Sauce Recipes**

### **Black Bean Sauce 1**

#### **Ingredients:**

2 tsp. black beans (soak in hot tap water until soft)  
2 tsp. soy sauce  
2 tsp. oyster sauce  
1/2 tsp. sugar  
Pinch salt, optional  
2 tbsp. oil  
3 or 4 cloves garlic  
2 or 3 slices ginger

#### **Direction:**

Mix ingredients.

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## **Sauce Recipes**

### **Chinese Barbecue Sauce**

#### **Ingredients:**

3/4 c Catsup  
1/2 c Brown sugar  
3 tb Soy sauce  
1 tb Ground ginger  
1 tb Liquid smoke  
2 x Cloves garlic, minced

#### **Direction:**

Combine all ingredients and heat until sugar is dissolved and bubbly.

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## Sauce Recipes

### Chinese Plum Sauce

#### Ingredients:

3 lbs plums  
2 lbs peach  
3 sweet red peppers, diced  
4 lrg cloves garlic, minced  
1 onion, minced  
4 cups cider vinegar  
1 1/2 cups water  
1/2 cups cooking sherry  
1 tsp soy sauce  
1 1/2 cup white sugar  
1 1/2 cup packed light brown sugar  
1 Tbsp ground ginger  
1 Tbsp pickling salt  
1 Tbsp dry mustard powder  
1 tsp cayenne pepper  
1 tsp cinnamon  
1 tsp cardamom

#### Direction:

Steam blanch the plums and peaches for 2 minutes, doing only 1 pound at a time. Skin and remove the pits. In a large kettle, combine all the ingredients. Bring them to a boil and then simmer until the fruit falls apart and the syrup is quite thick, about 1 1/2 to 2 hours, stirring frequently to avoid scorching.

Ladle into hot 1/2-pint jars leaving 1/2 inch head-space, and then seal and process in a boiling water bath for 10 minutes. Remove the jars from the bath, cool, and store.

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## Sauce Recipes

### Easy Stir-fry Sauce And Meat Marinade

#### Ingredients:

2 tbs. soy sauce  
2 tbs. apple juice or cooking wine  
2 tbs. cold water  
2 tsp. garlic granules  
1 tsp. ginger powder  
1 1/2 tsp. corn starch

#### Comment:

Use as marinade for chicken, beef or pork (1 hour in refrigerator).  
Or simply add to stir-fried veggies and cook until thickened.

#### Direction:

Combine ingredients. Use as marinade for chicken, beef or pork (1 hour in refrigerator).  
Or simply add to stir-fried veggies and cook until thickened.

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## Sauce Recipes

### Hoisin Steak Sauce

#### Ingredients:

1 tsp cornstarch  
2 TBS water  
2 tsp hoisin sauce  
2 TBS rice wine  
1/2 cup broth

#### Direction:

In a small bowl, stir cornstarch into water. Stir in hoisin sauce, rice wine and broth. Makes 1/2 cup.

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## Sauce Recipes

### Peanut Sauce

#### Ingredients:

1/2 cup smooth peanut butter  
1/4 cup soy sauce  
2 tbsp ketchup  
2 tbsp lemon juice  
2 cloves garlic, minced

#### Direction:

In bowl, whisk together, 1/2 cup warm water, soy sauce, ketchup, lemon juice, and garlic. I like to add a couple of sliced green onions.

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## Sauce Recipes

### Peanut Sauce - Chinese-style

#### Ingredients:

1/4 cup low sodium chicken broth  
1/2 cup peanut butter  
3 garlic cloves, minced  
2 tablespoons cilantro leaves, chopped  
2 mint leaves, chopped  
1 tablespoon plus 2 teaspoons sugar  
2 tablespoons soy sauce  
3/4 teaspoon chili powder, or to taste

#### Direction:

Warm the chicken broth in a small saucepan and keep warm on low heat. Process the peanut butter, garlic cloves, cilantro and mint leaves and sugar in a blender or food processor. Slowly add the warmed chicken broth and process again. Remove from the blender and stir in the soy sauce, and the chili powder to taste. Serve peanut sauce with satay and salads, or as an appetizer dip.

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## Sauce Recipes

### Soy-sherry

#### Ingredients:

1 tsp cornstarch  
2 TBS water  
2 TBS soy sauce  
2 TBS dry sherry  
1/2 cup beef broth

#### Direction:

In a small bowl, stir cornstarch into water. Stir in soy sauce, sherry and broth. Makes about 3/4 cup

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## Sauce Recipes

### Sweet & Sour Sauce

#### Ingredients:

1/4 cup cold water  
2 TBS cornstarch  
1 cup unsweetened pineapple juice  
3 TBS sugar  
1/2 cup white vinegar  
3 TBS ketchup  
1 TBS soy sauce

#### Comment:

If you use sweetened pineapple juice, omit sugar.

#### Direction:

Combine water and cornstarch, set aside. In a small saucepan combine remaining ingredients. Stir over low heat until hot, 3 to 5 minutes. Stir in cornstarch mixture until sauce thickens slightly, about 2 minutes. Serve warm or at room temperature. Makes about 1-1/2 cups.

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## Sauce Recipes

### Sweet & Sour Sauce 1

#### Ingredients:

3/4 cup water  
3/4 cup brown sugar  
1/2 cup cider vinegar  
3 Tbs. cornstarch  
2 Tbs. soy sause  
1/4 cup water

#### Direction:

Bring 3/4 cup water to boil. add sugar, stirring, and cook another min. to dissolve.

Add vinegar,cook one more min.

Meanwhile blend cornstarch, soy sause, and remaining cold water to form a paste. Than stir in to thicken.

Note .Because of the vinegar. the sause is best prepared in enamel pans.

One variation is to add 2 Heaping teaspoons ketchup.

Some sliverd water chestnuts

1/2 green pepper cut into thin strips.

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## Sauce Recipes

### Sweet And Sour Sauce

#### Ingredients:

1 Cup of Tomato sauce (Ketchup)  
1/4 cup of Sweet Chilli  
Sauce  
1/4 cup of Worcestershire sauce  
2 cloves of garlic (grated or finely chopped)  
1 Tablespoon of Vegetable Oil

#### Direction:

Mix tomato sauce, sweet chilli sauce, worcestershire sauce in a medium sized mixing bowl.

And oil to a pan on a medium heat and add garlic, sizzle for 30 seconds then combine with sauce mixture.

once the sauce mixture begins to bubble it is done. Remove from heat.

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## Sauce Recipes

### Szechuan Stir Fry Sauce

#### Ingredients:

1 1/2 tsp. sesame oil  
1/2 tsp. minced fresh ginger  
1/2 tsp. minced garlic  
1/2 cup chicken broth  
2 whole anise stars  
1 1/2 tsp. red wine vinegar  
1 Tbs. soy sauce  
1/2 tsp. salt  
1 tsp. hoisin sauce  
1/8 tsp. Tabasco sauce  
1/8 tsp. crushed red pepper flakes  
1/4 tsp. pepper  
1/8 tsp. 5 spice powder  
2 tsp. cornstarch dissolved in 1 Tbs. water

#### Direction:

Heat the oil in a small saucepan. Add the ginger and garlic and saute 1 minute until softened but not browned. In a bowl combine the remaining except for the cornstarch mixture. Add them to the saucepan and bring to a simmer, covered, for 10 minutes. Remove star anise. Whisk in the cornstarch mixture and let boil 1-2 minutes. Taste and add more Tabasco if desired.

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## Sauce Recipes

### Teriyaki Sauce

#### Ingredients:

1 cup Kikkoman soy sauce  
5 Tbsp sugar  
2 cloves garlic, crushed  
1 piece ginger, crushed  
5 Tbsp ketchup  
2 Tbsp sake or Sherry wine  
salt to taste

#### Comment:

In Japanese, teri means "shiny" or "glazed", and yaki means "baked" or "broiled." The sugar in the sauce creates the shine on the meats as it caramelizes during cooking. Because of the fresh garlic and ginger, the sauce will last for only three to four d

#### Direction:

Place all the ingredients for the teriyaki sauce in a blender or food processor. Blend until well combined. Transfer to a storage container, cover and refrigerate until ready to use. Marinate meats for at least 3 hours.

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## **Sauce Recipes**

### **Teriyaki Sauce 1**

#### **Ingredients:**

1 cup soy sauce  
3/4 cup brown sugar  
1 Tbsp. vinegar  
1 tsp. garlic salt  
1 tsp. ginger

#### **Direction:**

Mix together and stir. Very easy and good!

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## Sauce Recipes

### Teriyaki Sauce 2

#### Ingredients:

3/4 cup water  
1/2 cup soy sauce  
3/4 to 1 cup brown sugar  
1/4 tsp garlic powder  
1/8 tsp ground ginger  
1 TBS cornstarch

#### Direction:

Combine water, soy sauce, brown sugar, garlic powder, ginger and cornstarch; whisk to mix well.

Bring to a boil over medium-high heat, stirring constantly, until mixture boils and thickens slightly.

Cool to room temperature. Yield: about 1-1/2 cups sauce.

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## Sauce Recipes

### Worcestershire-lemon Sauce

#### Ingredients:

1 tsp cornstarch  
1 TBS Worcestershire  
2 TBS water  
2 TBS lemon juice  
1/2 cup beef broth

#### Direction:

In a small bowl, stir cornstarch into worcestershire. Stir in lemon juice and broth. Makes about 3/4 cup

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## Soup Recipes

### Duck With Scallion Soup

#### Ingredients:

2 duck breasts, skin on  
2 tbsp Thai red curry paste  
2 tbsp vegetable or peanut oil  
Bunch of scallions, chopped  
2 garlic cloves, crushed  
2-inc piece fresh gingerroot, grated  
2 carrots, sliced thinly  
1 red pepper, strips  
4 cups chicken stock  
2 tbsp sweet chili sauce  
3-4 tbsp Thai soy sauce  
14 oz canned straw mushrooms

#### Direction:

1. Slah the skin of the duck 3 or 4 times with a sharp knife and rub in the curry paste. Cook the duck breasts, skin-side down, in a wok over high hear for 2-3 minutes. Turn over, reduce the heat, and cook for an additional 3-4 minutes, until cooked thorough. Lift out and slice thickly. Set aside and keep warm.
2. Meanwhile, heat the oil in a wok and stir-fry half the scallions, the garlic, gingerroot, carrots, and the red bell pepper for 2-3 minutes. Pour in the stock and add the chili sauce, soy sauce and mushrooms. Bring to a boil, reduce the heat, and let simmer 4-5 minutes.
3. Lade the soup into warmed bowls, top with the duck slices, and garnish with the remaining scallions. Serve immediately.

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## Soup Recipes

### Mushroom & Noodle Soup

#### Ingredients:

- 1-1/2 cucumber
- 2 tbsp vegetable oil
- 2 scallions, finely chopped
- 1 garlic clove, cut into thin strips
- 2 cups flat or open-cap mushrooms, thinly sliced
- 2-1/2 cups water
- 1 oz/25 g Chinese rice noodles
- 3/4 tsp salt
- 1 tbsp soy sauce

#### Direction:

1. Cut the cucumber in half lengthwise. Scoop out the seeds using a teaspoon, then slice the flesh thinly.
2. Heat the oil in a large preheated wok. Add the scallions and garlic and stir-fry for 3- seconds. Add the mushrooms and stir-fry for 2-3 minutes.
3. Stir in the water. Break up the noodles into short lengths and add to the soup. Bring to a boil, stirring.
4. Add the cucumber slices, salt, and soy sauce, and let simmer for 2-3 minutes.

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## Soup Recipes

### Asparagus & Sesame Chicken Soup

#### Ingredients:

Yield: 4 Servings

2 lb Chicken 3 tb Sesame oil  
6 Slices ginger root 1/2 cup Medium sherry  
1/2 ts Salt 2 c Warm water  
1 ts Sugar 1/2 cup Button mushrooms canned  
8 Fresh asparagus spears

#### Direction:

Rinse chicken remove fat pockets pat dry and chop into bite-size pieces. NOTE: if tempted to use breast meat without bones please don't; bones add to body and flavor of soup. Peel and slice ginger root. Wash and cut asparagus into 2" sections. Braising: Heat wok to medium hot. Add sesame oil. Start braising chicken a few pieces at a time when oil begins to smell. Sesame oil will burn at lower temperature than other cooking oils so avoid hot wok. After browning lightly return chicken pieces to wok; add ginger slices sherry and salt. When sherry boils add water and sugar. Turn up heat bring to boil then reduce heat to simmer cover and simmer for 30 minutes. Add mushrooms and asparagus simmer for another 15 minutes. Transfer to covered soup tureen (or put plate on top of soup bowl) place in steamer on low and hold until ready to serve. You can make this soup in large sauce pan if wok is needed for something else.

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## Soup Recipes

### Bird's Nest Soup

#### Ingredients:

3 1/2 oz (approx) dried bird's nest  
6 cups Rich chicken stock  
1 lg Chicken breast  
2 tb Cornstarch  
2 tb Rich chicken stock for paste  
1 tb Dry sherry  
1/4 cup Rich chicken stock  
2 Egg whites  
1 ts Salt  
2 Green onions minced  
1 tb Minced ham

#### Direction:

Soak bird's nest in cold water overnight. Drain and rinse. Spread softened nest pieces on plate; pick out prominent pieces of "foreign" matter (e.g. feathers twigs) with tweezers. Debone chicken breast remove membrane and muscle fiber pound meat with cleaver handle to break down tissue mince chicken until it is pulp. Make medium thick paste with cornstarch and chicken stock.

Cooking: Bring rich chicken stock for soup to boil. Immediately add bird's nest; simmer 30 minutes. Mix dry sherry and remaining stock; dribble slowly into minced chicken. Lightly beat egg whites with a fork; fold gently into chicken so they are not completely blended. Add salt to soup. Bring soup back to boil and add chicken mixture slowly so soup does not cool. When soup returns to boil it is ready to serve. You can hold it at this point on low heat. Pour into serving bowl garnish with green onions and ham.

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## Soup Recipes

### Chicken Noodle Soup

#### Ingredients:

- 1 dried egg noodles package
- 1 tbsp corn oil
- 4 chicken thighs, diced
- 1 bunch of scallions
- 2 garlic cloves, chopped
- 3/4-inch/2-cm piece fresh gingerroot, finely chopped
- 3-3/4 cups chicken stock
- 3/4 cup coconut milk
- 3 tsp Thai red curry paste
- 3 tbsp peanut butter
- 2 tbsp light soy sauce salt and pepper
- 1 small red pepper chopped
- 1/2 cup frozen peas

#### Direction:

1. Place the noodles in a shallow dish and soak in boiling water according to the package directions.
2. Heat the oil in a preheated wok. Add the chicken and stir-fry for 5 minutes, or until slightly browned. Add the white part of the scallions, the garlic, and gingerroot and stir-fry for 3 minutes.
3. Add stock, coconut milk, curry paste, peanut butter, and soy sauce. Seasons to taste with salt and pepper. Bring to a boil, stirring constantly, then simmer for 8 minutes, stirring occasionally. Add the red pepper, pease, and green scallion tops and cook for an additional 2 minutes.
4. Drain noodles, then add them to the wok and heat through.

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## Soup Recipes

### Corn & Crab Soup

#### Ingredients:

2 tbsp vegetable or peanut oil  
4 garlic cloves, chopped  
5 shallots, chopped finely  
2 lemongrass stalks, chopped finely  
1-inch piece fresh gingerroot, chopped  
4 cups chicken stock  
14 oz canned coconut milk  
1-1/2 cups frozen corn kernels  
12 oz canned crabmeat, drained  
2 tbsp fish sauce  
juice of 1 lime  
light brown sugar  
Cilantro, chopped, to garnish

#### Direction:

1. Heat the oil in a wok and saute the garlic, shallots, lemongrass, and gingerroot over low heat, stirring occasionally, for 2-3 minutes, or until softened.
2. Add the stock and coconut milk and bring to a boil. Add the corn, reduce the heat, and let simmer gently for 3-4 minutes.
3. Add the crabmeat, fish sauce, lime juice, and sugar, and let simmer gently for 1 minute.
4. Ladle into warmed bowls, garnish with the chopped cilantro, and serve immediately.

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## Soup Recipes

### Egg Drop Soup

#### Ingredients:

4 cups chicken broth or stock  
2 eggs, lightly beaten  
1 -2 green onions, minced  
1/4 teaspoon white pepper  
Salt to taste  
A few drops of sesame oil (if desired)

#### Direction:

In a wok or saucepan, bring the 4 cups of chicken broth to a boil. Add the white pepper and salt, and the sesame oil if using. Cook for about another minute. Very slowly pour in the eggs in a steady stream. To make shreds, stir the egg rapidly in a clockwise direction for one minute. To make thin streams or ribbons, gently stir the eggs in a clockwise direction until they form. Garnish with green onion and serve.

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## Soup Recipes

### Mixed Vegetable Soup

#### Ingredients:

2 carrots  
1 small turnip  
3 oz bamboo shoots  
4 oz white cabbage  
3 tsp salt  
2 large tomatoes  
4 cups water (1 cup = 250 ml)  
3 oz noodles  
3 oz Chinese pickles (cha tsai)  
2 scallions  
3 oz pea sprouts  
2 tblsp Vesop (this is a substitute for soy sauce)  
1/2 tsp MSG (monosodium glutamate)  
pinch of pepper

#### Direction:

Peel the carrots and turnip, shred or grate the flesh finely; grate the bamboo shoots; wash and shred the cabbage; mix 1 tsp of the salt with these vegetables. Slice the tomatoes. Fry the vegetables in a little oil for 5 minutes, stirring well. Add the water, mix well, then stir in the noodles. Simmer for 30 minutes.

Slice the pickles; chop the scallions; add with pea sprouts to the pan and cook for 5 minutes. Add remaining ingredients and simmer for 10 minutes.

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## Soup Recipes

### Raindrop Soup

#### Ingredients:

6 water chestnuts  
2 scallions  
1 tblsp sherry  
3 cups chicken stock (1 cup = 250 ml)  
6 oz diced cooked chicken  
salt and pepper

#### Direction:

Slice the water chestnuts and slice the spring onions (scallions) finely.  
Put these in a sauce pan with the chicken stock and the chicken. Bring to the boil and simmer, covered, for 15 minutes.

Add the sherry and season to taste.

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## Soup Recipes

### Rice Noodles With Bean Curd Soup

#### Ingredients:

7 oz/200g firm bean curd, drained  
vegetable or peanut oil for deep-frying  
4 cups vegetable stock  
5 scallions, halved  
1 yellow bell pepper, seeded and sliced  
2 celery stalks, sliced  
1 small onion, sliced thinly  
4 kaffir lime leaves  
2 tbsp Thai soy sauce  
1 tbsp Thai soy sauce  
6 oz/175 g wide rice noodles, soaked and drained  
chopped fresh cilantro, to garnish

#### Direction:

- 1/ Using a sharp knife, cut the bean curd into even cubes. Pour the oil into a wok to a depth of about 2 inches and heat. Deep-fry the bean curd, in batches, until browned all over. Remove with a slotted spoon, drain on paper towels, and set aside.
2. Pour the stock into the clean wok and bring to a boil. Add the scallions, yellow pepper, celery, onion, lime leaves, soy sauce, and curry paste, and let simmer for 4-5 minutes. Add the noodles and the bean curd and let simmer for 2-3 minutes.
3. Ladle into warmed bowls and serve hot, topped with chopped cilantro.

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## Soup Recipes

### Spicy Thai Soup With Shrimp

#### Ingredients:

2tbsp tamarind paste  
4 fresh red Thai chillies, very finely chopped  
2 garlic cloves, crushed  
1-inch piece fresh galangal, very finely chopped  
4 tbsp Thai fish sauce  
2 tbsp palm sugar or superfine sugar  
8 fresh kaffir lime leaves, coarsely torn  
4 cups fish stock  
1 cup very thinly sliced carrots  
2 cups diced sweet potato  
3-1/2 oz/100g baby corn cobs, halved  
3 tbsp cilantro, coarsely chopped  
3-1/2 oz/100g cherry tomatoes, halved  
8 oz/225 g cooked fantail shrimp

#### Direction:

1. Place the tamarind paste, chillies, garlic, galangal, fish sauce, sugar, lime leaves, and stock in a large preheated wok. Bring to a boil, stirring constantly.
2. Reduce the heat and add the carrots, sweet potato and baby corn cobs to the mixture in the wok.
3. Let the soup simmer for 10 minutes, or until the vegetables are just tender.
4. Stir the cilantro, cherry tomatoes, and shrimp into the soup and heat through for 5 minutes.
5. Transfer the soup to warmed serving bowls and serve hot.

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## Soup Recipes

### Thai Style Seafood Soup

#### Ingredients:

5 cups fish stock  
1 lemongrass stem, split lengthwise  
Pared rind of 1/2 lime or 1 fresh kaffir lime leaf  
1-inch piece fresh sliced gingerroot  
1/4 tsp chili paste, or to taste 4-6 scallions  
7 oz/200 g large or medium raw shrimp, shelled salt  
9 oz/250 g scallops (16-20)  
2 tbsp cilantro leaves finely chopped  
red pepper sliced, to garnish

#### Direction:

1. Place the stock in a wok with the lemongrass, lime rind, gingerroot, and chili paste. Bring to a boil, then reduce the heat and simmer, covered, for 10-15 minutes.
2. Cut the scallions in half lengthwise, then slice crosswise very thinly. Devein and split shrimp almost in half lengthwise, keeping the tails intact.
3. Pour the stock through a strainer, then return to the wok and bring to a simmer, with bubbles rising at the edges and the surface trembling. Add the scallions and cook for 2-3 minutes. Taste and season with salt, if needed. Stir in a little more chili paste if wished.
4. Add the scallops and shrimp and poach for 1 minute, or until they turn opaque and the shrimp curl.
5. Drop in the cilantro leaves, fill soup in bowls, dividing the shellfish evenly, and garnish with red pepper.

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## Soup Recipes

### Tomato Soup With Egg Flower

#### Ingredients:

4 tomatoes  
1 onion  
1 tblsp oil  
3 cups chicken stock (1 cup = 250 ml)  
1 egg, beaten  
salt and pepper

#### Direction:

Skin and cut the tomatoes and cut the onion into eighths. Heat the oil in a large saucepan. Add the tomatoes and onion and fry for 5 minutes or until softened but not browned. Pour off excess oil and add the stock, salt, pepper and MSG. Bring to the boil and simmer for 30 minutes.

Add the egg slowly, stirring constantly, until it separates into shreds.

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## Soup Recipes

### Vegetable & Noodle Soup

#### Ingredients:

- 2 tbsp vegetable or peanut oil
- 1 onion, sliced
- 2 garlic cloves, chopped finely
- 1 large carrot, cut into thin sticks
- 1 zucchini, cut into thin sticks
- 4 oz/115 g broccoli, cut into florets
- 4 cups vegetable stock
- 1-3/4 cups coconut milk
- 3-4 tbsp Thai soy sauce
- 2 tbsp Thai red curry paste
- 2 oz/55 g wide rice noodles
- 4 oz/115 g 3/4 cup mung or soy bean sprouts
- 4 tbsp chopped fresh cilantro

#### Direction:

1. Heat the oil in a wok and stir fry the onion and garlic for 2-3 minutes
2. Add the carrot, zucchini, and broccoli and stir-fry for 3-4 minutes, until just tender.
3. Pour in the stock, and coconut milk and bring to a boil. Add the soy sauce, curry paste, and noodles, and let simmer for 2-3 minutes, until the noodles have swelled.
4. Stir in the bean sprouts and cilantro and serve immediately.

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## Soup Recipes

### Watermelon Soup

#### Ingredients:

1 oz dried mushrooms  
4 oz bamboo shoots  
4 oz green peas  
4 oz lean ham  
2 cups chicken stock  
6 oz chicken  
6 oz pork  
4 lb watermelon

#### Direction:

Cut the mushrooms into small pieces and soak in boiling water for 1 hour.  
Cut the bamboo shoots into thin slices; shredd or mince (grind) the ham.

Bring the stock to the boil. Mince the chicken and pork, add to the stock and simmer for 10 minutes. Add drained mushrooms, bamboo shoots and ham, mix well and add the MSG and peas.

Cut the top from the melon and scoop out the seeds and some of the pulp.  
Pour the soup into the melon and replace the top. Stand the melon in a basin and steam for about 1 1/2 hours or until the melon is cooked.

The correct way to serve this soup is to place the melon on the table and scoop out soup and flesh, cutting the peel down as the level of soup is lowered.

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## Soup Recipes

### Wonton Soup

#### Ingredients:

- 2 oz Cooked ground pork
- 1/4 c Chopped scallions (green  
-onions)
- 2 ts Teriyaki sauce
- 1/2 ts Cornstarch
- 1/4 ts Ground ginger
- 20 Wonton wrappers (3 x 3-inch  
-squares)

#### SOUP:

- 2 3/4 qt Water, divided
- 3 Pkt instant chicken broth  
-and seasoning mix
- 1 c Shredded spinach
- 1/4 c Thinly sliced mushrooms

#### Direction:

**WONTONS:** In small bowl combine pork, scallions, teriyaki sauce, cornstarch and ginger, mixing well. Spoon an equal amount of pork mixture (about 1/2 teaspoon) onto center of each wonton wrapper; moisten edges of wrappers with water and fold wrappers in half, triangle-fashion, enclosing filling and forming 20 wontons. Press edges together to seal; bring base corners of each triangle together, overlapping corners, and press to seal. Cover and refrigerate until ready to use.

**SOUP:** In 3-quart saucepan bring 2 quarts water to a boil. Add wontons and, when wontons rise to surface, cook for 1 minute longer. Using slotted spoon, remove wontons to plate and set aside. Discard cooking liquid.





## **Soup Recipes**

### **Wonton Soup**

In 1-quart saucepan bring remaining 3 cups water to a boil; add broth mix and stir to dissolve. Add spinach and mushrooms and cook for 1 minute; add wontons and cook until heated through.

Makes 4 servings; about 3/4 cup soup and 5 wontons each.

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## Vegetarian Recipes

### Asparagus With Cashews

#### Ingredients:

1 1/2 lb Asparagus 2 tb Olive oil  
2 ts Sesame oil 1 tb Fresh ginger root; fine chop  
1/2 cup Roasted cashews; Coarsely chopped 1 tb Soy sauce

#### Direction:

1. Cut off the tough lower stems of the asparagus and discard. Cut each stalk diagonally into 3 or 3 pieces.
2. Heat the oils together in a wok over high heat. Add the ginger and stir-fry for one minute.
3. Add the asparagus and stir-fry until tender but still crisp...4 to 5 minutes.
4. Stir in the cashews and soy sauce. Serve immediately.

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## Vegetarian Recipes

### Bean Sauce With Tofu

#### Ingredients:

2 tb Oil  
1 ts Grated ginger  
1 ts Minced garlic  
2 sm Minced red peppers  
5 Mushrooms thinly sliced  
3 Green onions sliced  
16 oz Tofu cubed  
2 tb Red miso mixed with 1/2 cup -- water  
1 tb Soy sauce  
1 tb Honey  
1 tb Tahini  
1/2 ts Vinegar  
1 ts Cornstarch dissolved in 2 tb water

#### Direction:

Heat oil in wok. Add ginger garlic & red peppers. Saute for 3 minutes. Add mushrooms & onion whites. Saute for 3 minutes. Add onion greens & tofu & saute for 1 minute. Combine miso soy sauce honey tahini & vinegar. Mix well. Stir into saute mixture & simmer for 1 minute. Stir in dissolved cornstarch & simmer 30 seconds or till thick. Serve over rice.

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## Vegetarian Recipes

### Broccoli In Oyster Sauce

#### Ingredients:

1 1/2 lbs broccoli or asparagus  
3/4 c chicken broth  
2 T oil  
1 T ginger, finely slivered  
1 scallion, shredded  
1 garlic clove, minced  
1 1/2 T oyster sauce  
1/2 ts sugar  
1 ts cornstarch  
2 ts chicken broth

#### Direction:

Break broccoli into florets, peel stems and cut into 1-inch pieces. Bring 3/4 cup broth to boil in medium saucepan. Add broccoli stems, cover and cook until crisp-tender, 3 to 4 minutes. Drain, reserving 1/2 cup broth. Heat oil in wok or large skillet. Add ginger, onion and garlic and stir-fry 1 minute. Add broccoli stems and florets and stir-fry 2 minutes. Add oyster sauce, sugar and 1/2 cup broth and stir-fry 2 minutes. For thicker sauce, stir in cornstarch dissolved in 2 teaspoons broth and cook briefly.

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## Vegetarian Recipes

### Crisp-fried Tofu And Greens

#### Ingredients:

2 cakes of tofu, frozen overnight and thawed  
1/2 c. water or vegetable stock  
1 tsp. cornstarch  
1/2 c. cornmeal or cornstarch  
3 cloves garlic, minced or pressed  
1 c. thinly sliced onion  
6 c. mix of coarsely chopped pak choi, chard, kale, nappa cabbage or 9 c. chopped spinach

#### Sauce:

Marinade: 1/3 c. soy sauce  
1/4 c. rice vinegar  
1 T. finely grated gingerroot  
2 cloves garlic, minced or pressed  
dash cayenne  
Sauce: 3 T. soy sauce  
1/4 c. dry sherry  
2 tsp. rice vinegar  
2 tsp. honey or brown sugar

#### Direction:

Gently squeeze as much liquid out of thawed tofu as possible. Cut tofu crosswise into 1/2-inch thick slices, then diagonally, to make 4 triangles.\* Combine marinade ingredients and mix well. Arrange tofu triangles in one layer in a dish and cover with marinade. Allow to sit for at least 10 minutes to absorb the flavors. Prepare sauce mix by combining all ingredients in a small bowl. In a separate bowl mix the water or stock and the 1 tsp. cornstarch. Dredge marinated tofu pieces in cornmeal or cornstarch and fry over medium heat in 1/8 to 1/4 inch of oil, for 3-4 minutes on each side. Drain and keep warm in 200F oven. Add leftover marinade to sauce mix. Heat 3 T. oil in a wok. Stir-fry garlic and onion until onion is tender. Add greens and continue stir-frying until just wilted but not mushy. Add sauce mix and cornstarch mix and stir-fry just until sauce is thickened. Add reserved fried tofu. Serve with rice.



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## **Vegetarian Recipes**

### **Crisp-fried Tofu And Greens**

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## Vegetarian Recipes

### Egg Fu Yung

#### Ingredients:

- 1 c Barbecued meat or Tofu your choice \*
- 1 c Fresh bean sprouts
- 1/2 c Celery, thinly sliced
- 1/4 c Onions, thinly sliced
- 1/4 c Green onions chopped fine
- 1/4 c Mushrooms sliced into strips
- 6 Eggs
- 1 Salt & pepper to taste

#### Sauce:

- 2 c Chicken or beef soup stock
- 1 g Msg accent (optional)
- 1 1/2 ts Corn starch
- 1 Salt to taste

#### Direction:

Combine all ingredients except eggs and mix thoroughly. Add eggs to mixture and blend together. Heat enough oil to cover bottom of large skillet. Form patties using approximately 1/3 cup of mixture. Fry until brown on both sides turning only once. Heat liquid for gravy in small saucepan. Add remaining sauce ingredients and cook until thick and bubbly, stirring constantly. Pour over patties and serve hot.

\* Use leftover barbecued pork, chicken, beef or ham.

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## Vegetarian Recipes

### Fried Lettuce

#### Ingredients:

1 large lettuce  
1 tblsp oil  
2 cloves garlic  
pinch of salt  
1 tsp Vesop (this is a substitute for soy sauce)

#### Direction:

Wash and trim the lettuce and shake off excess moisture. Cut into four.  
Heat the oil and fry the lettuce for 1 minute. Add the crushed garlic, salt and Vesop; mix well and cook for another minute

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## **Vegetarian Recipes**

### **Fried Spinach**

#### **Ingredients:**

2 lb     fresh spinach or 3/4 lb frozen leaf spinach  
1 tblsp   oil  
1 tsp     salt  
1 tblsp   soy sauce

#### **Direction:**

Wash the spinach thoroughly and drain off excess water, or defrost the frozen spinach. Heat the oil in a large sauce pan, add the leaf spinach and fry over fierce heat for 1 minute, stirring all the time, until the spinach softens. Add the salt and soy sauce, mix well and cook gently for another minute.

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## Vegetarian Recipes

### Gingered Fruit

#### Ingredients:

15 oz    canned pineapple pieces  
11 oz    canned lychees  
1 tblsp   chopped glace' cherries  
2 tblsp   chopped crystallized ginger  
1 cup    flaked toasted almonds

#### Direction:

Drain the syrup from the canned fruits. Lightly combine the pineapple, lychees, glace' cherries and ginger in a serving bowl. Chill well. Sprinkle the almonds on top and serve immediatly.

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## Vegetarian Recipes

### Mushroom With Tofu (satay Style)

#### Ingredients:

Noodles: 1 cup  
Raw peanuts: 1 cup  
Dried red chillies: 4  
Firm tofu cut into cubes: 100g  
Garlic: 1 ts  
Button mushrooms: 1 pack  
Brown sugar: 1 ts  
Soy sauce: 1/4 cup  
Vinegar: 2 tb  
Green onions: 1 bunch  
Salt: To taste

#### Direction:

##### <b>The Steps:</b>

##### Pre - Preparation:

- 1) Boil the noodles and powder the peanuts.
- 2) Mince the garlic and chop the mushrooms into small pieces.
- 3) Chop the green onions.

##### <b>Preparation :</b>

- 1) Fry green onions till still crisp in a saucepan in a little quantity of vegetable oil.
- 2) Add the mushrooms and cook till soft.
- 3) In the meantime grind the raw peanuts and the red chillies in a food processor.
- 4) Add this mixture to the saucepan along with soya sauce, brown sugar and vinegar.
- 5) Cook it on the gas top till it blends well.
- 6) Add salt to taste.
- 7) Add the tofu and just heat it a little and then add the noodles and mix it well and serve hot.
- 8) You may vary the dry chillies to make it more spicy.
- 9) This version is also fairly spicy.



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## **Vegetarian Recipes**

### **Mushroom With Tofu (satay Style)**

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## Vegetarian Recipes

### Stuffed Mushrooms

#### Ingredients:

2 Tbsp. Fresh lemon juice  
24 lg. Mushroom stemmed \*  
1/4 cup Minced onion  
4 tsp. Minced garlic  
2 Tbsp. Soy sauce  
1 Tbsp. Sesame seeds, toasted lightly  
1/2 cup Fine fresh bread crumbs  
1 Tbsp. Bread crumbs for garnish  
Pepper to taste  
1 Scallion, sliced thin, for garnish

#### Direction:

\* Chop stems and leave caps whole.

In a large saucepan, combine 6 cups water with the lemon juice, add the mushroom caps, and bring the liquid to a boil. Simmer the mushroom caps for 6 minutes, transfer them to paper towels, and let them drain. (Blanching the mushroom caps will prevent them from wrinkling while they are baking.)

Cook the onion, the garlic, and the mushroom stems over moderately low heat, stirring, until the vegetables are softened, and add the soy sauce, the sesame seeds, 1/2 cup of the bread crumbs, and pepper to taste. Cook the mixture, stirring, for 1 minutes, or until it is slightly dry, divide it among the mushroom caps, mounding it, and transfer the stuffed mushrooms to a jelly-roll pan. The mushrooms may be prepared up to this point 1 day in advance and kept covered tightly with plastic wrap and chilled. Sprinkle the remaining 1 Tbsp. bread crumbs over the mushrooms and bake the mushrooms in the middle of a preheated 325° F oven for 7 minutes, or until the filling is heated through. To make the filling crisper, the cooked mushrooms may be put under a preheated broiler about 4 inches from the heat for 1 minute.

Garnish the mushrooms with the scallion. Makes 24 stuffed mushrooms.



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## **Vegetarian Recipes**

### **Stuffed Mushrooms**

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## Vegetarian Recipes

### Sweet & Sour Tofu

#### Ingredients:

1 lb. tofu  
1/4 c. lemon juice  
1/4 c. tamari sauce  
6 T. water  
1/4 c. tomato paste  
2 T. honey  
1 tsp. ginger  
4 cloves of garlic  
8 scallions, minced  
1 green & 1 red bell pepper, sliced in strips  
1 lb. mushrooms  
1 c. toasted cashews

#### Direction:

Cut tofu into small cubes; set aside. Combine lemon juice, tamari, water, tomato paste, honey, ginger, and garlic; mix until well blended.

Add tofu to this marinade, stir gently, and let marinate for several hours (or overnight). Stir-fry scallions, bell peppers, and mushrooms in 2 tsp. of oil. After several minutes, add tofu with all the marinade. Lower heat, continue to stir-fry until everything is hot and bubbly. Remove from heat and stir in cashews. Serve over rice.

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## Vegetarian Recipes

### Szechuan-style Stir Fry (meatless)

#### Ingredients:

- 1 lb. tofu, cubed
- 1/2 lb. snow peas
- 1/3 c. teriyaki sauce
- 3 T. Szechuan spicy stir-fry sauce
- 2 tsp. cornstarch
- 1 onion, chopped
- 3 c. chopped bok choy
- 2-3 T. cooking oil
- 1 c. broccoli florets
- 1 red bell pepper
- 1 7-oz. can straw mushrooms
- 1 14-oz. can baby corn

#### Direction:

Combine teriyaki, stir-fry sauce and cornstarch; set aside. Cut bell pepper in strips. Cut snow peas and baby corn in half. In wok stir-fry onion & bok choy in 1 T. oil for 2 minutes. Add broccoli & bell pepper; stir-fry 2 minutes. Remove from w Stir-fry cubed tofu in 1 T. oil for 2 minutes; add more oil if necessary. Stir sauce mixture and add to tofu; cook until bubbly. Add all vegetables; heat through. Serve over hot rice.

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## Vegetarian Recipes

### Tofu In Black Bean Sauce

#### Ingredients:

16 oz low fat tofu  
32 oz bag frozen broccoli  
16 oz can black beans  
4 tbs fermented black bean sauce  
1 small onion  
garlic to taste  
soy sauce to taste  
1/2-1 cup water  
1 tbs cornstarch

#### Direction:

Slice tofu into 1" cubes, dice onion. Place wok on stove, add Pam. Toast onion, add garlic. Toss in Broccoli, add water to steam, 10-15 minutes. When Broccoli is done, add black bean sauce, black beans and tofu. Bring to boil and add cornstarch mixed with water until desired thickness is achieved. Add soy sauce or salt to taste. Serve over rice.

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## Vegetarian Recipes

### Vegetable Packages

#### Ingredients:

2 tbsp vegetable or peanut oil  
8 oz potatoes, diced and boiled for 5 minutes  
2 garlic crushed cloves  
1 onion, chopped  
2 tbsp Thai green curry paste  
2 oz scant  
1/2 cup frozen peas  
juice of 1 lime  
1/2 tsp salt  
16 x 4-inch square egg roll skins  
1 egg, beaten  
vegetable or peanut oil, for deep-frying  
sweet chili sauce or Thai soy sauce, to serve.

#### Direction:

1. Heat the oil in a wok and stir-fry the potatoes, garlic, onion, and curry paste until lightly browned. Stir in the pease, lime juice, and salt, and stir-fry for 1-2 minutes. Remove from the heat.
2. Brush 1 egg roll skin with egg. Put a small spoonful of the potato mixture in the center and fold up the edges to enclose the filling and make a purse-shaped package. Press the skin tightly together to seal the package. Repeat with the remaining skins and filling to make 16 small packages.
3. Heat the oil for deep-frying in a wok. Add the vegetable packages, in batches, and deep-fry for 3-4 minutes, until golden brown. Drain on paper towels and keep warm while you cook the remaining packages.
4. Serve hot with a bowl of chili sauce or soy sauce for dipping.

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## Vegetarian Recipes

### Vegetarian Spring Rolls

#### Ingredients:

6 dried Chinese mushrooms, soaked in warm water for 20 minutes  
2 oz beanthread noodles, soaked in warm water for 20 minutes  
2 tbsp chopped gingerroot  
3-1/2 oz generous  
2/3 cup carrot - julienned  
3-1/2 oz scant  
1 cup shredded cabbage  
1 tbsp sliced scallion  
1 tbsp lt. soy sauce  
3 oz soft bean curd, cut into small cubes  
1/2 tsp salt  
pinch of white pepper  
pinch of sugar  
20 spring roll skins  
1 egg white, lightly beaten  
vegetable or peanut oil, for frying

#### Direction:

1. Squeeze out any excess water from the mushrooms and finely chop, discarding any tough stems. Drain the beanthread noodles and coarsely chop.
2. In a preheated wok, heat the oil, then toss in the ginger and cook until fragrant. Add the mushrooms and stir for about 2 minutes. Add the carrot, cabbage, and scallion and stir-fry for 1 minute. Add the beanthread noodles and light soy sauce and stir-fry for 1 minute. Add the bean curd and cook for an additional minute. Season with the salt, pepper, and sugar and mix well. Continue cooking for 1-2 minutes, or until the carrot is soft. Remove from the heat and let cool.
3. Place a scant tablespoon of the mixture toward the bottom of a skin. Roll once to secure the filling, then fold in the sides to create a 4-inch piece and continue to roll up. Seal with egg white.
4. Heat enough oil for deep-frying in a wok or deep-fat fryer until it reaches 350-375 F/180-190 C, or until a cube of bread browns in 30 seconds. Without overcrowding the wok, cook the rolls for



## **Vegetarian Recipes**

### **Vegetarian Spring Rolls**

about 5 minutes, or until golden brown and crispy.

5. Serve with a good soy sauce for dipping

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## Vegetarian Recipes

### Vegetarian Won-ton Soup

#### Ingredients:

3 wontons, uncooked (See Vegetarian Won-Ton)  
1 1/2 cups Vegetable Stock  
dash Pepper  
dash Salt  
1/2 Tbsp.sp. Soy Sauce  
2 drops Sesame Oil  
green Onion, diced (optional)  
Mushroom, diced (optional)

#### Direction:

Simmer stock. Boil water. Add wontons. Boil for 1 minute. Drain. Combine stock, wontons, pepper, salt, soy sauce, sesame oil, onions and mushrooms.

Note: This is for one serving. Increase accordingly.

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## Vegetarian Recipes

### Vegetarian Won-tons

#### Ingredients:

2 Tbsp. Water  
1 Tbsp. Rice Wine  
2 Tbsp. Soy Sauce  
2 tsp. Cornstarch  
1 tsp. ground Ginger  
2 Garlic cloves, minced  
1 md. Carrot, finely shredded 1/2 cup fresh Bean Sprouts., chopped  
1/2 lb Tofu, minced fine (replaces beef/pork)  
Salt  
Onion Powder  
Oil for deep frying  
64 Wonton Wrappers

#### Direction:

Mix water, wine, soy sauce and cornstarch in a bowl. Heat 1 Tbsp. oil in wok over medium-high heat (add more as needed during cooking). Stir-fry ginger and garlic in hot oil for 30 seconds. Add carrot and sproutsp.; stir fry for 1 to 1 1/2 minutes or until crisp-tender. Remove from wok. Heat 1 Tbsp. oil in wok. Add tofu. Stir fry. Remove. Stir sauce; pour into center of wok. Cook and stir until bubbly. Cook and stir 1 minute more. Return tofu and vegetables to wok. Stir to coat with sauce. Remove. Salt to taste. Cool. Fill wonton wrappers with mixture and wrap.

Note: For soup, you won't do this part. Heat 1 1/2 to 2 inches cooking oil in wok or pan to medium-high. Fry, a few at a time, in hot oil until golden, turning once. Remove from oil. Drain on paper towels. Keep warm in a 300° F. oven while frying remaining food. Serve warm with sweet-and-sour sauce or Chinese mustard.

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