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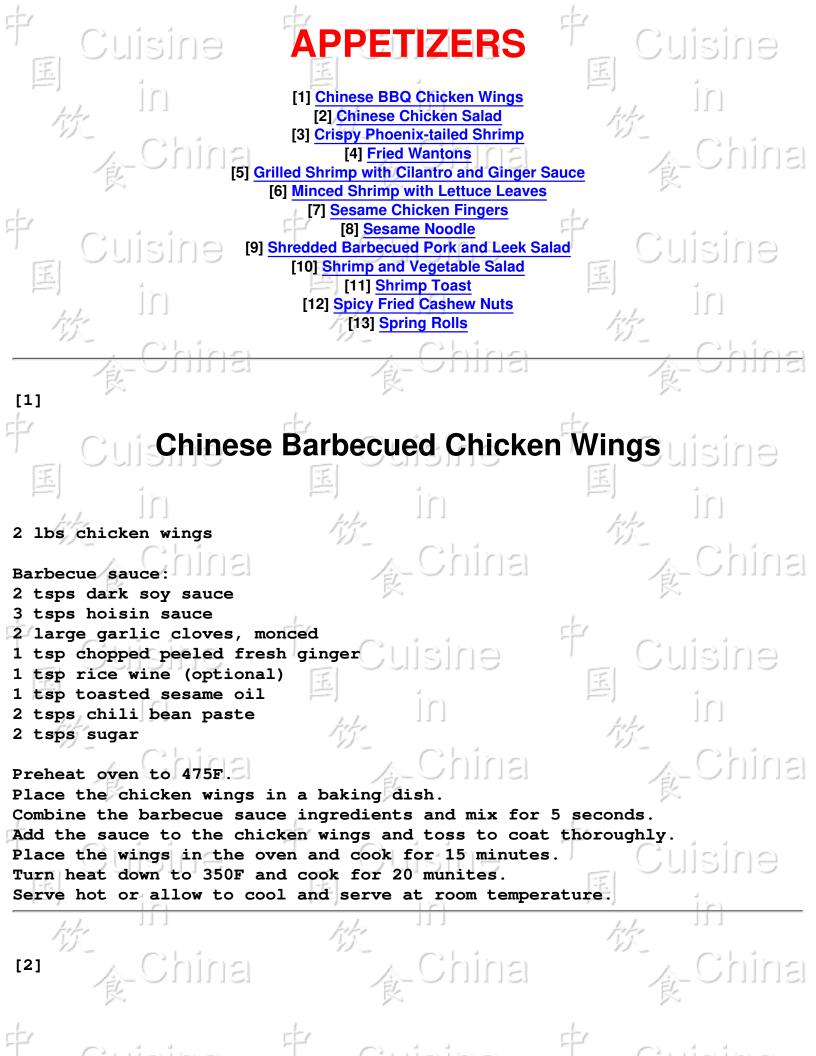


I hope you will find this collection of recipes interesting and appetizing. I've enjoyed putting together an assortment of dishes that I personally enjoy cooking (and eating!). My interest in cooking originated when I was young, growing up in a Chinese family with 9 children, where knowing how to cook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

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

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(e-mail: lim_ailam@yahoo.com)



Chinese Chicken Salad

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kfr ି _ଦ-China 3/4 lb chicken breasts 2 tsps salt 2 tsps roasted sesame seeds 1/2 lb iceberg lettuce, finely shredded r E 2 tsps rice vinegar Sauce: 1 garlic clove, minced 1 slice fresh peeled ginger 2 green onions, green top removed hina 2 tsps chili bean paste 2 tsps dark soy sauce 1 tsp sugar f Cuisine 2 tsps rice vinegar Cuisine 2 tsps peanut butter 1/2 tsp salt 1/2 tsp ground black pepper 2 tsps toasted sesame oil

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

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Crispy Phoenix-tailed Shrimp Cuisine

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

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2 eggs, beaten 2/3 cup bread crumbs Peel shrimp and discard the shells. Partially split the shrimp lengthways and remove the digestive cord. pat the shrimp dry with paper towels. Place the shrimp in a bowl and mix with the soy sauce, rice wine, five-spice powder and pepper. Heat a wok and add the oil. Dip the shrimp in the cornstarch, shaking them gently to remove any excess, then dip them into the beaten eggs, and finally coat the with the bread crumbs. When the oil begins to smoke slightly, deep-fry the coated shrimp for 3 to 4 minutes, until golden brown. Drain them well on paper towels and serve at once.

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Fried Wantons

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30 wanton skins cooking oil for frying

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

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1/4 tsp ground pepper

Mix together all the ingredients for filling, mix until meat and waterchestnuts are well blended. Divide into 30 portions. Put 1 tsp of filling in the middle of a wanton skin. Fold the skin diagonally in half to form a triangle. Fold the edge containing the filling over about 1/2-inch. Bring the two points together, moist one inner edge and pinch the edges together to hold. Repeat with remaining wanton. Heat a wok with 1 1/2-inch cooking oil. Deep-fry the wantons over medium heat until golden brown. Drain on paper towels and serve. Makes 30 wantons. Grilled Shrimp with Cilantro and Ginger Sauce

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1 lb fresh raw shrimp

Marinade:

1 tsp light soy sauce

- 1 tsp rice wine
- 1 tsp sesame oil

Sauce:

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2 tsps minced fresh cilantro

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- 2 tsps white rice vinegar
- 1 tsp chopped peeled fresh ginger

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

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

Prepare the sauce ingredients, mix them together and set aside. Lay the shrimp on a baking tray, put on the lower tray in the oven. Cook the shrimp for 3 minutes on one side, turn over, and cook for 2 minutes.

Place on a serving platter and serve with sauce.

Minced Shrimp with Lettuce Leaves

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1 small iceberg lettuce 1/2 lb fresh raw shrimp 1/2 lb red bell peppers, cored and seeded 1/4 lb asparagus, trimmed 1 1/2 tsps cooking oil 2 tsps chopped garlic 2 tsps chopped peeled fresh ginger

1/4 cup chopped green onions 1 tsp salt 2 tsps light soy sauce 2 tsps sesame oil 1/4 cup hoisin sauce Wash and dry the lettuce leaves. Peel shrimp and discard the shells. Partially split the shrimp lengthways and remove the digestive cord. Pat the shrimp dry with paper towels and coarsely chop them. Finely dice the peppers and asparagus. Add the garlic, ginger and green onions and Heat a wok with the oil. 1-1-1 stir-fry for 10 seconds. Add the shrimp, salt, soy sauce and sesame oil, continue to cook for 2 minutes. Turn the mixture onto a serving plate. Arrange the lettuce leaves on a seperate plate, put the hoisin sauce in a small bowl and serve. L.L. Each guest puts a heap of each ingredient on a lettuce leaf, wrap it up and eats it with fingers. Sine Sesame Chicken Fingers 1 1/2 lbs boneless skinless chicken breasts Marinade: 2 tsps soy sauce 1 1/2 tsps rice wine 1 tsp sesame oil 1 tsp minced garlic 1 1/2 tsps minced fresh ginger 1 tsp five-spice powder 1/2 cup cornstarch 1 cup raw sesame seeds 1 egg yolk, beaten Cooking oil or shortening Cut chicken into 1 1/2-inch chunks. Place in a bowl, add the marinade ingredients, toss lightly to coat. Cover and chilled for at least 3 hours or overnight. Combine cornstarch and sesame seed on a plate. Add egg yolk to the chicken and toss. Roll the chicken in the sesame seed mixture, press lightly to coat well. Place the chicken on a cookie sheet dusted with cornstarch.

Let air-dry for 1 hour, turning once. Heat a wok with 1 1/2-inch deep of cooking oil or shortening. When oil is hot, fry the chicken a few at a time, until golden brown. Remove and drain on paper towels. Repeat with all the remaining. Serve immediately. _{&-}China _{&-}China [8] Sesame Noodle Salad 8 oz dried vermicelli 8 fresh shiitake mushrooms 3 tsps cooking oil 2 tsps minced ginger 1/4 lb green beans, cut into 1/4-inch slanting slices 2 medium carrots, peeled and cut into julienne strips 2 medium cucumber, cut into julienne strips 1 tsp soy sauce Sesame dressing: g In 1/4 cup cooking oil 3 tsps sesame seeds 1/3 cup sugar China 1/2 cup vinegar 2 tsps dry sherry Heat a wok over medium heat and add the 1/4 cup of oil, stir the sesame seeds until golden. illsine. Let it cool. Stir together the sugar, vinegar and dry sherry, until sugar melts. Mix in the cooled sesame seeds. Set aside. Trim stem off the mushrooms, cut the stem into julienne strips. Follow the package directions, cook the vermicelli in boiling water until al-dente Drain and rinse with cold water, drain and set aside. Heat a wok with 2 tsps oil, stir-fry the ginger, carrots, beans, cucumber, and mushroom stems, about 1 1/2 minutes. Remove from wok. To wok, add 1 tsp oil, soy sauce, and mushroom caps. Reduce heat, cook, turning occasionally, until the mushrooms have absorbed all the liquid. Pour into a bowl and refrigerate. Mix the dressing with noodles and vegetables. Season to taste with salt. Cover and refrigerate for 2 hours or overnight. To serve, garnish salad with mushroom caps.

[9] Shredded Barbecued Pork and Leek Salad 1 1/2 lbs boneless center cut pork loin, cut into 11/2-inch thick 711 D I I C 'IDIID Barbecue sauce: 1/4 cup hoisin sauce 2 tsps ketchup 1 1/2 tsps soy sauce l'hai 2 tsps rice wine 1 tsp minced garlic 1 tsp sugar Dressing: 1/3 cup soy sauce 3 tsps rice vinegar 1 tsp sugar 2 tsps sesame oil 1 tsp cooking oil 1 tsp minced garlic 1 tsp minced fresh ginger 3 cups leek, thinly shredded 1 1/2 tsps rice wine 4 cups bean sprouts Preheat oven to 350F. Combine Barbecue sauce ingredients, add pork loin and toss lightly to coat. Arrange the pork chops on a baking sheet lined with aluminum foil and bake for 30-35 minutes. Remove the pork and let cool. Save the cooking juice. Cut the pork into julienne shreds. Add to the cooking sauce and set aside. Combine the Dressing ingredients and stir until the sugar is dissolved. Heat a wok with the oil. When the oil is very hot, add the ginger, garlic, and leeks and stir-fry for 1 minute. Add rice wine, then bean sprouts and the dressing and stir-fry for 1 minute. Remove from heat. Transfer the vegetable to a serving platter, make a slight indentation in the center, arrange the shredded pork in center, and drizzle with the warm dreesing and cooking juice. Serve warm, or cold.

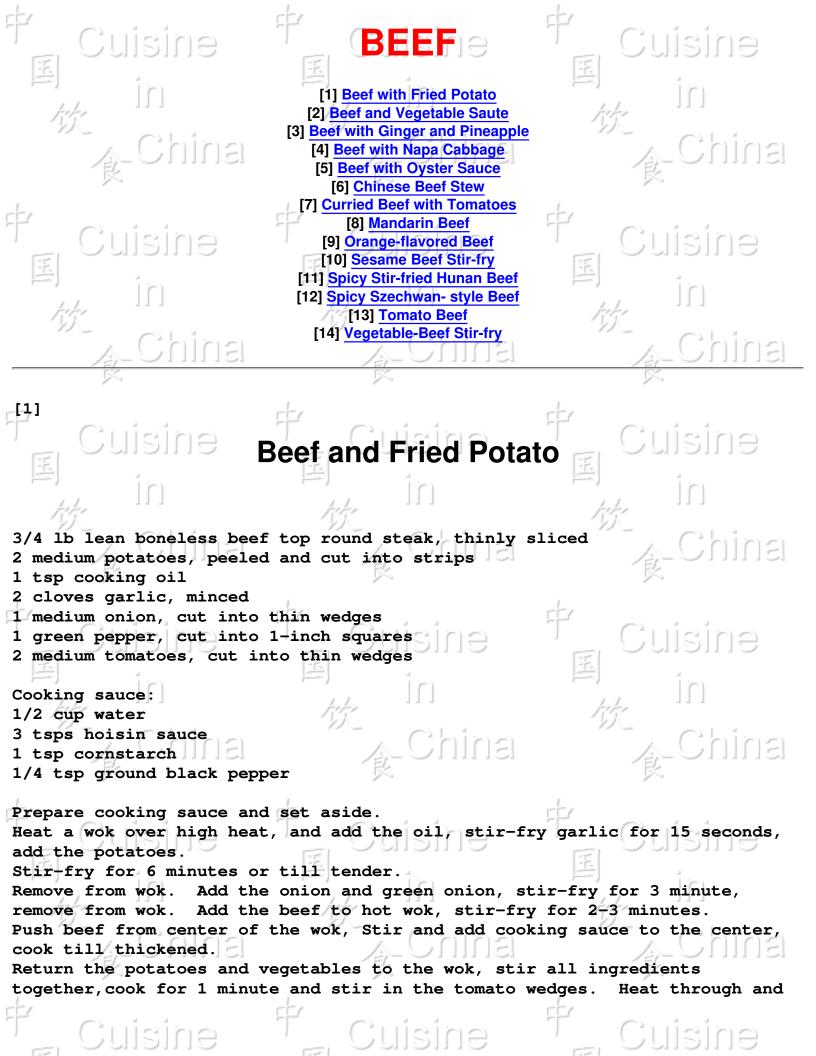
[10] Shrimp and Vegetable Salad T Cuisine Cuisine Cuisine 1/2 lb broccoli 2 tsps cooking oil 2 garlic, minced 1/2 tsp minced ginger 1/2 tsp minced ginger 1/2 lb fresh mushroom, thinly sliced 1/2 lb snow peas 1/3 cup water 中 国 in 1 tsp soy sauce f 国 in 1/2 tsp sugar 1 tsp oyster sauce 1 cup small shrimp 1/2 cup mayonnaise 1/4 cup roasted cashews Salad greens Cut broccoli flowerets into 1/4-inch-thick slices. Cut the peeled stems into 1/8-inch-thick slices. Heat a wok over medium heat and add oil, stir-fry the garlic and ginger for 1 minute. for 1 minute. Add broccoli, mushrooms, snow peas, stir-fry 3-4 minutes, until vegetables are crisp-tender. Pour in a bowl. In a cup, stir together water, soy sauce, sugar and oyster sauce. Pour over vegetables. Then stir in shrimp. Let refrigerate for at least 4 hour. Before serving, drain vegetable mixture. Place the salad green on the serving platter, spoon the vegetable mixture on top, sprinkle with cashews and serve.

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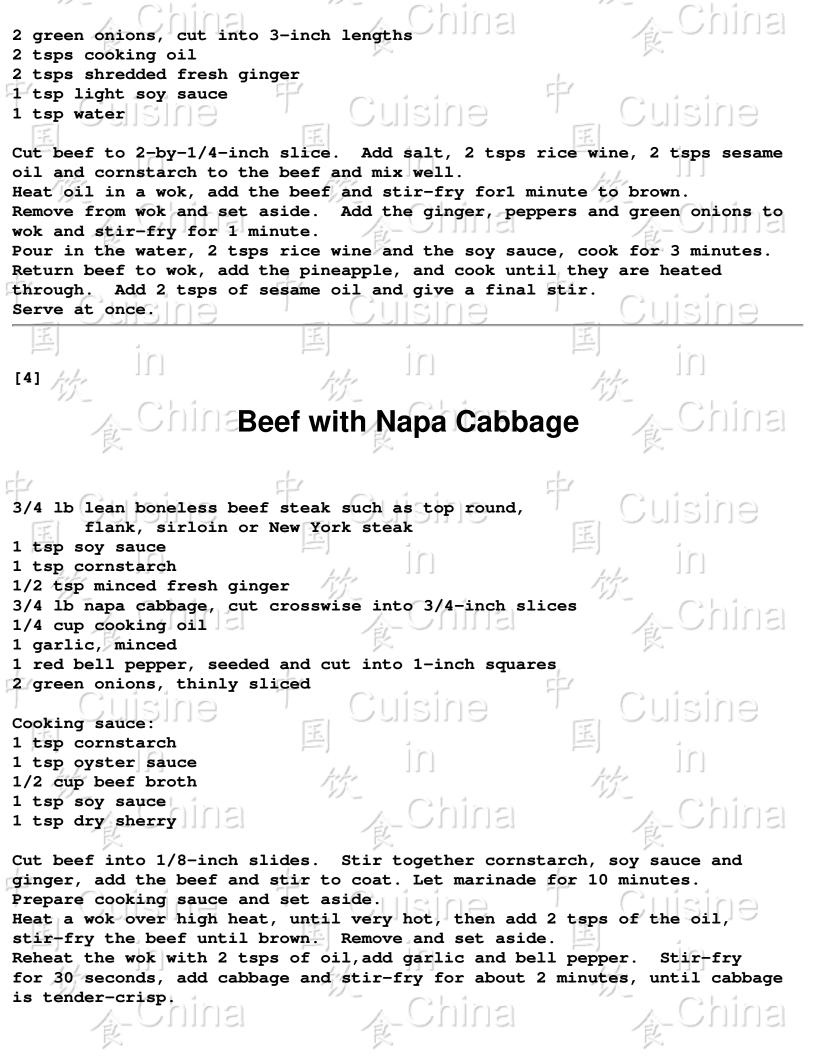
1/2 tsp finely grated ginger _{&-}China China 1 tsp oyster sauce 2 tsps dry sherry 2 tsps cornstarch f Cuisine 6 slice white bread Cuisine sesame seeds (optional) chinese parsley, a few sprigs cooking oil for deep frying 💳 Chop shrimp until very fine, mix with beaten egg, ginger, salt, oyster sauce, dry sherry and cornstarch. Chi Trim the bread crusts off and cut each slice into half, diagonally. Spread bread with shrimp mixture, sprinkle and spread with sesame seeds (if using), and press a sprig of parsley on top to garnish. Heat oil in a wok, deep-fry a few pieces at a time, shrimp side down, fry until golden brown. Drain on paper towels and serve hot. Spicy Fried Cashew Nuts ashen isine 中 国 依 1 1/4 cups cooking oil 1/2 lb raw cashew nuts 1 tsp salt 1/2 tsp freshly ground black pepper 1/2 tsp cayenne __China 1/4 tsp five-spice powder Heat wok or skillet over medium heat, then add oil. Wait until the oil begins to smoke lightly, deep fry the cashew nuts until they turn lightly brown (about 2 minutes). While the nuts are browning, heat another skillet. Remove nuts from oil and add directly to the other hot skillet. Add salt, pepper, cayenne and five-spice powder. Stir-fry for 2 minutes or until nuts are well coated with spices. Allow to cool before serving. 5 make about 1/2 lb. (13) Cuisine

Spring Rolls Spring Roll Skins 3/4 cup all-purpose flour 1/2 cup cornstarch China 3 tsps cooking oil 1 3/4 cups water Stir all ingredients together to make a thin batter. Heat a lightly oiled 6-inch skillet. Spoon 2 tsps batter to skillet and swirl quickly to spread the batter to cover bottom of skillet. Cook until the crepe is dry but not colored, it is done when the edges shrink from the sides of pan. Transfer to a plate and cover with warm cloth. Repeat for all batter. Make about 20 spring roll skins. _{&-}China Spring Roll Filling 3 tsps cooking oil 1 cup bean sprouts uisine 6 green onions, thinly shredded 1 cup carrots, shredded 2 cups button mushrooms, thinly sliced 1 tofu cake, finely chopped or 1 cup chopped cooked shrimp 1 garlic clove, minced _{€-}China 1/4 tsp five-spice powder 1 tsp soy sauce 1 tsp salt Heat oil in a wok, stir-fry garlic until fragrant, then add all the vegetables and tofu, stir-fry for 1 minute. -Add five-spice powder, soy sauce and salt, stir-fry 2 more minutes. Let cool. 究 _{____}China Spring Rolls 1 eqq, beaten cooking oil for deep-frying Lay a spring roll skin on work surface, place 2 tsps of filling slightly off-center. SINP Fold the sides of skin neatly over the filling, roll-up to enclose the filling completely. Brush the edges with beaten egg to seal. Repeat for all. Heat 2-inch of oil in a wok over medium heat until hot, fry 3-4 spring

rolls at a time, for about 4 minutes, until crisp and golden. Drain on paper towels, arrange on a platter and serve.		
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serve. China China [2] **Beef and Vegetable Saute** sine 1 lb lean boneless beef steak such as top round or flank 1/3 cup firmly packed brown sugar 2 tsps cornstarch _{&-}China 1/4 cup vinegar 3 tsps light soy sauce 2 tsps butter or magarine 1 large onions, thinly sliced 1 1/2 cups carrots, thinly sliced 1 cup green beans, cut into 1-inch lengths 1 cup zucchini, thinly sliced 1 cup water Cut beef into 3/4-inch thick. Slice into 1/8-inch slices Mix the sugar, cornstarch, vinegar and soy sauce together and set aside. Heat a wok over medium-high heat, and add 1 tsp of butter. Add half of the beef andstir-fry until browned. Add 1 more tsp of butter and stir-fry another half of beef. Remove and set aside. Add onion, carrots, beans and 1/2 cup of water to wok, stir well. Cover and cook for 8 minutes, stir ofeten. Stir in zucchini and 1/2 cup water, cook uncover about 2 minutes, until vegetable are tender. Add the meat and stir in cornstarch mixture, stir until sauce boil and thicken. Make 4 servings. [3] USI Beef with Ginger and Pineapple USINE 1 lb lean boneless beef steak such as top round, flank, sirloin or New York steak 1 tsp salt 4 tsps rice wine or dry sherry 4 tsps sesame oil 1 1/2 tsps cornstarch 1/2 lb fresh pineapple, peeled and cut into thick slices 2 red peppers, seeded and cut into wedges



Return beef to wok. Stir in cooking sauce, bring to a boil and thickened. Mix in green onions, stir once and serve. [5] Beef with Oyster Sauce El Cuisine 3/4 lb lean boneless beef steak such as top round, flank, sirloin or New York steak 1 tsp dry sherry or cooking wine 1 tsp soy sauce 1 tsp water 1/4 tsp sugar China 2 tsps cornstarch 3 1/2 tsps cooking oil 1 garlic, minced 1/2 tsp minced ginger 1/2 cup sliced bamboo shoots 6 medium dried Chinese mushrooms, thinly slided salt to taste Cooking sauce: _{&-}China 2 tsps oyster sauce 1 tsp cornstarch 1/2 cup chicken broth Cut beef into 1/8-inch slides. Stir together cornstarch, soy sauce, dry sherry, sugar, and water. Add the beef and stir to coat. Then stir in 1 1/2 tsps of the oil and let marinade for 15 minutes. Prepare cooking sauce and set aside. Heat a wok over high heat, add 2 tsps of the oil. Add ginger and garlic, stir once. Add beef and stir-fry until beef is brown, remove from wok and set aside. Reheat wok with remaining 1 tsp of cooking oil, stir-fry bamboo shoots and mushrooms for 1 minute. Add 1 tsp water and stir-fry for 2 minutes.

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

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

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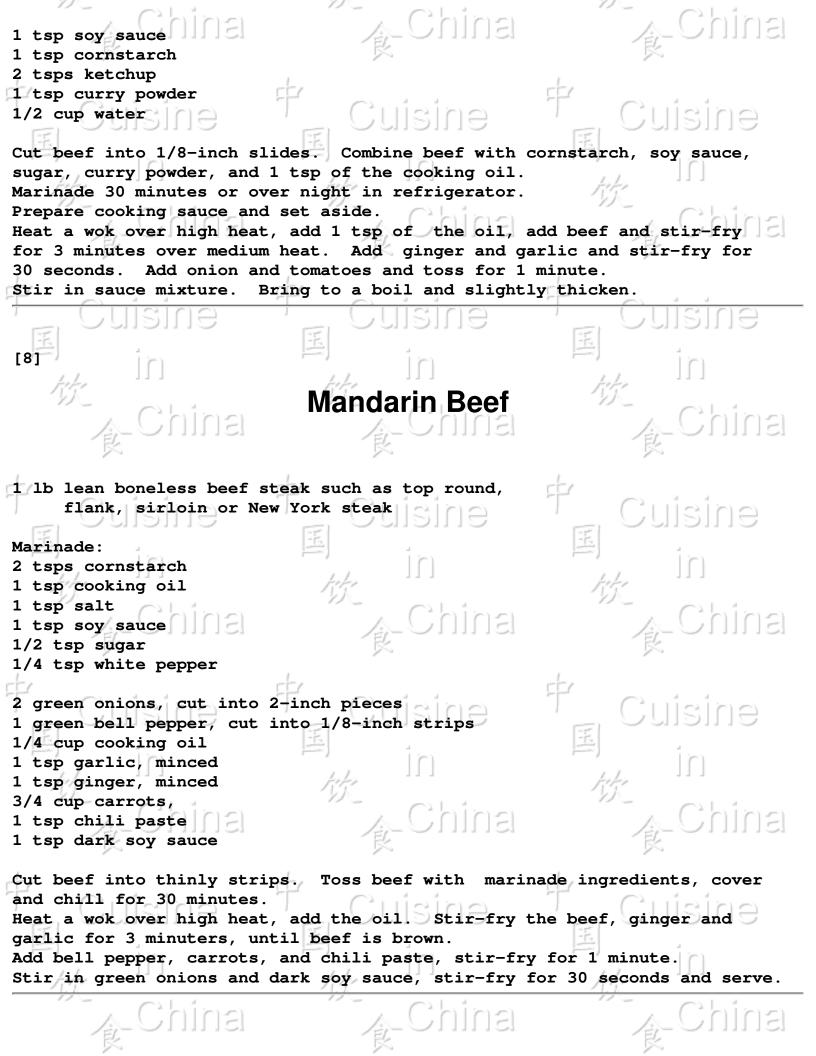
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Chinese Beef Stew

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China 1 1/2 lbs stewing beef, cut into 1-inch cubes 2 tsps light soy sauce 1/2 cup all-purpose flour Cuisine Isine 1/4 cup cooking oil 10 cloves garlic, lightly smashed 4 slices fresh ginger 2 cups beef stock 1 cup water China 2 star anise, 12 small carrots, trimmed and scraped 12 small white onions, trimmed and peeled Cut beef into 1-inch cubes. Toss with the flour to coat. Shake off excess flour 🤇 🗌 🛁 n =Heat oil in a wok until hot, add as many beef as will fit and pan-fry to golden brown. Repeat for all the beef. Remove and set aside. Reheat the oil, stir-fry the garlic and ginger for 10 seconds, until fragrant. Add the broth, water, soy sauce and star anise and heat until boiling. Return the meat and bring back to boil. Reduce heat, cover and simmer for 45 minutes. Add the carrots and onions, cook for another 45 minutes. Skim any fat off the surface, and serve. [7] Curried Beef with Tomatoes 1/2 lb lean boneless beef steak such as top round, flank, sirloin or New York steak 1 tsp soy sauce 1 tsp cornstarch 1/2 tsp sugar kk 1 tsp curry powder 2 tsps cooking oil nns 1 onion, cut into wedges 1 tsp minced fresh ginger 2 cloves garlic, minced 2 tomatoes, cut into wedges / Cooking sauce:



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~ China	Orange-flavored Be	~ _食 -China	
1 lb lean boneless beef steak such as top round,			
flank, sirloin or 1		ff and do a	
Marinade: 2 tsps light soy sauce	Cuisine	fr Cuisine 国 in 依	
2 tsps dark soy sauce			
1 tsp cooking wine			
2 tsps finely chopped g 2 tsps sesame oil	inger //	TTC .	
2 tsps sesame off 2 tsps cornstarch 1 tsp sugar	China	~ 全China	
3 tsps cooking oil 2 tsps minced fresh gind	erf Cuisine	fr. Cuisine	
2 clove garlic, minced 1 small onion, coarsely	1.1	E	
and the second se	es, seeded and finely shred	ded	
2 tsps chopped fresh or:	ange zest	the state	
Cooking sauce:	🏹 🔬 China	China	
2 tsps water		<u>ि</u>	
1 1/2 tsps cooking wine	or dry sherry	2	
1 tsp chile bean paste	ster	str	
1 tsp dark soy sauce 2 tsps sugar	f Cuisine	1 Cuisine	
2 tsps sugar 2 tsps sesame oil	E	E	
	slides, then stack them and		
Combine beef with the ma Prepare cooking sauce as	arinade mixture and mix well	. China	
	at, add the oil. Add beef a	and brown for 1 minute	
	en stir-fry for another minu		
	g 1 tsp of oil. Reheat the	wok, add ginger and	
garlic, stir-fry for 20	seconds. cook over high heat for 30 s	T. Cuisina	
Return the beef to wok,			
Give the mixture several			
Turn onto serving platter and garnish with spring onions.			
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Sesame Beef Stir-fry

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1 tsp cornstarch 2 tsps sugar 3 tsps lightly toasted sesame seeds 1 tsp sesame oil 1/2 1b green beans, trimmed 2 tsps cooking oil 1/2 red bell pepper, seeded and cut into thick strips 1 tsp minced fresh ginger 1 clove garlic, minced Cooking sauce: 1 tsp soy sauce

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

Cut beef into 1/8-inch slides. Combine beef with cornstarch, soy sauce, sugar, sesame seeds and sesame oil. Blanch beans in boiling water for 4 minutes, then plunge into cold water and drain. Cut into half lengthwise. Prepare cooking sauce and set aside. Heat a wok over high heat, add 1 tsp of the oil, stir-fry green bean and red pepper for 1 minute, remove from wok. Reheat wok with remaining 1 tsp of cooking oil. Add beef and toss for 1 minute over medium heat. Add ginger and garlic and stir-fry for 1 minute. Return vegetables to wok and stir in sauce mixture. Bring to a boil and thicken.

Spicy Stir-fried Hunan Beef

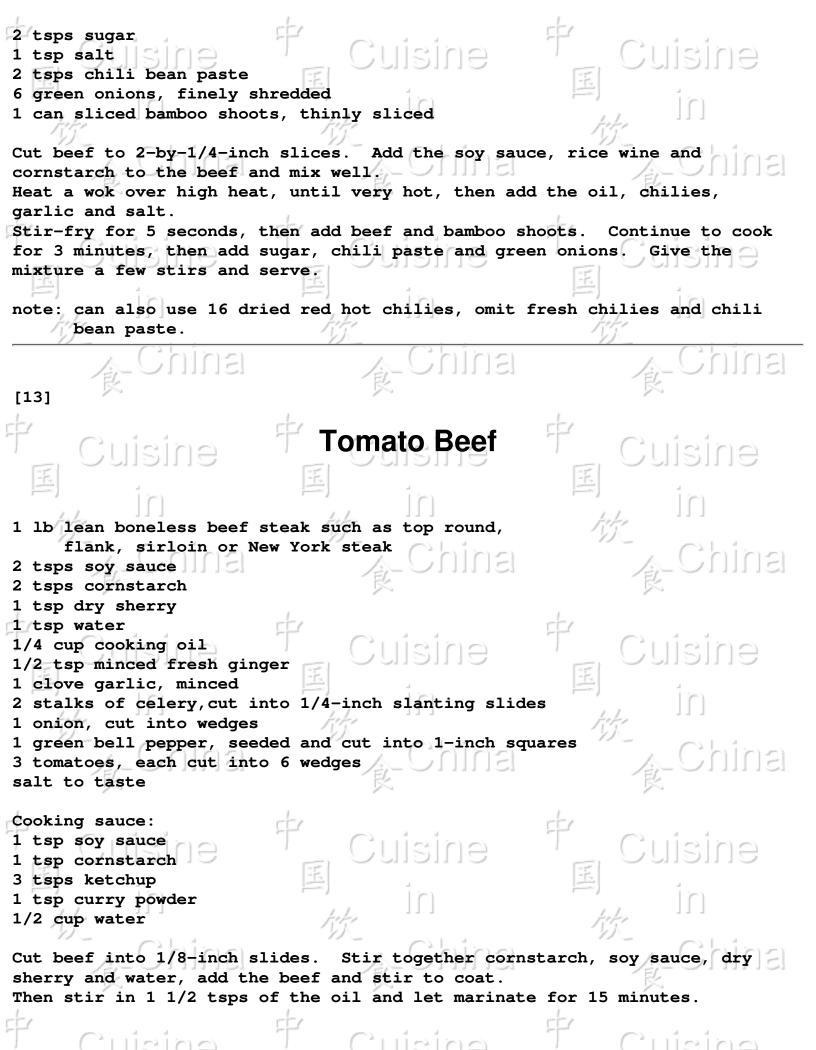
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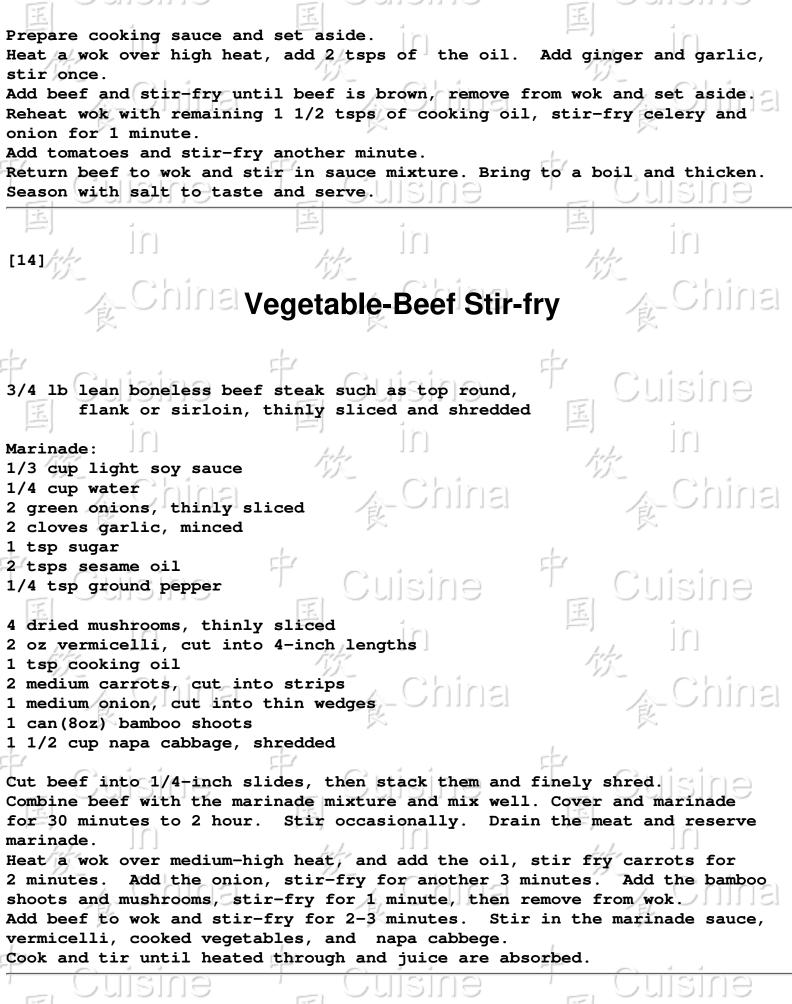
1 lb lean boneless beef steak such as top round, flank, sirloin or New York steak

Marinade: 2 tsps light soy sauce

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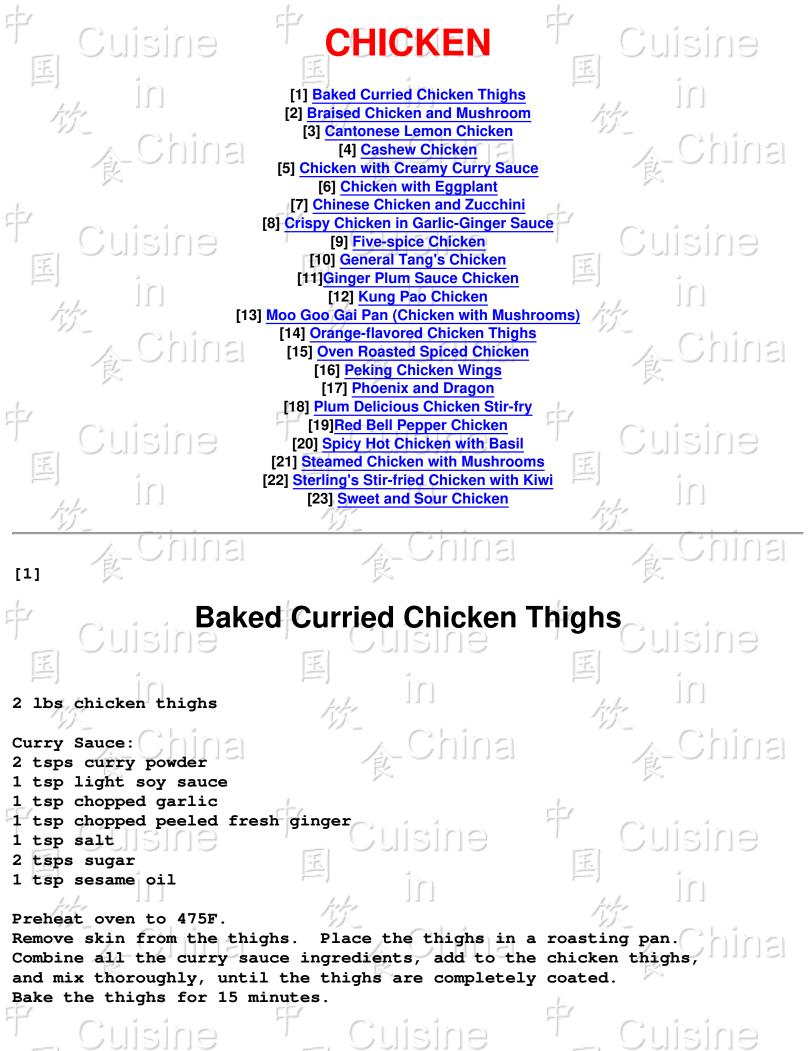




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Turn them over and continue to bake for another 15-20 minutes. Serve at once.

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Braised Chicken and Mushroom $1 \ 1/2$ lbs chicken thighs 1 oz Chinese mushrooms l'NE) 3 3/4 cups warm water 1 tsp cooking oil 1/2 lb yellow onions, sliced 2 tsps chopped peeled fresh ginger 1/4 cup oyster sauce Cuisine 1 tsp sesame oil Remove the bones from the chicken thighs by running a knife through to the bone on each side, then cut out out the bone. Remove the skin and cut the chicken into 1-inch cubes. Soak the mushrooms in the warm water for 20 minutes, or until soft. Squeeze the excess liquid from the mushrooms and remove the stalks. Cut the caps into quaters. Save the soaking liquid. Heat a wok, add the cooking oil, and then the chicken. Stir-fry for 4 minutes, until the chicken begins to brown. Pour off excess fat. Add the onions, ginger, garlic and mushrooms and stir-fry for 2 minutes. Then add oyster sauce and 2/3 cup of the soaking liquid. Continue cooking over high heat for 5 minutes, toss with sesame oil. Serve at once. China nna Cantonese Lemon Chicken Cuisine Cuisine Suisine

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

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Batter: 1/3 cup all purpose flour 1/4 cup cornstarch 1/4 tsp salt 1/3 cup water 2 tsps cooking oil

Sauce: 1 cup water 2 tsps sugar 2 tsps lemon juice 4 tsps cornstarch Pat the chicken dry with paper towels. For batter, combine flour, cornstarch and salt. Add the water and 2 tsps of oil, beat until smooth. Heat a wok with 2-inch of cooking oil to 365F. Dip the chicken into the batter, swirling to coat. Allow the excess batter to drip off. Fry the chicken, a few pieces at a time, for 4-5 minutes or till golden brown, turning once. Remove from wok and drain on paper towels. Arrange on a serving platter and keep warm in a 300F oven. For sauce, combine all the ingredients, cook and stir in a saucepan until thicken and bubbly. Cook for 2 minutes, add the slivered onions and stir to coat. Drizzle the sauce over chicken and serve. Garnish with lemon slices. Cashew Chicken 1 lb chicken breasts, skinned and bonned, cut into bite-size pieces 1 tsp soy sauce 1 tsp cornstarch Cooking sauce: 1/8 tsp white pepper 1 tsp soy sauce 3/4 tsp white vinegar 1 tsp dry sherry or cooking wine 3/4 tsp sugar 1/2 tsp cornstarch 3 tsps cooking oil 1/2 cup salted roasted cashews 1/2 tsp minced ginger 1 green bell pepper, seeded and cut into 1-inch squares 1 medium onion, cut into 8 wedges Combine soy sauce and cornstarch, add chicken and stir to coat, set aside. Prepare cooking sauce and set aside. Heat a wok with 2 tsps of the oil. Stir-fry cashews for 1 minute until

browned. Remove from wok Add chicken mixture and stir-fry for 3 minutes, or until chicken is no longer pink. Remove and set aside. Reheat wok with 1 tsp more of oil, stir-fry ginger, bell pepper and onion for about 4 minutes. Return chicken to wok, stir-in cooking sauce and bring to a boil and thicken. Stir in cashews. [5] Chicken with Creamy Curry Sauce 1 lb boneless skinless chicken thighs, cut into 1-inch pieces Marinade: 1 1/2 tsps light soy sauce 2 tsps dark soy sauce 1 /2 tsp rice wine (optional) 2 tsps salt 2 tsps cornstarch 2 tsps sesame oil 1 1/2 tsps cooking oil INE 2 tsps chopped garlic 1 tsp chopped ginger 1 tsp light soy sauce 1 tsp dark soy sauce 1 tsp rice wine (optional) 3 tsps curry powder 1 tsp sugar 1 tsp salt 1 3/4 cups coconut milk 1 cup water 🦳 1/2 lb carrots, cut into 2-inch pieces 1/2 lb potatoes, cut into 2-inch pieces Combine chicken with the marinade ingredients, mix well. Let marinade for 1 hour. 📿 Drain chicken and save the marinade mixture. Heat a wok with the oil. Stir-fry the garlic and ginger until fragrant, add the chicken and stir-fry for 3 minutes, or until lightly brown. Transfer to a pot. Add the rest of ingredients, vegetables, and the reserved marinade, bring to boil. Simmer for 20 minutes.

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China Chicken with Eggplant

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1 lb chicken breasts or thighs, skinned and bonned, cut into 3/4-by-3-inch strips 2 tsps soy sauce 1 tsp cornstarch 6 tsps cooking oil 2 dried hot chilies, seeded 1 garlic, minced China 1 tsp shredded fresh ginger 1/4 cup water 1 can (8oz) water chestnuts, sliced 3 tsps broth or water Cuisine 1 medium-size eggplant, cut into 3/4-by-3-inch strips Cut chicken into 3/4-by-3-inch strips, add soy sauce and cornstarch, coat well and set aside. Place eggplant in a bowl of boiling water, cover and blanch for 7 minutes. Then drain. Heat a wok with 4 tsps of the oil. Stir chilies until they begin to brown, discard the chilies. Add garlic, ginger, egg plant and 2 tsps of water, stir-fry for 2 minutes. Add remaining of water, cover and cook for about 10 minutes, until eggplant is tender. Remove from wok. Reheat wok with 2 tsps of oil, stir-fry chicken and water chestnuts for about 3-5 minutes, until the meat is cooked. Add broth, and eggplant mixture, cook for 1 minute, until heated through. Transfer to serving platter, garnish with chopped green onion or parsley. _{&-}China __China [7] **Chinese Chicken and Zucchini** Cuisine Suisine 1 1/2 lbs chicken breasts, skinned and bonned 5 dried Chinese mushrooms, thinly sliced Shina Marinade: 2 tsps soy sauce 2 tsps cornstarch 2 tsps water dash of white pepper 1 garlic, minced

1/2 tsp ginger, finely chopped 2 tsps salted black bean, finely chopped Cooking sauce: 1/2 cup water 2 tsps oyster sauce 1/4 tsp sugar 1 tsp sesame oil 1 tsp cornstarch 4 1/2 tsps cooking oil 1/2 lb zucchini, roll-cut into 1/2-inch pieces 1/2 cup bamboo shoots, sliced 1 red bell pepper, seeded and cut into 1-inch squares / Cut chicken into bite-size pieces. Combine marinade ingredients, add chicken and stir to coat, then add 1 1/2 tsps of the oil. Marinade for 15 minutes. Prepare cooking sauce and set aside. Heat a wok with 2 tsps of the oil. Stir-fry chicken mixture for 3 minutes, or until chicken is no longer pink. Remove from wok. Reheat wok with 1 tsp of oil, stir-fry mushroom, bamboo shoots, zucchini, and bell pepper for 1 minute. Then add 2 tsps of water, cover and cook for 3 more minutes, until vegetables are tender-crisp to bite. Return chicken to wok. Stir-in cooking sauce, bring to a boil and thickened. Make 4 servings. 20120112 Crispy Chicken in Garlic-Ginger Sauce $1 \ 1/2 \ lbs$ chicken thighs 2 tsps light soy sauce 2 tsps chopped garlic 2 tsps coarsely chopped green onions 1 tsp coarsely chopped peeled fresh ginger 2 cups cooking oil Cornstarch for dusting Sauce: 1 tsp light soy sauce 1 tsp sugar 🔵 🗁 1 tsp rice vinegar 1 tsp cooking oil 2 tsps toasted sesame oil ₄China

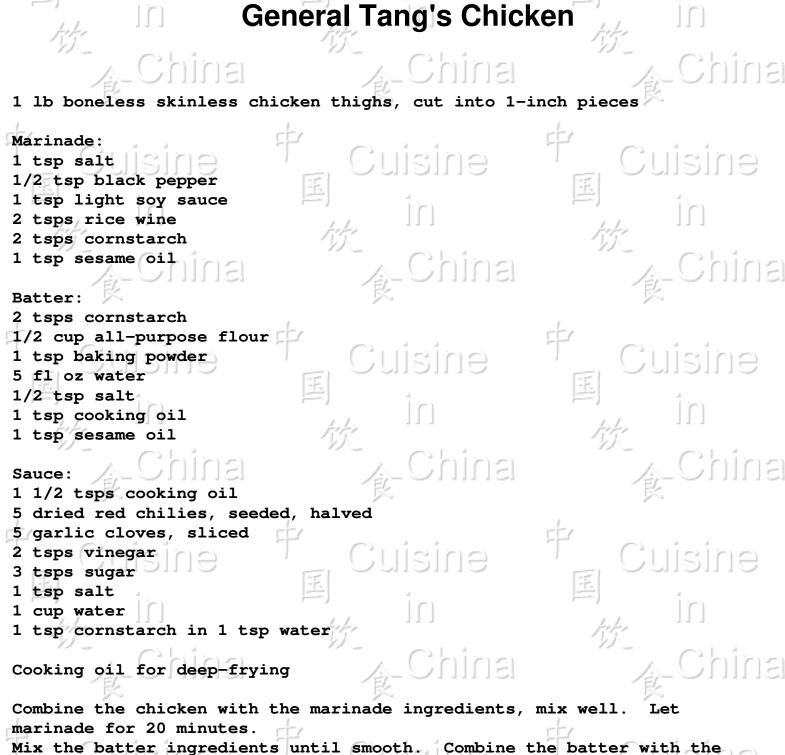
Remove the bones from the chicken thighs by running a knife through to the bone on each side, then cut out out the bone. Remove the skin and cut the chicken into 1-inch chunks. Combine the chicken with soy sauce. Combine the green onions, garlic and ginger in a bowl and combine the sauce in another one. Heat a wok, then add the cooking oil. Dust the chicken pieces with the cornstarch and deep-fry for 5 minutes, or until golden brawn. Remove from the wok and drain on paper towels, then place on a serving platter and keep warm. Drain all the oil from the wok and reheat the wok. Add the green onions, garlic, and ginger, stir-fry for 20 seconds. Pour in the sauce mix and cook for a further 20 seconds. Serve the chicken, with the sauce on the side. China [9] **Five-spice Chicken**

1 lb boneless, skinless chicken breasts, cut into 1/2-inch chunks 1 tsp dark soy sauce 1 tsp cooking wine 1/2 tsp five-spice powder 1/2 tsp brown sugar 2 tsps ginger, grated 2 gareen onions, chopped 2 garlic cloves, minced 1 egg, beaten 1/2 cup cornstach Cooking oil for deep-frying

[10]

Combine 2 tsps oil, soy sauce, cooking wine, five-spice powder, sugar, ginger, onions and garlic in a bowl. Stir in chicken cubes and coat evenly. Let marinade for 1 hour. Stir in beaten egg. Pour cornstarch in a plate, roll and coat each chicken cube with cornstarch. Heat enough oil in a wok over medium heat. Deep-fry chicken for 4 minutes. Increased heat and fry 2 more minutes, until golden and cooked through. Transfer and drain on paper towels. Makes 4 servings.

General Tang's Chicken

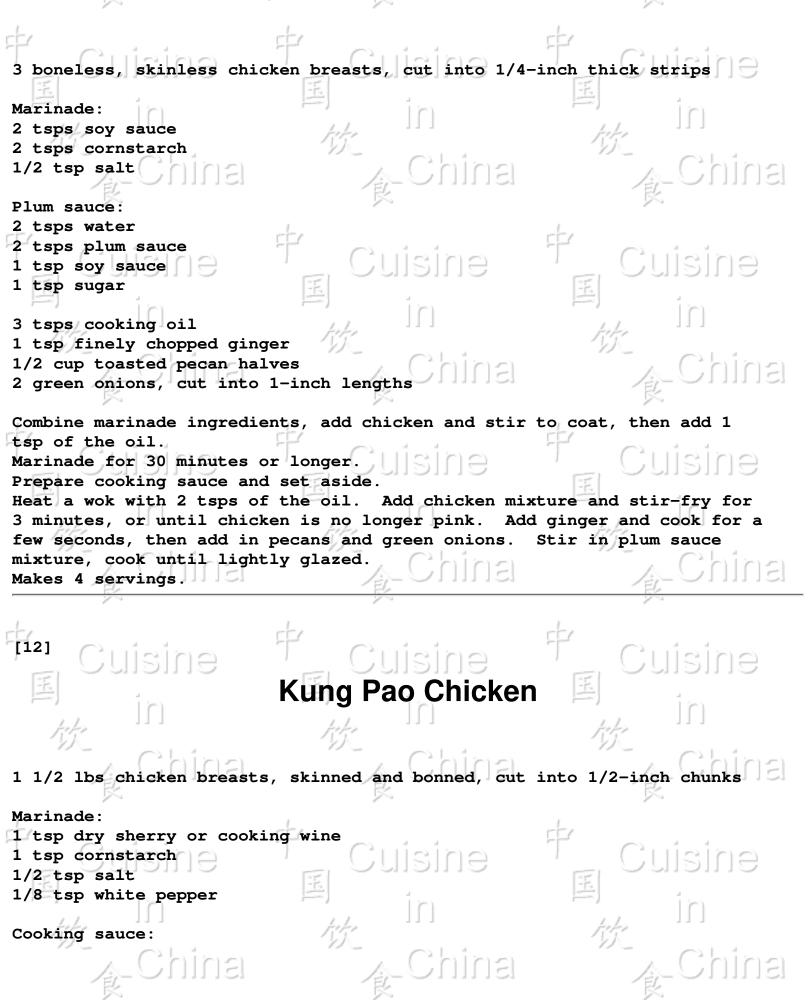


PNIPING chicken. UISHIJ Heat a wok with the oil. Stir-fry the garlic and chilies until fragrant, add the rest of sauce ingredients, simmer uncovered for 10 minutes. Heat a wok over high heat until hot, then add oil for deep-frying.

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

[11]

Ginger Plum Sauce Chicken

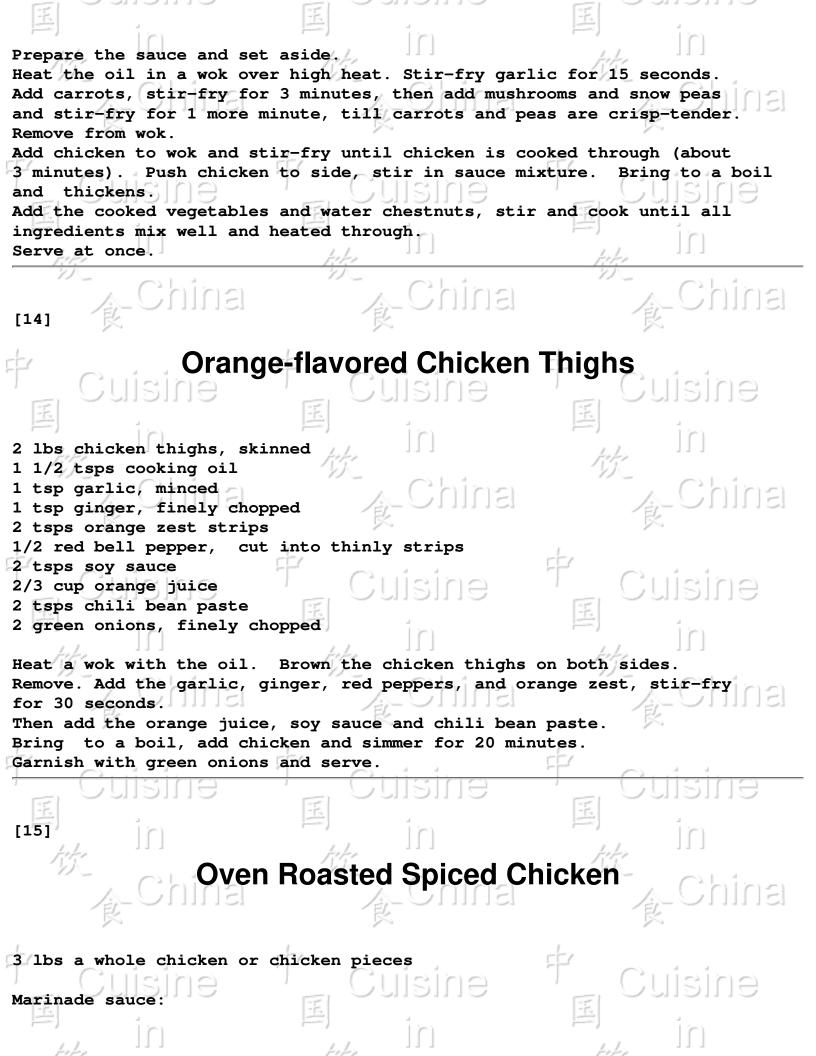


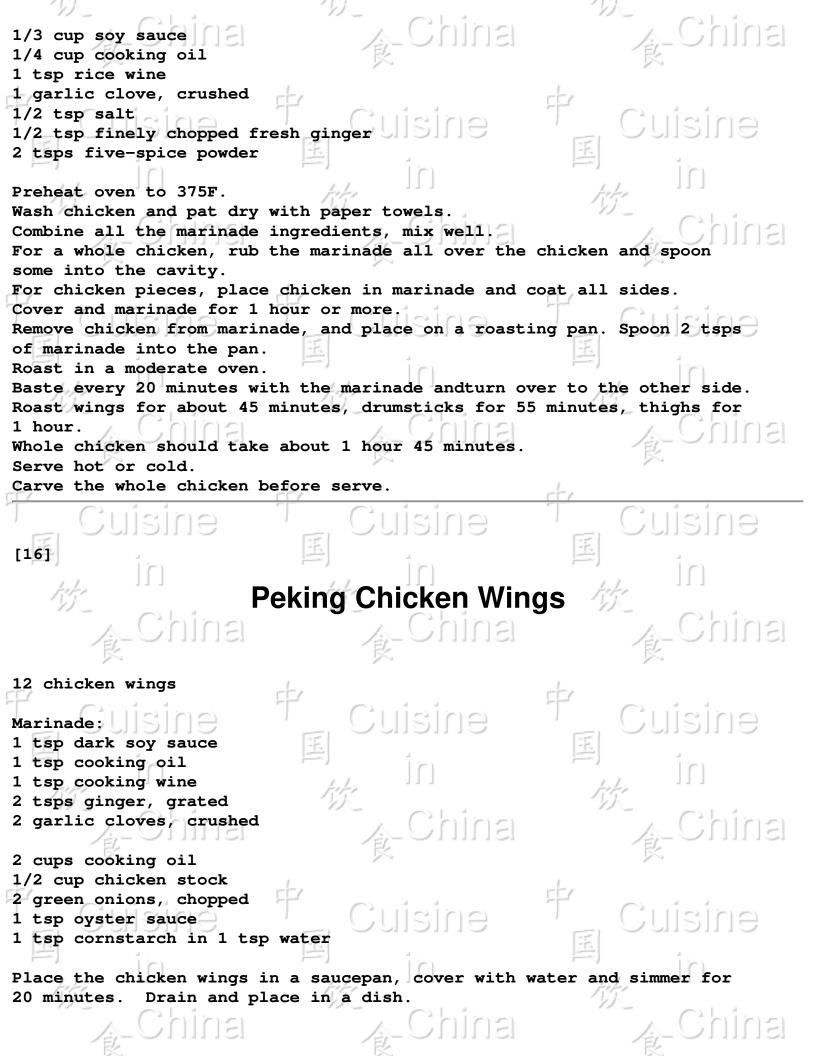
1/2 cup water 2 tsps soy sauce 1 tsp white vinegar 1 tsp dry sherry or cooking wine 2 tsps sugar 2 tsps cornstarch 4 tsps cooking oil 4-6 dried hot chilies 1/2 cup salted peanuts 1 tsp garlic, minced 1 tsp minced ginger 2 tsps salted black bean, finely chopped 1 red bell pepper, seeded and cut into 1-inch squares 2 green onion, cut into 1 1/2-inch lengths Combine marinade ingredients, add chicken and stir to coat, then add 1 tsp of the oil. Marinade for 15 minutes. Prepare cooking sauce and set aside. Heat a wok with 1 tsp of the oil. Stir-fry chilies and peanuts until chilies just begin to brown. Remove from wok. Stir-fry bell pepper for 2 minute, and remove. Reheat wok over high heat with 1 tsp more of oil, stir once garlic and ginger, add chicken mixture and stir-fry for 3 minutes, or until chicken is no longer pink. Add peanuts, chilies, bell pepper, and onions, stir-in cooking sauce and bring to a boil and thicken. Makes 4 servings. [13] Moo Goo Gai Pan (Chicken with Mushrooms) 1 lb boneless, skinless chicken breasts, cut into bite-size strips 3 cups small fresh mushrooms, halved 2 cups fresh snow peas 4 oz water chestnuts 1 cup carrots, cut into carrot flowers 1 tsp cooking oil 3 garlic cloves, minced Sauce: 1/2 cup water 2 tsps soy sauce 2 tsps rice wine (optional) 4 tsps cornstarch 1/2 tsp sugar

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Mix together marinade ingredients, pour over chicken wings. Let stand for 1 hour. Then drian and save the marinade. Heat a wok with the oil. Deep-fry the chicken wings for 10 minutes or until golden brown. Remove and drain on paper towels. Pour oil from wok, then add chicken wings, stock, green onions, reserved marinade and oyster sauce. Gently cook for 5 minutes. Stir in cornstarch mixture, bring to a boil and simmer until thickened. 11151 [17] Cuisine Phoenix and Dragon a Cuisine 1/2 lb boneless, skinless chicken breasts, cut into 1/2-inch pieces 1/2 lb raw shrimp, peeled and de-veined 2 tsps cornstarch 1/4 tsp ground red pepper 1 tsp cooking oil 2 garlic, minced 1 cup carrots, thinly sliced, cut into half moons 1 cup broccoli flowerets 1/2 cup bamboo shoots 1 tsp toasted sesame seeds Sauce: 1/2 cup water 2 tsps dry sherry 1 tsp oyster sauce 2 tsps soy sauce 2 tsps cornstarch 1/2 tsp instant chicken bouillon granules Halve the shrimp lengthwise, combine with 2 tsps cornstarch and red pepper, set aside. Prepare cooking sauce and set aside. Heat a wok with the oil. Stir-fry garlic till fragrant. Add carrots and broccoli, stir-fry for 3 minutes, or till crisp-tender. Remove from wok. Add chicken to wok and stir-fry for 3 minutes, or until chicken is no longer pink. Remove chicken from wok. Add shrimp and stir-fry for 2-3 minutes, until shrimp turn pink. Return chicken to wok. Push the shrimp and chicken from center of wok. Stir-in the sauce mixture, cook and stir till bubbly. Return vegetables to wok. Add bamboo shoots. Stir all ingredients to coat with sauce, cook until; heated through. Sprinkle with sesame seeds and serve.

Plum Delicious Chicken Stir-fry 1 lb boneless, skinless chicken breasts, cut into bite-size strips 2 cups snow peas, cut into half 1 tsp cooking oil 1 small onion, thinly sliced and seperated into rings 4 plums or apricots, pitted and cut into wedges or 2 cups of pears Sauce: 1/4 cup plum jam or currant jelly 3 tsps vinegar Cuisine 3 tsps soy sauce 1 tsp cornstarch Prepare cooking sauce and set aside. Heat a wok with the oil. Stir-fry onions for 2 minutes. Add snow peas and stir-fry for 1 minute, or till crisp-tender. Remove from wok. Add chicken to wok and stir-fry for 3 minutes, or until chicken is no longer pink. Push chicken from center of wok. Stir-in the sauce mixture, cook and stir till bubbly. Return vegetables to wok. Add plums, apricots, or pears. Stir all ingredients to coat with sauce, cook until heated through. Red Bell Pepper Chicken 1 1/2 lbs chicken breasts, skinned and bonned 721121112 Marinade: 2 tsps soy sauce 2 tsps cornstarch 2 tsps dry sherry Cooking sauce: 1/2 cup water 1 tsp soy sauce 1/4 tsp sugar 1 tsp cornstarch

_{&-}China _{&-}China 4 1/2 tsps cooking oil 1 garlic, minced 2 tsps salted black bean, finely chopped 1 lb red bell pepper, seeded and cut into 1-inch squares uisine 1 medium size onion, cut into wedges. Cut chicken into bite-size pieces. Combine marinade ingredients, add chicken and stir to coat, then add 11/2 tsps of the oil. Marinate for 15 minutes. Prepare cooking sauce and set aside. Heat a wok with 2 tsps of the oil. Stir at once black bean and garlic hot oil, add chicken mixture and stir-fry for 3 minutes, or until chicken is no longer pink. Remove from wok. Reheat wok with 1 tsp of oil, stir-fry red bell pepper and onion for 1 minute. Then add 1 tsp of water, and cook for 3 more minutes, until vegetables are tender-crisp to bite. Return chicken to wok. Stir-in cooking sauce, bring to a boil and thickened. Makes 4 servings. note: For modification use 1 lb of green bell papper or 1 lb of asparagus to substitute red bell pepper. Name it with the vegetable used. Spicy Hot Chicken with Basil [20] sine

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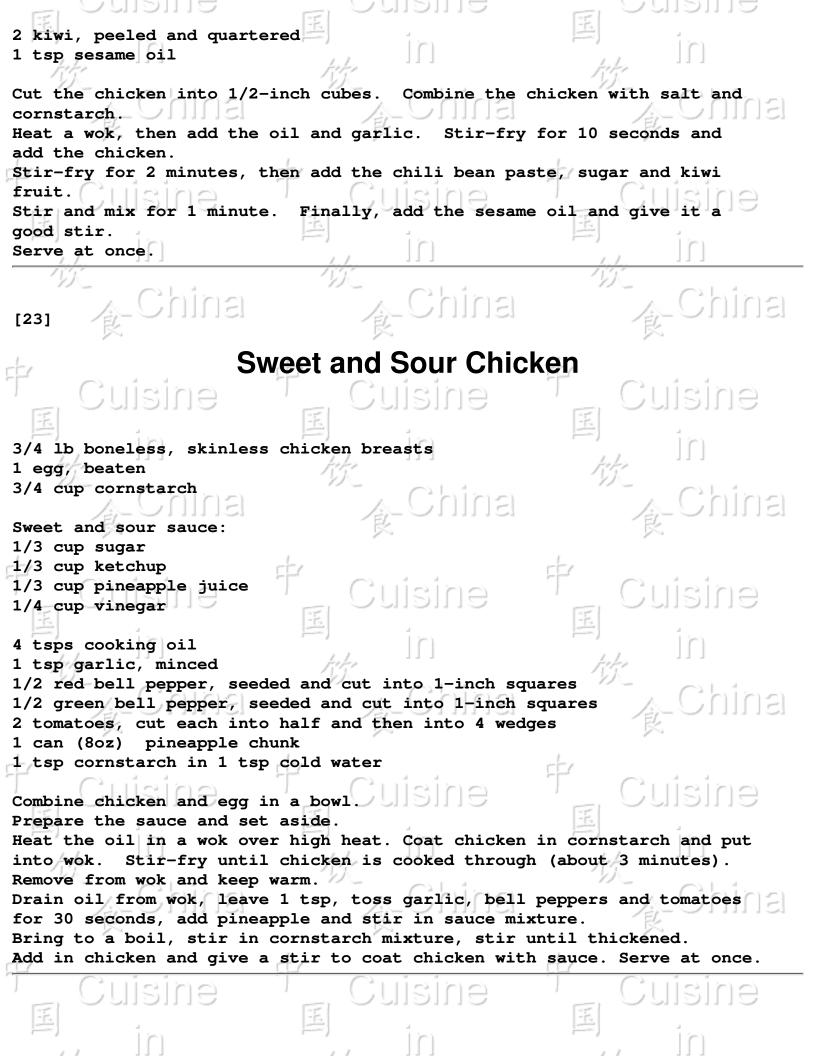
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2 lbs chicken thighs 2 tsps light soy sauce 2 tsps cornstarch 1 tsp sesame oil 1 1/2 tsps cooking oil 2 tsps chopped garlic 2 tsps chili bean paste 2 tsps hoisin sauce 2 tsps hoisin sauce 2 tsps oyster sauce 1 tsp dark soy sauce 1 tsp sugar large handful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

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Remove the bones from the chicken thighs by running a knife through to the bone on each side, then cut out the bone. Remove the skin and cut the chicken into 1-inch chunks. Combine the chicken with light soy sauce, cornstarch, and sesame oil. Heat a wok, then add the cooking oil. When the oil is hot, add chicken and stir-fry for 5 minutes, then remove chicken from the wok and drain

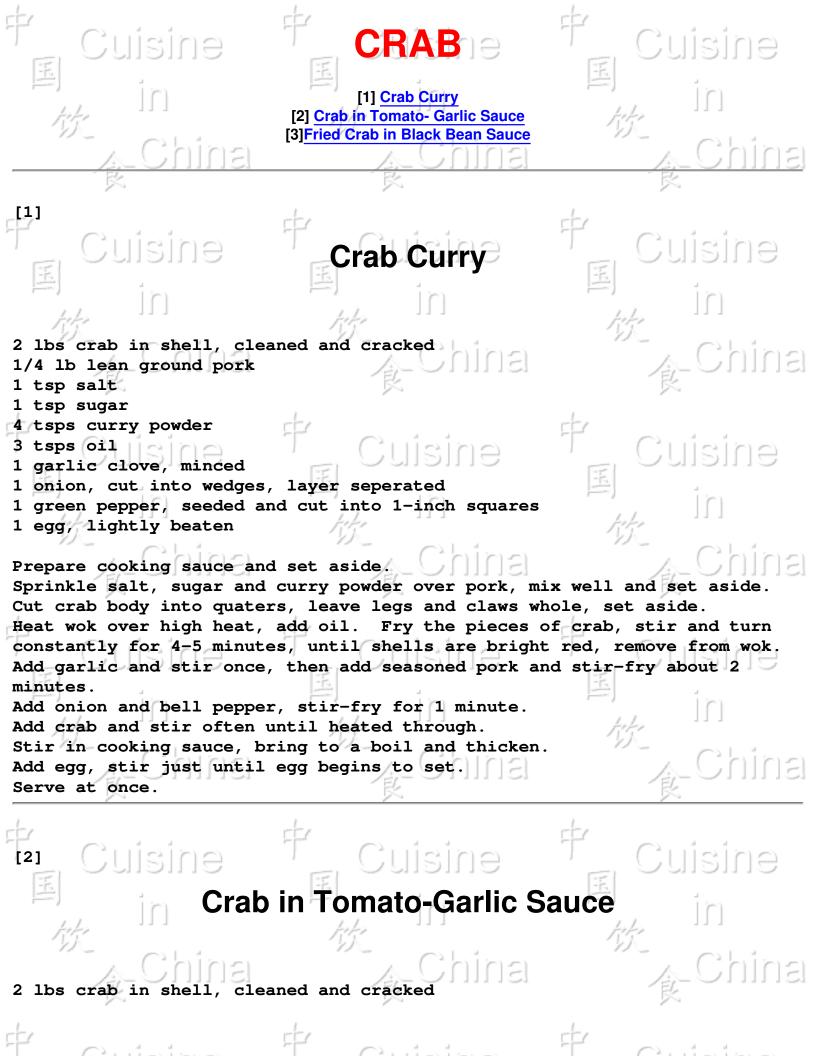
the oil. Return chicken to wok and add all remaining ingredients except the basil leaves. UNDING 721121112 Cook for 5 minutes, stir from time to time. When chicken is cooked, add basil leaves and stir well. Transfer to serving platter and serve at once. China [21] **Steamed Chicken with Mushrooms** 1 lb boneless, skinless chicken breasts, cut into 1/2-inch cubes 2 tsps soy sauce -China 2 tsps cooking wine 1/2 tsp salt 1 tsp sugar 2 tsps water 1 can (14oz) straw mushrooms, drained, liquid reserved 1 tsp ginger, grated 3 green onions, chopped Combine soy sauce, cooking wine, salt, sugar, water and reserved liquid in a bowl. Place chicken and mushrooms in a baking dish, add sauce mixture in the bowl. Then sprinkle with ginger and green onions, cover the dish. Place in a steamer and steam for 10 minutes, until chicken is firm and tender. Pour off the liquid to wok and cook for 2-3 minutes, pour over chicken and serve. [22] Sterling's Stir-fried Chicken with Kiwi 1 1b boneless skinless chicken breasts 1 tsp salt 1 tsp cornstarch 1 tsp cooking oil 2 tsps chopped garlic 1 tsp chili bean paste 1 tsp sugar







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DESSERTS Cuisine Cuisine [1] Almond Jelly with Melon [2] Apple-Blueberry Delight [3] Bananas Managua [4] Orange-Almonds Crisps [5] Papaya and Grapefruit Delight [6] Peking Apple [7]Whole Apple with Honey and Cinnamon Almond Jelly with Melon Shina 2 1/2 tsps unflovored gelatin 1 cups warm water Cuisine 2 tsps sugar 🔵 📃 🗧 동 1/2 cup condensed milk 1 1/2 tsps almond extract 2 cups ripe melon or cantaloupe, cut into balls or 1-inch diamonds Place a 8 or 9-inch square or round cake pan in the freezer to chill Sprinkle the gelatin over 1/2 cup of water in a small saucepan and let sit until softened, about 5 minutes. Then heat the mixture over low heat until boiling, stir constantly until the gelatin dissolves. Remove from the heat. Combine sugar and remaining 1/2 cups water, condensed milk and almond extract in a bowl and stir to dissolve the sugar. Stir in the dissolved gelatin. Pour into the chilled pan and refrigerate until set (about 4 hours). Cut the chilled almond jelly into 1-inch diamond-shaped pieces. Place the almond jelly and melon in serving bowls and serve. Makes about 6 servings. Cuisine 国 放

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Apple-Blueberry Delight

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

Mix sugar, cinnamon and nutmeg in a bowl, set aside. Peel, core and thinly slice the apples. In a large bowl, mix orange juice and peel, add apples and toss well. Heat a wok with the butter, when butter melts, add sugar mixture and cook for about a minute.

Add apple mixture and stir-fry until apples are soft (about 3 minutes). Add blueberries, stir-fry until sauce is thickened. Transfer to dessert plates, serve with whipped cream on top.

[3]

1/2 cup sour cream

1/3 cup orange juice

2 large firm-ripe bananas

2/3 tsp ground cinnamon

2 tsps butter or margarine 2 tsps lime or lemon juice

4 tsps firmly packed brown sugar

Pour the orange juice in a bowl.

Mix sugar and cinnamon in another bowl.

Peel bananas, cut into 1/4-inch-thick slanting slices.

half of bananas, spoon onto 2 more dishes.

Heat 1 tsp of butter in a wok until melted. Dip half of the banana

Spoon onto 2 dessert dishes. Add 1 tsp butter and repeat with the other

Add to wok and cook until lightly brown and glazed on both sides.

Add lime juice, remaining orange juice and sugar mixture into wok.

slices in the orange juice, and then into the sugar mixture.

Bananas Managua

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Cook over medium heat until the mixture boil and becomes syrupy. Pour evenly over bananas. Top each serving with sour cream and serve. [4] Cuisine Orange-Almonds Crisps 1 cup all purpose flour 1/2 cup cornstarch 2 tsps unsalted butter, softened to room temperature 1/2 cup confectioners' sugar 2 tsps finely grated orange zest 1 tsp almond extract Cuisine 1/2 cup finely chopped blanched almonds Sift together the flour and cornstarch. Combine the butter and sugar, beat until light and fluffy. Add the orange zest and almond extract, blend well. Alternately, add the flour and the chopped almonds in several batches, stir to just blended. Turn the dough onto a large sheet of plastic wrap, wrap well and chill for 1 hour. Place the dough on a large sheet of aluminum foil, and roll out into a long snake-like piece about 1 1/2-inch in diameter. Wrap with foil and chill in freezer for 1 hour. Preheat the oven to 375F. Cut the dough into 1/4-inch-thick slices. Arrange 1 1/2-inch apart on ungreased cookie sheets, bake for 10 minutes, until the edges are golden. Transfer to wire racks to cool. Makes about 28 cookies. CUISI Papaya and Grapefruit Delight CUISINE

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1 1/2 lbs papaya

- 2 grapefruits
- 2 tsps fresh lemon juice

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2 tsps sugar

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

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Stir together the egg, water and flour to make a thick batter.

Dip each apple slice in the batter and allow the excess to drain off. Deep-fry the apple pieces in batches until golden brown. Remove and

In a saucepan, gently heat oil, water and sugar, stir until sugar has

Simmer for 5 minutes, stirring. Stir in corn syrup and boil for 5-10

Dip the apple pieces one at a time into syrup to coat and then place in

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minutes until thick and syrupy. Reduce heat to very low.

ice cold water for a few seconds. Remove to serving plate.

Peking Apple

Cuisine

4 firm crispy apples

1 tsp cooking oil

6 tsps brown sugar 2 tsps corn syrup Iced water to set

drain on paper towels.

Serve immediately.

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2 tsps water

1 cup all-purpose flour 2 1/2 cups cooking oil

1 egg

Syrup://

dissolved.

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1/2 cup water

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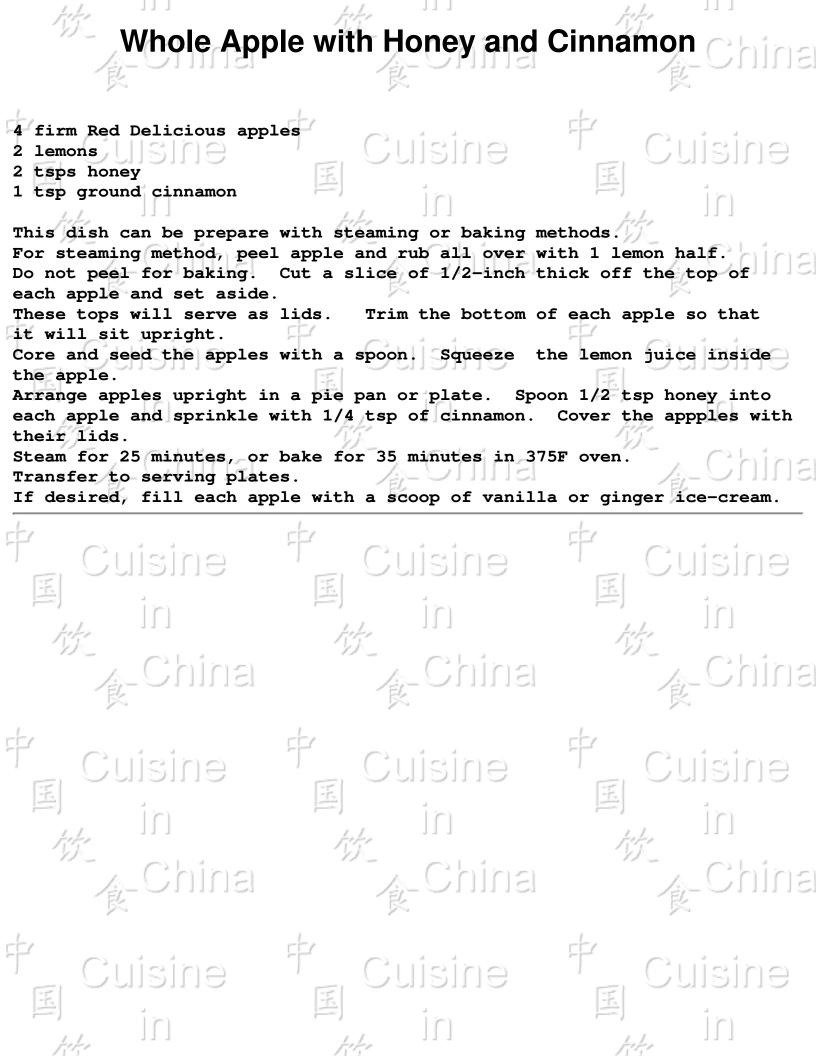
Peel, core and thickly slice the apples. Heat the oil in a wok until smoking hot. Cuisine

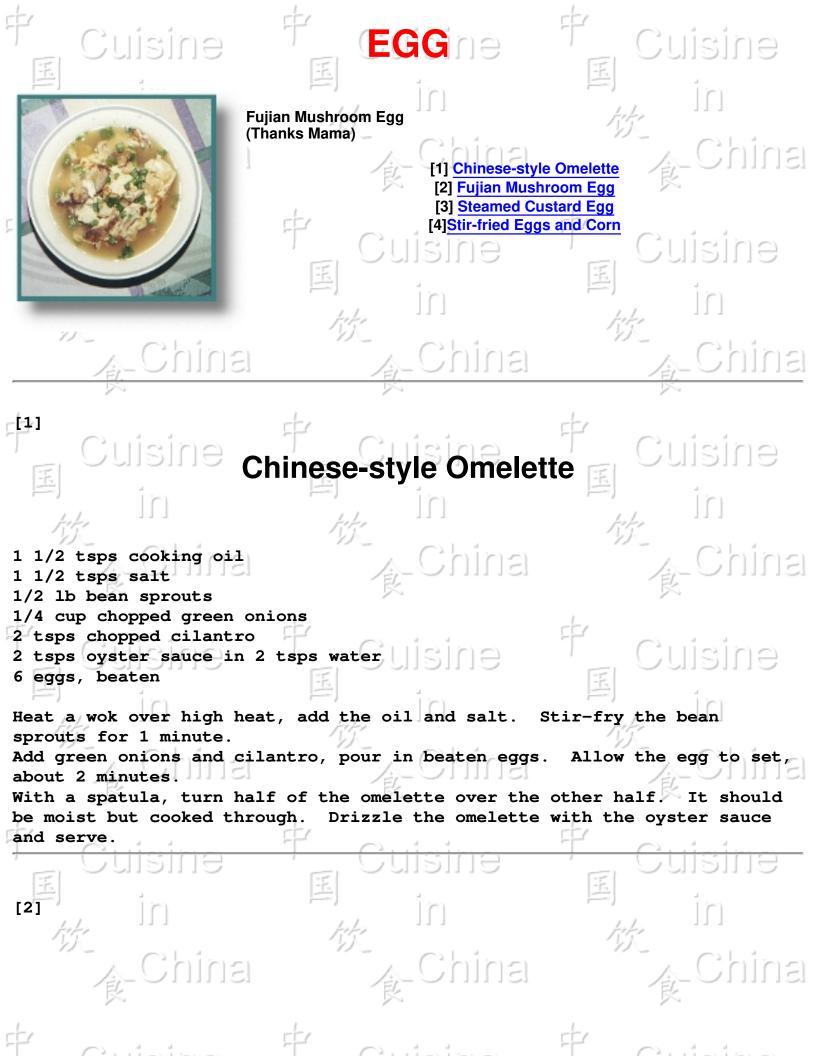
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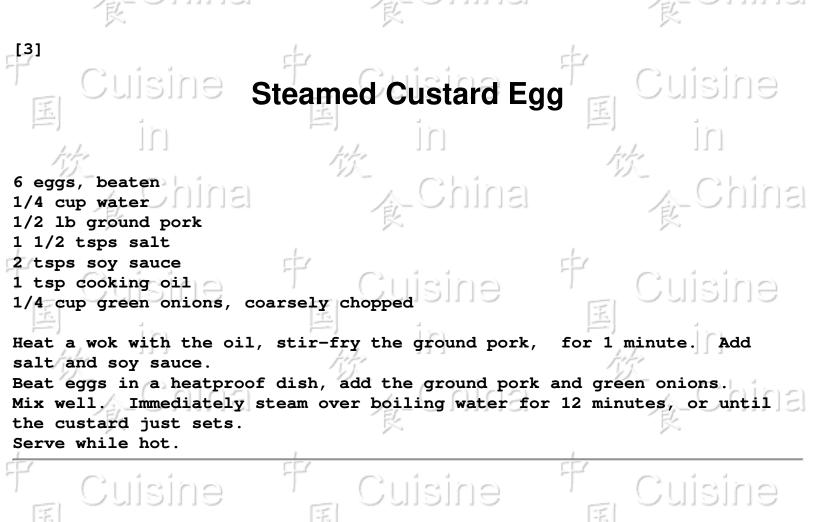
Fujian Mushroom Egg



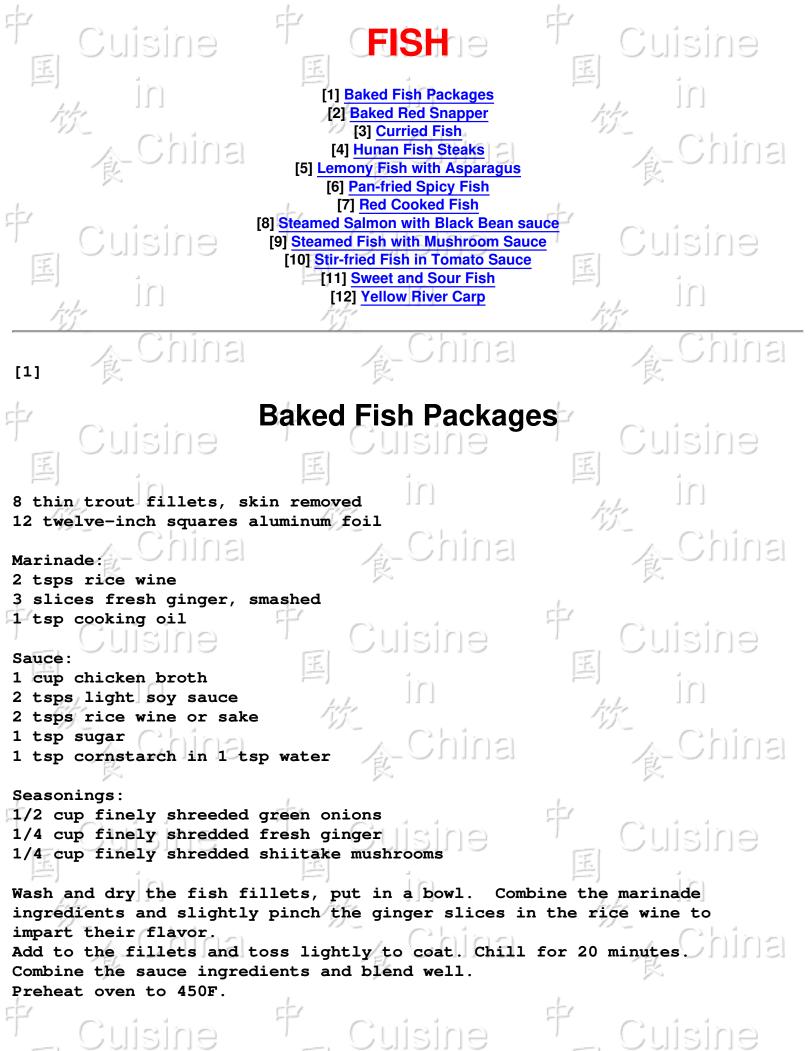
6 eggs, beaten 1/2 tsp salt 1/4 tsp white pepper 8 dried Chinese mushrooms, soaked and thinly sliced 4 cups chicken stock salt and pepper to taste 1 tsp cooking oil 2 tsps green onions, coarsely chopped

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Heat a wok with the oil, stir-fry the mushrooms until fragrant, about 2 minutes. Beat eggs with the 1/2 tsp salt and 1/4 tsp pepper. Pour the egg over the mushrooms. Stir occasionally until the egg set. Break into pieces. Bring the chicken stock to a simmer, add the mushroom and egg mixture to stock. Cover and simmer for 15-20 minutes. Season to taste with salt and pepper. Turn into serving boil and garnish with green onions.



於 前 _{@-}China [4] Stir-fried Eggs and Corn F ₽_. Cuisine Cuisine 3 tsps green onions, chopped 2 tsps finely chopped ginger 1 tsp sal+ `_{&-}China 4 eggs, beaten Heat a wok over high heat, add the oil. Stir-fry the ginger and green onions for 10 seconds. Add the corn and salt, and stir-fry for 2 minutes. Juisine Add the beaten eggs, let it set and cook for 2 minutes. Serve at once Serve at once. 沉 ି _{ଛି-}China ____China 中 Cuisine 「「」」」 一 文 China 中 Cuisine 国 in 於 Cuisine 国 in 於 Cuisine 中 E E Cuisine in 於 China 中 回 が 全 China 中 回 加 於 全China 中 Cuisine 国 in 中 国 加 f Cuisine 国 In



Heat a wok, add the oil, and heat until very hot. Add the seasonings and stir fry for 15 seconds. Add the sauce mixture and bring to a boil, stir until thickened. Remove from heat and let cool slightly. Arrange 1 fillet on each foil, spoon the sauce mixture over the fish and fold the foil over to enclose the fish completely. Fold and crimp the edged of the packages to seal. Arrange the packages on a cookies sheets and bake for 8 minutes, or until the packeges puff up. Serve immediately. Let everyone open the packages themselves.

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Baked Red Snapper

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1 (~21b) whole snapper 1 tsp ground ginger 1 tsp salt 1 tsp black pepper 1 onion, sliced into rings 2 tsps fresh ginger, chopped 1 1/2 tsp salted black bean 1 tsp brown sugar 1 tsp rice wine 1 tsp dark soy sauce 2 tsps cooking oil

Preheat oven to 350F.

On each side of the fish, make 3 diagonal cuts in one direction, and 3 more in opposite direction to form a diamond pattern. Mix together ground ginger, salt and pepper, rub into both sides of fish and inside.

Cut a foil large enough to enclose the fish completely. Lay on a baking sheet. Arrange onions on the foil, top with fish. Mash black beans, rice wine, soy sauce and sugar together, spread over fish. Heat oil until smoking, pour over the fish. Fold the foil tightly. Bake for 20 minutes, until fish turns opaque. Serve topped with the cooking juice.

Curried Fish

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1 lb fresh or frozen swordfish, shark, seabass, tuna or monkfish 1/2 cup water 2 tsps hoisin sauce 1 tsp curry powder or paste 1/2 tsp sugar 1 tsp cooking oil 1 cup carrots, cut into strips 1 cup celery, cut into strips 1 can (8oz) bamboo shoots, drained and cut into strips, Cuisine Cut fish into 1-inch cubes, discard bone and skin. Combine water, hoisin sauce, curry powder, and sugar. Pour oil into a wok, heat over medium-high heat. Add carrots and celery, stir fry for 3 minutes. Add bamboo shoots, stir-fry for 1 minute. Remove. Add half of the fish to the hot wok, stir-fry for 3-6 minutes, until fish flakes easily. Remove. Repeat with remaining fish. Stir sauce mix, add to the wok. Cook and stir until slightly thickened. Return vegetables and fish to wok. Stir well and simmer for 2 minutes. Serve immediately. [4]

Hunan Fish Steaks

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

Sauce:

4 dried Chinese mushrooms, soaked and thinly sliced 2 medium onions, finely chopped

2 tsps Chinese radish pickle, chopped (optional) 2 tsps ginger, chopped

2 garlic cloves, minced 3 dried red chilies

3/4 cup chicken stock

3 tsps dark soy sauce

2 tsps brown sugar

2 tsps salt

4 tsps rice wine or dry sherry

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

Combine all the sauce ingredients.

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

[5] Lemony Fish with Asparagus Lemony Fish with Asparagus Additional and the second and the s

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

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

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



Pan-fried Spicy Fish

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1 lb fresh fish fillet, preferably cod or haddock 1 tsp five-spice powder 1 tsp salt Isine Cuisine 1 1/2 tsps cooking oil 2 tsps garlic, minced 2 tsps finely slide ginger strips 2 tsps/light soy sauce 2 tsps sesame oil Rub the fish with the five-spice powder and salt. Heat wok until hot, then add oil. Gently pan-fry the fish on each side until it is slightly browned and remove from the wok. To the remaining oil, add ginger, garlic, soy sauce and esame oil. Return the fish to the wok and gently reheat. Serve at once. [7] 依 China **Red Cooked Fish** 1 lb or 2 firm white fish fillets of haddock, halibut, cod or seabass 2 tsps salt cornstarch for dusting 3 tsps cooking oil 2 tsps sesame oil Suluc Sauce: 1 1/2 tsps cooking oil 1 garlic, minced f Cuisine 1 tsp finely chopped fresh ginger

- 2 tsps rice wine
- 1 1/2 tsps hoisin sauce
- 1 tsp dark soy sauce
- 2 tsps bean sauce
- 1 tsp sugar
- 3/4 cup chicken stock or water
- 2 tsps cornstarch blended in 1 tsp water

Sprinkle salt and cornstarch evenly over both sides of the fish fillets. Shake off excess cornstarch. ~ A . Heat a wok over medium-high heat until it is hot, add the 3 tsps oil.

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

Reheat the wok over high heat, add 11/2 tsps oil, add the ginger and garlic, stir-fry for 20 seconds. Then add the rest of the sauce ingredients except cornstarch and sesame oil. Stir-fry the mixture for 1 minute. When the sauce boils, stir in cornstarch mix, turn heat to low. Carefully slide the fish into the sauce, cook 3-5 minutes, basting constantly. Carefully remove the fish and arrange on a platter. Add sesame oil to the sauce.

Pour the sauce over the fish and garnish with spring onions.

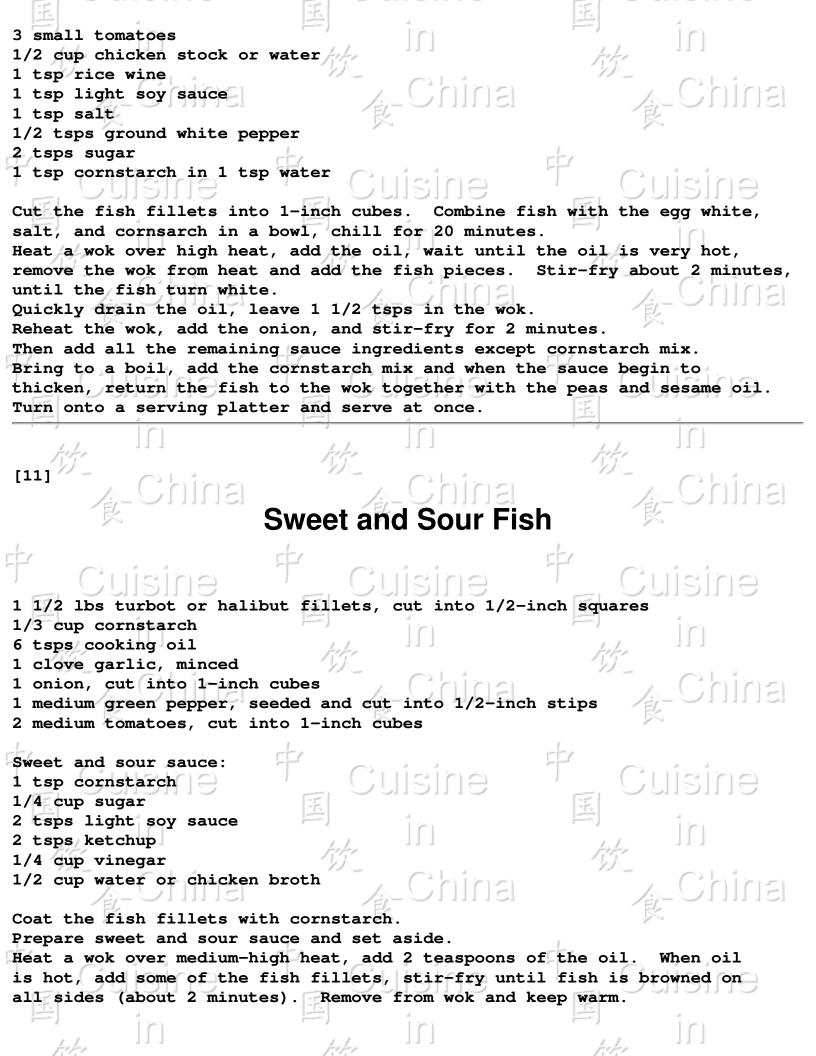
Steamed Salmon with Black Bean Sauce

1 lb fresh salmon fillets, slice into 1-inch-thick 1 tsp salt 2 tsps toasted sesame oil Cuisine Sauce: 1 tsp cooking oil 2 tsps coarsely chopped salted black beans 1 1/2 tsps garlic, minced 1 tsp finely chopped peeled fresh ginger 3 tsps coarsely chopped green onions 1 tsp dark soy sauce 2 tsps light soy sauce 2/3 cup water 1 tsp cornstarch mixed with 1 tsp water 721121112 Set a rack into a wok. Add in water to a depth of 21/2-inches and bring it to a simmer. Rub the salmon fillets with salt and toasted sesame oil and place on a heatproof plate that will fit into the wok. Place the plate holding the fish on the rack, cover tightly and steam for 6 minute. Meanwhile, heat a wok then add oil, black beans, garlic, and ginger. Stir-fry for 1 minute, then add the green onions, soy sauces and water, simmer for 1 minute. Add the cornstarch mixture and stir until thickens. When the salmon is cooked, pour the hot sauce over the salmon and serve at once.

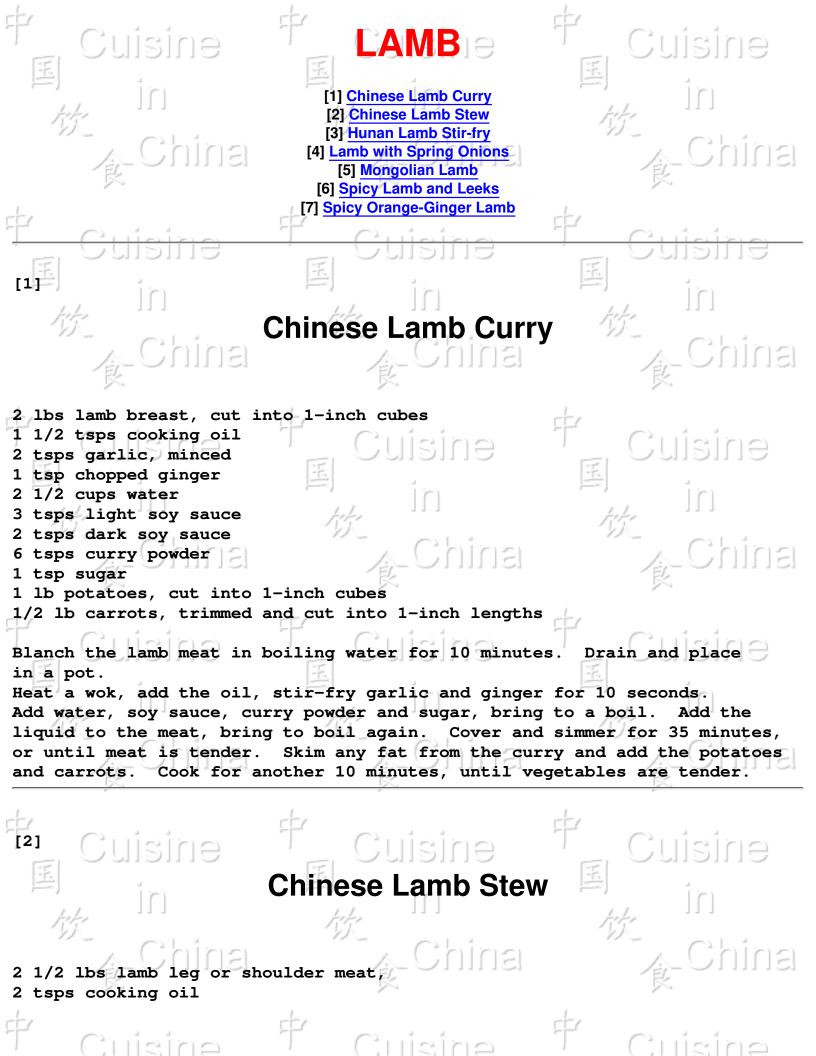
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, Cuisine Cuisine Cuisine Steamed Fish with Mushroom Sauce China 1 1/2 lbs snapper or jewfish fillets Salt and pepper to taste 1/2 tsp fresh ginger, finely chopped Sesame oil Isine Mushroom sauce: 8 Chinese dried mushrooms 2 tsps cooking oil 4 shallots, chopped าเมร 1/2 tsp finely shredded fresh ginger 1 tsp light soy sauce 3/4 cup mushroom soaking liquid 3 tsps cornstarch in 1 tsp water Soak mushrooms in hot water for 20 minutes. Remove and discard stems slice mushrooms finely. Wash and dry fish fillets. Season with salt and pepper and rub all over with the chopped ginger, and a little sesame oil. Arrange the mushrooms on top. Steam over boiling water for 8-10 minutes. Heat oil and fry shallots and ginger for 10 seconds. Then add soy sauce and mushroom soaking liquid, mixed together. Bring to a boil and stir in cornstarch mixture, stir until sauce thickens. Keep warm. When the fish is ready, pour sauce over fish and serve. [10] **Stir-fried Fish in Tomato Sauce** _{&-}China nina 1 lb or 2 firm white fish fillets of haddock, halibut, cod or seabass 2 tsps salt Juisine 1 egg white 2 tsps cornstarch 1 1/4 cups cooking oil 2 tsps sesame oil 1/2 cup frozen peas, thawed Sauce: 1 small onion

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Repeat with more oil and remaining of fish. Increase heat to high and pour all the remaining oil into wok. When oil is hot, add garlic, onion, and bell pepper, stir-fry for 2 minutes. Stir in sweet and sour sauce, and tomatoes. Bring to a boil. Return fish into wok, stir to combine. Serve at once. sine 721121112 9 M 9 M 9 Note: can also use a whole snapper, with head and tail left on. Fry the fish and put on a serving platter, cook the sweet and sour sauce with other ingredients and pour over the fish in the platter. [12] Yellow River Carp 1 (~2 lb) carp, 2 tsps salt - L (-ΠEI 2 tsps all-purpose flour 2 tsps cornstarch 5-6 tsps cold water Sauce: 🦳 📊 2 tsps brown sugar 4 tsps vinegar 2 tsps rice wine 1 tsp dark soy sauce 1 tsp cornstarch _China 6 tsps water On each side of the fish, make 3 diagonal cuts in one direction, and 3 more in opposite direction to form a diamond pattern. Sprinkle salt inside and outside of the fish. Mix together flour and cornstarch, then gradually stir in enough water to make a light batter. Pour and brush over the fish until evenly coated. Drain off excess. Heat a wok over medium-high heat with enough cooking oil. When oil is hot, fry the fish about 10 minutes until light golden brown, turn once. Remove and drain on paper towels. Keep warm. Mix together all the sauce ingredients. Heat 2 tsps of oil in a small saucepan, cook the sauce mixture until boil and thickened. Pour over the fish and serve.



1/2 tsp ground pepper 6 garlic cloves, crushed 6 slices fresh ginger 5 cups water 2 tsps five-spice powder 1/3 cup peanut butter 6 tsps hoisin sauce 3 tsps light soy sauce 3 tsps dark soy sauce 1/4 cup granulated sugar 1 tsp chili bean paste Cut the lamb into 1-inch cubes. Add the lamb, sprinkle with the pepper, and Heat a wok and add the oil. Tranfer the meat to a pot. Pour in all but slowly brown on all sides. 1 tsp of oil from the wok. Reheat the wok, stir-fry ginger and garlic for 20 seconds and add the rest of the ingredients. Bring the mixture to a boil and pour it over the lamb in the pot. Simmer for 11/2 hour, until lamb is tender. Hunan Lamb Stir-fry 1 lb boneless leg of lamb, cut into bite-size strips 1 egg white, lightly beaten 2 tsps cornstarch 2 tsps fresh ginger, minced 3 oz bamboo shoots, sliced 1 small red bell pepper, cut into thin strips 3 green onions, chopped 1/4 cucumber, cut into strips 2 tsps dry sherry or cooking wine 6 tsps cooking oil In a bowl, mix lamb, egg white, cornstarch, salt and pepper. Let stand for 30 minutes. Heat a wok over high heat, add oil. When oil is hot, stir-fry meat mixture until lightly browned. Remove from wok. Leave about 2 tsps oil in wok, add ginger, bamboo shoots, bell pepper, green onions, and cucumber, stir-fry for 4 minutes. Add lamb to wok, toss over high heat for 1 minutes. Stir in rice wine, give a few stirs and serve.

__China _{&−}China [4] Lamb with Spring Onions Cuisine Cuisine Cuisine 1 lb boneless leg of lamb, cut into bite-size strips 1/2 tsp five-spice powder 1 egg white _{&-}China 2 garlic cloves, minced 4 slices fresh ginger 3 tsps cornstarch 5 tsps soy sauce F Cuisine F Cuisine 6 tsps dry sherry 2 tsps water S 10 green onions 2 tsps cooking oil In a bowl, mix lamb, five-spice powder, egg white, garlic, ginger, 1 tsp cornstarch, and 1 tsp of soy sauce. Let stand for 10 minutes. Blend sherry, water, 2 tsps cornstarch and 4 tsps soy sauce, as the cooking sauce. Cut off the white part of spring onions, cut into half. Cut the green part into 1 1/2-inch long sections. Heat a wok over high heat, add oil. When oil is hot, stir-fry meat mixture until lightly browned. Remove from wok. Add sauce mixture and white part of onions to wok. Cook, stir until mixture is thickened. Add meat and onion tops and cook until just heated through, about 1-2 minutes. _China ____China Makes 4 servings. 中 Cuisine 中 Cuisine Mongolian Lamb 国 in 統 公式 Enicius E 1 1/2 lbs boneless leg of lamb, cut into 2 by 1 inch strips Marinade: 1 tsp cornstarch Cuisine 1 tsp cooking oil 2 tsp sugar 1 tsp salt

1	tsp	white	pepper
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3 tsps cooking oil 2 garlic cloves, minced 1 tsp ginger, shredded 4 greed onions, cut into 1-inch pieces 1 tsp dried red pepper flakes 1 tsp black bean sauce 2 tsps dark soy sauce In a bowl, mix lamb with marinade ingredients. cover and marinade for 30 minutes. Heat a wok over high heat, add oil. When oil is hot, stir-fry garlic, ginger, red pepper flakes, and bean sauce for 10 seconds. Add lamb, stir-fry until brown (about 2 minutes), add soy sauce and green onions, stir-fry 30 seconds. Serve at once. [6] Spicy Lamb with Leeks 1 lb boneless leg of lamb, cut into bite-size strips Marinade: 2 tsps soy sauce 1 tsp cooking wine 1 tsp water 2 tsps grated fresh ginger 1 tsp cornstarch 1 tsp sugar 1/2 tsp sesame oil Sauce: 2 tsps soy sauce 2 tsps cooking wine 1 tsp hot bean sauce 1 tsp sugar 1US 1 tsp cooking oil 2 garlic cloves, minced 2 medium leeks, cut into 2-inch long slivers In a bowl, mix lamb with marinade ingredients. Let marinate at room temperature for 10 minutes. Blend well the cooking sauce and set aside. Heat a wok over high heat, add oil. When oil is hot, stir-fry garlic and the leeks for about 1 minute. Remove from wok.

Drain lamb and save the marinade. Add the lamb to the wok and stirfor 2-3 minutes. Remove from wok. Add sauce mixture and the marinade. Cook, stir until mixture is thickened. Add meat and leeks and cook until just heated through, about 1-2 minutes. Make 4 serving. [7] Spicy Orange-Ginger Lamb 1 1/2 lbs bonelss leg of lamb (shank portion), cut into thin slices Marinade:5 2 tsps soy sauce 1/1/2 tsps cooking wine 2 tsps minced garlic 1 tsp sesame oil 1 tsp cornstarch Sauce: 1/2 cup chicken broth or water 3 1/2 tsps soy sauce 🧲 2 tsps cooking wine or sake 1 1/2 tsps sugar 2 tsps black vinegar or worcestershice sauce 1 1/2 tsps cornstarch 21121112 5 tsps cooking oil 2 tsps sesame oil 3 1/2 tsps finely shredded ginger 1 tsp minced orange zest 1 tsp crushed dried red chilies 2 cups finely sliced water chestnuts, blanched 2 1/2 cups green onions, cut into 1-inch pieces Cut the meat into thin slices, Toss with the marinade mixture in a bowl. Let marinate for 30 minutes in the refrigerator. Combine the sauce ingredients and blend well. Heat a wok with 1/4 cup of cooking oil, wait until smoking hot. Add the lamb slices and stir-fry until the meat loses its raw color. Remove from wok. Clean out the wok and reheat with 1 tsp cooking oil and sesame oil, heat until very hot. Add the ginger, orange zest, and red chilies, stir-fry for 15 seconds.

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

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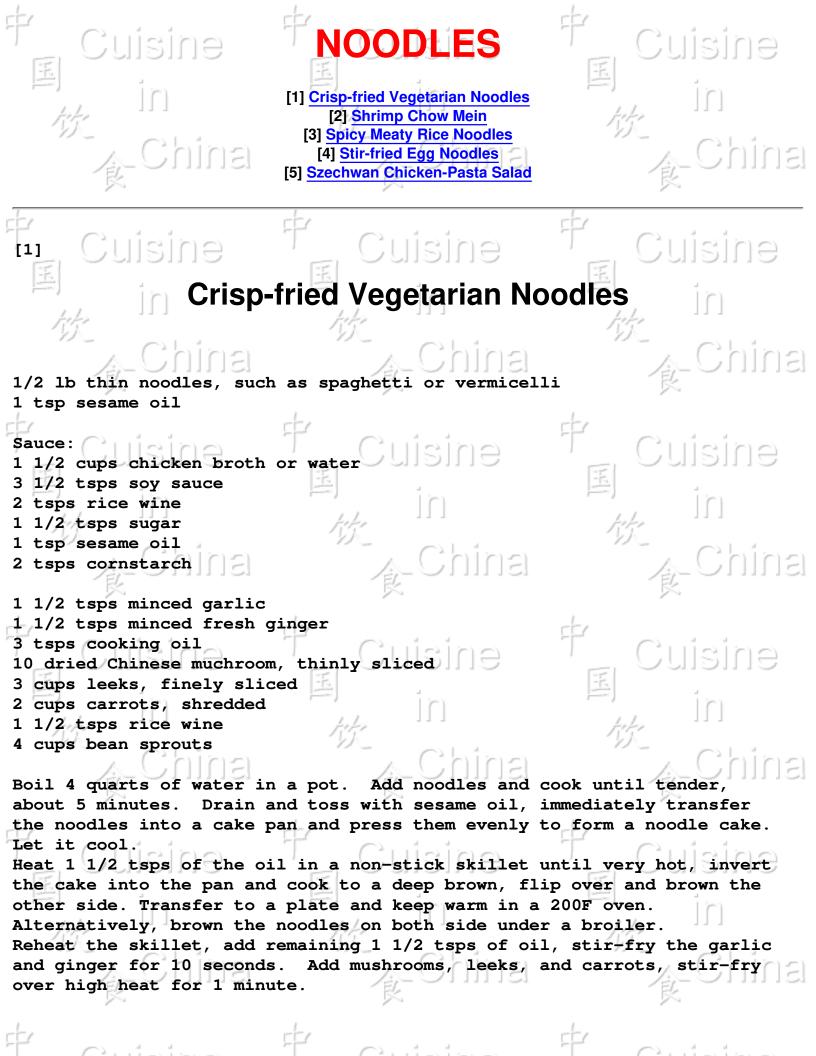
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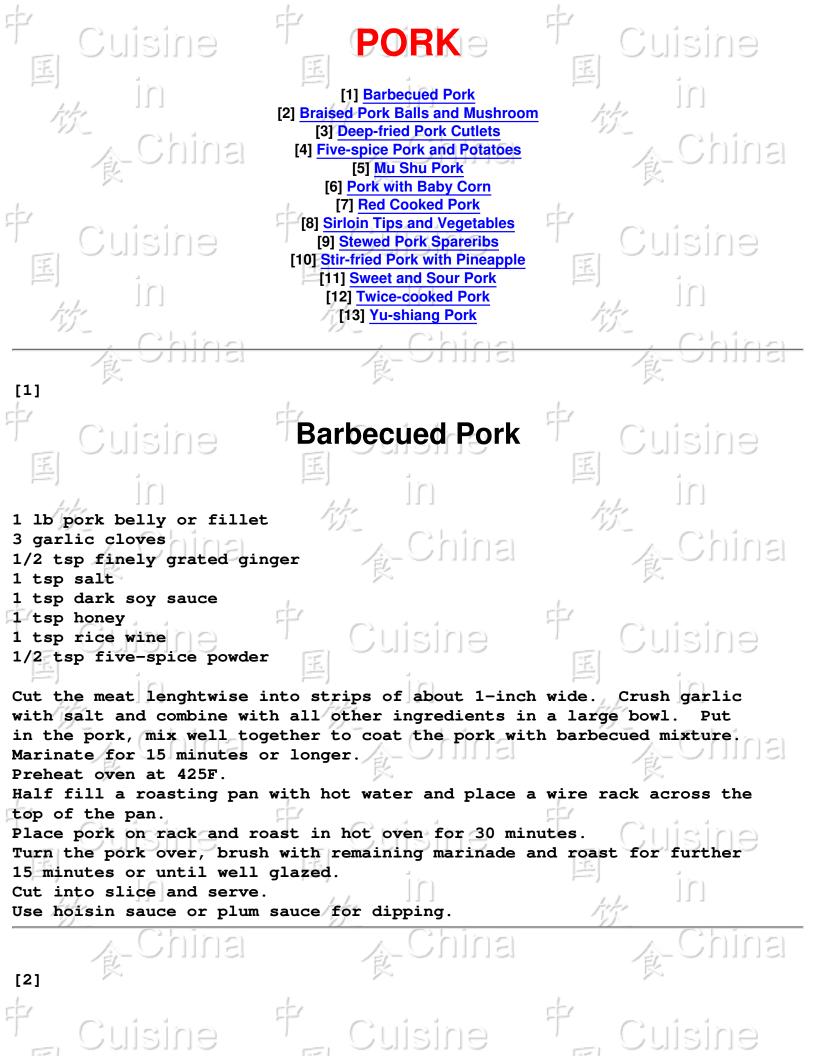


Add the rice wine and cook for another 1 minute, than add the sauce mixture. Heat until boiling, add the bean sprouts and cook until thickened Spoon over the fried noodles and serve. [2] Uisine Shrimp Chow Mein 1/2 lb dried egg noodles ปกร 1 lb shelled cooked shrimp 2 eggs, beaten 2 tsps cooking oil 1 medium onion, sliced 10 water chestnuts, sliced Cuisine 6 dried Chinese mushrooms, soaked, sliced 1/2 cup water 1 1/3 cups Napa cabbage 1/2 tsp salt 1/2 tsp instant chicken bouillon granules 1 tsp cornstarch in 1 tsp water 2 green onions, chopped Boil the egg noodles in boiling salted water, follow the instructions on the package. Drain and keep warm. Heat a wok with lightly oiled, pour the eggs into wok and swirl to spread Turn once when egg is set. Remove from wok and let it cool. the eqq. Thinly slice the egg omelette and set aside. Heat a wok with the oil, sti-fry the onion, water chestnuts, and mushrooms for 3 minutes. Add napa cabbage, salt, instant chicken bouillon and water, cover and cook for 3 minutes. Add shrimp and constarch mixture, bring to a boil and simmer until thickened. Place noodles in a warm serving platter, top with vegetable and shrimp mixture. Garnish with the egg slices and green onions. Serve warm. [3]

Spicy Meaty Rice Noodles

kk. China &_China 6 oz rice noodle (mai fun) 1 lb ground beef or pork 4 whole green onions, cut into 1-inch pieces 1 cup carrots, thinly bias sliced 1 cup celery, thinly bias sliced 1 1/2 tsps cooking oil 2 minced garlic 2 tsps minced ginger nina 1/2 cup water 1 tsp sesame oil 2 tsps soy sauce 1 tsp chili bean paste Soaked rice noodles in warm water for 15 minutes, drain and cut into 4-inch lengths. Combine the meat with sesame oil and soy sauce, let marinate for 20 minutes. Heat a wok with the oil, stir-fry the garlic and ginger until fragrant. Add carrots, celery and green onions, stir-fry for 2 minutes, until vegetables are crisp-tender. Remove from wok. Add the ground meat to wok, stir-fry 2-3 minutes. Drain off fat. Add chili paste, stir once, then add the rice noodle and the cooked vegetables, stir-fry and mix well. Add water and cook until heated through. Garnish with green onion brush and serve. China Stir-fried Egg Noodles [4] 伏 T Cuisine a Cuisine 1 lb fresh egg noodles 8 oz ground beef or pork が が 1/2 lb bean sprouts 8 whole green onions, chopped 1 1/2 tsps cooking oil IUSI 1 minced garlic 2 tsps cornstarch in 2 tsps water Sauce: 1 cup water 1 tsp dark soy sauce

_{&-}China __China 1 tsp light soy sauce 2 tsps oyster sauce Prepare sauce mixture and set aside. Heat a wok with the oil, stir-fry the garlic until fragrant, add ground meat and stir-fry until brown. Add bean sprouts and green onions, stir once and add the fresh noodles. Add the sauce mixture and stir them well. Cover and cook for 5 munutes. Stir often. Add the constarch mixture and bring to a boil and thicken. Season with salt and ground peppers to taste. Serve hot. [5] Si Szechwan Chicken-Pasta Salad 5 oz dried Chinese eggs noodles 1 lb boneless, skinless chicken breast halves, cut into 1/2-inch cubes 2 whole green onions, cut into 1-inch pieces 2 cups snow peas, coarsely chopped 1 large red or green bell pepper, cut into thin strips 1 1/2 tsps cooking oil 2 minced garlic 1/4 cup roasted peanuts, coarsely chopped Sauce:/ 1/4 cup soy sauce 2 tsps rice vinegar _{&−}China 1 tsp chili bean paste 1/2 tsp crushed red pepper Cook noodles in boiling salted water for 4-6 minutes, until tender. Drain and set aside. Combine sauce mixture and set aside. Heat a wok with the oil, stir-fry the garlic until fragrant. Add peas, bell pepper and green onions, stir-fry for 2 minutes, until vegetables are crisp-tender. Remove from wok. Add the chicken to wok, stir-fry 2-3 minutes. Add the sauce mixture to wok, then add the noodles and the cooked vegetables, stir-fry and cook until heated through. Sprinkle with peanuts and serve.



Braised Pork Balls and Mushroom

₄.China _{&-}China &_China 1/2 1b ground pork 16 dried Chinese mushrooms ۲ Cuisine ام 4 shallots, finely chopped Cuisine 1/2 tsp grated fresh ginger $1 \frac{1}{2}$ tsp salt 2 tsps soy sauce 1 tsp rice wine China 2 tsps sugar 1 tsp sesame oil 1 1/2 tsps cornstarch in 2 tsps cold water 1 cup bamboo shoots, sliced Soak mushrooms in hot water for 20 minutes. Squeeze excess water from the mushrooms, remove the stems and set aside. 기미의미문 Prepare pork balls by combine the minced pork, shallots, ginger and salt. Mix well and form meat balls of 1-inch in diameter. In a small saucepan, boil enough water to simmer the meat balls. Add balls to the boiling water and simmer for 5 minutes. Mix together the soy sauce, rice wine, sugar and sesame oil. When the meat balls have cooked for 5 minutes, add the mushrooms, bamboo shoots and soy sauce mixture. Cover and simmer for another 25 minutes. Remove meat balls and mushroom to a plate. There should be about 3/4 cup of liquid left in the pan, add water if necessary. Stir in cornstarch mixture, bing to a boil and thickened, stir in meatballs and mushrooms. Heat through and serve. China Deep-fried Pork Cutlets Cuisine 1 lb bonelss pork sirloin or tenderloin 1/3 cup all-purpose flour 1/4 tsp salt 1/8 tsp pepper 1 egg, beaten nina

1 tsp water

2/3 cup fine dry bread crumbs 2 cups finely shredded cabbage

Vinegar sauce: 1/2 cup soy sauce

1/2 cup vinegar &_China Cut pork into 8 square size pieces. Place each between 2 pieces of clear plastic wrap. Pound to 1/4-inch thickness. Cut off small slits around the edges. In a shallow dish, stir together the flour, salt and pepper. In another dish, combine egg and the water. Place bread crumbs on a third dish. Coat each piece of pork with the flour mixture. Dip into the egg mixture and coat with the bread crumbs. Set aside. In a wok, heat $1 \frac{1}{2}$ -inch of cooking oil or shortening until hot. Fry pork cutlets until golden brown (about 3 minutes). Remove and drain on paper towels. Keep warm in a 300F oven. Repeat for all the pork cutlets. Prepare the vinegar sauce and set aside. Place 1/4 of the shredded cabbage onto each dinner plates, set aside. Slice each of the cutlets crosswise to 1/2-inch strips, reassemble atop of the cabbage. Spoon the vinegar sauce over top and serve. _{&-}China __China [4] Five-spice Pork and Potatoes Cuisine Juisine 1 lb lean boneless pork, cut into thin strips 3 large potatoes about 11/2 lbs 2 tsps cooking oil nus 2 garlic cloves, minced 1 1/2 cups water 1 tsp minced fresh ginger 3 tsps soy sauce 2 tsps sugar 1 1/4 tsps five-spice powder 1/3 cup thinly sliced green onions Cut the pork into thin slices. Cut peeled potatoes crosswise into 1/2-inch thick slices. Set aside. mi Heat a wok with the oil, stir-fry the garlic and the meat until the meat 🧲 is browned. Add potatoes, water, soy sauce, sugar, and five-spice. Bring to a boil, then reduce heat and simmer, until potatoes are tender when pierced (about 20 minutes). Garnish with green onions and serve.

Mu Shu Pork

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

Marinade: 2 tsps soy sauce 1/2 tsp cornstarch, 1/8 tsp salt 1/2 tsp dry sherry 1/4 tsp sugar

Cuisine

Cooking Sauce: 2 tsps soy sauce 2 tsps dry sherry 1 tsp sesame oil 1/2 tsp sugar

10 6-inch flour tortillas
2 1/2 tsps cooking oil
2 eggs, beaten with 1/4 tsp salt
1 1/2 oz vermicelli, soaked and cut into 2-inch pieces

1 large tree ears, soaked and thinly sliced

4 medium Chinese dried mushrooms, soaked and thinly sliced

3 whole green onions, shredded

1/2 cup red bell pepper, shredded
1/2 cup bamboo shoots, cut into matchstick pieces
hoisin sauce for serving

Combine the marinade ingredients and the meat in a bowl, marinate and set aside. Wrap tortillas in foil and warm for 10 minutes in a 350F oven.

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

Prepare cooking sauce and set aside.

Heat a wok and add 2 tsps of the oil, stir-fry the pork mixture for 2 minutes or until meat is browned. Add tree ears, mushrooms, green onions, red pepper, and bamboo shoots, toss for a few seconds, then add the vermicelli and egg strips. Stir in the sauce mixture and toss until combined. Tranfer to a platter and serve with warm tortillas. To eat, spread a little of the hoisin sauce over tortilla, place some pork mixture on top, fold it over and eat as sandwich-style. Makes 4 servings as a main course or 8 with other dishes.



1 tsp cornstarch 2 tsps water

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

Combine the marinade ingredients and the meat in a bowl, marinade for 15 minutes. lisine Prepare cooking sauce and set aside. Heat a wok and add 2 tsps of the oil, stir-fry the garlic, add pork and stir-fry for 2 minutes or until meat is browned. Remove from wok. Reheat the wok with 2 tsps of oil, stir-fry onion pieces and mushrooms for

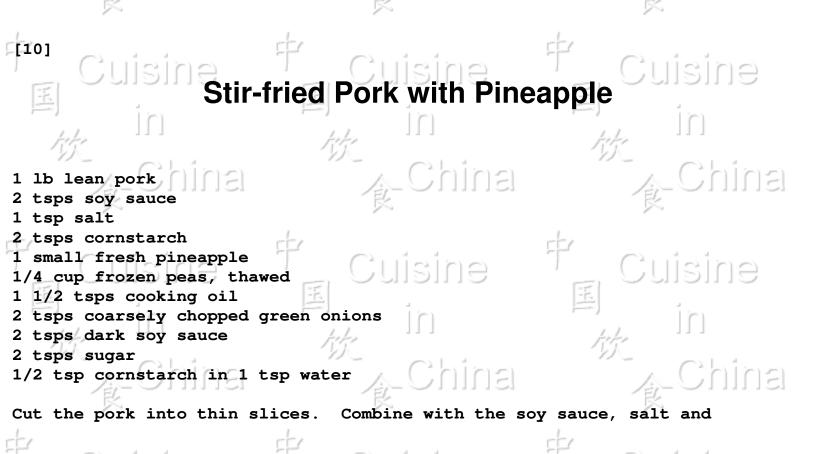
1 minute. Return meat to the wok and add the corns and green onions, stir-fry for 30 seconds. Stir in cooking sauce and stir until sauce boils and thickens. Makes 4 servings.

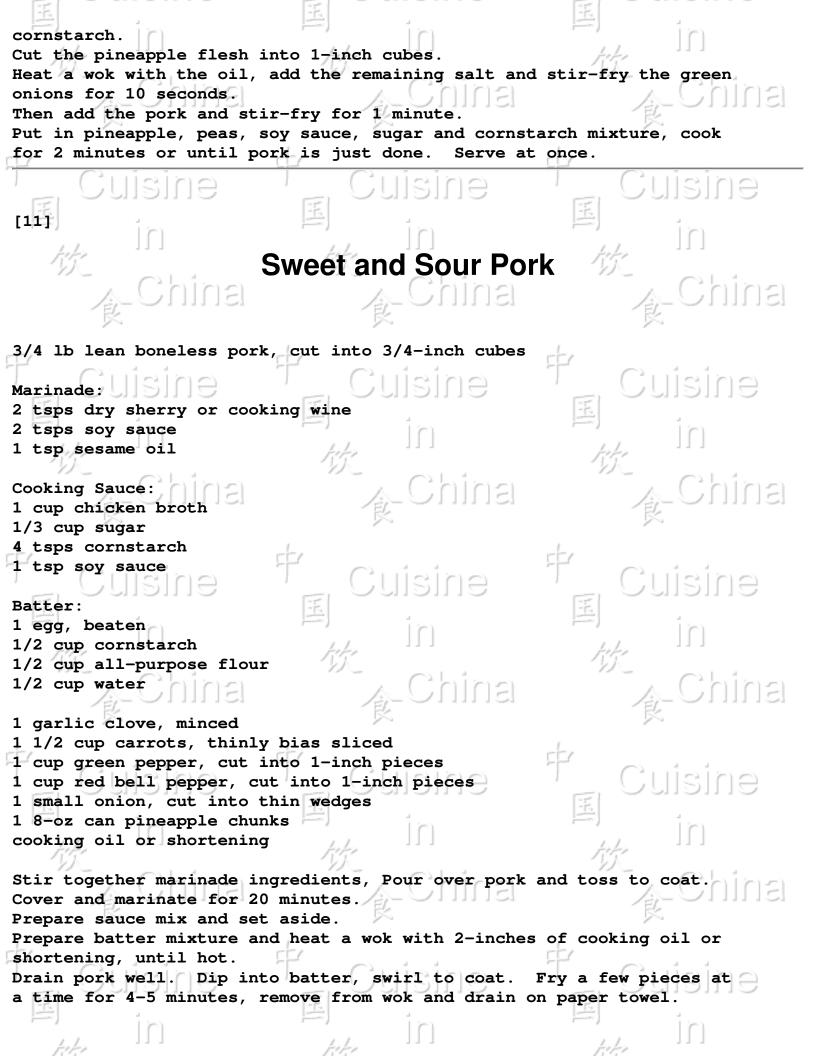
Cuisine Cuisine [7] Red Cooked Pork ₄_China _China 1 lb boneless tenderloin, in a pieces 1 cup water 1/2 cup dark soy sauce 2 tsps rice wine (optional)

1 2-inch slice ginger 2 garlic cloves 2 whole star anise 1 tsp sugar 1 tsp sesame oil Cuisine Cuisine Put meat in a saucepan or pot that just enough to hold it. Add all the ingredients, bring to a boil. Turn heat low and simmer for 2 hour until meat is tender. Test by pierce with fork, should be penetrate easily. Turn meat once or twice during the cooking time. 시미리 Cook uncovered for further 15 minutes. Let the meat cool in the sauce. Remove the meat before serving, cut into very thin slices. Arrange on a dish. Serve the sauce in a small bowl as the dipping sauce or pour some over 721121112 the meat before serving. Sirloin Tips and Vegetables 1 lb sirloin tips, cut into bite-size strips Marinade: 2 tsps soy sauce 1 garlic, minced 1 tsp minced fresh ginger 2 tsps cooking oil 1 cup thinly sliced celery 1/2 lb mushrooms, thinly sliced 1 8oz canned water chestnuts, sliced 1/2 cup green onions 2 tsps hoisin sauce 2 tsps water Cut the pork into thin slices. Combine with the marinade ingredients, and marinate for 30 minutes. Heat a wok with the oil, stir-fry the meat until the meat is browned. Remove from wok. Immediately add the vegetables, stir-fry for 2-3 minutes, until celery is tender-crisp to bite. Return meat to wok, add hoisin sauce and water, stir until heated through. Makes 4 servings.

[9] Stewed Pork Spareribs Stewes Stewed Stewed Stewed Pork Stewes Stewe

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





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

[12]

Twice-cooked Pork

Cuisine

__China

1 lb lean boneless pork, in 1 piece

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- 1 tsp dry sherry
- 1 slice ginger, cruched
- 3 green onions
- 2 dried hot chilies, crumbled
- 4 tsps hoisin sauce
- 1 tsp soy sauce
- 2 small green bell peppers,
- 3 tsps cooking oil
- 1/2 tsp salt

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- 2 garlic cloves, minced
- 1 tsp minced fresh ginger

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

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

Combine the dried chilies, hoisin sauce, soy sauce and sugar. Cut remaining 2 green onions into 1-inch lengths. Seeded and cut the green

bell peppers into 1-inch squares. Heat a wok and add 2 tsps of the oil, stir-fry the green bell peppers for

1 1/2 minutes, sprinkle with salt and stir once, remove from wok. Add another 1 tsp of oil, stir-fry the minced ginger and garlic, add pork and stir-fry for 1 minute. Add the sauce mixture and toss until pork is coated with sauce.

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

Yu-shiang Pork Cuisine Cuisine 3/4 1b lean boneless pork, cut into matchstick pieces _{&-}China 2 tsps cooking oil oking oil Marinade:🖄 亡 Cuisine 「国」 in 1 tsp cornstarch, 1/2 tsp salt 1/4 tsp ground pepper 1 tsp dry sherry 1 1/2 tsp cooking oil 佽 Cooking Sauce: __China 2 garlic cloves, minced 1 tsp minced fresh ginger 3 dried hot chilies 2/3 cup bamboo shoots, cut into matchstick pieces 10 green onions, cut into 2-inch lengths Combine the marinade ingredients and the meat in a bowl, marinade for 15 minutes. Prepare cooking sauce and set aside. Heat a wok and add 2 tsps of the oil, stir-fry the garlic, ginger, and chilies. Add pork mixture and stir-fry for 2 minutes or until meat is browned. Remove from wok. Reheat the wok with 1 tsp of oil, stir-fry bamboo shoots and green onions for 1 minute. Return meat to the wok. Stir in cooking sauce and stir until sauce boils and thickens. Make 4 serving. " in 依 _食-China nus Cuisine 国 in 依 中 国 放 Cuisine Cuisine 国 放

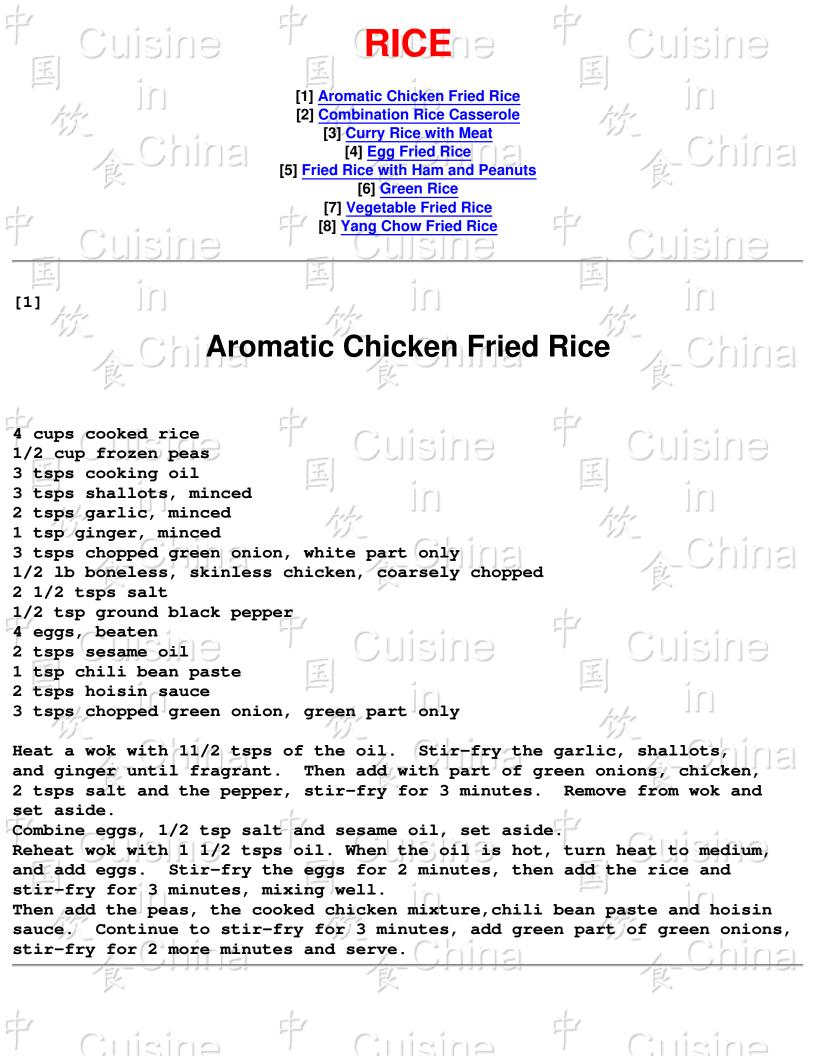
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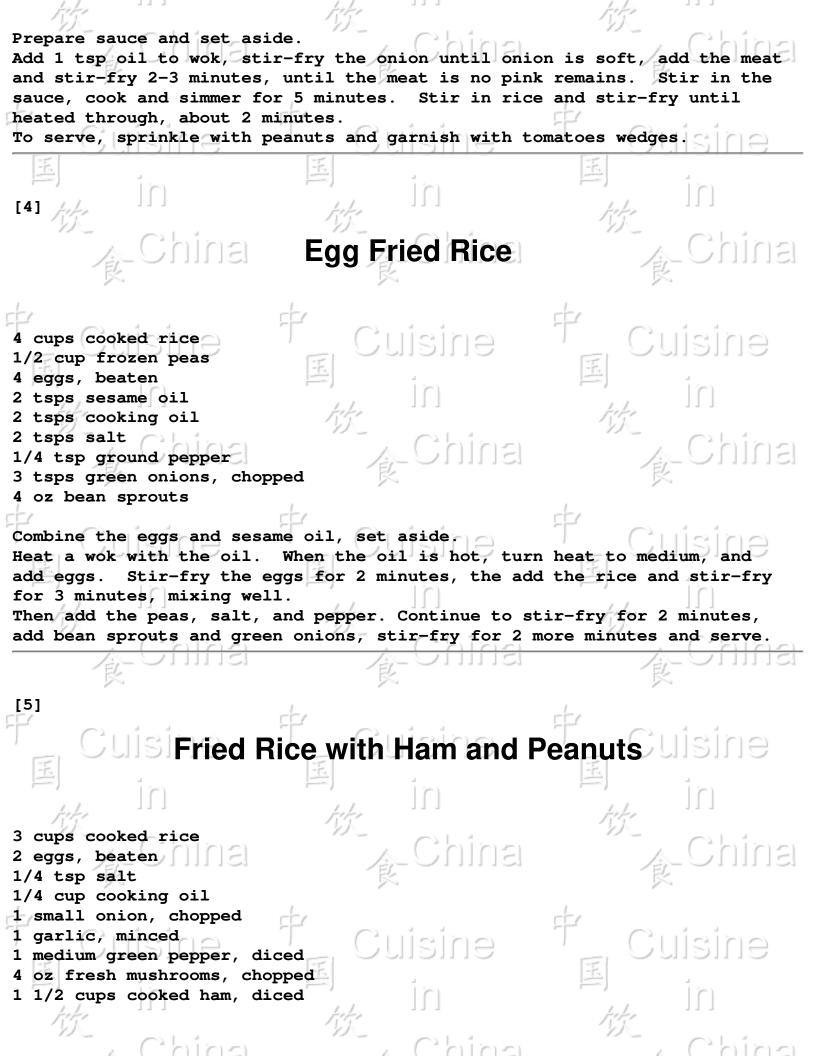
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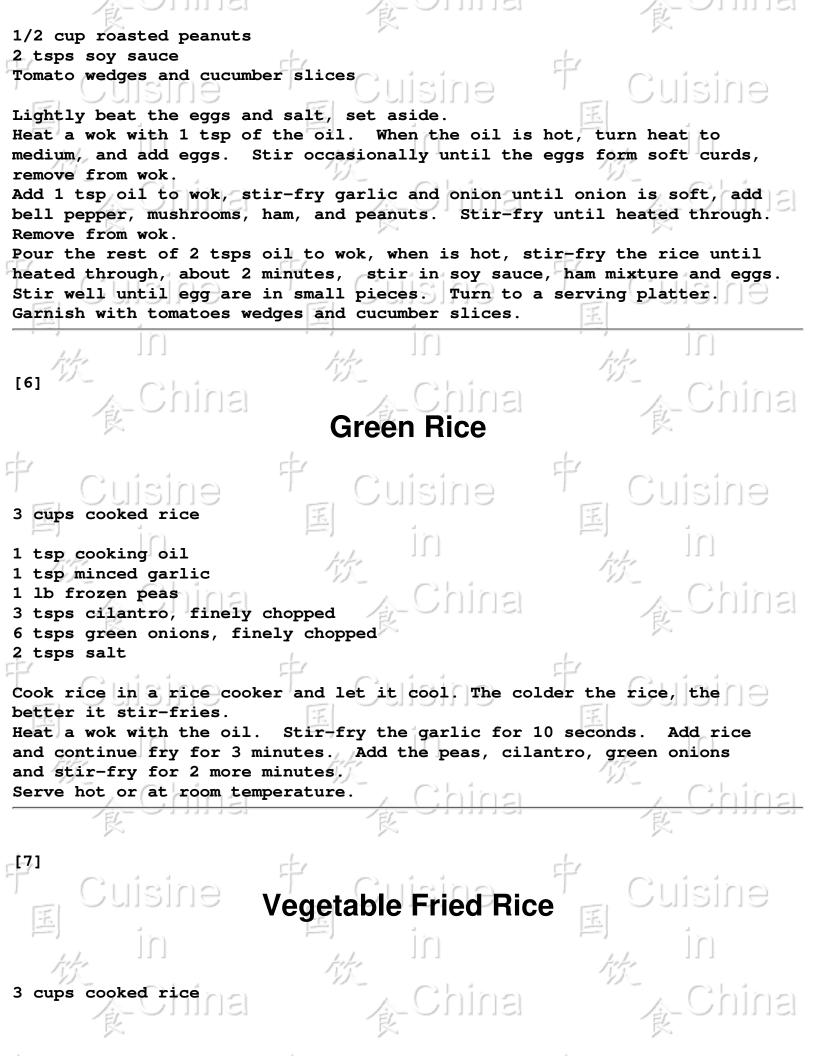
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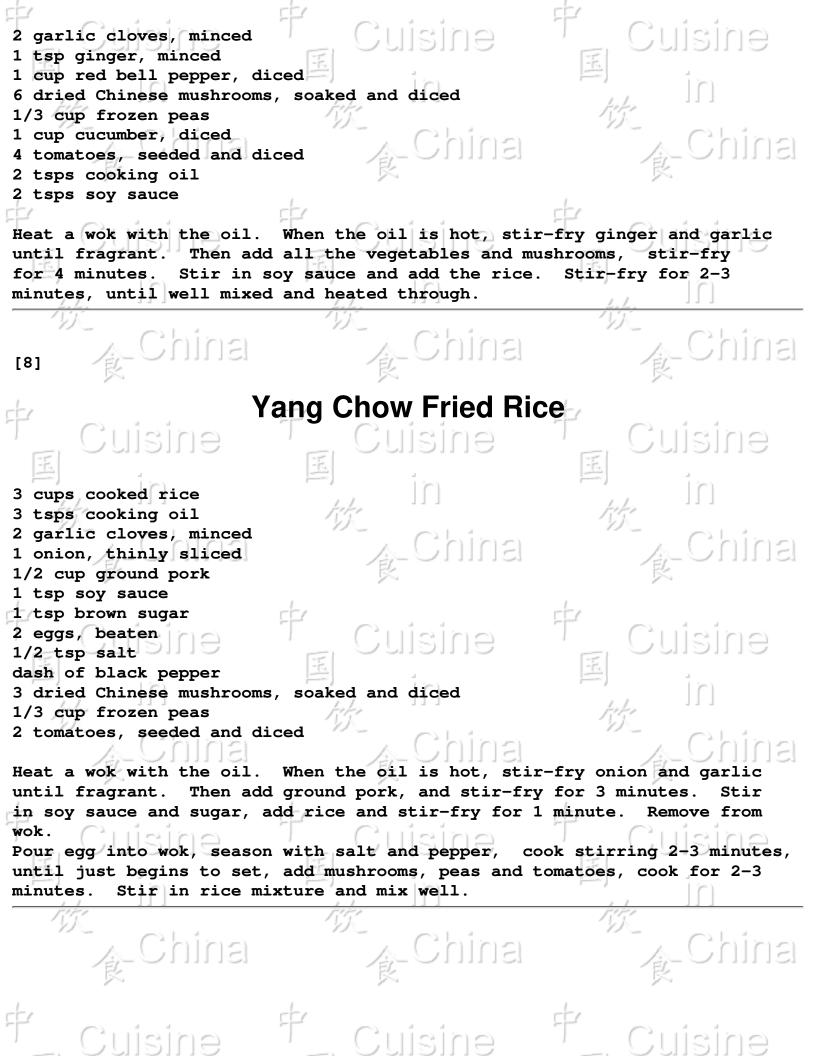
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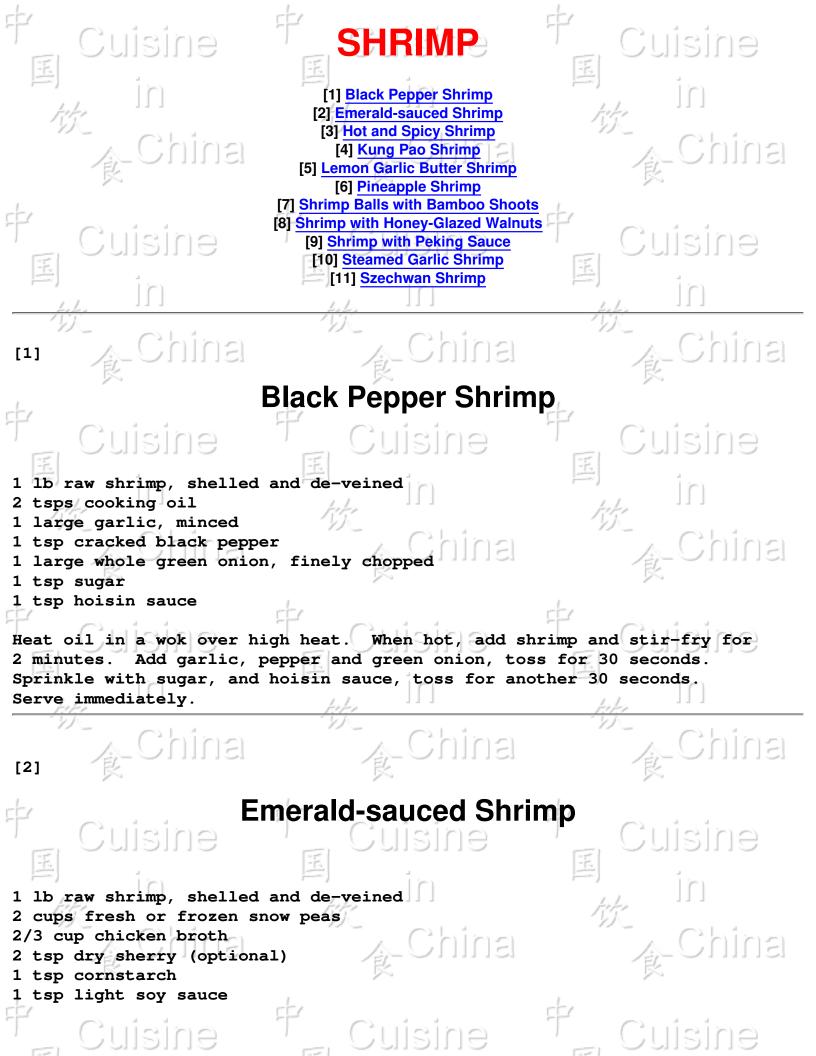


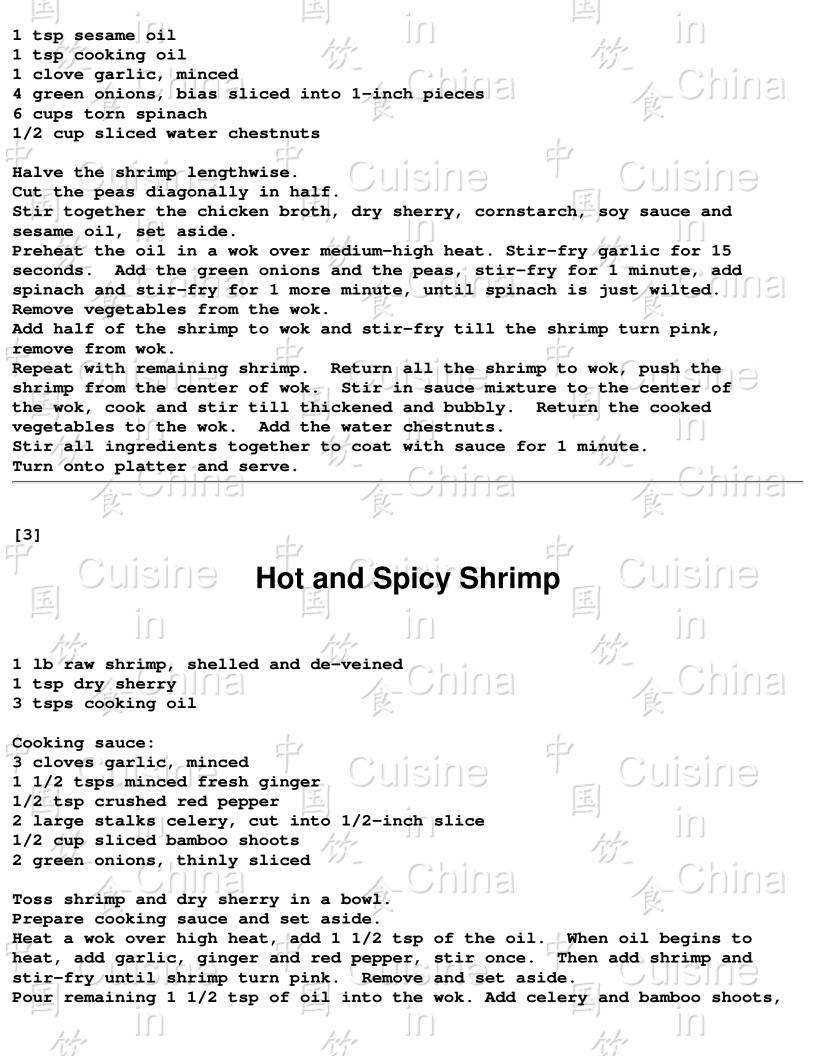




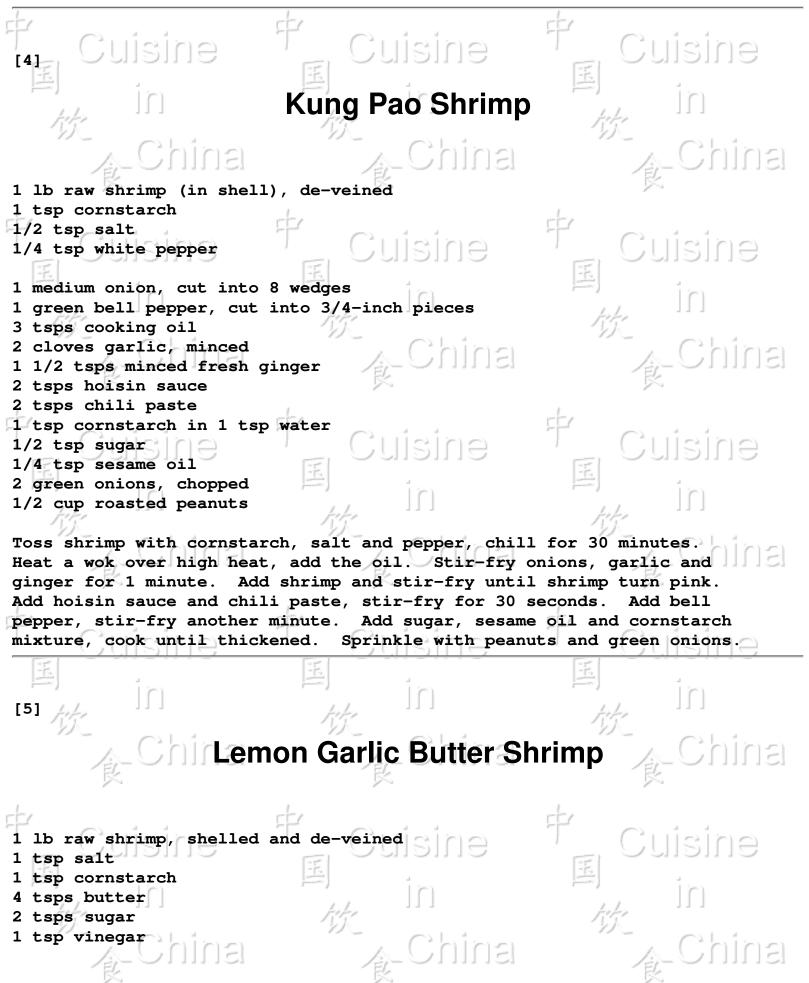








stir-fry for 1 minute. Stir in cooking sauce. Stir in shrimp and onions, Stir until sauce boils and thickens.



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

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

Cuisine

Cuisine

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

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

_{&-}China ₄China [6] Pineapple Shrimp Cuisine Cuisine 3/4 lb raw shrimp, shelled and de-veined 2 tsps cooking oil 1 cup pineapple, cut into 1/2-inch cubes 3 tsps ketchup 1 tsp sugar 1 tsp hoisin sauce 2 large garlic, minced 1 tsp finely chopped fresh ginger Cuisine 1/2 tsp hot red pepper flakes 1 large whole green onion, chopped Heat wok over high heat. Add oil and wait till it is hot, add shrimp and stir-fry for 2 minutes. Sprinkle with garlic, ginger, red pepper flakes, toss for 30 seconds. Stir in pineapple and green onion, add ketchup and hoisin sauce, stir for 1 minute to allow shrimp to absorb flavors and

become lightly glazed. Serve at once.

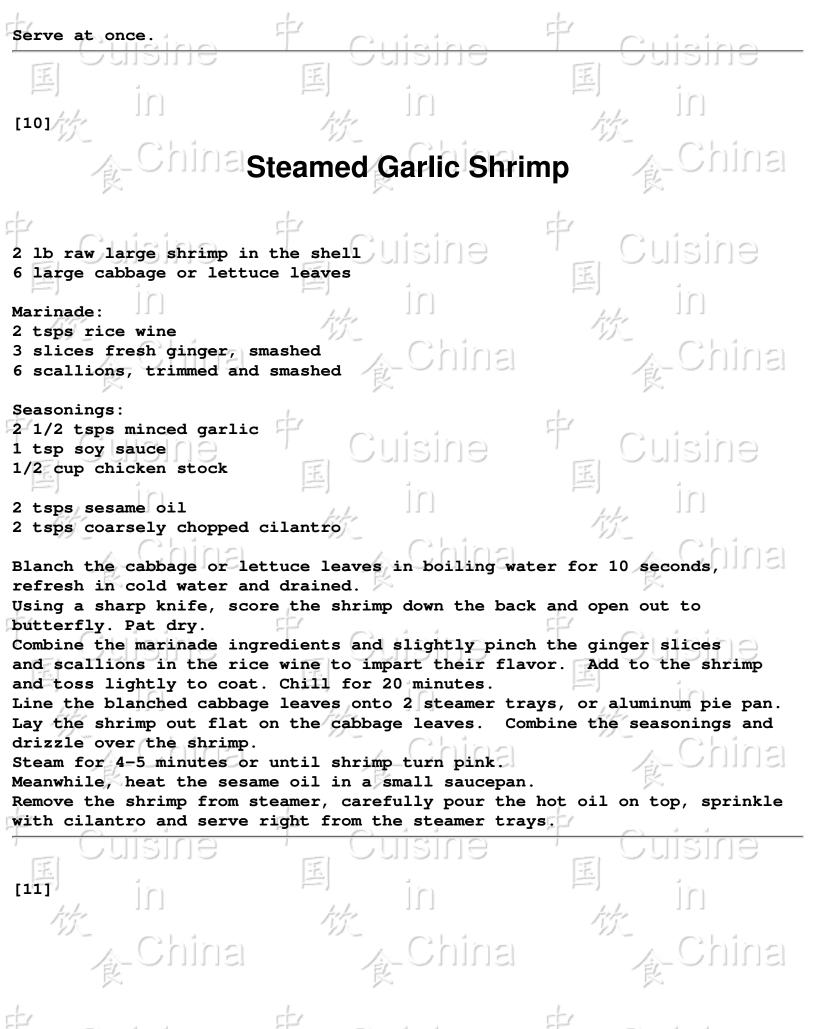


1 lb raw shrimp, shelled and de-veined 1/2 tsp finely chopped fresh ginger

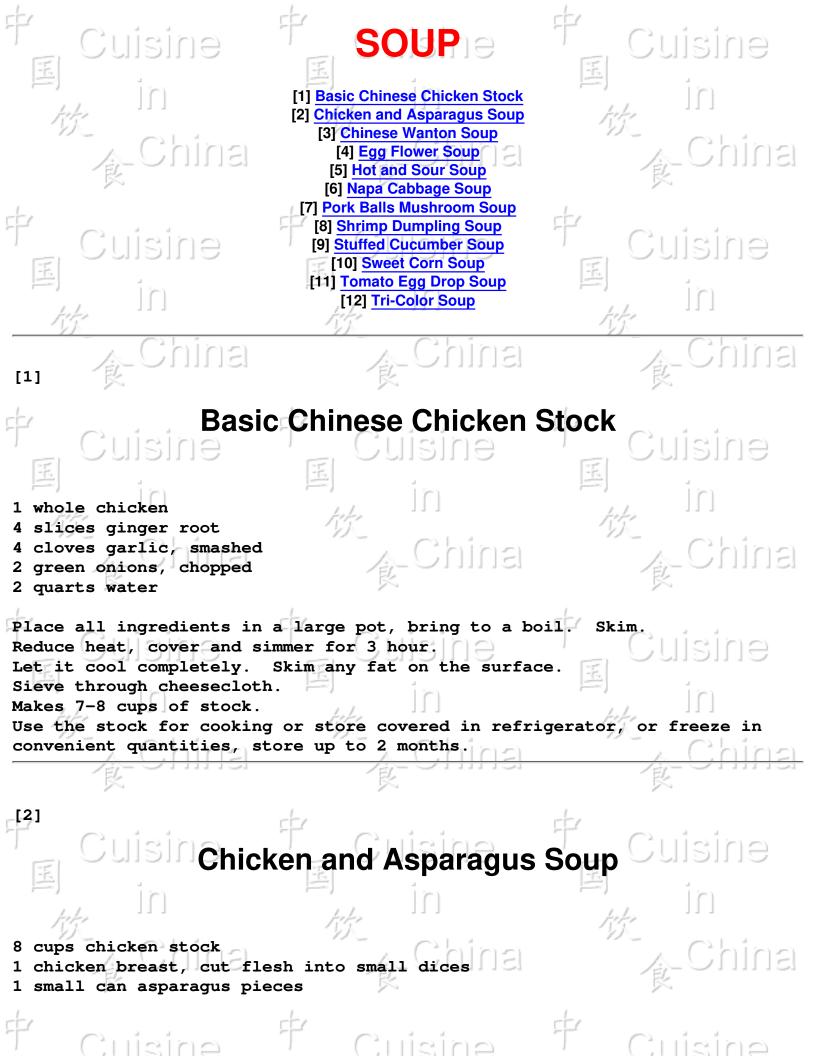
1/2 tsp salt 1 slice white bread, crumbed 1 egg yolk 51 1 tsp cornstarch 1 (14oz) canned bamboo shoots 1/2 cup stock from shrimp 1 tsp light soy sauce 1 tsp oyster sauce Cuisine Cuisine 2 tsp cornstarch in 1 tsp water Chop the shrimp finely. Combine the minced shrimp with ginger, salt, breadcrumbs, egg yolk, and 1 tsp cornstarch. Mix and form the into small balls with oiled hand. Bring 2 cups of water to boil in a wok, put in shrimp balls and simmer for 10 minutes. Keep warm. In another wok, heat the bamboo shoots with 1/2 cup of the shrimp stock mixed with the soy sauce and oyster sauce. Stir in cornstarch mix and allow to boil and thicken. Combine with the shrimp balls and serve. Shrimp with Honey-Glazed Walnuts 1/4 cup shelled walnut halves uisine 1/8 cup sugar 1 cup cooking oil 1 lb raw shrimp, shelled and de-veined China Marinade: 1 egg white 2 tsps cornstarch 1 tsp salt 1 tsp sesame oil 1/2 tsp ground white pepper sine 1 1/2 cups cooking oil 1 tsp finely chopped ginger 2 tsps finely chopped garlic 1 tsp rice wine or dry sherry 1 tsp salt China 1/2 tsp ground white pepper 2 tsps sesame oil Add the walnuts to a small pot of boiling water, simmer for 10 minutes to

blend them. Drain the nuts and pat dry with paper towel. Spread them on a baking tray, sprinkle the sugar over the walnuts and roll them around in sugar to coat them completely. Let them dry for at least 2 hour,

preferably overnight. Heat the oil in a wok. When the oil is slightly smoking, fry the walnuts until the sugar melts and walnuts turn golden. remove the walnuts from the oil, allow to cool before using. Rinse shrimp and pat dry with paper towel. Combine the shrimp with egg white, cornstarch, salt, sesame oil and pepper. Mix well and chill for 20 minutes. Reserve 1 1/2 tsps of the cooking oil. Heat remaining of the oil in a wok until very hot. Remove the wok from heat and immediately add shrimp, stir for about 2 minutes. When the shrimp turn white, drain them and set aside. Reheat wok with 1 1/2 tsps of reserved oil. Add ginger and garlic, stir-fry for 10 seconds. Return shrimp to wok, together with the rice wine or dry sherry, salt and pepper, stir-fry for 1 minute. Add the honey walnuts and stir for 1 minutes to mix well. Stir in sesame oil. Turn onto platter and garnish with spring onions. Shrimp with Peking Sauce 1 lb raw shrimp, shelled and deveined 2 tsps cooking oil 1 large onion, slivered 2 cups broccoli 1 each of green & red bell pepper, seeded, cut into long strips 2 tsps cornstarch 2 tsps water Peking stir-fry sauce: 2 cloves garlic, minced 2 tsps minced fresh ginger 1/2 cup water 1/4 cup hoisin sauce 2 tsps light soy sauce 1 tsp rice wine _China 2 tsps sugar Prepare Peking stir-fry sauce and set aside. Heat a wok over high heat, add 1 tsp of the oil. When the oil is hot, add the shrimp, stir-fry until shrimp turn pink. Remove from wok. Add remaining oil, onion, broccoli, bell peppers, and 1 tsp water. Stir-fry until broccoli is barely tender to bite (2-4 minutes). Blend the cornstarch into the sauce. Add to wok and stir until sauce is thicken and clear. Add shrimp and stir until heated through.





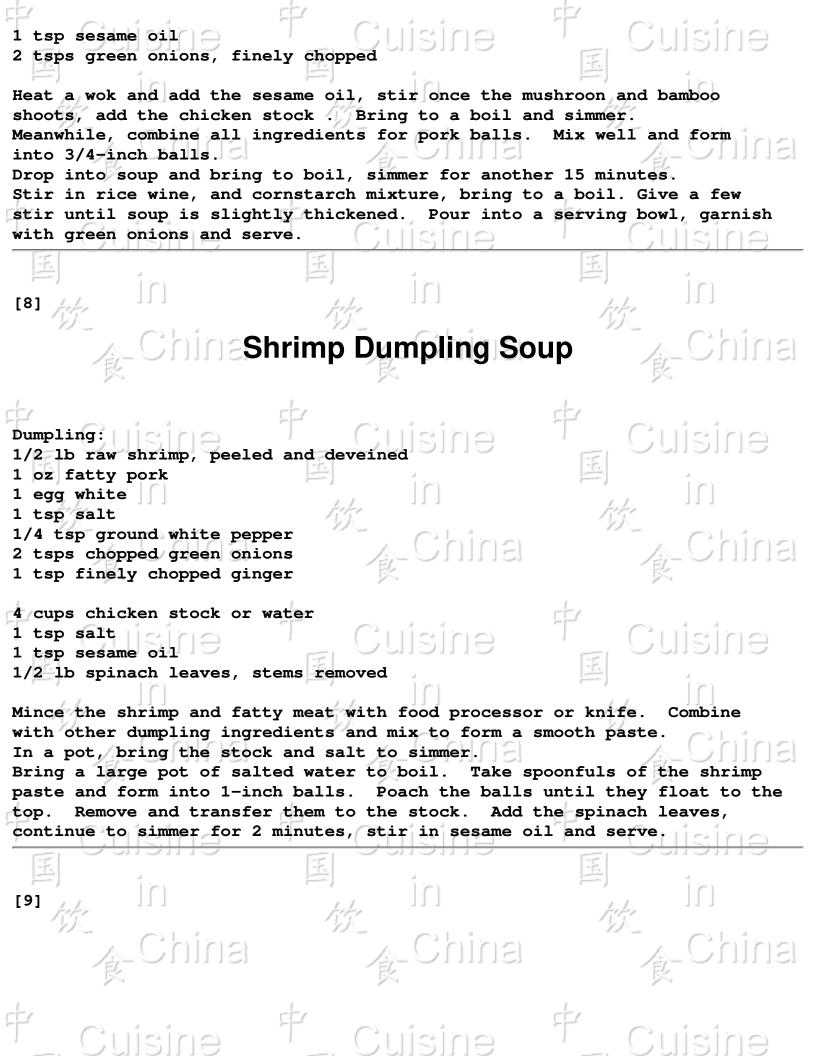


3 tsps cornstarch in 2 tsps water 1 tsp sherry or rice wine 2 eggs, beaten Drain asparagus and reserve liquid. Combine chicken stock and asparagus liquid in a pot, bring to boil, add chicken dices. When it boils, reduce heat and simmer for 5 minutes, add cornstarch mixture and return to boil. Stir soup until slightly thickened, add wine, slowly dribble in the beaten eggs, stir. Add asparagus, heat through and serve. [3] At Chinese Wanton Soup ໌ Cuisine ເຄ Cuisine 8 oz wanton wrappers Filling: 1/2 lb ground pork or minced chicken breasts 1/2 1b raw shrimp, peeled and chopped 1 egg white 🦳 3 tsps chopped green onions 4 oz water chestnuts, chopped 2 tsps sesame oil 1 1/2 tsps soy sauce isine 1 tsp sugar 1 tsp salt 1/2 tsp ground white pepper 6 cups chicken stock or water 1 tsp soy sauce าเมรา 1 tsp sesame oil Garnish: 2 tsps chopped green onions To make the filling, mix the minced shrimp and meat together in a large bowl, add all other ingredients and stir well, chill for 20 minutes. When ready to make wanton, put 1 tsp of the filling in the center of a wanton wrapper, damp the edges with water and bring up all sides of the wrapper around and over the filling. Pinch the edges together at top to seal the wanton. Bring the stock, soy sauce and sesame oil to a simmer in a pot. In another pot, bring salted water to a boil and poach the wantons for

1 minute, or until they float to the top. Remove and transfer them to the stock, continue to simmer for 2 minutes. Tranfer to serving bowls,



Toss pork with marinade ingredients, cover and chill for 15 minutes. Heat broth, vinegar, soy sauce and salt to boil, add bamboo shoots, mushrooms, pork and tofu. Heat to a boil, cover and simmer for 5 minutes. Sitr in ground pepper and cornstarch mixture, bring to boil again. Beat egg and pour slowly into broth, stir constantly until egg forms threads. Napa Cabbage Soup [6] &-China 1 lb Napa cabbage, cut into 1-inch strips 2 oz Chinese dried mushrooms, soaked and thinly shredded 1 lb pork spareribs, cut into 2-inch length pieces 4 garlic cloves, whole _{&-}China 3 tsps rice wine 5 cups water 1 tsp salt 1/2 tsp fresh ground white pepper Put the spareribs, garlic, and water in a pot. Bring to boil and simmer for 1 hour. Skim away any fat. Add the rice wine, cabbage and mushroom, simmer for 10 minutes. Add salt and pepper, stir well and serve. [7] Pork Balls Mushroom Soup Pork balls: 1 lb minced pork 1/4 tsp finely grated fresh ginger 1 garlic, crushed 1 tsp salt 2 tsps green onions, finely chopped 6 cups chicken stock or water 1/2 cup bamboo shoots, sliced 8 Chinese dried mushrooms, halved 3 tsps cornstarch in 2 tsps water 1 tsp sherry or rice wine



Stuffed Cucumber Soup

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

- 1 egg white
- 1 1/2 tsps chopped green onions
- 1 tsp minced ginger
- 2 tsps rice wine
- 2 tsps soy sauce
- 2 tsp sugar Sine
- 1 tsp salt
- 1/2 tsp ground black pepper 1 tsp sesame oil
- Garnish:
- 2 tsps sesame oil
- 2 tsps chopped green onions

Cut cucumbers into 1-inch slices. Remove the seeds and pulp from the center with a sharp knife. Hollow the center. Lightly dust the interior of each cucmber slice with a little cornstarch. Mix all the stuffing ingredients together. Stuff each cucumber with this mixture.

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

Bring the chicken stock to boil, add rice wine, salt and pepper to taste. Add the stuffed cucumber and reserved juice and simmer for 2 minutes. Ladle the soup into a serving bowl.

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

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

[10] 1113 Cuisine

China Sweet Corn Soup

Cuisine

Cuisine

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

1 1/2 cups thawed frozen corn

- 1 boneless, skinless chicken breast half
- 1 1/2 tsp rice wine (optional)

2 tsps water

2 tsps sesame oil

3 tsps minced green onions

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

Ladle the soup into a serving bowl, sprinkle with green onions, drizzle 1 tsp sesame oil over the soup and serve.

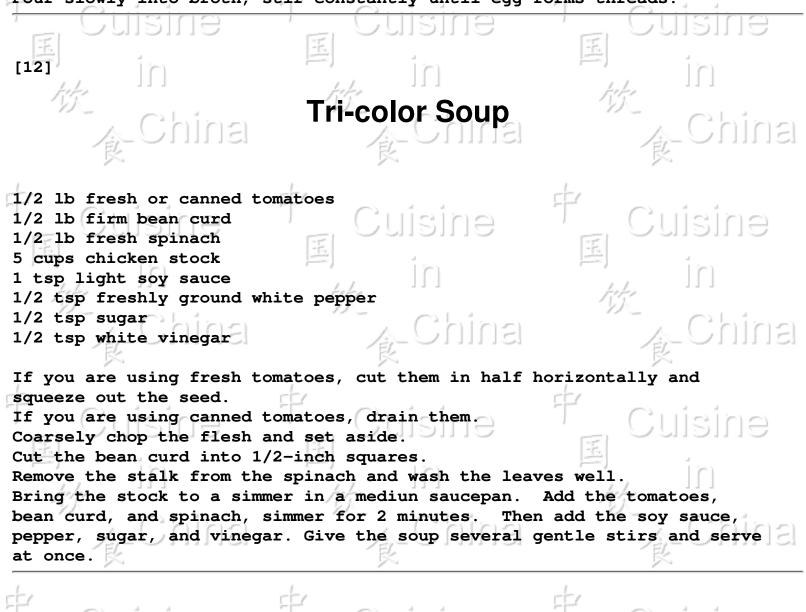
Tomatoes Egg Drop Soup

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

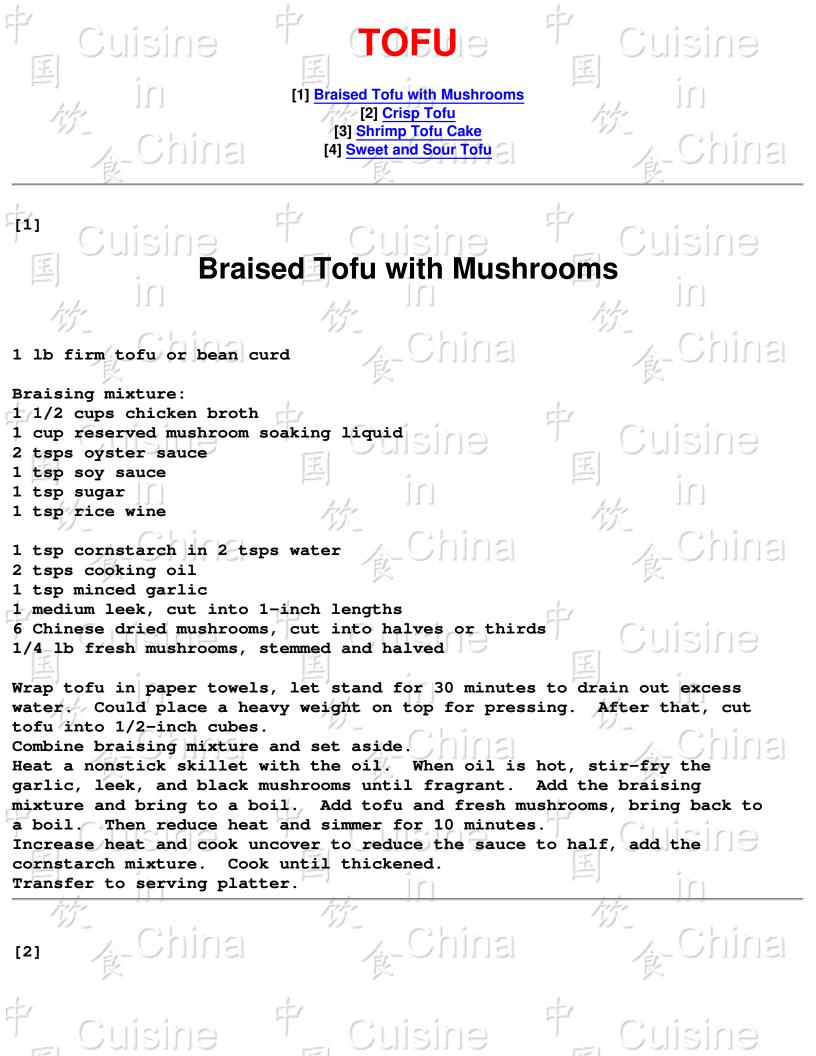
Place tomato in boiling water for 10 seconds. Immediately place in cold water. Peel and cut into 8 wedges, then cut into halves. Bring the stock to a simmer in a medium saucepan. Heat the oil in a wok, stir-fry the shallot until fragrant, add mushrooms and tomato, stir-fry for 2 minutes. Stir tomato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

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







Crisp Tofu _China China 1 lb firm tofu or bean curd 2 egg whites 2 green onions, finely chopped Cuisine 1 tsp sesame oil 🗔 Salt and pepper 1/2 tsp brown sugar 1 can (8oz) water chestnuts, chopped 4 dried Chinese mushrooms, soaked and chopped 1 tsp carrots, chopped 1 cup cornstarch 2 tsps cornstarch for dusting 2 1/2 cups cooking oil In a food processer or blender, process tofu, then work in 1 egg white, the green onions, sesame oil, salt, pepper and sugar. Add water chestnuts, mushrooms, carrots, remaining egg white and 1 cup of cornstarch. Blend well. Transfer the mixture to a greased 6-inch cake pan, level the surface. Place in a steamer and steam for 10 minutes until firm. Let it cool. Cut into diamond shape bite-size pieces, toss in cornstarch to coat lightly. Heat oil in a wok over medium heat. Deep-fry tofu for 5 minutes, until golden brown. Drain on paper towels, ready to serve with sauce. Sweet and Sour Sauce: kţr_ 2 tsps ketchup __{&−}China 2 tsps vinegar 2 tsps orange juice 2 tsps soy sauce 5 tsp brown sugar Mix all ingredients well, until all sugar disolved. [3] Shrimp Tofu Cake 1 lb firm tofu 1/2 lb shrimp, chopped 1/4 cup green onions, finely chopped

2 tsps cornstarch 2 tsps cooking oil 1 tsp salt 1 tsp sesame oil 1/4 tsp white pepper 1 egg, beaten Lettuce leaves 2 tsps oyster sauce ...China Preheat oven to 350F. In a medium bowl, mash tofu with a fork. Stir in all the ingredients, beside lettuce leaves and oyster sauce. Mixed well with fork. Spread the mixture in a greased square 9x9x2-inch pan. Bake for 25 minutes. Line serving platter with lettuce leaves. Cut tofu cake into 3-inch squares and place on top of lettuce leaves. Top with oyster sauce and serve. ___China Shina [4] Sweet and Sour Tofu 1 lb firm tofu or bean curd Sauce: 1/4 cup ketchup 2/3 cup water 3 tsps sugar 3 tsps rice vinegar 2 tsps soy sauce 2 tsps cooking oil 1/2 tsp sesame oil 2 tsps cornstarch 1 tsp minced garlic 1 tsp minced fresh ginger 3/4 tsp cruched dried red chilies 3 1/2 tsps cooking oil 1 red bell pepper, seeded, thinly sliced 1 green bell pepper, seeded, thinly sliced Wrap tofu in paper towels, let stand for 30 minutes to drain out excess water. Could place a heavy weight on top for pressing. After that, cut tofu into 2-inch squares, quarter-inch thick. Prepare sauce and set aside. Heat a nonstick skillet with 3 tsps of oil, when oil is hot, fry the tofu

in batches until golden brown on both sides. Remove and drain on paper towels. ういらいら 기배키비드 Drain and dry the skillet, reheat with 1/2 tsp oil, stir-fry garlic, ginger and dried chilies for 15 seconds, until fragrant. Add the peppers and stir-fry for 1 minute. Stir in sauce mixture and cook until thickened. Add tofu slices, toss to coat and serve immediately. & China ALUTITEI R <u>ॡ</u>−्मागव 中 回 加 於 China 中 回 加 於 China 中 回 前 愛 China 中 回 加 於 China 中 回 加 於 合China 中 回 前 依 全China 中 回 加 於 合China 中 回 加 於 合 China 中 回 加 於 全China 中 回 加 於 合 China 中 回 加 於 全China ₽. Cuisine 🕈 _. Cuisine 中__ Cuisine



Combine the garlic, ginger, salt, hoisin sauce and soy sauce, set aside. Heat 2 tsps of oil in a wok, stir-fry onion and green capsicum for 3-4 minutes. Remove from wok.

Reheat wok with 2 tsps oil, stir-fry the beef over high heat, until all the beef lose the red color and turning brown. Add bean sprouts and bamboo shoots, toss for 2 minutes. Move this mixture to the side of wok, add the sauce mixture, and cornstarch mixture, stir until it boil. Return onions and capsicum into wok, add walnuts, toss all ingredients well together and serve.

Broccoli and Beef Stir-fry

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

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

[2]

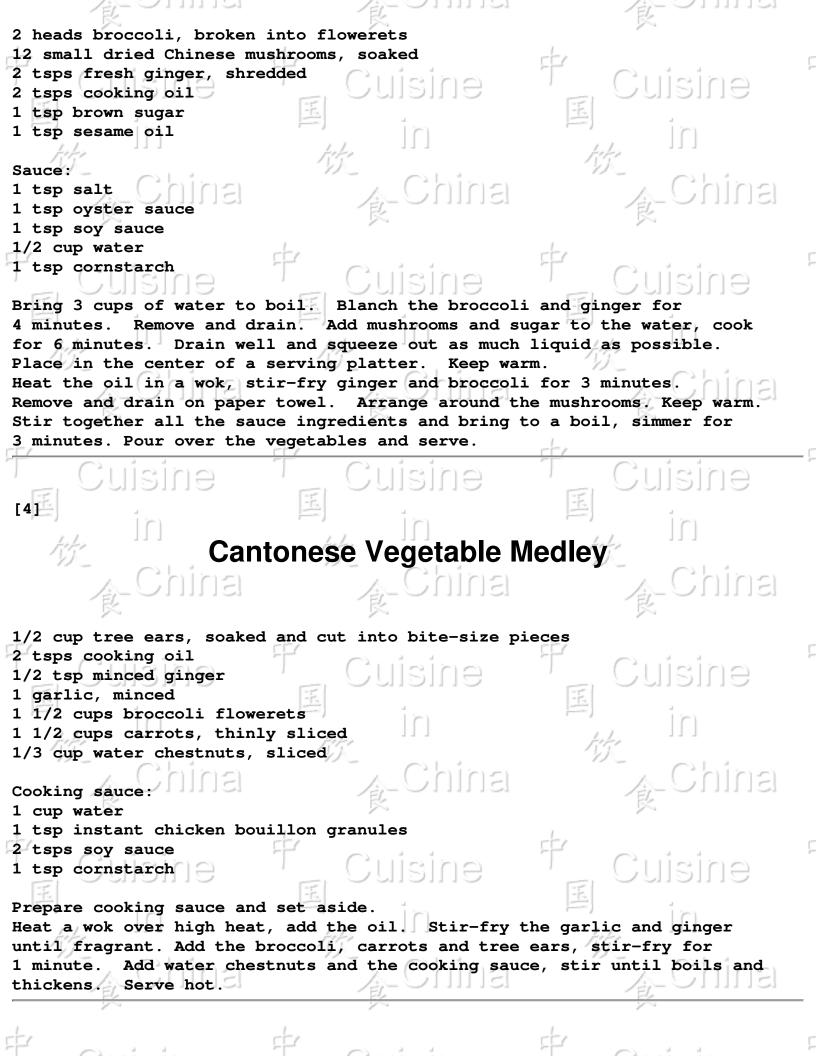
Cut off tough ends of broccoli stalks, peel stalks. Cut tops into small flowerets, cut stalks into thinly slices. Set aside. Cut beef into bite-size slices. Mix the beef with soy sauce and garlic, marinate for 15 minutes.

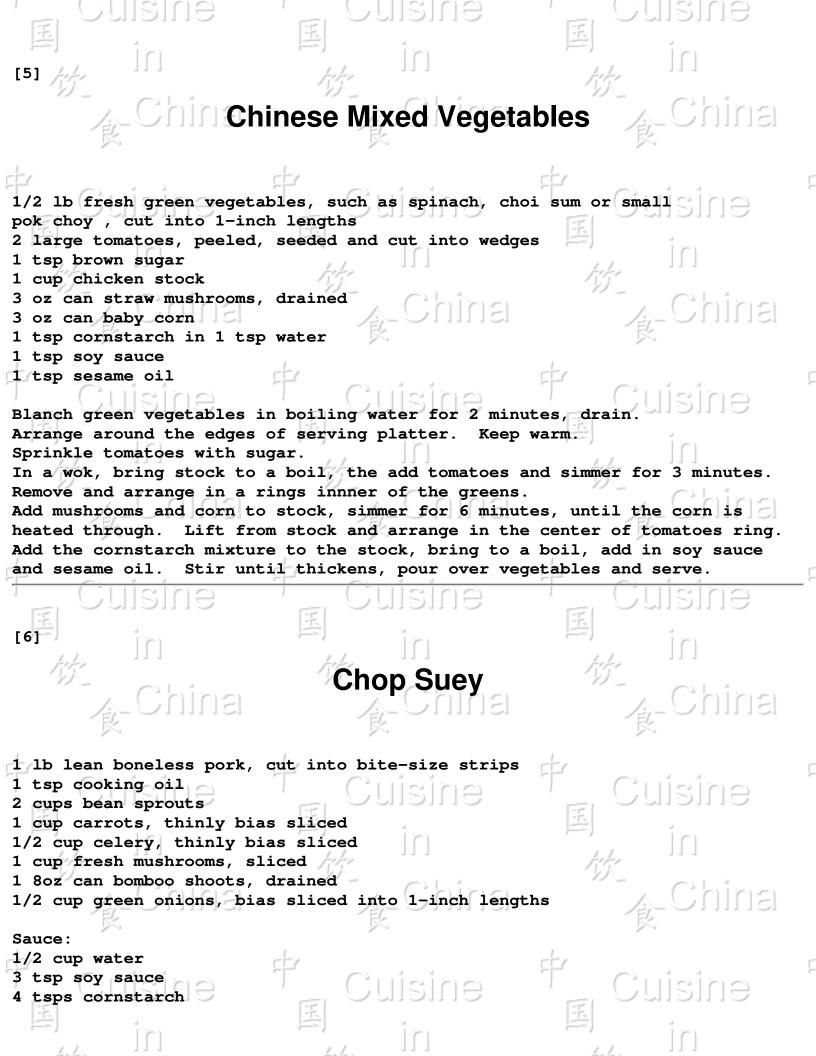
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Prepare cooking sauce and set aside. Heat a wok over high heat, add 1 tsp of the oil. Stir-fry the beef for 2-3 minutes, until browned. Remove from wok. Add 2 more tsps of oil, stir-fry broccoli for 1 minute, add water, cover and cook about 3 minutes,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







_{&-}China 1 tsp sugar 1 tsp instant chicken bouillon granules Combine sauce ingredients and set aside. Heat a wok over medium-high heat and add the oil, stir-fry carrots and celery for 2 minutes. Add bean sprouts, mushrooms, bamboo shoots, and green onions. Stir-fry 1-2 minutes. Remove vegetables. Add pork to wok and stir-fry 2-3 minutes. Push pork from center of wok, add sauce mixture to the center of wok, cook and stir until thickened. Return vegetables to wok. Stir all ingredients together to coat with sauce. Cook about 1 minute until heated through. Serve immediately. e Cuisine C Mixed Vegetable with Chicken uisine [7] 1/2 lb bonelss, skinless chicken breast halves, cut into bite-size strips 1 tsp cornstarch 1/4 tsps salt 3 tsps cooking oil 2 garlic cloves, minced 1/2 cup red bell pepper, cut into thin strips 1 cup green cabbage, cut into 1-inch wide strips 1 cup green beans, cut in half lengthwise 3 green onions, shredded Sauce: 1/2 cup water f El Cu 1 tsp sesame oil isine 2 tsps oyster sauce 1/4 tsp sugar 1 tsps cornstarch Combine chicken with salt and cornstarch, add 1 tsp of oil, mix well. Set aside to marinate for 30 minutes. Combine sauce ingredients and set aside. Heat a wok over high heat and add the oil, stir-fry garlic for 15 seconds, add chicken and toss for 2 minutes. Add green beans and stir-fry for follow with cabbage, red pepper and green onions, stir-fry for 1 minute, 2 more minutes, unitl crisp-tender. Stir in the sauce mixture, toss until slightly thickened. Makes 4 servings. _{&-}China

Isine , Cuisine **Cucumber and Shrimp Stir-fry**

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hina 2 large cucumbers, peeled 3 tsps cooking oil 1 garlic, minced 2 tsps fresh ginger, minced / 1/4 cup green onions, minced 1/2 lb raw shrimp, peeled and deveined Cooking sauce: 3 tsps water 2 tsps vinegar china 2 tsps soy sauce 1 tsp cornstarch 1/2 tsp sugar Prepare cooking sauce and set aside. Cut cucumber in half lengthwise, Scrape out seeds with a spoon. Cut cucumber crosswise into 1/4-inch-thick slices.

[8]

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

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

[9] Five-Treasure Stir fried Vegetable with Meat 1/2 lb lean boneless pork, cut into bite-size strips 1 can baby sweet corn, drained 1 tsp cooking oil 🗍 2 garlic cloves, minced 2 cups fresh or frozen sweet peas 1 1/2 cups carrots, thinly bias sliced 1 cup red bell pepper, cut into thin strips 1 1/2 cups fresh mushrooms, sliced Sauce: 1/2 cup water

2 tsps soy sauce 4 tsps cornstarch 1/2 tsp instant chicken bouillon granules 111121 Combine sauce ingredients and set aside. Heat a wok over medium-high heat and add the oil, stir-fry garlic for 15 seconds, add carrots and stir-fry for 3 minutes. Add sweet peas, mushrooms, bell pepper, and baby corn. Stir-fry 1-2 minutes. Remove vegetables. Add pork to wok and stir-fry 2-3 minutes. Push pork from center of wok, add sauce mixture to the center of wok, cook and stir until thickened. Return vegetables to wok. Stir all ingredients together to coat with sauce. Cook about 1 minute until heated through. Serve immediately. 시미의 Note: could use chicken breasts to substitute pork. Cuisine Cuisine Cuisine [10] د China کے۔ -hrv Heavenly Braised Vegetables 12 Chinese dried Mushrooms, halved 3 tsps dried tree ears, halved 1 can (8oz) bamboo shoots, thinly sliced 1 can (15oz) baby sweet corns 2 tsps cooking oil 大学 1 tsp sesame oil 1 garlic, minced 1/2 tsp salt China 1 tsp soy sauce 2 cups mushroom soaking liquid Combine the salt, soy sauce, and mushroom soaking liquid, set aside. Heat the cooking oil in a wok, stir garlic and mushrooms until fragrant. Add tree ears, bamboo shoots, baby sweet corn and sauce mixture, mix well. Cover and simmer for 25 minutes. Add the sesame oil, toss well and serve. __China nnsi [11] Monk's Vegetables El Cuisine 4 oz bean sprouts

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

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

Oriental-style Mixed Vegetable

1 oz Chinese dried mushrooms, soaked and thinly sliced 1/2 oz cloud ears, soaked and thinly sliced 2 oz vermicelli 1/2 lb cucumber, seeded and cut into strips 3 tsps cooking oil 1 small onions, sliced 2 tsps minced ginger 2 tsps minced garlic 3 tsps soy sauce 2 tsps bean sauce 1 tsp hoisn sauce In a small bowl, combine eggs, salt and 2 tsps of sesame oil, set aside. Heat a wok with 1 1/2 tsps of oil, when its hot, reduce heat to medium, pour in egg mixture and toss for a few minutes, until egg is set. Remove and drain on paper towels.

Reheat the wok with 1 1/2 tsps oil, when its hot, stir-fry the garlic, ginger, and onion for 2 minutes. Then add mushrooms, cloud ears, vermicelli and cucumber, stir-fry for 2 more minutes. Add the soy sauce, hoisin sauce and remaining or sesame oil, stir-fry 3 more bean sauce, Then add cooked eggs and stir-fry 1 more minute before serve. minutes. [13] Ouisine Oyster Sauce Asparagus 1 1/2 lbs fresh asparagus, trimmed 1 1/2 tsps cooking oil 2 tsps thinly sliced garlic 2 tsps green onion, chopped f Cu E 1/2 tsp salt Cuisine 1/4 cup water 2 tsps oyster sauce pinch of sugar Cut asparagus into 3-inch lengths and set aside. Heat a wok over high heat, add the oil. Stir-fry the garlic and green onions for 30 seconds. Add the asparagus, salt, sugar and stir-fry for 1 minute. Add water, cover and cook for 3 minutes. Add oyster sauce, stir to mix well, and serve. Cuisine [14] Red and Green Stir-fry ₄_China าเมรา 1/2 lb red bell pepper, cut into thin strips 1/2 lb green beans, trimmed and cut into halves 1 tsp cooking oil 2 tsps minced garlic $1 \frac{1}{2} \text{ tsps salt}$ 2 tsps water 3 tsps coarsely chopped bacon Heat a wok over high heat, add the oil. Stir-fry the bacon until crisp. Remove from wok. Add garlic and stir-fry until fragrant. Add pepper, green beans and salt, stir-fry for 2 minutes. Add the water and cook for another 4 minutes, until the vegetables are tender. Add bacon and stir well. Serve at once.

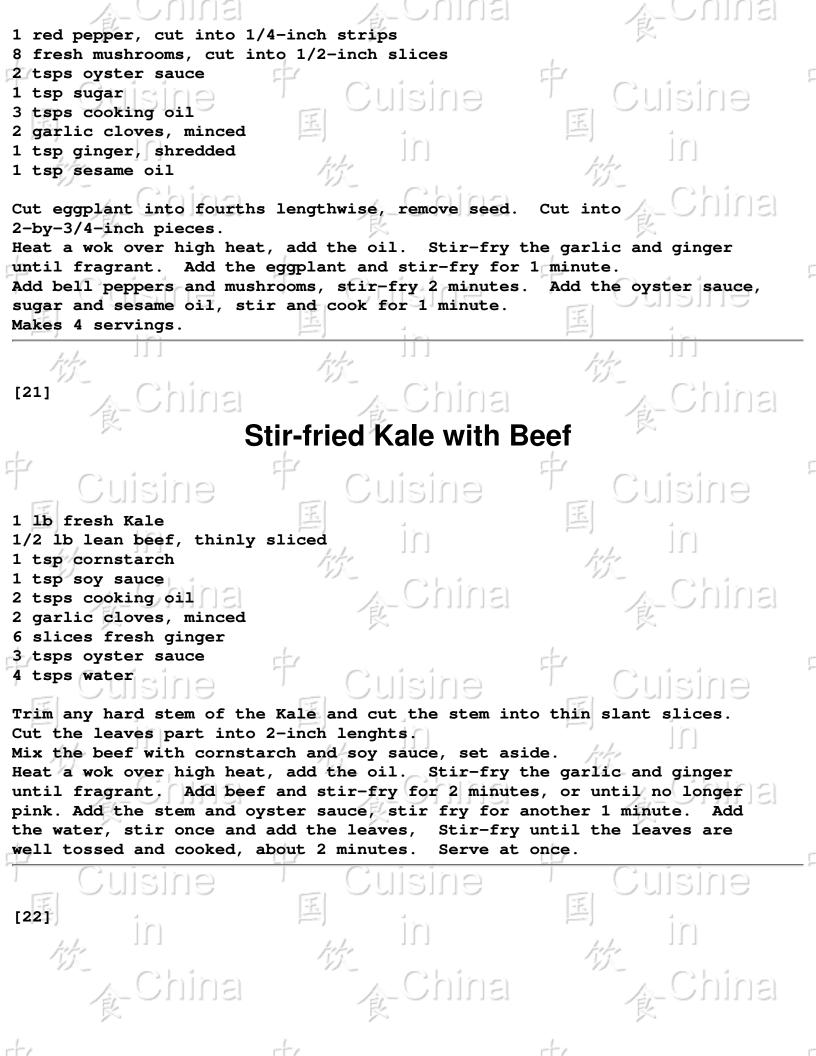
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1 1/2 cups broccoli flower		File	
1 can (8oz) sliced bamboo		Chipp	
1 1/2 cups carrots, thinly		China	
8 dried Chinese mushrooms,		res 🛛 🕅	
4 oz firm tofu, cut into b	oite-size pieces	1	
2 tsps salt	FF o i i	Ψ	ŗ
1 tsp brown sugar 1 tsp dark soy sauce	T_, Cuisine	T Cuisine	
2 tsps cooking wine or dry		EE CONCINC	
1 tsp cornstarch in 1 tsp		E io	
1/4 cup cooking oil	44.	Lika III	
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Heat the oil in a wok, st	ir-fry the broccoli, bamb	oo shoots and carrots	
for 3 minutes. Add mushro			
mushroom soaking liquid an	nd all other ingredients,	except the cornstarch	
mixture. Bring to a boil	and reduce heat.	rti	r
Cover and simmer for 15 mi		Stir in cornstarch	1
mixture, bring to boil and	d simmer until thickened.	, ⁵⁴ Anallie	
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Snow Peas with Chicken

[17]

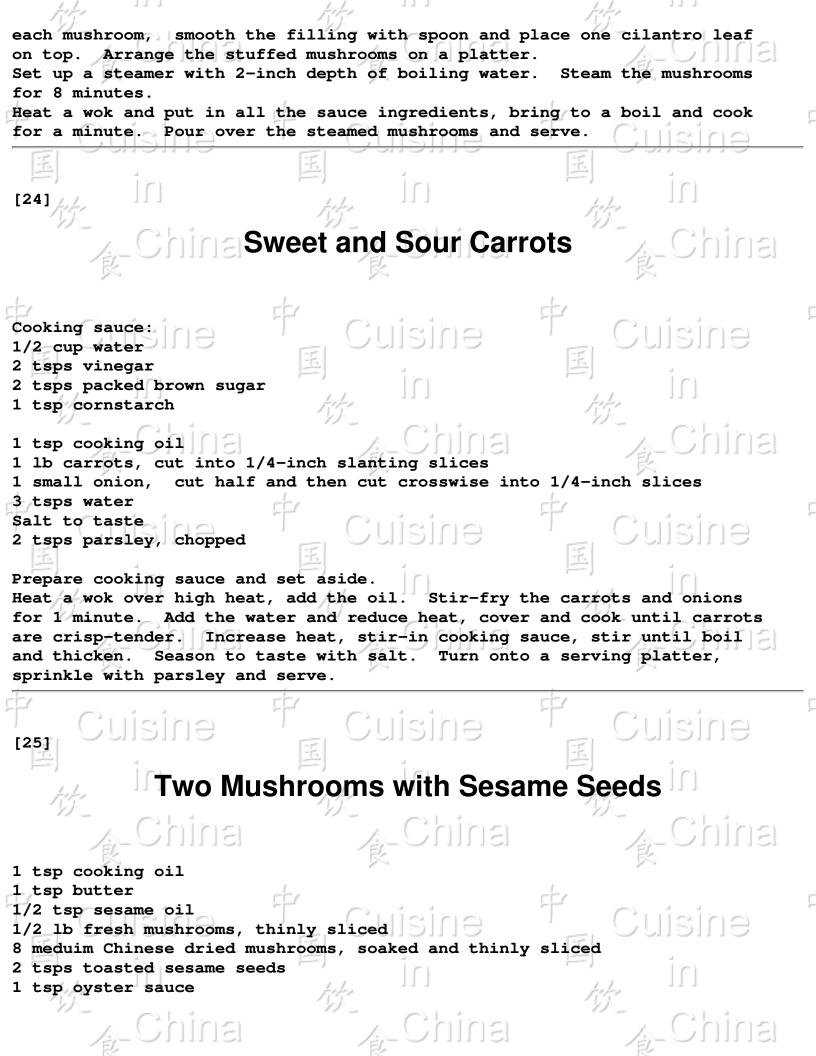
1/2 lb boneless, skinless chicken breasts, cut into bite-size strips 1 tsp cornstarch 1 tsp sauce sauce 1 tsp sesame oil 1 1/2 cups or 6oz snow peas 1 can (8 oz) water chestnuts, sliced 3 geen onions, chopped 3 tsps cooking oil 1 garlic, minced 2 tsps ginger, shredded nina Cooking sauce: 1/2 cup water 2 tsps soy sauce 1 tsp cornstarch SIL Mix chicken with cornstarch, soy sauce and sesame oil. Let marinade for 15 minutes. Prepare cooking sauce and set aside. Heat a wok over high heat, add the oil. Stir-fry the garlic and ginger until fragrant. Add the chicken and stir-fry for 3 minutes. Add peas and stir-fry 3 more minutes (30 seconds if using frozen peas). Then add water chestnuts and green onions, stir to mix. Add the cooking sauce, stir until boils and thickens. Serve hot. [18] **Stir-fried Baby Corn and Pepper** _{&-}China าเมื่อ 8 oz frozen or canned baby sweet corn 1 garlic clove, minced 1 tsp shredded ginger 1 tsp cooking oil 1 cup fresh mushrooms, thinly sliced th 1 cup green bell pepper, cut into thin strips Cooking Sauce: าโทย 1 tsp sugar 1 tsp hoisin sauce 1 tsp cornstarch T, Cuisine Cuisine Cuisine

1/3 cup water Cut baby corn into 1-inch pieces. Prepare cooking sauce and set aside. Heat a wok and add the oil, stir-fry the garlic and ginger until fragrant. Add the corn, green pepper and mushrooms, stir-fry for 2 minutes or until pepers are crisp-tender. Push the vegetables from the center of wok. Stir in cooking sauce to the center of wok, cook until sauce boils and thickens. Stir all ingredients together to toss with the sauce, cook until heated through. Makes 4 servings. _{&-}China [19] A-China Stir-fried Celery 1 lb fresh celery 2 tsps cooking oil 2 tsps minced garlic ISINI 2 tsps chopped green onions 3 tsps water Sauce: 2 tsps chili bean paste Cuisine 2 tsp sugar 1 tsp dark soy sauce 1/2 tsp salt Trim the base of the celery, seperate the stalks. Cut diagonally into 1/4-inch pieces. Heat a wok with the oil, when oil is smoking hot, add garlic and green onions, stir-fry for 10 seconds. Add the celery and stir-fry for 1 more minute. Add sauce mixture and cook for another minute. Add water and cook 3-4 minutes until celery is just tender. Serve while its hot. 70191110 Stir-fried Eggplant and Peppers 1 medium eggplant 1 green bell pepper, cut into 1/4-inch strips





the fiiling ingredients, mix well. Spoon a small layer of filling onto



Heat the cooking oil, butter and sesame oil in a wok over high heat. Stir-fry fresh mushrooms for 1 minute, until begin to brown, add Chinese mushrooms and sesame seeds. Toss 30 seconds and stir in oyster sauce until lightly glazed.

[26]
Vegetarian Delight
1 oz vermicelli
1 1/2 cups green beans, bias sliced into 1-inch pieces or frozen cut green beans
3 tsps cooking oil
1 small onions, cut into thin wedges

1/2 cup celery, thinly sliced

1 cup red bell pepper, cut into thin strips

1/2 cup fresh mushrooms, sliced

1/2 cup water chestnuts, sliced

- 1 minced garlic 1 tsp cooking oil
- Sauce:
- 1 tsp soy sauce
- 1 tsp sesame oil
- 1 tsp sugar

Soak vermicelli for 15 minutes in warm water, drain and cut into 3-inch lengths.

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Blanch fresh green beans for 3 1/2 minutes in boiling water, drain. Heat a wok over medium-high heat with the oil, when its hot, stir-fry the garlic for 15 seconds. Add onion, green beans (if using) and celery, stir-fry for 1 1/2 minutes, then add bell pepper and mushrooms and frozen green beans (if using), stir-fry for another 1 1/2 minutes, until vegetables are crisp-tender. Then add water chestnuts, vermicelli, and sauce mixture. Stir and cook until all ingredients mix well and heated through. Makes 4 servings.



COOKING TIPS, Cuisine

• Garnish; after carving or cutting fruit and vegetables (especially carrot and pepper) into flowers or patterns for garnishing, soak in water. This will keep them in nicer shape and reduce breakage.

• Utensils for stir-frying; a wok is the best utensil because its big surface is easy for stirring the food and enables the most contact of the food with a hot surface. If not available, use a big skillet or saucepan.

• Ingredients for stir-frying; cut the meat or vegetables into uniform size, this will allow them to cook within the same time.

• Before stir-frying; cut and gather all the ingredients together and pre-mix the cooking sauce before starting the wok. Stir-frying takes a very short time and so you will have no time for preparation during stir-frying.

• Stir-frying temperature and time; use high heat and short (but enough) time to just cook the food. This will cap the meat's natural juices, and also the color and crispness of vegetables.

• Quick way to judge oil temperature for deep-frying; put a small piece of green onion in the oil- at 350F, small bubbles appear and no sound; at 375F, bigger bubbles appear with slight sizzling noise; at 400-425F, bigger bubbles with sizzling noise and green onion tips turn golden brown.

• Pan-frying fish; add a pinch of salt to the hot oil before pan-frying the fish, this will help reduce splash of oil when adding the fish into wok.

• Canned food products; soak in hot water for a few minutes, then rinse with cold water before use. This will reduce the tin-smell of the canned food products.

• Steaming; always steam food to just slightly under cooked. The food will continue cooking in the hot platter, so make sure it will not over cook.

• Steaming fish; when steaming a whole fish, the doneness can be determined by the fish eyes. Once the fish eyes pop-up, it is cooked.

• Blanching; add a few drops of oil to the boiling water. This will help in keeping the fresh color of vegetables. • Blanching; after removing the vegetables from hot water, rinse immediately with cold water. This will keep the color, and vegetables are more tender and

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Cui**EATING WITH CHOPSTICKS** uisine

Chopsticks are not difficult to manage once you have learned the basic technique.

The key is to hold the inside stick still while moving the outside stick back and forth. The pair then acts as pincers to pick up pieces of food.

101 Hold the thicker end of the first chopstick in the crook of your thumb, resting the lower part lightly against the inside of your ring finger.

Then put the second chopstick between the tip of your index and middle fingers and hold it with your thumb, much as you would hold a pencil.

Now you can make the outer chopstick move by bending your index and middle fingers toward the inside chopstick. The tips of the two sticks should come together like pincers when you bend your fingers.

Once you get a feel for the technique, just keep practicing. Soon you will be an expert!

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